



Pikes
Peak
Road Runners

the **LONG RUN**

Volume 31 Issue 5

Running News for the Pike's Peak Region

May 2007

Tortoise & Hare Moms and teens help record turnout

Tai Chi for Runners Keeping Body and Soul Together



Drinking Clubs with a Running Problem Local Hash House Harriers

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	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

*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 **May 1st**.

Membership 😊

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

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



The Long Run, Volume 31 Issue 5

The Long Run is the official publication of the Pikes Peak Road Runners, a 501(c)3 not-for-profit organization. The Long Run is published monthly. The subscription rate is \$15 per year.

Editor: Jim Kelleher jim@pprrun.org

Editorial Staff: Diane Cahalan
Jack Anthony
Mike Shafai

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

Newsletter Submissions

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

Email your submissions to editor@pprrun.org either as attachments or in the message. We accept any *Windows* compatible file format. 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 **May 9th**.

Newsletter Stuffing

Note: Next stuffing is **Wednesday May 23rd**, which is the **fourth Wednesday**, not the third.

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

Advertising

Insert flyers will be included at the rate of \$50 per issue. The maximum folded size is 8.5 x 11. *Do not staple.* Please ensure brochures are *unfolded*. Send to editor@pprrun.org for printing (add \$40; color also available) or deliver **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 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



Two years ago I was approached by Jack Anthony and asked to attend a PPRR board meeting with the intention that I might want to join and become a member. After the first two visits, I concluded that being an at-large board member is a fun and pretty safe proposition. I got a chance to help with a race and learn

all the behind-the-scenes work that goes into putting on a top notch event. The rest of the story isn't important. The important part is that it took someone asking me, and that's the topic of discussion for this month's letter.

The Board of Directors of the Pikes Peak Road Runners consists of four officers (President, Vice President, Secretary and Treasurer) and seven at-large positions. These seven positions are open annually to the membership. The at-large positions plan and organize the races sponsored by the PPRR. Their duties cover a wide range of responsibilities to provide fun and safe races for our membership and the Pikes Peak running community.

If you think about the Board of Directors as the club's tool box, then you can imagine that every race is a product of the club's workshop. The PPRR workshop can produce a lot of different looking races using the same tools, but new tools can produce exciting twists to our races, even new races.

The PPRR workshop is manned by masters of the trade like **Pat Lockhart** and **Larry Miller**. These two board members were honored with Life-Memberships at the April board meeting for their long time service to the Pikes Peak Road Runners. They will join the other nine Life Members who also have served the Pikes Peak Region running community. These two super heroes will be the topic of a Members Spot light in the next issue of the Long Run. They join an exclusive list **consisting of Julie and Phil Foster, Dave Sorenson, Don Johnson, Bill Bennett, Bill Gallegos, Bob Royce, Janet Nielson, Jeff Tarbert, and the William Hettler Family.**

You don't need to know everything there is to know about races to become a board member at-large. I can attest to that. But, if you have a desire to give back to the running community and take a leadership role in growing the running community and events, then joining the board will give you an opportunity to go beyond the volunteer duties of registration and aid station attendant. As a board member, you can influence trail selections and collaborate with local agencies.

Cover: Ben Valdez (middle row, left) with Widefield's Students American Discovery Trail Marathon Team and helpers at the Tortoise & Hare 5K. They are training to run the ADTM this Labor Day.

(photo by Jim Kelleher)

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Your contribution as a board member can allow you to be a part of the design and construction of a race. Helping plan and support the races we sponsor requires coordination with the city and county for emergency services, lining up sponsors, organizing a start and finish line crew, and obtaining insurance. Your ideas are a creative way to give back to the running community at a higher level.

The club grows from an infusion of new ideas. It needs yours! So, if you're interested, don't wait to be asked. Come to a board meeting and see what goes on. They are held at the downtown YMCA on the first Tuesday of the month. Elections are not until November, so you have plenty of time to think about it.

Jon Cornick

PPRR Board Minutes

March 6, 2007

Attendance (Pat L)

Present: Micky Simpson, Gil Kindt, Pat Lockhart
Tony Abdella, Ron Garcia, Larry Miller, John O'Neill, Luci Stansberry, Travis Waldrip
Phil Foster, Bill Gallegos, Don Johnson, Jim Kelleher, Dave Sorenson

Excused: Jon Cornick, John Gardner

Absent: Jim Beckenhaupt

Meeting Minutes Review/Approval (Pat L)

Minutes were approved and are on file

Old/New Business

September 3, 2006 theft. Correspondence from Office of the District Attorney, "The defendant was sentenced on January 30, 2007, and received 1 year probation, comply with standard terms' 50 hours of Community Service. The special conditions are as follows: must attend Theft Seminar".

Veterans Home Run news from CSC – Reminder letter sent out to CSC

Report from the ad hoc committee on advertising on the web site – Jim K, Ron G, Tony A

Ron reported: Suggestions presented. (a) merchant sponsors should have link free of charge, (b) others should be charged a monthly fee. Webmaster and Jim K will determine cost to other advertisers. Website will be updated to include Sports Nutrition, Inc. link. Others must provide own HTML. Motion was made by Pat L, seconded by Gil K for a three (3) month trial run on this procedure. Motion passed.

Report from the ad hoc committee on the mission statement – Jim K, John O

Draft presented for review and discussion: purpose, means of accomplishment, values. Motion made by Travis W, seconded by Tony A. to accept as amended, Tony seconded. Discussion: adoption at this point in time, with discussion at the annual board meeting. Approved.

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

pation in running events for people of all ability levels and acknowledge that volunteer participation is a foundation upon which Pikes Peak Road Runners exists.

Report from the ad hoc committee on PPRR apparel – John O

Discussion on manufacturer's Pacific Coast Sportswear. Custom made uniforms. Variety available. An article will be presented in the newsletter to gather information in this endeavor. More information will be provided at a later date.

Guest Business

Travis Waldrip (ADTM) introduced Ben Valdez, Widefield School District 3's Director of Community and Education, and Jim Clever, former 40-year director for the YMCA. These gentlemen presented a program they have initiated after the format of "Run LA". This program "Student American Discovery [Trail] Marathon Team" will encourage students to make changes in their lives through this running "team" program. Students must be 15 years or older. Encouragement requested from Pikes Peak Road Runners for assistance with entry fees for club events, and with other organizer's events. Eventually this will encompass all of El Paso County school districts.

Treasurer's Report (Gil K)

Annual Report - Presented. More narrative presented regarding the reports. Total assets not necessarily as they are shown, payables outstanding.

Financial statements - Fall, Kids and Winter Series income and expenses shown for last fiscal year for informational purposes.

Event Promotion – (Micky S/AI G)

Active.com problems could mean a change in which on-line service we use

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

RRCA convention in Chicago March 21-25. RRCA website spotlights the Nielson Challenge

USA Track & Field update (Phil F)

Information from Arizona event for kids.

Certifications/Measuring – (Travis W)

Vets Home Run alternate site Santa Fe Trail. North of Woodmen. Committee must discuss further

Scholarship (John O)

No report. Jon C to promote scholarships. Webmaster will make scholarship information an attention getter.

Calendar (Dave S)

Calendar changes made in response to comments received.

While back, as a few articles came my way, I thought this issue might have a “spiritual” theme. You know, running with one eye on ultimate and intangible stuff. That sort of thing appeals to me if it’s product of real experience rather than pop-cultural osmosis. One gets a feeling of partaking in hard-won perspectives—sort of an armchair enlightenment, if you will. Who, but the most jaded among us, cannot help but at least mark the sagacious words of the graybeard runner who shuns the shallow system of organized racing?

On the other hand, spirituality is not everyone’s cup of tea. A lot of us would chose Lipton’s over Yorkshire Gold (that’s akin to Folgers over Starbucks for you non-tea drinkers). My very best running buddy listens to gangster rap for motivation while running, which is a far cry from contemplating the eternal verity of blue sky, green trees, and snow crystals. But it works for her, and far from disdain, I try to understand that which is almost entirely foreign to me.

This thought brings us (or at least me) to an intriguing point. What, really IS spiritual! Well, if it is *anything at all worthwhile*, it has to lead us beyond our understanding. What’s the point otherwise? Now, if you are one of those people that is an über-understander, you will hate this. But who among us really *wants* reality to be limited to what we understand? Horrors!!!

So, one article herein treats of Tai Chi. This fits nicely our understanding of the spiritual. Get in tune with your body, make profound movements in the morning air, center yourself...yeah, that’s spiritual all right. Well, how about those running monks of Mt Hiei? Maybe if you’ve gone beyond 10K on a regular basis, you have some inkling of zoning out through distance, so you can at least give these fanatics the benefit of the doubt.

