



**Pikes
Peak
Road Runners**

the *Long Run*

Volume 32 Issue 2

Running News for the Pike's Peak Region

February 2008

Cold Weather Injuries

Recognize, treat, and prevent

Running while Traveling

The hidden gem of the Atlanta Airport

New 5K for Parkinson's Research

Dan Harding's personal battle goes public

PPRR Information

Elected Board Members:

President: Micky Simpson 495-5891
Vice President: Ron Garcia GarciaRonald@msn.com
Secretary: Esme Delange EsmeDelange@yahoo.com
Treasurer: Pat Lockhart 598-2953

Tony Abdella abdellat@earthlink.net
Emily Brzozowski emily.potter@us.army.mil
Jon Cornick cornick_jon@bah.com
John Gardner john.n.gardner@smithbarney.com
Tim Steffens timmahh2@hotmail.com
Luci Stansberry lvstansberry@qwest.net
Travis Waldrip TandU@comcast.net

Appointed Board Members

Volunteers: Cymmie Bailey CymmieB@qwest.net
Mailing: John Cassidy johnc@mindspring.com
Equipment: Larry Miller FallSeries@aol.com
Newsletter: Jim Kelleher 232-4419
Races & Membership: Pat Lockhart 598-2953
Website & Training: Dave Sorenson DavidSorenson@msn.com

Other Jobs:

Calendar: Dave Sorenson DavidSorenson@msn.com
Course Marking: Travis Waldrip 282-1671
Event Promotion: Micky Simpson 495-5891
Insurance: Pat Lockhart 598-2953
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 **March 4th**.

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 2

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

Editor: Jim Kelleher jim@pprrun.org
Editorial Staff: Diane Cahalan
Jack Anthony
Mike Shafai

Return Address: Pikes Peak Road Runners
207 N Nevada
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 **2nd Wednesday** of the month for inclusion in the following month's newsletter. The next deadline is **February 13th**.

Long Run Stuffing Party

Next stuffing is Wednesday February 27th.

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 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



With the start of the new year, we have some of the most challenging races (weather wise) on the calendar. The EPCSAR Rescue Run on New Year's Day brought a record turnout. Little ice and moderate temperatures at race time may have contributed to the 205 race-day registrants. Unfortunately, the temperatures sank rapidly after the race, so most participants did not stay for the awards and drawings, but it was fun to meet one young man who had made this his first 10K race. Blake Ramsey, 16 years old, came in 2nd in his age group and 14th overall with an impressive 41:23 finish. Anyone who has run this 10K knows just how well he did. Blake mentioned that there was snow and ice on the top, which made the footing dicey at times, but it sure did not slow him down.

Just two weeks later, the Winter Series began at Fox Run. The weather cooperated better than last year, when a blizzard caused the cancellation of this race. As expected there was plenty of snow, four to five inches. Volunteers at the registration table were frozen as usual! One volunteer, Sara, was smart and brought a sleeping bag to snuggle into, while others brought hand and toe warmers for their gloves and boots. The course started out with loose snow, which gave little traction, even with screwed shoes, but got better as we entered areas of packed snow. I ended up running about half the race with a six foot white rabbit. I am not sure if he was practicing for Easter or thought he would blend in with all the snow and, therefore, run better, but he left me eating snow on the last hill. I should have asked him to get my bib number out of my car and meet me at the finish line, because I ended up without a tag to pull when I got there. Talk about embarrassing!

Last, but not least, many of you followed the series of articles Jack Anthony wrote on the Rock Island Trail in the Long Run. He'll be continuing his story at the Palmer Lake Town Hall, February 21st at 7PM. He'll take the audience on an "Historical Journey on the New Santa Fe Regional Trail" from Woodman to Palmer Lake. It should make for a very enjoyable evening. If you have any questions, please call him at 205-1741 or e-mail him at jack.anthony78@aol.com. Hope to see you there.

Micky Simpson

Contents

February 2008

PPRR Meeting Minutes	4
Editor's Letter	5
<i>the Long Run Long Ago</i>	5
Letters	6
News and Events	7
Nielson Challenge	8
Membership & Volunteers	9
Volunteer Corner	
<i>by Cymmie Bailey</i>	10
Defining Your Own Success	
<i>by Vanessa Warren</i>	10
Cold Weather Injuries	
<i>by Shane Conrad</i>	11
A Hidden Gem for Travel Running	
<i>by Emily Brzozowski</i>	13
From Personal Battle to Public Benefit	
<i>by Dan Harding</i>	14
Emily's Picks: Eat, Pray, and Love	
<i>by Emily Brzozowski</i>	15
Winter Series I Results	16



cover photo: Paul Sullivan makes his way up a long incline during the 10K portion of the January 1st Rescue Run. A record 720 turned out for the near-perfect conditions under sunny skies and started the 2008 season.

PPRR Meeting Minutes

submitted by Pat Lockhart

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

Present: Jon Cornick, Micky Simpson, Pat Lockhart, Tony Abdella, Ron Garcia, John Gardner, Larry Miller, John O'Neill, Luci Stansberry, Travis Waldrip, Jim Beckenhaupt, Phil Foster, Bill Gallegos, Jim Kelleher, Dave Sorenson

Guests and Business

Dan Harding – requested PPRR assistance with Finish Line Management for his Parkinson's Benefit Race. America The Beautiful Park. PowerPoint slides are on file. Monies raised will benefit Team Fox and the Colorado Parkinson's Foundation. Motion made by Pat L, seconded by Luci Stansberry to support this event. Motion passed. As Race Coordinator, Pat Lockhart had received the request from Diane Cahalan to be the Race Director and was so appointed.

Tim Steffens – new board member was present.

Meeting Minutes (October, November, and general membership) Review/Approval (Pat)

Meeting minutes approved with corrections. Jim Kelleher voted not to accept. Meeting minutes are on file.

