



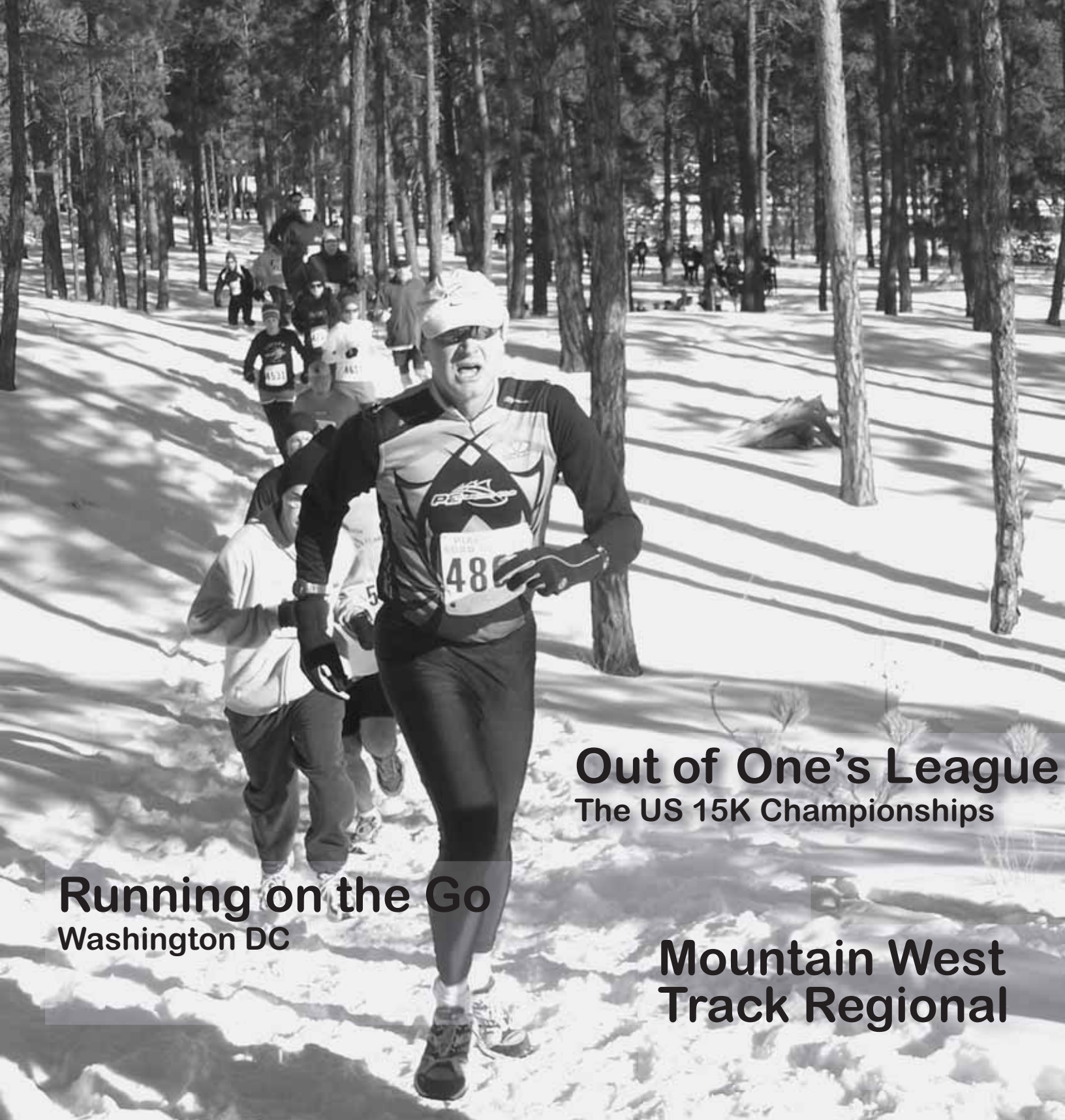
**Pikes  
Peak  
Road Runners**

# the *Long Run*

Volume 32 Issue 4

Running News for the Pike's Peak Region

April 2008



**Out of One's League**  
The US 15K Championships

**Running on the Go**  
Washington DC

**Mountain West  
Track Regional**

## PPRR Information

### Elected Board Members:

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*Historian:* Storme Rose 591-6819  
*Nielson Challenge:* Phil Foster 447-1371  
*Race Results* Dave Sorenson 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 **April 2nd**.

## Membership 😊

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

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



### The Long Run, Volume 32 Issue 4

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

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207 N Nevada  
Colorado Springs CO 80903

### Long Run Submissions

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

Email your submissions to [editor@pprrun.org](mailto:editor@pprrun.org) either as attachments or in the message. We accept any *Windows* compatible file format. Other media can be mailed to:

Jim Kelleher, Editor  
PO Box 26252  
Colorado Springs CO 80936

### Submission Deadlines

All materials should be received by the **2nd Friday** of the month for inclusion in the following month's newsletter. The next deadline is **March 14**.

### Long Run Stuffing Party

**Next stuffing is Wednesday April 23rd.**

*Long Run* mailing preps usually take place on the fourth **Wednesday** 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 notify the editor and deliver **1000 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



People run for many different reasons. Some people run for their health, others run for the companionship, and still others run for the competition. This past weekend, a race was run for another reason. On Valentine's Day, a seventeen year old young man named Ryan Bowman had a stroke. A hole in his heart was found to have caused the stroke. Ryan went through brain and heart surgery to fix as much as possible. This put a tremendous strain on the family both emotionally and financially. Ryan's best friend, Shawn Dubbs wanted to do something to help. He and his family put together the **Race for Ryan** to try and raise money to help with the medical bills. They enlisted Pikes Peak Road Runners to help with advertising and the finish line. I am so glad they did. Several people from the club went up to Cripple Creek, and each of us was thrilled to see the whole community turn out to assist in any way they could. The organizers of the race, the Dubbs family, did not even let the sudden passing of their older son two weeks before stop them from making sure every detail of the race was taken care of. They made their own bibs with pictures of Ryan on the front and they had "We Love Ryan" buttons for all to wear. It seemed like a cold day, but as the hundreds of people started filling the school and school grounds, the warmth could be felt by all. When Ryan showed up shortly before the race start, the outpouring of love was overwhelming, even for an outsider. Ryan's best friend, Shawn had chosen the course, putting lots of steep, short hills throughout and it was fun to hear his cross country team banter about how he had the advantage. Before the race, I overheard someone say that Shawn was going to win the race for Ryan and that is what he did. Shawn was so far out ahead; it was several minutes before the second runner came into view. Most of the participants were not runners, but this was the way they chose to show their support. With the race and a bake sale put on at the same time, \$3000 was raised for Ryan.

I know that we can't always choose races simply

continued on page 4

## Contents

April 2008

PPRR Meeting Minutes .....	4
Editor's Letter .....	5
<i>the Long Run Long Ago</i> by Joyce McKelvey .....	5
Letters .....	6
News and Events .....	6
Volunteer Corner by Cymmie Bailey .....	9
Membership .....	10
Nielson Challenge .....	11
Heading to Holloywood by Vanessa Warren .....	12
Mountain West Regional Track .....	13
by Jack Anthony .....	13
Running on the Go: Washington DC by Frances Duane .....	14
Friendship Through Sport by Emily Brzozowski .....	15
US Corporate Athletics by Jon Cornick .....	16
Veteran's Home Run Update by Jack Anthony .....	17
Running Out of One's League: The US 15K by Emily Brzozowski .....	18
The Tortoise & Hare: How to get a head start by Jim Kelleher .....	19

cover: The Winter Series 1 5K in Fox Run Park. John Monk leads a stream of runners through the trees on a snow filled course.



# PPRR Meeting Minutes

## February 2008

*The following minutes are condensed. For full meeting minutes, contact Secretary Esme Delange*

### 1. Attendance (Esmé):

Present: Micky Simpson, Ron Garcia, Pat Lockhart, Esmé DeLange, Tony Abdella, John Gardner, Luci Stansberry, Emily Brzozowski, Travis Waldrip, Tim Steffens, Phil Foster, Bill Gallegos, JimKelleher, John Cassidy, Larry Miller Excused: Jon Cornick, Dave Sorenson

### 4. Past Events

#### 01/12 Winter Series I (Pat)

John Gardner: Record turn out so far 600 possibly due to decent weather. 200 race day registrations

#### 02/02 Nielson (Phil)

Saturday only had 54 runners. Was cold maybe due to weather?