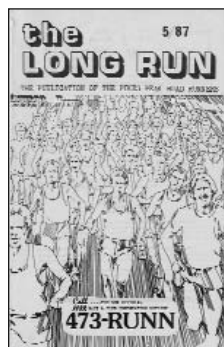
But now the real test: the Hash House Harriers. In the words of the Matrix’s Oracle, that could “really bake your noodle.” And Jon’s article only hints at the real ribaldry behind the scenes. Is this “spiritual”? It can be for *us* if we accept a challenge of going beyond our comfort zone to understand a perspective on recreation entirely different than our own. Perhaps the earthy can sharpen our awareness of the ethereal?

Lastly, what about the insanity of the Barclay ultramarathon? *Six* finishers in 20 years??? Hardened Hardrock veterans can’t make the 13 *hour* cutoff for the first 20 miles after ten years of trying??? Yeah, insanity. But, if you cannot begin to see the point of trying the most difficult 100-miler on the planet...well, then just try. If you succeed, it will take you beyond your present understanding. And after all, that is absolutely our only ticket out of here! So, maybe this is a spiritual issue after all.

Jim Kesseher, Editor

10 Years Ago

Larry Miller, president, writes in the May 1997 issue about preparations for the upcoming RRCA National Convention in the Springs. Volunteers, of course, are needed. In danger is the 5th running of **Rim Rock**, the near-marathon traversing Colorado National Monument. Apparently a newbie park superintendent insists that the run represents “a clear and present danger to public health and safety” (say what?). The curvy course, he says, needs a paid *professional* marshal at every turn (is that a profession?). Ah, but at long last the Long Run plunges into a political battle! Tune in next month....



20 Years Ago

The May *Long Run*, 1987, depicts on its cover a graphical sketch of athletes (male), mostly tank tops, running off to some unknown destination. They serve, apparently, to highlight the “new official PPRR race & club information hotline: 473-RUNN. (The current message evinces to the contrary.) Also, an insert invites readers to the “Run for the Bar” 5 miler, entry fee \$9, to benefit the Pikes Peak Legal Services. The race map clearly shows the start near Flying W Ranch & Centennial...but gives no clue as to the actual course (caveat cursor). Editor **Michael Shenk** laments at the demise of the Rawhide Marathon. And after a year off, the newly reinstated **Triple Crown of Running** starts off with the May GOG 10K tune-up, a week after the Panoramic (won handily by **Al Grimme**) and one before the Bolder Boulder.

30 Years Ago

In the second ever issue of this venerable journal, May 1977, **Ed Strabel** wins both the Palmer Park 5-mile (30:47) and the GOG 5-mile (28:24). And upon hearing of the postponement of the Denver Marathon, an undeterred carbo-loaded group of the Pikes Peak Track Club devised its own 26 mile jaunt heading down Academy and ending up at the Pikes Peak Raceway. **Bob Tegtmeyer** put in a 2:41 effort to win. Finally, the club hosts its first-ever graduated distance series: a 10, 15, and 20 *mile* schedule in Palmer Park (these guys were *runners*).



Letters

Dear Jim,

I just wanted to say how much I have enjoyed reading “Linda’s Leads” in the *Long Run*. I have read several of the books Linda has recommended and would not have known about them otherwise. It’s really nice to see the variety of topics you manage to include and I think in general it is very well done for a running club publication. Although I have been borrowing a friend’s issues, I will have to get my membership in soon!

Thanks,
Sara Hart

Hi Jim,

Thank you for the great press for the RRCA in your newsletter. I really like to learn about our clubs that are making the link with their national organization.

Sincerely,
Jean Knaac,
RRCA Exec. Dir.

Dear Editor,

I must tell you, I just finished reading the PPRR magazine and I am completely blown away. I think you guys have THE BEST newsletter I have ever read. I could blab on about it forever, but just pass this on to the right person: I WISH we had ANYTHING nearly as good up here in Boulder. What an awesome job you all are doing with that and with the club. Clearly you guys are a group that loves the sport, and it shows. Kudos, kudos, kudos!!!

Lesley Kinder

Dear Jim,

Plano was finally blessed with perfect weather for a run, and 204 members finished the 10K, 5K, and Kid’s K this month. A few wet spots on the course were duly noted, and everyone shared the same slippery footing.

The club paper, “The Pace”, has come on hard times. There were some people with good ideas, and they did improve the appearance and presentation, but could not deal with the realities of being reporter, photographer, feature writer, editor, printer delivery, and mailer as volunteers for our paper, which has a mail circulation of about one hundred. The rest of the members just read it off the internet. The president is trying hard, but finds most people are like me. I did it for one year, and burned out completely.

Hunter Hammett, senior member and retired missionary, has regretfully given up running. He still holds two Pacer records, and as a missionary won an international marathon on Taiwan about twenty years ago. He recently received a pacemaker. He now runs laps with his wife at the local Oak Point Gym, and avoids the possible stress of competition.

Regards,
William L. Jones

Dear Jim,

I am very grateful to PPRR for all the support and assistance I have received. You all do a fantastic job and I am proud to be a part of your races!

Thanks so much for the GREAT photo this weekend [Tortoise & Hare] and for our placement on the PPRR home page! It looks awesome! We really enjoyed the race and are looking forward to attending several more down the road! Again, thanks so much!

Vanessa Williams
Moms in Motion

Have an issue you’d like us to know about? Did you find something enjoyable or irritating? Why not write a letter to the editor: editor@pprrun.org. It only takes a moment for you to let everyone know. You can remain anonymous if you choose, but be nice!

News and Events

New 5K remembers “live big” spirit of Nicholas

The Live BIG fund was established in memory of a young sports enthusiast, Nicholas Speights, who died tragically after being struck by a car during a July 4th celebration in Castle Rock last year. The main purpose of the Live BIG



Nicholas Speights, 7, finishes a Kids Running America race last June, just weeks before a tragic accident ended his energetic life.

Fund is to provide meaningful additions to the community in a way that inspired Nicholas.

“Nicholas made an impact on an enormous number of people in the community,” writes his father, Bill Speights. “He was always moving and including others. He lived life in a big way. Nicholas never cared where or what---just THAT we were doing something. Camping, skiing, swimming, cooking, cleaning, snorkeling, racquetball, plant tours, drag races, Elitch’s, snowmobiling, sword fights, reading, talking, story telling, light sabers, biking, slip’n’slide, soccer---Nicholas lived BIG.”

Proceeds from the May 6th event will be used at Boyscout Camp Tahosa. “Our goal is to refurbish the old rock house building and create a visitors center to enhance the experi-

ence for future campers,” Bill says.

The race begins at 8:45 in Castle Rock’s Butterfield park. See the flyer in this issue or find detailed information at www.livebigfund.org.

New stage run to cover 125M in the central Rockies

This year, from September 16th to 21st, the inaugural Gore-Tex TransRockies Run hopes to field 150 teams of runners to cover 125 miles of the central Rockies from Beaver Creek to Aspen. The event is based upon the Gore-Tex TransAlpine-Run in Europe and the TransRockies/TransAlps mountain bike races and is run as a multi-day point-to-point. The course includes a mix of single track and forest road with 25,000 feet of elevation gain and altitudes of 12,000 ft.

A professional event team will look after all aspects of participant’s food, accommodations and on-course support. Racers are fed and housed in a tent city and treated to hot showers and other amenities every night. They are supported throughout each stage with aid stations and a fully-

equipped medical team.

While many participants come to endurance stage-events with the simple goal of getting to the finish line, organizers expect fierce competition at the front of the pack for the \$20,000 in prize money up for grabs in four different team categories: open, women, mixed, and men 80+ combined age. Each day’s run will be filmed and shown during the daily awards ceremony that will recognize the stage and overall leaders.

Interested runners can contact Aaron at aaron@transrockies.com or go to www.transrockies.com. By the way, if you have to ask, you may pale somewhat at the entry fee.

Ice that waits for you

Ever wanted to ice down after a long run, but couldn’t keep that ice pack in the car cold enough? Well, now there is take-along ice gear that will keep its cool. The Ice-Up is designed as a “portable ice massager”. The manufacturer, Pro-Tec, claims that it will stay frozen in its insulated carry cooler for “up to 10 hours”. It’s made to be leak-proof with a pop-open top, easy-to-use grip, and small enough to fit in a gym bag. It retails for around \$20 and can be readily found on the web or checked out in person at our local Boulder Running Company.

10K USA Trail Race in Steamboat Springs Jun 30

This year, Steamboat Springs and the ever enterprising John Chapman of Smartwool have landed the venue for the USATF 10K championships. Although the prize race is for elite USATF runners, the hoi polloi and those disinclined to run with our national track & field club can run in the “open”, which runs on the same course and just a bit earlier in the day. How would your time fare in a national prize race? Check out www.runningseries.com. ▲

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

April Newsletter Volunteers!

Hosted by the Colorado Running Company

Al Grimme
Melissa Leftwich
Lynne Hall
Norm Hall
Jeff Smith
Jeff Tarbert
Jon Teisher
Eric Sova
Micky Simpson
Marie Baughman
Larry Miller
Phil Goulding
Esme Delange
Tony DeLange
Phil Foster
Jim Beckenhaupt

(your name not here?
you really missed out!)



