



# the **LONG RUN**

Volume 31 Issue 7

Running News for the Pike's Peak Region

July 2007

## Undertaking the Unimaginable

The "Leadville Effect" of community

## Run the Summer Roundup

History and Highlights



**Race for Sunshine**  
**Sailin' Shoes Iraq**  
**GOG 10M**  
**Panoramic**

# PPRR Information

## Officers

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

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## 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. But, due to a July 4th break, the next meeting is **August 7th**.

## Membership ☺

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

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



## The Long Run, Volume 31 Issue 7

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Editorial Staff: Diane Cahalan  
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. 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 **second Wednesday** of the month for inclusion in the following month's newsletter. The next deadline is **July 11th**.

## Long Run Stuffing Party

Note: Next stuffing is **Wednesday July 25th**, which is the **fourth Wednesday**, not the third.

Long Run mailing stuffings usually take place on the fourth **Wednesdays** near the end of each month at **6:30 pm** at the Colorado Running Company, 833 N. Tejon (corner of Tejon and Cache la Poudre). The Colorado Running Company graciously hosts the parties and provides beverages. Food (usually pizza) will be provided. Everyone is welcome to join the fun! Write [jim@pprrun.org](mailto: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](mailto:editor@pprrun.org) for printing (add \$40; color also available) or deliver **750 copies** by the *newsletter 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](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.

# Vice President's Letter



Being asked to write a letter to the members of our wonderful running club seemed like an invitation to quite an intimidating task until it dawned on me that it could be my opportunity to thank you all for what you do each and every day for me and hundreds of runners just like me.

I have only been running for six years, so I can still remember how I felt the first time I ran the Santa Fe Trail and was greeted with encouragement by total strangers running by. My first race was the 25th Anniversary Balloon Classic 5K where I placed third in my age group. I knew not one person in the group but their excitement over my achievement told me I was a part of a family. This feeling of family, or as Jon Cornick calls it, community, has continued on every run or every race, no matter where I am.

This past weekend, Don Johnson put on the Panoramic 1M, 2M and 4M run/walk in Bear Creek Park. All of the money raised goes to the Colorado Springs Deaf and Blind School. Working the race day registration was an absolute joy. I was thrilled with the way so many runners made it clear that they came out to support the school and each other. There was no charge for the kid's race and there was a discount for PPRR members, but so many of you just said, "Keep it. Give it to the kids." My heart glowed each and every time. There was a Dad who signed himself and his daughter up for the 1M run and when I asked if indeed meant to run the 1 miler he responded, "It is my daughter's first race and I want to run every step with her."

Another newbie caught the eye of several racers through his nervous excitement. He was afraid he was going to miss the start of the 2M race until someone took him under their care and showed him where to be. I know this was a small race (just over 100 runners) compared to most, but that just made it easier to see the wonderful heart our community of runners has and the caring and concern that you have for each other.

I ran into my chief competition at the Panoramic. I have chased Georgeanne Richardson in more races than I care to remember and yes, she beat me once again, but I absolutely love the idea that if I keep training there is a chance that one day, I may cross a finish line in front of her. I was talking to her and told her that that is my goal and I could tell that she was not offended in the least. She, like so many of you wants everyone to do the

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best they can, whether they come in ahead or behind you. Some claim that running is an individual sport, but those of us out there know how wrong that is. Every runner we meet in training or run with in races give us strength and support to go beyond what we would be capable of on our own. Thank you for carrying me up mountains and across finish lines.

*Micky Simpson*

Cover: Unique and colorful trophies await their new masters at the Garden of the Gods 10 M. (photo by Jim Kelleher)

# PPRR Board Minutes

May 1, 2007

## **Attendance (Pat L)**

Present: Jon Cornick, Micky Simpson, Gil Kindt, Pat Lockhart

Tony Abdella, Ron Garcia, Larry Miller, Luci Stansberry, Travis Waldrip  
Bill Gallegos, Don Johnson, Dave Sorenson

Excused: John O'Neill, John Gardner, Jim Beckenhaupt, Jim Kelleher, Phil Foster

## **Meeting Minutes Review/Approval (Pat L)**

Minutes accepted as corrected and on file

## **Guest Recognition/Guest Business**

No guests

## **Old/New Business**

Report from the ad hoc committee on advertising on the web site – Jim, Ron, Tony  
No report. Language for handbook yet to be received. (Jim K)

Report from the ad hoc committee on PPRR apparel – John, John  
No report. E-Mail to Jon C regarding work in progress.

Promoting "At Large" board positions  
Jon C and Ron Garcia again emphasized "free" memberships to hand out. Notification must be sent to Membership committee.

Handbook review will take place in June. Jon will send out copies via e-mail. Comments asked to be brought to the meeting.

## **Treasurer's Report (Gil K/Pat L)**

Financial statements presented and are on file  
Tax returns completed, signed and will be mailed  
Insert income from newsletters? Will be researched by Jon C.  
CD opened at Key bank.  
Ent sponsorship is coming.

## **Event Promotion – Micky S**

Run for Hope is coming for active.com entry  
No current inputs  
Intuit - Turbo Tax melt down. Active.com not alone in the cyber world of problems.

## **Road Runner Clubs of America (RRCA) – (John G)**

No report.

## **USA Track & Field update (Phil F)**

Clarification from Tony about information sent from USATF. Background checks are for coaches only. Club

membership is \$35.00/year. If however, we want to enter a "team" competition, all team participants must individually be USATF members.

## **Certifications/Measuring – (Travis W)**

Travis is putting together 2 new calibration courses in his neighborhood. Weather permitting, the new GOG course will be measured and verified.

## **Newsletter (Jim K.)**

No report. General comments  
More letters to the editor  
Newsletter stuffing will be moved to the 4th Wednesday of each month.

## **Equipment (Bill G, Larry M)**

Equipment is working well

## **Insurance (Pat L)**

Equipment replacement floater insurance has been renewed

## **Webmaster (Dave S)**

Website "hits" graph presented.

## **Volunteer Coordinator (Cymmie B)**

No report

## **Trail Clean up (Don J)**

Don was the only one present. Cold and wet. A lot of trash. Went north and south on the trail.

## **Race Coordinator (Pat L)**

Juneteenth Run. Advised to request in November of this year.  
Healthy Run. Advised to request in November of this year.  
Note from Sergeant Robert Weber, CSPD. City of Colorado Springs is adopting the National Incident Management System (NIMS) protocol for planning emergency responses, and this will change the planning and response process for special events. Current events that will be affected: Garden of the Gods, Summer Roundup Trail Run, American Discovery Trail Run, YMCA Turkey Trot. Just a little more paperwork providing more detailed information.  
All City Park permits have been received and paid.

## **President's Report (Jon C)**

National Runners Survey Project. Disappointment when completed. Will work on putting our own survey onto our website. Demographics are of interest  
July board meeting is cancelled due to snow  
Gazette adverting has been forwarded to Travis Waldrip for action.

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A familiar joke has two runners in the woods encountering a bear. “You can’t out run a bear!” one shouts as his partner takes off. “I don’t have to,” she retorts. “I only have to run faster than you!”

This amusing story is often used to make a point: you have to stay ahead of your competition. In order to do that, of course, you must keep your eyes on your competition, be aware of where the next guy is at, and not allow them to get past. Whereas this might seem a perfectly logical approach to running as well as life, a little reflection belies a major flaw.

If you consistently finish in the top 5%, then perhaps this philosophy can work. You are not likely to underachieve by focusing on beating the fellow next to you. But for the other 95%, the likelihood is high indeed.

Have you ever done poorly in an event and yet looked at names below yours on the results sheet saying, “Well, at least I beat all these others.” Or, not uncommonly, we hear people say, “At least I wasn’t last!”

I’m usually somewhere ahead of mid-pack in most of my runs, so even though I never entertain thoughts of winning, I come in ahead of most. Is that good? Could I do better? As long as I focus on staying ahead of those around me, I’ll never know. That’s because they have *their* pace, *their* capabilities, and *their* own goals. And if I focus on just beating them, I’m de facto defining my goals and expectation by theirs—not my own.

A race like the Nielson Challenge is perfect counter to this trap. Anyone can win the event, even if they cross the finish in last place, as long as they improve their own time more than the next gal improved hers. Rather than “just finishing”, runners focus on doing better than they ever have before.

This brings to mind the matter of expectations, specifically of one’s self. This is the real moral of the story: how habitual expectations can trap us into mediocrity, and not just in running. Such expectations keep us from success in many spheres: dead-end jobs and bad relationships, for example. I am sure you have met or known people who suffer not from a lack of potential, but from a lack of imagination.

This is where you come in. You can help people think outside their box while breaking out of your own. The article on the **Leadville Effect** in this issue is a wonderful example of how, with the support and encouragement of others, what seemed impossible becomes doable, and what was unimaginable becomes the norm. Let it inspire you to reach out to others and allow them to reach out to you. As your VP, Micky Simpson writes, contrary to common perception, running is not a solitary sport.

*Jim Kesseher*, Editor



### 10 Years Ago

The July 1977 issue of the Long Run sports advice from **Mike Diamond** to teens on track versus cross country, eating before a race, and how to counter pre-race anxiety. No need to give up the chips and soda, he says. Marathoner and club president **Larry Miller** surprises himself

by running the Sailin’ Shoes 5K, his shortest race in ages. Although he put in great effort for an 18:04 finish, he reports feeling “like I missed something: the last half of the race!” He had accidentally taken the turn for the 5K course and was forced to accept a harsh reality: “I, Larry, ran a 5K.” **Dave Sorenson** gives another travelogue in his usual humorous fashion on coming to terms with running in the humid climes of Miami. **Nancy Hobbs** writes a tribute to **Diane Ruff-Farschman**, avid PPRR runner and inspirational volunteer, who died from heart complications at the young age of 49.