Old/New Business

Matt Carpenter (Ron G) Lifetime membership was proposed by Ron, in recognition of Matt's involvement running and the running community; creating the club's membership database, volunteering as Newsletter Editor, Vice President and into the Presidency upon the then current President's resignation; Run for Hope Race Director. Motion was made by Ron, seconded by John Gardner, passed unanimously. Article XXIV of the Policy Handbook will be amended.

Report from the Ad Hoc Committee on Membership (Jim K. and Tony A.) Renewal notices sent out via mail will be costly. Include expiration insert into newsletters of those whose membership is expiring. Concerns with Bulk Mail procedures established by Jim B. Problem may not exist. Micky S made motion to use renewal form, instead of membership form in the December newsletter, Larry M. 13 "yea", 2 "nay", motion passed. Database to be analyzed by Jim K...copies will be sent to all.

Don Johnson and Dave Balzer have decided to take a break and will depart their duties as Trail cleanup and the Panoramic Race Director will be reassigned.

Trails and Open Space Coalition Donation (Travis W) Dan Cleveland received \$10,199.29 representing half of the proceeds of ADTM proceeds.

Stroller issues – YMCA Briargate – hold harmless statement received by the YMCA. Notification board of restrictions provided by Bill Gallegos. Our insurance policy is RRCA's policy. It would be prudent of the board to discourage, applicable to our events only. Information board will be updated. RRCA guidelines are on file. John O made a motion that violators of our "restrictions" will not be included in the specific club race's results. For the next six months, notification will be provided to all members, and that this will become "law" starting the 1st of June, 2008. A claim could pose a problem with RRCA's insurance rates increase or loose insurance entirely. Pre race announcements need to be standard. This restriction can be amended as required. First six months could be warnings. Seconded by L Miller, 1-abstention 1 "nay", motion passed.

Treasurer's Report (Gil)

No report. Financial statements were provided to all board members via e-mail.

Fall series income, expenses... Costs for the Kids Series will be taken from profit.

Income/comparison – 2006/2007 – income

Event Promotion – (Micky S/AI G)

Winter Series has been added to active.com

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

RRCA partnered with Sample Guy Inc.... race packet fillers.

Scholarship/Grant Status (John O)

E-mail to area college coaches and availability.

Newsletter (Jim K)

Color cover, CC money has been received for insert. Refund possible for advertiser. 2 memberships will be offered for their refund. Six month memberships.

Bulk Mail (Jim B)

John Cassidy being trained for bulk mail assistant. Help in taking mail to the BMU.

Calendar (Dave S)

Changes made. Trail cleanup? Larry M will check into trail maintenance of Palmer Park, in lieu of trail cleanup.

Equipment – (Bill G, Larry M)

Larry M missing 4 metal plates for finish line, extra equipment and bales of straw are available for use. Timing equipment is working well. Timing cords might need to be replaced. Any questionable will be replaced. (clickers)

Insurance - (Pat L) – insurance and membership with RRCA renewal has been sent. \$4246.00. As soon as confirmation of insurance is received, certificates of insurance will be requested.

Membership (Pat L)

600	Individual	1043	current
43	Clubs	246	expiring
11	life members	49	new
222	family primary members	22	renew
484	family members		
1360	Total Members	876	Total Mailing

Past Events

11/11 Fall Series IV (Larry M) one broken ankle, good volunteers help out with potential problems.

11/17 Turkey Trot Predict (Phil F) – 118 participants. Smooth

11/17 Fall Series Awards and Membership Dinner (Jon C) – went well.

11/22 YMCA Turkey Trot (Pat L) – great job, volunteers tremendous, finish line excellent.

12/01 Nielson (Phil F) – less 48 participants. Cold

Upcoming Events

12/11 Board Dinner (Jon C) – Jack Quinn's – 6:00pm

01/01 Rescue Run (Dave S) – going ok. Registrations are going good.

01/05 Nielson (Phil F) – no report

01/12 Winter Series I (Pat L) – flyers. Distributed.

01/26 Winter Series II (Pat L)

Next meeting January 8, 2007 – 7:00 pm Downtown YMCA



Mixing in a Little Magic

In reviewing the February 1998 edition of the Long Run, I came across editor Carol Lyndell's little write-up of muscle physiology. Actually, it was hard to miss since it was on the cover. She apparently had to study the material as part of a class she was taking and found it so fascinating that she felt compelled to share it with her readership, right down to the tropomyosin. Her intuitive explanation is enjoyable, but what struck me most was her bottom line conclusion: it's all magic.

Of course, medical science will tell us that's not magic at all. Rather, it's just a matter of biochemistry. Indeed, it is quite amazing how far we have gotten thinking of the body in terms of chemical reactions. That's what sports physiologists do, and based upon their analysis, they come up with innumerable training regimens justified by many studies and mathematical equations. This approach is great as long as we keep it in the larger perspective that there's more we don't know than what we do. In the end, we not all that far off if we say, "It's all magic."

Children have no problem with magic. They have an advantage over most adults in that they have not yet lost their propensity to wonder and to be amazed. They'll believe just about anything and consequently, there is very little they aren't willing to try...that is, until adults start talking sense into them and make them conscious of success and failure. The scientific mindset can seem just like those authoritative adults. The knowledge is wonderful, but if we pay too much heed, we can limit ourselves and our running.

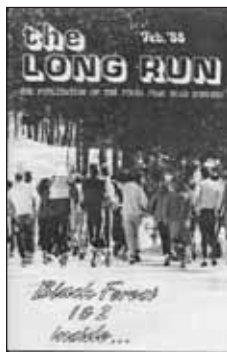
As much as analytical advice tells us what we can shoot for, it also tells us what we can't. So, for instance, if your VO_2 max is a certain number, then you will never achieve beyond a certain level. If you're 10K time is 45 minutes, then you'll only be able to run a 4-hour marathon. And if that's true, then you'll never finish the Leadville 100.