PPRR Board Minutes

continued from page 4

Equipment (Bill G, Larry M)

Equipment timing is ok. One battery checked on race clock is ok.

Webmaster (Dave S)

"Hits" page graph shown. Tremendous jump at Winter Series 4.

Trail Clean up – (Don J)

Rick Severson, with Colorado Springs Parks, Recreation and Cultural Services suggested the trail portion form Dorchester Park and north, and please the bags and or bring them back to the dumpster at Dorchester. If the bags are left, contact Rick so that the bags can be picked up in a timely manner. Signage does not reflect the portion of the trail that we have been cleaning for 15 years.

Race Coordinator (Pat L)

Peace Officers Memorial Run – Erin Gibson – met and anxious to get going

YMCA Trilakes 5K is scheduled August 11th, again an evening event. Equipment only. Possible course change into Town of Monument.

Membership (Pat)

500	individual	963	current
43	clubs	125	expiring
9	life members		
180	family primary members	20	new
394	family members	18	renew
1126	Total Members	718	Total Mailing

Past Events

Winter Series (Pat) - Club's colorful characters. Dinner was great. Read comment from Capt. Kris Pruitt. Awards were great. Over 150 participants.

Neilson Challenge (Phil) - 41 participants, 15 high school students could not sign up due to high school track regulations.

Pat Lockhart

2007 Volunteer Recognition

Bronze Level: up to 20 Hours

You have earned a
PPRR t-shirt

Steve Abeyta 16
Balzar/Dave 16
Balzar/Jan 17
Marie Baughman 10
Dean Buck 10
Beverly Carver 20
Jon Cornick 20
Tom Dewane 17
Andy Dimmen 16
Heather Evens 10
Bob Foster 19
Phil Goulding 17
Lyn Hale 16
Emmett Hawkins 11
Lori Hawkins 16
Lisa Heckel 10
Diana Holmes 14
Luis Lowe 10
Cruz Martinez 16
Troy Matos 20
Jim Newton 10
John O'Neill 12
Rob Ronas 10
Janet Rose 20

Bob Royse 12
Jeff Smith 17
Jon Teisher 13
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 27
Steve Abeyta 26
Cymmie Bailey 21
Gordon Barnett 38
Matt Carpenter 41
Julie Foster 28
Ron Garcia 29
Al Grimme 43
Kees Guijt 44
Gil Kindt 22
Teri Harper 30
Rick Hesseck 38
Sandy Lowe 25
Bill Ransom 38
Robin Satterwhite 23
Lucy Stansbury 29

RT Tollin 47
Travis Waldrip 29
Cady Waters 36
Melissa Waters 36
Christian Wulfkuhle 22
Halee Wulfkuhle 22
Sara Wulfkuhle 23

Gold Level: 51 to 75 Hours

You have earned a jacket

Angie Earle 57
Micky Simpson 56

Diamond Level: 76 to 99 Hours

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

Dave Sorenson 95

Platinum Level: 100+ Hours

You will receive
special recognition
at the rewards dinner

Jim Kelleher 161
Pat Lockhart 150

Membership

Welcome New Members

Donna Billek	Colorado Springs
Melissa Bogard	Colorado Springs
Cindy Carlander	Monument
Steve Carlander	Monument
Angela Castle	Colorado Springs
Patrick Castle	Colorado Springs
Keith Clark	Colorado Springs
Rebecca Clark	Colorado Springs
Susan Cogswell	Colorado Springs
Christie Cotter	Colorado Springs
Mike Cotter	Colorado Springs
Colton Dealy	Colorado Springs
Connor Dealy	Colorado Springs
Justin Dealy	Colorado Springs
Kimberly Dealy	Colorado Springs
Matthew Dealy	Colorado Springs
Tyler Dealy	Colorado Springs
Diane Elwer	Colorado Springs
Dan Gardner	Colorado Springs
Alex Ruch Henenghan	Colorado Springs
David Ruch Henenghan	Colorado Springs
Tia Henenghan	Colorado Springs
Mel Johnson	Colorado Springs
Diane Kelsay	Monument
Liz Lamonthe	Cascade
Cory Meaker	Colorado Springs
James Moreno	Colorado Springs
Katherine Petty	Woodland Park
Christopher Rabb	Peyton
Danna Rabb	Peyton
John Rabb	Peyton
Stephanie Rabb	Peyton
Zachary Rabb	Peyton
Thomas Ricks	Colorado Springs
Ashley Engles Ross	Colorado Springs
Peyton Smith	Colorado Springs
Riley Lynch Smith	Colorado Springs
Stephen Smith	Colorado Springs
Tonia Smith	Colorado Springs

Renewing Members

Glen L Ash	Colorado Springs
Brittany Cardin	Colorado Springs
Daniella Cardin	Colorado Springs
Marisa Cardin	Colorado Springs
Rita Cardin	Colorado Springs
Geoffrey Chance	Colorado Springs
Ben Chavez	Colorado Springs
Maureen Connell	Colorado Springs
Kelly Ellis	Colorado Springs
Karen Fady	Colorado Springs

Ronald Garcia	Colorado Springs
Gregory Guerrero	Colorado Springs
Elliott Henry	FirSCO
Angie Heringer	Jonesboro
Rick Hessek	Colorado Springs
Scott Klopfenstein	Cascade
Andy Kovats	Manitou Springs
Les Lundin	Colorado Springs
Melody Lundin	Colorado Springs
Dan Malinaric	Colorado Springs
David Malinaric	Colorado Springs
Megan Malinaric	Colorado Springs
Miriam Malinaric	Colorado Springs
Peggy Marasovich	Colorado Springs
Peter Olejnik	Monument
Scott Palmer	Colorado Springs
Eric Perramond	Colorado Springs
Peg Roddy	Colorado Springs
Uwe Sartori	Monument
Steve Simon	Colorado Springs
Jon Teisher	Colorado Springs
Janel Timmins	Colorado Springs
Ross Westley	Arvada

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!

If you don't see it? Well, then put the enclosed application in the hands of a friend, family-member, or associate. You are PPRR's best promotion!

2007

STEAMBOAT SPRINGS

RUNNING SERIES

INFO: www.runningseries.com REGISTER: www.active.com

SAT - MAY 5	22nd Spirit Challenge
SAT - MAY 19	29th Hayden Cog Run
SUN - JUNE 3	26th Steamboat Marathon
SAT - JUNE 16	22nd Hot Springs Short Cut
SAT - JUNE 30	2007 USA Trail Championships
WED - JULY 4	16th Steamboat Sprint
SUN - JULY 8	29th Mountain Madness
SAT - JULY 14	2nd Howelsen Hill 8 Miler
SAT - JULY 28	16th Spring Creek Memorial
SAT - AUG 4	13th Mt. Werner Classic
SAT - AUG 3 & 4	4th Wild West Relay (24 hrs)
SUN - AUG 19	9th Continental Divide
SUN - SEPT 2	23rd 10K at 10,000 Feet
SAT - SEPT 8	13th Kremmling Road Kill

Drinking Clubs with a Running Problem

by Jon Teisher

Standing knee deep in a muddy puddle, I strain to hear calls of "on-on". I'm bleeding; I've hopped fences, stepped in dog poop, crawled through a tunnel under I-25, and trudged half a mile up a creek. All to reach the beer check: a garbage bag full of luke-warm Pabst Blue Ribbon hidden behind a bush. Yup...I must be spending another Saturday afternoon hashing in Colorado Springs!

Hashing started in Kuala Lumpur, Malaysia, back in 1938 when a group of hounds, led by Albert "G" Gispert, began a weekly jog based on the old game of hare and hounds. Always beginning at the Royal Selangor Club, the group began to call themselves the "Hash House Harriers", a dig at the less-than-outstanding food served at the club. Since then, hashing has spread out across the globe, and now boasts over 1500 kennels worldwide.

Though one will encounter different traditions in every kennel, there are some similarities. A hare will set out beforehand, either several hours early (a dead lay) or several minutes early (a live lay). The hare will drop markings with flour, which the pack is expected to follow. Typical markings include dollups (a mark of flour), arrows (which show which way the trail goes), checks (usually in the shape of an X) meaning that trail can continue on in any direction and the pack must seek out



Chucky Cheeks and friend follow the marks as they hash their way along on a hot day, hoping to soon come upon a "BN" symbol (beer near). Other symbols are "on-on", "check", and "false". The FRB may be honored after the run in a ceremonious down-down.

true trail, and, every hashers favorite, a BN (beer near) implying that refreshments will soon be consumed.

While there are never any rules at a hash, and while trails can be anything from paved road to raw sewage, hashers tend to gravitate towards "shiggy," basically meaning they really like to get dirty. And hashers also have a thing for themed trails, usually involving a costume or a special kind of alcohol. The infamous Red Dress Run, the Beer Mile, Jerry Garcia's Birthday, the Betty Ford Memorial, and any major or minor holiday, can serve as a reason for a hasher to let loose.