### 5. Upcoming Events

#### 02/09 Winter Series III (Pat)

County has not approved road usage permit, submitted in October. Have many new people volunteering. Over 600 registered in computer but not everyone necessarily finish.

#### 03/01 Winter Series Dinner (Pat)

Dinner will be the same spaghetti dinner from 5.30 to 9.00. Will get flyers ready. There will be no auction.

#### 04/06 Parkinson's Disease (Cahalan):

Micky suggested that this being a new race, maybe PPRR should consider donate the fee back. The sug-

gestion was not approved. Larry wants to determine if the course for the race is going north or south?

#### 04/12 Tortoise and Hare

Email from Bob Mutu on 01/20 Bill suggested new board member should become race director if position becomes available. Tim Steffens volunteered but asked some direction. Jim will do handicap. Need someone to mark course and hand out water. Checklist can be used if we are assisting, make sure everything gets done. Finish line requires max 2 people.

#### 05/01 Kokopelli Kids Trail Running Series (Rainsberger)

Liza Rainsberger asked Dave to do results and offered to make small donation to PPRR. Bill suggested go back to kids instead of us. We are not involved in this invent as a club. Accept donation and see what happens.

#### 05/10 Alex Hoag Run for Sunshine

Kim Hoag is making some changes to the race. Cancelling the 1 Mile and adding a 2M Military Challenge. She wanted to know if PPRR would be charging them double because there would be two finish lines. It was agreed that they need to pay the double fee. Dave Sorenson will let her know

#### 06/28 Veterans' Home Run: (Ron for Jon)

Jon is looking for some assistance and volunteers. Pat will do race day registration. Need coordinators for water stops and finish line. Bill will do finish line. Water - Crawford house did it the previous year, but it needs to be coordinated. John Gardner will do water coordination

continued on page 8

## President's Letter

continued from page 3

for their cause, but there are so many times when we can. Many of you get your newsletter by the Friday after the stuffing. That means that I have the opportunity to let you know about the 1st Annual **Running for Rachael** on March 29th. This race is to benefit the Brain Tumor Foundation and was organized by Lynette Newton, whose daughter died of a brain tumor. How difficult, but rewarding it must be to try to raise money to help others suffering the same way her daughter did. This will be run on a beautiful course at the Air Force Academy.

On April 6th, the **Colorado Parkinson's Awareness 5K Run/3K Walk** will take place at America The Beautiful Park. Dan Harding and Diane Cahalan

have organized this race to bring more awareness to our community about this debilitating disease.

Even the long running **Sailin' Shoes** 10K and 5K June 21st give their proceeds directly to the YMCA to bring more programs to the local community. So many times, the choices we make in our lives affect others. Isn't it wonderful that we can combine something we love so much with wonderful causes like these? As you are planning your spring and summer racing, please keep in mind how your racing dollars can be benefiting others who really need the help.

*Micky Simpson*

**H**appy April everyone. I hope you had a nice Easter Sunday, which, although technically in Spring (yes, it's Spring!), behaved like a decidedly winter day. But it's a good thing that we don't have an annual Easter Run since it would wreak havoc with our tight and tidy running calendar. We fill the calendar with the same events on the same weekends year after, and even then, have to juggle somewhat. "4th of July" events are bad enough, since the fourth lands on different weekdays each year. But Easter? Easter has precisely 35 different dates it can fall upon, which means 5 or 6 weekends of potential clashes with established events.

I did some checking on this restless feast day. The earliest possible date for Easter, at least for us Westerners, is March 22, which last happened in 1818 and will happen next in 2285. (We only missed the earliest date by a day this year.) On the other end, Easter can fall as late as April 25th. That happened in 1943 and will happen again in 2038. And for you numerate types who can't get enough of figures, the cycle of Easter dates repeats itself every 5.7 million years.

How do the powers that be set these dates? Well, the powers are all very high church officials (after all, you can't have just anyone messing with Easter). They decided upon the first full moon on or after the vernal equinox. Very scientific you may think. However, the full moon is an *ecclesiastical* full moon, which means it happens when these high church officials say it happens. But this works out well, because one can't even pin the vernal equinox (read first day of Spring) to one date. Sometimes it's on the 20th and not the 21st. And what about that moon? Astronomically speaking, the precise occurrence of the full moon can take place on different days *in the same year*, depending on where you are on the planet.

So, if you've ever wondered about why we don't have a "traditional" Easter run, here's your reason. Easter isn't traditional enough, date-wise, for PPRR's calendar. But the Tortoise and Hare race features a bunny on it's flyer, so maybe that will do!

Speaking of which...if you haven't yet run in the T&H Handicap, you owe it to yourself to give it a go. If you have, you'll come back, because you know how much fun it is. But where else, if you normally start at the end of the pack and stay there, will you get the chance to be among the leaders for most of the race? And if you normally start in the front row, where else will you get the chance to track down runners one by one, passing them more quickly the further you race?

Anyway, all you wanted to know about why you don't see race posters plastered with bunnies, baskets, and multi-colored eggs.

*Jim Kesseher*, Editor

### 10 Years Ago

**T**he April, 1998, *Long Run*, began with best wishes to Boston-bound Pikes Peak runners. **Tracy Stewart's** cover story, "Two Kinds of Running," compared two sides of competition: those to whom winning is everything and the only thing, and those who love to run and through their running encourage others. She lamented her generation had been fed by professionals and the media that number one is the only number. PPRR president **Dave Balzer** reflected on benefits and problems of running, while Long Run editor **Carol Lyndell** lauded the benefits of chocolate in running performance. The 1998 Winter Series had 215 people completing the series; the March Nielson Challenge had 25 runners with **Roger Allison** finishing first in a time of 12:28.



### 20 Years Ago

**T**he new Pikes Peak Road Runners logo did appear in the April, 1988, Long Run. A new run planned for April was the Elbert Reflections 5K and 10K, and president **Pat Lockhart** announced a meeting to acquaint new volunteers with the facets of running and organizing a race to be held at the

Colorado School for the Deaf and Blind. The Club had assisted constructing the school's "railed" track pictured on the cover. A newly forming running club for visually impaired students at CSDB was noted, and a letter written in Braille by **Dian Chavez** thanking the Club for running shoes given this multi-handicapped girl was included. Runner **Susan Hadesman** obviously enjoyed her most-improved runner status, as she received "restaurant awards" in both February and March given to the winner of the Nielson Challenge. Dr. **James Gremillion** offered training hints for the summer Triple Crown of Running series.

### 30 Years Ago

**T**he April, 1978, newsletter began with congratulations to runners **Dave Blue** and PPRR secretary **Linda Anderson** on their marriage. Editor **Hank Cole** wrote on the subject of tea's possible adverse effect on the body's absorption of certain vitamins and minerals and another article regarding the criteria of good running shoes. Interesting to note in race results listed were names of runners 30 years ago who still appear on the running scene today: Terry Leeper, Jon Epperson, Jim Beckenhaupt, and Tom Berg among them.



## Letters

Dear Runners,

John Gardner and I have taken over PPRR's trail cleanup which takes place on the first Saturday of each month. We meet in the 8th Street Wal Mart parking lot at the South West corner by the recycling bins at 9am and walk the trail to the Bijou Street bridge. John and I thought we would be great candidates for this service commitment since we run regularly on the Sante Fe Trail with the Tuesday and Thursday A.M. social run group.

Not only did we have temperatures in the sixties for the March trail cleanup but we also had a really great turnout! I wanted to thank Gary Hackabay, Pete Solie, Kerry Page, Kenneth Howard, Sydney Steffens, Todd Norman and Jeff Owsley for showing up and helping keep the trails in our wonderful city clean and trash free. It is a bit of an overwhelming task because of the amount of refuse but by taking the extra effort by PPRR and volunteers the least we can do is make a "dent" in the problem. I want to send out an extra "thanks" to Pete Solie who took the effort to actually cross some fencing, remove trash that was difficult to access and to stay and extra hour! He did have a couple of helpers although I don't know how much they actually accomplished other than enjoying the sunshine and the walk. I would also like to thank Scott Abbott from the Regional Parks, Trails and Open Space for providing us with trash bags and picking up the trash we collect.

