

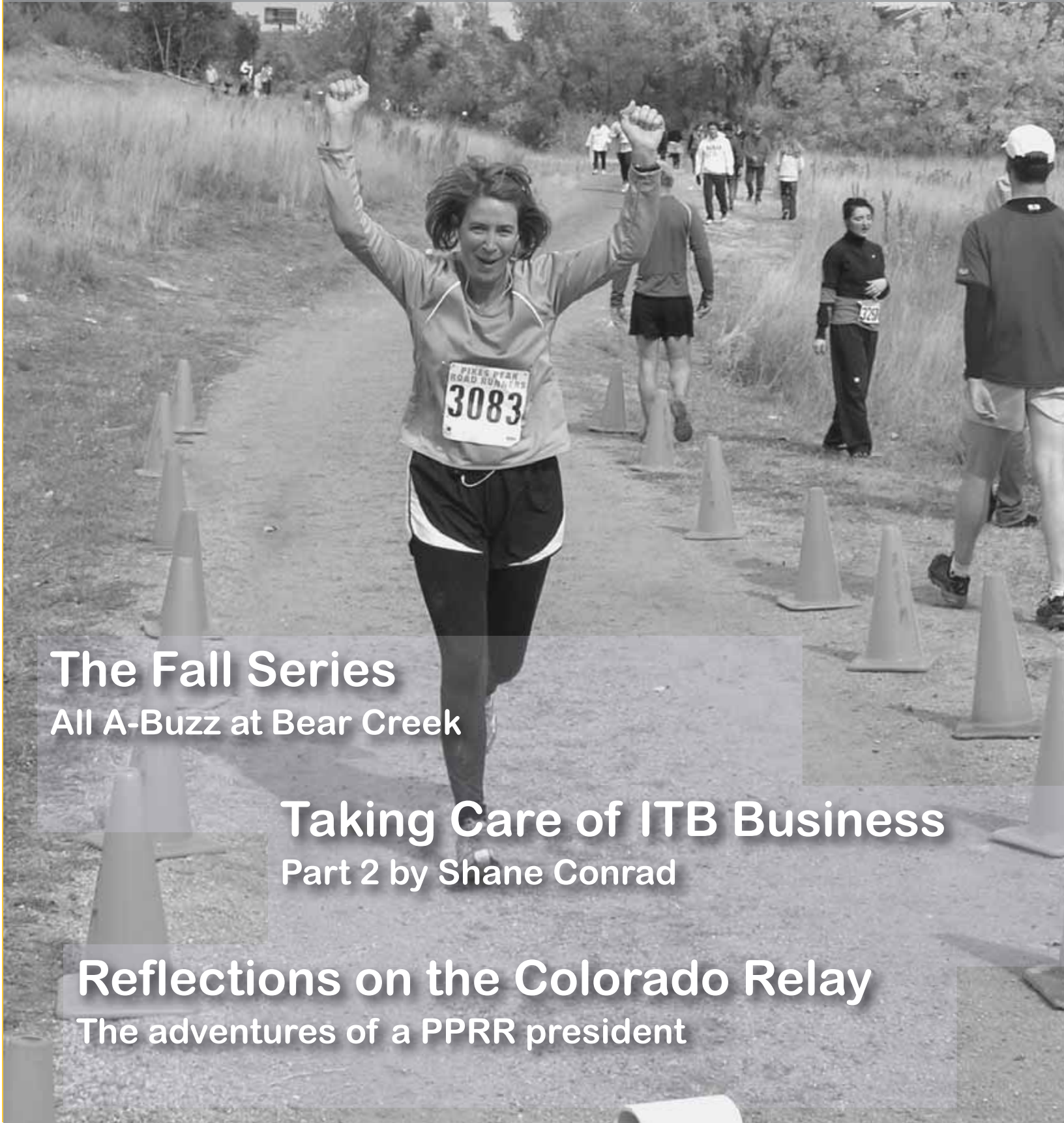


# the Long Run

Volume 31 Issue 11

Running News for the Pike's Peak Region

November 2007



## The Fall Series

All A-Buzz at Bear Creek

## Taking Care of ITB Business

Part 2 by Shane Conrad

## Reflections on the Colorado Relay

The adventures of a PPRR president

# 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

\*[davidsorenson@msn.com](mailto:davidsorenson@msn.com)

## Club Meetings

Business meetings are held on the **first Tuesday** of each month at **7 pm** at the downtown Pikes Peak YMCA, 207 N Nevada. Your board encourages PPRR members and friends to attend. The next meeting is **November 6th**.

## 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 11

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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

## Long Run Submissions

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

Email your submissions to [editor@pprrun.org](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 should be received by the **second Wednesday** of the month for inclusion in the following month's newsletter. The next deadline is **November 14th**.

## Long Run Stuffing Party

Next stuffing is **Wednesday November 28th**

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

**900 copies**

by the *Long Run* stuffing date (see above) to:

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

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

**Advertising** is welcome and we can help with design. **Business card** size (3.5 x 2) advertisements may be run at the rate of \$20 per issue. Submit as indicated above. Write to [editor@pprrun.org](mailto:editor@pprrun.org) for other size rates or call at 719.232.4419.

The editor and the PPRR board reserve the right to determine the appropriateness of any advertising.

## President's Letter



As I write this month's President's Letter, the Fall Series is under way and preparations are being made for our November election meeting and Fall Series award ceremony. The races of the Fall and Winter Series are exclusively Pike Peak Road Runner's events. These events are made possible because of the dues paid by our members and charges collected for services to other organizations. Through the hard work of our volunteers and the expert care and maintenance of the equipment, the club provides the same high quality race direction as large, professionally sponsored events.

Without service charges and membership dues, the Colorado Springs race season would be all but over. Our members have provided the resources for these events, and non-members are welcome to enjoy in the privileges. The proceeds from dues and service charges fuel the ability of the club to maintain clocks, traffic cones, cars, cups, and awards. Your funds pay for insurance, permits, police, and cover the up-front costs that get reimbursed after all revenues are collected.

Instead of growing fat over the spoils of the year's accomplishments, or drowning our summer failures in serious heaps of calorie-laden culinary consolations, the Pikes Peak Road Runners press ahead, continuing our passion for running while adding greater and greater challenges. We tackle the growing grip of "Ol' Man Winter" and hold two series, four races each, that increase in distance and complexity. These are the times when the Pikes Peak Road Runners have top billing. This time of year is our time, the PPRR season.

It begins with Larry Miller's Fall Series. Larry provides us with the spirit of the cross country runner: through rushing water, up muddy cliffs, jumping over roots and diving under low branches—rock-hopping, cliff-hugging adventure. After the holiday season, the Winter Series shows us the heart of the runner, the calming solitude of the cold weather season. Training on slick trails, covering the body from head to toe to ward off the cold, we blaze trails leaving curling wisps of steam in the mountain air as our bodies glide across snow-covered landscapes.

These eight races are our races: for us, because of us, and shared with the rest of the running community. If someone asks what the club does for you, include in your reply, "They keep running races, long after the usual season is over, and let non-members run in them too." The club is all about running, not about seasons, or about fair weather, or artificial, manicured conditions. We're a running club, a club with a clock. We have a

heart and a spirit, and a body of volunteers with lifetimes of experience. The runners we serve are also our volunteers—we serve as much ourselves as we serve all comers. Our members know that their dues pay off in quality races, award-winning publications, and rapid posting of quality race results. This is the season that would not be, if it were not for your support of the Pikes Peak Road Runners! Until next time, Run Fast, Run Safe.

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*Jon Cornick*

Cover Photo: Entering the finish chute after all the second Fall Series trail race could throw at her—including a hord of bees—Kaye Lyman gives herself a well-deserved cheer.

# PPRR Meeting Minutes

submitted by Pat Lockhart

*The minutes below are excerpted from the official transcript. For the official minutes, contact the secretary.*

## September 4, 2007

### Attendance (Pat L)

Present: Jon Cornick, Micky Simpson, Gil Kindt, Pat Lockhart, Ron Garcia, Larry Miller, Luci Stansberry, Travis Waldrip, Jim Beckenhaupt, Bill Gallegos, Don Johnson, Jim Kelleher, Dave Sorenson

Excused: Tony Abdella, Phil Foster, John O'Neill

### Old/New Business

Steve Rex's mother's memorial – sympathy card will be issued

Election Committee appointment – 3 persons, 1 appointed by the President can consist of up to 5 committee members. Presidential appointment: Jim Kelleher. Other members: Ron Garcia, Micky Simpson and John Gardner. Board will be queried as to openings to next year. Appointments received board approval.

Club financial position – Ad Hoc committee appointment – requesting reports on ADTM expenses. Possibly propose \$10K safety net. More in depth quarterly reports will be provided. No committee needed at this time.

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

Financial statements

1. Account balances - \$31K balance, which include the final ADTM race entry fees and donations for shirts
2. Accounts Receivable - \$270.00 for four newsletter inserts
3. Check register for August 2007, includes donations to the TCA Titans and Family of Eric Kindt

### Event Promotion – (Micky S)

Fall Series races, YMCA Turkey Trot and Peace Officers Memorial Run are active.

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

RRCA Privacy statement being reviewed. RMRR hosting state meeting for RRCA. John G and Jim K possibly to attend.

### Certifications/Measuring – (Travis W)

Race for the Cure certification – paperwork being completed – invoice \$80.00 this year.

**Newsletter (Jim K.)** - 50 copies extra now being required for running stores and YMCA and archives – 900 copies needed for newsletter.

Bulk Mail (Jim B.) – went fine, stapler on your list of things to do. Overweight - \$216.00

**Calendar (Dave S)** – 2008 calendar discussed and several date changes have been made VHR, Great Race, Panoramic.

### Equipment (Bill G, Larry M)

Race clock status - electronics – during Ascent overhead clock died. Electronumerics is vendor and will replace plexiglass panels, calibration, replace panels, repaint, and new battery terminals for \$285.00. Battery is good for 17 hours.  
Canopies fly – ripped tarp because of wind ADTM

### Insurance (Pat L)

IPods and music should not be worn during an event  
Medical waiver should be considered to be part of the race bib, especially during long/ ultra runs.

### Webmaster (Dave S)

Message board – in progress

### Trail Clean up – (Don)

September cleanup consisted of going north to trail closing area. It was a mess. October – Cimarron bridge will be closed, but shouldn't affect cleanup. Trail should be open within 90 days.

### Past Events

Nielson – August, September (Phil F) 106. 35 new participants. Finish line and computer results are working good.

8/11 Woodland Park (Jon C, Eric M, Jack A) – turnaround at the 5K/10K will have volunteers until our van sweeps, possible kids event next year.

8/18-19 Pikes Peak Ascent and Marathon (Bill G) – couldn't be better, weather great, hot, very well. Triple Crown is satisfied.

9/03 ADT Marathon – went well. Hot weather.

### Upcoming Events

9/16 Pony Express (Pat L) USFS permit received, scooping, volunteers, SAR, Ham radio operators.

9/22 Great Race (Pat L) – new volunteers, board will help with the event.

9/28 A-T Cure Tour Tim Borland (Travis W) – spot for PPRR participant. – Friday morning, pushing stroller.