All trails eventually end, and then the "circle" will start. Various infractions will be punished, such as finishing first, finishing last, wearing any article of clothing mentioning competitive running, having a birthday, wearing new shoes—the list goes on and on. Punishment comes in the form of being serenaded with a time honored and risqué limerick just before downing a bit of beer. You do not have to drink beer to attend a hash, but it makes the festivities easier to understand.

A typical Colorado hash will include folks from all fitness levels, from ultramarathoners to two-pack-a-day smokers. But the atmosphere is laid-back and non-competitive, and any race-like behavior is strongly discouraged. In fact, it is not uncommon to have a few fast runners get lost on trail, only to finish up with the folks who walked the trail already enjoying a brew.

The front range has several kennels to choose from. Here in the Springs, there are two groups to hash with on opposing Saturdays: the Colorado Kimchi Hash House Harriers (CKH3) and the Pikes Peak Hash House Harriers and Harriettes (P2H4). In general, the Kimchi hash involves more drinking than running, and vice



Author Jon Teisher, right, graciously share from his hasher hydration pack. Hash House Harrier groups date back to 1930's origins in Malaysia and now have over 1500 "kennels" worldwide.

versa for the P2H4. We also sometimes have a DIM (Damn, It's Monday) hash, which tends to gather the more serious runners. Other options include hashes in Denver, Fort Collins, Boulder, and Durango. Shucks, even Pueblo gets into the act every now and then.

The options don't end in Colorado, however. Kennels can be found worldwide, anywhere from Iraq or Afghanistan (which includes several Navy ships deployed to those locations) to bike week in Sturgis, SD. Hash megacenters such as Washington DC or Atlanta give one the option of hashing every night of the week.

As a first time hasher, you will be a "virgin". After doing something really stupid or around your fifth hash, whichever comes first, you will be named. Your hashing name will stick with you forever unless you top your original stupidity with another stupendous event. Some of the few printable names from local harriers include Chucky Cheeks, Nuthin' But Net, Hoover Daaamn, and NASCOCK. Do not go to your first trail and suggest a name...you will not like the results.

If you want to become a local hasher, tailgate any vehicle displaying the Hash House Harriers footprint with the On-On logo or visit

the "receding hareline" web site at www.ckh3.net and just show up. There are no dues and you don't have to "belong" to any kennel, but you will have to pay \$5 for the free beer. If your interest is piqued and you want to try a hash but you don't want to put your pristine character in jeopardy, consider this: many of the Colorado hashers are entrusted with this country's most highly classified military secrets, even if they are running down Platte avenue in a red dress.

Jon Teisher is a PPRR member and ultra-runner. You will see him volunteering often for PPRR events.



The Race that Eats its Young

by Jon Teisher

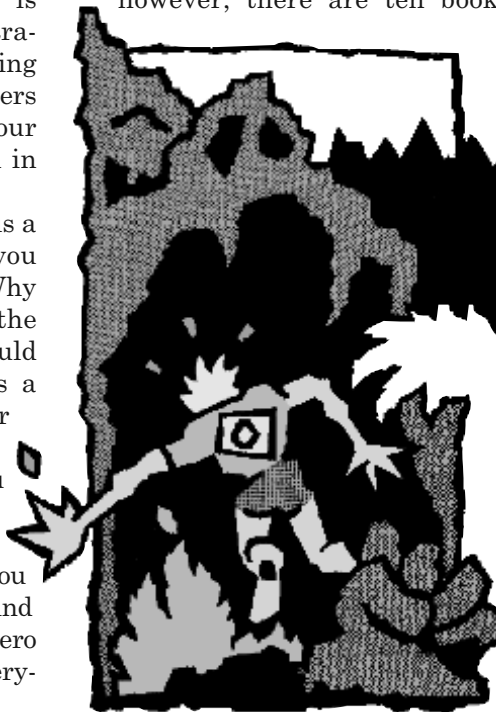
The Barkley Marathon, held every year in Frozen Head State Park, Tennessee, is considered one of the toughest ultramarathons in the world. Consisting of five 20 mile loops, only six runners have finished within the 60 hour cutoff time since the race began in 1986.

Just getting into the Barkley is a challenge. If you're interested, you must submit an essay entitled, "Why I Should Be Allowed to Run the Barkley" to the race director. Should you be chosen, the entry fee is a license plate and a six pack of beer from your home state.

The night before the race you get a map of the course. The course has one water point; everything else you have to carry with you. You also need to be prepared for any kind of weather imaginable, from sub-zero temps to scorching heat and everything in between.

At some unknown time on race morning, the race director will belt out a tune on his bugle. This means

there is one hour until the race begins. The course is not marked, however, there are ten books



THE BARKLEY MARATHON
EATS ITS YOUNG

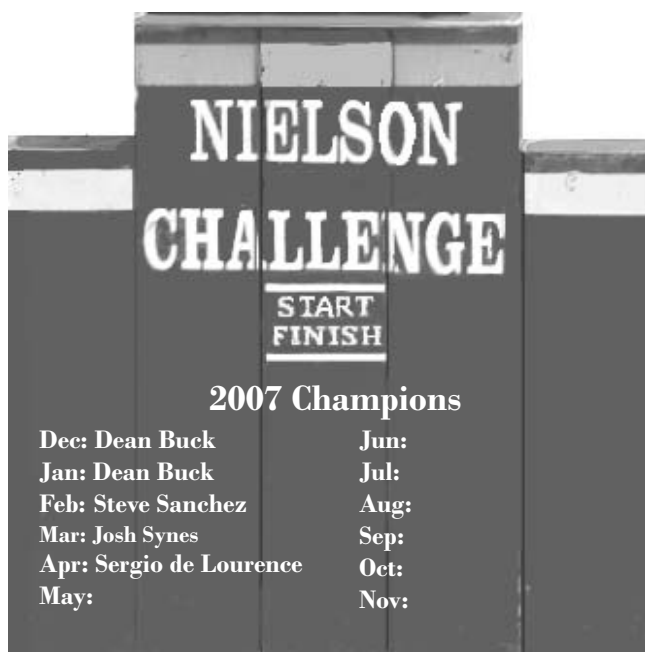
hidden along the its length. Runners must tear a page from each book to prove they have followed the correct route.

The course itself has 52,900 feet of climb, more than any other hundred miler out there. If this isn't enough, the technical terrain will challenge even the most hardened trail runner.

The 2007 race, held from March 31 through April 2, had 35 brave souls taking the challenge. 23 of them managed to complete the first loop. Eight were able to do two loops. Four completed the third loop. One runner was able to finish the fourth loop and started out on one last lap, but he dropped after finding one book.

More information can be found by googling "Barkley Marathon." And for those whose interest is piqued but aren't ready for such a distance, don't worry. There is also a 60 mile "fun run" which ends after only three laps.





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

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



26 degrees, cloudy & foggy skies, and a light freezing drizzle. We just can't seem to get a decent weather day for the Nielson Challenge. But we still had 31 runners brave ice-slicked streets and compete in the Challenge. One of the runners was from Nebraska and commented that

the altitude really affected him.

The trail was in good shape without any ice. Jay Luna ran the fastest time we've had in quite awhile, as he clocked a 10:15 2-mile time. But it was Sergio de Lourence who had the largest improvement over his handicap. He was 54.7 seconds under his handicap, which is really amazing when you consider the weather conditions. Congratulations Sergio. Wear your Nielson shirt proudly.

Also, young Carsyn Hamstra competed for the first time ever. In fact, it was the first time she's run 2 miles. She finished with a smile on her face and received big hugs from her father and grandfather.

We'll see you all next month. Same time, same place. Be sure to bring your hugs.