If anyone is interested helping out please feel free to contact me at [timmahh2@hotmail.com](mailto:timmahh2@hotmail.com) or visit the Pikes Peak Road Runners website at [www.pprrun.org](http://www.pprrun.org) for more information.

Thank you,  
Tim Steffens

Dear Jim,

First, to finish the Pacer's charities report. Mrs. Heady, Troop Leader, Girl Scout Troop 3695, and mother of three of our runners took care of the details. The Plano Santos charity group decided the Pacers' contribution would allow five packages. Mrs. Heady and the troop made and delivered the packages to deserving families in time or Christmas.

Our next charity run, in March, will benefit area children through Kiwanis.

Now for news of interest to Colorado Springs runners. Tami Wise had a time of 1:50:41 in December's Wellstone White Rock Half Marathon, good for 826 overall, 189 female, 26 age group. In the February Cowtown Marathon, Fort Worth, Timothy Berry ran 4:23:21 for 347 overall, 259 male, 33 age group.

Our February runs were a 15K and 5K, with temperatures just above freezing. Although the locals generally suffered, Dennis Chupp followed his usual practice of running shirtless. We let him. Winners were Jeff Fox and Ella Montgomery in the 5K and Rob Higley and Frances McKissick in the 15K.

I remember the Road Runners Winter Series. I ran it, and my wife, Chun, was able to attend the last race and meet a few Road Runners, including Julie Foster and Storme Rose. Chun enjoyed the snow, plentiful at her Korean home but rare in Texas. I gorged on chocolate covered doughnuts.

Who needs health food after a race?

Regards,  
William L. Jones



## News and Events

### ADTM named RRCA state marathon championship

Race Director Travis Waldrip announced that the American Discovery Trail Marathon and half-Marathon have been chosen as this year's races for the Colorado RRCA championships. According to their website, the RRCA championship designation helps the host club recruit top performing runners, attract sponsors, and improve civic and media support. In accepting a championship, race organizers agree to follow RRCA guidelines in the conduct of the event, which can make the event more attractive to elite runners.

### Lowest marathon on Earth

Ever wanted to run to the lowest point on Earth (imagine the thick O2!)? Well, you're in luck. Under the Patronage of His Royal Highness Prince Raed Bin Zeid, the Dead Sea Ultra Marathon (DSUM) recently announced the opening of registration for the 15th annual event. This year, the marathon, organized by the



RRCA developed a special logo for their 50th year celebration.

Society for Care of Neurological Patients (SCNP), is scheduled for April 11th and, as customary, it is sponsored by several locally and internationally based companies. Just drop by the SCNP headquarters in Shemisani, or maybe wait for the official website, deadseamarathon.com (currently stuck on 2005), to be updated. Proceeds from the marathon go towards treating neurological patients in Jordan.

The DSUM is held annually on the first or second Friday of April, starting from Amman and ending in the Dead Sea. The event comprises an ultramarathon (48.7 K), a marathon (described as “starting at the Salam gas station”), a half-marathon, a 10K “fun run” and a 4.2K. Although temps can run in the 90’s this time of year, the average high is not much over 70.

### World record-holder pulls out of Olympic marathon

One thing the International Olympic Committee apparently failed to consider in selecting Beijing for the Summer Olympic is smog.

Although the majority of athletes would be ok, those whose events last longer than one hour could be at risk according to recent studies by the Committee. This would affect such events as the marathon, road and mountain biking, triathlon, and race walking. The IOC is now preparing to monitor the pollution in Beijing on a daily basis during the Games and postpone events if pollution and humidity pose a threat to competitors.

The problem is bad enough that marathon world-record holder Haile Gebrselassie said he would not be running the Beijing marathon because of the pollution. Although he still plans to run the 10,000 metres, Gebrselassie is an



Smog shrouds Beijing's Olympic, also know as the Bird's Nest. Concerns about the air quality caused the world record-holder in the men's marathon to opt out of that Olympic endurance event.

asthmatic who fears the conditions in Beijing will be too dangerous. There is even suspicion among athletes that the Chinese are covering up the full extent of the problem, which has been caused by dramatic economic expansion over the last 10 years. Chinese officials at the Beijing Environmental Protection Bureau had to be “persuaded” to disclose data on ozone levels.

The smog led scientists in England to spend over \$40,000 of public money developing masks for UK Sport and the British Olympic Association over the last 18 months. But to their dismay, IOC president Jacques Rogge described wearing the masks as “totally useless”.

### Coming up in April

Despite the numerous event calendars, it's nice to have things pointed out sometimes. Here are a few events—editor's picks—to consider in April. First is the **Parkinson's Awareness 5K**, Sunday the 6th. It's the first annual, and well worth supporting as reported in February's *Long Run*. Then on Saturday the 12th is the **Tortoise and Hare**. If you haven't run this yet, it's a unique experience. The following weekend you have to

choose between the **Elbert Reflections 5/10K** and the longer **Greenland Trail Run, 8M/25K/50K**, though it's an easy choice for trail runners. Check the weather the week before, however. The Greenland Trail gets quite muddy. Also, try the new **Full Moon Runs**, next on Sunday the 20th. Micky and John promise it's going to be a lot of fun.



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# PPRR Minutes

continued from page 4

Tony Abdella asked if we are doing race packets if we have restrictions. Are there any policies regarding getting samples? NO restrictions.

## 7. Event Promotion (Pat)

Responding to Diane - team sign up for Parkinson's. Put some type of compensation package together. Active.com is doing kid registration for no charge.

## 8. Road Runner Clubs of America (RRCA) – (John Gardner)

Nothing to report. Congratulate Jim Kelleher on Newsletter. He does a fantastic job on the Long Run!

## 9. Certifications/Measuring – (Travis)

Working with Diane on course for Parkinson's Race.

Logistical challenges with Run for Sunshine because of two races with two finish lines

ADTM - special events application sent in, missed January cycle, should be going out this week, would hear back within the week after. Course needs to be re-measured and certified. 5k go north instead of south. Marathon starts in Palmer Lake if approved. Sponsor for ADTM. ENT is reducing contribution from what it has been in past. Looking for name sponsor for half marathon and marathon.

## 12. Newsletter: (Jim K.)

Newsletter Jim debating what to enter for national championship. Ran out of newsletters at last stuffing.

### *Bulk Mail (John Cassidy)*

Mailing went smooth on Thursday. Over 100 renewals added. Simplify labeling process?

### *Calendar (Dave)*

Motion was made and passed to close calendar for this year.

## 13. Equipment (Bill, Larry)

Everything works fine. Replaced fuse on timing clock. Pat needs new listing of people driving van and their driving licenses

## 14. Insurance (Pat)

We received notice that Ohio Casualty was bought by Liberty Mutual. PPRR Auto Insurance up for renewal up in April. Pat will do equipment floater.

## 17. Trail Clean up (John G.)

Add Tim Steffens to coordinate effort. John was out on the trail on Saturday and only one other volunteer to clean up. Will get it going. Trail in pretty good shape. Scott Abbot will supply bags and coordinate trash pick up

## 18. Race Coordinator (Pat)

Pat received a call from volunteer firefighter lady in Green Mountain Falls who wanted to put together a PPA/Marathon training run as a fund raiser. Have not heard back from them.

Bristol Elementary school wants to put up race over Christmas. Possibly on 13 December? They want funds for school - does not want to pay. Does not have any sponsors. Calendar is probably full. Pat will get back to him.

## 19. Membership (Pat)

After first winter series - 99 new members and renewals. Putting together new order for membership forms and cards.

618 – individual

43 – clubs

12 – life

243 – family primary

507 – family members

1423 – Total members

1092 – Current

146 – expiring (within the next 3 months)

102 – new

83 – renew

845 – Newsletter mailings

## 21. Old/New Business

a. Full Moon Run John O Neill and Micky came up with a social run for people to meet each other. Meet every month at full moon at GOG trading post. Afterwards grill some burgers. Purpose is to get together to know each other.

b. Trails and Open Space Coalition Received a letter in Nov 2007 wanting to now if PPRR wanted to donate any funds. Disagreed. They already get half of ADTM proceeds.