Put on website to solicit

9/30 Fall Series I, Kids run (Larry M)

Kids will be done by Larry, or other volunteers

10/06 Nielson (Phil F) - no report

10/13 CC Tiger Classic (Robin S) - no report



## Running for taxes?

Volunteering is the heart of running organizations and the sine-qua-non of inexpensive running events. Even large races, run unapologetically for profit, still depend on hundreds of donated hours, economically rewarded by such things as mugs, t-shirts, and a pint of beer. But this letter shall refrain from asking you to give up Sunday morning football or an afternoon at the mall. Instead, let us ask what it is that dedicated race volunteers require. It is not money. It is not recognition. It is not even thanks for a job well done (but don't even *think* of passing silently by that next water stop). No, they only ask that runners show up and have a good time.

And of the city and county? All they ask is cooperation, that they be able to run the events they have been running for decades so that people can enjoy an extremely healthy pastime. All they ask is that the countless beneficiaries of race proceeds receive the most they can. Everyone wins. There is no down side.

Yet, year after year, our civic officials increasingly look upon such charitable efforts as money-making opportunities, which should strike you as outrageous. PPRR is asked for thousands in fees every year that in no way redound to the intended recipients of its generosity. Volunteer effort is, in effect, being taxed.

In the very recent cancellation of the Manitou Mayor's Cup, city officials only added insult to injury. The 5K race was assessed about \$1300 in tax and fees. So, as PPRR has to do with its events, organizer Jonathan Veteto dutifully asked the powers that be, in this case the city council, to waive the fees. Hopefully they would recognize the immense civic benefit—\$4000 given to a foundation that maintains the city's mineral springs, a 4:1 return—and acquiesce, if not out of altruism, then at least from a profit motive.

But no. That would be too simple. Instead, Jonathan received condescending and denigrating remarks, along with token gestures. Enough...he cancelled the race and walked out.

Now how mathematical does one have to be to recognize that giving up \$1300 to gain over \$4000 (in less than a month) is a good thing? And how emotionally intelligent do you have to be to realize that volunteers give to help others, not to fight city hall? Apparently more than Manitou's city council. Now they are without a race, without the community benefit, and without the respect of the volunteer, not to mention, the running community.

Let's just hope that other city and county officials learn from this that volunteer efforts contribute more to a community than taxes can.

*Jim Kelleher*, Editor

## 10 Years Ago

Bev Zimmermann and her husband Eck traveled to the Berlin Marathon in 1997 and Bev's travel notes constitute the November issue's cover. Although she herself had "a running injury from hell," she supported Eck's efforts to keep a pace kilometer style. Membership in the club was 555. **Splash Coy** writes of



her experience at the October PPRR board meeting. She notes that in **Larry Miller's** early running years, jeers were likely hurled a runner's ways (and insults tossed back). "I'm sure that mischievous grin of his, which defies explanation, started back in the 60's."

## 20 Years Ago



The Long Run of November 1987 has Fall Series I runners splashing through Monument Creek. Inside, **Michael Davidson** laments that the new course for the "about 15M" Pony Express, ending in Palmer Lake, became the "Pony Express Orientation Run." More than a few had to stop and figure out which way to go. October fun runs included the Not-a-Swallow-to-be-Had" run in honor of the departure of swallows from San Juan Capistrano, and the Halloween Costume Fun Run. Finally, the cryptic comment that "**Bill Bennet** and **Bill Gallegos** are planning to slip some bath therapy in Woody Sigley's next drink." Any insights into this mystery?

## 30 Years Ago

November 1977's mimeographed newsletter has the Olympic Training Center's director, **Bob Mathias**, reporting that they will have a track by spring. A new running store, the Runner's Roost, will open 11/19. PPRR's membership fee will go from \$6 to \$9 come January, but a t-shirt comes with it. **Mark Weeks** wins the 6.5M Fall Series II race at Memorial Park, while **George McAffer** wins the 19M Pony Express. And an report is made on gals who journeyed to Fort Collins for the Dames Distance Derby, which included **Rita Leeper**, **Sarah Baxter**, **Joanne Egolf**, and **Fabian Richards**.



## Letters

Dear Jim,

The Pacers had a five mile run this month, to reflect the five mile run we had with the Cross Country Club of Dallas last year. It was hot, and not very crowded. Many members consider a 5K their limit on a hot day, and will pass on five miles.

The news of the month comes from our president, Jerry Powell. We have three charity projects to do this year. In October, everyone donates two cans of food for distribution to needy families through a local charity. We will hold a race benefitting Girl Scouts. This will not be a free race, so bring the admission fee. And finally, we will adopt a family for Christmas, seeing that some family will have a prosperous Christmas, as opposed to little or none.

All of this is happening because of the local balloon festival. It used to be held in a park where we held our races, and a charity run fit in nicely with the crafts fair and hot air ballooning. Someone at Plano city hall felt they could make money if they relocated to another, less accessible park, where they could charge admission and parking fees. It is difficult to park, and requires a kilometer hike from the closest parking areas. Free parking requires walking a mile or more. Attendance has dropped, and there is no provision for a foot race. The Pacers are still trying to adjust their event schedule for a fall charity run. The spring charity run is not a problem, since children and Kiwanis are both constant. In the fall, only the hot air has remained. Local politicians supply plenty, and using propane with the balloons seems a waste.

Regards,

William L. Jones

Dear editor,

I have a Fall Series war story. The course was challenging (all the uphill), and the scenery was nice.

The rope climb was fun. But getting swarmed by angry bees was not. I, and a couple other runners, got stung several times, just before the first aid station. They hit the gal in front of me on the side of the head, and they got me top and bottom. In spite of the stings, thanks for putting on another great run! The race was a blast.

Cathy Dilts

Dear Jim,

I was very happy to help you out this past weekend at the kids fall series II. They did really great!! Even the last little girl in the last 2 mile race really was trying hard and I helped talk to her along the way and gave her encouragement. I actually thought that they really enjoyed the challenging courses and I think they all enjoyed going through the creek once so they could be like the adults in the adult race. The hay bales were great!!! Tell Larry Miller to put some more hay bales on the track for the Ute Valley race.

Gerald Romero

Jim,

It was a pleasure helping. I had fun watching the kids run through the creek. Some of the kids were hesitant and one boy remarked: "I can't believe this" It was too funny.

Have a great day!

Blessings

Esme

Hi,

How much do you want for the Long run on rattle snakes and if one gets bit by one.

The most information I found about rattle snakes in our area was on this site: parks.state.co.us. Look for the RattlesnakeManagementPrescription file (PDF).

The data seems old because they suggest steps that on other sites say is out dated.

I talked to one of the search and rescue guys, Skip. He said the person should try to keep the bite at heart level. Lay down and keep the person as calm as possible.

When there are multiple people in the party, two should go for help trying to stay calm also. He warned that in the excitement they will get them selves hurt. It is much better to bring medical help to the person then trying to move them. As many or more people get sick from the anti-venom then the bite itself. I guess if you're by yourself you will need to move to a place you can get help. Stay as calm as possible.

Don't cut the bite and try to suck the venom out. They also don't recommend a tunicate or such, this site says ace bandage but other sites say they have decided it doesn't help. Only about 1/3 of the bites have venom which is about what most sites say. The snake needs it to kill its prey so it doesn't want to loose any if possible.

Basically leave them alone and don't step on them!

Tony Abdella



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## News and Events



Local youth Taylor Fogg won her age group at the National Youth Triathlon Championships.

### Taylor Fogg takes triathlon national honors

Can you catch your teen? Probably not if you're Jeth Fogg, father of **Taylor Fogg**, a local twelve-year-old who went to the National Championships for Youth Triathlon in August in Wisconsin and ended with a big first place in her 11-12 age group. The event comprised a 200 meter swim, 10K bike race, and 2K run. Taylor also repeated as first place and set a course record for her age group in the Ent 5K at the ADTM. She was the youngest of the amazing girls 16 and under who took 6 of the top 13 places. Her 22:47 effort was good enough for second overall among the women...and nearly 4 minutes ahead of her dad.

### New marathon record by 29s

From the start, Haile Gebrselassie, (just call him "Gabe") hailed as the greatest distance runner of all times, was on a record pace, running the first kilometer of September's Berlin Marathon in 2:57, first 5K in 14:47, and 10K in 29:25. Born in Ethiopia, he used to run the 10K to school and back every day, and even-

tually made his mark as world 10K champion, both as a junior and adult. In '95, his 26:44 10K broke the world record by a full nine seconds and even more amazingly, the 5K record by 11 seconds (12:44). He left the track after the 2004 Olympics for road racing and has won the Berlin Marathon twice now. His first record in America was set at the Phoenix Rock'n Roll half marathon, where he broke the word record by clocking in at 58:55.

### A 15K in 21 minutes?

Impossible," you should say. That's 12:15 per mile! Well, that's what the former president of Mexico, Roberto Madrazo, failed to take into account when he cut the course of the Berlin Marathon. A photographer alerted race officials when Madrazo, pumping his arms and grinning as he crossed the line, appeared just a little too rested in his windbreaker, hat, and long pants while others sweated in t-shirts and shorts. After checking the splits, he missed two checkpoints and his next time, 15K later, would have he ran a 15 minute 10K. He was disqualified.

### Jenny Crain making slow progress

Olympic marathon hopeful Jenny Crain has progressed to standing for 20 minutes and showing more alertness. She was put into a coma during a training run after being struck by a car (see last two issues), and has made slow progress. Her broken jaw is still wired. You can follow her progress at [jennycrain.net](http://jennycrain.net). Meanwhile, running clubs and runners nationwide have made numerous efforts to raise money and show support. October's Lakefront Marathon in Milwaukee, Jenny's home town, featured a relay-team consisting of former Olympians including Bill Rodgers and Bonnie Blair.

### Manitou Mayors Cup 5K cancelled in controversy

Jonathan Veteto's commitment to Manitou Springs was plain for all to see. He put up his own money to ensure the success of the Manitou Mayor's Cup 5K, all the proceeds of which go to the non-profit Mineral Springs Foundation, which cares for the mineral springs and documents their history. Since the race has provided over \$8000 (100% of the entry fees) to the Foundation in the past two years, one would expect firm, if not enthusiastic, support from Manitou's City Council.

By waving the fees and taxes, totalling \$1300, the city gets back over \$4000. But according to Veteto, every year the organizers seek a race permit, it causes "a 45 minute discussion."

So when he asked the council to waive the fees and taxes this year, ensuring maximum proceeds for the Foundation, he and other race supporters witnessed startling opposition, complete with suggestions that he and others sought to profit from the race. For Veteto, it was the last straw. He said he was cancelling the race and walked out.

Mineral Springs Foundation Director Dave Wolverton lamented that the council's decision not to waive fees for the Wine Festival already cost the Foundation \$3000. "There goes another \$3000," he said.

After Veteto's departure, a motion was passed to waive all the permit fees and taxes, but it was a moot effort at that point. The race remains cancelled.

"It's not about the fees...it's about the process. We want to see more support from the city," wrote one race supporter. "Bottom line", stated Veteto, "it should not be so hard to give away money."



