



**Pikes
Peak
Road Runners**

the **LONG RUN**

Volume 31 Issue 9

Running News for the Pike's Peak Region

September 2009

Leadville Trail 100
Local runners super strong

The Speedgoat 50K
Karl Meltzer's new ultra piles on
12,000 of vertical

The Wild West Relay
Tag-Teaming in northern Colorado

PPRR Information

Officers

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Vice President:	Micky Simpson	495-5891
Secretary:	Patricia Lockhart	598-2953
Treasurer:	Gil Kindt	328-9828

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

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Calendar:	Dave Sorenson*	
Course Marking:	Travis Waldrip	282-1671
Equipment:	Larry Miller	590-7086
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Event Promotion:	Micky Simpson	495-5891
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Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

*davidsoreson@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 **September 4th**.

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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Jack Anthony
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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 **September 12th**.

Long Run Stuffing Party

Note: Next stuffing is **Wednesday September 26th**, which is the **fourth Wednesday**, not the third.

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

800 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 Summer months are rapidly slipping away. The cool and cold starts of fall are only a few weeks away. The Colorado summers are dominated by races nearly every weekend. But all too soon, runners will have to search listings to find races in their area. A lucky few will check the airlines and hotel listings and prepare for the warm-climate marathon season. Others will switch their attention to another sport to fill their fall and winter activity. September is a good month to look back and see ones accomplishments, while there's still time to make last minute adjustments. Some of us have already set new personal records while others are resetting the bar. The opportunities are beginning to dry up, it's time to look back and reflect.

I'm pleased when I look back at this years accomplishments of the Pikes Peak Road Runners Board of Directors. Our participation as race managers has generated thousands of dollars for local charities, schools and clubs. The Veteran's Home Run alone contributed over \$6,000 to the Crawford House for local Veteran's services. In the June Long Run, I talked about "Helping by Proxy". This isn't anything new by any means and wasn't invented by the PPRR staff, but the idea is definitely catching on. There's a new web site where runners can use their talent to support a cause. Check it out at www.ChangingThePresent.org/drives. The club has two new Life Members and our membership continues its steady rise. We've reviewed the Club's Constitution and updated the Policy Handbook to include an Addendum for Board members. Board members are now offered two "Comps" to give away as a reward for their service on the board. Our local running stores are now prominently displayed on our webpage reflecting their importance to our members. We've surveyed our community on the need for Pike Peak Road Runners apparel and determined that it wasn't as important as first thought. We've continued our winning news letter and web page practices with lots of color and photos. We've reached out to members at random and asked them for their advice and impression of how we're doing. We've got a ways to go; but we've been a ways too.

There's nothing like a bit of reflection to reinforce your confidence, to see where you've been, how far you've come and how you're going to reach that finish line. In a speech given by Steve Scott, the USA mile record holder, on the day his record was broke by Alan Webb, he said, and I

Cover Photo: Joe Pastorello of Colorado Springs wears a look of mighty satisfaction after 29 hours and 40 minutes of grit and determination running the Leadville 100 (photo by Jim Kelleher)

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paraphrase, "I've run over 136 sub-four minute miles and my record time of 3:47.69 has stood for 25 years. Yesterday I could have addressed you as the fastest American miler, but today, thanks to Alan Webb, I'm nobody important, but I still hold the record for the most sub-four minute miles!" This September, look back at what you've accomplished and the opportunities remaining.

We'd like to hear from you; what you've achieved and what you'd like to accomplish. There's no better incentive than to formally proclaim your goal to others. Share with us your stories of achieving your personal records. That's what a community of runners does. Until next month, run fast, run safe.

Jon Gornick

7TH ANNUAL

AMERICAN DISCOVERY TRAIL MARATHON AND HALF MARATHON



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Proceeds from the 5K Fitness Challenge will be used by the YMCA of the Pikes Peak Region for the education and prevention of childhood obesity in our community.



COLORADO SPRINGS, CO
LABOR DAY
SEPTEMBER 3, 2007
AMERICA THE BEAUTIFUL PARK

START TIMES:

- Marathon..... 6:30 a.m.
- Half Marathon 7:30 a.m.
- 5K Fitness Challenge..... 7:45 a.m.
- Children's Fun Run..... 8:30 a.m.



PROCEEDS FROM THE MARATHON WILL BENEFIT



Usually, I'm glad to run out of space in this little newsletter-turned-magazine. But there were a number of pictures I wanted to include for which there is now no room, pictures that exemplify what a supportive crew can mean to ultra-runners. One scene in particular caught my eye. A 29th hour finisher and one of his support crew were sitting on a low retaining wall near the finish. He is completely bowed over, head practically below his knees, while she is somehow sitting upright, head cocked way to the side, taking a cat nap. It's hard to tell, at first glance, which is the runner and which the crew, since he looks only slightly more tired than she. Well, now I can relate.

This year, I joined the ranks of crew for my friend Kristi (she tells you a few pages down about her Speedgoat 50K). She wanted this and that at every aid station along the course, so I drove around in the dutiful parade of vehicles from aid station to aid station, and waited...and waited. One has to allow for time to park and actually get to a rendezvous point before their runner, who may have speeded up, so usually, I arrived early. But more likely, the runner is behind their pace, so the wait is just that much longer. I decided that a good qualification for crew is a firm belief in that Buddhist saying, "All things come to him who waits."

Of course, I was there to take pictures and take in the race. I had hours to ride my bike around and talk to runners, who, far from being bothered, always seemed glad to receive a greeting and some words of encouragement. Riding beside a runner is probably against some crewing rule, but since I adopted a dozen or so back-of-the-packers equally as I flitted back and forth from Halfmoon to the Fish Hatchery, I figured it was me who would get thrown out rather than them. Besides, it gave me something to do.

Sherry Weddell wrote in July's issue about what she called "the Leadville Effect", the raising of expectations and provision of encouragement that others provide the runner. There is no place like that of a crew person to witness this in action. Even the elite runners, for all their swiftness, would not post such fast times were it not for crew. Without supporters, Krupicka and Carpenter would be rummaging through the drop bag pile with the rest of us. Do that 8 to 10 times and it would really put a dent in the course records.

My final observation is on the nobleness of working for another with virtually no recognition or payback. Even more than pacers, the crew is invisible. There is no award, no money, no reward for the hours except that of helping another reach their goal. What a better place this world would be if we all crewed a little more.

Jim Kesseher, Editor

10 Years Ago

Larry Miller, club president, offers members a \$2 discount at the Fall Series registration if they wear their PPRR pin, and warns that part of the running will have to be done backwards! Editor Carol Lyndell reports on her Achilles heel tendonitis, suffered not from running but from lawn mowing. Among race announcements is a 100K/50K, the Dave Garrison Memorial, in a place not known for its ultras: Colorado Springs. Where? A two-mile loop in Monument Valley Park!



20 Years Ago



In the September 1987 issue, we read that the Pikes Peak Road Runners donated \$1000 to the Colorado Amateur Sports Corporation towards the establishing of the Olympic Hall of Fame and decided to give them also the proceeds from the annual Panoramic Run. Also noted is that the '87 Pikes Peak Marathon had among its women runners the winners of the four previous races as defending champ Judy McCreery had her string of three victories broken by Chris Maisto of New Hampshire. Judy also won the Triple Crown 5 consecutive years. Finally, Al Davenport gives a number of pointers for the less social runners: dusting that pesky rival, such as strategic dogging: "Run where he can hear you, but not see you." This will devastate and stress your rival and cause panic!

30 Years Ago

September 1977's issue, the sixth *Sever Long Run*, edited by Tim Ladewig, reports that over 500 runners started started the Pikes Peak Marathon. Registration was open until a week before the event! Tim put in a 5:01 effort to take 38th place, PPRR Vice President Carl McDaniel was 36th with 4:59, and Treasurer Terry Leeper was 15th in 4:40. Another event was the Silver Streak 10K run from Silvercliffe to Westcilffe, presumably by a roundabout course (the two towns are only a couple of blocks apart). Also reported is the Steve Prefontaine Memorial Rabbit Ears Pass run, a 6.7 miler for which a dozen PPRR members travelled up to Steamboat Springs.



News and Events

The American Discovery Trail Marathon Pace Team

The ADTM offers new fun and excitement this Labor Day for both first-time, and experienced marathoners looking to reach their running goals, whether it's a personal best, or just getting across the finish line. The ADT Marathon Pace Team is providing group pacers to assist runners in achieving their goal time for the marathon. Target paces will be 4:00, 4:30, 5:00, and 5:30 minutes per mile. Just pick your pace and find a pacer that will run it

ADTM Pace Team runners will be holding a sign with their pace time at the start of the race. They will also have a bib pinned to their back with the pace time on it. They will utilize a mix of high-tech and the old-fashioned watch/mile-marker combination to maintain a steady pace.

The team will be available to answer your questions at the pre-race. Participation is free! Just send your name, gender, and pace time you prefer to run with (4:00, 4:30, 5:00, or 5:30) to Sara at wulfkuhle@yahoo.com. Contact her for more information as well.

Race pace: a matter of head or heart?