### 20 Years Ago

Editor **Michael Schenk** writes in the July 1987 issue to race directors asking them to allow more time for beleaguered volunteer coordinator (and vice president) **Diane Ruff** to gather race volunteers...one week is not enough! He also reports that the Rawhide Marathon and 1/2 marathon in Fort Collins has been cancelled and that the Runner’s Roost is opening a Denver branch. Several events are promoted in the issue, including bike races and horse ride-a-thon, and race results appear for the All-Comers Track Meet, the Never Give Up Fun Run, the Creek to Springs Relay, the Who Done It Fun Run, and the IGIMAR (I’m Glad I Married a Runner) 5K, where married runners combine times with spouses...as long as it is someone else’s.



### 30 Years Ago

July 1977: editor **Tim Ladewig** reports the great success of the first Garden of the Gods 10M; with 320 runners participating it was the clubs most successful race ever. **Charles Vigil** won the event in 52:04 for the men, and **Kim Hartman** in 59:53 for the women. **Richard DuCharme** gives a long list of do’s and don’ts for hot-weather running. And Tim appeals to RD’s to get their race results to him on a timely basis...via phone. We also read of **Jerry Donley’s** 13.0 winning mark at the national masters competition, and no, not a 100 yard dash, rather the pole vault



## Letters

### Thanks from Iraq running of Sailin' Shoes

Jim,

I am sure that Mailie has passed on our IMMENSE appreciation for all the support, both before and now after the [Iraq 5K] race.

I only came to Colo Springs less than a year before coming over here, but the outstanding running community (as represented by PPRR) rekindled a love of running for me. It was one of my regrets that I would not be able to participate in any of the races this year...I kept meaning to get a membership, but never got around to it and then deployed. I definitely plan on signing up for a membership when I get back. I think the support that PPRR provides...both actual, in the form of races, and psychologically, in the form of the sense of community and enthusiasm, is excellent.

So I said all that to say this...thanks for everything that you do, both for the community and specifically what you did for us over here. Everyone loved it.

Thanks again

Duane K. L. France  
Truckmaster, A Co  
2d BSB

Dear Jim,

Thank you for the great coverage of the Garden Run. You certainly improved what I sent, and I liked the way you included history and what is new this year - very nicely done. Of course, one of the features you have added is "The Long Run Long Ago," which I have found very interesting as well as inspiring.

Thank you for the way you encourage so many of us through the PPRR monthly publication. I know it must involve a lot of work and effort, but it has become an outstanding and impressive little magazine. I hope to put something together about the July TCR

Summer Roundup Trail Run and get it to you soon for consideration in the July issue.

Joyce McKelvey

### News from Plano

Dear Jim,

The Plano Pacers had nice cool spring weather for the May 5K and Junior Sprint. This is unusual, because summer is ordinarily here by the end of April. Late rains have kept it cool and springlike. The Pacers are not complaining.

Texas usually has a short winter and a long summer. Spring and fall, when they exist, are fleeting and irregular. One of the nice parts of visiting Colorado Springs is the privilege of seeing four distinct seasons. Combined with air that cannot be seen, it is a touch of paradise for Texas flatlanders.

I was determined to run the Dallas White Rock Marathon when I arrived in Colorado Springs on a contract. There were plenty of available places to practice, and my apartment there made the Vindicator-Centennial-Woodmen-Rockrimmon loop very convenient. The Road Runners prefer trails, and Ute Valley Park was in the neighborhood, and used to advantage. A Dallas runner on my contract told me this would build up my wind, but not my leg strength. He was correct. Breathing was so good near the end of the 1991 Marathon that a quarter-mile dash to the finish seemed right. It did demoralize a few exhausted Dallas locals. It also turned my legs to cooked spaghetti, and put me on a cane for about a week.

Regards,

William L. Jones



## News and Events

### July events: plenty to choose from locally

July offers quite a variety of distances and terrain for your running challenges. The **Veterans Home Run 5K** happens on the first Sunday at Falcon Stadium. Organizer **Jim Beckenhaupt** hopes for 500 runners in this "2nd Tour" to help our homeless veterans.

Mountain trail races of marathon distance seem few and far between, so Saturday **July 7th** is your chance to grab one at Leadville's **Mosquito Pass Marathon** (and "heavy" half marathon). 80% of the course is over 11,000 topping out at 13,200; on single track and dirt roads, it's rocky in spots, steep, and offers stupendous mountain and meadow scenery cruising through historic mining areas. And there are those unrivaled, well-stocked aid stations from the same folks who run the LT100.

Triple Crown of Running hosts the **Summer Roundup** on Sunday, **July 8th**. The 12K run from Bear Creek Park up High Drive and back is the 2nd event of their series. Starting elevation is about 6,170', and at the turn around point is about 7,165' on roughly half dirt road and half trail. Practice your uphill running: 1,000' elevation gain in 3.7 miles, and then pound back down.

The **5K/3K Run for Hope** is a fun run/walk that takes place at Memorial Park/Prospect Lake on Saturday, **July 14th** at 7:00 am. The race starts and finishes next to the Velodrome and takes runners on the bicycle criterion course and also does two laps around Prospect Lake. The walk is only one lap around Prospect Lake. Water is available at the halfway point. All proceeds benefit Memorial Hospital Cancer Center Circle of Hope Fund.

Sunday, **July 15th**, offers a couple of mountain runs. The **Barr Trail Mountain Run** happens that day, offering runners a chance to run

the lower half of the Pikes Peak Marathon course. The Barr Trail needs no introduction to local runners. If you're not one of the early birds who filled the race the first week of May, you can still volunteer (runpikespeak.com).

Another option for frustrated Barr Trail competitors is the **High Mountain Institute 25/50K** which is also held on **July 15th**. Run one or two laps around Leadville's Turquoise Lake and over Sugarloaf Pass. Except for a mile or two of pavement, the route is all single track and picks up the Colorado Trail up the north side of Sugarloaf. This section is beautiful, but steep (there's a reason why the LT100 avoids it!). Not to be outdone, the reverse course on the second lap offers the infamous Powerline to ascend. Proceeds benefit the worthy education efforts of the High Mountain Institute (hminet.org).

Other events include the Palmer Lake 4th of July 4M, the Women's Distance Festival 5K on July 21st, Grand Prix's Classic 10K on the 28th, and the mid-week Paint Mines 6K on the 24th (Tuesday).

## Record falls in venerable Comrades Marathon

This year's 82nd Comrades Marathon saw a new record performance by winner Leonid Shvetsov, 38, breaking the 21-year-old mark and winning the 55.5 mile (89.3K) event in 5 hours, 21 minutes (a 5:47 pace). He received \$28,000 as his reward! Over 12,000 participated in the venerable ultra.

The Comrades Marathon is the world's oldest and largest ultramarathon run between the South Africa cities of Pietermaritzburg and the coastal city of Durban. The direction of the race alternates each year between the "up run" starting from Durban and the "down run" starting from Pietermaritzburg. The winner

of the first Comrades Marathon, in 1921, was Bill Rowan. He completed the 90 km race in 8 hours and 59 minutes.

Unfortunately, this year's race saw the deaths of runners Willem Malapi (48) and Michael Gordon (34). First-time runner Gordon died of a heart attack at the finish line. Malapi, despite having 14 runs under his belt, died after collapsing 500m from the finish from an electrolyte imbalance.

## Local trail runners make San Juan solstice

A brave few headed down to Lake City for this year's San Juan Solstice, undeterred by the prospect of large snow fields. As it turned out, there were some to be reckoned with, but **Jon Teisher** would gladly have traded more snow for the food poisoning-like symptoms that beset throughout the race. "That sure ain't a good course to have a bad day on," he moaned.



Toughing it out, an ailing Jon Teisher looks for some refreshing relief at the San Jaun Solstice.

No one came close to Matt Carpenter's record this year, but there were a couple of sub-9 hour times. Jon reported these local results:

Rick Hessek 10:20  
Scott Jaime 10:34  
Paul Sullivan 10:43  
Brian Fisher 11:05  
Rich Muzzy 13:05  
Bill Ransom 14:09  
Laura Kelecy 14:18  
Tom Kelecy 14:18  
Jonathan Veteto 14:18  
Gordon Barnett 15:00  
Jon Teisher 15:41

## What's the planet's biggest race?

Do you know? Bet not. But if you keep up with Running USA's Road Running Information Center, you'll get your fill of race stats. The center is a national non-profit of "various entities that, together, make up the sport and activity of running". Its ambitious mission is "to serve and facilitate the growth of all aspects and entities of running and its health and fitness benefits."

The organization keeps stats on races like the largest running events, and what do you suppose was last year's? Not the big city marathons, but the J.P. Morgan Corporate Challenge (3.5 mi) in Frankfurt Germany, which rang up an amazing 56,000 runners. Nearly as impressive was the largest 10K: Atlanta's Peachtree Road Race with 54,500. For marathons, it was the New York, with 37,800.

Running USA puts out an annual marathon report and overview, and the 2006 version was just released. Lance Smith, a Harlem marathoner, gives a synopsis on his blog: In 1976, 25,000 individuals finished a marathon; in 2006 the number was 410,000 (world wide). Last year in the U.S., 61 marathons had at 1,000 finishers or more in contrast to 1980

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## News and Events

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when there were only 12. That same year, 10.5 percent of marathoners were women; 89.5 percent were men. In 2006, it was 40 percent women and 60 percent men.

The median age in 1980 for male marathoners was 34 and for females, 31.3. The median finishing time for men was 3:32:17 and 4:03 for women. In 2006, the median age for men was 40 for men and 35 for women, while the median time was markedly slower: 4:15:34 for men, and 4:46:40 for women.

On the other hand, the number of sub-4 hour marathoners doubled at both Boston and Chicago in the past decade. Roughly 30% of all marathoners can break 4 hours, and of that statistic, 76% were male.

A record five marathons had over 30,000 finishers last year. The New York City Marathon had 37,866, Chicago (37,866), Flora London (33,237), Paris (30,739) and Berlin (30,118). The largest U.S. marathons in 2006 were New York City, Chicago, Honolulu, Marine Corps and City of Los Angeles. In fact, the U.S. is home to seven out of 15 of the world's largest marathons. For more tidbits, see the website at [runningusa.org](http://runningusa.org).