Next meeting March 4, 2008 – 7:00 pm Downtown YMCA

Respectfully submitted



Esmé DeLange  
Secretary



# 2008 Volunteer Hours

## **Bronze Level: 10 to 20 Hours\***

You have earned a  
PPRR t-shirt

*Tony Abdella 12*  
*Dave Balzar 12*  
*Debbie Bloch 13*  
*Emily Brzozowski 14*  
*Dean Buck 12*  
*Yvonne Carpenter 12*  
*Beverly Carver 20*  
*Jon Cornick 18*  
*Tony Delange 11*  
*Julie Foster 16*  
*John Gardner 16*  
*Lyn Hale 20*  
*Katy Hodges 12*  
*Diane Holmes 14*  
*Tom Huberty 16*  
*Don Johnson 18*  
*Melissa Leftwich 13*  
*Eric Mullins 15*  
*Scheri Nagaraj 13*  
*Steve Recca 12*  
*Dave Redinger 19*  
*Storme Rose 13*  
*Bob Royse 12*  
*Emilie Satterwhite 11*  
*Leroy Smith 10*  
*Zach Waters 19*

*Darrell Weaver 11*

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

You have earned a cap,  
race entry or gift certificate

*Cymmie Bailey 35*  
*Gordon Barnett 36*  
*Jim Beckenhaupt 24*  
*Matt Carpenter 25*  
*Esme Delange 32*  
*Tom Dewane 22*  
*Phil Foster 28*  
*Ron Garcia 35*  
*Al Grimme 34*  
*Kees Guijt 32*  
*Susan Hoxie 21*  
*Melody Lundin 23*  
*Cruz Martinez 38*  
*Bill Ranson 32*  
*Robin Satterwhite 26*  
*Jonathon Veteto 27*  
*Kate Waldrip 30*  
*Travis Waldrip 44*  
*Jim Waters 26*  
*Emilee Waters 26*  
*Cady Waters 26*  
*Melissa Waters 29*  
*Matt Waters 32*  
*Sara Wulfskuhle 21*

*Marc Wulfskuhle 21*  
*Christian Wulfskuhle 21*  
*Hallee Wulfskuhle 21*

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

You have earned a jacket or duffel

*Janet Rose 54*  
*Lucy Stansberry 54*  
*Micky Simpson 56*  
*Angie Earle 64*  
*Pat Lockhart 72*

## **Diamond Level: 76 to 99 Hours**

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

*Dave Sorenson 80*  
*Larry Miller 97*

## **Platinum Level: 100+ Hours\***

You will receive  
special recognition  
at the Fall awards dinner

*Jim Kelleher 250*



PPRR's dedicated board of directors meets every first Tuesday to ensure the affairs of Colorado's largest running club, from races and other events to finances and insurance certificates, runs smoothly. From L-R is Tony Abdella, John Cassidy, and Micky Simpson. You are welcome to join them!

## Membership

### Welcome New Members

Amber Adams	Peyton
Beth Pruitt Adams	Peyton
Justin Pruitt Adams	Peyton
Reuben Archuleta Adams	Peyton
Jennie Armogida	Colorado Springs
Julie Beidler	Colorado Springs
Dave Betzler	Monument
Dawn Cartellone	Colorado Springs
Chelsie Cate	Colorado Springs
Anais Gude	Colorado Springs
Loren Hanavan	Peyton
Teri Hedgpeth	Colorado Springs
Denise Logan	Colorado Springs
Kelli Lusk	Manitou Springs
Brook Mark	Colorado Springs
Scott Mathis	Colorado Springs
Kate Middelstadt	Colorado Springs
James Nagy	Colorado Springs
Jessica Narkevitz	Colorado Springs
Christy Romine	Colorado Springs
Bernadette Rowilson	Colorado Springs
Kylie Toone	Colorado Springs
Wil Winter	Peyton

### Renewing Members

Tim Allison	Colorado Springs
Scott Anthony	Colorado Springs
Fred Brewer	Colorado Springs
Geoffrey Chance	Colorado Springs
John Crouse	Monument
Autumn Crow	Peyton
Ellen Crow	Peyton
Jason Crow	Peyton
Kylie Crow	Peyton

Esme DeLange	Colorado Springs
Tony DeLange	Colorado Springs
Ronald Garcia	Colorado Springs
Albert Hale	San Antonio
Bobby Hammett	Omaha
Frank Hibbits	Colorado Springs
Ingrid Hibbits	Colorado Springs
Steven Jennings	Colorado Springs
Bill Keyes	Colorado Springs
Alan Ley	Colorado Springs
Mary Ley	Colorado Springs
Nathan Ley	Colorado Springs
Cruz Martinez	Colorado Springs
Christie McCall	Manitou Springs
Ronald McCall	Manitou Springs
John Mills	Colorado Springs
Bo Moss	Colorado Springs
Bonnie Moss	Colorado Springs
Brooke Moss	Colorado Springs
Lee Moss	Colorado Springs
Mackenzie Moss	Colorado Springs
Woody Noleen	Colorado Springs
Adam Podratz	Colorado Springs
Alana Podratz	Colorado Springs
Danna Rabb	Peyton
John Rabb	Peyton
Stephanie Rabb	Peyton
Blake Ramsey	Colorado Springs
Jack Ramsey	Colorado Springs
Kate Raphael	Colorado Springs
Thomas Rathbun	Monument
Rodge Rodgers	Colorado Springs
Anton Schulzki	Colorado Springs
Jack Sherman	Colorado Springs
Peyton Smith	Colorado Springs
Riley Lynch Smith	Colorado Springs
Stephen Smith	Colorado Springs
Tonia Smith	Colorado Springs
John Victoria	Colorado Springs
Sheila Geere Victoria	Colorado Springs

## Volunteer Corner

by Cymmie Bailey



**G**reetings  
all.  
With Spring just around the corner and more races on the horizon, us "fair wea-

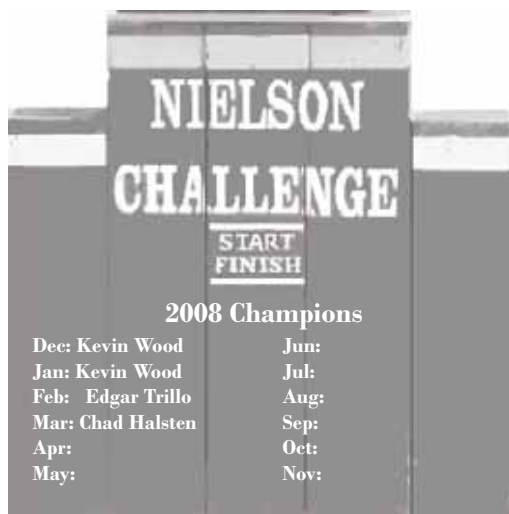
ther" volunteers (and I'm including myself) better start signing up. Tim Steffens, one of our new board members and Race Director (for the first time) of the **Tortoise & Hare Handicap** race needs our help. This is a fun, low key race in Monument Valley Park on Sat. April 12th at 8:30 am. You can email him at [timmahh2@hotmail.com](mailto:timmahh2@hotmail.com). We are also assisting at the **Colorado Parkinson's Awareness Run** in America the Beautiful Park on April 6th at 10am and our traditional **Elbert Reflections** is on Sat. April 19th at 9am. Let me know if you would like to help at any of these races and I'll get you to the right people.

We're in our fifth year of our Volunteer Rewards and Recognition program and we thought it was time to add some more goodies to the pot in our attempts to entice you to volunteer. So, when you have reached the Silver category (20-50 hours), in addition to the cap or race entry, you can choose a gift certificate to one of the running stores. When you are a Gold member, (51-75 hours), you can choose either the jacket or a duffel (to carry all the stuff to and from the races). Remember to email me your requests.

Take care and I'll see you at the races.



The monthly Long Run mailing party is a great way to get to know members in a fun and social setting. It happens every 4th Wednesday at 6:30 PM at the Colorado Running Co on N Tejon.



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

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

It was a beautiful morning with temps in the mid 40s, mostly sunny and no wind. What a great day for a run. 83 agreed with that sentiment and ran the March Nielson Challenge. With the warmer temperatures, more people than normal visited after finishing the race.