Speaking of pacing, according to Triathlon coach Patrick McCrann, there are two ways to run a marathon: the right way and the wrong way. "The only time I tell folks to run to a pace is if they are in their 3rd marathon (or more), or if they have a significant running background and can't function without numbers." For everyone else, they should run by heart rate. The goal is about 20 beats below one's Lactate Threshold heart rate. "My LT is 162 beats, so my happy place on the run is 142 beats. Over the years I have been able to run up to

145, but that's about it...and that was redlining it." A very simple estimate of lactate threshold is to assume that it occurs at 85-90% maximum heart rate, and *that* can be reckoned by multiplying your age by 0.7 and subtracting from 208.

For more of Patrick's advice, see askatricocoach.wordpress.com/coach-patrick.

Historical timeline for women's running

Check out a fascinating time-line of women's running/ walking at runtheplanet.com/resources/historical/womens-history.asp

In the history of women's running, both the Pike's Peak Ascent and Marathon are major milestones. Women first competed in the 1928 Olympic but after several competitors in the 800 meter race fainted at the end, the 800 meter was dropped until 1960. It was widely assumed that for a woman to run more than a mile was dangerous.

So when two women participated



in the 1936 Pikes Peak Ascent, they made history. Agnes Nelleson reached the top in six hours and 42 minutes. It took another 23 years for women to run the Pikes Peak Marathon. Arlene Pieper came in first in the 1959 Marathon but a 53 year old grandmother beat her to the top and Pieper's 10 year old

daughter finished the ascent in 5 hours, 44 minutes.

Can women's running times ever eclipse men's?

According to Dr. Lewis Maharam of Runner's World website, when you think how long into the running boom we got before women were allowed into marathons, the latest scientific speculation about their endurance power becomes even more ironic. When you compare female endurance reserves to those of the stronger men who were protecting the "weaker sex" as too delicate, the situation may actually be the reverse.

Whatever advantage women do possess probably doesn't kick in until an event gets at long as an ultra. By some theories, the longer the event, the greater the possible advantage. It may be a matter of (usually unwanted!) fat stores. We know that after about 18 miles of steady running, the body begins getting low on glycogen and turns increasingly to other energy stores to keep going; hence the infamous "wall." Women may be more efficient at using that body fat early, and saving the glycogen for the long haul. When combined with women's greater body fat reserves, the implications are better endurance.

There is also estrogen to the rescue. Estrogen may attach to a neurotransmitter in the brain, and delay the fatigue message. As a re-



sult, women may not feel as tired as their male counterparts. The estrogen advantage continues even after menopause.

Still, despite the positive signs, women marathoners will not likely ever run as fast as men. But the margin of differences in ultras could narrow as time goes on. Indeed a look at course records in some ultra trail running events does indicate this trend as more and more women take up the sport.

On banning headphones

USA Track & Field adopted a new rule last December banning the use of headphones and other music devices at all USATF-sanctioned running events. USATF, the governing body for long-distance running and track & field in the United States, adopted the rule in an effort to increase runner safety. Previous guidelines recommended the prohibition of music devices for long-distance running events, but such a measure had not been mandatory until this year.

USATF reviews its rules every two years, and its previous deliberations, in 2004, occurred before Apple had introduced either the iPod Nano or Shuffle, and the same year Oakley introduced sunglasses with an MP3 player. The latest version of the Shuffle, a clip-on device slightly bigger than a postage stamp, hit stores three months before USATF passed the ban.

RRCA, PPRR's national affiliation, "urges extreme caution in any use of headphones in training or routine running," and "regards headphones as a safety hazard in a running event." It recommends that "RRCA sanctioned races prohibit the wearing of headphones."

The ban raises philosophical questions for some about how runners define their running experience. For some, the soothing tones of

smooth jazz bring relief from the bustling sounds of city traffic. For others, the driving beat of rock adds needed motivation and forward momentum.

Objections go beyond the arena of mere preference, however, and quickly turn to safety issues. Recently, a young woman wearing an iPod was run over by a train in Florida. Supporters of the ban were quick to use this as an example, albeit an extreme one, of the hazard of tuning out the environment. But others pointed out that being hit by a train shouldn't happen even if a runner were truly deaf. One blog entry asks, "Did she have a blindfold on along with the iPod?"

Then there is the matter of courtesy, especially on trails. Trail etiquette, in practice or in racing, requires the slower runner to at least not impede a faster one from passing. But tuned into heavy metal rather than the crickets, a runner on single track can seem rudely unresponsive to repeated requests to "pass on your left".

If RRCA toughens its stand, it could affect all PPRR sponsored races. But for now, go ahead and bring that mp3 player for your Labor Day events (you are running in the ADTM, right?). Just don't be surprised when someone taps you on the shoulder interrupting your U2 reverie.

What do you think? Should PPRR ban headphones for its races? Let us know at editor@pprrun.org.

Snakes in the grass?

For Julie Roach of Fort Collins, what started out as a glorious morning trail run last July turned into a near-death experience. We hear lots of denial amongst trail runners that rattlesnakes even exist around here, so we're running this account as a little reminder:

"I started my run at the trail

head at the end of a county road off of Overland Trail (I can never remember the name of the road). I was planning on doing about a 4 mile loop. I was with my dog...and everything was great for the first 20 minutes. Then, I'm thinking that Seamus may have spooked the snake and he rattled, because something made me look down. He was curled up right next to the trail on my left side. I looked down and saw him, and 1 second later, I saw him bite me on my lower left calf. I screamed and ran away.

"At first it didn't even hurt, although I think this could have been adrenaline playing a trick on me. I didn't have a cell phone or anything and just figured I needed to get back to my car as soon as possible. I was not aware of the extreme danger of a snake bite so I just figured I would get back home and call a doctor to make sure I didn't need to do anything. In my effort to get down as soon as possible, I didn't think about the fact that continuing to run would only keep my heart and blood flow

continued on page 8

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Activator Methods

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"Motion is life"

News and Events

continued from page 7

increased, thus increasing the speed at which the venom pumped through me.

"A few minutes into it my leg started hurting. I just kept hobbling along. Then, I saw the two mountain bikers coming towards me. I flagged them down and told them what happened and asked them what I should do. They said I needed to get down as soon as possible. For the next five minutes I was fine and I kept walking with them towards the road. Then, it hit me. I suddenly felt very dizzy and nauseous. My legs, arms, and face went numb and I felt like I

weight 800 pounds. I sat down and felt paralyzed. Then I started vomiting and feeling really weak.

"The next thing I remember is the paramedics showing up. I remember them cutting my shirt and hooking me up to an IV right there in the field. I remember them asking me questions like my name, address, allergies, etc., and having such a difficult time responding. Then I remember the loud sound of the helicopter. Then I remember the ER and there being so many people in there poking and prodding me. I remember hearing them say, "We can't find a pulse. Blood pressure's dropping." I remember being very scared and even wondered if I might die at one point.

"Once I was stabilized I was brought to my room in the ICU. They were taking blood samples every hour for a while and I was hooked up to 2 IVs in both of my arms. I was given a total of 18 vials of anti-venom and about 8 liters of IV fluid. I had severe edema while I was in the hospital and my leg was especially swollen and painful.

"I really believe those bikers were my guardian angels that day. I have been on that trail early in the morning before and have never seen a soul. I clearly would not have made it back to my car. I feel extremely lucky to be here. I will also always bring a cell phone with me from now on. I also probably won't be running that trail ever again!!"

News from Plano, Texas

Plano had some good news and some bad news in July. Good news was a turnout of 284 runners, a new club record. We may get 300 soon. The bad news comes in two parts. First, We had rain during our monthly race for the second time in nineteen years. Fortunately, it was light rain, with no lightning.

Second, our computerized finish

line broke down. Finishers 30 through 120 were listed manually, and Jerry Powell, our president, then matched names with recorded times. He knows there were errors. This was an ordinary monthly event, with no special prizes or national records involved, so there should not be much of a problem. As a Pikes Peak Road Runner, you know that runners do not think that way, and it will take a while to get all the complaints sorted out. I know one lady that ran very hard, saw the line of finishers waiting to get listed, and just stepped away and sat down. She was not listed as a finisher. Your fine paper says the Nielson Challenge shared our experience, with a record number of runners and a computer breakdown. I can offer sympathy, but not much else.

Also, **Micky Simpson** is asking for volunteers. I was only in Colorado Springs for six months, and with the Pikes Peak Road Runners for about half that. Volunteering for races and newsletter stuffing was the way I met the best of a fine group of people. Those that volunteer will meet the people that continue to make your club so wonderful. It only takes a little individual effort from each member other than the officers to keep it great and growing. The truly ambitious will find that serving as an officer or director will take care of that leisure time they are now wasting on frivolities.

Regards,
William L. Jones



*You are not limited by fitness,
lifestyle or equipment.
Your biggest limiter is the belief in
your own potential.- Coach Patrick*

July Newsletter Volunteers!