Dan Harding tells a story in this issue of his battle with Parkinson's. Rather than accept the limits of what medical minds thought possible, he has maintained his health and athleticism far beyond their expectations. So, in setting your goals for the new year, don't be too realistic. Be a little magical. In the words of Ken Choubler, founder of the Leadville 100, "you're better than you think you are; you can do more than you think you can."

Jim Kesseher, Editor

10 Years Ago

On the cover of the February 1998 issue, **Carol Lyndell** shares her newfound knowledge of muscle physiology, likening the whole process to "magic". President **Dave Balzer** announces a new City 5K and plans to "adopt a trail". **Ralph Kempcke** gives a history of the Olympic Games, all the way back to a time only the oldest PPRR members can recall—776 BC. Although we associate the first marathon with the Greeks, it seems their idea of an endurance run was about 4.5K. Finally, **Splash Coy** reaches back to his cross country days and pens a moving account of receiving inspiration by watching a close race to push on himself to a state championship. At 42, he was second overall after two races of the '98 Winter Series.

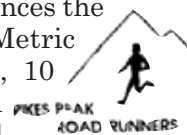


20 Years Ago

February 1988's issue finds president **Pat Lockhart** reporting that the residents have been complaining about the Black Forest Series, forerunner of the Winter Series. Apparently they don't like to stop for runners, so the county sheriff's office doesn't want to do any more traffic control. The future of the venue is in doubt. Also, the club lost its non-profit status by choosing to disassociate with RRCA in '97. But RRCA welcomed PPRR back and the process for the club's own identity as a non-profit was started. **Judy Fellhauer**, 40 y.o. Springs resident, qualified for the Olympic Trials with a time 2:49, winning the masters division at the Las Vegas Marathon. And **Marty Froelick's** qualifying time of 2:11 held up as the fastest US marathon time of 2007.

30 Years Ago

In 1978, editor **Hank Cole** announces the winter runs, called the Metric Series, which comprised 5 races, 10 through 25 kilometers, all held in Palmer Park. Also, the club voted to procure its first computer to record race times. A 15¢ charge was added to race fees to pay for it. Finally, a club-wide vote was solicited to decide upon adding a family membership for \$15 as an option.



Letters

Dear Jim,

First, a correction. I listed Debbie Brewer properly last month, but missed on her children's names. Son Matt Caterisano, 2nd Lt. USMC, won the 5K race. His sister, Sarah Caterisano, won age group in the same race, as did their mother. So much for my ace reporter ability.

We had freezing weather this month. It was sunny and calm, and most runners were in full winter gear. Our December race dates are usually during the week or so of winter weather in Plano, so we run a 3K and an 8k, with the kiddie kilometer unchanged. Winter clothes or no, Clint Bell's 9:11 in the 3K was pretty fast. Molly Burke ran 32:27 to win women's 8K, running fifth overall. She has yet to learn that women cannot beat men in foot races. Your reporter surprised everyone by overcoming health woes and strong medicine to win his own age group.

The time was terrible, and best forgotten.

I remember the El Paso County Rescue Run. In 1992, the run was cool and sunny. Two days later, the El Paso County Rescue team was digging gamblers out of storm-clogged passes leading to the casinos.

Regards,
William L. Jones

Dear Pikes Peak road Runners, Those of us involved with the cross country program at The Classical Academy would like to take this opportunity to extend our heartfelt thanks for your financial part in making our trip to Tempe in November possible. We thank you for partnering with your community in this manner. What you helped make possible was this: nineteen student-athletes, plus eight coaches and parent chaperones made the trip down. While we

were there, the boys' varsity team won the small school regional (Arizona, New Mexico, Colorado, Utah, Nevada, and Wyoming) regional championship. Our second varsity team of girls won the small school girls' regional championship, finally, the girls' varsity team, though the second smallest school in the field, placed ninth out of 20 teams in the girls' regional championship race. We are very pleased with that performance and hope that, perhaps, next year we can even improve on that finish. It was quite an honor to be among the ranked and invited teams from the region in that race. Once again, thank you for your supporting role in this adventure. We are deeply grateful.

Sincerely,
Alan Versaw
Cross Country
Coach

Editor's note: At the August meeting, the PPRR board voted to contribute \$250 towards the trip.



BACKROADS
chiropractic
"Your Road To Health"

Dr. Diane Elwer, DC
719-475-9103

716 W Brookside St
(corner of 8th and Brookside)

**Over 30 years of
running experience**

Low Force techniques
Advanced Proficient in
Activator Methods
Massage Therapy

\$25 OFF INITIAL VISIT

"Lets keep you running"
"Motion is life"

**Long Run
Mailing
Volunteers!**

**Hosted by the
Colorado Running
Company**

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

**Marie Baughman
Lynn Hall
Norm Hall
Ashley Young
Amenda Wierzba
Garrett Meek
Jeff Smith
Melissa Leftwich
Esmé DeLange
Tony Delange
Jeff Tarbert
Phil Goulding
Jeremy Sveltenuss
Emily Brzozowski
Robin Satterwhite
Tom Huberty
Nicole Kunz
Micky Simpson
Zolla Nels
Teri Harper
Al Grimme
Larry Miller**

For Sale

Red Feather "Falcon" Racing Snowshoes. So you can run in the snow!

Lightweight, 1.25 lbs. each. Size 27" length x 8" width. Neoprene cup to fit your sneaker. Includes carrying bag. Very good condition. \$75.