# Membership

## Welcome New Members

Adams	Manitou Springs
Emma Adams	Manitou Springs
Lucas Adams	Manitou Springs
Mike Adams	Manitou Springs
Rana Adams	Manitou Springs
Linda Aiman	Elbert
Russell Allen	Colorado Springs
Jessica Amundson	Colorado Springs
Heath Austin	Colorado Springs
Debora Balke	Colorado Springs
Amy Barker	Colorado Springs
Elizabeth Baston	Monument
Emily Bertsch	Colorado Springs

James Bertstrom	Colorado Springs
Jennifer Bertstrom	Colorado Springs
Keenan Bertstrom	Colorado Springs
Tatianna Bertstrom	Colorado Springs
Carol Billbrey	Colorado Springs
Dawn Boden	Colorado Springs
Emili Boykin	Colorado Springs
Eric Boykin	Colorado Springs
Stephen Boykin	Colorado Springs
Wendy Boykin	Colorado Springs
Zach Boykin	Colorado Springs
Jo Bradley	Colorado Springs
Jim Buckley	Colorado Springs
Eric Burton	Colorado Springs
Mireille Cameron	Boulder
Jeff Chowning	Colorado Springs
Annie Clark	Colorado Springs
Joey Clark	Colorado Springs
Jonathan Clark	Colorado Springs
Page Clark	Colorado Springs
Sarah Clark	Colorado Springs
Curtis Imrie Clemons	Cripple Creek
Lynette Clemons	Cripple Creek
Morgan Clemons	Cripple Creek
Clayton Clester	Divide
Laurie Cochran	Colorado Springs
Stewart Cooper	Monument
Tim Cougar	Colorado Springs
Bryan Counts	Colorado Springs
Erika Counts	Colorado Springs
Kate Crandall	Colorado Springs
Kelly Salling- Davies	Peyton
Paul Davies	Peyton
Rio Davies	Peyton
Brody Day	Manitou Springs
Macynn Day	Manitou Springs
Philip Day	Manitou Springs
Valarie Day	Manitou Springs
Walker Day	Manitou Springs
Ronald Dean	Colorado Springs
Katherine Derrick	Colorado Springs
Douglas Dirksen	Colorado Springs
Joe Donovan	Brighton
Steve Donovan	Andover
Pete Doyle	Colorado Springs
Lorba Kelly Drewry	Colorado Springs
Kristina Duffy	New Brighton
April Erb	Colorado Springs
Chris Estep	Woodland Park
Sam Fancher	Colorado Springs
Becky Farrar	Colorado Springs
Denise Farrar	Colorado Springs
Jenny Farrar	Colorado Springs
Norman Farrar	Colorado Springs
Michelle Farrell	Colorado Springs
Ryan Fonkert	Manitou Springs
Clint Gaffney	Colorado Springs

Stacy Gapper	Colorado Springs
Drew Geiger	Colorado Springs
Malcolm Gibson	Colorado Springs
Bonnie Goodall	Colorado Springs
Scott Fenlon Goodall	Colorado Springs
David Graff	Parker
Gretchen Graham	Colorado Springs
Michael Graham	Colorado Springs
Tina Gray	Colorado Springs
Tuan Ha	Colorado Springs
Christopher Hagan	Colorado Springs
Patricia Hagan	Colorado Springs
Larry Hanel	Colorado Springs
Amy Harder	Monument
Dillon Harder	Monument
Ella Harder	Monument
Hannah Harder	Monument
Jeremy Harsh	Colorado Springs
David Hendrix	Colorado Springs
Travis Hennager	Colorado Springs
Josh Herman	Colorado Springs
Frank Heuett	Canon City
Heidi Hiltbrunner	Colorado Springs
JW Hodges	Colorado Springs
Katy Hodges	Colorado Springs
Matthew Hodges	Colorado Springs
Renee Hodges	Colorado Springs
Steve Hybki	Colorado Springs
Travis Hybki	Colorado Springs
Deborah Janssen	Colorado Springs
Stephen Johnson	Colorado Springs
Richard Jones	Colorado Springs
Marie Kemp	Colorado Springs
Samantha Kerr	Colorado Springs
Mark Kinner	Elbert
Tammi Kinner	Elbert
Jay Kita	Woodland Park
Leslie Hennessy Kunkel	Colorado Springs
Randy Kunkel	Colorado Springs
Becky Kyle	Colorado Springs
Donna Landry	Colorado Springs
Joseph Landry	Colorado Springs
Nathan Landry	Colorado Springs
Patrick Landry	Colorado Springs
Philip Landry	Colorado Springs
Saralee Landry	Colorado Springs
Doug Larkey	Colorado Springs
Michael Lawson	Peyton
Jessica Lichaa-Gonzales	Col Springs
Chad Raymo Mairs	Colorado Springs
Jennifer Mairs	Colorado Springs
Aaron McIntire	Colorado Springs
Angela McMinn	Colorado Springs
Kris Miller	Colorado Springs
David Milligan	Colorado Springs
Addie Mullins	Colorado Springs
Alyssa Mullins	Colorado Springs

## Long Run Mailing Volunteers!

Hosted by the  
Colorado Running  
Company

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

Lynne Hall  
Norm Hall  
Jeff Smith  
Tony Delange  
Esme Delange  
Melissa Leftwich  
Eric Sove  
Micky Simpson  
Teri Harper  
Jon Teisher  
Marilyn Vassar  
Jim Newton  
Larry Haney  
Emily Brzozowski  
Roxanne Ilse  
Jon Cornick  
Loni Corliss  
Jim Beckenhaupt

Ashlee Mullins Colorado Springs  
 Tim Mullins Colorado Springs  
 Ron Nelson Colorado Springs  
 Brenna Nelson Fairplay  
 Moirin Nelson Fairplay  
 Nanette Nelson Fairplay  
 Richard Nelson Fairplay  
 CJ Nordberg Colorado Springs  
 Ben Norman Colorado Springs  
 Greg Norman Colorado Springs  
 Tasha Norman Colorado Springs  
 Taylor Norman Colorado Springs  
 Doug Novy Colorado Springs  
 Allyson O'Brien Colorado Springs  
 Andrea Owen Colorado Springs  
 Carolyn Perkins Colorado Springs  
 Patrick Perry Colorado Springs  
 Demi Pettway-Evans Colorado Springs  
 Jeff Pierce Colorado Springs  
 Beth Polson Colorado Springs  
 Susie Quinn Colorado Springs  
 Jeff Rachwitz Colorado Springs  
 Jane Reaves Colorado Springs  
 Mark Reim Canon City  
 Mary Reim Canon City  
 Denise Ricks Pueblo West  
 Justin Ricks Pueblo West  
 Kyla Ricks Pueblo West  
 Malachi Ricks Pueblo West  
 Thomas Ricks Pueblo West  
 Rebecca Riopelle Peyton  
 Mike Rosebush Monument  
 Doug Ryden Colorado Springs  
 Alyssa Samuel Denver  
 (new) Sauve Colorado Springs  
 Alyce Sauve Colorado Springs  
 Ann Sauve Colorado Springs  
 John Sauve Colorado Springs  
 Peter Sauve Colorado Springs  
 Karl Schaller Colorado Springs  
 Dale Schauer Colorado Springs  
 Brian Schipper Canon City  
 Rosie Schler Denver  
 Mike Schoudel Poncha Springs  
 Larry Selke Colorado Springs  
 Bill Shaner Colorado Springs  
 Connie Shaner Colorado Springs  
 Kyra Shaner Colorado Springs  
 Reagan Shaner Colorado Springs  
 Anthony Silva Colorado Springs  
 Diane Silva Colorado Springs  
 Vicky Silva Colorado Springs  
 Victor Silva Colorado Springs  
 Kathy Aasen Solie Colorado Springs  
 Pete Solie Colorado Springs  
 Amy Solverson Colorado Springs  
 Jeff Solverson Colorado Springs

Tom Sowers Fountain  
 Bruce Spurling Colorado Springs  
 Colleen Starkey Colorado Springs  
 Nick Starkey Colorado Springs  
 Drew Stimson Colorado Springs  
 Jon Teisher Colorado Springs  
 Tim Terrill Colorado Springs  
 Darren Thomas Colorado Springs  
 Chris Thompson Woodland Park  
 Clara Thompson Woodland Park  
 Marci Thompson Woodland Park  
 Bekah Thurston Colorado Springs  
 Dean Thurston Colorado Springs  
 Mary Thurston Colorado Springs  
 Nate Thurston Colorado Springs  
 Rieshel Thurston Colorado Springs  
 Barry Tiggemann Colorado Springs  
 David Trillo Colorado Springs  
 Diana Trillo Colorado Springs  
 Edgar Trillo Colorado Springs  
 Emily Trillo Colorado Springs  
 Paola Trillo Colorado Springs  
 Rocio Trillo Colorado Springs  
 Niko Ulfers Colorado Springs  
 Terry Vernon Colorado Springs  
 Shawn Walker Colorado Springs  
 Elissa Washburn Colorado Springs  
 Reid Watson Colorado Springs

Theresa Watson Colorado Springs  
 Steve Weeks Colorado Springs  
 Carey Westover Colorado Springs  
 Cindee Will Colorado Springs  
 Kim Will Colorado Springs  
 Micah Will Colorado Springs  
 Naomi Will Colorado Springs  
 Nathan Will Colorado Springs  
 Grant Willemarck Colorado Springs  
 Katie Willemarck Colorado Springs  
 Theresa Wittry Colorado Springs  
 Steve Wolf Colorado Springs  
 Scott Wolf Colorado Springs  
 Jonathan Wuerth Colorado Springs  
 Jordan Wuerth Colorado Springs  
 Kendra Wuerth Colorado Springs  
 Tammy Wuerth Colorado Springs  
 Sang You Colorado Springs




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## Volunteer Corner



Hi Everyone. I'm still getting hours from race directors and volunteers for the 2007 season so the updating continues. Next month in the December issue, we will feature your hours for 2007 for the last time. Starting in January, I will post the 2008 hours starting with the Fall Series.

We will be honoring our volunteers at the Fall Series Dinner on November 17th. I hope to see you there!

*Gymmie Bailey*



*The only reason I take up running is to hear heavy breathing again.*

*- Erma Bombeck*

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## Member Focus: Gerald Romero

by Micky Simpson

**D**etermination. Dedication. No one demonstrates this better than Colorado Springs' own Gerald Romero. His life focuses around running improvement and because of this single minded determination, I would have to call him one of the best variety runners in Colorado Springs. By this I mean that he excels in everything from the 5K to the Marathon. Gerald's running career began when his mom signed him up for cross country, without his knowledge, in ninth grade. Since then he has been hooked, running track and cross country and doing local races in the summers throughout high school and college.

At 36 years old he has competed in 31 races this year, finishing in the top three in fourteen and placing in his age group in the rest. To accomplish this, Gerald plans his training around speed, strength and recovery, spending a minimum of three hours each day. He says the distances vary depending on the races coming up, but hearing him talk about his training, he is anything but easy on himself. Even during a two month injury recovery period, he was still running well and hard.