Dave Sorenson

May Results

Name	Place	Handicap	Actual	Difference
Sergio De Lourence	15	18:15.0	17:20.3	- 00:54.7
Paul Jaszowskiak	4	13:53.4	13:01.6	- 00:51.8
Terry Kurtz	5	13:08.1	13:03.2	- 00:04.9
Dean Buck	12	16:00.0	16:00.8	+00:00.8
David Donelson	6	13:31.4	13:34.4	+00:03.0
Carl Nelson	7	13:46.0	14:09.0	+00:23.0
Paul Sullivan	2	11:54.0	12:17.5	+00:23.5
Curtis Hamstra	9	14:21.1	14:47.4	+00:26.3
Jim Massa	23	19:40.9	20:19.7	+00:38.8
Don Johnson	11	14:59.8	15:39.1	+00:39.3
Doyle Baker	10	14:22.9	15:16.1	+00:53.2
H. J. Arnold	25	20:18.0	21:11.8	+00:53.8
Michael Schenk	8	13:27.8	14:24.4	+00:56.6
Lou Christensen	19	18:14.3	19:17.9	+01:03.6
Jim Beckenhaupt	14	15:28.3	16:40.2	+01:11.9
Ed Gleason	13	14:53.3	16:17.5	+01:24.2
Les Bell	16	16:05.2	17:36.0	+01:30.8

New Runners

Scott Nalbach	18	18:36.9
Jay Luna	1	10:15.2
Emma Porter	20	19:29.5
Mike Porter	21	19:32.5
Benjamin Sandoval	22	19:39.0
Jonathan Ripke	3	12:38.8
Jessica Ripke	24	20:41.3
Sean Konik	17	18:36.3
Jenna Ripke	26	22:02.7
Doug Jackson	27	22:51.7
Carsyn Hamstra	28	23:14.8
Elizabeth Wolfe	29	26:44.5
Jennifer Carpenter	30	29:24.2
Mia Sandoval	31	29:24.7

Volunteers:

Al Grimme
 Phil Foster
 Pat Lockhart
 Bill Gallegos
 Bob Royse
 Dave Sorenson
 EON Studios

*A lot of people run a race
 to see who's the fastest.
 I run to see who has the most guts.
 Steve Prefontaine*

The Veterans Home Run: Second Tour

by Jack Anthony



SAVE THE DATE!
Sunday, July 1st, the place to be is Falcon Stadium at the Air Force Academy for the second

tour Veterans' Home Run 5K Run/3K Walk. Last year 300 runners took part in the first ever run to benefit the Colorado Veteran's Resource Coalition's Crawford House. More than \$5000 was raised to help the Crawford House, a non-profit organization serving military veterans in southern Colorado who are homeless or battling a substance abuse challenge. PPRR and the VHR07 run/walk seek to bring awareness to the Colorado Springs community of the veteran homeless situation in the city and the viable solution that Crawford House and her staff provide to help with this problem.

The Colorado Veteran's Resource Coalition manages the Crawford House. Crawford House is named in honor of Private Bill Crawford, World War II Medal of Honor recipient. The Crawford House and staff provide a supportive living environment for veterans seeking to improve their lives by undergoing treatment for substance abuse. They also assist homeless veterans to confidently step into the community and find employment. The home provides rooms, meals, employment counseling, mental health services, and medical support. Additionally, Crawford House is augmented with two homes nearby that serve as transition residences. Crawford House is a success story not only because it helps veterans get back on their feet and confident again, but it also does this via non-profit means and income.

Last year's donation has been

used to dramatically improve the Crawford House which is located at 415 South Weber. They have added security lighting, upgraded carpeting throughout the home, replaced broken windows and also accomplished some much needed landscaping. This is just the beginning of many improvements and this year, with a great turnout, we can make another contribution and help spiff- up the Crawford House.

Ms. Vickie Pettis is the Crawford House Ms. Everything. She's an ever present leadership team, administrator, counselor, fixer of broken stuff, and champion of veterans. The number of hats this dedicated and compassionate professional wears are countless. One of this year's goals is to raise funds to help hire an assistant for Vickie.

PPRR is presently seeking corporate sponsors for VHR 07. Our goal is to break last year's phenomenal 300 runner and walker participants. Can we break 500...YES WE CAN!

Jim Beckenhaupt, aka Ol' Groucho, brought the Crawford House program to the attention of the PPRR board in 2005. He spoke to the board about how Crawford House is a very serious, goal-oriented, well-structured program that

provides substantial support to struggling veterans. Jim's eyes watered as he told the PPRR board about the veterans' courage as well as their needs. The board agreed to make a commitment to Crawford House and its residents by establishing the Veterans' Home Run.

Veterans seeking help at Crawford House have served our country honorably and have hit a bump in life's road. The Pikes Peak Road Runner's invite you to join us in this worthy effort by simply by spreading the word and showing up to run on July 1st at Falcon Stadium. Last year Jim expected no more than 100 runners; he thought that would be a good inaugural turnout. The Ol' Groucho was speechless and dabbing his watery eyes as he witnessed 300 runners and walkers take the starting command from Eileen Crawford, wife of Bill Crawford. Equally touched were the staff and residents of Crawford House who saw the participants' enthusiasm and dedication for the Crawford House cause.

SAVE THE DATE—JULY 1ST, FALCON STADIUM –VETERANS' HOME RUN 2007.



Keeping Body and Soul Together

Chi Kung, Tai Chi, and Yoga for runners

by Roger Pumphrey

I would like to share some ideas about Chi Kung (which includes Tai Chi) and Yoga and the ways they have helped me in my running. I have not read anything about this in running magazines or books. I don't consider this necessarily cross training. Rather both disciplines have provided me with energy and flexible strength that I would not have had otherwise. I wish to outline both practices and how I have used them to benefit my running.

I will note that I have run for 22 years with limited innate ability. I average about 25 miles per week and I have run in 5 marathons. Because of a couple of accidents, I have had hip and knee surgeries. My main victory is that I have overcome some significant injuries and can still run and find satisfaction and my health within running. I am aware that the younger runner may find Tai Chi less vigorous and possibly less appealing than the older athlete. Younger muscles are naturally more flexible, as are the joints. However, possible injuries are a bane for the young as well as the older runner. Also, the young have intrinsic energy that is lost by the age of 35. Hence exercises like Chi

Kung and Tai Chi become useful in creating this energy which has otherwise diminished with age.

Chi Kung is an ancient Chinese exercise that creates a subtle energy called chi through controlled breathing and circulates this chi through slow physical movements. "Tai Chi" translates to Supreme Ultimate in Chinese, which tells you how important this energy discipline is for them. The Chinese have developed a whole system of medicine around "chi" and the knowledge of meridians or chi channels. Tai Chi is a more organized system of Chi Kung (meaning "Chi discipline") that incorporates martial arts into its exercise forms.

We can see Tai Chi and Chi Kung practiced in big cities in the parks early in the mornings by older Chinese. I have practiced this art for 31 years, learning it in New York City long before the running bug bit me. I continue to practice every day and among the results for me is a feeling that my body is energized after every practice and that my joints are all moving correctly and without stiffness or discomfort. Tai Chi moves the chi throughout my body so that all systems are "go" after practicing for even 10 minutes. As I have grown older, this exercise replaces things like walking as a way to warm up prior to going for a run. Tai Chi experts, called masters, recommend it be practiced in the early morning for 10 minutes and the evening prior to bed for the same length of time. I have been consistent in my own practice and rarely miss a day.

Yoga is also an ancient discipline and has its roots in India. Yoga practice involves holding static postures that invigorate and stretch the muscles and allow for increased joint flexibility. Proper breathing creates an increased vitality in the body too, like

Tai Chi, through the creation of "Shakti", the Indian word for chi. Yoga has been talked about with regards to running by some yoga practitioners. While stretching programs are described by many running instructors, Yoga provides superior stretching for the muscles while opening the joints in a way not really addressed in any systematic way by stretching programs. There are numerous schools in yoga as well as Tai Chi. Finding a good teacher is the most important part of learning either.

I have practiced certain daily yoga forms for over 30 years. However, I have only begun to take regular classes in the past 3 years. I have discovered that doing a regular yoga class provides insurance for me against injury, while giving me a decent aerobic workout. My hips and hamstrings have not felt better in years and I have improved my core strength.

In summary, Tai Chi, Chi Kung, and Yoga are disciplines that have multiple benefits for people who want to supplement and enhance their running. Older runners especially need to prevent injury, and allow for their bodies to warm up properly before their running workout. I believe there are some excellent teachers in Colorado Springs who can teach anyone interested in learning these practices.

Roger Pumphrey, M.D., is a PPRR member and local child psychiatrist along with his wife, Lisa.. He ran in last October's Chicago Marathon where, at 59, he finished in 4:39. He moved here four years ago from Massachusetts and appreciates the commitment towards health and fitness that he found in Colorado Springs. His favorite routes are the Santa Fe Trail through the AFA, and the Barr.



Practitioners of Tai Chi often gather outdoors, but it can be as simple as a 10 minute exercise in the bedroom or a mountain-top adventure.



The Spiritual Athletes of Mt Hiei

by Holly Schmid

Throughout this world, there are many mysterious and amazing feats taking place. People are capable of doing the most incredible things that we have never deemed possible. Only by truly believing in ourselves can we accomplish what were thought as impossible goals.

In Mount Hiei of Japan, there can be found a small group of monks who live in a monastery who accomplish many remarkable challenges. This mountain had been a main attraction in Japan of Buddhism. *The Marathon Monks of Mount Hiei*, by John Stevens, reads that it "offers the seeker every type of religious experience--sacred scholarship, grand ritual, austere meditation, heartfelt repentance, heroic asceticism, mystical flight, miraculous cures, ceaseless devotion, divine joy, and nature worship-while promising enlightenment in this very body."

This mountain monastery began in 1787 and the monks feel that Hiei still flourishes today. The Tendai priests generally marry and raise families. Many of the trainees at Mount Hiei who hope to qualify for priesthood are their children. There are many who just appear from the general public as varied as college drop-outs searching for the meaning of life, retired military men, reformed drunks, and a few women.