### No enduring the WS 100 for local ultra runners

Nikki Kimball repeated her victory and posted a record 2nd best time at the Western States 100. She ran it in 18:12, second all time only to Ann Trason. There was little drama as she and male winner Hal Koerner lead throughout. The two local runners who made it past the lottery did not fare well. Tom Selke dropped at mile 43 and former champ Herb Tanzer was on a sub-24hr pace until suddenly slowing and eventually dropping after 15:35 at mile 62. A finish would have earned Herb a 1000-mile buckle.



## Board Meeting Minutes

continued from page 4

### Membership (Pat L)

Membership data on file.

506 individual	968 current
127	expiring within 3 months
10	life
183	18 new
26	family primary
397	renew
1139	family members
742	Total Members
	Total Mailing

Again, Larry and Pat expressed gratitude to the club for their appointment to the elite group of "lifers".

Pat has "gifted" the remaining months on her membership to a club member who recently suffered a stroke. We wish him a quick recovery and we are waiting at the finish line for him.

### Past Events

Nielson - Apr (Phil F) - winter series 7, 31 finishers, cold  
Tortoise and Hare (Larry M) - hare won, 97 participants, Mothers in Motion and Students for ADTM were part of the runners. Weather was extremely cooperative.

Elbert (Larry M and Micky S) - expressed thank you and appreciation to the volunteers. 108 finishers. One irate driver. At the awards ceremony, Larry asked permission to speak and returned the payment check to the Boosters, and requested that half of that amount (\$250.00) be given to the High School basketball team who prepares the pancake breakfast. Thank you card was passed around to the board members. Organizers need sponsors and the format possibly might change for the next event - date specifically.

GOG Training Runs (Dave S) - in the 5th week, average 86 "trainees", excellent turnout.

### Upcoming Events

Alex Hoag (John O, John G, Bill G.) Volunteers needed. John G will set up course with Travis Waldrip. Walk starts 5 minutes later in same chutes. Anticipate 500-800 runners

Garden of the Gods 10M - Bill G - course change. 1000 runners.

Sailin Shoes - Bill G - course change due to Bijou bridge reconstruction. 29th annual event. Start is slightly north of Boulder. Susan Schenk is coordinating volunteers. Flour to mark the course, furnished by PPRR. Sandwich board mile markers, as well.

Panoramic (Don J/Luci S) - Luci will be the Finish Line Coordinator. Lyn is doing Finish Line Director. Registration and results Pat, Gil and Dave S. Donations made to CSDB Athletic Department

Veterans Home Run (Jim B) - Jon C expressed he is waiting for phone calls to be returned. No news yet from CSC sponsorship

Summer Roundup Trail Run - Pat - waiting for permit, CSPD worksheet needs to be re-submitted.

Run for Hope - Pat - meeting via e-mail.

Respectfully submitted

*Pat Lockhart*

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# Membership

## Welcome New Members

Carl Baines-Lyman	Colorado Springs
Cathy Baines-Lyman	Colorado Springs
Hollis Baines-Lyman	Colorado Springs
Parker Baines-Lyman	Colorado Springs
Jeffrey Barden	Colorado Springs
Lori Barney	Colorado Springs
Darrell Cox	Colorado Springs
Lynne Day	Colorado Springs
Lynn Garduno	Colorado Springs
Karen Hartley	Colorado Springs
Richard Kober	Colorado Springs
Natalie Lambrecht	Colorado Springs
Tracey Mansard	Colorado Springs
Brittany Marr	Colorado Springs
Ian Marr	Colorado Springs
Melissa Marr	Colorado Springs
Janis Michel	Colorado Springs
Scott Nalbach	Colorado Springs
Connor Pabich	Colorado Springs
Paul Pabich	Colorado Springs
Gary Packard	Colorado Springs
Katherine Portillo	Colorado Springs
Kelly Reed	Colorado Springs
Matt Reed	Colorado Springs
Calina Snyder	Peyton
Sarai Trujillo	Canon City
Linda Valinho	Colorado Springs
Lisa Vsetecka	Peyton

## Renewing Members

Jack Anthony	Colorado Springs
Kirsten Anthony	Colorado Springs
Margo Anthony	Colorado Springs
Shannon Anthony	Colorado Springs
Dave Balzer	Colorado Springs
Jan Balzer	Colorado Springs
Marie Baughman	Colorado Springs
Mike Borton	Pueblo
Mike Burgie	Colorado Springs
Lynne Hall	Colorado Springs
Norm Hall	Colorado Springs
Paul Hartman	Colorado Springs
Laura Kelecyc	Colorado Springs
Tom Kelecyc	Colorado Springs
Scott Lebo	Colorado Springs
Roger Leturno	Colorado Springs
Kelly Murphy	Leadville
Elwyn Owen	Highlands Ranch
Leslie Rude	Colorado Springs
John Stevens	Colorado Springs
Laura Verheyen	Woodland Park
Sona Grovenstein	Colorado Springs
Pam Gustafson	Monument
Albert Hale	San Antonio
Bobby Hammett	Omaha
Bob Mutu	Palmer Lake
Eric Perramond	Colorado Springs
Steve Rischling	Colorado Springs
Mark Rudolph	Colorado Springs
Mike Shafai	Colorado Springs

## Hey you! 😊 About to expire?

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

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

## Trail Clean-up

**Meet at the 8th Street Walmart  
First Saturday of the month  
at 8:00 AM**

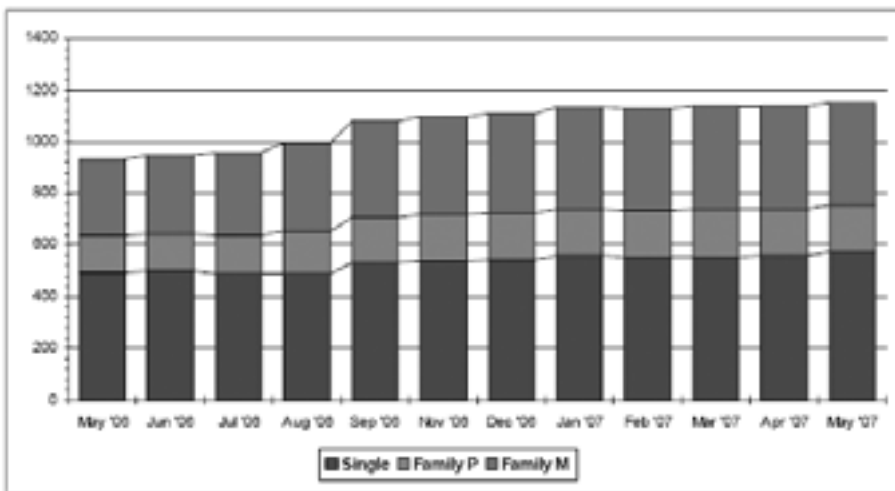
## Allergies or asthma affecting your sports activities?

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



### The William Storms Allergy Clinic

1625 Medical Point, Ste. 190  
(NW corner of Fillmore & Union)  
call 955-6000



## May Newsletter Volunteers!

Hosted by the  
Colorado Running  
Company

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

Tony Delange  
Norm Hall  
Melissa Leftwich  
Matt Carpenter  
Lynn Hall  
Kyla Carpenter  
Jon Cornick  
Jim Kelleher  
Yvonne Carpenter  
Jim Beckenhaupt  
Jon Teisher  
Jeff Smith  
Esmé DeLange  
John O'Neil  
Diane Cahalan  
Dave Thomson  
Susan Mopper  
Lauren Johnson  
Micky Simpson  
Jeff Tarbert  
Travis Waldrip  
Phil Foster



Melissa Leftwich adds her smiling countenance regularly to the newsletter preparation party.

## 2007 Volunteer Recognition

### Bronze Level: up to 20 Hours\*

You have earned a  
PPRR t-shirt

*Jerred Abdella 14*  
*Steve Abeyta 16*  
*Anthony/Jack 19*  
*Balzar/Dave 16*  
*Balzar/Jan 17*  
*Dean Buck 10*  
*Beverly Carver 20*  
*Jon Cornick 20*  
*Tom Dewane 17*  
*Andy Dimmen 16*  
*Heather Evens 10*  
*Fogg/Jeth 16*  
*Fogg/Taylor 12*  
*Bob Foster 19*  
*John Gardner 12*  
*Phil Goulding 19*  
*Emmett Hawkins 11*  
*Lori Hawkins 16*  
*Lisa Heckel 10*  
*Diana Holmes 14*  
*Susan Hoxie 10*  
*Don Johnson 20*  
*Luis Lowe 10*  
*Cruz Martinez 22*  
*Troy Matos 20*  
*Jim Newton 10*  
*John O'Neill 16*  
*Rob Ronas 10*  
*Bob Royse 16*  
*Mike Shafai 16*  
*Jeff Smith 19*  
*Sydney Steffens 10*  
*Tim Steffens 10*  
*Jon Teisher 15*  
*Dave Thomson 12*  
*Kate Waldrip 19*  
*Lo Wright 10*  
*Marc Wulfkuhle 19*

### Silver Level: 21 to 50 Hours\*

You have earned a cap or  
complimentary race entry

*Sheri Abdella 34*  
*Steve Abeyta 26*  
*Cymmie Bailey 30*  
*Gordon Barnett 38*  
*Marie Baughman 26*

*Matt Carpenter 41*  
*Jon Cornick 26*  
*Julie Foster 30*  
*Ron Garcia 33*  
*Al Grimme 49*  
*Kees Guijt 44*  
*Lyn Hale 22*  
*Teri Harper 30*  
*Rick Hesseck 38*  
*Gil Kindt 26*  
*Sandy Lowe 25*  
*Bill Ransom 38*  
*Rose/Janet 22*  
*Robin Satterwhite 25*  
*Lucy Stansbury 42*  
*RT Tollin 47*  
*Travis Waldrip 37*  
*Cady Waters 36*  
*Melissa Waters 36*  
*Christian Wulfkuhle 22*  
*Halee Wulfkuhle 22*  
*Sara Wulfkuhle 25*

### Gold Level: 51 to 75 Hours\*

You have earned a jacket

*Jim Beckenhaupt 55*  
*Angie Earle 57*  
*Phil Foster 58*

### Diamond Level: 76 to 99 Hours

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

### Platinum Level: 100+ Hours\*

You will receive  
special recognition  
at the rewards dinner

*Jim Kelleher 259*  
*Pat Lockhart 160*  
*Larry Miller 141*  
*Micky Simpson 102*  
*Dave Sorenson 137*

\* Hours posted do not reflect recent volunteer  
efforts due to Cymmie being swamped.