Chad Halsten was this month's most improved, as he took more than 9 minutes off of his handicap. That's an eye-popping improvement. Chad is an elementary school teacher, so it must be handling all of the students that are getting his fast-twitch muscles to perform.

We figure by next month, we'll see more green in the grass and other signs of spring, so come and join us on April 5th.

## March Results

Name	Place	Handicap	Actual	Difference
Chad Halsten	2	21:24.3	12:02.5	- 09:21.8
Deedle Murray	70	23:59.2	21:46.2	- 02:13.0
Elizabeth Wolfe	59	20:24.7	19:02.5	- 01:22.2
Katy Hodges	76	24:17.2	23:11.9	- 01:05.3
Renee Hodges	75	24:16.4	23:11.4	- 01:05.0
Jared Gorthy	74	23:54.0	23:03.0	- 00:51.0
Jennifer Hedden	54	19:39.8	18:56.4	- 00:43.4
Doretta Hale	55	19:39.9	18:59.5	- 00:40.4
Robert Sexton	11	14:24.7	13:46.5	- 00:38.2
Derek Gorthy	51	19:23.1	18:49.1	- 00:34.0
Alyssa Karl	48	18:57.7	18:32.3	- 00:25.4
Ed Gleason	16	14:51.1	14:26.7	- 00:24.4

Name	Place	Handicap	Actual	Difference
Robert Hedden	61	19:40.2	19:20.8	- 00:19.4
Jeff Chowning	6	13:25.5	13:06.7	- 00:18.8
Jeff Canada	27	15:58.8	15:40.4	- 00:18.4
Edgar Trillo	1	12:07.0	11:49.9	- 00:17.1
Jeth Fogg	30	16:10.2	15:55.3	- 00:14.9
Chris Sexton	18	14:51.6	14:38.9	- 00:12.7
Kristy Milligan	22	15:15.0	15:03.3	- 00:11.7
Rob Garza	17	14:30.0	14:28.4	- 00:01.6
Paul Jaszowskiak	3	12:34.4	12:36.4	+ 00:02.0
Pam Gustafson	37	16:37.2	16:41.3	+ 00:04.1
Tammy Karl	40	17:07.9	17:12.4	+ 00:04.5
Karen Karl	44	17:39.3	17:45.6	+ 00:06.3
Jim English	8	13:23.1	13:31.8	+ 00:08.7
Don Stauder	32	15:52.3	16:01.1	+ 00:08.8
Carl Nelson	13	13:42.8	13:53.3	+ 00:10.5
Dennis Stalnaker	49	18:26.9	18:39.2	+ 00:12.3
Diana Trillo	29	15:40.4	15:52.9	+ 00:12.5
Brian Smithey	35	16:12.2	16:26.3	+ 00:14.1
Bret Stewart	14	13:40.0	13:54.2	+ 00:14.2
Randy Kunkel	38	16:35.9	16:51.3	+ 00:15.4
Tim Barry	10	13:25.4	13:43.4	+ 00:18.0
Matthew Hodges	65	19:54.2	20:13.9	+ 00:19.7
Jim Massa	63	19:36.2	19:57.3	+ 00:21.1
Donald Karl	28	15:26.0	15:50.3	+ 00:24.3
Laura Ayotte	50	18:11.8	18:40.7	+ 00:28.9
Mary T. Smithey	67	19:53.3	20:25.1	+ 00:31.8
Genevieve Poucel	79	23:58.4	24:32.6	+ 00:34.2
Les Bell	36	16:05.2	16:39.6	+ 00:34.4
Christina Stewart	41	16:39.0	17:21.3	+ 00:42.3
Jonathan Crowe	24	14:40.2	15:22.6	+ 00:42.4
Kate Lyman	53	18:09.9	18:54.1	+ 00:44.2
Karen Barry	62	18:48.4	19:32.8	+ 00:44.4
Wendy Kimmel	42	16:41.2	17:27.7	+ 00:46.5
Pete Solie	15	13:16.4	14:04.4	+ 00:48.0
David Fenell	47	17:42.5	18:31.5	+ 00:49.0
Deborah Griffin	69	20:52.4	21:42.8	+ 00:50.4
Taylor Fogg	20	14:03.0	14:55.0	+ 00:52.0
Sharon Greenbaum	23	14:22.0	15:14.9	+ 00:52.9
Erich Gohlke	9	12:41.3	13:37.7	+ 00:56.4
Joyce Crowe	73	21:39.0	22:39.6	+ 01:00.6
David Minter	5	11:39.2	12:48.3	+ 01:09.1
Hollis Lyman	25	14:19.9	15:30.3	+ 01:10.4
Sue Canada	60	17:50.5	19:03.4	+ 01:12.9
Joel Smithey	33	14:37.4	16:03.2	+ 01:25.8
Rob Gilliam	7	11:47.4	13:14.9	+ 01:27.5
Janis Michel	68	18:30.0	20:34.9	+ 02:04.9
Lou Christensen	64	17:54.2	20:13.2	+ 02:19.0
Jeffrey A. Barden	72	19:54.8	22:15.0	+ 02:20.2
Michael K. Olson	43	14:32.1	17:33.5	+ 03:01.4
Gale L. Gerken	83	25:34.6	29:37.1	+ 04:02.5
Doris Chandler	77	20:07.6	24:18.4	+ 04:10.8
Kristopher Poskey	46	13:53.0	18:13.3	+ 04:20.3
Charles Foster	81	21:25.1	25:49.3	+ 04:24.2
Scott Gorthy	82	13:40.5	27:35.8	+ 13:55.3

# Heading to Hollywood

by Vanessa Warren



**A**lright, for those who remember February's Long Run, I did promise an update on my quest to compete in a TV game show

whose name I can no longer mention, due to extensive confidentiality agreements.

So, instead, I will simply say that I did recently spend two weeks in the Los Angeles area where I participated in various administrative processes, medical exams, and most importantly, some great physical training.

I discovered that I am actually pretty darn good at using dinosaur sized Q-tips to pummel other people and in fact, enjoyed that activity the most. (I should probably be a bit concerned about what that says regarding any anger issues I may be harboring, but for now, I will simply enjoy the ability to commit simple assault without the hassle of police intervention.) If I could just get a set of those sticks for home use, I think it would work well to lower my stress

levels on a daily basis.



I did meet many other contestant hopefuls and learned that I am grossly behind on technology as I am still unable to text message on my phone, rendering me useless in the social networking and bonding experience of the younger crowd. I was reduced to actually having to call people on their phones when I had something to say, which I believe was a nuisance to everyone unfortunate enough to give me their number. Turns out that I'm not as young as I used to be and going to bed by 9pm also inhibits my ability to mingle with the other contestants. No matter, since I never went to make friends anyhow! (It's a lot easier to pummel people when you don't know how NICE they really are.)

For now, I am home with a rejuvenated training plan which will involve lots of speed work and upper body exercises until I can no longer lift my arm above my waist. I am operating under the theory that "What doesn't kill me makes me stronger," so if you see a maniacal woman racing around the city holding hand weights and growling at passing strangers, don't worry – it's just me working on my "game face"!

The next step is the actual taping of the show, which should occur within the next 2-3 weeks. They aren't releasing the final names yet, but I am keeping my suitcase by my bed and waiting for that next important call. If all goes well, I won't be around for next month's *Long Run* edition, so I'm keeping my fingers crossed. Stay aggressive with your own training and get those TiVos ready!

*Vanessa is a local PPRR member and mother of three. She is a Major in the Air Force Reserves, teaches several group exercise classes at local gyms, and is the team leader for a local women's fitness group called Moms In Motion. She is an avid triathlete and rumored to be on her way towards American Gladiator status.*



## Long Run Mailing Volunteers!

Hosted by the Colorado Running Company

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

Diane Cahalan  
Dave Thomson  
Heidi Craig  
Kayla Hafer  
Norm Hall  
Lynne Hall  
Tammy Carl  
Cindy Thompson  
Gary Huckabay  
Jeff Smith  
Phil Goulding  
Henri St-Martin  
Marie Baughman  
Jon Cornick  
Micky Simpson  
Jon Teisher  
John Cassidy  
Al Grimme

## 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!

# CSU at the Mountain West Track Finals

by Jack Anthony



From February 28th to March 1st the Mountain West Conference held their indoor track and field championships at the AFA Field

House. This article is a dad's perspective and review on this 3-day meet where sportsmanship, teamwork, courage and determination were showcased by all participants...and fans too!