The fascinating marathon monks began their story in the year 831 with a boy named So-o. He came to Hiei at age 15. An abbot called Ennin noticed this boy and initiated him into the mysteries of Tendai. He named him So-o which meant "one who serves for others."

So-o was an amazing monk who traveled around and, through prayer, accomplished many things such as curing people from terminal illnesses, difficult child births, demon possessions, and much more. He kept returning to Hiei where he would build another hall to house images of Fudo Myo-o. This became the home base of the Hiei "kaihogyo" monks.

There are many disciplines that are practiced in Hiei, but the mountain marathon, called "kaihogyo", is the greatest. To become an abbot at Hiei, you must go through a 100-day term of kaihogyo. Kaihogyo is the "practice of circling the mountains" and gives them an appreciation of the respective stations of worship. If you receive permission, the gyoja (spiritual aspirant) is given a special handbook which describes everything they need to know for the marathon. This includes course maps, stations they must visit and pray at, proper prayers and chants, and other important information. The candidate then has one week of training before their term begins.

During this first week, the ground is cleared of glass, sharp rocks, sticks and other things that would hurt the feet of the gyoja. A pure white outfit is given to the gyoja

to wear. A rope is tied around the waist which holds a knife within the cord of the rope. These two items remind the gyoja that they should take their life by hanging themselves or by using the knife if they can't complete the term.

For their feet, 80 pairs of straw sandals are woven together to be used for the 100-day term. In rainy weather, these sandals evaporate within hours so many spares have to be carried. During dry weather, they usually last a few days though. A special all-white hat is also given to the gyoja for the journey.

The basic rules of kaihogyo are very important and must be followed. They are:

During the run, the robe and hat may not be removed. No deviation from the appointed course. No stopping for rest or refreshment. All required services, prayers, and chants must be correctly performed. No smoking or drinking.

Then the running begins. Each day, the gyoja begins at midnight. They are given a small meal and around 1:30, they start the running of 40 kilometers each day. There are many stations that they must stop by often. They are able to sit only once during the entire course.

They return to Hiei between about 7 and 9am where they attend a service, bathe, and eat a midday meal. During the afternoon, they attend more services, rest for

continued on page 17



We usually picture a contemplative monk sitting and still, but the Monks of Mt. Hiei are a study in contrast, running unbelievable distances daily.

Linda's Leads: God on the Starting Line

by Linda Fuqua-Jones



Why would a Jewish sports-writer agree to coach boys' cross-country for a tiny Catholic School?

Marc Bloom sent his resume to every high school in Monmouth County, New Jersey, and not surprisingly, received only one call for an interview. St. Rose, a co-ed Catholic school with only 637 students, was willing to let Bloom coach their Running Roses boys' cross country team.

For years before hiring Bloom, St. Rose had enlisted faculty to oversee the team; they were "doing little more than babysitting." When Bloom stepped in, he found a squad with no discipline. By Bloom's own admission he had little influence over this bunch of mostly seniors, but held his own and gradually gained the trust and respect of the younger boys who would become the subjects of Bloom's latest book, *God on the Starting Line: The Triumph of a Catholic School Running Team and Its Jewish Coach* by Marc Bloom.

Based on the title of the book, one expects intrigue and conflict between the Jewish coach and the Catholic team and school, but that is



Marc Bloom has written 8 books, including collaborative autobiographies of Frank Shorter and Steve Scott, and Rodale's "Run With the Champions," which ranks and chronicles America's greatest distance runners

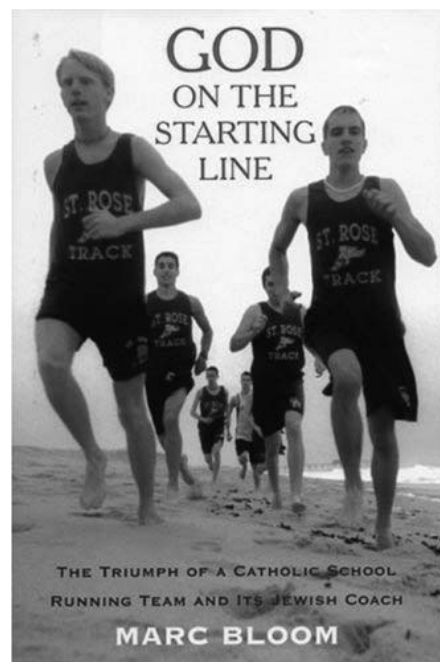
not the case. The St. Rose administration, faculty, parents, and students are as respectful of Bloom's religious needs as he is of theirs. However, Bloom states that writing and coaching are both about teaching. His philosophy about teaching is rooted in his desire to impart "a spiritual grounding, a sure and simple path to unleash the power all kids have to succeed."

The way Bloom approaches the team is not only as an authority figure, but also as a role model. He writes:

"These boys need worthy role models and I can tell that the St. Rose teachers, some of them clergy, may be too stiff. I reveal my emotions, show the boys how much I care, shed a tear now and then, hug them, plead with them, ... ask about the grades, pace nervously at races, laugh when they're funny. I'm myself...I'm happy to clarify some confusion over what it means to be a man. Look at me, I can be strong and vulnerable at once. I want these boys to leave me not only as better runners but better people."

Presenting this sensitive approach to coaching to high school boys supplies Bloom with many challenges. He is constantly prioritizing which issues matter enough to warrant his insistence on compliance and which will only breed rebellion among the young men on his team. For the Running Roses teamwork matters: there are only eight members! Balancing the need to appreciate each runner's best effort with the need to win leads Bloom to wonder, "Maybe I've been pussyfooting too much, putting too much weight on the experience, the spiritual, and not enough on beating the pants off some opponent."

For all Bloom's talk of high standards, he is not completely pure. In several cases he bemoans the popularity of soccer. The soccer season coincides with cross-country and



diverts many potential runners away from his team. He writes, disingenuously, that he once "lost my head and inadvertently drove my car over the soccer field, putting tire marks on [the] turf." This one aberration aside, *God on the Starting Line*, is a nice story of The Triumph of a Catholic School Running Team. Adults and teens both will find *God on the Starting Line* interesting, enlightening, and entertaining if they choose it to satisfy a reading assignment or for leisure.

This book is available at your library. Use the catalog at ppld.org to request a copy of *God on the Starting Line: The Triumph of a Catholic School Running Team and Its Jewish Coach* by Marc Bloom.

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. Reach her at lfuqua-jones@ppld.org or at 481-2587.



Spiritual Athletes

continued from page 15

an hour and attend to chores. They go to bed around 8 or 9pm and the day begins again at midnight. This is repeated 100 times to finish the first term.

Some time in this term, they must perform the kirimawari, which is a 54-kilometer run. A senior marathon monk accompanies the gyoja on this. To accomplish this, they usually lose a whole day of sleep but must just keep right on with their 100-day schedule.

These 100 days are very difficult. Their feet and legs begin to throb and often get cuts and infections. Being so cold in Japan, they often get frostbite and very sick during the first weeks of the run. They also experience many problems such as pains in their back and hips, diarrhea and hemorrhoids. By the 70th day, the gyoja has finally acquired the marathon monk stride: eyes focused about 100 feet ahead while moving along is a steady rhythm, keeping the head level, the shoulders relaxed, the back straight, and the nose and navel aligned.

If the gyoja successfully completes the 100-day term, he can petition to try the 1000-day term. This term will take seven years to complete.

The first 300 days of this are basic training days where they continue to run for 40 kilometers per day. In the 4th and 5th year, the pace quickens where they run for 200 executive days. After accomplishing this, they are allowed to use a walking stick and where a special tabi hat.

After completing the 700th day, the gyoja faces their most difficult feat. They must survive nine days without food, water, sleep, or rest. This period of time is called the doiri. Several weeks before hand, they prepare for this event by limiting themselves to small amounts of food so they will be ready when the time comes. When the doiri period begins, they spend their days reciting chants that they repeat 100,000 times. By the fifth day, they are dehydrated and are allowed to rinse their mouths with water but must spit out every last drop that enters their mouth. They usually go outside and take in the fresh mountain air where they are able to absorb moisture from the rain and dew through their skin. Usually what the gyoja finds most difficult is not the lack of food and water, but keeping awake and keeping the proper posture at all times of the day.

The doiri is purposely made to let the gyoja face death. After this period of time, they have come so close to death that they develop a sensitivity to life. They "can

hear ashes fall from incense sticks, smell and identify foods from miles away and see the sun and moonlight seep into the interior of the temple." Psychologists who examined the bodies at the end of the seven day period found that the gyojas had many symptoms of a dead person. The gyoja are now able to experience a feeling of transparency. Everything exits their bodies-good, bad, and neutral.

One relative of a gyoja remarked, "I always dismissed Buddhism as superstitious nonsense until I saw my brother step out of Myo-o-do after doiri. He was really a living Buddha."