Hosted by the
Colorado Running
Company

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

Jim Beckenhaupt
Al Grimme
Lynn Hall
Norm Hall
Teri Harper
Jim Kelleher
Melissa Leftwich
Larry Miller
Micky Simpson
Jeff Smith
Eric Sova
Jon Teisher

Membership

Welcome New Members

Chris Applin	Colorado Springs
Ciprian Applin	Colorado Springs
Sam Applin	Colorado Springs
Steve Applin	Colorado Springs
Kristin Chadwick	Colorado Springs
Harold Cunningham	Peyton
Jessica Erickson	Colorado Springs
Duane France	Fort Carson
Jacob Franz	Larkspur
Jeremy Franz	Larkspur
Lisa Franz	Larkspur
Mark Franz	Larkspur
Derek Frickey	Colorado Springs
Jim Hendricks	Colorado Springs
Megan Higgins	Colorado Springs
Cody Landrum	Monument
Joan Landrum	Monument
Kristy Milligan	Colorado Springs
Lem Myers	Colorado Springs
Elizabeth Paul	Colorado Springs
Julie Rhen	Colorado Springs
Joel Schuessler	Colorado Springs
Justin Schuessler	Colorado Springs
Melissa Schuessler	Colorado Springs
Nathan Schuessler	Colorado Springs
Dennis Stalnaker	Colorado Springs
Rebekah Vint	Colorado Springs
Billy Weaver	Colorado Springs
Michele Weaver	Colorado Springs
Darrah Young	Colorado Springs

Renewing Members

Cymmie Bailey	Colorado Springs
Bert Carollo	Colorado Springs
Mary Carollo	Colorado Springs
Melva Coughlin	Peyton
Benjamin Dingman	Colorado Springs
Brad Dingman	Colorado Springs
Debbie Dingman	Colorado Springs
Emily Dingman	Colorado Springs
Linda Fisher	Colorado Springs
John Goodloe	Colorado Springs
Leah Goodloe	Colorado Springs
Marilyn Goodloe	Colorado Springs
Scott Gray	Woodland Park
Daniel Greer	Larkspur
Kim Greer	Larkspur
Rebecca Greer	Larkspur
Rodger Greer	Larkspur
Lisa Heckel	Colorado Springs
Susan Hirst	Colorado Springs
Dan Jaecks	Colorado Springs
Jack Janney	Lompoc
Jim Kelleher	Colorado Springs
Carol Lyndell	Colorado Springs
Daniel Polak	Colorado Springs
Amy Regnier	Colorado Springs
Julie Schraml	Colorado Springs
Crystal Snyder	Colorado Springs
Jon Teisher	Sunbury
Karen Wood	Elbert



Are you expiring?

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

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

Trail Clean-up

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

Allergies or asthma affecting your sports activities?

Exercise-induced asthma is a common problem in athletes



The William Storms Allergy Clinic

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



The mailing prep for the Long Run doubles as PPRR's monthly social get-together, and with pizza and refreshments, volunteers don't need to worry about grabbing dinner before the 6:30 start.

2007 Volunteer Recognition

Bronze Level: up to 20 Hours*

You have earned a
PPRR t-shirt

Andrew Abdella 10
Jerred Abdella 18
Debbie Bloch 17
Dean Buck 10
Dee Budden 20
Beverly Carver 20
Jimmy Carver 11
Dan Cleveland 18
John Crouse 20
Andy Dimmen 16
Heather Evans 17
Jeth Fogg 16
Taylor Fogg 12
Bob Foster 19
Lynne Hall 10
Norm Hall 10
Emmett Hawkins 11
Lori Hawkins 16
Lisa Heckel 10
Diana Holmes 14
Luis Lowe 10
Melissa Leftwich 14
Luis Lowe 10
Troy Matos 20
Wayne McBride 16
Jim Newton 10
John O'Neill 18
Steve Reed 15
Rob Ronas 13
Storme Rose 19
Bob Royse 17
Allen Schoffstall 14
Mike Shafai 16
Leroy Smith 10
Sydney Steffans 13
Tim Steffans 13
Dave Thomson 14
Lo Wright 16

Silver Level: 21 to 50 Hours*

You have earned a cap or
complimentary race entry

Sheri Abdella 42
Tony Abdella 29

Steve Abeyta 26
Dave Balzar 34
Jan Balzar 38
Gordon Barnett 40
Marie Baughman 39
Matt Carpenter 45
Jon Cornick 46
Tom Dewane 22
Julie Foster 36
Ron Garcia 37
John Gardner 43
Phil Goulding 27
Kees Guijt 44
Lyn Hale 37
Teri Harper 32
Rick Hesseck 38
Susan Hoxie 27
Don Johnson 43
Sandy Lowe 25
Cruz Martinez 43
Eric Mullins 26
Bill Ransom 38
Janet Rose 26
Robin Sattershite 42
Jeff Smith 23
Jon Teisher 21
RT Tollin 47
Kate Waldrip 23
Cady Waters 36
Melissa waters 44
Christian Wulfskuhle 27
Halee Wulfskuhle 30

Marc Wulfskuhle 29
Sara Wulfskuhle 36

Gold Level: 51 to 75 Hours*

You have earned a jacket

Jack Anthony 61
Cymmie Bailey 51
Phil Foster 67
Al Grimme 69
Gil Kindt 64
Luci Stansberry 70
Travis Waldrip 57

Diamond Level: 76 to 99 Hours

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

Jim Beckenhaupt 87
Angie Earle 72

Platinum Level: 100+ Hours*

You will receive
special recognition
at the rewards dinner

Jim Kelleher 340
Pat Lockhart 215
Larry Miller 159
Micky Simpson 120
Dave Sorenson 181



PPRR board members John O'Neil (C) and Larry Miller (R) work with other volunteers preparing racing bibs for the PP Ascent and Marathon. Come help with the ADTM if you're not running!

Volunteer Corner



Just a reminder that the **American Discovery Trail Marathon** is coming up on Labor Day and we need lots of volunteers! I need

help with registration and packet pickup at Colorado Running Company on Friday, August 31st, Sat. and Sun. Sep 1st and 2nd, and also on Race day.

We also need help setting up at America the Beautiful Park on Sunday, September 2nd at 12 noon for a couple of hours.

Finally, on race day, we need volunteers for ALL positions, helping with food, water stops, course marshals, set up and tear down.

This race requires close to 150 volunteers, so please consider helping out. You can contact me at **cymmieb@qwest.net** or Emilie Satterwhite, who has generously offered to assist me this year, at **esatterwhite@gmail.com**.

For those that are interested, I did run in the Garden of the Gods 10 mile race and finished with a respectable time. It was a fantastic experience for me and I want to thank all of the volunteers and runners who encouraged me throughout the training runs and on race day. I couldn't have done it without you!

Cymmie Bailey,

Volunteer Coordinator



Member Spotlight: Melissa Waters

by Micky Simpson

Among our members, we have people who participate in running in a number of different ways. Some just love to run, while others coach and still others volunteer. Melissa Waters fits all three into her busy schedule.

Melissa is the mother of four terrific kids, ranging from elementary to high school. For the past six years, in her spare time, she has coached the Classical Academy Cross Country team, which has come in first at State for the past four years. She says it is very time consuming, but she loves the kids and wants them to be runners for the rest of their lives. It makes her feel really special when previous team members contact her to tell her how their running is going. Her own daughter, Cady, has even been on her team for three years. Her youngest, Emily, will be running the Kid's Fall Series this year. As you can tell, Melissa's love of running is contagious.

If you have gone to the PPRR web site recently, you will have seen Melissa on the Wild West Relay team. This group of six participated in the 195 mile relay race from Fort Collins to Steamboat Springs and they had a blast doing it. She says that her goals for her own running are to continue to enjoy running, not get injured and help others find the same enjoyment. She would like to qualify for and run the Boston Marathon, but can be patient until all of the "running variables" align.

Hopefully this will happen soon, but in the meantime she will be a pacer for the American Discovery Trail Marathon on Labor Day. She and other friends saw a need to help runners meet their goals in our local marathon. To do this, Melissa will be using her extensive running experience, mile markers, and her Garmin GPS unit to help keep an even 5:30 marathon pace.

Melissa, and the whole Waters family, have been fixtures at the



On a frigid winter morning, Melissa Waters greets Winter Series registrants with a smile.

Winter Series, helping with race-day registration, t-shirt distribution, and the awards dinners for several years. She is also, appropriately, in charge of the Winter Series High School Challenge.

Melissa's commitment to running and its continuation through other generations is really wonderful to see. I just hope that all who come in contact with her let her know how much she is appreciated.



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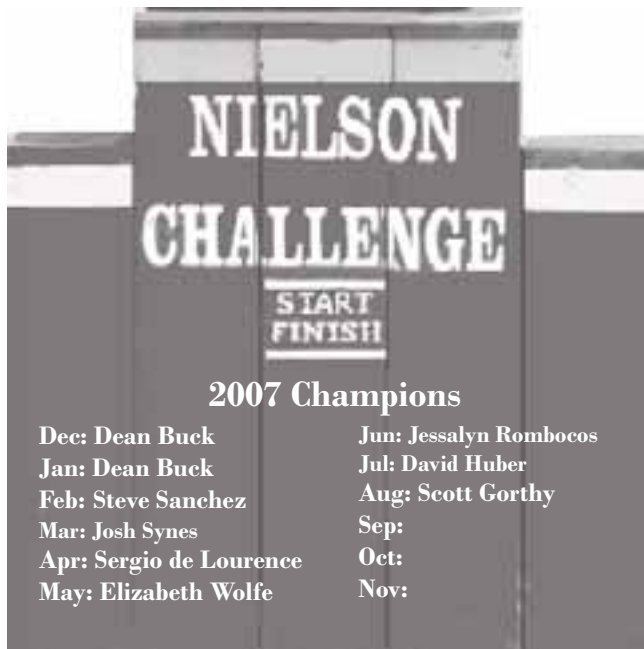
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The Nielson Memorial in Monument Park, commemorating Larry Nielson, marks the start of the monthly handicap race.