Call Terre at 440-0880 or email at: tcavalier@hotmail.com

News and Events

PPRR seeks coordinator to start social runs

Colorado Springs has several social opportunities for runners, and president **Micky Simpson** decided it's time for PPRR to get into the action. "I think it's an important aspect of the local running scene, but it's something that PPRR hasn't given much attention to." She cited the tremendous success of Jack Quinn's 6PM Tuesday evening runs as an example. Started in June of '06, with 70 runners, the 5K runs through MV park and along Cascade grew to a record 468 last fall. Almost 1500 have run 5 or more times.

Typically, social runs are shorter with little or no emphasis on speed or training goals. "All running clubs are open to everyone, but they generally appeal to the hard-core running crowd," explains **Ryan Shininger**, Quinn's co-founder. "Whereas with this, anyone can come out and run 5K, or walk even shorter than that."

Other social runs in the Springs include Colorado Running Company on Wednesday evenings at 6 from the store, and the Boulder Running Company on Saturdays at 8 AM, starting from their Austin Bluffs location. A woman's group also runs 2 to three times a week, but contact Daiva Cooper (bdlcooper@comcast.net) for times and locations.

Other ideas Micky has are for post-race events that would attract runners to stick around and socialize afterwards. Often, post-race refreshments and food are minimal and staging areas not conducive to hanging around. An example was Matt Carpenter's decision to move the GOG 10 miler finish area from the park entrance, with its dirt and yucca plants, to Manitou's Memorial Park.

If you have any inclination to

spearhead PPRR's efforts in the social direction, know of someone who might sponsor the runs, or just have suggestions, contact Micky at mickysim@yahoo.com.

History of the Santa Fe Trail presented by Jack Anthony

Many of you followed the series of articles **Jack Anthony** wrote on the Rock Island Trail in the Long Run. He'll be continuing his story at the Palmer Lake Town Hall, February 21st at 7PM. He'll take the audience on an "Historical Journey on the New Santa Fe Regional Trail" from Woodman to Palmer Lake. It should make for a very enjoyable evening. If you have any questions, please email him at jackanthony78@aol.com or call him at 205-1741.

PPRR Board set for 2008

President Micky Simpson appointed the committee-chair constituents of the board at January's meeting. There were no surprises since most everyone who served last year agreed to continue in 2008. In addition to the elected members, Jim Kelleher, editor, Larry Miller, equipment manager, Dave Sorenson, web master and training runs, and Cymmie Bailey, volunteers were added to the board. Along with these veterans, **John Cassidy** signed on as bulk mail coordinator, a position the board gave voting privileges to in the fall.

Injured marathoner Jenny Crain making progress

Jenny Crain was first mentioned here last fall after her near fatal collision with an auto last August during a training run for the Olympic Trials that left her in a coma for months. By Christmas,

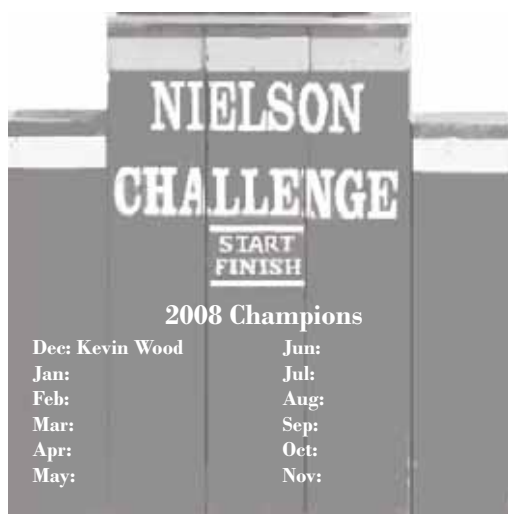
however, she was able to greet her family in a whisper and has been taking daily steps with the help of her PT. She's still receiving nutrition via feeding tube since her jaw was badly broken, but they're working on increasing her strength so she can eat on her own. Numerous fundraising events have been held by entertainers and former Olympic athletes who have rallied in support. A benefit at the Milwaukee Ale House raised \$12,000 just recently. You can keep updated on her progress at jennycrain.net.

New 50 Miler in Leadville

The folks behind the famed Leadville 100 are long on tradition but always seem to add a new twist in some way. To their many events, they have added the Silver Rush 50 Trail Run with the first running on July 18th. The course follows the Silver Rush Mountain Bike Trail route, which will be held on the following day. It is an out and back run along Leadville's historic east-side mining district and entirely on dirt, rocks, and mud. It offers some challenging climbs and technical downhills, and, of course, the incredible Leadville vistas. There's a 14 hour time limit and a race memento and tech t-shirt to all entrants (the LT100 group consistently has outstanding shirt graphics). And, if you're ambitious, there are special awards for doing both the trail run and the bike race. Check the LT100 site for more information: www.leadville-trail100.com



Success is not the result of spontaneous combustion. You must set yourself on fire. - Fred Shero



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.

It was a spring-like day in January with temps in the low 50s. But there was lots of wind, so it did feel colder. A big crowd for January of 78 showed up, 37 of whom were new runners for the Nielson Challenge. Thus the word must be getting out of this little gem of a run. Or maybe many people are following up on their New Year's Resolutions.

Of the veteran Nielson runners, Kevin Wood had the most improved time for the month with a solid 2:45 under his handicap. Kevin is a repeat winner and now has a steak of two consecutive winning months. You 'da man, Kevin! Now the pressure is on for a three-peat.

Join us again in February, same channel, same time, same place ... same winner? Kevin Wood was the winner this month with another incredible improvement, as he was 5:40 under his handicap. Congratulations Kevin! We do have a shirt for you.