When we talked about age and the possibility of slowing down, he could only talk about improvement. One way he is trying to better his running is to learn all he can about the Kenyans. He views them as the ideal runners and hopes that by following their lead his running can benefit. He has goals for each race and for the coming year as a whole. This year his mileage averaged about 50 -60 miles/week. Next year he wants to increase that to 80 miles/week. His hopes are that if he does that and improves his training that he can cut three minutes off of this year's time at next year's Garden of the Gods 10 Miler. He also has his mind set on winning the Summer Round-Up and those of us



Gerald Romero rounds a turn in second place at the Fall Series 1 race. He was able to take over first on the run up the creek.

who ran that one this year know what a killer that course is! As for the Classic 10K, Gerald wants to break 33 min., and in the Pikes Peak Ascent he wants to finish in the top 10 or break his PR of 2:31.

Even though Gerald is used to doing well, he savors competition. He likes the idea of offering money in our local races because money brings more people, which make it a real race, which in turn makes you run hard. As he puts it, "Faster rabbits lead to faster foxes."

When asked what advice he would give new runners, he gave the usual "start slow and enjoy yourself." But what was eye opening was the enthusiasm that was behind the advice. You could tell that he really wants more people to begin running and enjoy themselves. Gerald loves the sport so much that he wants everyone to experience the same thrills he does. Let's hope that we can all enjoy sharing in Gerald's success for many more years to come.





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

## Last race coming up

There was lots of sunshine with temps around 70 and a stiff breeze. Our 3-month string of 100+ participants was broken, but we still had 85 runners participate in the October Nielson Challenge. Maybe it

was the wind that kept some away. Mike Porter was our most improved runner of month, running 1:44 less than his handicap time. Mike ran off before we could give a shirt to him, but we'll catch him next month. Congrats, Mike!

There is only one more month left in the yearly Nielson award competition. Dean Buck still leads this with 2 wins over the past 11 months. If Dean is to be beaten, one of the previous winners will need to win in November. Thus come and join us on the 1st Saturday in November to see who will run away with the yearly Nielson award.

*Dave Sorensen*



*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.*

## October Results

Name	Place	Handicap	Actual	Difference
Mike Porter	28	17:48.6	16:04.2	- 01:44.4
James Wood	72	24:22.3	22:50.1	- 01:32.2
Kevin Wood	73	24:23.2	22:54	- 01:29.2
Emma Porter	32	17:46.2	16:18.1	- 01:28.0
Elizabeth Wolfe	59	20:55.7	19:38.7	- 01:17.0
Karena Hawley	52	19:58.3	19:04.2	- 00:54.1
Mike Greenbaum	10	14:49.0	13:57.3	- 00:51.7
Ken Holmes	60	20:15.0	19:41.1	- 00:33.9
Rob Gilliam	3	12:27.9	11:59.4	- 00:28.5
Lou Christensen	42	18:20.0	17:58.3	- 00:21.7
Amy Batson	11	14:15.3	13:57.8	- 00:17.5
Brenda Demars	63	21:15.0	21:00.1	- 00:14.9
Alex Haberkorn	15	14:17.0	14:07.3	- 00:09.7
Jim Massa	55	19:34.8	19:27.9	- 00:06.9
Don Johnson	25	15:29.3	15:24.9	- 00:04.4
Scott Gorthy	7	13:42.4	13:38.4	- 00:04.0
Sharon Greenbaum	18	14:24.6	14:21.4	- 00:03.2
Kathy Cook	61	19:43.6	19:42.2	- 00:01.4
Andrea Owen	27	15:40.6	15:41.5	+ 00:00.9
Charles Greenbaum	13	13:57.4	13:58.9	+ 00:01.5
Jeffrey A. Barden	57	19:34.2	19:35.9	+ 00:01.7
Nicole Hart	43	17:56.0	18:00.9	+ 00:04.9
Dean Buck	26	15:31.7	15:40.6	+ 00:08.9
Eric Hansen	38	17:01.9	17:12.2	+ 00:10.3
Paul Jaszkwiaik	5	12:29.6	12:43.2	+ 00:13.6

Name	Place	Handicap	Actual	Difference
Carl Nelson	12	13:42.8	13:58.4	+ 00:15.6
Jim English	8	13:30.6	13:46.7	+ 00:16.1
Glenn Cook	24	15:01.7	15:21.1	+ 00:19.4
Jay Luna	1	10:13.2	10:37.1	+ 00:23.9
Curtis Hamstra	19	14:10.3	14:34.8	+ 00:24.5
Woody Noleen	4	12:16.0	12:42.1	+ 00:26.1
Candi Kocourek	35	16:12.6	16:41.8	+ 00:29.2
Alana Hawley	45	17:31.2	18:02.4	+ 00:31.2
Kylee Hart	51	18:18.6	18:56.6	+ 00:38.0
David Fenell	46	17:28.6	18:07.3	+ 00:38.7
Wendy Kimmel	37	16:25.8	17:10.5	+ 00:44.7
Dennis Stalnaker	54	18:26.9	19:12.3	+ 00:45.4
Jim Beckenhaupt	31	15:27.8	16:16.6	+ 00:48.8
Steve Hybki	36	15:56.6	16:46.8	+ 00:50.2
Roger Baer	20	14:02.9	14:54.6	+ 00:51.7
Jon Grams	6	11:59.2	12:53.1	+ 00:53.9
Ty Hare	66	21:02.8	22:00.4	+ 00:57.6
Bren Triplett	50	17:53.2	18:53.3	+ 01:00.1
Don Stauder	34	15:28.6	16:32.4	+ 01:03.8
Charles Stremmell	74	22:43.0	24:00.3	+ 01:17.3
Ed Gleason	30	14:51.1	16:13.7	+ 01:22.6
Karin Rose	41	16:16.3	17:40.9	+ 01:24.6
Jeff Chowning	22	13:28.2	14:58.5	+ 01:30.3

continued next page

# 63 Marathons, 63 Days

by Sara Wulffkuhle

Tim Borland, an ultra runner, is running 63 marathons in 63 days. The A-T Cure Tour began on Labor Day in California. On Friday, September 28th, Tim ran the American Discovery Trail Marathon course in Colorado Springs, his 26th marathon. I had the opportunity and pleasure of guiding Tim along the marathon course, including a few construction detours through downtown, and learned more about his purpose for running. Tim is running to raise money for a disease called Ataxia-telangiectasia, or “A-T.” This disease is progressive, degenerative, and fatal. It combines the worst symptoms of cerebral palsy, muscular dystrophy, cystic fibrosis, cancer and immune deficiencies. Tim is running to raise money for The A-T Children’s Project, a nonprofit organization that raises funds to support and coordinate first-rate biomedical research projects, scientific workshops, and a clinical center aimed at finding a cure or life-improving therapies for A-T. Children with A-T are usually confined to wheelchairs by age 10 and often do not survive their teens. Since A-T causes various symptoms and involves many different systems in the body, scientists believe that A-T research will help more prevalent diseases such as Alzheimer’s, Parkinson’s, AIDS, and cancer.

During the run, Tim and I had the opportunity to discuss many things. (It is amazing how runners have a common thread.) The first couple of miles he was on the phone for a live radio interview, but after the interview was over, I was able to conduct my own dialogue. I asked him about his training, eating habits, how it felt each day to run a marathon, and the A-T project. It is amazing to get training advice from someone of his capacity, but ultimately each answer would come back to the reality that the children with A-T are struggling more than he is, and that is what keeps him running!

After having one day off, I ran the Boulder Marathon where Tim was running his 28th marathon and had the opportunity to meet a few children with A-T and their families. This occasion increased my understanding of the disease by allowing me to interact with the children and the family members. In each of his marathons, Tim has a sign with a child’s name attached to an Axiom racer (an adult stroller) or a child with A-T in the racer. While I was running with Tim in Colorado Springs, I began to understand the disease because he ran in memory of a child; however, I did not comprehend the reality of the disease until I met the people affected by it. A runner like Tim Borland is an inspiration to all runners, because he has chosen to use running to progress an admirable cause. I invite you to follow Tim along on his journey by checking out the A-T Cure Project website at [www.atcp.org](http://www.atcp.org).



Sara shows Tim the ADTM course in his quest to run 63 marathons.

## Nielson Results (cont)

Name	Place	Handicap	Actual	Difference
Julia Mesnikoff	58	18:05.8	19:36.5	+ 01:30.7
Les Bell	40	16:05.2	17:37.0	+ 01:31.8
Ron Nighswonger	44	16:23.3	18:01.6	+ 01:38.3
Debra Williams	78	24:55.7	27:03.0	+ 02:07.3
Paul Stoller	79	24:39.9	27:05.7	+ 02:25.8
Carsyn Hamstra	75	21:42.8	24:10.3	+ 02:27.5
Charles Snygg	81	27:10.4	29:44.8	+ 02:34.4
Aaron Stoller	68	19:33.0	22:22.4	+ 02:49.4
Don Holcum	67	18:57.4	22:07.3	+ 03:09.9
H. J. Arnold	76	20:18.0	24:13.3	+ 03:55.3
Shannan Gaylord	85	27:52.3	32:04.0	+ 04:11.7

## First-time Runners

Name	Place	Handicap	Actual	Difference
Harley Morgan	29		16:07.3	
Lydia Fitch	49		18:09.9	
Mark Ewell	9		13:51.2	
Ned Brush	23		15:04.5	
Kristopher Poskey	16		14:16.0	
Jo Bradley	65		21:59.4	
Stacy Gapper	64		21:24.3	
Amanda Schofield	47		18:08.9	
Warren Fitch	48		18:09.3	
Trinette McCrary	69		22:30.0	
John Wood	70		22:48.6	
Taylor Ewell	71		22:49.3	
Allyson O'Brien	62		19:46.7	
David Haberkorn	53		19:08.2	
Robert McMahon	33		16:18.7	
Bret Stewart	14		14:04.7	
Cheryl Adelman	56		19:28.6	
Caleb Stoller	77		25:23.0	
Don Hawkins	17		14:17.5	
Randy Kunkel	39		17:18.0	
Debbie Jacobs	80		29:02.4	
Jonathan Crowe	21		14:57.6	
Lindsay Yochum	82		30:14.5	
Culley Hamstra	83		30:35.9	
Kim Bradley	84		31:43.0	
Jon Rotzien	2		11:07.1	

# Reflections from the Colorado Relay 2007

by Jon Cornick



**T**he alarm didn't need to go off. Yesterday's tension hadn't warn off. I had gathered up the runners, got a driver and took one of two huge, white, fifteen-passenger vans up to Idaho Springs. Last night we had a team meeting on the porch of the rustic Indian Springs Resort. We did introductions and set up plans

for the morning, which was now. The first ten minutes went off without a hitch. A friend and I went to the starting line and registered the team and left the van down there because the parking was 'primo' for such a large beast.

The Colorado Relay begins on the Friday nearest the September full moon, in Idaho Springs, and ends in Glenwood Springs, crossing over Guanella, Georgia and Vail Pass. Teams of ten runners run around the clock. Each runner runs three legs for a total of thirty exchange points. Drivers in two vehicles transport five runners each to their exchanges, then wait out the time while the runners in the other van are doing their legs. I had been planning for this race ever since I crossed the finish line a year earlier. This year I was the team captain (Supreme Allied Commander) of the Booz Allen Dead Sprinters (BADS). Here's my story of how things went down in Van A, Team BADS.

