



the *Long Run*

Volume 31 Issue 10

Running News for the Pike's Peak Region

October 2007

Diary of a First Marathon

The derring-do of Cathy Dilts

Taking Care of (ITB) Business

Shane Conrad's iliotibial illuminations

American Discovery Marathon

Pony Express Trail Run

Our Great Race

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 **October 2nd**.

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



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Editor: Jim Kelleher jim@pprrun.org

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 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 **October 10th**.

Long Run Stuffing Party

Next stuffing is **Wednesday October 24th**

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

Advertising

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

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 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



The year is coming to an end and so with it, my short tenure as President. I am writing today to encourage those of you who care about the local running scene to run for a position on the board of the Pikes Peak Road Runners.

There are only a few qualifications: beating heart, no commitments on the evening of the first Tuesday of every month, desire to learn, and reliable transportation. Don't let something as trivial as a lack of experience or an inability to make a decision hold you back. I didn't.

Your experience will be like the difference between going to the movies and making a movie. Your role will be to bring new ideas, ask questions and learn some about what goes into putting on a race. The long time members on the board are excellent teachers, patient, and understanding. They will ensure your success; it's a very "low threat" environment!

The experience you'll gain by just listening to the senior members is enough to get you through most situations. For the difficult times, you'll find a close knit family of race management people that will boost your capabilities to serve well the racing community. You cannot hurt the Pikes Peak Road Runners by becoming a board member, you can only do that by not considering yourself worthy enough to join.

The club is strong, established, and has a wealth of knowledgeable members who have held every position at one time or another. These people have seen it all; there's nothing you can do, say, or ask that will surprise them. I lost count of the number of times I've brought an idea up that I thought was an original stroke of genius, to find out the club had tried that in the past. I never once felt threatened by my lack of race management skills or limited understanding of liability, permits, and insurance.

I joined the board with the goal of suggesting new race venues and new exciting challenges for our area runners. I learned just how crowded the summer calendar is with a race nearly every weekend. I learned that a new race means more demands on the volunteer spirit of our members who are doing great things, but are also busy with their own commitments. Joining the board is joining an organization that has a full agenda of events and needs your help to learn and assume the roles that make these events such a success.

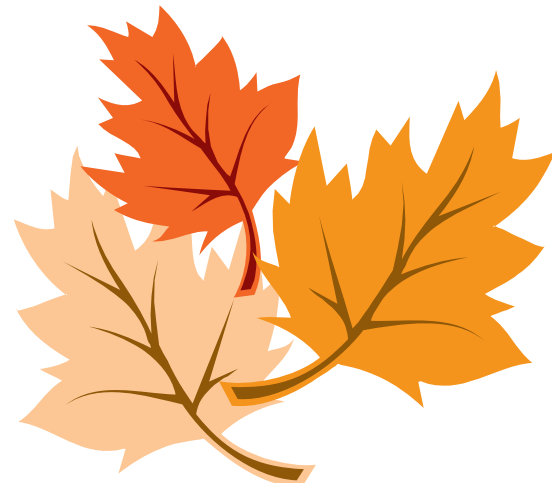
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Cover: Half-marathon runners Elwyn Owen (lead) and Rick Goldstone at the ADTM event have only a mile to go. *photo by Jim Kelleher*

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President's Letter (cont)

In the few years I've been on the board, I have never come up with a "what if" scenario that someone had not already thought of. I love to hear the results of "experiments in road running," such as the incredible Nielson Marathon (thirteen laps on the Nielson 2 mile course), or the race through the Cheyenne Mountain Zoo. As a newcomer to the board, you can find out about our past and consider what has changed since then, and why these races disappeared and what events replaced them.

While a board member, you'll come to realize that even though the club is a non-profit organization, things break, stuff needs repairs, and someone has to pay to gas up the PPRR van. As a business, the club must watch its bottom line and closely monitor spending our members' money. We give a lot of race proceeds to non-profit organizations. Without an infrastructure, we couldn't put on a race that brought in less money than it cost to put on. Imagine the loss to so many deserving organizations if the club could not perform this valuable function.

These issues and many more are what you can expect to experience as a board member. I encourage you to do more than run and do more than volunteer. I encourage you to learn about race management from the masters of race administration. We're fortunate to have a board as successful, as respected, and as award winning as the board of the Pikes Peak Road Runners.

I hope to return to the board as an "At Large" member, to focus my race management education on the Veteran's Home Run, and to help with the Woodland Park Mayors Cup and the ADTM. I want to continue to build a sense of community for our runners. I've thoroughly enjoyed my 12 months as President, and know the new president will have as much fun as I did. Please remember, mark your calendars and set aside the date (Saturday, November 17th) to attend our annual membership meeting and vote in a new and lucky president of the PPRR.

Jon Cornick



PPRR Meeting Minutes

submitted by Pat Lockhart

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

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

Tony Abdella, Ron Garcia, John Gardner, Larry Miller, Luci Stansberry, Travis Waldrip

Phil Foster, Bill Gallegos, Don Johnson, Jim Kelleher, Dave Sorenson

Excused: Ron Garcia (e-mail to Micky S and Jon C)

Guest/Business

Dan Cleveland - ADTM. Revocable alcohol permit in process. Board approval is needed to continue. Must strictly adhere to RRCA's "host liquor" declarations which are part of our insurance policy. Passed unanimously.

A motion was made by Pat L, seconded by Jim B to present the TCA track team a "Reciprocal Thank you", in the amount of \$250.00 for their upcoming challenges in both track and field and the American Discovery Trail Marathon. Passed unanimously.

Colorado Veterans Resource Coalition. Organizers Vicky Pettis of the Crawford House and Dr. Steve Kidd of the Veterans Administration were present. Pat Lockhart, Jim Beckenhaupt, Jon Cornick and Jack Anthony made a presentation to the Crawford House, on behalf of the VHR Committee, the Pikes Peak Road Runners Board of Directors and the many participants of the 2007 Veterans Home Run, in the amount of \$6,856.29.

Old/New Business

The PPRR website will display banner ads free of charge for businesses or persons providing member benefits. The webmaster may accept other banner ads at his or her discretion with a \$35.00 charge for the ad per month.

Report from the ad hoc committee on PPRR apparel - (John O, John G) Information provided by the survey on the website, indicated that there is not enough interest to pursue this item. Ad Hoc Committee has been released.

Sale of members list - Pat L and John G provided information from RRCA. More discussion will occur next month.

Walker Friendly Marathons - e-mail 26 June to Travis Waldrip. ADTM will not be allowing walkers in the marathon, but they can participate in the half marathon

El Paso Corporation (George Greco/Pat L). Pat and George compiled a memo to El Paso Corporation to participate in El Paso's "Corporate Community Grants". No further information at this time.

Treasurer's Report (Gil K/Pat L). Financial statements provided for review

1. Account Balances

2. Cash Flow. If the club started at \$0.00 in January of this year, through the end of July, we would have spent \$2,200.00 more in expenses than income.

3. Check Register for June/July

.Accounts Payable - Siena Institute - approximate \$768.00,

Guilt-Free Fun

For a short while, Dave Sorenson had on PPRR's home page a beautiful snapshot of Rampart Range Reservoir. I took it about 8AM on a Sunday morning after biking a number of miles around the trail. I stopped where I did because Larry Miller, who was riding with me, but with considerably more baggage (he was carrying the aid station on his back), chose a spot just up the trail to set out a make-shift aid station for the Pony Express Trail Run.

Actually, "aid station" is an overstatement; it was more of a water stop, but did include Gatorade and Mountain Dew along with the water. And there were cups (don't laugh, I've been on trail runs where we had to use a community tin cup). Since mountain bikes don't readily transport tables, we used an almost-flat rock, a slanted log, and a flat spot kicked out the pine needles (which, of course, were carefully replaced afterwards).

As for food, runners were on their own. But if they chose that spot to twist an ankle, they were in luck. From some remote access deep in the woods, passed on in secret from generation to generation of Search and Rescue types, an ATV burst through the trees and stood guard over the proceedings.

In addition, we had a fellow with us on a bike that was equipped with an antenna scarcely lower than the tree tops around us. He was in constant contact with other strategically located radio aficionados, so had there been a problem, no doubt a legion of angels would have descended in no time.

Anyway, I was trying to find a good backdrop for some running pictures, but the angle was wrong since runners sped from right to left across the scene much too quickly for my my not-a-\$750 camera. Although it takes great pictures and zooms wonderfully, it opens the shutter when it's good and ready. Then after a couple of shots on high-res mode (which I always use), it pauses to digest its accomplishments for a time. For me, photographing runners is like shooting ducks--I have to aim for where they *will* be, not where they are.

I had a great time, though, and only wished that more people were there to enjoy it. The runners, the organizers, the volunteers, the rescue guys: everyone soaked up sunshine and relaxed in the pleasant company of the other early-risers that Sunday morning.

But don't worry. YOU can have this kind of blast almost weekly if you want all year round. Just get into volunteering and you'll have good reason to escape as often as you like. Better yet become a board member. You have even more fun, get to decide things, and even, if you like, become czar of your own race. It's a lot of fun and it's all guilt-free.

Jim Kesseher, Editor

10 Years Ago

What goes into making an issue of the Long Run graces the cover of the October 1997 issue. The cast of characters highlighted include Pat Lockhart and Randy Lindsey for the mailing list, Larry Miller for his president's letter, Bill Bennett for the race results, and editor Carol Lyndell. Regarding Larry's letter, he reports the previous year's Fall Series injuries, including a broken rib, foot, finger, and over 50 cuts requiring stitches. Sam Ngatia and Lisa Rainsberger won the 5K Race for the Cure in 16:39 and 19:13 respectively. Dan Vega won the Pony Express in 1:41 followed by Bob Mutu in 1:49.



20 Years Ago

On the cover, Susan Hadesman shows off the new PPRR racing jersey. Inside, a costume fun run is announced for the 31st along with a call for baked goodies to serve as awards for the 1 and 2M event. Al Grimme eclipsed Larry Miller by a minute in the March of Dimes autumn run, putting in a swift 26:41 effort on the 5 mile course. An even 100 finishers crossed the line while enjoying the fall colors for the Gold Run at Cripple Creek 10K. We also find an application for the Fall Series, which has the same venues as today excepting Garden of the Gods for race #2. The waiver included warns of a course that includes "loose rock and sand, logs, streams, gullies, steep slopes, horse trails, wildlife, sharp plants and cliffs..." Hmmm, no mention of mud.

30 Years Ago

October events listed in 1977 included the 20 mile Pony Express, the Fall Marathon in Denver, and the 6 mile Genesee Mountain Run in Mt. Vernon. Mike Bordell took 5th among the 500 runners in Boulder's Run for the Roses 15K in 46:59. He made the trip along with 12 other PPRR runners, including editor Tim Ladewig, who does get around. He managed to also run the Vailfest 10K, the Summit County half-marathon, the Rabbit Ears Pass 7M, the Aspen 10K, all after finishing the Pikes Peak Marathon.



Letters

Praise for ADTM

Thank you so much for a great race. I had such a good experience. Everyone was helpful and nice. I ran with the 4 hour pace team for the first half, and then couldn't keep up. But Tamara was a steady and helpful guide for the time I did run with her. Thank you again for a wonderful marathon. I'll run it again.

Megan O'Boyle

You put on a nice event today. I am in Rocky Mountain Road Runners & have directed several races. You did a great job today. I hadn't run the ADT before & found it to be a good marathon.