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 Turnout for Nielson

Clear blue skies and mild temps greeted an all time record 122 participants for the Nielson Challenge, following suit for this summer's tremendous response to local race events. While ace results handicapper **Dave Sorenson** was off attending to other duties, a great group of volunteers took up their own challenge to register and handicap the exceptional crowd.

Speedy **Mike Williams** was first across the finish followed by Trevor Waliszewski, the morning's two sub-11 minute finishers for the two mile course. But **Scott Gorthy** took first honors, improving his previous handicap by a whopping 5:02. Congratulations Scott.

Thanks to **Phil Foster, Bill Gallegos, Sheri Abdella, Pat Lockhart, Robin Satterwhite, Leroy Smith, Kim Haberkorn, Kobi Rex, Kyle Rex, and Leslie Pearce** for making August's Nielson Challenge possible!



August Results

Name	Place	Handicap	Actual	Difference
Scott Gorthy	21	18:55.9	13:53.6	- 05:02.3
Emily Jusell	55	17:56.8	16:03.1	- 01:53.7
Bren Triplett	67	19:13.0	17:21.2	- 01:51.8
Lacey Dodge	101	24:12.4	22:45.5	- 01:26.9
Megan Sherrill	50	16:52.5	15:43.4	- 01:09.1
Ben Hanenburg	22	14:59.2	13:54.2	- 01:05.0
Cady Waters	49	16:43.8	15:42.9	- 01:00.9
Kaitlin Hanenburg	8	12:49.7	11:55.3	- 00:54.4
John Metzger	7	12:47.1	11:53.6	- 00:53.5
Paul Sherril	53	16:50.7	15:58.0	- 00:52.7
Gale L. Gerken	110	26:40.3	25:47.9	- 00:52.4
Travis Hybki	40	15:38.1	14:46.7	- 00:51.4
Steve Hybki	52	16:43.9	15:55.6	- 00:48.3
Greg O'Boyle	34	15:18.4	14:30.6	- 00:47.8
Elizabeth Wolfe	92	21:50.0	21:02.2	- 00:47.8
Ed Gleason	27	15:00.1	14:13.2	- 00:46.9
Cliff Donnelly	86	20:41.7	20:00.8	- 00:40.9
Sam Feldotto	4	11:57.5	11:36.4	- 00:21.1
Paul Jaszowskiak	10	12:37.6	12:18.2	- 00:19.4
Stephanie Rabb	115	28:53.3	28:36.3	- 00:17.0
Erich Gohlke	14	13:01.5	12:45.8	- 00:15.7
John Rabb	116	28:52.5	28:37.0	- 00:15.5
Jeff Chowning	16	13:47.3	13:32.3	- 00:15.0
Robert Versaw	3	11:43.1	11:30.9	- 00:12.2
Michael Williams	1	10:57.9	10:46.3	- 00:11.6
Kristy Milligan	51	16:03.6	15:52.3	- 00:11.3
Sharon Greenbaum	32	14:31.6	14:22.0	- 00:09.6
Trevor Waliszewski	2	11:01.7	10:53.4	- 00:08.3
Doyle Baker	28	14:16.7	14:15.3	- 00:01.4
Katie Williams	20	13:51.7	13:52.5	+ 00:00.8
Carl Nelson	19	13:46.0	13:47.0	+ 00:01.0
Kaci Rex	36	14:34.4	14:37.8	+ 00:03.4
Jon Grams	11	12:16.6	12:21.7	+ 00:05.1
Erik Williams	6	11:35.1	11:40.9	+ 00:05.8
Hannah St.Louis	29	14:08.9	14:16.0	+ 00:07.1
Jim English	17	13:25.8	13:34.5	+ 00:08.7
Deb Dunbar	89	20:18.6	20:29.7	+ 00:11.1
Sue Canada	71	18:16.4	18:28.2	+ 00:11.8
Annette Demel	75	18:46.5	18:58.5	+ 00:12.0
Kelsey Brown	18	13:21.0	13:35.3	+ 00:14.3
Ralph Lechner	100	22:25.6	22:44.6	+ 00:19.0
Don Stauder	54	15:39.3	15:59.9	+ 00:20.6
Kristy Burns	79	18:47.3	19:08.0	+ 00:20.7
Chris W. Wood	102	22:26.7	22:47.6	+ 00:20.9
Emily Husted	25	13:35.0	13:57.9	+ 00:22.9
Jared Gorthy	107	23:54.3	24:18.5	+ 00:24.2
Haley Smith	30	13:52.6	14:16.8	+ 00:24.2
Andrea Owen	57	15:50.8	16:16.1	+ 00:25.3
Stephen Kruse	38	14:15.4	14:42.4	+ 00:27.0
Kassie Mazzocco	43	14:36.1	15:03.7	+ 00:27.6
Alex Haberkorn	39	14:18.4	14:46.0	+ 00:27.6
Debra Williams	111	25:38.0	26:08.4	+ 00:30.4
Charles Greenbaum	31	13:47.3	14:21.1	+ 00:33.8
Jeffrey A. Barden	87	19:36.4	20:10.3	+ 00:33.9

Cheryl Laslo	65	16:29.8	17:07.1	+ 00:37.3
Cheryl Gorthy	109	24:46.1	25:27.3	+ 00:41.2
Alan Versaw	12	11:54.2	12:36.6	+ 00:42.4
Les Bell	64	16:05.2	16:50.4	+ 00:45.2
Keith Holcomb	85	19:13.8	19:59.9	+ 00:46.1
Don Johnson	56	15:28.3	16:15.4	+ 00:47.1
Kathy Cook	91	19:53.4	20:40.8	+ 00:47.4
David Williams	47	14:40.7	15:31.2	+ 00:50.5
Daniel Jeffries	45	14:28.4	15:20.0	+ 00:51.6
Gordon Williams	72	17:43.6	18:35.5	+ 00:51.9
Adam Avischious	35	13:29.1	14:32.6	+ 01:03.5
Dennis Stalnaker	82	18:20.5	19:31.9	+ 01:11.4
Derek Gorthy	88	18:55.0	20:11.2	+ 01:16.2
Melody Burns	70	17:00.2	18:20.0	+ 01:19.8
Elizabeth St.Louis	58	15:02.0	16:23.5	+ 01:21.5
Paul N. Arens	118	27:36.6	29:00.0	+ 01:23.4
Jen Kruse	37	13:18.0	14:41.6	+ 01:23.6
Corey Haberkorn	66	15:49.9	17:14.1	+ 01:24.2
Tim Mullins	68	16:12.3	17:40.7	+ 01:28.4
Tabea St.Louis	48	13:59.1	15:33.5	+ 01:34.4
Julie Foster	114	26:46.7	28:26.4	+ 01:39.7
Shane Hansen	73	16:56.9	18:43.0	+ 01:46.1
Anthony Abdella	94	19:13.5	21:36.8	+ 02:23.3
Jerred Abdella	93	19:12.9	21:36.2	+ 02:23.3
Kenneth Davis	99	19:27.3	22:43.2	+ 03:15.9
Charles Snygg	119	26:17.3	29:45.8	+ 03:28.5
Alice Gohlke	105	20:46.6	24:15.7	+ 03:29.1
Carsyn Hamstra	108	21:10.1	25:22.7	+ 04:12.6
Adeline Mullins	97	17:03.4	22:24.2	+ 05:20.8

Charles Stremmell	106	24:16.8
Scott Feathers	77	19:04.4
Jennifer Post	98	22:24.7
Drew Bragado	69	17:41.2
Aaeon Stoller	90	20:32.6
Corinne Pfeifer	61	16:30.4
Geoff Willingham	112	26:42.5
Paul Stoller	113	27:02.7
Sally Sever	74	18:46.4
Alaina Porter	95	21:51.3
Steve Porter	76	19:02.1
John Davenport	117	28:37.6
Brian Feathers	78	19:05.2
Beverly Carver	59	16:24.4
Ann Marie Barden	120	30:11.4
Jessica Barden	121	30:18.5
Katie L. Barden	122	30:24.3



What is the Nielson Challenge?

What is the Nielson Challenge? Runners compete against their previous times in an effort to achieve personal bests. Each runner has a computed handicap. The runner who beats their handicap by the largest margin is the winner for that month. The lower the handicap, the faster you have to be.

How is the handicap calculated? For those who have run at least 10 Nielson events in the past two years, their handicap is simply an average of their five best times. If the runner beats one of their own top five times, then their handicap goes up accordingly.

What happens if someone has less than 10 runs? A penalty is calculated and subtracted from their top average times. First, the average of the top half of whatever races they have is figured. Then, 9.5 minutes is subtracted from this average to give a penalty basis. A percentage of this becomes the penalty. The penalty is deducted from their average and the result is their handicap, the time to beat.

What percentage of the penalty base is subtracted from the average times? That depends on how far away a person is from completing 10 races. The number of races short of 10 is the percentage used. If you have 4 races to go, 4% of your penalty base is subtracted from your average. So, the fewer the races run, the higher the percentage.