January Results

Name	Place	Handicap	Actual	Difference
Kevin Wood	23	18:28.2	15:43.0	- 02:45.2
Debbie Jacobs	73	27:16.9	25:22.5	- 01:54.4
Cheryl Laslo	14	16:30.5	14:51.1	- 01:39.4
Doyle Baker	7	14:17.8	14:24.1	+ 00:06.3
April Casados	9	14:22.1	14:30.6	+ 00:08.5
Kristy Milligan	22	15:15.5	15:24.7	+ 00:09.2
Curtis Hamstra	8	14:17.0	14:26.5	+ 00:09.5
Charles Greenbaum	4	13:51.8	14:05.6	+ 00:13.8

Name	Place	Handicap	Actual	Difference
Andy Rinne	1	11:24.6	11:38.5	+ 00:13.9
Stacy Gapper	55	20:07.6	20:23.4	+ 00:15.8
Doretta Hale	48	19:40.5	19:57.3	+ 00:16.8
Lindsay Yochum	76	28:22.5	28:43.2	+ 00:20.7
Culley Hamstra	77	28:41.9	29:09.0	+ 00:27.1
Gregg Keen	42	18:23.0	18:52.5	+ 00:29.5
Sharon Greenbaum	16	14:22.0	14:55.1	+ 00:33.1
Jim Massa	52	19:37.1	20:11.0	+ 00:33.9
Tara Pike	25	15:25.4	16:01.0	+ 00:35.6
Jim Beckenhaupt	26	15:27.8	16:08.5	+ 00:40.7
Daniel Polak	30	16:23.6	17:11.5	+ 00:47.9
Ryan Whitcomb	34	16:45.3	17:34.7	+ 00:49.4
Don Stauder	28	15:40.0	16:32.7	+ 00:52.7
Hannah Joiner	36	17:00.6	17:57.5	+ 00:56.9
Kristopher Poskey	13	13:50.2	14:48.0	+ 00:57.8
Phil Goulding	21	14:06.0	15:22.6	+ 01:16.6
Mike Greenbaum	15	13:35.9	14:52.8	+ 01:16.9
Shane Hansen	44	17:28.2	19:02.5	+ 01:34.3
Geoff Chance	32	15:55.9	17:32.6	+ 01:36.7
Les Bell	35	16:05.2	17:45.2	+ 01:40.0
Dennis Stalnaker	53	18:26.9	20:14.8	+ 01:47.9
Fabian Orozco	2	10:49.8	12:52.2	+ 02:02.4
Carsyn Hamstra	70	22:22.6	24:31.5	+ 02:08.9
Ruben Cano	54	18:04.3	20:22.0	+ 02:17.7
Ken Holmes	64	19:48.3	22:10.8	+ 02:22.5
Barbara Casados	72	22:31.8	25:09.8	+ 02:38.0
Josh Keen	62	18:07.3	20:59.3	+ 02:52.0
Patrick Casados	24	12:52.5	15:57.1	+ 03:04.6
Judith Russell	66	19:29.7	22:58.5	+ 03:28.8
Charles Foster	71	21:17.9	25:00.9	+ 03:43.0
Alejandra Orozco	41	15:00.1	18:43.9	+ 03:43.8
Gale L. Gerken	78	25:24.4	29:35.7	+ 04:11.3
Jason Cano	67	17:05.6	23:35.2	+ 06:29.6

New Runners

Name	Time	Name	Time
Jeff Perez	13:05.0	Kate Lyman	18:55.1
Matt Heimerman	14:06.7	Janis Michel	19:23.4
Kent Nelsestuen	14:15.9	Amy Barker	19:24.8
Bruce Wacker	14:32.5	Ariel Petros-Good	19:47.1
Hollis Lyman	14:45.2	Natasha Martinez	20:01.3
Edgar Trillo	14:45.9	Betsy Eddy	20:03.6
Don Byers	14:55.9	Gordon Good	20:04.6
Rob Garcia	14:59.7	Laura Ayotte	20:25.7
Joel Smithey	15:04.2	Jennifer Hedden	20:40.2
Marilyn Goodloe	15:20.0	Robert Hedden	20:40.7
Diana Trillo	16:12.7	Mary Smithey	20:47.6
Brian Smithey	16:47.3	Kimberly Cooper	20:52.2
Autumn Petros-Good	17:19.5	Matthew Hodges	20:56.0
Paola Trillo	17:33.4	Deborah Griffin	21:59.9
Andrea Smith	18:15.8	Kaitlyn Pedersen	22:15.9
Tammy Karl	18:16.9	Logan Gregorire	24:22.2
Theresa Delp	18:17.8	Kenneth Gregorie	24:22.5
Pat McDonough	18:18.4	Renee Hodges	25:44.1



Membership

Welcome New Members

Niki Agrusa	Colorado Springs
Courtney Barry	Colorado Springs
Shanna Bennett	Colorado Springs
Edward Brown	Colorado Springs
Debby Clarke	Colorado Springs
John Clarke	Colorado Springs
Joe Fabey	Colorado Springs
Ashley Geary	Monument
Lisa Geary	Monument
Doretta Hale	Colorado Springs
Beth Yandow Harding	Colorado Springs
Daniel Harding	Colorado Springs

Morgan Harding	Colorado Springs
Michele Amidon Johnson	Colorado Springs
Suzanne Johnson	Colorado Springs
Leah Johnson	Colorado Springs
Steven Johnson	Colorado Springs
Sacred Journey	Colorado Springs
Donald Karl	Colorado Springs
Karen Karl	Colorado Springs
Darlene Keen	Colorado Springs
Emily Keen	Colorado Springs
Gregg Keen	Colorado Springs
Josh Keen	Colorado Springs
Mark Nagel	Colorado Springs
Hannah Parsons	Colorado Springs
Anne Pharis	Colorado Springs
Michael Pharis	Colorado Springs

Susan Rost	Colorado Springs
Laura Russell	Colorado Springs
Rebecca Russell	Colorado Springs
Shari Russell	Colorado Springs
Tom Russell	Colorado Springs
Ben Schultz	Colorado Springs
Marvin Seibert	Colorado Springs
Jayne Sims	Colorado Springs
Amanda Timko	Colorado Springs
Greg Timko	Colorado Springs
Mark Weatherford	Colorado Springs
Sharon Weatherford	Colorado Springs
Beatrice Wilds	Colorado Springs
Mike Wilson	Colorado Springs
Scott Winter	Colorado Springs