Thx,
Deb Cunningham

The pacers were great. The 5:00 and 5:30 pacers were very helpful in not only keeping me near my desired pace but also in providing encouragement and course management.

Thanks again,
Steve Dreksler

I was privileged to run your 1/2 marathon today. Your race is primo. The organization was great. The course was well-marked. The aid stations were appropriately spaced, well-staffed, and had all the essential sustenance: water, Gatorade, and gel packets. You even had a bag check!

David Meyer, MD

Half-Slackers

Dear Jim,

Beautiful weather, breathtaking scenery, and a smoking fast course greeted almost 600 runners at this year's Slacker Half Marathon. Starting at the Loveland Ski Area, the course runs along a frontage road next to I-70 through the town of Silver Plume, ending in Georgetown. Billing itself as "the highest downhill half marathon in the country," the race steadily drops over 2,000 feet from be-

ginning to end. Great support along the course (aid stations every two miles), cool schwag, and a post-race party that includes the Tommy-knocker beer tent add to the near-guarantee of a fast time to make this a race worth traveling to. For those whose knees shudder at the thought of a downhill road race, there is also a three person relay and a four mile fun run to keep things interesting.

Jon Teisher

Rattlesnake in Waldo Canyon

Dear Jim

Last month you published an excellent story on Julie Roach's rattlesnake adventure in Fort Collins. I too had a close encounter with a rattlesnake. However, my experience took place right here in Colorado Springs.

A few years ago I was in training for the Pikes Peak Marathon. One of my favorite training runs is Waldo Canyon. The 6+ mile roundtrip has just enough uphill to simulate Barr Trail and the downhill portion is very easy on the body. Moreover, there are seldom any parking issues.

On the "encounter day" I left the trailhead at 9 AM. It was a weekday morning and the trail had minimal activity. It was a very sunny July morning with not a cloud in the sky. As I was about 2/3 of the way through the 3.5 mile upper loop I heard a strange noise. Actually, the noise was not strange at all, I just did not make the connection between the noise and a rattlesnake. I should have, but, when one is cruising in the zone a lot of things are missed. As I followed the trail bend onto the exposed side of the hill a rattlesnake was coiled and then struck at one of my legs. He missed me by about 2 inches. I picked up my pace and never turned back!

All the way back to the car I was focused on what I would have done had I been struck by the viper. Should I have continued at a fast pace and once

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News and Events



Jenny Crain loved to participate in local events with friends despite her elite Olympic status.

Olympic hopeful critically injured while running

Jenny Crain, an elite marathon runner, was hit by a car while on a training run in the streets of Milwaukee August 21st. She was in critical condition for weeks with a fractured jaw and neck, respiratory infection, and extensive brain trauma that left her in a coma. She stepped out onto a street after waiting for a light to change when a car collided with her and sent her flying. One witness seemed to imply that the driver was trying to beat a yellow light. She is slowly making progress, however, and was recently moved out of ICU and is showing increasing signs of consciousness.

Jenny finished 20th among women in this year's Boston Marathon. At 39, she was training for the 2008 Olympic trials next April, also in Boston, for which she qualified last October by running a 2:39 time. Her friends described her as the exact opposite of the stereotypical lonely distance runner. "Here she is training for an Olympic spot, but she would go out and ride the Trek 100 or the Ride for the Arts because a group of her friends were

doing it and she thought it might be fun,” one of her friends said.

Jenny was known to be careful when crossing roads, and this incident sparked a great depth of feeling nation-wide. Our own president, Jon Cornick, commented: “It reinforces one of my core beliefs that it's not the near term hurdles I have to fear in trying to reach my goals, it's the fear that I'll over look something that I've always known and fail because of it.”

Hasher's cake flour causes panic in New Haven

Hash House Harriers (“a drinking club with a running problem”—see May 2007 issue) struck panic in the town of New Haven, CT last month when marking a course for a club run. Dr. Daniel Salchow and his sister Dorothee planned the 4-mile course to run through a large furniture store parking lot and were drawing characteristic Hasher symbols with flour when someone alerted the police to people sprinkling “white powder”. The store was closed, the swat team was called in, and soon a fully suited Hazmat team was on the scene to deal with the

common cake ingredient.

Salchow still can't believe the response of the police. “Not in my wildest dreams did I ever anticipate anything like that.” A die-hard Hasher (he and his wife went on a hash during their honeymoon), he has marked courses around the world, including in front of the Iraqi and Israeli embassies in D.C. “Anytime you draw something, are you going to be arrested? What if I drop flour from my shopping bag?” he wondered.

During the incident, Salchow asked incredulously, “Look guys, do you want me to eat it? We just baked a cake with this!” The FBI actually issued an advisement that “a trail of handfuls of white powder is probably associated with a local jogging group,” not an anthrax attack. And a similar incident outside a Chicago zoo was resolved by police on the scene.



Nevertheless, the mayor's office is standing firm. “You see powder connected by arrows and chalk, you never know,” said the Mayor's office. “It could be a terrorist, it could be something more serious. They made no effort to make us aware of the purpose of their powdery activities.” (PPRR course markers, take note!) The police sought restitution of \$4100 after charging the Salchows with felony “breach of peace”. Finding the silver lining, it looks like the matter will be settled, however, by the local Hashers running a benefit race in conjunction with the IKEA furniture store. All's well that ends well.

Taylor Fogg national honors

Can you catch your teen? Probably not if you're Jeth Fogg, fa-



Taylor Fogg sports her 2nd place trophy won during the '06 Tortoise & Hare competition.

ther 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.

Navy SEAL does swimmingly in desert ultra

How well might a Navy SEAL do in a desert ultramarathon? Very well indeed. Petty Officer David Goggins, a SEAL recruiter, extended his enlistment efforts from the waters of Southern California to the desiccated land of Death Valley to tackle the 135 mile Badwater marathon. He not only finished, but

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News and Events

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Taking a break from Navy SEAL training, Dave Goggins finished third in the Badwater ultra.

did so in 25 hours and 50 minutes taking third place. He wanted to reach athletes who might have the fitness and drive to make it through the demanding SEAL training. "In all these races you stay up a long time," Goggins said. "And to train to be a SEAL you're up for hours and days, so that helps out quite a bit knowing that you can go the distance." This wasn't a one-time effort, though. He has competed in several 100 milers this year and took fifth in last year's Badwater, although his time this year was over four hours improved.

Running by the numbers

Jim Have of the Washington Post made the following observations on the 2006 Runner's World Subscriber Study: The average runner is 44 years old, rich, smart and married (categories obviously not mutually exclusive). Slightly more men (52.6%) bought running shoes and entered running events than women. Individual income of those surveyed was \$74,100 (\$63,600 median), net worth an average of \$943,000 (\$500,000 median); 74% of respondents were college graduates and 74% were married.

On other stats, a nearly 50/50 ratio of men to women in timed road races has been the norm for the past five years, although men outnumber women by a 60/40 ratio in marathons. In all, 410,000 runners

finished marathons in 2006, a 4% increase over 2005. Finishers in all timed running events, from 5Ks to ultramarathons, totaled 8.5 million.

Since 1996, 5Ks have replaced 10Ks as the runner's race of choice, and now account for more than 38 percent of all finishers. The nationwide Race for the Cure series has provided a major boost to 5Ks, even though it doesn't bother to time tens of thousands of finishers for logistical purposes.

Half marathons and race "festivals" are currently in vogue, but the state of the sport is strong and growing. If you can handle this URL, you'll find a wealth of further statistics: coolrunning.com/engine/3/3_1/2007-state-of-the-sport-p.shtml

Marathon running: 10 reasons why not

Arthur Devany, a 71 year-old retired professor, has a blog on which he publishes his research on a variety of topics, including fitness. He recently took a shot at marathon running and came up with ten reasons not to run a marathon. He based his list on numerous studies which he cites in detail. So, although the Long Run thoroughly advocates marathon running and beyond, we'll let Arthur have his say:

10. Marathon running damages the liver and gall bladder and alters biochemical markers adversely. HDL is lowered, LDL is increased, Red blood cell counts and white blood cell counts fall. The liver is damaged and gall bladder function is decreased. Testosterone decreases.

9. Marathon running causes acute and severe muscle damage. Repetitive injury causes infiltration of collagen (connective tissue) into muscle fibers.

8. Marathon running induces kidney dysfunction (renal abnormalities).

7. Marathon running causes acute microthrombosis in the vascular system.

6. Marathon running elevates markers of cancer. S100beta is one of these markers. Tumor necrosis factor, TNF-alpha, is another.

5. Marathon running damages your brain. The damage resembles acute brain trauma. Marathon runners have elevated S100beta, a marker of brain damage and blood brain barrier dysfunction. There is S100beta again, a marker of cancer and of brain damage. Studies indicate confusion in post-event marathon runners.

4. Marathons damage your heart: studies report cardiac dysfunction following ultra-endurance exercise in trained individuals. Ironman and half-Ironman competition resulted in reversible abnormalities..

3. Endurance athletes have more spine degeneration.

2. At least four participants of the Boston Marathon have died of brain cancer in the past 10 years.

1. The first marathon runner, Phidippides, collapsed and died at the finish of his race.

So, what do you think, Road Runners? Surely you have some opinions about that!

For the details on his research, see: arthurdevany.com/2005/08/top_ten_reasons.html



*You have to forget your
last marathon
before you try another.
Your mind can't know
what's coming.*

- Frank Shorter

Membership

Welcome New Members

Emma Adams	Manitou Springs
Lucas Adams	Manitou Springs
Mike Adams	Manitou Springs
Rana Adams	Manitou Springs
Debora Balke	Colorado Springs
Curtis Clemons	Cripple Creek
Lynette Clemons	Cripple Creek
Morgan Clemons	Cripple Creek
Tim Cougar	Colorado Springs
Chris Estep	Woodland Park
Bonnie Goodall	Colorado Springs
Scott Goodall	Colorado Springs
Amy Harder	Monument
Dillon Harder	Monument
Ella Harder	Monument
Hannah Harder	Monument
Josh Herman	Colorado Springs
Steve Hybki	Colorado Springs
Travis Hybki	Colorado Springs
Stephen Johnson	Colorado Springs
Marie Kemp	Colorado Springs
Michael Lawson	Peyton
Kris Miller	Colorado Springs
Ron Nelson	Colorado Springs
Jane Reaves	Colorado Springs
Tom Sowers	Fountain
Jon Teisher	Colorado Springs
Darren Thomas	Colorado Springs
Carey Westover	Colorado Springs
Theresa Wittry	Colorado Springs

Renewing Members

Nancy Augustus	Colorado Springs
Amy Blixt	Colorado Springs
Jeff Blixt	Colorado Springs
Tyler Blixt	Colorado Springs
Zachary Blixt	Colorado Springs
John Boddington	Colorado Springs
Andrew Botcherby	Colorado Springs
Joey Botcherby	Colorado Springs
Michelle Botcherby	Colorado Springs
Don Brady	Woodland Park
Kirk Brown	Colorado Springs
Emily Brzozowski	Colorado Springs
Elizabeth Cox	Colorado Springs
Fred Cox	Colorado Springs
Hans Cox	Colorado Springs
Jeff Cox	Colorado Springs
Margaret Cox	Colorado Springs
Jackie Hill	Colorado Springs
William Keller	Colorado Springs
Rich Kennett	Colorado Springs
Sally Kennett	Salida
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Regie Marquez	Colorado Springs
Jim Massa	Pueblo
Mike McKay	Colorado Springs
Julia Mesnikoff	Colorado Springs
Laura Mitchell	Colorado Springs
Matt Mitchell	Colorado Springs
Miranda Mitchell	Colorado Springs
Steve Mitchell	Colorado Springs
Richard Monday	Colorado Springs
Dennis Normoyle	Peyton
Jutta Normoyle	Peyton
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Ken Revell	Colorado Springs
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Bill Rowan	Falcon
Mary Rowan	Falcon
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Phil Russell	Colorado Springs
Stephen E Sager	Colorado Springs
Kevin Sannes	Colorado Springs
Gina Garcia-Shaw	Colorado Springs
David Sparks	Colorado Springs
Luci Stansberry	Colorado Springs
Mark Stevens	Lakewood
Karla Walls	Colorado Springs
Brigette Wilson	Colorado Springs
Briana Yoder	Colorado Springs
Jake Yoder	Colorado Springs
Kate Yoder	Colorado Springs
Ron Yoder	Colorado Springs
Tracey Yoder	Colorado Springs



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

Trail Clean-up

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

Allergies or asthma affecting your sports activities?