## Member Spotlight

by Micky Simpson

I recently had the opportunity to sit down with one of our local runners, Steve Abeyta and his daughter Tori at Colorado Running Company. Steve did the Boston Marathon after qualifying in his first marathon, the Ft. Collins Old Town Marathon last May. As you know, our winter weather was not really conducive to outdoor training, so Steve did a lot on the treadmill.

Steve's family was not able to make the trip with him to Boston, but he had friends from the Boston area who were able to join him. He had heard of the Wellesley College cheering tunnel, but was still not prepared when he was able to hear



Steve Abeyta nearing the finish in the 8M Winter Series II for a 58:34 time.

the roar two hills away. He said that had to be his favorite section of the race. Even though it was cold and wet, Steve was thrilled to be able to do Boston. He finished with a time of 3:24:03.

The trails around Colorado Springs are still Steve's favorites. He enjoys doing the Garden 10 Miler, the Summer Round-Up Trail Run and the Ascent. To train for these terrific local races, Steve's favorite trails are the Garden of the Gods, Section 16, Waldo Canyon and Barr Trail.

When not doing his own training, Steve coaches the Land Sharks Running Club at Mountain View Elementary where his daughter and son run. If you listen to Tori, you can tell that she is excited to be following in her dad's footsteps.



## Get Ready to Run the Roundup

by Joyce McKelvey

The Summer Roundup Trail Run 12K is the second leg of the Triple Crown of Running series. The eighth running of the SRTR will be held Sunday, July 8, 2007, at 7 a.m. beginning in Bear Creek Park. The course uses trails in the Park and up to High Drive, making it a challenging trail running experience in itself as well as excellent training for the upcoming Pikes Peak Ascent and Marathon. The course confronts runners with nearly a 1,000-foot gain in elevation. It is mostly uphill going out and downhill on the way back, starting at 6,170 feet and turning around at 7,165 feet. Under the leadership of co-race directors, Dave Balzer and Pat Lockhart, the Summer Roundup Trail Run has gained a status of its own and is now part of the Trail Runner's 2007 Trophy Series, a number of registered races in the United States and Canada. Registration for this Pikes Peak area run is at the Triple Crown of Running office, 514 El Paso Boulevard in Manitou Springs (719/473-2625), or at [www.summerroundup.com](http://www.summerroundup.com).

Perhaps not as well known or long established as the other two legs of the Triple Crown of Running, the second leg has had its own colorful past and sometimes troubled years. In 1982 the Triple Crown of Running series was started when the winners of the series were determined by combining runners' times from the Garden of the Gods Ten Mile, the Colorado Springs Classic 10K, and the Ascent or ascent portion of the Pikes Peak Marathon. What may have been an exciting beginning, however, was followed by years which brought problems because of loss of sponsorships and the need to change the second-leg course in order to comply with city requests to move the event off main streets. This resulted in a few years with no July run at all.

In 1999 The Pikes Peak Road



Runners agreed to assist the TCR resurrect a July running event for the Triple Crown series. Dave Sorenson, Bill Bennett, Bill Gallegos and John Moha worked with then TCR President Dave Zehrer to develop the Summer Roundup Trail Run 12K, staged in July, 2000, at the Penrose Equestrian Center, running along Monument Creek to Colorado College and then back through Bear Creek. This brought renewed excitement back to the Triple Crown of Running.

In 2002 the Roundup Trail Run had to alter its course because of a summer storm resulting in too much water under Bijou Street, but a more serious change occurred in 2004 when the Equestrian Center was not available. The event was moved to begin at the Bear Creek Park pavilions, running west to and up High Drive. Unfortunately the next year the pavilions were not available, so that the Roundup was again moved in 2005, this time to Cheyenne Mountain High School, and run on the Stratton Open Space. In 2006 the Roundup Trail Run was moved back to Bear Creek Park, where it will be held again this year.

Sponsors of the Summer Roundup Trial Run include Colorado Springs Utilities, Gatorade, the Colorado Institute of Massage Therapy, Emergicare Medical Clinics and the Clarion Hotel.





## Undertaking the Unimaginable

### The empowering effect of community



by Sherry Weddell

I first heard of the Leadville 100 from the bemused owner of a bed and breakfast in a tiny mountain town which serves as one of the race's primary aid stations. The poor man described dazed runners who were so exhausted that they had to be pushed in the right direction or they would simply miss the trail. The whole thing sounded so extreme - so utterly crazy - that I couldn't believe that rational human beings would take part. I have since found out that nearly every person—including those who now run it—reacted the same way when they first heard about the Leadville 100. Everyone thinks it is crazy until they actually witness one and experience what I have come to think of as the "Leadville Effect".

Leadville is a perfect setting for human drama, start-

Photo: Twenty-five year old Daryl had been killed the summer before in a white water rafting accident. His young wife of 10 months, Angela, was running the Leadville 100 in his memory. As she approached the finish, a swarm of red-shirted supporters accompanied her all the way up 6th St.

ing life as a classic, wild-west town packed with miners in search of fabulous wealth. As the highest incorporated town (10,200') nestled along the highest mountain range in North America, it is short on oxygen and long on superlatives. The steeple of the exquisite Victorian Catholic church (where the famous "Unsinkable Molly Brown" was married) is, naturally, the highest church steeple in North America.

Most runners in Colorado, but surprisingly few others, are aware that every August, hundreds of athletes and company descend on Leadville and kick up its inherent drama a few notches. They come to tackle the highest ultra-marathon in North America: The Leadville Trail 100, "the race across the sky." Runners seek to cover 100 miles across a mountainous course that rises as high as 12,600 feet, and to finish within 30 hours. They begin the race with a shotgun blast in the pre-dawn darkness at 4 am on Saturday. To be counted as a "finisher" you have to run, walk, or stagger across the finish line before the final gun goes off at 10 am on Sunday. To finish on time, runners do not sleep and must run or walk all night up and down steep mountain trails in temperatures that rou-

tinely drop into the 30s. Last August, 199 runners—51% of those who started—finished on time, and that was an unusually high percentage.

Most of these finishers are not career athletes, and many have never attempted such a feat. But when a community promotes, models, and intentionally supports outstanding achievement in its members, people change. This transformation, and the extraordinary achievement that results from it, is what I mean by the “Leadville Effect”. Specifically,

- People begin to see themselves and the world differently.

- What they assumed to be “normal” and “possible” begins to change.

- As a result, “ordinary” people begin to imagine, aspire to, and accomplish extraordinary things.

Let me try to explain.

First of all, no one attempts the Leadville Trail 100 alone. The secret of the race is the very high level of community support behind each runner. There are a minimum of two supporting workers for every participant. Hundreds of people staff aid stations all day and night, handing out water, sports drink, power gels, cookies, hot potato soup and dozens of other items to all. Volunteers time the runners in and out of aid stations, weigh them and assess their condition, give them a chance to warm themselves, to change their clothing and gear, and if necessary, insist they stop before they hurt themselves. Teams on mountain bikes follow behind the runners “sweeping” the trail in the dark to make sure that all stragglers are found and no one gets lost.

In addition, most runners have their own personal team of supporters. Many have “pacers” who can run beside individual participants for all or a portion of the last 50 miles. Although not competing, pacers often run the equivalent of an ultra-marathon themselves simply to support someone else; there are no awards for pacers. Throughout the night, pacers can be heard softly talking, encouraging, challenging; making sure their runner keeps hydrated, eats enough, doesn’t get lost, and, if necessary, telling their runner when to quit. Family and friends, often wearing matching sweatshirts with mottos like “Ted’s team,” meet the runners at aid stations with specially prepared food, changes of clothing, sun block, and favorite foods. They massage and bandage battered feet, provide dry shoes and socks, and offer a stream of encouragement.

The whole drama culminates at the finish line be-

tween 9 and 10 a.m. on Sunday morning. Despite the fact that the front-runners have long since finished, the crowd just keeps getting larger and more exuberant. They know that the last hour is the most moving because so many of the late finishers are ordinary men and women who are attempting something extraordinary, perhaps for the first time in their lives. The “race across the sky” is not just for the young and extraordinarily fit. Runners in their 50’s and 60’s complete it every year. Finishing Leadville is not primarily about speed; it is about courage and heart and the power of community.

At the finish line last year, I could not help but notice a large support team of perhaps 40 people all dressed in brilliant scarlet t-shirts. On the back of each shirt was the phrase “already finished.” I was intrigued and asked a couple of the team members whom they were supporting. They pointed to the writing on the front of their shirts: “In loving memory of Daryl Bogenrief.” Twenty-five year old Daryl had been killed the summer before in a white water rafting accident. His young wife of 10 months, Angela, was running the Leadville 100 in his memory. A few minutes later, word spread among the team that she was two miles away with only an hour remaining. Instantly, Angela’s army set off to meet her.

I waited by the finish line. The minutes passed. One

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One of the many creative expressions of support found on the more accessible portions of the Leadville 100 course. Without the huge community of friends, runners, and volunteers, many would never attempt the challenge.



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



It was an absolutely beautiful day with temps in the mid 50s and rising to the low 60s. The skies were clear with no wind. This brought out a large crowd, 78 total, 28 of which were Nielson newbie runners.