2008 Volunteer Hours

Bronze Level: 10 to 20 Hours*

You have earned a
PPRR t-shirt

Leroy Smith 10
Emilie Satterwhite 11
Dave Balzar 12
Dean Buck 12
Yvonne Carpenter 12
Julie Foster 12
John Gardner 12
Steve Recca 12
Debbie Bloch 13
Scheri Nagaraj 13
Storme Rose 13
Jon Cornick 14
Diane Holmes 14
Tom Huberty 14
Kate Waldrip 14
Eric Mullins 15
Cruz Martinez 16
Don Johnson 18
Dave Redinger 19
Zach Waters 19
Jim Beckenhaupt 20
Beverly Carver 20
Phil Foster 20
Al Grimme 20

Silver Level: 21 to 50 Hours*

You have earned a cap or
complimentary race entry

Susan Hoxie 21
Sara Wulfkuhle 21
Marc Wulfkuhle 21
Christian Wulfkuhle 21
Hallee Wulfkuhle 21
Melody Lundin 23
Robin Satterwhite 24
Matt Carpenter 25
Travis Waldrip 26
Jim Waters 26
Emilee Waters 26
Cady Waters 26
Jonathon Veteto 27
Cymmie Bailey 28
Melissa Waters 29
Lucy Stansberry 30
Ron Garcia 31
Kees Guijt 32
Bill Ranson 32
Matt Waters 32
Gordon Barnett 36
Micky Simpson 48
Dave Sorenson 49

Gold Level: 51 to 75 Hours*

You have earned a jacket

Dave Sorenson 51
Angie Earle 66
Pat Lockhart 66

Diamond Level: 76 to 99 Hours

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

Cymmie Bailey 83
Jim Beckenhaupt 93
Angie Earle 83
Bill Gallegos 87
Jim Kelleher 96
Gil Kindt 94
Robin Satterwhite 91
Luci Stansbury 89
Larry Miller 91

Platinum Level: 100+ Hours*

You will receive
special recognition
at the Fall awards dinner

Defining Your Own Success

by Vanessa Warren



So we've gotten over the New Year's hump, laid down those resolutions, and with any luck, still have some chance of keeping them, despite the usual February drop off. I tried to keep my fitness goals simple this year – hoping to improve, while not putting too much pressure on the race clock or rankings. In essence, my goal is to simply to BE the runner that I am. While it's not exactly something to brag about, like say, working toward world peace or promising to learn the Chinese language, it is enough to keep myself engaged, reflective and able to enjoy myself along the way.

Even after 18 years of running, I STILL have never really considered myself a “runner.” Although I crave the excitement and adrenaline of every race, you will rarely

see me suiting up for a “training” run. The races ARE my training and I suit up each time and hope for the best. Until recently, I found myself always wondering what kind of “runner” I would be if I actually TRAINED. What could I do? How much better would I be? And most importantly, why won't I DO it? The answer is simple. I don't WANT to! Running is my “guilty” pleasure, but not one that stays in the forefront of my mind. As a busy mom of three and group fitness instructor, there is never a shortage of activities, so most times, I just don't FEEL like a “training” run. Running is not a NEED, but rather an occasional WANT. I need it close by, ready and waiting like an old childhood toy. I find that I need it to test my body and mind, to set goals and assure myself that I am still ALIVE. Because in the end, the only thing that matters is being happy with the woman I greet in the mirror each day. This year, I will stop

putting pressure on myself to run faster and get rid of the guilty notion that I haven't done all I can to win every race. After all, “winning” is a relative term, isn't it?

To date, an overwhelming number of women continue to discover the joys of running. We aren't all fast, we don't have spectacular strides and we certainly don't all appear on the leader boards of every (or any) race. However, the fact that we are there is a beautiful, inspiring message to send to others, and most importantly, to our daughters' generation. Don't let anyone define your success this year except YOU. In the words of Henry van Dyke, “Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.” This year, I hope everyone will work towards what feels right for YOU. Be ALIVE as long as we live and cherish each run as a gift. When we do, I believe we all will discover the “winner” inside. Keep moving!



Volunteer Corner

by Cymmie Bailey



Greetings everyone and Happy 2008! Have you made any resolutions with regard to volunteering?

Mine is to try to stay more current with keeping track of your hours. I would also like to figure out a more expedient way of getting your reward “stuff” to you. Any suggestions would be greatly appreciated.

I try to start out the New Year by volunteering at the Rescue Run on New Year's Day. Dave Sorenson is kind enough to assign me to the results team (in the nice warm

van) because he knows I might not show up otherwise. To all of you who brave the cold temperatures in the winter, THANK YOU. Runners, remember that you are on the move and working up a sweat—our volunteers are standing in the frigid temperatures, trying to fill out registration forms with cold, stiff fingers, handing out water while their feet and toes are freezing and noting your times at the finish line while withstanding a brisk wind! Please remember to say thanks to a volunteer—it really makes us feel good!

Even though at this time of year, our race conditions can be adverse, our volunteers still main-

tain a great attitude and cheer on our runners. I would like to share a comment from a volunteer, Lisa U., at the Rescue Run who sums up what a lot of us feel:

As bummed as I was about not being able to run this year I found a whole new meaning to racing and the dedication and hours it takes to put on one of these events. Working the finish line instead of crossing it was a great feeling all on it's own. I will never take for granted all the hard work and dedication it takes now when I enter my next race. Thank you for letting me volunteer and I hope to see all of you somewhere on the road this summer.