Exercise-induced asthma is a common problem in athletes



The William Storms Allergy Clinic

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2007 Volunteer Recognition

Bronze Level: up to 20 Hours*

You have earned a
PPRR t-shirt

Andrew Abdella 10
Jerred Abdella 18
Dee Budden 20
Anna Marie Campbell 11
Jim Cannon 12
Beverly Carver 20
Jimmy Carver 11
Dan Cleveland 18
John Crouse 20
Bob Dempsey 11
Andy Dimmen 16
Heather Evans 17
Taylor Fogg 17
Bob Foster 19
Herman Goellnitz 11
Lynne Hall 17
Norm Hall 17
Emmett Hawkins 11
Lori Hawkins 16
Lisa Heckel 10
Diana Holmes 14
Tom Huberty 15
Melissa Leftwich 14
Mike Lehan 12
Luis Lowe 10
Troy Matos 20
Wayne McBride 16
Tim McElderry 11
Karen Messias 12
Sheri Nagaraj 13
Jim Newton 19
John O'Neill 18
Linda Ronas 12
Rob Ronas 13
Storme Rose 19
Bob Royse 17
Allen Schoffstall 14
Nan Scranton 20
Sydney Steffans 13
Tim Steffans 13
Angela Sullivan 18
Dave Thomson 14
Kevin Waldrip 10
Lo Wright 16

Silver Level: 21 to 50 Hours*

You have earned a cap or
complimentary race entry

Jeth Fogg 21
Jon Teisher 21
Tom Dewane 22
Janet Rose 22
Jeff Smith 23
David Bishop 24
Sandy Lowe 25
Steve Abeyta 26
Kirk Brown 26
Dean Buck 26
Susan Hoxie 27
Steve Reed 27
Mike Shafai 27
Emilie Satterwhite 28
Leroy Smith 28
Marie Baughman 29
Jim Bailey 30
Kate Waldrip 30
Teri Harper 32
Eric Mullins 35
Julie Foster 36
Christian Wulfkuhle 36
Lyn Hale 37
Rick Hesseck 38
Bill Ransom 38
Halee Wulfkuhle 39
Gordon Barnett 40
Cady Waters 40
Marc Wulfkuhle 40
Tony Abdella 41
Dave Balzar 41
Sheri Abdella 44
Ron Garcia 44
Kees Guijt 44
Jan Balzar 45
Matt Carpenter 45
RT Tollin 47
Debbie Bloch 48

Gold Level: 51 to 75 Hours*

You have earned a jacket

Jack Anthony 61
Bill Bennett 60
Jon Cornick 62
Phil Foster 69
John Gardner 54
Phil Goulding 52
Al Grimme 70
Don Johnson 58
Cruz Martinez 54
Travis Waldrip 61
Melissa Waters 54
Sara Wulfkuhle 57

Diamond Level: 76 to 99 Hours

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

Cymmie Bailey 83
Jim Beckenhaupt 93
Angie Earle 83
Bill Gallegos 87
Gil Kindt 94
Robin Satterwhite 91
Luci Stansbury 89

Platinum Level: 100+ Hours*

You will receive
special recognition
at the Fall awards dinner

Jim Kelleher 416
Pat Lockhart 244
Larry Miller 168
Micky Simpson 130
Dave Sorenson 239



Volunteer Corner



Greetings! I want to thank everyone who helped make the American Discovery Trail Marathon, Half Marathon and 5K such a success. All the runners that I talked to were very complimentary and pleased with the race organization.

It's a big event for our club-I handed out over 150 volunteer shirts! That's a lot of people to organize and our race committee did a fantastic job.

Believe it or not we have reached the end of the 2006-2007 Volunteer Year. Remember that we start over with hours beginning with the Fall Series. The hours posted are not completely up to date but hopefully they will be finalized by the next newsletter issue.

It's been a wonderful year for volunteering. I've met a number of new volunteers and have seen many, many new names on the list. To those members who haven't volunteered yet, please consider giving it a try. We need your involvement and believe it or not, it's fun!

Don't forget to email me your award request. It's one of our ways of showing our appreciation. T-shirts and jackets are men's sizes so ladies, keep that in mind when ordering.

Take care.

Gymmie Bailey,

Volunteer Coordinator



Member Focus: Kate Raphael

by Jon Cornick

I recently met Kate Raphael at the Pikes Peak Ascent. Her friendly smile and kind words of support lead me to ask "Are you a member of the Pikes Peak Road Runners?" When she said yes, I just had to ask:

JC: When did you join?

KR: I can't exactly remember, but I think in early 1995. I had just moved here, and wanted to get back in shape after a running hiatus and start doing some races.

JC: What do you like most about the club?

KR: I love receiving and reading *The Long Run*. I also like the variety of races the club sponsors and assists with.

JC: What could the club do to improve your experience?

KR: I'd have to say nothing...it is up to me to participate by running and volunteering!

JC: What is your favorite race?

KR: Tough question....I like the ADTM 1/2 marathon because of the great and frequent aid stations. Everyone is exceptionally supportive. However, The Garden of the Gods 10 Miler is by far the most beautiful, and always a huge challenge for me.

JC: So what are some of your goals?

KR: Short term: Continue to work on improving my speed, and at the least, maintaining it. Long term: To be able to keep running for another 20 years. The club can help me attain this by continuing to offer many races, which help keep me motivated.

JC: What was your most embarrassing moment while running?

KR: I guess that goes way back to high school, and my less than stellar hurdling career. I was actually winning a race once and got so excited I lost focus, and of course, tripped over the last hurdle, wiped out, and had to get stitches in my chin.

My hat's off to Kate. She finished



Kate Raphael

her third ADTM ½ Marathon this year; and placed third in her age group for the second year in a row. Kate represents so much of what the Pikes Peak Road Runners is all about. We're building a community of runners anchored by a long tradition of shared experiences; enjoying the benefits of club activities and camaraderie.



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

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

Record turnouts continue

Wow, what a beautiful September morning. It was one of those mornings where you want to be outside, and 110 came out to run the Nielson Challenge. The temps were in the mid 60s and rising, and there was nothing but blue skies with no wind.

Once again, there were many families out doing the Nielson and lots of youngsters getting in some good training to augment their school/club running activities.

It was one of the youngsters who won the most improved runner for the month. Karena Hawley was a whopping 5:29 under her handicap and took home a Nielson shirt.

Everybody is welcome next month. We'll see if we can keep this 3-month string of 100+ participants going for a 4th month.

Dave Sorenson



September Results

Name	Place	Handicap	Actual	Difference
Karena Hawley	83	26:22.6	20:52.9	- 05:29.7
Alaina Porter	54	20:44.5	17:11.3	- 03:33.2
Charisma Isaac	51	19:02.5	17:03.8	- 01:58.7
Alana Hawley	63	20:01.1	18:13.0	- 01:48.1
Daniel Polak	26	16:59.4	15:21.3	- 01:38.1
Ron Nighswonger	48	18:13.8	16:59.2	- 01:14.6
Bren Triplett	50	18:09.1	17:02.9	- 01:06.2
Brittany Droogsma	19	15:47.6	14:48.0	- 00:59.6
Taylor Fogg	11	14:55.7	14:04.8	- 00:50.9
Daniel Jeffries	8	14:31.7	13:42.1	- 00:49.6
Steve Porter	59	18:10.5	17:25.9	- 00:44.6
Mariah Isaac	66	19:01.8	18:22.3	- 00:39.5
Travis Hybki	9	14:21.3	13:50.0	- 00:31.3
Paul Sullivan	1	12:00.2	11:33.4	- 00:26.8
David Fenell	49	17:26.9	17:00.2	- 00:26.7
Jonathan Isaac	4	12:27.3	12:05.2	- 00:22.1
Dean Buck	24	15:40.1	15:18.6	- 00:21.5
Mike White	30	15:43.8	15:30.9	- 00:12.9
Jon Grams	3	12:07.9	11:59.2	- 00:08.7
Alex Haberkorn	14	14:19.1	14:10.5	- 00:08.6
Doris Chandler	81	20:30.2	20:23.7	- 00:06.5
Jeff Chowning	6	13:30.6	13:30.2	- 00:00.4
Sharon Greenbaum	16	14:26.1	14:25.8	- 00:00.3
Nicole Hart	68	18:39.7	18:40.1	+ 00:00.4
Andrea Owen	37	15:51.3	15:52.5	+ 00:01.2
Carin Staudte	42	16:42.2	16:45.3	+ 00:03.1
Roger Baer	12	14:00.3	14:07.1	+ 00:06.8
Sally Sever	62	17:56.2	18:03.1	+ 00:06.9
Amy Batson	15	14:13.5	14:20.5	+ 00:07.0
Don Johnson	33	15:30.4	15:37.6	+ 00:07.2
Adam Avischious	7	13:31.8	13:40.1	+ 00:08.3
Adam Wade	2	11:38.7	11:48.5	+ 00:09.8
Carl Nelson	10	13:43.3	13:57.2	+ 00:13.9
Kristy Milligan	34	15:21.7	15:38.3	+ 00:16.6
Debra Williams	97	25:23.5	25:41.2	+ 00:17.7
Jennifer Post	86	21:15.0	21:36.2	+ 00:21.2
Gregg Keen	70	18:34.1	18:57.2	+ 00:23.1
Robby Giese	39	15:38.9	16:08.1	+ 00:29.2
Collin Eaton	35	15:12.3	15:42.4	+ 00:30.1
Paul Stoller	100	25:27.9	25:59.0	+ 00:31.1
Kathy Cook	80	19:47.1	20:18.8	+ 00:31.7
Stephanie Rabb	101	27:04.5	27:37.0	+ 00:32.5
Randy Eaton	36	15:10.8	15:45.7	+ 00:34.9
Deb Dunbar	79	19:36.9	20:12.2	+ 00:35.3
Gorthy	13	13:32.4	14:09.4	+ 00:37.0
Glenn Cook	31	14:58.1	15:35.1	+ 00:37.0
Tim Mullins	47	16:16.6	16:56.6	+ 00:40.0
Sue Canada	67	17:45.1	18:28.3	+ 00:43.2
Steve Rex	20	14:02.2	14:50.6	+ 00:48.4
Kaci Rex	22	14:18.5	15:09.0	+ 00:50.5
Adeline Mullins	82	19:47.2	20:41.1	+ 00:53.9
Charles Stremmell	92	22:56.9	23:52.1	+ 00:55.2
Adam Warren	17	13:31.7	14:33.4	+ 01:01.7
Ron Nelson	21	13:52.3	14:54.5	+ 01:02.2
Mariah Eaton	65	17:18.7	18:21.2	+ 01:02.5
Rob Warren	56	15:54.6	17:15.0	+ 01:20.4
Ruben Cano	74	18:04.3	19:24.9	+ 01:20.6