For example if a runner has run six races, her penalty is 4%. Suppose the average of her three fastest races is 14 1/2 minutes. Subtracting 9 1/2 minutes give her a 5 minute penalty base. 4% percent of (12 seconds) becomes her penalty and is deducted from her average, resulting in a handicap 14 minutes, 18 seconds.

Historically, this formula gives an advantage to new runners and those who run frequently—precisely the group for whom the handicap was designed.

New Runners

Trace Lind	23	13:55.2
Cehily Cerrillo	26	14:01.0
Becca Barad	44	15:04.6
Gaye Bloesser	63	16:44.3
Dallas Hayes	46	15:30.6
Jordan Bloesser	24	13:55.8
Wesley Sjoerdsma	33	14:28.8
Caleb Sjoerdsma	41	14:53.0
Steven Bragado	80	19:12.1
Mariah Isaac	83	19:58.4
Charisma Isaac	84	19:59.1
Lynnea Sjoerdsma	15	13:21.4
Ty Hare	96	22:11.4
Leah Anderson	42	14:59.9
Jonathan Isaac	13	12:44.9
Dan Vega	9	12:03.4
Brittany Droogsma	60	16:25.0
Tim Eyermann	81	19:27.4
Branden Vega	62	16:37.3
Betta Phelps	103	22:59.9
Aaron Gohlke	104	24:10.5
Ben Taber	5	11:37.5

The Inaugural Speedgoat 50K: 12,000 ft up

by Kristi Bloodworth



On July 21, 2007, I had the pleasure of participating in the inaugural Speedgoat 50K trail run at Snowbird, Utah. Organized by the “Wasatch Speedgoat” Karl Meltzer (several-time Hardrock 100 champion) and his training partner, Scott Mason, I knew this race wasn’t going to be flat, but also knew it would be great altitude training for my next attempt at finishing the Leadville Trail 100. Considering the cutoff was 12 hours, everyone went into this thing knowing it wasn’t going to be easy, and the predicted winning time was supposed to be around 6 hours (which was a pretty good guess because Petra McDowell won it in 5:40:23). Originally the race was supposed to start at Snowbird ski resort, climb to the top, run through Snowbird’s new 600 foot tunnel, traverse through the Mineral Basin to Alta ski resort, and then finish back at Snowbird, with a total climb of about 8,000 feet. Not too shabby for a 50K. What we faced race morning was slightly different. It seems that due to some “legal issues” (namely that Alta’s attorneys decided they didn’t want the liability exposure of allowing 100+ runners to come through their resort) the course had to be entirely re-routed the day before the race. Considering that this was less than a week after Meltzer’s 2nd place finish at Hardrock, I have to especially commend him on having the presence of mind to reorganize everything in such a short time period. The course was well-manned and well-marked, even with all things considered. However, as a result of this minor snafu, no one starting the race really knew the total distance or vertical that awaited us...even the race directors. There’s something to be said for a little element of surprise. Climbing up from the base of Snowbird, we first did a short 1 to 2 mile loop at the bottom of the hill, presumably just to add a little more distance and to warm up the legs before the first significant climb, which was a doozie: straight up, about 3000 feet, to be exact. At the start, the runners were presented with the proverbial carrot of a crisp \$100 bill to the first man and woman to get to the top of the first climb. I was happy to later hear that a Colorado runner, Helen Cospolich, was the first lady to make it to the top to grab her hundred bucks. After reaching the top, the course wound through meadows of some of the most beautiful wildflowers I’ve ever seen. At one point it took all I had not to break into a

I got the coolest award ever: the official “Dead Last Award”...a mounted and framed photo of a mountain goat carcass with one leg outstretched...

bad rendition of the “Sound of Music” theme song. Purple, red, yellow and orange...and everywhere as far as the eye could see. Gorgeous. As a result of not being able to go through Alta, the course had to remain at Snowbird, and looped around on itself several times. The drawback to this, however, was that I could not truly enjoy running the great, steep downhill sections, because that darned tram station was looking down on me the whole time and I knew I’d have to climb right back up there again. After being in the meadows for a while, the course continued up Mt. Baldy.

We had been warned pre-race, that after climbing Mt. Baldy, we would be required to scramble down Baldy Ridge on the way down, and would be greeted by the fine folks from Black Diamond to spot us down the ridge. Unfortunately, a fellow runner in front of me had told the Black Diamond guys that she was the last runner, and they had already begun to take their ropes down by the time I got there. In reality, there were at least 4 runners behind me at that point. Somehow I managed to slide, crawl, and ease myself through this little obstacle course with two bottles strapped to my hands without a scratch, but I have to think it would have been easier and faster with a rope.

After Mt. Baldy, the course again looped through the Mineral Basin, first down, and then back up. At one particularly tricky turn, the man himself, Karl Meltzer, was out marking the turn for the runners. And even more impressive, as I came up the hill, he walked up, gave me a big hug and told me I was doing great. My response to

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Dubbed THAT Ridge by runners, this rocky crest was part of the grueling 12,000 ft of elevation gain that unexpectedly greeted runners due to a last minute course change.

Be Prepared: a beginner's guide to race day

By Jack Anthony



Woodland Park Mayor's Cup race director, Eric Mullins, shared with me an article from the June 2007 *Racing Express*

bike racing magazine written by Devora Peterson and Laura LeBlanc entitled "How to get started in Racing." It was sort of a checklist of how to get set for a bike race. Eric's thought was that we should prepare something similar for runners.

So, this is the first of two articles that will try to help frame up the preparation and execution work of running a race. This first article will be a list of steps; the second article will be based on your feedback on the first article. So, I hope there is a second article (hint, hint...I seek feedback and ideas).

OK, so we all know how to find races...a visit to the fabulous PPRR web site can enlighten you on that as can a visit to a running specialty store. The Gazette also lists races in their Sunday sports edition. I highly recommend pre-registering. There



Race-day registration is one more thing to worry about. Pre-register to avoid last-minute stressing over making it to the starting line on time.

are usually on-line and snail mail ways to do that. Often you can register at a running store. Race day registration is OK, but it's just one more thing to worry about. Most races have race packet pick up before the race...do it! Also, you get your race commemorative shirt or hat. It's cool, but, I propose you wear it after the race and do so proudly. Often I've been in a store and a person comes up and asks about the race or says "hey, I ran that one." It's cool...it's all about the community of runners.

Now, the day before your race is a good day to select and lay out all you'll need for race day. Check the weather. If there is a bag check you can bring your fancy warm ups, else, just bring some old sweats in case you forget them or lose them. Make sure you bring your cherished race shoes...in fact, put them in your car. Don't forget pins and also your water bottle. If you need a snack, bring it. Many folks bring a change of clothes for after the race. I don't. That look of a racer stopping by Starbucks is noted and folks will look in awe at you!

Now for race day. Usually it's a morning race; it can be dang early. So set two alarms. Get going early and arrive well before start time. Get there in time for warm up and figuring out where the start and finish line are. Be sure to study the course map beforehand. Many runners will jog the course days or the week before. Be sure to visit the potty as needed. There are usually lines.

Get to the starting line at least 10 minutes before start time. Getting to a start line early allows you to fit in to the section you belong. If you are speedy then that's up front. But, be realistic and plug in with your fellow comrades of like ability. Socialize! Most runners are cool folks who love to chatter it up...they must be nervous! Oh yes, I hope by now you pinned on your number. Four pins do it and there's a pull tag that you surely do not want to pin. The num-



Jack Anthony welcomes Rob Rodine at the Woodland Park Mayor's cup 5K. Don't miss a chance to chat with PPRR's expert and helpful crews.

ber goes in front.

Be attentive to the starter's instructions. Many times they describe hazards or some change to the course or some details on finish line procedures. So, listen up. Once the race is underway, work hard but enjoy the run. Look up. Many times you can be looking down and miss a course-worker's instruction or a sign that says to turn. Again, be familiar with the course. So, look up and ahead and be alert for turns and branches. This is especially true for races where 5 and 10 K folks start together. Know where you will bid the 5K folks farewell and branch off for your 10K. Or know when the 10K-ers will branch off from your 5K effort. Also, be alert for water stops...look up, but usually you'll hear the folks before seeing them as they enthusiastically offer refreshment.

OK, so now you are coming in for the finish. You will find in all races folks are cheering you on. Whether you are a speedy one or a tail end Charlie, don't worry and take in the cheers and clapping. Be proud and celebrate your healthy habit and performance.

You'll find PPRR runs to be a finish line welcoming experience. Run thru the finish line and keep moving, especially if it is a big race. If possible, detach your pull tag and get set to give it to the tag puller or

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Antartica: An out of the ordinary marathon

by Linda Fuqua-Jones



February 26, 2007: Marathon Day! My husband and I have been waiting two-and-a-half years for this day. We have trained in all kinds of weather this winter to prepare for this day, and it's here! For breakfast GW and I had peanut butter and toast as usual...that was to be the only "usual" thing about the whole day!

The fun started with a Zodiac ride to King George Island. We landed on a beach with small waves and were directed underneath the Bellingshausen galley where we stowed our gear and sheltered before the race. The temperature was about freezing, but the wind was blowing light snow sideways.

The course was a double out and back (see graphic). The start was mud with snow cover along with slush and water puddles. The "Upson Downs" section of the course had many short steep climbs. We encountered standing water and streams in this area; it was impossible to keep our feet dry.