Cold Weather Injuries

by Shane Conrad



With our warm winter afternoons, Colorado is the perfect spot for avid runners to enjoy their passion year-round. But as the locals know, as the sun drops behind Pikes Peak (or even just behind a cloud) the temperature drops just as rapidly. For that reason, winter athletes should be aware of the signs and symptoms of cold injuries.

In cold weather, our body temperature is affected by two factors: our internal body temperature and the environmental temperature. When the thermometer plummets, the body loses heat and our internal body temperature decreases. In a process called *vasodilation*, the body decreases blood flow into the arms and legs to prevent further heat loss. It's our protective mechanisms that lead to the majority of cold injuries. Whenever we think of an injury we can break things down into:

1. Identifying the injury
2. Treating the injury
3. Preventing further injuries from occurring.

Identification

Identifying cold injuries is relatively easy. The following four injuries are the most common:

Frostnip occurs as the result of exposure to the cold. In frostnip areas only the outermost layers of the skin are affected while the deeper tissue is unaffected. The skin takes on a white color with a waxy appearance but maintains its plasticity.

Chilblains is a lesser known cold injury resulting from repeated exposure of bare skin to cold temperatures. Most often affected are the cheeks, ears, and fingers/toes. The primary symptom is redness and itching of the skin even with brief exposure to cold. Chilblains causes permanent damage to the skin. With repeated exposure of the affected area increased severity is often observed.

Frostbite is the most serious (but non-life-threatening) form of cold injury. Frostbite is a progression of frostnip whereby all layers of the skin are affected. The skin becomes white and waxy, but also becomes extremely rigid and inflexible. As frostbite progresses, the affected area will turn from white to blue and then to black.

Hypothermia is the end result of long-term exposure to the cold and has the potential to kill. All cold injuries have the potential to cause hypothermia. If you suspect you or a friend may be suffering from hypothermia, it is *extremely* important that you immediately go to the local emergency room. Signs of hypothermia include un-coordination, severe shiver-

ing, and mental confusion.

Treatment

Treating minor cold injuries is easy to do at home if you follow a few simple principles; however, in cases of frostbite and hypothermia it is always best to seek treatment at an emergency medical facility if at all possible.

Re-warming:

- When re-warming an area use warm water (not hot). It is easier to maintain a consistent temperature than with a dry heat source like a fire or heater.
- Never re-warm the area if there is a risk the area will be re-cooled. And be prepared, the re-warming process is painful.
- Avoid using the area for at least 12-24 hours after re-warming if there is tissue damage such as frostbite.

Life-threatening cold injuries require immediate treatment. But at times the situation may not allow immediate transportation to a hospital. Following these few steps could save a life—especially if you enjoy cold weather activities in remote locations.

- If you suspect hypothermia, ignore any frostbite areas and focus on elevating the person's core body temperature. Heat packs (if available) should be placed in the armpits, groin, and neck regions. Body heat is also a good form of re-warming, as are

continued on page 12



Winter running can be fun without the heat of summer, but having the right gear and knowing the conditions is a must. Cold weather injuries, while remarkably common, are almost entirely preventable.

Cold Weather Injuries

continued from page 11

warm immersion baths.

- Remove any wet or damp clothing and wrap the person in layers of insulation (blankets, dry clothing, and even newspaper) like you would a mummy. Ensure that the head is adequately insulated.
- Always seek professional medical treatment at the earliest possible time.

Prevention

With cold injuries a little knowledge in the realm of prevention can save you a lot of pain in the end—whether you're out for a 10K run or mountaineering the slopes of the 14'ers. Here's the "down and dirty":

First, know the risk factors:

Low environmental temperature: Any temperature less than 60 degrees can cause cold injuries. Below 40 degrees the risk increases dramatically. When exercising in these temperatures, be sure to check conditions closely, dress appropriately, and minimize skin exposure.

Wind chill: Wind causes us to lose heat by convection. A wind-breaking shell can help, but its difficult to cover all areas (like the cheeks).

Moisture: In the cold there is one rule, don't get wet. That could mean rain, slush, or sweat.

Dehydration: You're at more risk of injury when dehydrated, especially if through excessive consumption of alcohol, caffeine, or nicotine.

Previous cold injuries: An area that has suffered a cold injury in the past will recur more easily.

Body type and gender: Men are more at risk than women, and persons with less body fat are at more risk than those who have more body fat.

Do's and Don'ts

Play smart and follow these rules when preparing to exercise outdoors:

Dress to conserve heat. That means dressing in layers. Avoid cotton clothing altogether. Wear cold weather gear including hats, scarves, mittens.

Stay dry. A wet sock will wick away heat 25x more quickly than a dry sock. Keep your feet and hands dry above all else, as a sweaty torso won't be as affected as the body will keep this area warmer.

Avoid outdoor activities for more than two hours in temperatures below 40 degrees.

Use antiperspirant or talc powder on your feet if your feet sweat a lot.

While these recommendations may seem like "common sense", millions of people still succumb to cold related injuries every year. Use good judgment when the temperature gets below 40 degrees. An afternoon indoors can be far less of a bummer than an evening in the emergency room!

The Science of Layering

Proper layering is so important I thought I'd give it an expanded reference in this article. While many of us layer naturally, the difference from dressing for chilly weather is much different than layering for cold weather activities.

Layer 1: The Base layer

The best choice for a base layer are undergarments that are both skin tight and will wick moisture away from the surface of the skin. While "Long Johns" were once the choice of champions, advanced lycra leggings and long sleeved shirts offer a much better option. Long Johns are typically made from cotton, and in cold weather cotton is the enemy.

Layer 2: The Breathable layer.

The layer has a little more flexibility. I would recommend a looser fitting material that allows for breathing. Cotton could be worn here but is still not a great choice. Instead consider a traditional loose fitting running shirt that is a polyester blend.