My cell rang, it was our other driver. He picked up some of our "drive-in" runners and volunteers and was at the starting line but their van was parked in. I woke up the rest of the team and told them the great news, they'd have to walk to the starting line with all their gear, sleeping bags and four changes of clothes. I got in line, I had the first leg, the team was on the sidelines,

The announcer called out "Go" and that's the last I saw of the trail. The camera flashes going off blinded nearly everyone, but that didn't stop the runners from taking off in a dead sprint into the mountain darkness, blue spots and all. My leg was 4.2 miles of uphill towards Georgetown, winding out of Idaho Springs against the gentle morning breeze.

I handed off the bracelet to my team mate, Jane, who bolted down the road kicking sand and gravel into the morning twilight. By the time she handed off, the gusts were stopping the best of the runners dead in their tracks and blinding sand and dust was twirling around every corner. The third exchange was at lake George, just outside of Georgetown. You know the wind is bad

when you see the porta potties on their sides and the crowd looks like a colorful scene out of "March of the Penguins". Our team's volunteers were checking in the runners at this station. All I could think of was "Those poor suffering bastards!"

I get out and approach them, covering my face with my jacket. I'm ready to lay on the deepest apologies for suckering them into this when I see their bright shiny eyes peering out from beneath their stocking caps—they're laughing so hard they can barely talk. "This is f-ing insane," one yells out. The runners are coming in looking like sailing ships in the Americas Cup. They're leaning into the gusts, only to stumble and trip when the gust passes and they right themselves. Clothing of unknown description is flying from their bodies; dust devils

obscure their approach. Life is strangely a mix of hilariously unbelievable winds and painful blasts of dirt and rocks. This is a war story unfolding right before our eyes.

We left exchange three and made our way through the Eisenhower tunnel and down to Frisco to get a cup of coffee. Leaving the van running, our driver is inside doing business on his cell phone. The rest of us are sitting in the

sun, warming up and happy to see the wind has all but disappeared. The mountains are once again, happy.

Jane is the only female runner on the team, single and 40, she's a 1% body-fat track coach. Outside Starbucks, she starts hitting on this guy: "Do I know you?"

continued on next page

**The runners are coming in looking like sailing ships in the Americas Cup. They're leaning into the gusts, only to stumble and trip when the gust passes and they right themselves.**



Phil Campbell comes in from an uphill leg near timberline during the Colorado Relay

# Colorado Relay

continued from previous page

You look really familiar” Hey JANE, we ll think! We got to get out of here!

We drive through Breckenridge, up and over the pass into Alma, through Fairplay and east to Jefferson where we set-up and await Van-B to pick me up to begin leg 11. Leg 11 is 13.2 miles up and over Georgia Pass, ending in Tiger Run, just north of Breckenridge, right where we came from. We’ve got about two hours. We break out the tunes, lawn chairs, beer and sun block. We chat and laugh, like strangers on a passenger plane, you pour out your deepest thoughts to some one you just met an hour ago. By now we’ve shown off all our tattoos and the stories behind them, are scars are common knowledge and we all know what body parts are sore and tight.

Like a comet, Van-B appears on the horizon, screaming down the gravel road ahead of a billowing tail of dust, I’m up! I hop in and we “surf” the big white beast up the washboard road to where the Colorado Trail crosses it. Here I wait for our runner to appear out of the thick pines and hand me the bracelet.

While awaiting I turned to the volunteer and said “Thanks for coming out.” I got the usual “not a problem, we’re here for you”. That reply made me think of all the cheap gratitude’s that fly around us every day. To make sure this volunteer understood that I wasn’t just saying that to be polite, I pointed at him and said “Your’e not ‘here for us’, don’t think that for one minute, that you’re ‘here for us.’ We’re here because of you. If you couldn’t do this, we wouldn’t be here.” Right then my team mate came in and I grabbed the bracelet and headed up the Colorado Trail. I didn’t get a chance to look back see if I made an impression, but I hope I did. These folks are out in the middle of no where, running a ham radio net for safety coverage. If they didn’t want to do this, the forest service would not

have signed off on the permit and we’d not have a Colorado Relay.

I begin to peel away the needles on the trail, getting into my “chug chug” mode up the switchbacks in the thickly scented forest. I round a corner, to a stream with a wooden log pole laid across for a bridge. On the other side is a photographer with a lens that looks like the first stage of the Saturn Five moon rocket. “Is he hoping I’ll fall?” I think to myself. I say a polite “Howdy, Great day for shots isn’t it.” This time I was just trying to be polite.

That brief conversation reminded me that I’m out of tequila. Why does



Mark Stafford runs through the pines to exchange 10 during the Colorado Relay

my mind flip channels like a malfunctioning remote whenever I’m trail running? Are the trees around me getting shorter, or I’m getting taller; I’d better go ask Alice...no wait, it’s just the thin air. I love hypoxia.

Timberline is just ahead. I break out into an alpine meadow. There before me lies a scene that few people ever get a chance to witness, and I’m running, why? I slow to a trot, this is too good to run through. I think of the bumper sticker, “This is God’s Country, don’t drive through it

like Hell”. I enjoy it for a minute or two and then snap back to reality. I pickup the pace, what’s left of it.

It’s all down hill from here. I stop shy of the tree line and stand looking at Quandary Peak. I’m dead still. I think of the two friends who were my ‘mountain’ over the past year. The two that were by my side when we were putting the team together and trying to get runners to participate in training runs and going to the meetings. They couldn’t be here. They couldn’t run. One was home with a sick wife, the other back east settling the estate of his recently departed father. They were my mountains, these men who are not here. I shed my tear and gave them the most precious thing in a race: a few minutes of time. I’m off again, and on new rested legs.

The trail is treacherous with gnarly roots, pumpkin boulders, slick muddy switchbacks and peppered with resting mountain bikers. I play leap frog with them as a team of three bikers pass me, rest, I pass them, and we repeat it again. At one point, I find myself tripped up and falling for what seems like a hundred yards. A calf cramp strikes and puts me straight up, probably saving a bloody face plant. I press through and it goes away.

The bikers pass again and this time, one takes a dive. His bike is nose down with the rear wheel flying over the top; his foot is still wrapped up in the peddle. His body hits the rocks like a bag of potatoes falling down a stairwell. He hops up, “I’m OK”. I ask if he needs any help; that looked really bad. “Nope, I’m just fine”. If that’s his definition of fine, I don’t want to hang around him when he’s not OK. I press on.

Halfway falling, halfway running, I break into a “Scrambled-Legs-and-Fakin’ it” mode. At this point, my ankles are out of my control and my feet are going where the

continued on page 16

# Taking Care of ITB Business: part II

by Shane Conrad



In last month's article, we examined a common running injury known as Ilio-Tibial Band "Friction" Syndrome (ITBS). We learned that the Ilio-tibial band is a large tendon and that ITBS is essentially an overuse injury whereby the ITB develops a tendonitis injury similar to that in Tennis Elbow, or Runner's Knee.

Running injuries are an inevitable part of the sport, but with current advances in Sports Medicine there are a variety of effective therapies available to speed your recovery time and get you back on your feet and running. In this installment, we'll be discussing the most common therapies and their effectiveness. We also demonstrate some simple home-care exercises that can be added to a treatment regimen or, even better, to an injury prevention program.

## Symptom Control

The primary generator of pain is the inflamed bursa underneath the ITB. Secondary pain can be generated by the ITB itself, as well as weak muscles that are attempting to stabilize the hip. Controlling the pain means limiting the inflammation and overuse.

### Step 1 – Relative Rest

While complete rest is the preferred method of recovery, relative rest is a more applicable means for most runners. Activities such as cycling or swimming allow you to exercise without aggravating the condition. If you have to run, sometimes change can be as good as rest. Try decreasing your running distance and speed. Avoid hills and paved roads.

### Step 2 – Control the inflammation

Proper icing of the knee is the best way to consistently control inflammation. Medications can also be effective, but are relatively short-lasting and have potentially harmful side-effects. Always consult a physician or pharmacist if considering the use of medications whether they be prescription or over-the-counter.

## Symptom Resolution

The key to resolving the pain is to begin correcting the problem in the ITB.

### Step 1 – Relieve the tension

Since excessive tension on the ITB is the direct cause of ITBS, the easy solution: STRETCH! There is one stretch in particular that is highly effective (pictured) in isolating the ITB.

*The ITB does not have stretch receptors; therefore you will never "feel" it being stretched.* Use caution and stretch in a controlled manner. If you feel the stretch in the muscles of the hip, you're stretching too deeply.



Rolling the IT band over a hard foam roller will help break up scar tissue and promote stretching. It can also be a great massage technique.

### Step 2 – Remove the adhesions

In addition to the tension, the ITB can become glued to the surrounding muscles by scar-tissue. Breaking up these adhesions is often the forgotten part of a complete treatment program. Yet, when ignored they can allow for the injury to re-assert itself months down the road.

Many forms of massage are available, but I believe myofascial release to be the preferred form. Active Release Technique is a highly effective form of myofascial release; and with thousands of credentialed providers nationwide you'll never be too far from getting effective care.

Many people have reported self-resolution by rolling the ITB on a foam roller (pictured). If you can get your hands on one, they are an excellent form of home therapy. Simply place the roller as pictured and roll in up and down along the ITB.

## Symptom Recovery

As your pain resolves you will be left with the residual muscle weakness that initiated the injury process months before the pain appeared. Thus, for complete recovery we'll have to restore proper strength in the muscles of the hip. This means strengthening the deep muscles of the hip known as the Gluteus Medius (shown). There are a variety of exercises that can accomplish this, however I find one vastly superior to all others.

**Step one:** Stand normally with your feet at hips width. Keeping your heels planted, pivot the foot inwards so that the big toes of each foot are in contact. Looking down they will form the shape of "A"

**Step two:** Place your hands on your hips and slide one foot outwards as though you are sliding, keeping the

continued on page next page

# IT Band Business

continued from previous page



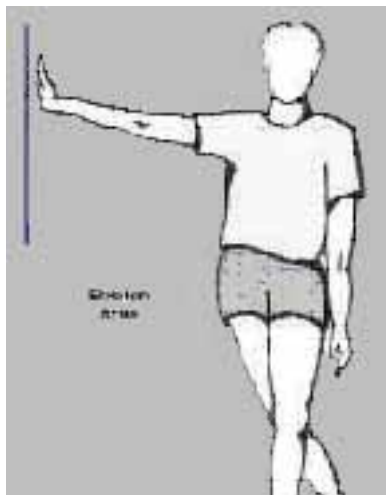
The gluteus medius comes into play especially when supporting the body with only one leg on the ground, which is mostly the case when running. It is very important to develop this muscle.

toes angled inwards the entire time. Then slide the opposite foot (toes inward) in that same direction so that you arrive at the starting position.

**Step three:** You can repeat 10-20 side steps in one direction and then go back in the opposite direction. If done properly you should feel a deep burn in the hip socket. You can tie a piece of surgical stretch tubing around the ankles to add resistance.