There were no aid stations. A marshal was stationed near Lake Uruguay to signal the first water bottle drop. There was also a drop on the other leg and one at the start-finish area.

The wind was blowing steadily as the course passed through the Uruguayan Research Base and then onto the rock beach. The rocks varied in size from pebbles to softball and the snow made footing unsteady. There were many deep narrow ravines, which were too wide



for me to leap across and too deep to jump down, so I had to go down and up each one. I saw chinstrap penguins on the beach!

At the end of the Rock Beach, the course curved to the left and delivered us to a wide slushy water crossing at the base of Collins Glacier. The glacier was steep, but not 17% grade as advertised. Going up the first time, the footing was decent with fresh snow over rough ice. There were a few cracks, but nothing dramatic or dangerous looking. It was completely overcast and the wind was blowing even harder on the glacier as we reached the first turn-around. Coming down the glacier was tricky, but it was perfect for the Antarctic experience!

There were a few non-marathoning spouses to help us negotiate the turns of the course through Bellingshausen and the Chilean Base right next to it. I knew the next big landmark would be the Hairpin Turn. Bill Serues, of Marathon Tours, had warned us to be on the lookout for him at this critical turn. Others had missed the turn before and added a couple of miles to their marathon! The wind was blowing snow hard enough to sting skin, but he was there to assure that no marathoners went off course. On this leg of the course there were snowdrifts to negotiate, but the surface was firmer. The only stream that was marked on the course was much wider than I had expected, but not more than a few inches deep. When I got to that stream I was forced to detour off-course to go around a large fur seal!

The second turn-around was at the top of a hill at the Chinese Research Station. The wind continued with intermittent snow as I headed back to the Hairpin Turn and the Chilean and Russian Bases to start the second half of the Antarctica Marathon.

The condition of the course worsened as marathoners churned more snow, slush, and water into the mud making it wider and deeper. The Rock Beach was about the same, but Collins Glacier was harder to climb this time. There was less traction and the wind was stronger.



Author Linda Fuqua-Jones completes her Antarctica Marathon. Rugged bluffs tower above Maxwell Bay on a chilly mid-summer February day.

Race Day Prep

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I continued as consistently as I could manage in the conditions. At the turn-around I discovered that going down this time was treacherous. I slipped a few times and became more and more cautious. I was afraid that if I fell I would slide uncontrollably. I was really glad to reach the Rock Beach!

The "Upson Downs" had become slick, and the Mud Field before Bellingshausen was a clayey mess at least 6 inches deep. I tried to stay on the less-churned area along the edge, but I was still slip-slidin' away!

At the start-finish area I exchanged my water bottle. Bill Serues gave me encouragement at the Hairpin Turn and warned that there was another fur seal on the course. I saw more penguins on the beach along the Fur Seal Freeway and chunks of ice were bobbing in the surf and lying on the beach. What a sight!

After making the final turn-around at the Chinese Base I had about 3 miles to go, so I was determined to keep as steady a tempo as possible and finish strongly. The wind was stronger and it felt colder. At the Hairpin Bill Serues called out

to get to a warm place as soon as possible since the temperature was dropping quickly, confirming my perception.

The course volunteers were no longer present, so I had to look for the surveyor's flags to find my way through the Chilean and Russian bases to the finish line. I completed the Antarctica Marathon, but it took me over seven hours! I later learned that GW had finished third overall in 3:59! At the start there were 168 registered for the marathon and 17 for the half, but only 145 finished the marathon with 40 opting for the half.

After the marathon we traveled south down the Antarctica Peninsula for several days of sightseeing before crossing the Drake Passage to return to Ushuaia, Argentina, where we participated in the Fin del Mundo Marathon.

PPRR member and librarian Linda Fuqua-Jones is an avid marathoner and has reviewed many excellent books for The Long Run. See her article below for this month's selection.



The hand-crafted course map for the Antarctica Marathon on King George Island indicates points of interest, such as the Fur Seal Highway, and cautions runners to "beware of diving skuas", a particularly hefty and menacing sea gull.

spiker at the end of the chute. Be kind to these volunteers who are doing their best to ensure your safety and also accurate race results. Heck, volunteer and see how PPRR organizes the finish line, it's like a NASA flight control room: everyone has a job and everyone is doing it with 110% focus and effectiveness.

What if you get sick or need aid? Well, that's OK. We have cat litter type stuff to soak up any sickness and we have first aid providers (usually paramedics) who can help you. Most folks do fine...as in don't get sick or need aid. But, it's OK if you do get ill or ask for help. You are giving 110% and we know you can hit the finish line and have zero energy left.

Hang around after the race. Enjoy refreshment and fellowship. We are fortunate to have the best finish line computer experts in America, and they will post results swiftly. See how you did. Be sure to consider your age group...maybe you won it! Or maybe you set a personal record. This is cool stuff to bring up at work or school on Monday. Whereas most folks are sedentary over the weekend, you will have been an athlete and have a story to share.

Well, there are some thoughts on race prep and race day. Be prepared and be focused. Get to the start line with plenty of time margin. Enjoy the race by knowing the course and being alert for turns and branches.

Celebrate your finish and if woozy, be assured there will be help and there will be recognition that we've all been there.

So, does anyone have any thoughts, ideas or things to add? Email me (jackanthony78@aol.com) or call me at 282-9799.

PPRR member Jack Anthony contributes regularly to the Long Run. He is active in race promotion and direction for PPRR and has served on the board as RRCA liason.



Wild West Relay: 195 miles of teamwork

by Sara Wulfkuhle



Tim Steffens, Sydney Mondragon, and Melissa Waters enjoy the warm temperatures of this year's 195 mile trek from Ft. Collins to Steamboat Springs.

Fun, amusing, and more fun” is the perfect description for the Wild West Relay: a 195 mile race from Ft. Collins to Steamboat Springs. The course travels generally northwest, crossing into Wyoming and the northern-most point of Colorado, and then back southwest. This year the relay occurred on August 3rd and 4th. Teams have the option to run the relay with two to twelve people. Our team, Los Rápidos, consisted of six members: four women and two men, making it a 6x6 mixed-ultra team. We chose the option of running six legs each in a rotating style. Marc Wulfkuhle, Melissa Waters, Tim Steffens, Sydney Mondragon, Calina Snyder, and I, Sara Wulfkuhle, had the task of ascending and descending many thousands of steps at an average elevation of 9,000 feet.

Tim Steffens had the daunting task of doing most of our team’s ascent and on the whole, gained over 4780 feet during his legs. Since he has been training with the Incline Club for the Pikes Peak Marathon, we knew this would be pleasurable for him. Marc Wulfkuhle had the chore of completing most of the downhill portions of the relay. Some runners may think this is the easiest part of the relay, but most of us know that is not accurate. The “ladies” covered several ascents and descents as well, as this course was anything but flat. While we were running, the shout of “LOS RAPIDOS” was a common cheer from our teammates. Ultimately, getting over two

Place	Team Name	Category	Time	Pace
17	No Suits in the Hot Tub	Open	25:45:21	7:57
25	Cougarbait	Open	27:06:48	8:23
26	Bobcats	Helter Skelter	27:23:10	8:28
33	Los Rápidos	Ultra 6x6	27:53:54	8:37
48	Beauty & the Beasts	Open	29:05:13	8:59
51	Darwin's Theory? You Make the Call	Open	29:06:37	9:00
69	Gimme the F'ing baton	Open	29:44:51	9:12

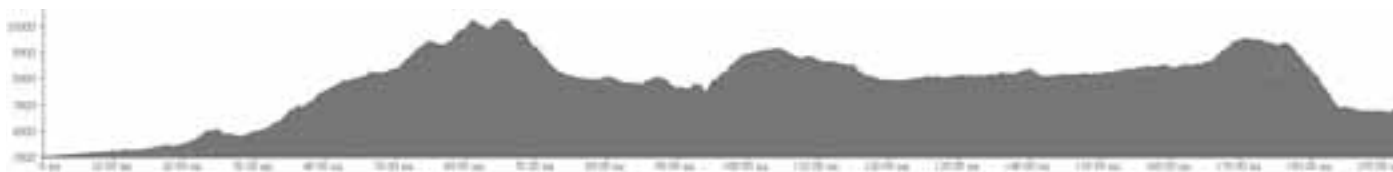
Teams from the Pikes Peak region exemplify colorful names chosen by most entrants; also, some of the dozen categories. 119 teams finished.

passes, Rabbit Ears and Sand Creek Pass, crossing the Continental Divide, and traversing 195 miles was a whole-team endeavor.

Our drivers, Wade and Lisa Crandell, decided to share the mission of getting each runner in and out of each exchange (35 in total). They had to closely follow the maps and directions to be sure they were at the correct exchange at the appropriate time. This was not effortless because one runner was dropped off, another runner was picked up, and actual time and splits had to be recorded. Lisa, our team “mom,” made sure we knew when we had to be at each hand-off and was there to welcome us as we came in. The Crandells also provided our team vehicle, an eight passenger Expedition. As a team, we agree the race could not have been done without our crew.