The most improved for the month went to one of youngsters, Jessalyn Rombocos, as she was a whopping 3 1/2 minutes better than her handicap. That is outstanding. Jessalyn left before we could get a shirt to her, so please get one from us next time, Jessalyn.

Many runners were under their handicap this month, as the warmer weather really helps to get the speed going. We are getting a large mix of runners, from young (grade schoolers) to just a bit older (70s), with several families coming out to participate. This is exactly what the Nielson Challenge is about. We'll see you all again next month.

*Dave Sorenson*

## June Results

Name	Place	Handicap	Actual	Difference
Jessalyn Rombocos	69	28:44.7	25:12.7	- 03:32.0
Daniel Polak	22	17:27.0	15:23.4	- 02:03.6
Cami Bremer	27	17:55.6	16:48.4	- 01:07.2
Laurie Baer	40	19:35.7	18:35.9	- 00:59.8
Dennis Stalnaker	34	18:49.0	17:52.2	- 00:56.8
Dean Buck	20	15:53.3	14:57.0	- 00:56.3
Paul N. Arens	78	31:25.3	30:29.4	- 00:55.9
Gordon Williams	39	18:54.0	18:26.3	- 00:27.7
Sharon Greenbaum	16	14:32.1	14:16.4	- 00:15.7
Alice Gohlke	57	21:43.2	21:29.7	- 00:13.5
David Danny Canini	9	13:31.9	13:19.5	- 00:12.4
Paul Jaszowskiak	5	12:49.9	12:37.5	- 00:12.4
Terry Kurtz	7	13:04.6	12:55.3	- 00:09.3
Nancy Hobbs	15	14:19.1	14:10.1	- 00:09.0
Lile Budden	3	11:53.5	11:49.5	- 00:04.0
Scott Witkowsky	50	20:07.8	20:05.9	- 00:01.9
Roger Baer	12	14:04.2	14:05.1	+00:00.9
Eli Bremer	1	10:54.3	10:56.9	+00:02.6
David Williams	18	14:40.1	14:45.1	+00:05.0
Elizabeth Wolfe	61	22:08.6	22:16.8	+00:08.2
Keith Holcomb	49	19:14.8	19:24.8	+00:10.0
Carl Nielson	11	13:46.0	14:00.4	+00:14.4
Christopher White	8	12:52.0	13:12.6	+00:20.6
Don Johnson	25	15:19.2	15:42.8	+00:23.6
Deann Totzke	44	18:44.9	19:10.2	+00:25.3
Roger Pumphrey	32	17:08.9	17:35.5	+00:26.6
Ruben E. Cano Sr.	26	16:07.7	16:36.6	+00:28.9
Clyde L. Landry	21	14:49.3	15:18.3	+00:29.0
Cliff Donnelly	55	20:45.2	21:16.1	+00:30.9
Kristy Burns	47	18:43.8	19:15.4	+00:31.6
Randy Ward	2	11:08.9	11:44.6	+00:35.7
Annette Demel	45	18:37.5	19:13.7	+00:36.2
David Fenell	33	17:00.1	17:40.9	+00:40.8
Julie Foster	73	26:44.6	27:34.5	+00:49.9
Patty Armfield	53	20:01.1	20:58.8	+00:57.7
H. J. Arnold	56	20:18.0	21:22.7	+01:04.7
Erich Gohlke	14	12:52.7	14:09.1	+01:16.4
Mary Beth Holcomb	60	20:27.5	21:46.5	+01:19.0
Amy Seltzer	48	17:44.3	19:22.0	+01:37.7
Latoya N. Noel	37	16:24.6	18:19.5	+01:54.9
Charles Foster	62	20:20.4	22:21.3	+02:00.9
Jason Cano	36	16:06.9	18:11.9	+02:05.0
Mike McKay	75	26:28.7	28:34.0	+02:05.3
Cheryl Laslo	31	14:34.3	17:11.3	+02:37.0
Ruben Cano	51	17:26.3	20:06.6	+02:40.3
Tim Mullins	42	15:54.0	18:43.0	+02:49.0
Jeffrey A. Barden	63	19:29.8	22:32.6	+03:02.8
Carsyn Hamstra	66	20:57.4	24:09.6	+03:12.2
Adeline Mullins	52	14:27.6	20:35.3	+06:07.7
Janna Rombocos	70	17:19.2	25:13.1	+07:53.9
Briana Evans	58	16:22.3	27:05.9	+10:43.6
Janna Rombocos	63	17:19.2	30:39.6	+13:20.4

## The Leadville Effect

continued from page 13

### Nielson First-Time Runners

Name	Place	Time
Dennis Collard	10	13:40.4
Sarah VonThun	29	16:49.9
Michael Arnold	23	15:28.7
Scott VonThun	28	16:49.1
Jennifer Palmes	46	19:14.6
Matt VonThun	4	12:09.7
Nathan Williams	13	14:06.1
Gary Packard	41	18:40.5
Doris Chandler	59	21:44.4
Debbie VonThun	38	18:23.7
Kelly Hunsaker	35	18:11.3
Andrew Williams	58	21:31.1
Doretta Hale	54	21:04.1
Jennifer Zucca	64	22:45.3
Micaela Parker	65	22:59.5
Erin Logan	17	14:39.2
Katie Kaffine	67	24:40.2
Lynette Kaffine	68	24:42.2
Kyle Pence	24	15:33.0
Chris Totzke	43	18:44.9
Lacey Dodge	71	25:39.8
Tammi Williams	72	25:49.9
Steven Read	19	14:47.4
Debra Williams	74	28:21.4
Denise Logan	30	16:55.4
Jessica Schwank	76	29:48.4
Christie Schwank	77	29:49.0
Nathan Brown	6	12:42.3



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by one, runners crossed, often running hand-in-hand for the last 100 yards with the spouses, children, and friends who had made their achievement possible. Grizzled, grey-haired men broke down and wept in joy and relief within seconds of finishing. Each one was cheered vigorously by the hundreds of on-lookers who had by this time formed a kind of human tunnel around the finish. But I kept my eye on the ridge of the last hill, looking for signs of Angela.

Then I saw it: a scarlet phalanx formed at the crest of the hill a quarter mile away and began to march steadily towards us. As the group drew closer, I could see that they had formed a solid, cheering, human wall around a young woman with long brown hair. Angela's pacer was beside her. Her friends were carrying all her gear but a single water bottle, freeing her up to focus on one thing alone: finishing. Angela was limping but her face was radiant, as she crossed the line 18 minutes before the final gun went off.

The power of the Leadville expe-

Then I saw it: a scarlet phalanx formed at the crest of the hill a quarter mile away, and began to march steadily towards us. As the group drew closer, I could see that they had formed a solid, cheering, human wall around a young woman with long brown hair.



After 40 miles of running through the night, this pacer's job is done. Although unrecognized by the crowds, runners know the value of their support and desperately try to find their own pacers. rience has stayed with me because it has such obvious implications for changing our world. I know many "Angela's"—men and women who are doing astonishing things for mankind because, and only because, they have the active, sustained, enthusiastic support of a community: encouraging souls who provide their own Leadville Effect.

Most people are not innovators but will respond to visible and obvious alternatives directly in front of them. When one is surrounded by others who constantly discuss, model, and value personal success, and where "How do I become all that I can be?" is a commonly asked question, then people change. The bar of their imagination, of what they can conceive of as "normal" and "possible" for an ordinary person, is raised to a whole new level. We do our best, in running and in life, only when we do it together.

*Sherry Weddell, MA, teaches nationally on empowerment and spiritual growth. She lives in Colorado Springs with her trail-running husband.*



# Alex Hoag Race for Sunshine

by Sally Sever



Saturday May 12, 2007 was a beautiful day for the Seventh running of the Alex Hoag Run for Sunshine. With the weather in the high sixties and low seventies as the day progressed, it was a perfect day for the run. Security Service Field was a lively place to be as the largest race to date for the Alex Run took to the streets to support the Proteus Syndrome Foundation. Runners from all over the state, and many from out of state, came out to enjoy a day that was filled with fun for all.

The racing events began with the 3rd running of the Mizuno Mile. The top 3 male and female finishers each received a free pair of Mizuno running shoes. This year's race was a true "Battle of the Ages", with award winners ranging from 9 to 46 years old.

The main event started at 8:30 am as the gun went off for the Alex Hoag Run for Sunshine 5K race. The field of 600 runners began their run down Tutt Boulevard on the USATF certified course. The gradual down hill kept their legs moving for a fast opening mile. At the turnaround, the Talking Tree's African Drummers gave the runners a great beat to send them back to the stadium and finish line. The water station was staffed by Jenkins Middle School Student Counsel who provided water to those who needed it and encouragement to all. The final leg of the course brought runners into Security Service Field and around the warning track where runners could hear their names being announced by DJ Wayne Theurer with Dance Party Productions. He also kept everyone in the stadium hopping and the runners running to lively music throughout the day.

2007 proved to be a very fast race with 11 new age group and 1 overall course record being set. Derek Kite of Colorado Springs was the men's winner with a time of 15:20. Stephanie Jones was the top female with a time of 18:19, improving her previous course record by 23 seconds.

The team competition had a field of thirteen different

teams. The Runners Roost took first place, with the CRC Men and New Balance Skirts teams finishing second and third.

In the Middle School Challenge, Jenkins Middle School continued their domination of the Participation Award with 16 finishers. Newcomer Discovery Canyon had a very successful debut, winning the Fastest Team Award with a time of 1:41:45.2.

As the 5K wrapped up, the nearly 100 kids hit the field for the Children's Sunshine Run. After the warm-ups were complete, they put their toe on the line to race Sox the Fox. As they rounded the Security Service Field on the warning track, they all enjoyed the liveliness of the stadium. An enthusiastic crowd and proud parents cheered them on. All of the finishers went home with blue ribbons, an impressive goody bag, and an Elope hat.