My bias is to the Colorado State University ladies, specifically the distance gals, but I certainly enjoyed cheering for the ladies in the sprints and field events. The CSU Lady Rams finished 7.5 points behind powerhouse TCU. Senior Emily Pearson is a heptathlete, hurdler and high jump specialist who is simply amazing. She earned 20 of CSU's 121.5 points. Missy Faubus came up just 1 centimeter short of winning the shot put title. Both Emily and Missy earned all-conference honors. I also cheered for the CSU men who put forth some great efforts. Notably, Drew Morano won the 400 meters and Rampart High's Ryan Friese (CSU sophomore) earned a 3rd place in the 800 m. Ryan is new to the 800 m, he's a triple jumper who agreed to give the 800 a try. Wow, what a promising future for this versatile young man.

The CSU Lady Rams distance gals scored 56 points over 4 events: the Mile, 3K, 5K and Distance Medley Relay. The mile featured a qualifier race where Marissa Saunders, a transfer from Tulsa, and Pueblo's Heather Loseke (CSU senior) earned their way into the finals. These gals would have to quickly recover from their qualifier and join Kristen Kugler and Niomi Ridge in the Distance Medley. This is a fun race that included Marissa

running the opening 1200 meter leg, then Niomi Ridge taking the baton for the 400 meters. Kristen zipped along in the 800 meters and she handed off to Heather who anchored the team to a Silver Medal with another lightning fast mile. Earlier in the day, a pack of lady Rams took to the 5K and Freshman Allison Gohl (pronounced Goal) lead the Rams in this grueling 19 lap event. Alli is a Northglenn High School graduate and a very determined and courageous runner. As the lead pack emerged, Alli kept her cool as she prowled at the back of the lead pack. With about 1K or so to go, Alli turned up her jets and reeled in the lead and zoomed to a gold medal. Just behind her, Kirsten Anthony earned the Bronze with her trademark kick. Right behind Kirsten was Freshman Ellie Rastall in 4th and she soon was followed by Kristen Hemphill in 8th. Ellie is a Rocky Mountain High School graduate and was last year's State 5A XC champ, so it looks like running for the Rams is agreeing with the young lady. The CSU depth was amazing. Melissa Thomas and Danielle Rawlings contributed to

the sea of CSU Ram green in this longest of races. With April and Melissa Thomas as well as Heather Loseke and Danielle Rawlings graduating after terrific college careers, it's great to see the CSU lady Rams distance depth, especially the freshmen stepping up to NCAA running.

The next day the mile finals took place and Marissa and Heather placed 3rd and 7th respectively. Remember, these two gals ran two 1-mile runs the day before. But, they ran with great strength and composure. It was clear to me that Marissa and Heather were totally focused on their mile finals and left nothing out there on the track, but I also have to believe that somewhere in their mind a little voice was saying "Oh my, I have to run the 3K after this." What fabulous iron-women all these gals are! Did you know that Marissa was also the alternate for the mile relay? But she was not called upon for that 5th event.

The 3K featured CSU record holder Kristen Hemphill leading the way to victory with Ellie in 4th and Kirsten in 6th. Once again, the

continued on page 15



The Colorado State University women's indoor track & field team took 2nd at the regional meet.

# Running on the Go: Washington DC

by Duane Frances



Whether you have to go or you want to go, visiting Washington D.C. is not an experience you want to miss. I personally am not someone who is easily impressed by anything less than extreme forces of nature, but I still remember the feelings of awe that I had when I first visited. The National Mall and the city center were DESIGNATED to be impressive. Of course, constant improvements over the last 218 years have expanded beyond just the city center to include dozens of great running sites throughout the city. The city has a long history of international fame, hosts the 4th largest marathon in the U.S. (the Marine Corps Marathon) and the Nation's largest 10-mile race, the Army Ten Miler.

Of the various running clubs throughout the greater Washington D.C. Metro Area, one of the largest and oldest is the Washington Running Club, [www.washrun.org](http://www.washrun.org). The WRC hosts a variety of races throughout the



Part of the Rock Creek Trail is shown here. The most popular running route is the National Mall.

year, as well as weekly runs including Sunday long runs, starting in Georgetown and lasting anywhere from 10 to 14 miles, and Wednesday track workouts.

Their website is a font of information about Washington D.C. running, with information on over 20 routes ranging from 4 miles to 23. According to the website, there are so many trails, paths, roads, and open areas that it is virtually impossible to get bored running in the national capitol region. I have selected three different routes for your consideration when running in DC.

The first route is a trail running north to south starting in Arlington, Virginia. The Mount Vernon Trail parallels the George Washington Parkway and the Potomac River. This paved trail stretches 18.5 miles from Theodore Roosevelt Island just north of the Lincoln Memorial, through Old Town Alexandria, and ending at Mount Vernon, the home of George Washington. The trail is a popular route not only for runners, but for bikers too, so it can fill up pretty quick on summer mornings. The northern portion of the trail has some great views of Washington D.C. between Roosevelt Island and Regan International Airport, but the southern end of the trail, south of Alexandria, can get pretty hilly...but anyone going for a 37-mile round trip of the entire trail wouldn't shy away from a couple of hills. And besides, what is a hill there compared to a hill here?

If you are not training for an ultra and would just like to go for a nice scenic run, the trail is marked at each mile. The DC Front Runners site has landmarks for anywhere from 4 miles out to 8.5 miles out from the start, allowing you to set your round-trip route to whatever you would like.



The Rock Creek Parkway starts at the Marine Corps Memorial and offers a challenging run.

If you are looking for a longer, more challenging route, another popular DC route is the Rock Creek Parkway. Starting at a popular DC landmark, the Marine Corps Memorial (also known as the Iwo Jima Memorial) outside of Arlington National Cemetery, this route crosses over Arlington Memorial Bridge and connects to the Rock Creek Parkway behind the Lincoln Memorial. While traveling up the Parkway, you will pass DC landmarks such as the Kennedy Center, the Watergate Hotel, and Georgetown.

The north end of this route is the Smithsonian National Zoological Park, located in Rock Creek Park in Northeast D.C. The park is home to the National Zoo, and Battleground National Cemetery (which was where President Abraham Lincoln was fired upon by the enemy during the Battle of Fort Stevens). It is a trail and hill-heavy park, similar to Palmer Park. Once you reach the Park, take a loop through the Zoo and back onto Beach Drive, which connects to the Parkway. Return south down the Parkway to Arlington, for a nice 10.2 mile run.

If these two routes aren't what you are looking for, the most popular destination for visiting runners is the National Mall. Taking advantage of the comprehensive Washington D.C. public transportation system, jump on the Metro and go to the Smithsonian

continued on page 1

# Friendship Through Sport:

## World military cross country

by Emily Brzozowski



I recently had the privilege of traveling to Thune, Switzerland, as a member of the US Armed Forces team and participating in the world military cross country championships. The International Military Sports Council, CISM, is an international sports association composed of the armed forces of member nations. It is open to all nations, and currently has 127 countries that are members. Its motto, *Friendship Through Sport*, supports its principles of developing friendly relations between the Armed Forces and promoting physical education and sports activities. CISM holds high-level competitions in different sports around the world every year. This was my second time participating in CISM, my first was two years ago when cross country was held in Tunisia. Both were memorable experiences.

The first thing that struck me was the true diversity of representation there, starting with the US team, which comprised athletes from all services—Army, Air Force, Navy, Marines, and even one Coast Guard athlete. CISM is truly a non-political organization, as member teams include Iran, Syria, Algeria, and other nations that aren't exactly our close allies, while other countries like Great Britain and Australia aren't members.

We all stayed at the military base in downtown Thune, so I had plenty of opportunities at meals and in between activities to interact with athletes from the other countries. Our schedule was full: a military parade through the town square, opening ceremonies, closing ceremonies, banquets, cultural day, and of course, the races. With

all the other activities going on, the race seemed to take second place, but I think that's part of the whole "friendship through sport" ideal.

Race day started with an open race for community runners, a master's race, and then the CISM men's 4K, women's 4K, and men's 12K.