Nutrition is another important factor involved in this type of event. All of us are marathoners, but this was our first time to do a relay and run over 30 miles in 24 hours. During training, some of us experimented with breaking up our runs and what type of food, drinks, and supplements worked for each of us. During the race we ended up eating a variety of foods including cold scalloped potatoes, oatmeal, Larabars, Clif Bars, fig newtons, peanut butter and jelly sandwiches, fruit and more. We drank all types of drinks including Red Bull (to help keep us awake at night), recovery mixes, Gatorade, Pedialyte, and of course, water. Since we were running in hot temperatures during the day, we made sure our electrolytes were replenished. We also utilized gels.

As the team captain, I had the pleasure of ensuring that everything fell into place. For example, each ultra team is responsible for providing a volunteer to work an aid station. The volunteer must be sixteen years of age, sign a waiver, read through a volunteer manual, and then be assigned (by the captain) to a time and location. Cady Waters, Melissa’s daughter, was gracious enough to ful-



The Speedgoat 50K

continued from page 14

fill this position. The captain is in charge of pulling a group of committed runners together, collecting registration money and waiver forms from each member, finding drivers and a volunteer, renting or borrowing a team vehicle, making signs for the vehicle (“Caution – Runner on Road”), reserving a hotel, planning the details—food, water, and where the sweaty clothes are going to be stashed—and knowing the rules of the relay.

All of this work is well worth it. The beautiful course that is run on mostly rural roads takes runners through the most beautiful scenery in Colorado and Wyoming. Tim Stefens adds, “If you want to see Colorado, run a relay!” The fun and excitement of the event surpasses the work involved to get there. I can truly say this is the most fun I have had in years. In the end, a relay event promotes the creation of priceless memories which help us appreciate the concept of teamwork in an ordinarily individual sport.

Sara is a PPRR member and avid marathon runner. Her team from Falcon placed second in their division. All four of the Wulfschuhle family are Silver Level PPRR volunteers.



Sydney passes on running duties at one of the check points by giving author Sara the high five.

him was, “You are a very sick individual if you planned this course.” He laughed and said I wasn’t the first person to have told him that.

There was one particularly un-enjoyable section of the course, which was a long climb across a very rocky ridge that went to the top of the tram. By then the sun was really beating down, and during my climb, I mumbled something about “Her Majesty is not pleased.” I was very glad to reach the top of that climb. I don’t think anyone liked it any more than me either, because someone took photos of the race and referred to it as THAT ridge in his blog later. The rest of the race was more of the same, crossing a large boulder field and back up to the top of the tram. The last aid station was at the top, and they could see the runners as we came up the last switchback road. As I was coming up the switchback, a guy with a radio, whom I assumed was with the race, told me I was the last racer, and said he would walk up the last section with me, a short singletrack. I followed him up, and as he reached the top he turned to the right. Assuming he knew where he was going, I followed the pink Montrail flags across the top and down the ridge. About halfway down the ridge, I began to wonder where the aid station was, as I had already passed the aid station twice before and knew what it looked like. It was then that I realized I was not going down just any ridge, but I was going down THAT ridge. After turning around and taking another 20 minutes to climb back up, I saw that there were approximately a dozen people lining the tram deck, and apparently were all looking for me, because someone finally hollered, “There’s our lost runner,” and pointed at me. Once I got back up where I was supposed to be, I was greeted by the aid station personnel with the best, coldest Red Bull I’ve ever had. They said it had been on ice and were saving it for someone special. Guess

that special person was me.

I was very grateful though, because I could still make the cutoff, even with my 45 minute detour. As I reached the bottom, I could hear people cheering for me. As we came off of the singletrack at the very bottom, and with only a couple hundred yards or so to go, Karl and Scott were waiting to officially escort their “dead last” finisher across the finish line. I finished in 11:58:11, and made the 12-hour cutoff by the skin of my teeth. However, by doing so, I got the coolest award ever: the official “Dead Last Award” for the Speedgoat 50K, which is a mounted and framed photo of a mountain goat carcass, with one leg outstretched, as if trying to get that laaaaaast step in before dying. Way cool.

One of the runners downloaded info from his GPS about what we had actually done. Instead of 50K with 8000 feet of climb, we did a little under 27 miles with a whopping 11,997 of climb, and the same back down, for a total of just under 24,000 feet of vertical!

Meltzer and crew are already promising a bigger and better race for next year, planning to extend the course further out through the Mineral Basin within the Snowbird boundaries, because while Alta didn’t want us there, Snowbird has already welcomed us back with open arms. I think the general consensus of the runners from this year is that we’ll all be back to see what he has up his sleeve next year. This was a great race, great people, beautiful scenery, and for an inaugural race, it really went off without too many hitches. Hats off to these guys for doing a great job, and I hope it takes place for many years to come.

Kristi is an avid trail runner, skier, snowboarder, and practices law. She hopes to complete the Arkansas Traveller this fall for her first 100 miler.



Linda's Leads: The Art of Racewalking

by Linda Fuqua-Jones



Dave McGovern's *The Complete Guide to Marathon Walking* is a straightforward book of advice about racewalking and marathon training. When our Long Run editor asked me to review this book my immediate thought was, "Great! I've read the book, taken a clinic from the author, and can testify that walking a marathon is a worthy goal. But, will the running readers of the Long Run really be interested?"

Racewalking is a great activity for people who are restricted from running or who just do not enjoy it. If you have friends or family who often lament their fitness level, please share this article with them! Racewalking is a great low-impact workout. It is weight bearing, which is good for bone health and, with practice, one can walk vigorously enough to get a good aerobic workout.

I started racewalking when I was training for the Marine Corps Marathon in 2005 and learned that with the time cut-off, I had to



Herself an avid racewalker, Linda charges ahead under clear skies in a recent race.

achieve a 14-minute mile pace. For runners this would be unbearably slow, but for fitness walkers it is quick!

Racewalking is an Olympic event and the participants are judged on correct technique. Racewalkers can be disqualified from a race for failing to maintain contact with the ground or for failing to fully straighten the supporting leg. However, unless you are competing in a judged event, you can use racewalking form to increase your speed without the pressure of being 100% legal.

Dave describes how regular fitness walking technique restricts speed: "As your heel strikes the ground in front of you when you fitness walk, leverage causes the foot to flatten out. And that flat foot acts just like a brake, slowing your forward momentum. Pushing your whole body up and over that...flattened foot takes a lot of unnecessary energy."

Racewalkers take much shorter strides, so they roll very easily over their feet and legs. Racewalkers achieve a quicker pace than fitness walkers by using a faster cadence (high turnover rate) rather than trying to take longer strides. Other keys to walking faster include bending the arms at the elbow and simply keeping your head up!

The Complete Guide to Marathon Walking has helpful photographs that illustrate the technical aspects of racewalking along with information about shoe selection and training schedules. Dave also advises, "You don't necessarily have to become a full-time racewalker to reap the benefits of the faster, more efficient technique..." Some marathoners find it sufficient to alternate regular walking with racewalking to achieve their goals. This is similar to those who walk-jog as Jeff Galloway teaches.

I find that the racewalk technique takes focus, which allows me



to enjoy my workouts more.

This book is available at the Pikes Peak Library District. For assistance or for more information about racewalking please contact me at Palmer Lake Branch Library.

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



Towering Dave McGovern (2nd R) leads a group of aspiring racewalkers in a skipping drill.

Local Runners Tackle the LT100

by Jim Kelleher

Maybe it wasn't one for the records, but this year's 25th running of the Leadville Trail 100 had plenty of competition and suspense, with one very notable exception: Who would win the run was not a question anybody was asking after the first 30 miles found Tony Krupicka, last year's champ, cruising in fine form and feeling great. Whether he would best Matt Carpenter's record was another matter. Spared a repeat of last's year's bonk over Sugarloaf, Tony was close enough that a small crowd of knowledgeable spectators gathered at the finish line just before the elapsed time of 15:42, the time to beat, came up on the clock. They would have to wait another half an hour for Tony to crest the last hill.

Although PPRR's Harry Harcrow of Woodland Park took over three more hours to cross the line, Charley Corfield, finally caught by Harry on the last leg, was only nine minutes later. So close was the race for runner-up that, in fact, a mere 11 minutes separated 6th place from 2nd at the 60 mile Twin Lakes station.

Ann Trason's record of 18:06 was never in question, but there was plenty of guessing as to this year's champ. Tammy Stone of Florence, a frequenter of PPRR running events, was able to hold off Michele Jensen. Michele was 32 minutes back leaving Twin Lakes inbound, but stepped upon the red carpet less than 5 minutes behind Tammy, virtually a photo finish for a 100 mile trail run.

Out of the 475 to start the event, 211 finished. The 44% survival rate was much less than last year's, but not unusual for the LT100. Although the rain ceased by nightfall, the scattered showers started early and were very intense. This led to a river crossing out of Twin Lakes that was waist high for many in swift waters, necessitating a firmly anchored rope.

Much of the downpour occurred late afternoon just as the bulk of runners attempted the return crossing of 12,600 foot Hope Pass, formidable in the best of conditions, but sapping of strength and soul in the cold, rain, and mud. Large numbers had to turn back to Winfield, and many who went on, including local runners John Alexander, Collins Cuyler, and Mark Nagel, didn't make it up and over the pass back to Twin Lakes until 11:30 PM.