The Colorado Springs Fire Fighters kept the sausage sizzling and the pancakes flipping at the Pancake Breakfast. Racers and spectators enjoyed a great breakfast as they watched the post race ceremonies.

This year, the awards were the best yet! Donated by Artful Adventures, the ceramic baseball trophies were hand painted by friends and family of Alex. Each award winner also received a gift from various community businesses. From gift cards to beautiful basket arrangements, each of the prizes was a huge hit.

This year the Alex Run raised over \$45,000 for the Proteus Syndrome Foundation, founded by Kim Hoag to combat the disease which claimed Alex's life at 9 y.o. We would like to thank each and every business and individual community member that supports the Alex Hoag Run for Sunshine. Without you, our fight to find a cure for Proteus Syndrome and help those children who currently suffer from the effects for PS could not go on. We look forward to seeing everyone next year!



# Panoramic 4M and 2M

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time										
<b>4M Male</b>																					
1	Daniel Castaneda	22	Colo Springs	0:22:46	35	Jeffrey Barden	42	Colo Springs	0:42:57	26	Mindy Clammer	56	Colo Springs	0:46:12							
2	Cody Hill	34	Colo Springs	0:23:01	36	Thomas Huberty	55	Minneapolis	0:47:34	27	Adeline Mullins	9	Colo Springs	0:46:44							
3	Andy Rinne	31	Colo Springs	0:25:23	37	Keith Martin	42	Monument	0:48:12	28	Amy Bogue	29	Colo Springs	0:46:52							
4	Timothy Smith	49	Colo Springs	0:27:03	38	Charles Foster	47	Colo Springs	0:50:41	29	Alice Brinette	46	Colo Springs	0:47:05							
5	Nels Hendrickson	41	Colo Springs	0:27:11	39	Charles Snygg	67	Monument	1:04:58	30	Christian Wulfkuhle	9	Falcon	0:53:36							
6	Jeff Pierce	48	Colo Springs	0:27:11	40	Jerry Ruckstuhl	47	Peyton	1:07:59	31	Sara Wulfkuhle	32	Falcon	0:53:37							
7	David Andrews	28	Colo Springs	0:27:15	41	Duane Velasquez	41	Colo Springs	1:10:30	32	Margaret Ruckstuhl	46	Peyton	1:07:58							
8	Trey Dahlberg	16	Falcon	0:27:45	42	Michael Alls	47	Colo Springs	1:21:39	33	Deb Valori	47	Colo Springs	1:10:26							
9	David Taylor	50	Colo Springs	0:28:17	<b>4M Female</b>																
10	Jason Adams	15	Woodland Park	0:28:31	1	Andrea Wagner	26	Woodland Park	0:28:21	<b>2M Male</b>											
11	Larry Miller	57	Colo Springs	0:28:38	2	Tamara Rogers	40	Monument	0:31:10	1	Chris McIntire	27	Colo Springs	0:14:17							
12	Jeffrey Buell	34	Colo Springs	0:28:53	3	Sharon Dieter	53	Colo Springs	0:31:51	2	Sam VanGamble	12	Colo Springs	0:15:41							
13	David Donelson	43	Colo Springs	0:29:06	4	Tara Lien	33	Colo Springs	0:32:47	3	Scott Wagner	26	Woodland Park	0:16:11							
14	Carl Nelson	58	Colo Springs	0:29:30	5	Georgann Richardson	52	Colo Springs	0:32:49	4	Joe Donelson	13	Colo Springs	0:16:28							
15	Travis Hybki	17	Colo Springs	0:30:12	6	Laura Verheyen	35	Woodland Park	0:32:59	5	Corey Haberkorn	9	Falcon	0:16:48							
16	Christian Lockhart	18	New Tazewell	0:30:52	7	Elisabeth Kaegi	39	Manitou Spgs	0:33:53	6	Keith Holcomb	41	Colo Springs	0:20:19							
17	Tony Abdella	53	Elbert	0:31:21	8	Kirstyn Jacobs	14	Colo Springs	0:34:12	7	Nick Castaneda	56	Colo Springs	0:21:35							
18	Steven Read	53	Colo Springs	0:32:41	9	Andrea Owen	32	Colo Springs	0:35:38	8	Jerred Abdella	12	Elbert	0:23:31							
19	Stan Richardson	55	Colo Springs	0:33:07	10	Erin Neville	23	Colo Springs	0:35:48	9	Hendrick Arnold	62	Colo Springs	0:24:02							
20	Alex Haberkorn	11	Falcon	0:33:08	11	Micky Simpson	50	Peyton	0:36:18	10	Carl Churchill	9	Colo Springs	0:36:02							
21	Troy Thomas	38	Alexandria	0:33:53	12	Kelly Murphy	55	Leadville	0:36:43	11	John Churchill	8	Colo Springs	0:39:23							
22	Bruce McCluggage	49	Colo Springs	0:34:23	13	Lily Donelson	15	Colo Springs	0:37:19	<b>2M Female</b>											
23	Don Stauder	60	Colo Springs	0:34:48	14	Tammy Smith	42	Colo Springs	0:37:32	1	Rosie Bradley	15	Colo Springs	0:15:34							
24	Robert Bowyer	44	Colo Springs	0:35:19	15	Danielle Bonderenko	36	Colo Springs	0:37:45	2	Tori Bardin	21	Manitou Spgs	0:21:40							
25	Mike Flaherty	25	Colo Springs	0:35:42	16	Nicole Baert	28	Colo Springs	0:38:11	3	Olivia Updike	26	Manitou Spgs	0:21:41							
26	Phil Smith	44	Colo Springs	0:36:12	17	Dina Hayduk	49	Kutztown	0:38:17	4	Jennifer Zucca	22	Colo Springs	0:22:06							
27	Bobby Lockhart	40	New Tazewell	0:36:17	18	Donna Krmpotich	42	Woodland Park	0:38:56	5	Greta Brisk	26	Colo Springs	0:24:23							
28	Andrew Keizer	30	Peoria	0:37:39	19	Robin Satterwhite	55	Colo Springs	0:39:33	6	Natalie Ballweber	36	Colo Springs	0:24:24							
29	Steven Hybki	39	Colo Springs	0:37:52	20	Zandrea Stilham	26	Angel Fire	0:39:58	7	MaryAnn Anzelmo	63	Colo Springs	0:24:53							
30	Joe Brown	59	Harrogate	0:38:43	21	Gina Lacy-Lynn	39	Colo Springs	0:40:35	8	Mary Dahlberg	44	Falcon	0:25:41							
31	John Lynn	36	Colo Springs	0:38:44	22	DeAnn Totzke	28	Colo Springs	0:40:39	9	Margaret Churchill	40	Colo Springs	0:39:24							
32	David Fenell	61	Colo Springs	0:38:46	23	Tara Opielowski	28	Colo Springs	0:43:48	▲											
33	Steve Kidd	51	Colo Springs	0:39:23	24	Jannie Richardson	53	Manitou Spgs	0:44:42												
34	Tim Mullins	35	Colo Springs	0:41:52	25	Nikki Lockhart	37	New Tazewell	0:44:56												

# Local Results: Steamboat Springs Marathon

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time					
<b>1/2 Marathon</b>																
39	Jeffrey Rogers	43	Woodland Park	1:33:07	859	Sheryl L Wilcox	32	Colorado Springs	2:41:48	145	Mitch Decker	52	Colorado Springs	4:12:38		
69	Tim Kranz	33	Woodland Park	1:38:07	884	Kara Shipman	38	Colorado Springs	2:47:44	153	William Kissell	37	Colorado Springs	4:15:14		
83	Mike Lloyd	49	Green Mountain Falls	1:39:53	896	Carol A Benight	48	Manitou Springs	2:51:00	167	Nichole Keller	30	Colorado Springs	4:20:05		
97	Shon Phillips	36	Colorado Springs	1:41:39	914	Leonard Dilts	49	Colorado Springs	3:00:43	183	John Klein	51	Colorado Springs	4:25:07		
114	Robert Pearson	39	Woodland Park	1:43:23	915	Cathy Dilts	49	Colorado Springs	3:00:44	189	John Alexander	41	Colorado Springs	4:26:38		
145	Gary Dillinger	21	Colorado Springs	1:45:52	922	Kelly Kissell	33	Colorado Springs	3:05:27	190	Jason Watson	35	Colorado Springs	4:27:15		
160	Thomas Smith	38	Colorado Springs	1:47:16	923	Joseph Kissell	56	Colorado Springs	3:05:27	191	Tina Speck	34	Peyton	4:27:15		
168	Dani Hains	50	Green Mountain Falls	1:47:37	927	Jim R Oraker	66	Colorado Springs	3:07:10	195	Sabrina Witt	31	Colorado Springs	4:28:10		
182	Tina Troyer	26	Colorado Springs	1:48:36	928	Liz Bandeira	41	Colorado Springs	3:07:21	216	Brian Sells	39	Colorado Springs	4:33:15		
208	Andrea Tankersley	41	Colorado Springs	1:50:48	934	David Wilson	53	Colorado Springs	3:14:54	219	Chris Witt	45	Colorado Springs	4:34:40		
294	Debby Patz Clarke	40	Colorado Springs	1:55:39	956	Karen Pinell	67	Colorado Springs	3:38:29	249	Lori Kiskey	37	Colorado Springs	4:46:40		
303	Lisa Smith	35	Colorado Springs	1:55:56	962	Carol Kinate	55	Colorado Springs	3:50:07	256	Lonnie McCarron	36	Colorado Springs	4:49:08		
369	Michael Hampton	38	Colorado Springs	1:58:56	<b>Marathon</b>											
484	Kimberly Smith	35	Woodland Park	2:05:13	10	Eric Seremet	36	Colorado Springs	3:07:56	260	Kristin Chadwick	25	Colorado Springs	4:49:58		
604	Molly Hankins	50	Colorado Springs	2:12:36	30	Patrick Perry	26	Colorado Springs	3:27:12	263	Jeffrey Wilson	24	Colorado Springs	4:51:05		
646	Charles Benight	45	Manitou Springs	2:15:07	47	Chris Brandt	29	Colorado Springs	3:36:00	285	Michele Weaver	38	Divide	4:58:38		
667	Stacie Ward	35	Colorado Springs	2:16:38	68	Richard L Park	54	Colorado Springs	3:42:39	290	Sarah Sands	22	Colorado Springs	5:00:19		
668	Kathleen Hill	42	Colorado Springs	2:16:59	74	Maritsa Yupa	28	Colorado Springs	3:46:03	303	Aysen Kara	43	Colorado Springs	5:09:11		
676	Edgar Galloway	40	Colorado Springs	2:17:23	79	Lou Johnson	51	Monument	3:49:50	304	Craig Hayes	55	Colorado Springs	5:09:11		
723	Martha Kinsinger	72	Colorado Springs	2:21:50	96	Marc Wulfkuhle	33	Peyton	3:56:10	339	David Huber	34	Colorado Springs	5:31:20		
728	Kenneth Gavin	44	Colorado Springs	2:22:24	119	Bryce Berg	32	Colorado Springs	4:01:51	340	Rebecca Huber	30	Colorado Springs	5:31:21		
825	Nan Smith Scranton	52	Colorado Springs	2:35:43	129	Sara A Wulfkuhle	32	Peyton	4:05:11	346	Billy Weaver	33	Divide	5:38:40		