## Long-term Correction

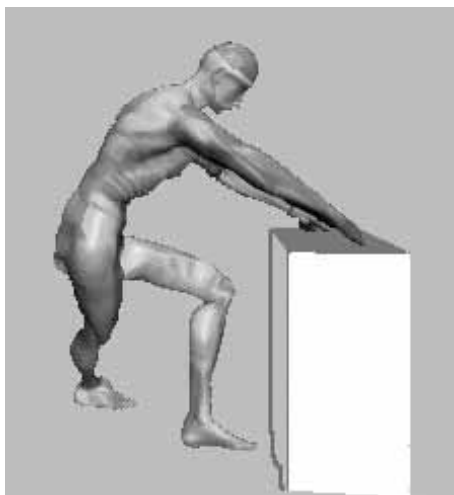
The most unfortunate part of ITBS is that it is an overuse injury. Remember that overuse injuries



arise as the result of faulty movement patterns and poor running biomechanics. While the pain and damage to the ITB can be treated, if the mechanics are left unaddressed there is a likelihood that the injury could recur. For this reason I would give as my final recommendation that you have a qualified health professional analyze your running technique, foot mechanics, and screen you for muscle imbalances that could predispose you to injury.

*PPRR member Dr. Shane Conrad D.C. is director of Conrad Chiropractic & Wellness. He is a credentialed provider of A.R.T. and holds advanced study with the American Chiropractic Rehabilitation Board. He enjoys running, biking, and soccer. You may contact him at (719) 596-8700, or drshane@cochiro.com. For more information and past articles, check out cochiro.com.*

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



Two stretches. The left one simply leans against a wall, stretching, in this case, the right IT band. The right picture does the same, but uses a vertical support for a more radical stretch.

# Colorado Relay

continued from page 14

trail puts them. I'm on the look out for tree trunks to grab and soft places to fall if needed. The trail begins to level out, I can get back under my legs and get back some control. I break out onto a gravel road "Heaven, I'm on Heaven," I sing to myself. I look down for streaks of blood—nothing. I'm whole; I made it.

I breeze into the exchange point and hand the bracelet to Jane. She's out of sight by the time I look up. I can't walk straight, I'm incoherent, talking up a storm about something when a moment of clarity strikes. Jane's leg is only 2 miles. She's going to be there in about 13 minutes. So, I think: "GET INTO THE VAN!"

I crawl into the van and can barely close the door, my leg is sticking out: Charlie Horse!! My team mate swings me around, and slides the door shut, our driver sprays the crowd with gravel, and we barrel down the road, passing Jane with only a minute to spare. She passes off, our other runner is gone and she's sucking wind. I'm hobbling around jabbering some nonsense. Our driver and navigator round us up and get us back in the van. They're the only two rational people on our team to take care of us runners.

The rest of the race is a similar round of panic and nervous waiting. There were no more car problems, no more 80 mile detours, no more single track trail. The rest of the journey to Glenwood Springs was on highway or bikeway. We finished the 170 miles in a time of 25 hours and 27 minutes. Half our team celebrated with a long soak in the Glenwood Hot Springs, half went right back to Colorado Springs. I can't believe it's over, I can't believe I did what I did. The Colorado Relay raises money for the Outward Bound organization. Those guys hear of lot of that.



# Fall Series: All A-buzz at Bear Creek

by Jim Kelleher

Monument Valley Park cooperated again with a beautiful day and plenty of creek water to kick off the 2007 Fall Series with a record number of adults. The races went off without a hitch as runners discovered again just how hard it is to run upstream. Gerald Romero was second to Joe McDaniel most of the race until they hit the water. The older Romero used his experience to navigate the shoals and come out of the creek in the lead. Elizabeth Tucker, 26, won the women's event.

Bear Creek Park was much cooler for the second race. Dire predictions of certain rain all week kept the number down somewhat, but except for some clouds and wind, only a few moments of sprinkles dampened the runners and race crew.

With RD Larry Miller out of town, Gordon Barnett set up the adult's course for the back trails and

creek crossings while Matt Carpenter set out the ropes for that last obstacle up an embankment. Well, almost last.

One added feature this year was a chute of hay bales which runners greeted with smiles on the way out and grimaces on the way in.

A hive of bees unexpectedly provided additional challenges, attacking runners just east of the water stop. About two-dozen stingers found their mark, but without any consequence save some remarks which shall remain unquoted.

The kids and teen races took to the newly cut trails this year, giving at least the two older groups a challenging trail race, up some fairly steep climbs. A dozen adults were on hand to monitor their progress and much to this RD's relief, no wrong turns were taken.



Sam, an 8-year-old Landsharks member, exudes the joy of running, competing in the 12+ age group race.

Age	Name	Sex	School	Time	Age	Name	Sex	School	Time	Age	Name	Sex	School	Time
<b>FS II Kids and Teens: Race 3</b>														
4	Nathan Estep	M	Gateway	11:26.5	7	Trevor Obertino	M	CSCS	11:21.6	8	Natalie Thrall	F	Prairie Hills	13:31.7
5	Wade Jensen	M	Patriot	14:07.7	7	Luke Rambo	M	CMCA	08:46.0	8	Luke Thurman	M		09:06.5
6	Allison Canada	F	French	12:10.7	7	Ruby Ramos	F	Mountain Sd	11:52.9	8	Noah VanHorn	M	Remington	12:09.1
6	Emily Estep	F	Gateway	12:25.7	7	Gracie Rudolph	F	Pinon Valley	12:03.1	8	Jacob Warmingham	M	Canon	10:14.8
6	Josie Ewers	F	Prairie Hills	14:34.8	7	Mary Rudolph	F	Pinon Valley	13:03.5	8	Kailey Withers	F	Abrams	13:48.7
6	Zach Gerhardt	M	Trailblazer	09:18.5	7	Walker Rudolph	M	Pinon Valley	09:47.4	9	Jessie Barden	F	Wilson	11:57.4
6	Mike Harrelson	M	Evangelical	15:36.4	7	Quinn Slater	M		12:07.0	9	Veronica Brlek	F	Cheyenne Mt	10:51.8
6	Cole Jensen	M	Patriot	11:17.6	7	Samantha Tobin	F	Steele	10:11.3	9	Joshua Canada	M	French	10:46.1
6	Bailey Mabis	M	Skyway	09:45.2	7	Andrew Uveges	M	Skyway	11:51.3	9	Nathan Couch	M	Patriot	12:39.3
6	Cris Medranda	M	Pike	11:10.4	7	Molly Weeks	F	Steele	09:34.8	9	Sierra Gray	F	Eagleview	09:57.2
6	Erik Nijkamp	M	Gateway	11:32.2	8	Patrick Althar	M	Widefield	14:54.5	9	Culley Hamstra	M	James Irwin	13:49.3
6	Claire O'Connor	F	Divine Red.	13:16.0	8	Ally Arenson	F	Gold Camp	09:51.2	9	William Howard	M	CMCA	08:23.0
6	Jessica Obregon	F	Abrams	10:23.8	8	Brittany Cardin	F	Bristol	11:18.1	9	Angelic Jones	F	Abrams	14:39.9
6	Ivy Tandberg	F	Madison	12:41.4	8	Alexis DeLong	F	Abrams	12:48.4	9	Sierra Jones	F	Abrams	10:41.2
6	Nick Vernacchio	M		15:14.3	8	Jana Dimmler	F	Gold Camp	12:04.5	9	Noah Canary	M	Jefferson Ac.	12:22.3
7	Derek Austin	M	Madison	14:03.2	8	Allie Ewers	F	Prairie Hills	12:07.8	9	Andrea Medrande	F	Pike	09:05.7
7	Juliana Bigelow	F	Taylor	10:17.6	8	Kaitlyn Galgon	F	Trailblazer	10:12.0	9	Michael Nixon	M	Eagleside	12:56.5
7	Adam Brewer	M	Gold Camp	09:39.0	8	Carsyn Hamstra	F	James Irwin	11:15.3	9	Logan Prater	F	Talbott	09:06.6
7	Connor Clabaugh	M	Antelope Trail	12:13.0	8	Elizabeth Heimbuch	F	Divine R.	14:11.6	9	Brennan Riley	M	Abrams	11:35.1
7	Kinsley Couch	F	Patriot	13:27.6	8	Anna Keller	F	Pauline Mem.	12:31.7	9	Meredith Tanner	F	Jordahl	10:05.5
7	Grant Dalton	M	MLK	11:20.8	8	Nick Kronshage	M	Freedom	10:02.6	9	Nicholas Vai	M	Pike	07:44.6
7	Saleena Dionne	F	DaVinci Acdy	13:40.6	8	Drew Mabis	F	Skyway	11:08.7	9	Oriana Vai	F	Pike	10:25.8
7	Luke Ebhart	M	Gateway	11:23.2	8	Anthony McCollin	M	Eagleside	12:16.9	9	Steve Williams	M	Abrams	10:16.5
7	Sage Gray	F	Foothills	11:07.1	8	Caitlin McCubbin	F	Foothills	08:55.3	10	Elizabeth Brewer	F	Gold Camp	09:57.9
7	Lilliana Hamilton	F	Academy Intl	08:07.9	8	Jordan McCubbin	F	Foothills	11:06.5	10	Donnie Byers	M	Venetucci	09:32.3
7	Joshua Hawkins	M	COVA	11:37.0	8	Harley Morgan	M	Steele	08:15.5	10	Tyler Dalton	M	MLK	12:36.5
7	Mery Jones	F	Abrams	14:40.6	8	Danielle Naranjo	F	Abrams	12:55.8	10	Jeffrey DeLong	M	Abrams	11:41.1
7	Logan Canary	M	Jefferson Ac.	13:01.0	8	Tanner Norman	M	TCA	07:45.1	10	Mike DeSantos	M	Abrams	14:15.9
7	Samantha Lecky	F	Gateway	10:40.3	8	Pat O'Connor	M	Divine Red.	11:09.4	10	Cassidy Hagan	F	Eagleview	08:59.0
7	Raiden Maldonado	M	Abrams	09:36.9	8	Tom O'Connor	M	Divine Red.	10:14.3	10	Courtney McCarthy	F	Aragon	12:18.0
7	Maricela Montoya	F	Jordahl	13:05.5	8	Xavier Obregon	M	Abrams	09:14.3	10	Kyle McCollin	M	Eagleside	11:00.7
7	Evan Morgan	M	Steele	12:26.7	8	Dario Pompeii	M	Gold Camp	09:58.9	10	Carl McManus	M	CSCA	08:54.6
7	Lindsey Murray	F	Trailblazer	10:07.1	8	Katie Roth	F	Explorer	10:27.6	10	Jace Montero	M	Sierra Vista	07:51.2
					8	Adam Solverson	M	Prairie Hills	10:16.0	10	Mikaela Montoya	F	Jordahl	12:14.2

AgeName Sex School Time



Jessie Barden, 9, leads Gracie Rudolph, 7, as they negotiate hay bales at FSII 1 mile event.