It has been reported that the doiri used to last 10 days but almost all the monks died during this period of time. So, they shortened the doiri to seven days. The doiri is also too dangerous to be held during the summer because the bodies were found to rot internally due to all the heat and lack of water in the body. The final year of the 1000-day term consists of two 100-day terms. These consist of daily 84-kilometer runs. They complete the run within 16 to 18 hours and repeat again each

day. During this time of visiting stations of worship and running, they also must bless hundreds of people a day along the road. People flock to these gyojas because they are considered special and people feel that many of their abilities can be transferred into the people by being near them.

The final 100-day term is much like the first one they did long ago and is usually quickly and easily finished. They are now declared to be a Daigyoman Ajari which is a "Saintly Master of the Highest Practice."

The final initiation is a 100,000 prayer fast and fire ceremony which takes place two or three years after the finish of the 1000-day marathon.

Since 1885, there have been 46 of these marathon monks. It is amazing how they accomplish these 1000 days of strenuous activities.

Holly wrote this article for a freshman Ultrarunning Seminar taught by Don Davis at Lehigh University, PA. Used with permission. Part II continues next month.



The first 300 days...are basic training days where they continue to run for 40 kilometers per day. In the 4th and 5th year, the pace quickens where they run for 200 executive days. After accomplishing this, they are allowed to use a walking stick...

Greenland 50K and 25 K Results

50 K Results

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time			
1	Johannes Rudolph	41	Boulder	3:43:36	15	Nan Kennard	25	Superior	2:01:09	74	Steve Graff	38	monument	2:36:42
2	Henk Moorlag	44	Westminster	3:51:21	16	Jason Callegan	21		2:05:07	75	Sarah Martens	24	Denver	2:37:27
3	Jeff Beuce	32	Denver	3:55:23	17	Karen Voss	41	Denver	2:05:18	76	Chad Snadoval	35		2:37:36
4	Harry Harcrow	39	Woodland Park	4:06:55	18	Nathan McCrary	32	Colorado Spring	2:06:38	77	Holly Robinson	27	Denver	2:37:39
5	Eric Truhe	32	Denver	4:21:50	19	David Donelson	43		2:07:05	78	Scott McFarlane	56	Littleton	2:37:53
6	Tania Pacev	48	Littleton	4:22:01	20	Timothy Grein	34	Denver	2:07:24	79	Jim Beckenhaupt	59	colo. spgs.	2:39:24
7	Cory Leppert	32	Colorado Spring	4:29:45	21	Jones George W	56		2:08:18	80	Caitlin Bradley	23		2:39:26
8	Bret Crock	49	Parker	4:30:42	22	Andrew Sharpe	26	Denver	2:08:26	81	Daniel Roberts	39	Superior	2:40:18
9	Holly Klamer	23	Ft. Collins	4:31:37	23	Kristin Moreau	40	Golden	2:08:34	82	Rick Issac	47		2:40:23
10	Aaron Delfausse	30	Denver	4:32:27	24	Jared Devine	27	Glendale	2:09:43	83	Tom Kennedy	43	Parker	2:41:02
11	Greg Kopp	43		4:40:42	25	Yasuyo Kitano	34	Boulder	2:10:07	84	Nathan Romine	30	parker	2:42:16
12	Eric Lee	25		4:46:49	26	Christopher Crema	31		2:10:41	85	Teresa Shear	37	Highlands Ranch	2:42:43
13	Liz Campagna	28	Denver	4:48:38	27	Kris Pruitt	28	Colorado Spring	2:11:29	86	Roxanne Matthews	37		2:42:55
14	Bill Hintze	47	Ft. Collins	4:51:07	28	Cathi Webber	38	Colorado Spring	2:12:16	87	Edward Breslin	42	Denver	2:43:42
15	Tom Sowers	36	Fountain	4:51:43	29	Patrick Perry	26	Colorado Spring	2:12:18	88	Phil Kahn	53		2:44:07
16	David Steinman	39	Denver	4:59:00	30	Rob Ganger	40	Englewood	2:12:33	89	Teri Harper	43	Woodland Park	2:45:30
17	Henry Dickson	20		5:00:41	31	Robert Phillips	45	Denver	2:13:01	90	Michael Klee	61	Lakewood	2:46:03
18	Jon Teisher	31	Colorado Spring	5:01:12	32	Dave Coming	48		2:13:50	91	Jenny Nakai	23	Golden	2:46:29
19	Karen Brennan	40		5:01:17	33	Linnabah Tsosie	26		2:14:04	92	Catherine Ravenscroft	34	Leadville	2:47:27
20	Kimberly Greer	46	Larkspur	5:01:29	34	Troy Chantala	24	Denver	2:14:07	93	Rose Nelson	39	Denver	2:47:54
21	Charles Bybee	45	Denver	5:01:46	35	Sean Willette	36		2:14:22	94	Diane Warner	47		2:51:42
22	Ray Blum	50	Denver	5:06:07	36	Wayne Cousineau	56	Superior	2:16:12	95	Catherine Raml	27	Highlands Ranch	2:52:12
23	Zach Hermesen	30	Arvada	5:08:04	37	Pete Szuch	37		2:16:40	96	Randall Caley	46	denver	2:52:13
24	Deb Cunningham	45	Denver	5:08:53	38	Scott Suter	43	Colorado Spring	2:17:12	97	Karen Luebecke	29		2:53:07
25	Tom Kelecj	51	Colorado Spring	5:11:03	39	Bing Wang	44		2:18:14	98	Cody Sherrod	34	Centennial	2:53:08
26	Roger Bauer	52		5:15:00	40	Pete Van Breemen	35		32:18:01	99	Julie Lindro	32		2:53:30
27	Laura Kelecj	43	Colorado Spring	5:17:26	41	Edward Kalick	33	Fort Carston	2:18:21	100	Mark Bennett	51	Arvada	2:54:47
28	Todd Ruddle	33	Fort Collins	5:17:44	42	Chase Whitney	26	Colorado Spring	2:19:42	101	Stacey Barton	38	Lakewood	2:55:00
29	Jeff O'Reilly	47	Denver	5:20:11	43	Kirt Courkamp	44	Bailey	2:19:54	102	Monica Zaltsberg	22		2:55:20
30	Joshua Cruz	30	Fort Collins	5:21:24	44	Nason Newberg	33	Golden	2:19:58	103	Gail Hite	47	Pine	2:55:22
31	Todd Salzer	33	Golden	5:28:10	45	Vanessa van Staden	20	Green Mountain	2:22:20	104	Jennifer Romano	33	Highlands Ranch	2:56:57
32	Benjamin Bruno	23	Arvada	5:29:19	46	Richard Park	54	Colorado Spring	2:22:56	105	Amy Schneider	31	Boulder	2:57:05
33	Sarah McCullough	27	Laramie	5:29:30	47	Cody Sherrod	34	Centennial	2:25:18	106	Robin Swank	36	Lakewood	2:57:39
34	Jane Moser-Cox	48	Fairplay	5:32:44	48	Mark McDowell	47	Colorado Spring	2:27:15	107	Rich Haefele	39		2:57:41
35	Whitney Cat	35		5:35:04	49	Jim Turosak	45	Denver	2:27:21	108	Brad Bookbinder	38	Castle Rock	2:57:48
36	Nathan Brown	27	Littleton	5:36:22	50	Albert Kanieski	29		2:27:23	109	Tom Brookshier	52	Littleton	2:59:28
37	Anita Fromm	35	Manitou Springs	5:36:40	51	Bill Mauser	42	Denver	2:27:30	110	Geni Ligday	32	Colorado Spring	3:00:16
38	Glen Delman	41		5:37:22	52	Frank Mauser	41		2:27:38	111	Melanie Presuto	28	Monument	3:00:26
39	Chris Gerber	33	Louisville	5:41:55	53	Steve Pugsley	46	Colorado Spring	2:27:39	112	Sara Boelman	25	Castle Rock	3:00:49
40	Bruce Huber	56	Colorado Spring	5:45:09	54	Todd Murray	43	Colorado Spring	2:27:40	113	Michelle Baxter	39	Littleton	3:04:49
41	Shane Holonitch	56	Littleton	5:47:01	55	Mike Kennedy	31	Denver	2:29:28	114	Cynthia Harris	38	Boulder	3:08:15
42	Michele Delman	36	Longmont	5:51:15	56	James Branson	50	Denver	2:30:22	115	Allan Sutton	48	Littleton	3:08:37
43	Clyde Weller	43	Thornton	6:01:50	57	Molli Halvorson	34	Denver	2:30:56	116	Jim Rice	50	Broomfield	3:09:27
44	Thomas Schnitzius	54	Dillon	6:06:38	58	David Lowry	35	Denver	2:30:56	117	Kimberly Thoman	42	Parker	3:10:03
45	Steve Lang	40	Ft. Collins	6:13:43	59	Jim Heidelberg	48	Colorado Spring	2:31:18	118	Tonia Carter	40	Aurora	3:11:19
46	L Bollen	46	Aurora	6:18:11	60	Annie Fox	44		2:31:36	119	Lee Rhodes	73	Centennial	3:12:04
47	Tressa Breindel	28	Boulder	6:39:00	61	David Gillikin	52	Denver	2:32:01	120	Lisa Fink	33	Highlands Ranch	3:15:33
48	Nattu Natraj	43	Lafayette	6:41:14	62	Jim Romero	67	Denver	2:33:37	121	Douglas Tisdale Jr	31	Aurora	3:17:32
49	Philip Tome	43	Larkspur	6:43:31	63	Tom Ellerbusch	35	Colorado Spring	2:33:47	122	Lynne Hall	50	Colorado Spring	3:19:51
50	Steve Tidball	44	Boulder	6:49:39	64	Mark Sherrod	33		2:33:50	123	Janet Ralston	45	Littleton	3:20:18
51	Roger DeLaria	35	Denver	6:57:18	65	James Prince	48	Colorado Spring	2:34:02	124	Charlie Malin	47	Monument	3:21:29
52	John Hobbs	61	Evergreen	6:57:40	66	Chris DeMarche	50	Cherry Hills Vi	2:34:33	125	Alan Sirhal	52	Littleton	3:27:46
53	John Cassidy	47		7:10:29	67	Paul Breckon	37	Colorado Spring	2:35:03	126	Tom Hamilton	59		3:31:03
54	Daniel Nesbett	39	Centennial	7:27:35	68	Nicole Hola	33	Highlands Ranch	2:35:25	127	Dana Chavez	39	ARVADA	3:32:01
55	Holley Lange	61	Fort Collins	7:33:07	69	Peter Sanders	36	Lafayette	2:35:37	128	David White	34	Green Mountain	3:33:17
56	Kristi Bloodworth	37	Miinturn	7:43:42	70	Dillon Harder	33	Monument	2:35:41	129	Mary Anne Weberg	50	Cheyenne	3:45:38
57	Guy Morris	43	Littleton	7:48:01	71	James Gale	38	Monumet	2:35:49	130	Linda Fuqua-Jones	50	Colo Springs	3:57:36
58	Catherine Seal	45	Woodland Park	7:51:11	72	Jennifer Janus	32	Colorado Spring	2:35:53	131	Debra turner-kelly	47	denver	4:16:46
59	Frane Carpenter	58		7:55:25	73	Jason Turner	34	Denver	2:36:15					