# Sailin' Shoes, Colorado Springs

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time					
<b>5 K</b>																
1	Kevin Clary	25	Gunnison CO	0:15:34	22	Nancy Hobbs	46	Colo Spgs CO	0:22:44	18	Cori Asaka	45	Alexandria VA	0:49:22		
2	Philip Sakala	24	England UK	0:15:46	23	Allison Roiko	17	Colo Spgs CO	0:22:49	19	Kara Slavoski	15	Monument CO	0:49:32		
3	Nick Hirsch	23	Gunnison CO	0:15:47	24	Jennifer Pulscher	17	Colo Spgs CO	0:23:04	20	Georgann Richardson	52	Colo Spgs CO	0:49:46		
4	Andrew Robinson	29	England UK	0:15:47	25	Monica Slamkowski	46	Colo Spgs CO	0:23:06	21	Hanna Heuser	17	Colo Spgs CO	0:49:51		
5	Derek Kite	35	Colo Spgs CO	0:16:09	<b>10K</b>							22	Erin Moffett	22	Binghamton NY	0:50:21
6	Jay Luna	23	Colo Spgs CO	0:16:16	1	Joel Hamilton	22	Colo Spgs CO	0:33:28	23	Nancy Musso	37	Colo Spgs CO	0:50:48		
7	Ryan Hafer	21	Colo Spgs CO	0:16:28	2	Matthew Williams	20	Colo Spgs CO	0:34:28	24	Megan Eck	30	Denver CO	0:51:16		
8	Ewen North	28	Boulder CO	0:16:31	3	Greg Pulscher	19	Colo Spgs CO	0:35:58	25	Julie Gilliam	32	Colo Spgs CO	0:51:30		
9	Cody Hill	34	Colo Spgs CO	0:16:51	4	Jeff Coverdale	23	Colo Spgs CO	0:36:43							
10	Steve Hackworth	28	Larkspur CO	0:16:59	5	Dan Simpson	22	Leetonia OH	0:37:03							
11	Justin Mason	21	AF Academy	0:17:03	6	Gerald Romero	35	Colo Spgs CO	0:37:07							
12	Jeff Holt	20	Colo Spgs CO	0:17:04	7	Alex Vaske	18	Colo Spgs CO	0:37:11							
13	Peter Fleming	47	Colo Spgs CO	0:17:10	8	Steve VanGampleare	16	Colo Spgs CO	0:37:48							
14	Nick Soulnier	17	Colo Spgs CO	0:17:19	9	Steven Sanchez	18	Colo Spgs CO	0:37:58							
15	Adolpho Carillo	36	Colo Spgs CO	0:17:21	10	Nic Mahoy	16	Colo Spgs CO	0:38:22							
16	Tim Hamilton	22	Colo Springs	0:17:30	11	Joel Shotsman	39	Colo Spgs CO	0:38:34							
17	Mike Sickafoose	18	Colo Spgs CO	0:17:31	12	Josh Misenhimer	17	El Paso TX	0:38:43							
18	Sammy Ngatia	47	Colo Spgs CO	0:17:40	13	Jeremy Dreher	26	Colo Spgs CO	0:38:47							
19	Jeffrey Prata	34	Colo Spgs CO	0:17:53	14	Mark Scherbarth	31	Albuquerque NM	0:38:48							
20	Brent Bailey	20	Limon CO	0:18:01	15	Lance Knight	16	Colo Spgs CO	0:39:42							
21	Nate Smith	18	Colo Spgs CO	0:18:09	16	Brendan Trimboli	19	Colo Spgs CO	0:39:51							
22	Brian Slamkowski	19	Colo Spgs CO	0:18:19	17	Mark Riem	40	Canon City CO	0:40:12							
23	Andy Rinne	31	Colo Spgs CO	0:18:35	18	Brian Goodack	30	Colo Spgs CO	0:40:15							
24	Simon McIntire	16	Colo Spgs CO	0:18:39	19	William Barnum	24	Colo Spgs CO	0:40:16							
25	Erick Williamson	25	Austin TX	0:18:43	20	Aaron McIntire	25	Colo Spgs CO	0:40:37							
				1	Alisha Williams	25	Colo Spgs CO	0:18:12	21	Kristopher Swygert	30	Englewood CO	0:40:38			
				2	Paula Morrison	34	Manitou Spring	0:18:28	22	Steve Kandrach	38	Colo Spgs CO	0:40:44			
				3	Emily Shertzer	27	Colo Spgs CO	0:18:31	23	Dave Buesser	37	Colo Spgs CO	0:41:30			
				4	Kelly Handle	29	Austin TX	0:18:42	24	Kenneth Lefrancois	43	Colo Spgs CO	0:41:38			
				5	Megan Burrell	18	Colo Spgs CO	0:19:34	25	Glenn Strebe	42	Colo Springs CO	0:41:46			
				6	Ashley Birger	23	Colo Spgs CO	0:19:43	1	Stephanie Jones	37	Colo Spgs CO	0:39:18			
				7	Leora Jordan	22	Boulder CO	0:19:49	2	Amy Regnier	45	Colo Spgs CO	0:41:33			
				8	Kristin Donald	25	Brighton CO	0:19:53	3	Connilee Walter	34	Colo Spgs CO	0:41:42			
				9	Julianne Payton	17	Woodland Park	0:19:54	4	Dani Wanner	30	Longmont CO	0:42:05			
				10	Margaux Isaksen	15	Colo Springs	0:20:06	5	Hannah Green	16	Colo Spgs CO	0:45:21			
				11	Jenna Dorsey-Spitz	23	Colo Spgs CO	0:20:27	6	Vanessa van Staden	20	Colo Spgs CO	0:45:57			
				12	Lucas Duncan	18	Colo Spgs CO	0:20:46	7	Ammilee Oliva	29	Aurora CO	0:46:17			
				13	Allison McIntire	19	Colo Spgs CO	0:20:46	8	Kerry Page	39	Colo Spgs CO	0:47:05			
				14	Julie Mills	19	Colo Spgs CO	0:21:02	9	Bonnie Brisnehan	26	Manitou Spgs	0:47:13			
				15	Christi Butler	26	Manitou Spgs	0:21:14	10	Hillary Dobson	24	Green Mtn Falls	0:47:50			
				16	Kali Maxwell	14	Colo Spgs CO	0:21:21	11	Calina Snyder	38	Peyton CO	0:47:53			
				17	Heather Stites	28	Boulder CO	0:21:24	12	Kendra Schleiker	34	Colo Spgs CO	0:47:57			
				18	Lisa Rainsberger	45	Colo Spgs CO	0:21:33	13	Janelle Rust	30	Colo Spgs CO	0:48:14			
				19	Sydney Mondragn	24	Pueblo CO	0:21:55	14	Jessica Amundson	26	Colo Spgs CO	0:48:55			
				20	Emily Duncan	15	Colo Springs	0:22:23	15	Sharon Dieter	53	Colo Spgs CO	0:49:01			
				21	Kathryn Williams	19	Colo Spgs CO	0:22:28	16	Kelsey Hilton	16	Colo Spgs CO	0:49:15			
								17	Janna Habeck	30	Colo Spgs CO	0:49:19				

## Sailin' Shoes Makes it to the Mideast

by Duane France

*This year, Sailin' Shoes had a counterpart in Iraq. Runners there received shirts and other race supplies from local organizers.*

That was some GREAT fun. I honestly can't remember the last time I felt this good...the runners had a great time, the event went off without a hitch, and I cannot even begin to thank you enough for all of the support that you and the crew have given us!!!

The race started at 0605 Iraq time, which was actually 8 P.M. the night of the 15th for you. The sun was just coming up, and the weather was a relatively cool 87 degrees; by the end of the race the temperature may have met about 92, but the heat here is not like the heat there (verydry) and it was perfect running weather (for Iraq).

We had over 100 runners register, and had at least that many run; there were 81 "official" finishers, those that had registered before the race and had bib numbers...and there were approximately ten to fifteen "also"runners, who did not register, had no bib number, but just went out there for the fun of it.

There were representatives from four NATO countries (U.S., Britain, Poland, Italy) and all of the U.S. Armed Services stationed on Rustamiyah (Army, Navy, Air Force, and Marines) as well as Civilian Contractors.



Runners take off at the start of Sailin' Shoes Iraq. Four NATO countries were represented.