PPRR Minutes

continued from page 4

Name	Place	Handicap	Actual	Difference
Charles Foster	87	20:29.9	21:54.1	+ 01:24.2
Steve Hybki	46	15:24.8	16:55.7	+ 01:30.9
Kylee Hart	75	18:12.9	19:49.6	+ 01:36.7
Tim Eyer mann	78	18:33.6	20:11.4	+ 01:37.8
Charles Greenbaum	27	13:48.1	15:28.6	+ 01:40.5
Lacey Dodge	90	21:41.8	23:23.9	+ 01:42.1
Michael Schenk	32	13:48.4	15:36.8	+ 01:48.4
Derek Gorthy	85	19:01.2	20:59.3	+ 01:58.1
Ralph Lechner	91	21:40.9	23:48.5	+ 02:07.6
Kenneth Davis	89	20:23.6	22:34.6	+ 02:11.0
Jason Cano	71	16:47.2	19:02.5	+ 02:15.3
Charles Snygg	104	26:59.1	29:44.6	+ 02:45.5
Cheryl Gorthy	103	24:10.6	27:48.6	+ 03:38.0
Jared Gorthy	102	23:07.4	27:47.0	+ 04:39.6
Josh Keen	95	18:34.6	25:17.1	+ 06:42.5
Jeff Canada	106	15:54.6	34:50.5	+ 18:55.9

First-time Runners

Name	Place	Handicap	Actual	Difference
Wendy Kimmel	53		17:06.9	
Taylor Phelps	73		19:23.8	
EmaLee Moseley	28		15:29.4	
Evan Coughlin	57		17:15.8	
Rick Isaac	52		17:04.6	
Max Birch	38		16:06.0	
Luke Purswell	58		17:16.6	
Kim Elster	76		20:04.7	
Joele Garcia	41		16:32.2	
Kody Gendron	23		15:12.9	
Diana Phillips	64		18:13.9	
Kim Matz	44		16:51.5	
Mike Greenbaum	25		15:20.5	
Shelby Stableford	5		12:19.4	
Yolanda Roberts	88		22:01.0	
Sarah Moseley	69		18:48.2	
Nicole Sassaman	29		15:30.1	
Kenny Crane	40		16:27.2	
Liz Verity	72		19:07.7	
Benjie Wrubel	93		24:36.7	
Rob Wrubel	94		24:37.5	
Rachel Combs	55		17:12.3	
Debbie Goldseny	96		25:27.2	
Carolyn Perkins	77		20:06.0	
James Wood	98		25:50.6	
Kevin Wood	99		25:51.5	
Randy Garcia	18		14:35.5	
Christina Stewart	60		17:37.1	
Howard Stableford	61		17:55.4	
Rachel Staudte	43		16:50.3	
Debora Balke	84		20:53.4	
Danna Ralb	105		32:16.1	
Candi Kocourek	45		16:52.4	

plus postage information not yet received. We are spending about \$1,000.00 on newsletter and postage alone.

07 Veterans Home Run - income and expenses - profit of \$6,856.59

07 Panoramic Run - income and expenses - profit of \$963.20 given to Colorado School for the Deaf and Blind.

Newsletter (Jim K) quantities of mailings are increasing, inserts are now 800 minimum. Increase membership fees because of additional costs?

Bulk Mail (Jim B) - bulk mail. Back up stapler will be purchased.

Calendar (Dave S) - no changes

Equipment (Bill G, Larry M)

All timing equipment is working. Hoping that TCR supply ropes for finish line banners and spectator cordoning?

Webmaster (Dave S)

Message board discussion - design links discussion followed. Not quite ready for implementation.

Volunteer Coordinator (Cymmie B)

No report. Volunteers are hard to get. Pat Lockhart (membership) gave the club's current volunteer listing to Robin and Emily Satterwhite for their use with the ADTM needs

Race Coordinator (Pat L) – Review of contracts and letters

Sample letter of agreement and contract review. Noted specifically: payment and due date of fee, newsletter insertion date, encourage kids' events, active.com, include all three running apparel stores. Contract states meeting attendance so that there aren't any misunderstandings.

El Paso DOT needs applications 45 days in advance.

ADTM permits - Noise Hardship, Revocable Permit, City Parks Permit and El Paso County Parks permit were given to Travis W and Dan Cleveland.

Panoramic permit - El Paso County Parks permit given to Don Johnson.

President's Report (Jon C) – Accomplishments to date

2 additional life members

Mission statement incorporated as part of governing documents.

Board members compensation to other runners in the form of one-year memberships

Newsletter and website - award winning process

Fund raising for local charities

Membership (Pat L)

June

528 individual 836 current

43 clubs 29 expiring

11 life 43 new

191 family primary 43 renew

412 family members

1185 Total Members 773 Total Mailing

Q&A: PPRR's Board Awaits You!

What goes into being a PPRR board member may be a bit of a mystery, so here are a Q and A items to shed some light:

What are the elected board positions?

There are 11 elected members consisting in the president, vice-president, secretary, and treasurer plus 7 "at large" who don't have an official title.

How long are the terms?

All board positions are for one calendar year. Each fall, at the general membership meeting, the entire board is elected. The president cannot serve more than two years in a row, but no limit exists for the other positions.

What qualifications are necessary?

Just an open mind and desire to serve the running community. New members receive boatloads of encouragement and guidance from the old hands. One exception is that the president and vice-president must have had a year's board experience at some point.

How much time is involved?

Like all PPRR's volunteers, that depends on how much a person wants to get involved and learn. The monthly board meeting takes about 3 hours depending on travel time. Elected board member reported an average of about 14 hours a month so far this year, while the most involved rack up quite a bit more. But it's entirely

up to the individual members.

What duties are involved?

Board members attend the monthly meeting at the downtown YMCA the first Tuesday of every month. In addition, new members should expect to help put on at least one PPRR event. Experienced members usually serve as race director for one or more races. In general, board members take as active a role as they can. The president, vice-president, secretary, and treasurer have in addition specific duties associated with those positions.

What are the benefits?

If you're into running or volunteering, serving as a board member provides a unique opportunity to learn about what goes into running a race from permits and insurance to course marking and results compilation. You get to meet lots and lots of fellow running enthusiasts and expand your knowledge of the world of running and fitness in general. You get to shape policy and eventually run your own races. In addition, you're part of a 30-year tradition of one of the best running clubs in the country.

Where would I begin?

Contact one of the committee members listed below or any of the board members on this issues inside front cover. That's it!

Join the PPRR Board for 2008!

Elections for the 2008 board of directors will take place Saturday November 17th during the membership meeting at the downtown YMCA. The elective board consists of the president, vice president, treasurer, secretary, and seven board members at large.

Why not give it a try? If interested, just contact a member of the nominating committee!

(Previous board experience is required for president and vice president, and is important for treasurer and secretary.)

2008 Nominating Committee

Micky Simpson	495-5891
Jim Kelleher	232-4419
Ron Garcia	260-8671
Luci Stansbury	636-1290
John Gardner	577-6338

A beginner's guide, part II

By Jack Anthony



Last month, I wrote a bit on how to prepare for a race. I concluded the article with a request for ideas to be presented in a follow-up article. I heard from one of our most dedicated and enthusiastic member **Charlie Snygg**.

I met Charlie at the first Great Race and since then, see him at many PPRR events. His trade mark smile makes me feel Charlie simply enjoys taking part in our events and benefits from each and every outing. In my previous article I mentioned that whether you are a speedster up front or a “tail end Charlie”, running and walking in our events can be fun and rewarding. Well, Charlie’s e-mail note to me was prefaced with a hearty “I resemble that remark.”

While it is true Charlie often brings up the rear, his smile, the really cool hat he wears, and his determination makes me declare Charlie a gold medalist in the having-fun category!

OK, so what did Charlie suggest? The night before, get hydrated. Being hydrated can prevent “hitting the wall” and make the run or walk more enjoyable.

Minimize chaffing: especially for gentlemen tackling the longer races, a little Vaseline on the nipples may save you a lot of pain, blood on your shirt, and funny looks. Band-Aids work too.

Charlie emphasizes a good warm up and stretch. If your muscles and tendons are loose and the ol’ arteries and veins dilated from the beginning, then the whole race will be much more satisfying.

Make sure your shoes are tied securely. Having to stop to tie a shoe can upset your pace and also get you run over. Thank you “tail end Charlie” for your advice and wisdom, and

also, thank you for showcasing what our sport is all about!

I also heard from our awesome president, **Jon Cornick**. Jon offers some advice, starting with the command to “enjoy the scenery”. Don’t just look up now and then, look up a lot and enjoy the scenery. It improves posture and takes your mind off the pavement ahead. Jon points out that when going up a steep hill, he’ll look at his feet for concentration purposes and get into the chug-chug mode. But once the tough part is over, he says he gets back to looking around. Thanks Jon.

For those of you who read *Runner’s World* magazine, you’ll be interested in the October 2007 issue. Dave Kuehls’ article, “Run A Perfect Race” (pages 90-97), provides a comprehensive look at race preparation and how to run the race. He offers ideas on how to be photogenic for the finish line and how to navigate a water stop. It’s a neat article worth a read if you are new to our sport.

Being prepared is the key to ensuring your race day is memorable. Training is of course key to preparation. Organization before race day and especially the night before is also key. I hope to see you at our fabulous PPRR events. We’ll cheer you on and salute your accomplishments, whether you are up front or back striding with Charlie!

Oh, by the way, back in his younger days, tail end Charlie ran a 3:26 time in the Avenue of the Giants Marathon. I encourage you to take time to meet members like Charlie Syngg—they will inspire you to keep on keeping on!

Jack Anthony is an avid runner and supporter of PPRR. He contributes frequently to the Long Run and is a number one fan of his daughter’s running career.



Letters

continued from page 5

I got to the car made a run for Penrose Hospital? Should I have stopped and tried to set up some sort of tourniquet to slow the venom’s flow and walk back to the car and then proceed to the hospital? Or, should I have stayed put, placed a tourniquet and have the next passing hiker call search and rescue? Looking back, and knowing myself, I would have done exactly what Julie did: return to the car as quickly as possible. However, to this day, I have no idea what the proper course of action should be.

After reading your article I still do not know what I should have done. Could you have an expert give us some prudent advice? It would make for some very interesting reading and with rattlesnakes in the area the advice may save a life or two.

Cliff Donnelly

Editor’s note: Any advice, readers?

Too hot in Texas

Dear Jim,

August in Plano is too hot for long runs, so the Pacers have a 3x3K relay. Some people run two legs of a relay when they cannot find a third runner. Others run a leg on two separate teams. Notables included Tommy Smith, a master and leader of the winning team, Linda Kelly, former president setting a new age group 3K record, Maria Moore, our refreshment stand operator, running with a team and still operating the stand, and Ruben Saguil, Pacer computer wizard, running a leg, then returning to compile results.

I read your report on Leadville, and was pleased to see mention of Ann Trason. This remarkable lady once tried to set an overall record at Leadville. She had her husband for escort, and did well until the last twenty or so miles, when a Tarahumara Indian from Copper Canyon, Mexico, passed her. Ms. Trason runs 2.5 hour marathons to stay in condition for ultras.