Surgery prevented your editor from doing any pacing, let alone running the full event this year, but I did manage a few pictures. I found it impossible, however, to catch all the Springs runners since my first duty was to crew. Also, one weak spot for the LT100 is in the area of real-time communication. Besides causing consternation for anxious crew, this also translates into hit or miss result reporting from the aid stations, so some of the information listed below may be a little off.

Regardless, hats off once again to all the intrepid souls who ventured way beyond their comfort zone to attempt a trail run inconceivable for most runners just a few decades ago. If you see anyone you know on this or the next page, be sure to give them a hearty congratulations on making it however far they did.



Tom Sowers

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:28:00	/ 002:28:00
Fish_Hatchery_Pass 1	08:40:00	/ 004:40:00
Half Moon Pass 1	10:08:00	/ 006:08:00
Twin Lakes Pass 1	12:11:00	/ 008:11:00
Hope Pass 1	14:13:00	/ 010:13:00
Winfield	15:57:00	/ 011:57:00
Hope Pass 2	17:54:00	/ 013:54:00
Twin Lakes Pass 2	19:12:00	/ 015:12:00
Half Moon Pass 2	21:46:00	/ 017:46:00
Fish Hatchery Pass 2	23:46:00	/ 019:46:00
MayQueen Pass 2	03:34:00	/ 023:34:00
Finish	07:39:46	/ 027:39:46

Place	Age	City	Elapsed Time	Final Station	
1	Anton Krupicka	24	Colorado Springs	16:14	Finish
2	Harry Harcrow	40	Woodland Park	19:33	Finish
16	Eric Seremet	36	Colorado Springs	22:39	Finish
19	Tammy Stone	45	Florence	22:45	Finish
39	Ted Bidwell	57	Colorado Springs	24:09	Finish
40	Robert Koehler	44	Colorado Springs	24:13	Finish
45	Jeff Myers	48	Manitou Springs	24:32	Finish
53	John Genet	49	Colorado Springs	24:57	Finish
57	Neal Taylor	44	Manitou Springs	26:03	Finish
70	Cory Leppert	32	Colorado Springs	26:37	Finish
71	Mike McHargue*	47	Colorado Springs	26:41	Finish
80	Paul Smith	51	Colorado Springs	27:05	Finish
90	Erwin Vargas	30	Colorado Springs	27:26	Finish
99	Tom Sowers	36	Ft. Carson	27:39	Finish
103	Bill Glojek	21	Air Force Academy	27:45	Finish
126	Art Long		Florence	28:22	Finish
138	Jon Teisher	32	Colorado Springs	28:37	Finish
144	Paul DeWitt	39	Monument	28:42	Finish
169	Lee Burton	46	Divide	29:13	Finish
203	Joe Pastorello	36	Colorado Springs	29:40	Finish
	John Alexander	42	Colorado Springs	23:20	TL2
	Gerard Lachiewicz	50	Colorado Springs	21:45	TL2
	Collins Cuyler	22	USAF Academy	23:20	TL2
	Gregory Peters	46	Colorado Springs	18:41	WF
	Mark Nagel*	40	Colorado Springs	23:20	TL2
	Stephen Mitchell	47	Colorado Springs	21:52	HM2
	David Wick	46	Colorado Springs	16:03	HP1
	James McCurdy II	39	Colorado Springs	06:30	MQ2
	Daryn Nelson	21	USAF Academy	15:47	HP1
	Charles Rombough	59	Manitou Springs	06:08	MQ1

STATION	OUTBOUND	INBOUND
Mayqueen	13.5	86.5
Fish Hatchery	23.5	76.5
Half Moon	30.5	69.5
Twin Lakes	39.5	60.5
Hope Pass	44.5	55.5
Winfield	50.0	50.0

Here is a mileage chart for splits shown on this and next page.



Jon Teisher

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:28:00	002:28:00
Fish_Hatchery_Pass 1	08:36:00	004:36:00
Half Moon Pass 1	10:04:00	006:04:00
Twin Lakes Pass 1	12:34:00	008:34:00
Hope Pass 1	14:44:00	010:44:00
Winfield	16:26:00	012:26:00
Hope Pass Pass 2	18:44:00	014:44:00
Twin Lakes Pass 2	19:59:00	015:59:00
Half Moon Pass 2	23:45:00	019:45:00
Fish Hatchery Pass 2	02:08:00	022:08:00
MayQueen Pass 2	05:47:00	025:47:00
Finish	08:37:32	028:37:32



John Alexander

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:40:00	002:40:00
Fish_Hatchery_Pass 1	09:00:00	005:00:00
Half Moon Pass 1	10:44:00	006:44:00
Twin Lakes Pass 1	13:14:00	009:14:00
Hope Pass 1	15:40:00	011:40:00
Winfield	17:37:00	013:37:00
Hope Pass Pass 2	20:38:00	016:38:00
Twin Lakes Pass 2	23:20:43	019:20:43



Mark Negal

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:40:00	002:40:00
Fish_Hatchery_Pass 1	09:07:00	005:07:00
Twin Lakes Pass 1	13:19:00	009:19:00
Hope Pass 1	15:38:00	011:38:00
Winfield	17:37:00	013:37:00
Hope Pass Pass 2	20:22:00	016:22:00
Twin Lakes Pass 2	23:20:17	019:20:17



Harry Harcrow

Aid Station	Clock	Elapsed
MayQueen Pass 1	05:56:00	001:56:00
Fish_Hatchery_Pass 1	07:38:00	003:38:00
Half Moon Pass 1	08:41:00	004:41:00
Twin Lakes Pass 1	10:18:00	006:18:00
Hope Pass 1	11:49:00	007:49:00
Winfield	13:02:00	009:02:00
Hope Pass Pass 2	14:37:00	010:37:00
Twin Lakes Pass 2	15:41:00	011:41:00
Half Moon Pass 2	17:39:00	013:39:00
Fish Hatchery Pass 2	18:46:00	014:46:00
MayQueen Pass 2	20:57:00	016:57:00
Finish	23:33:17	019:33:17



Steve Mitchell

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:02:00	002:02:00
Fish_Hatchery_Pass 1	07:57:00	003:57:00
Half Moon Pass 1	09:19:00	005:19:00
Twin Lakes Pass 1	11:20:00	007:20:00
Hope Pass 1	13:29:00	009:29:00
Winfield	15:17:00	011:17:00
Hope Pass Pass 2	17:27:00	013:27:00
Twin Lakes Pass 2	18:59:00	014:59:00
Half Moon Pass 2	21:52:00	017:52:00

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:18:00	002:18:00
Fish_Hatchery_Pass 1	08:16:00	004:16:00
Half Moon Pass 1	09:34:00	005:34:00
Twin Lakes Pass 1	11:34:00	007:34:00
Hope Pass 1	13:20:00	009:20:00
Winfield	14:54:00	010:54:00
Hope Pass Pass 2	17:01:00	013:01:00
Twin Lakes Pass 2	18:22:00	014:22:00
Half Moon Pass 2	20:44:00	016:44:00
Fish Hatchery Pass 2	22:09:00	018:09:00
MayQueen Pass 2	00:51:00	020:51:00
Finish	04:09:13	024:09:13

Ted Bidwell



Joe Pastorello

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:30:00	002:30:00
Fish_Hatchery_Pass 1	09:06:00	005:06:00
Half Moon Pass 1	10:56:00	006:56:00
Twin Lakes Pass 1	13:35:00	009:35:00
Hope Pass 1	15:47:00	011:47:00
Winfield	17:40:00	013:40:00
Hope Pass Pass 2	20:02:00	016:02:00
Twin Lakes Pass 2	21:45:00	017:45:00
Half Moon Pass 2	00:44:00	020:44:00
Fish Hatchery Pass 2	02:37:00	022:37:00
MayQueen Pass 2	06:04:00	026:04:00
Finish	09:40:23	029:40:23



Aid Station	Clock	Elapsed
MayQueen Pass 1	05:47:00	001:47:00
Fish_Hatchery_Pass 1	07:16:00	003:16:00
Half Moon Pass 1	08:11:00	004:11:00
Twin Lakes Pass 1	09:31:00	005:31:00
Hope Pass 1	10:40:00	006:40:00
Winfield	11:42:00	007:42:00
Hope Pass Pass 2	13:02:00	009:02:00
Twin Lakes Pass 2	13:48:00	009:48:00
Half Moon Pass 2	15:23:00	011:23:00
Fish Hatchery Pass 2	16:23:00	012:23:00
MayQueen Pass 2	18:11:00	014:11:00
Finish	20:14:35	016:14:35



Tammy Stone

Aid Station	Clock	Elapsed
MayQueen Pass 1	06:04:00	002:04:00
Fish_Hatchery_Pass 1	07:49:00	003:49:00
Half Moon Pass 1	08:59:00	004:59:00
Twin Lakes Pass 1	10:44:00	006:44:00
Hope Pass 1	12:26:00	008:26:00
Winfield	13:47:00	009:47:00
Hope Pass Pass 2	15:50:00	011:50:00
Twin Lakes Pass 2	16:55:00	012:55:00
Half Moon Pass 2	19:10:00	015:10:00
Fish Hatchery Pass 2	20:38:00	016:38:00
MayQueen Pass 2	23:41:00	019:41:00
Finish	02:44:54	022:44:54

Anton Krupicka





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- #4: Palmer Park
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