Many countries take the race quite seriously, especially those with mandatory military service whose Olympic athletes are in the military as well. So seriously, in fact, that several non-African countries, which I'm not going to name, had teams composed of mostly Kenyan imports! 25 countries participated in CISM cross country this year, and as usual, Qatar, Algeria, Morocco, and France were the top contenders. The only athletes to break into their dominance was 4th place finisher in the men's 12K, Gunther Weidlinger, who's on track to represent Austria in his third straight Olympics, and Belgian Nathalie De Vos, bronze medallist in the women's 4K. The US teams did all right, after just racing the previous weekend in San Diego to qualify for the team and then traveling a long way to get there.

After the races, all the athletes trade uniform items, t-shirts, and pins and are eager to get something from all the different countries. Even though everyone is in the military, I never heard any type of military or political discussions. It truly was a weekend that brought together athletes, despite having different backgrounds and views, and helped them become friends through sports.

*Emily is a PPRR board member and lives in Colorado Springs. She trains with the Army World Class Athlete program in the pentathlon and has qualified for the 2008 Olympic Marathon Trials.*



## CSU Track

continued from page 13

Rams distance gals were scoring important team points. 5K champion Allison placed 9th and Heather and Marissa also gave the 3K a try and placed 10th and 21st. Again, keep in mind an hour earlier these gals had just run in the mile finals. Whew! How do they do it? The 3K race was quite a thriller as Kirsten led the way leveraging her strength and determination. Fighting off a late charge by BYU's Angela Wagner, Kristen took Gold in the 3K race.

When the 3K was done and the scores added up, the lady rams had an overall 1/2 point lead over TCU. One event left, the Mile Relay. TCU is a national powerhouse in the mile relay and although the Rams gave 110% in the relay, they fell short of the upset. Once again, CSU Ram pride and determination were evident. There was some second guessing by these dedicated track and field ladies "Could I have maybe caught that girl in my race" or "If I only got that extra inch." Well, I can say without a doubt that it was a fabulous team effort and there simply were no more points to be had.

Distance coaches Bryan Berryhill and Liz Moore asked the distance gals to step up and score points in the 4 distance events. They came away with plenty of points, two individual championships, and promising performances that showed solid depth that can help the Lady Rams defend their Mountain West Conference XC title next fall. Kristen, Allison, Kirsten and Ellie earned all-conference honors as did the distance medley team foursome of Heather, Niomi, Marissa and Kristen. What a great event and what a great performance by the Rams.

*Jack is a PPRR member, former board member, Spring's trail historian, avid volunteer, and Long Run contributor. He is working hard on the Veteran's Home Run.*



# US Corporate Athletes

by Jon Cornick



This February 17th, I was privileged to be at the starting line of the AT&T Austin Marathon. I

was running for the Booz Allen Hamilton Marathon Team; a group of non-judgmental, cheerful, globally diverse employees with one common love, bi-pedal motion. Unseasonable warmth and excess oxygen over-rode my common sense: I ran too fast, too soon and by mile 20 my legs had nothing left. I finished in 4:22 something, not fast enough to earn my team any points. Our fastest runners were sub-three-hour and post-50-year groups. I was humbled by my team mates, but I was also not the slowest.

I've worked for Booz Allen for three years. This is my second marathon with the team. Our team was in competition with other corporate teams such as Texas Instruments, Shell Oil, Exxon Mobil, and General Electric. The competition was tough. I rationalized my performance against the faster runners for Exxon and GE by saying I advertised the Booz Allen singlet longer than anyone on their team.

Booz Allen Hamilton and many more companies participate in the US Corporate Athletics Association. The USCAA began with friendly track and field competition between companies. In 1979 Bob Anderson of Runner's World magazine organized the events and by 1985, the USCAA became the spirit of corporate competition. These companies back their commitment to health and fitness with a budget. They provide financial backing and opportunity for the employees to organize a team, design a uniform, and attend the USCAA marathon

and track and field events.

Each year, the USCAA hosts three events. The winter marathon is held in conjunction with an existing event. The 2009 USCAA winter marathon will be held in Houston, TX. During the summer, the corporate teams enjoy a weekend of track and field events including shot, javelin, hammer throw, long jump, and various relays. This year, the relays will return to the 2007 location at Cal State, San Marcos, California. During the fall, the USCAA hosts teams for the Army Ten Miler in Washington D.C.

The summer relays are truly a thing to be witnessed. Senior management is teamed with college grads in their first year of "real work". There are executive relays, senior relays, distance, sprint, and masters relays. There's a 5 and 10K and a presidents' relay. All ages and levels are welcome.

The rewards of participating in USCAA events include displaying corporate pride and commitment to health and fitness as well as building comradery, networking and cross talk among employees in different business areas. These opportunities are invaluable, especially to companies with diverse clients and markets.

Not every company can put together a running team, but those that can far out number those that do. I would encourage asking your employer whether they have heard of the USCAA. If not, bring it to their attention. Visit the web site ([www.uscaa.org](http://www.uscaa.org)) and learn more about the USCAA and maybe we'll meet in California or Texas, wearing the corporate colors of our employers while secretly competing as Pikes Peak Road Runners.

*Jon Cornick is a PPRR board member, director of the Veterans Home Run, and former PPRR president.*



# D.C. Running

continued from page 14

Metro Station. Starting at that station, begin running west towards the Washington Monument and the Lincoln Memorial. The paths on the National Mall are paved and crushed rock, and extend the entire length of the mall, some stretches going thorough the wooded areas lining the reflecting pool, and some through the open expanses in front of the Smithsonian. Running the entire length of the National Mall—looping behind the Lincoln Memorial, traveling down the opposite side of the mall and behind the Capitol Building, and returning to the Smithsonian Metro stop—will give you a nice 5-mile run.

You can use the run to plan your more leisurely visits later in the day. You will run past the World War II, Korean and Vietnam Memorials, as well as the White House, the Washington Monument, and countless other historic monuments and buildings.

Ironically, while writing this article, I found that the Army is sending me to the National Capitol region for three months to perform temporary duty. Now I have the opportunity to take my own advice and try these routes. So, if you are in Washington D.C. this summer, go for a run on the National Mall and keep your eye out for a big bald guy running like a wounded bear...smile and wave, because it's probably me.

*PPRR member Duane Frances currently lives in Fountain with his wife and 2 children. A 15-year army veteran, he recently returned from a tour in Iraq where he helped run a desert Sailin' Shoes 5K race in conjunction with the Colorado Springs event.*



# Veteran's Home Run Moves to AFA Grounds

by Jack Anthony



**S A V E  
T H E  
D A T E!**  
Saturday,  
June 28th,  
7:00 am; the  
place to be is  
the Air Force  
Academy's  
Falcon Stadium

for the start of the third tour of the Veterans' Home Run 5K Run/ Walk/PUSH! (I'll share a bit more on the "PUSH" in a moment.) VHR 08 is dedicated to raising funds for the Crawford House as in the first two tours. This year, we are making course adjustments you recommended after last year's event. We've moved this local veteran's awareness and support event, traditionally held on a Sunday, to a Saturday. We've also earned the go-ahead from the Air Force Academy to allow us to use a flat and fast Stadium Blvd 5K course. Now for the PUSH!

This year, VHR 08 will feature a wheelchair division in the 5K race. VHR 08 is being supported with the help of the USA Paralympics team. That's right, our

paralympic eligible athletes, including several athletes who are destined to take part in the 2008 Olympic Games, may be participating in VHR 08 as a tune up for the China games. Our wheelchair equipped racers refer to their workouts as "runs" and sometimes can be heard enthusiastically declaring, "I pushed for 10K." So now you know the scoop on the "PUSH." Come run with these awesome and dedicated paralympic-eligible athletes!

**This is the 5K you must include in your summer fun and fitness running program!** We want to maximize participation. Besides the benefits for the Crawford House and support for America's veterans in need, we're hoping that a Saturday event and a very "PR-able" course will boost participation. We've exceeded 300 each year; we want to reach 500 participants this year. In fact, we want to blast thru that 500 goal by challenging ALL Pikes Peak Road Runners members to take part in VHR 08 and to bring a friend new to running and introduce them to what a PPRR fun running/walking/push-



ing is all about. Let's learn a bit more about VHR 08!