Regards,
William L. Jones

Taking Care of ITB Business

by Shane Conrad



It's no surprise that the most commonly injured structure in runners is the knee. At a running pace, ten times our body weight is transferred onto the knee joint. Knee injuries account for over half of all running injuries. One such condition is Iliotibial Band (ITB) syndrome, also called ITB Friction Syndrome.

Understanding Why

The ITB (pictured) is essentially an enlarged tendon that connects the outer thigh muscles to the outer (lateral) portion of the knee. ITB Syndrome presents as a unilateral burning pain on the outside of the knee. Early on in the injury cycle, pain occurs most often at the end of the run (i.e. >45 minutes into a run). As the injury progresses, the symptoms become more pronounced in severity, occur at earlier frequencies (i.e. 10 minutes into a run) and can begin to affect both knees.

Changes in your running program (either increases in total distance, or speed) are most often the mechanism of injury. Other factors can also contribute to the process including: running on hard surfaces, running on the crowned surfaces of paved roads, and hill running (both up and downhill).

The ITB is long, strong, and prone to tightening. ITB Syndrome was once thought to be an inflammation of the ITB itself. Recently it has been discovered that, like many conditions, it is a multi-factor injury that occurs as a sequence of events.

Stage 1 – Deconditioning

Deconditioning is another way of saying “out of shape”. Two major events can arise as a predictor of ITB Syndrome: ITB tightening and Gluteus Medius weakness.

In **ITB tightening**, faulty running biomechanics can place increased strain on the ITB causing it to tighten, and thicken. Tightness or uncoordinated movements in a single muscle can change the way the body moves. Altered running patterns create a less elastic ITB that is more prone to be injured. For this reason, a proper treatment plan always begins with an analysis of your running gait.

With **Gluteus Medius weakness**, faulty running mechanics are once again to blame. The Gluteus Medius (pictured) is a small muscle designed to stabilize the hip while the leg is in contact with the ground. As it weakens, the body begins to recruit larger muscles to stabilize the hip. Surprisingly, this weakness leads to a chronic low-grade spasm of this muscle. The end result is an

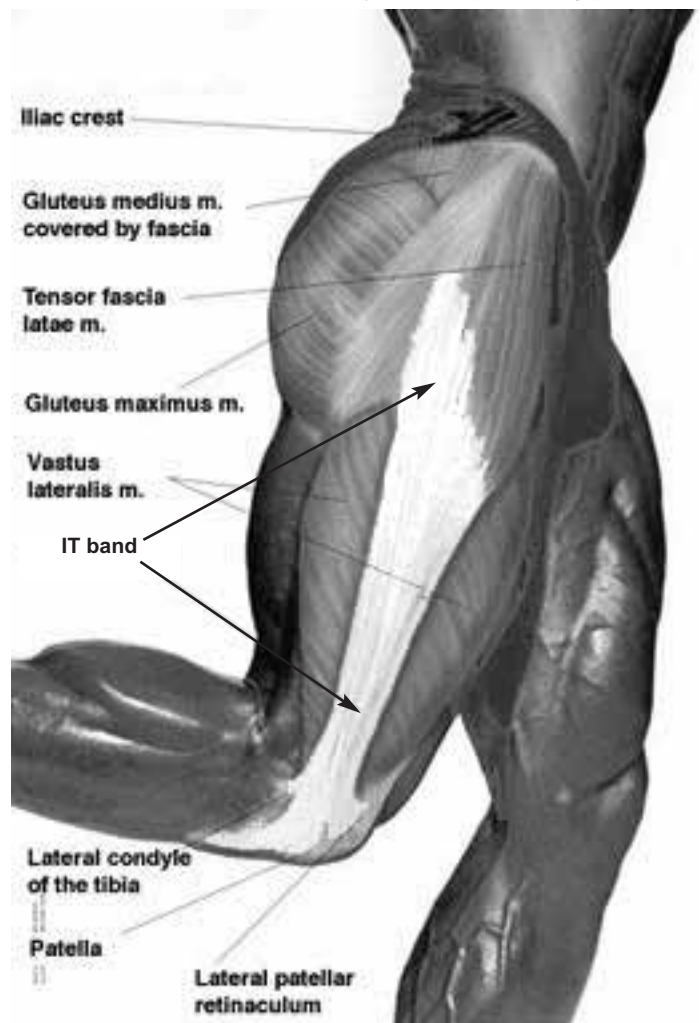
unstable hip which then transfers more strain onto the ITB itself. Gluteus Medius strengthening must be a part of any rehabilitation program.

Stage 2 – Secondary Effects

As the body's usage of the ITB changes, increased “friction” arises between the structures surrounding the ITB. These alterations are the ultimate cause of the pain associated with ITB Syndrome. However, a true fix always goes beyond what causes the symptoms and addresses the root of the problems as well (the deconditioning).

There are three components to ITB Syndrome, ITB Bursitis, ITB Tendonitis, and Soft-tissue Adhesions

ITB Bursitis: Because of the tightening of the ITB, a compressive force is applied to the ITB bursa causing a bursitis to develop. Bursae are small fluid filled sacs meant to lubricate areas of high friction between tendons and bones. They are highly prone to inflammation, and when irritated, they swell up causing pain and



The IT band connects at pelvis and extends over the hip and knee, attaching just below the knee to the outside of the tibia.

limitation of movement. This condition is especially resistant to therapy; and the only consistent therapy is absolute rest, which for many runners is about as appealing as surgery!

ITB Tendonitis: The tightening of the ITB also causes it to rub on the bone of the lateral knee. This friction causes an irritation and breakdown of the tendon's tissue at the cellular level. As the tissue rubs, it deteriorates faster than the body can repair it. Overtime, it becomes more painful and less resilient. Gradually the

**At a running pace, ten times
our body weight is transferred
onto the knee joint.
Knee injuries account for over
half of all running injures.**

symptoms increase and your runs become less and less enjoyable.

Soft-tissue Adhesions: This is quite often overlooked by many healthcare providers treating ITB Syndrome. Adhesions develop between the ITB and the Quads/Hamstrings. Essentially the IT Band sticks to the muscles. Once they are adhered, every time the leg muscles contract (and the muscle shortens), the ITB is pulled on as well. Think of this like someone tugging on your earlobe. Then imagine how many times your leg muscles contract during a run (every time you take a step). Without releasing the soft-tissue adhesions, resolution is incomplete and the condition is more likely to recur.

With all the possible influencing factors, and involved structures, a thorough evaluation is the foundation upon which your recovery is built. I recommend consulting either a physical therapist or chiropractor that specializes in sports injuries. Once you have been properly evaluated, you may find the road to recovery is shorter than you thought.

In the next issue I will delve further into the specific treatments that can be applied successfully to fix this injury; both quickly and effectively. With the proper care, a return to full activity can occur sometimes in less than two weeks. Stay tuned...



How does one get ITB anyway?

Iliotibial Band Syndrome is the result of poor training habits, worn or inadequate equipment and anatomical abnormalities, whether genetic or from prior injuries.

Training habits:

- Running on a banked surface (such as the shoulder of a road or an indoor track) bends the downhill leg slightly inward and causes extreme stretching of the band against the femur
- Inadequate warm-up or cool-down
- Increasing distance too quickly or excessive downhill running
- In cycling, having the feet "toed-in" to an excessive angle
- Running up and down stairs
- Downhill running and running at slower speeds, where the knee tends to be less flexed at foot strike.

Abnormalities in leg/feet anatomy:

- High or low arches
- Overpronation of the foot
- The force at the knee when the foot strikes
- Uneven leg length
- Bowlegs or tightness about the iliotibial band.
- Excessive wear on the outside heel edge of a running shoe (compared to the inside) is one common indicator of bowleggedness for runners.

Muscle Imbalance:

- Weak hip abductor muscles

Source: Wikipedia

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.

The Derring-Do of Cathy Dilts: Diary of a first marathon

by Cathy Dilts

January 2006: I set a goal to run my first marathon this year. I go as far as shopping for a doable marathon, and going to the gym sporadically.

July 2006: Is it too late to start training?

Winter 2006-2007: Snow-bound during repeated blizzards, with good wine, NetFlix, and junk food.

January 2007: I turn 50 this summer. My goal of running a marathon is slipping away.

Spring 2007: Despite endless home improvement projects, I manage to get to the gym more often, losing 15 pounds (mostly gained during the blizzards), and start a training log. What is different about this year?

Three factors:

- 1) The prospect of turning 50
- 2) Losing the battle of the bulge, with no end in sight
- 3) Having a biopsy (which turns out negative)

How many more years will I put off my dream of running a marathon before it's too late?

I am seized with a do-or-die attitude, not just toward running, but toward several unfinished projects. I don't become a serious athlete, but I do increase my speed and distance.

May 2007: I run the Bolder Boulder with my husband Leonard and step-daughter Nicole, and am rewarded by seeing Elvis.

June 2007: Instead of having a birthday party to celebrate my big Five-O, I run the Sailin' Shoes 10K.

July 2007: Leonard and I climb 14,197 foot Mt. Princeton, and experience much pain.

August 2007: A week long camping trip to Yellowstone National Park involves daily hiking, including climbing Mt. Washburn, 10,243 feet. This is Nicole's first mountain climb. My son-in-law climbs his first 14er, Mt. Sherman, quickly followed by climbing Mt. Yale with my

daughter.

It is a summer of firsts.

August 18: The Leadville 100. My final moments of wavering end when we crew and pace for our friend Lee Burton. His wife Sharon recruits pacers based on determination and stamina good qualities for a marathon.

I finish my pacing leg, over Sugarloaf Mountain, without losing Lee. He finishes his 8th Leadville. I am confident enough to register for the American Discovery Trail Marathon.

August 28: Jack Quinn's Running Club. Leonard patiently points out that I'm still speeding up when I hear footsteps approaching from behind. "You've got to slow down," he says.

That night Leonard and our friend Beth Shuler receive Jack Quinn shirts for running five JQ 5Ks. I'm the 1000th person to be shirted. Karen, the president of the JQ Running Club, tells us she is running her first marathon in a few weeks. I'm sure she's younger than my daughter.

In the final week before the ADT Marathon, the big question is, can I pace properly? Leonard declares that running a marathon is not on his list of 100 Things to Do Before I Die. "My marathon days are over," he says. "I'm sticking to half-marathons."

I e-mail the ADT pacers, and ask if it would be beneficial for me to run with the 5:30 team. Sara Wulfkuhle e-mails back, twice, with excellent advice. 5:30 is too fast, she says.

Leonard asks me if I plan to drive myself to the race. "It starts at 6:30, and I plan to sleep in." What a kidder.

As race day approaches, he becomes more supportive, explaining how to use Butt'r, Body Glide, and Blister Guard. Instead of comforting me, this increases my tension. I'm



Cathy Dilts approaches the finish of her long awaited first marathon, the American Discovery. going to need these things?

Leonard checks the maps, and estimates when I will be at what point, if I pace properly.

I've trained. I've traveled sections of the trail I haven't been on before. My gear is washed, packed, and ready. But am I?

Part Two

Race Day, September 3: The American Discovery Trail Marathon

After a restless night, I get up at 5:15. This is almost not enough time to make it to the start line. Leonard drives like a madman. I have time to stretch briefly, and the race starts.

All the advice about pacing myself makes being at the very end of the pack less annoying. I use Leonard's watch to time my miles. A man who is walking the marathon, Ray, has the same minutes-per-mile goal as me. I follow him, running slowly while he walks very fast.