10	Saviel Nieves	M	Abrams	09:40.8
10	Tanner Snyder	M	Sierra Vista	08:48.3
10	Arielle Solverson	F	Prairie Hills	10:15.5
10	Madison Thrall	F	Prairie Hills	11:30.4
10	Michelle Thurman	F	Foothills	08:34.7
10	Paola Trillo	F	Remington	08:48.8
10	Anthony Vai	M	Pike	11:45.8
10	Willy Weeks	M	Steele	09:06.1
11	Katie Barden	F	North	12:24.1
11	Marisa Cardin	F	Holmes	11:07.8
11	Brandon Kronsh.	M	Jenkins	09:25.2
11	Morgan McManus	F	CSCA	09:28.6
11	Andrew Roth	M	Explorer	10:44.8
11	Kendra Wuerth	F	MRMS	10:13.0
12	Erin Riley	F	FtnFtC Middle	09:44.3

**FS II Kids and Teens: Race 4**

4	Jay Trujillo	M	Cresthill	13:44.2
8	Erin Amos	F	Springs Rnch	18:06.8
8	Erik Bullard	M	TCA	16:55.9
8	Rebecca Garner	F	CSCS	19:41.3
8	Sam Huber	M	RMCA	17:12.6
8	Luke Rutten	M	Pioneer	19:04.3
9	Mike Greenbaum	M	Foothills	14:51.4
9	Emma Porter	F		17:10.6
9	Kyle Rex	M	TCA	14:05.5
9	McKenna Rmasay	F	Broadmoor	17:05.2
9	Mitchell Shaw	M	CSCS	17:40.8
9	Tianna Terrell	F	Acad Endeavor	17:13.7
10	Alex Stearns	M	Freemont	19:06.8
11	Savanah Ebherth	F	Gateway	17:14.5
11	Danny Mathews	M	CSCS	13:39.5
11	William Mayhew	M	Pauline	13:26.1
11	Lauren Murray	F	Holmes	17:15.7
11	Colin O'Donnell	M	Challenger	17:56.7
12	Corey Blackmann	M	Timberview	18:16.9
12	Tucker Hamilton	M	MRMS	13:27.1
12	Sam Payne	M	Euclid	13:24.8
12	John Reynolds	M	Kent Denver	13:19.1
12	Elena Slavoski	F	Corpus Christi	16:01.4
12	Diana Trillo	F	Horizon	15:23.9
12	Max Will	M		13:37.8
13	Kaitlin Derrick	F	MRMS	16:00.2
13	Justin Solverson	M	Timberview	15:27.3
13	Molly Spalding	F	Disc Canyon	14:35.7
13	Rebekah Tandberg	F	Madison	19:36.2
14	Kristen Kientz	F	Cresthill	14:44.5
15	Allyn Tandberg	M	Madison	19:34.9

**Men's Overall**

Place	Age	City	Time
1	Joe McDaniel	25	0:56:01
2	Gerald Romero	36	0:56:06
3	LeRoy Popowski	32	0:57:21
4	Justin Ricks	27	0:58:43
5	Doug Ryden	31	0:59:33
6	Mike Schoudel	39	0:59:39
7	Eric Peterson	35	1:00:37
8	Rob Gilliam	38	1:01:17
9	Sean O'Day	32	1:01:22
10	Chris McIntyre	27	1:01:37
11	Kyle Richter	20	1:02:12
12	Thomas Selke	40	1:02:37
13	Anthony Santosus	20	1:03:00
14	Brian Goodack	30	1:03:06
15	Kevin Noleen	30	1:03:25
16	Kyle Reno	25	1:03:35
17	Patrick Perry	26	1:03:36
18	Andy Rinne	32	1:03:56
19	Edgar Trillo	32	1:03:58
20	Scott Konnagan	44	1:04:07
21	Michael Orendorff	56	1:04:21
22	Hayden DJuric	15	1:04:29
23	Casey Masters	20	1:04:37
24	Jim Lee	38	1:05:29
25	Mark Riem	40	1:05:32
26	Thom LeDoux	33	1:05:48
27	Warren DJuric	45	1:06:39
28	Chad Halsten	33	1:06:49
29	Kris Pruitt	28	1:07:08
30	Jeff Solverson	40	1:07:31
31	Jeff Pierce	49	1:08:07
32	Brian VanIwarden	28	1:08:20
33	Scott Suter	44	1:08:29
34	Jeff Chowning	46	1:08:38
35	Steven Carter	39	1:08:47
36	Greg Jemo	21	1:08:53
37	David Andrews	28	1:09:05
38	Christoph Zurcher	30	1:09:20
39	David Sparks	45	1:09:23
40	Chad Skaggs	38	1:09:28
41	Mike East	31	1:09:41
42	Mike Lloyd	49	1:10:05
43	Jack Sauve	20	1:10:09
44	Darren Thomas	13	1:10:32
45	Bill Shaner	39	1:10:40
46	Jeff Lang	49	1:10:54
47	Jim Hendricks	43	1:11:24
48	Craig Hafer	50	1:11:24
49	Ben Valdez	47	1:11:39
50	Drew Stimson	14	1:11:42
51	Doug Novy	40	1:11:55
52	Jim English	53	1:11:59
53	Chris Claybaugh	41	1:12:15
54	Dave Kronshage	39	1:12:18
55	Stewart Cooper	46	1:12:52
56	Steve Recca	46	1:12:59
57	Tim Dolan	38	1:13:21
58	Karl Mickelson	46	1:13:29
59	Steve Weeks	41	1:13:30
60	Matt Sherman	35	1:13:31
61	Theodore Lewis	46	1:13:40
62	Jonn Wuerth	44	1:13:48
63	Chief Reno	45	1:14:05
64	Pablo Najera	34	1:14:07
65	Mike Cotter	32	1:14:08
66	Richard Park	54	1:14:20
67	Jeff Rachwitz	45	1:14:45
68	Ty Paywa	41	1:15:02
69	Tony Abdella	53	1:15:11
70	Peter Tonsits	45	1:15:30
71	Chris Applin	39	1:15:32

Place Age City Time

72	George Greco	59	1:15:32
73	Jason Crow	34	1:15:35
74	Joe Costello	42	1:15:54
75	Ricardo Morales	46	1:16:11
76	Scott Vehlewald	45	1:16:14
77	Eric Lawrence	33	1:16:25
78	Pete Sauve	47	1:16:42
79	Mark Luchte	52	1:16:55
80	Brad Olson	45	1:16:57
81	Dave Ruetschilling	56	1:17:05
82	Sam Applin	15	1:17:10
83	Michael Schenk	54	1:17:12
84	Don Hawkins	40	1:17:20
85	Andrew Wilson	40	1:17:45
86	Ted Jimenez	40	1:17:57
87	Jessie McCarthy	35	1:18:37
88	Jim Buckley	37	1:18:44
89	Greg Brown	50	1:18:53
90	John Smail	38	1:19:01
91	Lem Myers	42	1:19:16
92	Steve Warmingham	39	1:19:21
93	Jeffrey Jury	47	1:19:28
94	Travis Hybki	17	1:19:47
95	Ron Nelson	48	1:20:00
96	Paolo Bahr	39	1:20:10
97	Steve Wolf	36	1:20:11
98	Brian Schipper	39	1:20:32
99	Robert Wedel	48	1:20:42
100	Matt Chavez	23	1:21:01
101	Jan Kutej	34	1:21:12
102	Josh Herman	26	1:21:27
103	Jim DeRvus	37	1:22:24
104	Anton Schulzki	47	1:22:45
105	Don Byers	51	1:22:52
106	Tim O'Connor	50	1:23:09
107	John Monk	38	1:23:10
108	William Keller	38	1:23:27
109	Eric Burton	36	1:23:50
110	Eric Becker	41	1:24:10
111	Tyler Phillips	35	1:24:39
112	David Williams	29	1:24:44
113	Tuan Ha	27	1:25:22
114	Larry Selke	43	1:25:33
115	Fred Walker	39	1:25:46
116	Jesse Shambo	23	1:26:08
117	Tim Kelly	27	1:26:16
118	Michael Capela	39	1:26:18



Scott Konnagan leads Tony Santosus (R) and Tom Selke during the long creek segment.

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time
166	Steve Kidd	52	Colo Spgs	1:47:35	62	Kelly Murphy	56	Leadville	1:35:20		
167	Dean Buck	48	Colo Spgs	1:48:32	63	Julie Selke	40	Colo Spgs	1:35:27		
168	Guy Jordan	53	Colo Spgs	1:48:44	64	Rita Cardin	37	Colo Spgs	1:35:27		
169	Ed Dugas	54	Colo Spgs	1:49:03	65	Alyce Sauve	14	Colo Spgs	1:36:17		
170	Steve McDermott	63	Colo Spgs	1:49:43	66	Mary Riem	42	Canon City	1:36:34		
171	James White	32	Peyton	1:51:09	67	Wendy Kimmel	29	Colo Spgs	1:36:42		
172	Dennis Stalnaker	34	Colo Spgs	1:52:22	68	Victoria Tandberg	37	Colo Spgs	1:37:06		
173	Phil Prater	43	Colo Spgs	1:56:00	69	Wendy Garrison	40	Pueblo	1:37:31		
174	Ed Mighell	77	Denver	2:00:24	70	Trudi Michel	49	Colo Spgs	1:38:22		
175	Phil Foster	73	Colo Spgs	2:02:06	71	Rebecca Medina	37	Pueblo	1:38:29		



Nancy Lecky of Woodland Park rounds the bend for the action-packed finale: a creek crossing, rope climb, and hay bales.

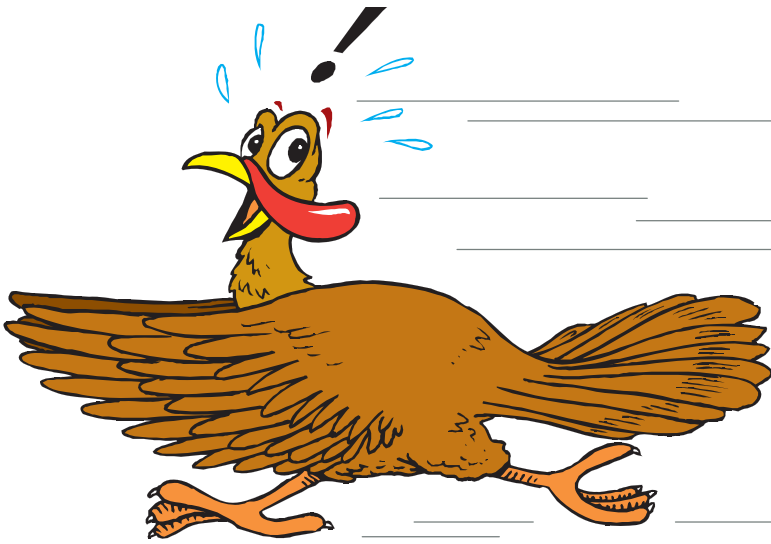
119	Glen Ash	70	Colo Spgs	1:26:23
120	Victor Boley	51	Pueblo	1:26:48
121	Zane Mitchell	45	Monument	1:27:32
122	Phil Redinger	36	Colo Spgs	1:27:40
123	Steve Hybki	39	Colo Spgs	1:28:03
124	Larry Haney	52	Colo Spgs	1:28:03
125	Anthony Gelomine	28	Colo Spgs	1:28:39
126	John Mills	56	Colo Spgs	1:28:54
127	Marty Garrett	33	Colo Spgs	1:29:18
128	Clayton Clester	42	Divide	1:29:39
129	Phil Goulding	56	Colo Spgs	1:30:00
130	Mike Borton	52	Pueblo	1:30:05
131	Mario Salinas	47	Colo Spgs	1:30:28
132	Taylor Dolan	10	Colo Spgs	1:30:33
133	James McKelvey	65	Colo Spgs	1:31:01
134	Tom Lauhon	31	Colo Spgs	1:31:37
135	Dale Schauer	52	Colo Spgs	1:31:45
136	Colin Kearns	32	Colo Spgs	1:31:47
137	Robert Ronas	43	Colo Spgs	1:32:11
138	James Campbell	42	Broomfield	1:32:53
139	Phil Mahone	46	Monument	1:33:00
140	Dennis Normoyle	63	Peyton	1:33:30
141	Chris Bombria	46	Peyton	1:33:44
142	Jon Cornick	51	Colo Spgs	1:33:46
143	Chris Estep	32	Woodland P.	1:34:29
144	James Beam	29	Colo Spgs	1:35:03
145	Douglas Roth	37	Colo Spgs	1:35:11
146	Ryan Fonkert	33	Manitou	1:35:20
147	Henri St. Martin	49	Colo Spgs	1:35:52
148	Brian Crolley	29	Colo Spgs	1:35:58
149	Phil Smith	44	Colo Spgs	1:36:16
150	Geoffrey Chance	66	Colo Spgs	1:36:52
151	Les Lundin	58	Colo Spgs	1:37:35
152	Michael Riggs	26	Peyton	1:38:13
153	Mark Parker	42	Colo Spgs	1:38:38
154	Chad Raymo	35	Colo Spgs	1:40:00
155	Fred Thompson	50	Fort Carson	1:41:53
156	John Rabb	46	Peyton	1:42:19
157	Tim Brunner	45	Colo Spgs	1:42:21
158	Rich Jones	44	Colo Spgs	1:42:24
159	Anthony Langer	29	Colo Spgs	1:43:58
160	Brandon Wagoner	21	USAFA	1:44:04
161	Clint Gaffney	50	Colo Spgs	1:44:42
162	Terry Lauhon	60	Colo Spgs	1:45:12
163	Jeffrey Barden	43	Colo Spgs	1:46:33
164	Joe Mendygral	45	Colo Spgs	1:47:13
165	Kenneth Holmes	62	Colo Spgs	1:47:33