# Garden of the Gods 10M

Place	Age	City	Time
<b>Top 75 Men</b>			
1	Cele Rodriguez	26 Alamosa CO	0:54:28
2	Philip P Sakala	24 C. Springs CO	0:55:52
3	Andrew Robinson	29 C. Springs CO	0:56:24
4	Paul Digrappa	25 C. Springs CO	0:56:57
5	Aaron R-Lopez	22 C. Springs CO	0:57:09
6	Daryn Parker	26 Manitou S. CO	0:57:13
7	Glen P Mays	36 Little Rock AR	0:57:33
8	Adam Rich	26 C. Springs CO	0:58:04
9	Alex Nichols	22 C. Springs CO	0:58:36
10	John Gaudette	21 Denver CO	0:59:01
11	Eric Peterson	35 C. Springs CO	1:00:08
12	Jeff Holt	20 C. Springs CO	1:00:23
13	Paul W Mann	29 C. Springs CO	1:00:25
14	Enrique Guerrero	27 Alamosa CO	1:00:33
15	Michael J Hagen	44 C. Springs CO	1:00:44
16	Grant Scott	24 C. Springs CO	1:01:09
17	Gerald B Romero	35 C. Springs CO	1:01:35
18	Bernie Boettcher	44 Silt CO	1:01:37
19	Cornelis Guijt	40 C. Springs CO	1:01:56
20	John Nichols	24 Highlands Rch	1:02:22
21	Steve Roch	43 Lafayette CO	1:02:24
22	Paul Koch	39 C. Springs CO	1:02:46
23	Greg Pulscher	19 C. Springs CO	1:03:15
24	Steve Harp	25 C. Springs CO	1:03:23
25	Adam Feerst	47 Denver CO	1:04:14
26	Shawn Erchinger	39 C. Springs CO	1:04:50
27	Michael Quispe	40 Littleton CO	1:04:56
28	Joel Stonington	26 Aspen CO	1:04:57
29	Adam L Wade	30 C. Springs CO	1:05:30
30	Bill Means	42 Monument CO	1:05:31
31	Ron J Hendricks	55 Highlands Ranc	1:05:34
32	Daniel Novembere	27 C. Springs CO	1:06:15
33	David Havlick	41 C. Springs CO	1:06:40
34	Heath Hibbard	54 Montrose CO	1:06:48
35	S. VanGambleare	16 C. Springs CO	1:06:54
36	Alejandro Reyes	38 Mexico City ME	1:07:01
37	Joe D Shotsman	39 C. Springs CO	1:07:05
38	Ronald Lund	50 Basalt CO	1:07:21
39	Kevin Dessart	38 C. Springs CO	1:07:29
40	Scott Konnagan	44 C. Springs CO	1:07:50
41	Joseph M Simpich	24 C. Springs CO	1:08:06
42	Brendan S Trimboli	19 C. Springs CO	1:08:21
43	William J Barnum	24 C. Springs CO	1:08:26
44	Derek Engard	31 C. Springs CO	1:08:28
45	Ray McKenzie	25 Denver CO	1:08:30
46	Nic R Mahoy	16 C. Springs CO	1:08:38
47	Ryan Wess	28 Englewood CO	1:08:43
48	Simon McIntire	16 Colo Springs CO	1:08:48
49	Troy M Brennan	33 C. Springs CO	1:08:54

Place	Age	City	Time
50	Glenn Clemons	45 Pueblo CO	1:08:56
51	Dave O'Sadnick	51 Evergreen CO	1:09:01
52	Pat Castle	36 Colo Springs CO	1:09:03
53	Brent Trichel	36 C. Springs CO	1:09:04
54	Don Powers	50 Colo Springs CO	1:09:06
55	Dave Buesser	37 C. Springs CO	1:09:12
56	Sander Rigney	34 C. Springs CO	1:09:18
57	Wayne Chick	54 Albuquerque NM	1:09:21
58	Anthony Armento	32 Denver CO	1:09:28
59	David Kopp	49 Eagle CO	1:09:31
60	Derek Griffiths	31 Littleton CO	1:09:37
61	Kevin S Wilder	39 C. Springs CO	1:09:48
62	Tony D Oakes	37 Castle Rock CO	1:09:52
63	Chad Halsten	33 C. Springs CO	1:09:59
64	Cornelius Puiulet	34 Edgewood NM	1:10:16
65	Elliott Rodda	42 Winfield KS	1:10:21
66	Aaron E McIntire	25 C. Springs CO	1:10:25
67	Dave J Oliver	41 Monument CO	1:10:34
68	Rich Hadley	51 Florence CO	1:10:35
69	Julius A Kovats	44 Manitou Spring CO	1:10:38
70	Matt Cecere	29 Colo Springs CO	1:10:39
71	John S Hann	40 C. Springs CO	1:10:43
72	Matt Cunningham	33 C. Springs CO	1:10:46
73	Joey Negreann	17 Englewood CO	1:10:58
74	Bob Basse	52 Denver CO	1:10:59
75	Chris K Jones	39 C. Springs CO	1:10:59



Place	Age	City	Time
<b>Top 75 Women</b>			
1	Maria Portilla	35 Albuquerque NM	1:02:20
2	Emily A Mortensen	24 Alamosa CO	1:02:30
3	Katie A Blackett	30 Boulder CO	1:03:04
4	Paula Morrison	34 Manitou S. CO	1:04:26
5	Megan O Lund	23 C. Springs CO	1:04:50
6	Stephanie E Jones	37 C. Springs CO	1:05:21
7	Stacey Chaston	37 C. Springs CO	1:06:32
8	Susan Mikecz	28 Albuquerque NM	1:08:16
9	Connilee S Walter	34 C. Springs CO	1:10:29
10	Letitia Dusich	26 C. Springs CO	1:10:52
11	Amanda Durner	33 C. Springs CO	1:11:15
12	Andrea Viger	29 Boulder CO	1:13:14
13	Jill B Horst	28 Albuquerque NM	1:13:27
14	Stephanie B Wurtz	24 Pueblo CO	1:13:47
15	Chrissy Steigerwald	38 C. Springs CO	1:13:59
16	Teal Reeves	25 C. Springs CO	1:14:40
17	Virginia Coindreau	25 Alamosa CO	1:15:00
18	Katie Enga	33 C. Springs CO	1:15:20
19	Allison E McIntire	19 C. Springs CO	1:15:39
20	Kristin Moreau	40 Golden CO	1:15:52
21	Lauren Dunsmoor	23 Pueblo CO	1:16:01
22	Quinn Fitzpatrick	48 Denver CO	1:16:35
23	Karen J Smidt	40 Brighton CO	1:16:37
24	Kellie J Callahan	19 C. Springs CO	1:16:38



Place	Age	City	Time
25	Karen G Hunter	42 Littleton CO	1:16:41
26	Melissa R Menard	33 Denver CO	1:17:22
27	Peggy Nelson-Panzer	45 Aurora CO	1:17:51
28	Jeanne Osko	32 C. Springs CO	1:17:51
29	Hanna Green	16 C. Springs CO	1:18:07
30	Christine Tieman	42 Bellbrook OH	1:18:16
31	Gwen Martinez	40 Colo Springs CO	1:18:52
32	Bridget Dunn-Kent	39 Denver CO	1:19:00
33	Tina Dessart	36 C. Springs CO	1:19:06
34	Christy Eschenfeldt	21 Lakewood CO	1:19:10
35	Jill A Montero	40 Pueblo West CO	1:19:11
36	Peggy Muhn	55 Wheat Ridge CO	1:19:12
37	Vanessa van Staden	20 C. Springs CO	1:19:25
38	Diane Vanderhoeven	45 Highlands Ranch	1:19:25
39	Tamara Rogers	40 Monument CO	1:19:46
40	Kimberly M Greer	46 Larkspur CO	1:19:48
41	Piper Foster	27 Aspen CO	1:20:12
42	Maiya D Anderson	31 Monument CO	1:20:29
43	Kendra E Schleiker	33 C. Springs CO	1:21:14
44	Kelly L Miller	40 C. Springs CO	1:21:15
45	JLo M Lockwood	28 Denver CO	1:21:38
46	Kerry A Page	39 C. Springs CO	1:22:04
47	Sharon Dieter	53 C. Springs CO	1:22:14
48	Pamela L Parker	42 C. Springs CO	1:22:26
49	Carrie Stafford	28 Westminster CO	1:22:27
50	Sharon Greenbaum	44 C. Springs CO	1:22:33
51	Angela M Simpich	24 C. Springs CO	1:22:43
52	Sheri L Atkinson	43 Broomfield CO	1:22:54
53	Brooke Meserole	25 Denver CO	1:22:56
54	Julie Lawrance	45 Albuquerque NM	1:23:20
55	Alicia C Del Pardo	19 C. Springs CO	1:23:34
56	Georgann Richardson	52 C. Springs CO	1:23:47
57	Jannelle Allen	31 Colo Springs CO	1:23:48
58	Sarah Quinn	30 Boulder CO	1:23:49
59	Stefanie Gaffigan	28 Boulder CO	1:23:49
60	Karen Markel	49 Fort Collins CO	1:24:01
61	Erin Talbot	27 C. Springs CO	1:24:11
62	Connie E Shaner	33 C. Springs CO	1:24:12
63	Janelle Rust	30 C. Springs CO	1:24:17
64	Lori Byrd	27 C. Springs CO	1:24:23
65	Robin Krueger	38 Pueblo CO	1:24:40
66	Calina M Snyder	38 Peyton CO	1:24:44
67	Kaylee A Vasquez	27 C. Springs CO	1:24:56
68	Andrea M Wolf	20 C. Springs CO	1:25:03
69	Michelle Bochenek	28 Westminster CO	1:25:04
70	Jessica Babbs	36 C. Springs CO	1:25:12
71	Scheri S Nagaraj	30 C. Springs CO	1:25:12
72	Pilar Silva	43 C. Springs CO	1:25:23
73	Deborah Janssen	26 C. Springs CO	1:25:35
74	Lisa Cunningham	32 C. Springs CO	1:25:38
75	Jessica R Kasson	27 Lone Tree CO	1:25:42





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