I feel strong, energetic, and that my pacing is almost on track. A bit fast, but better than my typical jack-rabbit starts.

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My Summer as a Mountain Goat

by Emily Brzozowski

After a late January injury and two complete months of not running, I decided to take advantage of what Colorado had to offer and add trail racing to my spring/summer training schedule. I figured it would be a good way to get back in shape and build up endurance, and also a fun way to do some competitions without getting completely discouraged that my times weren't what they used to be for 5K/10K/road race distances. Little did I know that trail (or here in Colorado more often mountain) racing, is almost a completely different sport than road racing!

As I toed the line at the start of my first race, the Mt. Evan's Ascent (technically this is a road race since its all on pavement, but I think it falls into the mountain racing category because of the nature of the race: 14.5 miles climbing to over 14,000 ft.), I looked around at my competitors, and made the quick observation that it did not look like your typical road race. I immediately sensed that I was with a different breed of runners. First of all, they just looked different! Where road racers wear flashy uniforms of Nike,

Asics, and New Balance gear, mountain runners appear more casual in LaSportiva, Montrail, and Patagonia. Also, go to your local road race and you jockey for position among high schoolers and kids of all ages. Go to a trail race and it's an older crowd, not many kids at the starting line.

Speaking of age, it seems that if you took the median age of trail racers, it's definitely much older than road racers. After running the 10K National Trail Championships in Steamboat Springs, I was much inspired when 4 of the top 10 women were over 35! That gave me hope that I have a good number of years before I'll reach my peak in trail racing! Go to a road race and you're worried about the skinny college runner zipping by you across the finish line. Go to a trail race, you're a little ashamed—and in awe—as the 70+ year-old mountain man breezes by you up the hill like you're standing still.

In addition to their clothing, road racers and trail racers are definitely different breeds of runners. Road racers are like gazelles, gliding effortlessly along the pavement, feet barely touching the ground as they soar along. Trail racers are like

Where road racers wear flashy uniforms of Nike, Asics, and New Balance gear, mountain runners appear more casual in LaSportiva, Montrail, and Patagonia.

mountain goats, tough and scrappy, fighting their way up and down the rocky passes. Road racers take pride in how many miles they run per week, and how fast they ran their track repeats. Trail racers brag about how many fourteeners they ascended in training runs and what their personal best is up the Incline.

The races themselves have a different feel as well. Aid stations at road races typically have water, recovery drinks, and gels. It was quite a nice surprise to see that in addition to those staples, most of the aid stations at trail races had soda, M&Ms, cookies, and peanut butter and jelly! Who could argue with treats like that in the middle of a race?!

When you race on the road, most people have a time-based goal for that distance. When you race on a trail, time doesn't matter. You're trying to complete the race and, if competitive, racing for place. Unlike road races, where course accuracy is fairly easy to compute, trail races are often odd or varied distances. The 10K National Trail Championships in Steamboat ended up being closer to 8 miles, and the Leadville (heavy) half marathon was 15!

As I made my return to road racing a few weeks ago with a disappointing half marathon, I realized I needed to readjust both physically and mentally to once again become a



The road up the Mt Evans Ascent, at 14.5 miles, is somewhat longer than the Pikes Peak event, but the starting line, at Echo Lake, 10,600, requires several thousand feet less of elevation gain. Emily was the first woman to the top with a time of 2:08, averaging an 8:51 pace.

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Cathy Dilts

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I can do this.

Somewhere between mile 7 and 8, my knee twinges. I slow down. All year, going longer distances over rougher terrain than this easy 8 miles, I have had no knee problems. I'm sure it will go away.

Another mile or two, and I have to walk. Maybe the pain will subside if I take it easy for a while. Ray passes me. I am alone.

Except for two terrific volunteers on bicycles. They are the trail sweepers, keeping track of the stragglers. They encourage me, and ask me continually how I'm doing.

I reach Woodmen Road, the half way point. I am last, by quite a distance.

As I approach the aid station, I see a large blue banner with white lettering. "Congratulations Cathy. Your first marathon at 50," and a Bible verse for inspiration: Psalm 119:22. I need help from Above.

I want to cry. Leonard was sweet enough to have a sign made, yet I'm not confident that I can go another 13 miles.

I sit in a camp chair Leonard directs me to. The aid station ladies have been waiting to meet me. I find out later that Leonard spends so long at the aid station, helping the ladies and other runners, that he is made an unofficial volunteer.

Leonard goes into Leadville 100 crewing mode.

"What do you need?"

I tell him my knees are killing me: both hurt now: and I need my bandages. He pulls them out of a bag, and slaps a glob of gel painkiller on each knee.

All sympathy, he points to the trail. "Okay, get going."

I head for the northern turn-around. One thing done right: I know most of the trail well. I know where I am and how far I have to go. This gives me a definite psychological edge.

When I reach the turn-around, I

quip that it's a good thing they stopped me. I might have just kept going forever, like Forrest Gump. They look like they don't believe me.

Ray is standing under a tree, stretching his back. He looks like I feel.

Ray and I head back to Woodmen. I am certain that if I slow down, or stop to rest, I will lose my momentum. I pass Ray after a couple miles.

The trail sweepers continue following us, the crunch of their bicycle tires on the gravel trail a comforting sound. At Woodmen again, Leonard gives me ibuprofen (I am running low), and refills my water bottle.

Somewhere near Criterium Bicycles, the sweepers drop back. I suspect they are with Ray, but I miss having them behind me.

It is a long, hot, mostly unshaded stretch back to Monument Valley Park. A lady stands all alone at the aid station at the entrance to the park. I thank her profusely, and down orange slices and water. She heard there were two more runners. She stayed by herself to help me and Ray. She is wonderful.

Monument Valley Park. I feel lonely, and a little foolish. Abandoned. I see the 20 mile marker, and tell myself I only have two Jack Quinn 5Ks to go. I'll make it.

I check my watch. At the pace I have been reduced to: a brisk walk: finishing before the cut-off is becoming less likely. I know I can call Leonard to pick me up. I can quit. But if I have to crawl across the finish line on bloody stumps, I'm doing it. I might never have the chance again.

People notice my marathon number pinned to my shirt. They see that I'm alone. Strangers yell words of encouragement. A young woman says hello, and when her friends ask her why, she tells them, "Didn't you see her number? She's in a marathon!"

I pass under Bijou Bridge. I can see the Colorado Avenue bridge. I try to pick up the pace, but I can't go any faster. I check my watch. I have missed the cut-off, and I have half a mile to go.

A tear rolls down my cheek, cutting a path through the crusty layer of sweat, sunscreen, and trail dirt.

I reach the America the Beautiful Park. My husband walks up to me.

"Where was the finish line?" I ask grimly.

He guides me to the correct route through the park, then dashes ahead to take photos.

There is his blue and white sign. And the finish line.

I had imagined they yanked it out of the ground, packed up, and went home by now.

Some dedicated volunteers cheer me across the finish line. A woman congratulates me for finishing the marathon. She assures me that I did the same number of miles as everyone else. Then a man puts a medal around my neck.

"I didn't know I'd still get this," I say.

Of course, they tell me. I finished.

I did it. I ran, walked, and hobbled a marathon.

We wait for Ray. I am worried. Even though I don't know him, I traveled a lot of miles with Ray. I want to see him complete his first marathon.

Finally, we see him on the bridge. The sweepers pedal slowly behind him. The finish line volunteers point and cheer. Ray crosses the finish line.

The race is over.

Leonard asks me, "So have you gotten this marathon thing out of your system?"

I smile. "It wasn't nearly as bad as I thought it would be."

The end



Carpenter Issues Inspiration

by Micky Simpson

On the plains of eastern Colorado, you will find Elbert Elementary School. For the past two years we have had a Fitness Club for grades four, five and six. The sponsor, Richard Riggenschbach thought it would be great if we could get a local legend, Matt Carpenter, to kick it off for us this year. I happened to run into Matt as he was bringing his laundry down from Barr Camp shortly before the Ascent and Marathon. I took the opportunity to ask him if he would do us the honor of talking to our students about the importance of staying fit and healthy. Without hesitation he said he would do it, just let him know when and where.

Since he had been the race director for Elbert Reflections, he knew where Elbert was. He did forget just how far out we were, so he came sprinting into the assembly like the runner he is. Even though his competitors are adults, he has a real connection with kids and that was obvious.

In his talk, Matt told the kids about the pleasure he gets from running. He talked about the animals he ran into, the people he enjoyed running with (and against), and the

sheer joy of setting goals and reaching them. He also talked about the importance of good nutrition. He explained that he did not eat any differently getting ready for a race. He is careful to eat well all the time so that his body is always at its best. Matt spent a good amount of time answering the students' questions and then he took the time to sign a Matt Carpenter sports card for each and every student.

After Matt's visit, quite a few more students signed up for the club. At the first run the next morning the conversations kept going to suggestions Matt had made like, "Start slow and build up," and "Lean into those side stitches." I couldn't help smiling each time I heard Matt's mantra being bantered about, "When it hurts, speed up."

I really feel that Matt made a connection with the students. He made it clear that they would not all love running like he does, but they could all find some exercise that they could love. He also told them that he has not done anything that they could not do. It just takes finding what you love, starting slow, setting goals and sticking to them. Thank you Matt!



Ever the gracious gentleman, Matt Carpenter made a trip to Elbert Elementary School, an hour out on the plains, to instill fitness values in our youngsters. Here he signs autographs while Richard Riggenschbach, the Fitness Club moderator, looks on.

Mountain Goat

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Emily took some time last summer to give trail running a try. She discovered many differences.

road runner. I completely forgot what it felt like in road racing, where you have to run so fast for such a steady pace; whereas in trail racing, you have to constantly push yourself to adjust to the varied terrain. And in road racing you really have to stay mentally focused on keeping your pace despite the bleak scenery of highways and intersections; while in trail racing, especially in Colorado, every turn gives you an inspiring view to motivate you along. Plus, as I thought to myself the last few miles of the race, there was no ascent, or rocky terrain, or treacherous pass where I could justify slowing down! I was back to road racing, what seems like a completely different sport.

Emily, 28, is a PPRR member and in the Army's World Class Athlete program. She training to qualify for the 2008 Olympic marathon trials and is a resident pentathlete at the Olympic Training Center. She moved from Virginia in March.



American Discovery Trail Marathon



by Jim Kelleher

American Discovery Park was the perfect venue this year for its namesake marathon, the American Discovery Trail Marathon and Half-Marathon. Although the day turned out quite warm for runners, it made a pleasant morning for spectators and the many volunteers attending. Local runner **Leroy Popowski** was well in the lead most of the race and his winning time of 2:44:08 was only 1:21 off last year's course record set by Anton Krupicka. **Gerald Romero** took second, setting an age group record for the second year in a row, improving by 6 minutes. He remarked, "Last year I was third, this year second. Maybe next year it will be my turn!" Another local runner,

Kelly Moon, 33, won the women's event in 3:26.

First-time race director Travis Waldrip, who also certified the course, was pleased with how everything turned out. "I received lots of good comments from the runners, and the overall participation was up from last year." Despite the freeway construction and work on the trail, the entire course was opened especially for the run. The Pacer Program, organized by **Sara Wulfkuhle**, was also a big hit with both the runners and the pacers. **Tamara Rogers**, the 4-hour pacer, enjoyed the company of several runners, but, she say, "I kind of lost most of them by the end even though I kept telling, 'Don't fall behind, don't fall behind!'"