### Women's Overall

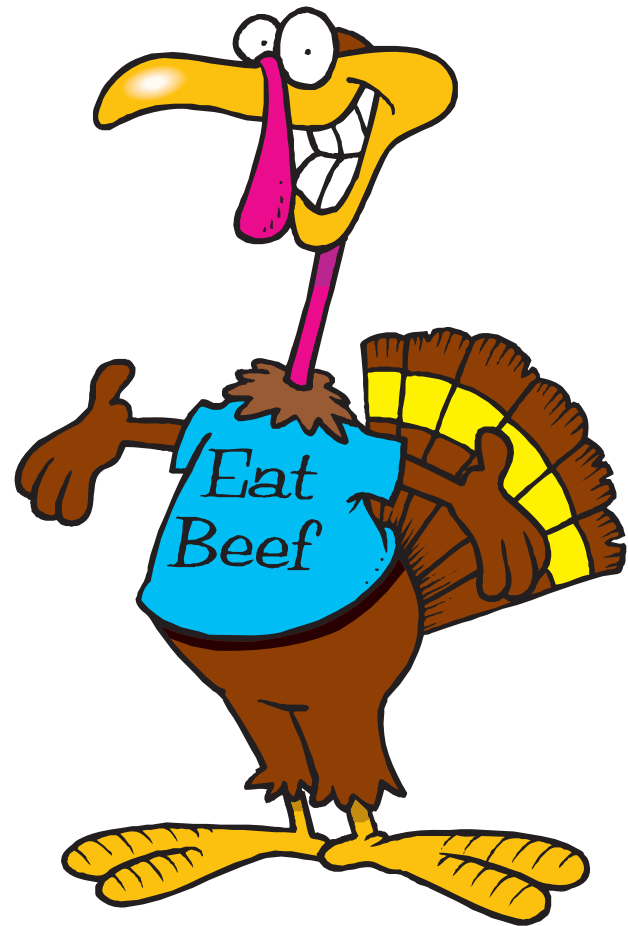
1	Elizabeth Tucker	26	Colo Spgs	1:09:37	62	Kelly Murphy	56	Leadville	1:35:20
2	Joanna McIntyre	26	Colo Spgs	1:11:36	63	Julie Selke	40	Colo Spgs	1:35:27
3	Deborah Janssen	27	Colo Spgs	1:11:37	64	Rita Cardin	37	Colo Spgs	1:35:27
4	Molly McDaniel	24	Colo Spgs	1:13:49	65	Alyce Sauve	14	Colo Spgs	1:36:17
5	Nicole Rosa	47	Colo Spgs	1:14:16	66	Mary Riem	42	Canon City	1:36:34
6	Pamela Parker	42	Colo Spgs	1:14:44	67	Wendy Kimmel	29	Colo Spgs	1:36:42
7	Sharon Greenbaum	44	Colo Spgs	1:14:56	68	Victoria Tandberg	37	Colo Spgs	1:37:06
8	S. Griffin-Kakikian	52	Castle Rock	1:16:08	69	Wendy Garrison	40	Pueblo	1:37:31
9	Jill Montera	41	Pueblo West	1:16:47	70	Trudi Michel	49	Colo Spgs	1:38:22
10	Nicole Kunz	37	Colo Spgs	1:16:56	71	Rebecca Medina	37	Pueblo	1:38:29
11	Melissa Waters	36	Falcon	1:17:35	72	Kristina Roth	37	Colo Spgs	1:40:08
12	Scheri Nagaraj	31	Colo Spgs	1:17:36	73	Tasha Norman	41	Colo Spgs	1:40:19
13	April Erb	30	Colo Spgs	1:17:42	74	Christine Carlton	33	Colo Spgs	1:40:26
14	Valerie McIntosh	38	Colo Spgs	1:18:57	75	Kitty Luchte	47	Colo Spgs	1:40:58
15	N. Vandermolen	22	Colo Spgs	1:19:44	76	Kristy Burns	43	Colo Spgs	1:41:15
16	Connie Shaner	34	Colo Spgs	1:20:14	77	Annette Demel	50	Colo Spgs	1:41:26
17	Karen Monk	40	Monument	1:20:38	78	Jennifer Mairs	30	Colo Spgs	1:42:14
18	Nancy Lecky	43	Woodland P	1:21:00	79	Shani McCarthy	34	Colo Spgs	1:43:04
19	Lisa Sieders	46	Denver	1:21:02	80	Kate Lyman	44	Colo Spgs	1:43:36
20	Terri Lang	48	Colo Spgs	1:21:02	81	Heather Evans	36	Colo Spgs	1:43:56
21	Amy Burlingame	29	Colo Spgs	1:21:32	82	Rachael Wenger	22	USAFA	1:44:06
22	Liana Dolakova	34	Colo Spgs	1:22:36	83	Ann Sauve	45	Colo Spgs	1:44:10
23	Dani Hains	51	Grn Mtn Falls	1:22:39	84	Maida C. Scott	38	Colo Spgs	1:44:11
24	Marilyn Goodloe	45	Colo Spgs	1:23:11	85	Rebecca Riopelle	34	Peyton	1:44:41
25	Hayley DJuric	13	Colo Spgs	1:23:36	86	Tammy Bailey	45	Woodland P	1:45:04
26	Sharon McDowell	47	Colo Spgs	1:23:43	87	Laurie Cochran	36	Colo Spgs	1:45:10
27	Kristine Gregory	28	Colo Spgs	1:23:55	88	Katie Willemarck	26	Colo Spgs	1:45:17
28	Marie Barrett	20	USAFA	1:24:02	89	Karla Walls	29	Colo Spgs	1:45:51
29	Denise Ricks	27	Pueblo West	1:24:14	90	Emma Kidd	12	Colo Spgs	1:47:33
30	Alethea Lauhon	33	Colo Spgs	1:24:54	91	Carlotta Rivera	40	Peyton	1:48:09
31	Elizabeth Baston	41	Monument	1:25:07	92	Jessica Tandberg	17	Colo Spgs	1:48:13
32	Tina Gray	24	Colo Spgs	1:25:18	93	Kim Russo	22	Colo Spgs	1:48:28
33	Nicole Drummer	31	Colo Spgs	1:25:20	94	Jacqui Jordan	22	Colo Spgs	1:48:45
34	Jenn Vanlwarden	24	Canon City	1:25:59	95	Cathy Cregan	40	Colo Spgs	1:49:31
35	Shannon Julia	25	Colo Spgs	1:26:06	96	Leah Lewis	22	Colo Spgs	1:51:00
36	Susan Gebhart	55	Penrose	1:26:26	97	Lesley Gallacher	27	Colo Spgs	1:51:00
37	Chelsea Hernandez	24	Colo Spgs	1:26:28	98	Janis Michel	48	Colo Spgs	1:52:11
38	Susie Quinn	52	Colo Spgs	1:26:37	99	Jackie Smith-Hill	50	Colo Spgs	1:52:30
39	Amy Solverson	36	Colo Spgs	1:27:41	100	Valarie Day	32	Manitou	1:54:25
40	Vanessa Warren	35	Colo Spgs	1:27:44	101	Stacy Gapper	34	Colo Spgs	1:55:45
41	Lorba Drewry	27	Colo Spgs	1:27:52	102	Elizabeth Simmons	27	Colo Spgs	1:57:27
42	Madison Parker	16	Colo Spgs	1:28:19	103	Elissa Washburn	38	Colo Spgs	1:59:47
43	Jane Chess	53	Florence	1:28:53	104	Cathy Dilts	50	Colo Spgs	2:02:16
44	Tina Cassens	38	Colo Spgs	1:29:35	105	Candice Jackson	36	Colo Spgs	2:03:16
45	Laurie Wertzbauger	48	Canon City	1:29:48	106	Stacy Oliver	41	Colo Spgs	2:11:18
46	Shannon Garrett	32	Colo Spgs	1:29:52					
47	Nicole Bendure	27	Colo Spgs	1:30:21					
48	Shantelle Smail	38	Colo Spgs	1:30:40					
49	Mary Pompeii	40	Colo Spgs	1:30:50					
50	Tammy Smith	42	Colo Spgs	1:31:17					
51	Erin Lauf	29	Colo Spgs	1:31:37					
52	Beverly Carver	48	Colo Spgs	1:31:45					
53	Felicia Popowski	32	Colo Spgs	1:32:02					
54	Amy Rothschild	26	Colo Spgs	1:32:12					
55	Linda Ronas	42	Colo Spgs	1:33:29					
56	Terry DJuric	46	Colo Spgs	1:33:43					
57	Ashley Heguy	31	Colo Spgs	1:33:48					
58	Hollis Lyman	16	Colo Spgs	1:33:53					
59	Marny Scalard	24	Colo Spgs	1:34:33					
60	Lori Hawkins	46	Colo Spgs	1:34:39					
61	Tammy Wuerth	39	Colo Spgs	1:35:07					



David Redinger crosses the finish at FS1, leading a group of sub-40 minute finishers.



**RUN  
FOR THE  
TURKEY!**



# **TURKEY TROT PREDICT**

**Saturday Nov 17**

**10:00 am**

**Memorial Park**

**Race-day registration only**

**5K Prediction Run**

**How well do you know your pace?**

**No watches, no timers allowed!**

**Predict your finish time. Six closest predictions win a turkey!**

**for more info see  
[www.pprun.org](http://www.pprun.org)**