25 K Results

1	Daryn Parker	25		1:42:51
2	Dave Mackey	37	Boulder	1:49:00
3	Michael Quispe	40		1:50:51
4	Brandy Erholtz	29	Bailey	1:53:46
5	Chris Siegel	35		1:53:47
6	Mark Mobley	36	Lakewood	1:54:14
7	Heather Hunt	32	Englewood	1:54:56
8	Ted Romero	26	Boulder	1:55:12
9	Eric Bindner	50	Littleton	1:55:47
10	Paul Sullivan	40		1:56:00
11	Susan Nuzum	40	Boulder	1:56:22
12	Bill Means	42		1:56:53
13	Jeron Mamula	32		1:59:44
14	Brian Martisius	26		1:59:55



Jeff Tarbert scans the last mile of the Greenland 50K looking for the final finishers.

Tortoise and Hare 5K Handicap Results

Place		Age	Finish Time	Finish + Handicap	Place		Age	Finish Time	Finish + Handicap	Place		Age	Finish Time	Finish + Handicap
1	Woody Noleen	51	15:16	19:32	33	Larry McCollum	58	20:59	26:39	65	Brandi Buskohl	28	25:21	34:21
2	Heather Bates	12	15:42	21:32	34	Dick Standaert	62	21:08	27:36	66	Melissa Wathen	38	25:34	28:54
3	Jay Luna	23	15:43	15:57	35	John Maynard	42	21:23	24:23	67	Kathy Petty	38	25:35	29:31
4	Tamra Rogers	40	16:08	21:44	36	Damon Rundell	36	21:30	23:38	68	Desider Simcoe	18	25:56	26:31
5	Carl Nelson	58	16:30	21:42	37	Erin Neville	23	21:33	25:21	69	Shane Hansen	32	26:00	27:52
6	Jason Braun	22	16:34	16:56	38	John Normile	39	21:35	25:12	70	Jane McCarty	39	26:05	34:29
7	Lori Hawkins	46	17:30	27:26	39	Cindi Smith	60	21:41	32:26	71	Sara Swartz	15	26:12	30:59
8	Jon Cornick	50	17:40	21:22	40	Marc Carrillo	17	21:45	22:23	72	Corey Clevenger	15	26:22	28:12
9	Ben Valdez	46	17:44	20:50	41	Rusty Smith	39	22:06	24:15	73	Jennifer Weaver	33	26:27	35:27
10	Michelle Snow	18	17:51	22:57	42	Robert Wedel	48	22:08	24:42	74	Cindy Jahn	42	26:49	34:41
11	Brenna Millikan	24	17:59	27:27	43	Josh Carrasco	16	22:10	23:01	75	Chad Wadsworth	30	27:44	30:10
12	Jill Montera	40	18:02	22:58	44	Travis Duncan	27	22:47	24:21	76	Christian Wulfkuhle	8	27:48	34:28
13	Jordan Montera	14	18:14	19:45	45	Geri Widdows	57	22:57	35:01	77	Kim Hans	39	27:56	40:32
14	Tom Siegel	45	18:19	22:19	46	Tommy Dorr	31	23:09	26:23	78	Sara Barnett	24	28:09	33:21
15	Jessica Shoop	14	18:21	24:32	47	Sergio de Lourence	34	23:14	27:32	79	Annette Sorenson	23	28:34	35:10
16	Marvin Everett	44	18:39	22:35	48	Genevieve Love	32	23:25	30:25	80	Gail Lott	48	28:36	38:16
17	Terry Kurtz	38	18:40	20:22	49	Vanessa Warren	34	23:36	28:52	81	Angela Buys	27	28:45	40:41
18	Timothy Barry	46	18:49	21:31	50	Barb Kleinkort	47	23:38	30:34	82	Christie Irons	27	28:53	31:17
19	Alison Flaherty	35	18:53	26:49	51	Heather Haas	29	23:45	30:33	83	Amber Archuleta	31	29:10	41:06
20	Don Johnson	52	19:08	24:20	52	Mayorvy Cifuentes	31	23:47	26:27	84	Keith Holcomb	41	29:39	33:52
21	Paul Jaszkwiaik	24	19:38	19:48	53	Dana Renga	35	23:53	29:33	85	Angie Trogstad	41	29:50	38:54
22	Tina Johnson	31	19:41	24:01	54	Dave Chapman	34	23:57	27:29	86	Dave Wilson	53	30:38	37:38
23	Dan Bates	45	19:46	23:56	55	Steve Kidd	51	24:16	28:32	87	Cara Gawerecki	42	30:44	40:00
24	Lori Mueller	41	19:50	30:18	56	Julie Seehawer	29	24:18	33:38	88	Russ Elliott	36	30:48	35:26
25	Eric Perramond	36	19:58	21:52	57	Christie Schwank	42	24:24	35:24	89	Sandy Elliott	29	30:49	42:17
26	Jeff Wilson	24	20:31	22:55	58	Christina Tennican	37	24:41	31:37	90	Elizabeth Wolfe	23	31:36	38:40
27	Stephen Klundt	15	20:32	22:04	59	Giselle Gossage	29	24:43	30:39	91	Melissa Abeyta	31	31:59	39:51
28	Alex Haberkorn	11	20:44	23:45	60	Andrea Owen	31	25:00	27:20	92	Kelly Hobbs	30	32:09	34:41
29	Nichole Agrusa	29	20:49	27:53	61	Reuben Archuleta	53	25:01	31:13	93	Maryellen Bridges	57	32:17	45:41
30	Kristin Hall	31	20:54	27:14	62	Kelly Behar	43	25:02	33:46	94	Charlie Snygg	67	38:34	47:05
31	Elizabeth Fackelman	35	20:56	27:08	63	Halee Wulfkuhle	10	25:11	30:21	95	Jeannette Wilkerson	18	38:58	44:16
32	Ed Gritters	43	20:58	24:31	64	Megan Buxton	22	25:11	33:03					



Almost halfway, Melissa Wathen is chased by Andrea Owen after passing Russ Elliott, rear.




Top, Heather Bates, 12, on her way to 2nd place, repeating last year's feat. Woody Noleen, 51, takes 1st place, congratulated by RD Bob Mutu. Mom's in Motion team helped make a record turnout.

STEAMBOAT SPRINGS, COLORADO

JUNE 30TH

2007 USA TRAIL CHAMPIONSHIPS

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Mt. Werner

Race distance - 10K.

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\$5000 purse for USATF competitors.



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