Next year, Travis hopes to move the course back to the original starting point in Palmer Lake, which would require successful negotiation with the Air Force Academy. Hopefully that will spark greater interest for the marathon event, for which the participation was lower this year. Meanwhile, the half-marathon grew in size and more than made up it. The half-marathon course will stay the same.

Both Travis and volunteer coordinator, **Cymmie Bailey**, were very grateful to the huge number of happy volunteers from start to finish. Despite the wind and hailstorm that toppled tents the evening before, organizers, who were busily working at 3 AM, took everything in stride and were able to start on time.

Final congratulations go to the teenagers from the Widefield School District's ADTM Team who trained all year to get ready (see cover of May's issue). All the half-dozen starters finished the marathon and deserve high praise for their many months of disciplined effort.

Women

Place	Age	City	Time
1	Kelly Moon	33	3:25:49
2	Elisha Walton	29	3:32:35
3	Deb Cunningham	45	3:34:12
4	Maxene Skidmore	21	3:50:05
5	Barbra Mellecker	41	3:52:33
6	Hollywood Huppert	23	3:57:59
7	Tamara Rogers	40	3:59:36
8	Colleen Waymel	38	4:03:57
9	Karen Stockman	48	4:12:48
10	Megan O'Boyle	30	4:15:15
11	Bridget Luebbert	43	4:16:45
12	Tina King	41	4:17:32
13	Stella Grayson	30	4:27:25
14	Judy Johnson	38	4:27:57
15	Teresa Diamond	46	4:29:17
16	Beverly Carver	48	4:31:26
17	Joy Orf	25	4:36:24
18	Rosemarie Omellas	44	4:37:54
19	Diane Rowley	35	4:38:31
20	Kristen King	32	4:39:18
21	Erin Maloney	22	4:39:33
22	Kristy Callihan	35	4:39:43
23	Joanne Jackson	55	4:44:12
24	Cynthia Shaw	46	4:45:07
25	Deanna Dredge	49	4:46:44
26	Kristine Gregory	28	4:54:00
27	Jazmin McQueen	37	4:54:17

Place	Age	City	Time
28	Sara Wulfkuhle	32	4:58:08
29	Nicole Agrusa	29	4:59:42
30	Terry Daus-Weber	52	5:02:57
31	Patricia Maloney	62	5:04:22
32	Kristen Adelman	37	5:08:48
33	Sherry Cunningham	47	5:10:17
34	Christine Levy	46	5:10:41
35	Sasha Gartin	22	5:14:38
36	Cynthia Huey	40	5:18:05
37	Melissa Waters	36	5:21:24
38	Jolynn Duris	25	5:22:22
39	Beatie Koeppel	48	5:24:12
40	Beatrice Wilds	31	5:24:45
41	Kathleen Jensen	53	5:30:41
42	Jana Kiefer	54	5:35:53
43	Celestina Jones	44	5:42:55
44	Gailmarie Berquist	59	5:45:27
45	Kandis Ewers	38	5:47:54
46	Julie Peterson	37	5:49:31
47	Lisa Franz	38	6:04:05
48	Melissa Marr	36	6:04:05
49	Sara Swartz	16	6:10:55
50	Elizabeth Damiano	42	6:10:56
51	Crystal Bevans	46	6:15:35
52	Christine Irons	27	6:22:09
53	Ann Singer	64	6:24:49
54	Rebecca Keller	54	6:31:38
55	Cathy Dilts	50	6:50:23

Men

1	Leroy Popowski	32	2:44:08
2	Gerald Romero	36	2:48:52
3	Paul Dewitt	39	2:51:40
4	Henk Moorlag	44	2:58:27
5	Vince Rucci	30	3:04:58
6	Carl Mather	43	3:11:40
7	Justin Ricks	27	3:13:41
8	Keith Fouts	29	3:17:21
9	Philip Hodge	41	3:18:56
10	Jeremy Vincent	32	3:19:28
11	David Taylor	50	3:20:58
12	Brooks Williams	24	3:21:54
13	Fred Creamer	45	3:23:48
14	Tom Sowers	36	3:24:59
15	Kjell Lavoll	29	3:25:39
16	Bjorn Moene	49	3:25:47
17	Greg Hennes	47	3:25:52
18	James Mejia	40	3:28:13
19	Bryce Richter	26	3:29:46
20	Ray Phillips	47	3:33:01
21	Larry Volk	43	3:33:31
22	Thomas Ricks	48	3:33:54
23	Richard Park	54	3:34:46
24	W. Scott	36	3:37:32
25	Sean O'Connor	41	3:41:18
26	Dewayne Gill	37	3:42:27
27	Spencer Punter	37	3:44:12
28	Keith Panzer	48	3:44:51
29	Paul Hartman	47	3:45:58
30	Robert Anderson	39	3:46:51
31	John Damiano	44	3:47:00
32	Thomas Van Cleave	36	3:49:25
33	Bill Schaefer	42	3:49:38
34	Roger Baer	52	3:50:08
35	Lonnice Vincent	47	3:50:21
36	Vladislav Umanskiy	30	3:50:31
37	Tom Wachtel	32	3:52:57
38	Garrett Chesonis	17	3:53:04
39	John Leonhart	56	3:53:29

ADTM Results

continued from previous page

Place	Age	City	Time	Place	Age	City	Time		
40	Edward Haukkala	39	Colo Springs CO	3:55:28	79	Chad Wight	57	Colo Springs CO	4:39:48
41	Brian Einsweiler	27	Colo Springs CO	3:55:41	80	Steven Kindermann	43	Colo Springs CO	4:44:29
42	Gordon Neal	50	Colo Springs CO	3:57:39	81	Micah Morgan	23	Colo Springs CO	4:51:53
43	John Volkman	57	Fresno CA	3:58:00	82	Stephen Klundt	16	Colo Springs CO	4:52:23
44	John Wallace	63	Longboat Key FL	3:58:23	83	Ricardo Morales	46	Fort Carson CO	4:54:01
45	Theo Parisek	46	Rescue CA	3:58:52	84	Bruce Dowdy	46	Colo Springs CO	4:55:08
46	Doug Anderson	51	Wichita KS	3:59:07	85	Eric Bergland	23	Colo Springs CO	4:56:38
47	Jeffrey Golden	44	Black Forest CO	4:00:49	86	Daniel Tippie	25	Colo Springs CO	4:57:51
48	Steve Supkoff	42	North Bend WA	4:02:56	87	Brett Matheson	48	Colo Springs CO	5:00:02
49	Frank Gay	61	Coral Springs FL	4:05:53	88	Craig Toenniges	58	Channelview TX	5:01:53
50	Noel Sawyer	37	Woodland Park CO	4:06:22	89	Michael Capela	39	Colo Springs CO	5:05:08
51	Greg Prugh Sr.	64	Jackson Hole WY	4:06:57	90	Dharam Piplani	60	Phoenix AZ	5:06:16
52	Nate Moser	28	Pueblo West CO	4:07:49	91	John Benson	48	Englewood CO	5:08:49
53	Minh Dang	49	Harvest AL	4:07:58	92	Bradley Schwartz	57	Bloomington IL	5:09:30
54	Carl Nelson	58	Colo Springs CO	4:10:04	93	Glenn Levy	50	Colo Springs CO	5:10:42
55	Wayne King	55	Edmond OK	4:11:14	94	Charles Scheibe	52	Denver CO	5:15:05
56	Brian Condie	31	Aurora CO	4:11:36	95	Dan Odell	54	Colo Springs CO	5:15:06
57	Kim Geiger	46	Peyton CO	4:14:59	96	Jason Pierce	34	Denver CO	5:15:14
58	Kirk Peteresen	38	Colo Springs CO	4:15:21	97	Aaron Hutmacher	30	Colo Springs CO	5:16:41
59	James Boland	24	Colo Springs CO	4:16:16	98	Dane Egli	49	Usaf Academy CO	5:17:37
60	Rick Isaac	47	Colo Springs CO	4:18:51	99	Steve Dreksler	52	Colo Springs CO	5:20:15
61	Terry Stubbs	56	Morton IL	4:19:11	100	Corey Clevenger	16	Colo Springs CO	5:20:19
62	Lindsey Gaston	29	Colo Springs CO	4:26:18	101	Patrick McGinnis	48	Broomfield CO	5:20:34
63	Marc Wulfkuhle	33	Falcon CO	4:27:01	102	Charlie Malin	48	Monument CO	5:22:34
64	Don Hawkins	40	Pueblo West CO	4:28:16	103	Chuck Hachmeister	54	Colo Springs CO	5:26:52
65	Robert Lopez	41	Seattle WA	4:28:57	104	Jim Kohout	52	Omaha NE	5:27:01
66	Mitch Decker	53	Colo Springs CO	4:29:52	105	Ken Hayman	43	The Woodlands TX	5:27:05
67	Ken Ornellas	51	Elbert CO	4:30:34	106	David Patrick	45	Colo Springs CO	5:33:06
68	Jeffrey Roger	45	Bainbridge Isl WA	4:30:35	107	Thomas Huberty	56	Minneapolis MN	5:33:20
69	Mark Postema	43	Falcon CO	4:31:43	108	Alfred Kohli	65	Lomira WI	5:33:30
70	Jared Vasquez	27	Colo Springs CO	4:32:14	109	Kenneth Pitt	56	Littleton CO	5:46:35
71	Robert Cooper	51	Chicago IL	4:32:48	110	Mike Selvaggio	52	Colo Springs CO	5:53:46
72	John Normile	40	Colo Springs CO	4:34:31	111	Mike Cunningham	51	Colo Springs CO	5:56:19
73	Randy Kam	50	Tehachapi CA	4:34:47	112	Dave Bell	44	Highlands Ranc CO	6:05:33
74	Matthew Gaw	30	Colo Springs CO	4:36:25	113	Dwane Chavis	32	Opalously LA	6:24:50
75	Reymundo Gomez	51	Colo Springs CO	4:37:31	114	Eugene Defronzo	71	Cheshire CT	6:25:37
76	Travis Duncan	27	Colo Springs CO	4:38:59	115	Charles Savage	69	Ocala FL	6:25:56
77	Larry McCollum	59	Colo Springs CO	4:39:01	116	Ray Haley	64	Colo Springs CO	7:02:24
78	Gregory Hessee	31	Denver CO	4:39:39					





Pony Express Trail Run Rides on Perfect Day

by Jim Kelleher

A picture perfect day slowly dawned on race organizers as an pink eastern sky dispelled the darkness. By 7AM, orange cones designated no-parking areas, registration and timing tables stood ready for their duties, and the support teams were on their way. Fifteen miles represents a significant trail run, replete with rocks and roots, at 9000 ft., with the distance necessitating aid stations and the remoteness requiring a good safety net. Local Ham Radio operator and PPRR board member **Luci Stanberry** organized the communication, which included a mobile operator and antenna-equipped mountain bike. El Paso S&R had their bikes as well, plus ATV to access the far reaches. And **Larry Miller** biked 5 miles with 50 pounds of water and supplies for the first aid station. Far from complaining, he "wouldn't miss it for the world."

The ninety some runners seemed to have as much fun as the volunteers on what turned out to be a mostly sunny but cool-enough day. Finishers sat around for hours enjoying the mountain air, the ice-cold drinks, and congenial company. The Reservoir provides a scenic trail run second to none in the region. PPRR gives runners a real gift in providing them the opportunity to enjoy it without worrying about hauling provisions across it's far reaches. Give it a try next year!