One year the Race for the Cure used this fast Stadium Blvd 5K course that heads east from Falcon Stadium and then north on Stadium Blvd. It's a fan friendly out-and-back. At this time, you can register via Active.com and soon VHR 08 posters and race applications will be available on the PPRR web site and at your favorite running store. Make your VHR 08 commitment real: add this 5K as part of your summer fun running fitness program. Don't forget, bring a friend! Help them achieve their goal of running a 5K and joining the Colorado Springs running community!

Next time I'll tell you more about USA Paralympics involvement in VHR 08 and remind you about the Crawford House, their mission, and Medal of Honor winner Bill Crawford, a humble man who earned a nation's highest combat honor.

*Jack is a PPRR member, former board member, Spring's trail historian, avid volunteer, and Long Run contributor. He is working hard on the Veteran's Home Run.*



Runners gather themselves in prayerful reflection before the inaugural Veterans Home Run in 2006 in Memorial Park. This year's venue will be at the Air Force Academy and adds a wheelchair division.

# Running Out of One's League

## The US 15K Championships

by Emily Brzozowski



I entered the Gate River Run/US 15K National Championships as a tune-up for the Olympic Marathon Trials. My coach contacted the director, and I thought they were just giving me a complimentary race entry, but after two days of traveling to Jacksonville (I got stuck in a snowstorm in Dallas overnight), I arrived to find out I was considered an “invited athlete” and would be given special treatment at the race. I had started races in the elite field before, but never at a National Championship, which was quite a different level. And to make it an even bigger impact, the elite women were starting 5 minutes before the elite men and rest of the field so that it would be an exciting finish. That meant I was on my own with all the elite women, and couldn’t hope for some fast local runners from the field to compete with.

Early Saturday morning I went to the invited athletes room, and immediately felt like I was out of my league. I was surrounded by all the people you read about in *Runners World*, all wearing their matching sponsor’s outfits. I looked down, and laughed as I was wearing Mizuno shoes, New Balance socks, Adidas shorts, Asics singlet, and a Nike hat. Did they look at me and wonder if I

was the new girl on the scene, someone who was going to sneak up and steal their prize money? Or, more likely, did they think I was someone’s manager, or the water girl who would carry their gear back from the start line? Actually, I don’t think they noticed me at all, as everyone seemed to stick to themselves, mentally preparing for the race. So what do the super elite athletes do before a race? It seemed like what every other runner does- mentally prepare, warm-up, drink fluids, stretch, and use the restroom.

Fifteen minutes before the start, they led us through locked gates past crowds of people to the start line. I saw people looking at us and felt like doing the haughty beauty queen wave: “Yes, yes we are the elite runners!” The race started, and as expected, Deena Kastor quickly ran away from the field. Two girls actually attempted to go with her, but fell back even before the first mile.

I tried to stay with the main chase pack (even though we weren’t really chasing anyone, since Deena was expected to easily win), but after the first two miles, I thought I was working too hard. I backed off and settled into a comfortable pace, which I think was a little too comfortable. Never running a 15K before, I wasn’t exactly sure how it was supposed to feel or how hard I was supposed to push. I don’t think I found the right pace

until the last 3 miles, where, as my coach says, you’re working but in control. I was ok with that because this race was definitely a learning experience.

I had figured the elite men would begin to catch me around the halfway point, assuming they were about a minute per mile faster. That turned out to be correct. But no matter how mentally prepared you are or who it’s by, it still hurts the pride to get passed! I had flashbacks to when I was watching the New York City Marathon on tv this fall, where in a similar fashion, the elite women were given a head start. As the elite men started catching some of the women, the announcer said, “Now the men are moving past some of the women stragglers.” Stragglers? These women ended up running sub 2:42 marathons! Not exactly what I would call a straggler! Luckily, there were no cameras at this race, or who knows what they would have said about me!

The best parts of the race were right after the 5K point and miles 7-9. After passing the 5K mark, you run down a short street that borders the ocean on one side. It was so windy I’ve never seen the ocean that choppy. The waves were constantly breaking over the wall, covering the street and runners in a heavy spray of salt water. Miles 7-9 are up and over a huge bridge. I consider hills one of my strengths, and was looking forward to this part. I ended up passing 3 women on the hill, but my biggest accomplishment was not getting blown off the bridge. It was that windy! I’m not kidding; every time I lifted my leg to take a step, my foot got blown against my opposite calf and I thought I was going to get blown over.

After the race I noticed a lot more girls like me in the invited athletes room. Girls wearing non-



With over 12,000 finishers this year, the Gate River Run is the largest 15K in the country. The course runs through the center of Jacksonville, Florida, and was the site of the national championships.

# The Tortoise and Hare:

## Your chance to get a real head start

by Jim Kelleher

matching brands, girls with more substance to their bodies than a knobby-kneed, half-starved deer. Maybe they were there before the race and I just didn't notice them as I was trying too hard to appear nonchalant, secretly watching Deena Kastor's every move trying not to look like a stalker.

Even though a bit intimidating at first, running out of my league was a great experience that I learned a lot from. If my goal is to one day feel like I really belong with these elite runners, racing with them will help me achieve that. I think it helped set similar conditions to the Olympic Trials, where I'll be with the best runners in the country who are trying to qualify for the Olympic team, and many others who are just there trying to run a great race.

I think this applies to every runner as well. While it's great to run in all the local races where you know the courses and know the people you have to beat to place in your age group, you sometimes have to go out of your comfort zone in order to step it up a notch. Whether its driving up to Denver to race against different people, flying somewhere to race in a different climate, or running in a competitive race you have to qualify for like Boston or the Boulder Bolder, running out of your league will help you take it to the next level. And if you don't enjoy the experience of racing out of your comfort zone, then at least you'll gain a greater appreciation for the norm.

*Emily finished 24th out of 5,814 women in 55:56. She is a PPRR board member and lives in Colorado Springs. She trains with the Army World Class Athlete program in the pentathlon and has qualified for the 2008 Olympic Marathon Trials.*



**A**pril rolls around again and offers plenty of events to kick off your running season if you haven't already. Among them is a unique handicap race designed to even the odds. Although a young man in his mid-twenties with a tall and slender physique is not guaranteed to be a fast runner, it sure doesn't hurt. Many of us, I'm sure, would happily shed some pounds and years to go a little faster. And what if you women out there could neutralize the natural strength advantage of being male? Well, that's exactly what the Tortoise and Hare Handicap 5K sets out to accomplish: levelling the playing field.

In a nutshell, the slower, statistically, you are likely to run, the sooner you get to start. And if you are gifted with attributes that make for speed, you get to start later and play catch-up. All else being equal between a guy and a gal—age, height, weight—the gal gets to start first. Weighing more and being older count as two more reasons for starting before someone else.

Both slower and faster runners enjoy something very different in

this event. For the slower folks, particularly the back-of-the-packers, they can experience leading the pack of runners. They start in the lead and the challenge is to stay there. Historically, the "tortoises" do well for themselves.

But the faster runners have a great deal of fun as well. Although the pack gets out ahead of them, they can enjoy the thrill of the chase as they try to catch as many runners as they can.

Runners have to show up a bit earlier than usual because handicaps have to be calculated for each person. They report their age and height, and then step on a scale. This information plus their gender then gets typed into the computer and out comes the handicap. The calculations are based upon national performance data and have born out very well in practice. The only way to find your handicap is to show up, so hopefully we'll see you there: Saturday April 12 at Monument Valley Park. And remember that for PPRR members, it's free!



Race volunteers busily calculate handicaps during the pre-race prep at the Tortoise & Hare Handicap. The computerized handicapping worked well last year, but runners still need to show up early.

**Saturday April 12th**



# Tortoise & Hare 5K

**Factor out age, size, and gender and what do you have left? Conditioning!**

**Level the playing field. If you're in shape, that's all that matters!**

**Kids, teens, and seniors—all can win.**

**Back-of-the packers lead early.  
Fast-runners play pursuit.**

**Saturday, April 12th**

Memorial Park (just north of Bijou)

**8:30 AM weigh-in and handicapping**

**\$3.00 entry fee! PPRR members free!**

Refreshments pre and post race

For more details at [pprrun.org](http://pprrun.org)

Questions? Email Tim Steffens at [timmahh2@hotmail.com](mailto:timmahh2@hotmail.com)