Place		Age	Prediction	Actual
1	Paul Sullivan	40	1:45:00	1:49:57
2	Shawn Walker	30	2:00:00	1:52:32
3	Aaron McIntire	25	2:00:00	1:55:12
4	Duane Roberson	35	2:20:00	1:55:30
5	David Meyer	46	2:00:00	1:58:20
6	Jerry Jackson	47	2:10:00	1:59:31
7	Ron Dean	45	2:00:00	2:00:01
8	Carl Woody Hungus	51		2:00:19
9	Scott Trimboli	48	2:05:00	2:01:43
10	Larry Volk	43	2:00:00	2:01:52
11	Bruce Spurling	44	2:30:00	2:03:38
12	David Wilhide	49	2:15:00	2:07:05
13	John Goodloe	46	2:20:00	2:07:15
14	Scott Suter	44	2:20:00	2:09:43
15	Jennifer Skorce	39	2:30:00	2:10:03
16	Kerry Page	39	2:30:00	2:10:06
17	Sarah Hansen	30	2:20:00	2:10:57
18	Dianne Bundt	26	2:15:00	2:12:50
19	Jared Harp	20	2:15:00	2:12:51
20	Ted Bidwell	58	2:40:00	2:12:58
21	David Mulligan	46	2:30:00	2:13:40
22	Pam Parker	42	3:00:00	2:13:43
23	Richard Park	54	2:10:00	2:14:02
24	Pete Tonsits	45	2:10:00	2:17:43
25	Ken Finn	43	2:25:00	2:22:14
26	Kim Greer	46	2:15:00	2:22:58
27	Alfredo Matheus	46	2:45:00	2:23:00
28	James McCurdy	40	2:30:00	2:23:46

Our Great Race 5K

Place	Age	City	Time	Place	Age	City	Time	Place	Age	City	Time	
Men												
1	Rick Shoulberg	46 Manitou	0:19:48	27	Tuan Ha	27 Colo Sprng	0:26:47	7	Tammy Smith	42 Colo Sprng	0:27:22	
2	Richard Nelson	46 Fairplay	0:20:54	28	Tim Mullins	36 Colo Sprng	0:27:02	8	Brenna Nelson	12 Fairplay	0:27:25	
3	Tim Barry	46 Colo Sprng	0:21:10	29	Stephen Boykin	15 Colo Sprng	0:27:11	9	Heather Evans	36 Colo Sprng	0:27:44	
4	Joel Smith	30 Colo Sprng	0:21:12	30	Nicholas Ulfers	12 Colo Sprng	0:27:48	10	Karen Barry	49 Colo Sprng	0:27:57	
5	Jim Hendricks	43 Colo Sprng	0:21:24	31	Terry Vernon	50 Murriete	0:28:00	11	Leslie Hennessy	56 Colo Sprng	0:28:27	
6	George Greco	59 Colo Sprng	0:21:57	32	Randy Kunkel	65 Colo Sprng	0:28:28	12	Tasha Norman	41 Colo Sprng	0:28:50	
7	Carl Nelson	59 Colo Sprng	0:22:20	33	Scott Wolf	42 Colo Sprng	0:29:31	13	Danielle Bonderenko	36 Colo Sprng	0:29:04	
8	Travis Hybki	17 Colo Sprng	0:22:38	34	Keith Holcomb	42 Colo Sprng	0:30:59	14	Shanina Mills	13 Colo Sprng	0:30:42	
9	Richard Park	54 Colo Sprng	0:22:48	35	Kenneth Holmes	62 Colo Sprng	0:31:04	15	Kristine Duffy	24 New Brighton	0:31:07	
10	Greg Brown	50 Colo Sprng	0:22:52	36	Calvin Nordberg	13 Colo Sprng	0:31:20	16	Moirin Nelson	8 Fairplay	0:31:51	
11	C. Greenbaum	44 Colo Sprng	0:22:54	37	Jeffrey Barden	43 Colo Sprng	0:31:26	17	Joan LAndrum	47 Monument	0:32:11	
12	Mathew Tavera	17 Colo Sprng	0:23:03	38	Barry Tiggermann	24 Colo Sprng	0:33:37	18	Janis Michel	48 Colo Sprng	0:32:13	
13	Alex Haberkorn	11 Falcon	0:23:07	39	Donnie Byers	10 Colo Sprng	0:34:33	19	Judith Russell	60 Colo Sprng	0:32:34	
14	Jeffrey Jury	47 Fountain	0:23:40	40	Michael Lohan	57 Centennial	0:34:34	20	Allyson O'Brien	40 Colo Sprng	0:32:36	
15	Tim Terrill	50 Colo Sprng	0:23:54	41	Charles Foster	47 Colo Sprng	0:35:10	21	Brenda DeMars	55 Colo Sprng	0:32:45	
16	Andrew Wilson	40 Elbert	0:24:00	42	Jerred Abdella	12 Elbert	0:37:12	22	Jo Bradley	25 Colo Sprng	0:33:37	
17	Don Byers	51 Colo Sprng	0:24:35	43	Tony Abdella	53 Elbert	0:37:12	23	Amy Barker	26 Colo Sprng	0:35:15	
18	Dean Buck	48 Colo Sprng	0:24:41	44	Carey Westover	44 Colo Sprng	0:37:55	24	Becky Kyle	25 Colo Sprng	0:35:16	
19	William Keller	38 Colo Sprng	0:24:50	45	Bill Gallegos	77 Colo Sprng	0:41:46	25	Nanette Nelson	46 Fairplay	0:41:26	
20	Gary Yun	16 Colo Sprng	0:25:13	Women					26	Robin Satterwhite	56 Colo Sprng	0:41:47
21	Josh Herman	26 Colo Sprng	0:25:14	1	Shar Greenbaum	44 C. Sprng	0:22:55	27	Jennifer Squibel	29	0:41:47	
22	Douglas Larkey	35 Colo Sprng	0:26:08	2	Kristy Milligan	29 Colo Sprng	0:24:30	28	Erika Counts	31 Colo Sprng	0:46:08	
23	Jeromy Harsh	16 Colo Sprng	0:26:10	3	Jessica Amundson	27 Colo Sprng	0:25:01	29	Sarah Clarke	49 Colo Sprng	0:46:08	
24	Steve Hybki	39 Colo Sprng	0:26:24	4	Lisa Ratterree	46 Falcon	0:25:16	30	Samantha Kerr	38 Colo Sprng	0:46:09	
25	Phillip Smith	44 Colo Sprng	0:26:30	5	Michelle Farrell	38 Colo Sprng	0:25:22	31	Julie Foster	71 Colo Sprng	0:46:40	
26	Joseph Landry	16 Colo Sprng	0:26:33	6	Andrea Owen	32 Colo Sprng	0:25:40	32	Storme Rose	71 Colo Sprng	0:46:43	

Pony Express Results

Place		Age	Prediction	Actual
29	Brad Olson	45	3:00:00	2:25:28
30	Erin Hannan	41	2:30:00	2:25:43
31	JD McKenna	53	2:30:00	2:26:16
32	Sebastien Mullebroock	27	2:30:00	2:26:24
33	Gordon Neal	50	2:45:00	2:27:26
34	Pankaj Patil	29	2:20:00	2:28:58
35	Marilyn Goodloe	45	2:37:00	2:29:45
36	Jill Montera	41	2:30:00	2:29:56
37	Jaclyn Grostick	26	3:15:00	2:32:03
38	Mary Williams	49	2:30:00	2:33:50
39	Esme DeLange	43	2:30:00	2:34:26
	Jodel Hartfield	44	2:30:00	2:35:14
40	Megan O'Boyle	30	2:20:00	2:35:36
41	Jeffrey Jury	46	2:25:00	2:35:45
42	Rusty Smith	40	2:45:00	2:35:56
	Tracy Chenoweth	33	2:45:00	2:36:09
43	Diane Kelsay	43	2:40:00	2:36:26
44	Jessica Raab	36	2:30:00	2:36:33
45	Patty Nolz	46	2:30:00	2:36:34
46	Don Byers	51	2:30:00	2:37:26
47	Alyssa Samuel	24		2:37:33
48	Bill Keller	38	2:30:00	2:37:58
49	David Smithey	16	3:00:00	2:38:36
50	John Reynolds	54	2:45:00	2:38:54
51	Brian Smithey	45	2:50:00	2:38:55



Paul Sullivan emerges from the woods setting out on the final stretch up Rainbow Gulch, just over a mile. The entire course is just over 15 miles.

72	Jessica Muzzio	36	2:30:00	2:58:54
73	Jay Kith	54	3:00:00	2:59:50
74	Sabrina Witt	26	3:00:00	3:00:03
76	John Cassidy	42	2:45:00	3:09:41
77	John Shaw	64	3:00:00	3:11:31
78	Ruszel Allen	43	2:30:00	3:11:37
79	Sandra Perkins	45	3:30:00	3:12:55
80	Mireille Cameron	38	3:00:00	3:15:55
81	John Crouse	57	3:00:00	3:17:05
82	Erin Tatum	39	3:50:00	3:21:33
83	Marilee McDonald	54	3:30:00	3:24:08
84	Bill Moyle	68	3:35:00	3:30:00
85	Mark Thompson	46	3:30:00	3:39:02
86	Cindy Thompson	39	3:30:00	3:39:03
87	Sheena Bridges	32	3:00:00	4:06:48
88	Trisha Ferguson	55	3:00:00	4:07:24
87	Linda Aiman		3:30:00	4:36:50
92	Malcolm Gibson	49	3:10:00	4:47:56
	Al Glock	55	sweep	sweep
	in spirit Jim Johnson	46	2:10:00	



Larry Miller (rear) mans the aid station at 4M via mountain bike, carrying water and cups on his back and marking the course as he goes.

52	Marc Wulkuhle	33	2:45:00	2:38:57
53	Sara Wulkuhle	32	2:45:00	2:39:02
54	Eric Steiner	60	2:30:00	2:41:05
55	Teri Harper	44	3:00:00	2:41:58
56	Heidi Hiltbrunner	25	2:45:00	2:42:23
57	Kelly Jackson	47	2:50:00	2:43:18
58	John Mills	56	2:40:00	2:44:09
59	David Hendrix	43	2:45:00	2:45:56
60	Tina Cassens	38	2:30:00	2:48:44
61	Deanna Sanders	32	2:40:00	2:48:49
62	Karl Schaller	50	2:30:00	2:50:03
63	Geoff Miller	49	2:45:00	2:50:04
64	Tim Mitros	47	3:02:00	2:50:28
65	Sandes Moller	54	2:00:00	2:50:50
66	Jim Dougherty	33	2:45:00	2:52:06
67	Lindy Crawford	43	3:00:00	2:55:15
68	Jennifer Gale	36	2:30:00	2:55:46
69	Lori Hawkins	46	3:10:00	2:55:59
70	Larry Haney	52	3:00:00	2:57:49
71	Pete Doyle	61	2:00:00	2:58:29



Four great trail runs One great series

Team competition
Kid's Series

#1: Monument Valley Park
Sep 30th 3.5M

Grass, trails, and feet wet in Monument Valley Park

#2: Bear Creek Park
Oct 14th 4.5M

All around (and in) Bear Creek, ropes provided!

#3: Ute Valley Park
Oct 28th, 5.5M

Multiple challenge: rocks and roots and mud

#4: Palmer Park
Nov 11th 6.5M

One tough race on technical trails

ALL START TIMES 11:30
(1:30 FOR KIDS)

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