Layer 3: The Insulating Layer

This layer is often built into many winter coats these days. The layer should be something thick and non-absorptive. Polar fleece material is the best choice. But wool is also a good second choice. Sweatshirts are a distant third. Why? Cotton, of course.

Layer 4 - The Outer Shell

The outermost layer of your set up should be weather appropriate. If you will be enduring rain, the waterproof is a must. High winds require a denser outer fabric so the wind won't blow through. And colder than normal temperatures should have both of the previous characteristics with the addition of added insulation.

Layer 5 – The Accessories

Hats, scarves, mittens/gloves, waterproof shoes, chap stick or Vaseline, and facial hoodies are all important enough to earn a brief mention. Most will work fine in any situation, however for extended cold weather trips I would always recommend an insulated glove (waterproof of course) over a 5-finger mitten. Having all the fingers next to one another will allow them to share warmth in addition to the protection provided by the outer layer in the glove.

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

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



The Airport: A Hidden Gem for Travel Running

by Emily Brzozowski



This past month was a recovery month for my running, so I don't have any destination races to report on. I did do a lot of traveling over the holidays, spending ten days in Texas and a week in Virginia, and experienced firsthand the hardship of trying to fit in training while traveling.

The first leg of my journey was to drive over 800 miles by myself to my sister's in Waco, Texas. Being an endurance runner, intent on getting to the finish line as quickly as possible, I took great pride in making only one 10 minute stop that included gas, restroom, and food the entire drive down. Needless to say, the next morning when I went for a run, my legs were quite stiff.

Nothing against Texas, but they have a lot of concrete. And I'm not talking about the statues and bird-baths most people have in their yards. My legs took a beating, because it seemed like wherever I ran, the roads were all concrete, and pretty hard on the legs. Texas, or maybe just Waco, also seemed to lack sidewalks, so I often ended up running through people's yards or jumping in drainage ditches to avoid being run over, since everyone in Texas drives either a truck or very large vehicle.

Not everything about running in Texas was bad. The weather



was mild, a nice change from Colorado winters. One morning it actually dropped down to the low 40s, so I went out in shorts and a light-weight long sleeve t-shirt. The few people I saw out braving the blistering cold to walk their dogs were all bundled up in ski parkas, hats, and gloves. One man yelled to me, "You make me feel overdressed!" I yelled back, "Don't worry, I'm from Colorado, this is a heat wave for me!"

The other thing I gained was a new appreciation for stay-at-home moms. My sister had a baby two days before I arrived, so while she and her husband were on a sleepless cycle taking care of the infant, I was charged with watching their two year old. By the end of the second day, I was thinking to myself, "I'm a full time athlete. I'm used to training all day. How can I be so completely worn out from spending the day with a two year old?" I definitely have a new appreciation for parents of young children, especially parents of young children who somehow conjure up the energy to also work out.

My next stop was to visit the in-laws in Virginia. Not being runners themselves, they don't quite understand my need to make getting in a run a priority. "You're going running again? Didn't you just run yesterday?" I couldn't explain to them that in addition to wanting to keep my fitness level up, it was also my only escape and moment of solitude from the craziness of the holidays with family!

Expecting the weather to be in the 60s/70s in Virginia, since it had been for the entire month, I only packed shorts and t-shirts. Of course, a cold spell hit as soon as I arrived, and it didn't get out of the 30s for several days. Somehow, the humidity seems to intensify everything. This summer when visiting

If you wanted to do some speed work, sprint the 300m between terminals, then jog recover the space along the trams. For a really unique speed workout, sprint the moving walkways, and really feel some turnover!

Virginia, I was excited to do some fast runs at sea level. Unfortunately I forgot what living on the East Coast was like, and was drenched with sweat after five minutes of easy jogging. In the winter, the moisture seems to make things much colder. I can run in shorts on a 30 degree, sunny day in Colorado. In Virginia, running in shorts in the upper 30s makes me feel like I'm getting frostbite! I'll now take altitude over humidity any day.

In between these two trips, while flying to Virginia, I discovered the hidden gem of travel running: The Atlanta International Airport.



continued on page 16

From Personal Battle to Public Benefit

5K Run to Fight Parkinson's Disease

by Dan Harding

My name is Dan Harding and I am a blessed man. I have a wonderful wife, 5 year old daughter and the job of a lifetime. I am an active duty Captain in the United States Air Force and was just selected for Major. I live in Colorado Springs, Colorado where I am stationed at Peterson AFB. My thirteen years in the Air Force have been completely fulfilling and I look forward to continuing service to my country.

In addition to fighting my country's battles I am taking up arms against my own personal foe. One day 5 years ago, my wife, Beth, asked why my thumb was quivering. I didn't know why but went to the doctor to get an answer. I was shocked to find out that at age 33, I was diagnosed with Young Onset Parkinson's Disease (YOPD). "Parkinson's disease is for grandfathers not dads," I thought. Finding myself mid-career with a daughter in diapers, I was initially concerned about how I was going to manage this terminal and incurable disease and still provide for my family.

Well, after extensive research, I've learned a few things that have opened my eyes and helped me put it all in perspective.

1. Yes, I have Parkinson's Disease (PD), but a renewed emphasis on health and fitness can prolong my quality of life. With exercise and a healthy diet, my blood pressure has gone from the mid 130's to 115, I've dropped 20 pounds, and my symptoms are not advancing as quickly as my doctors would expect.

2. I need to be actively involved in my medical treatment. My voice started to waiver so I visited a speech therapist who gave me vocal drills that are sav-

ing my voice. I started feeling stiff and rigid, so now I've added yoga, tai chi, and physical therapy to my regimen, and it's working great.

3. One thing I've learned from the Air Force is to think "outside the box" for an answer. Don't always accept the common answer. For example, not all neurologists are the same. I've seen four different doctors but finally found one that is willing to be creative and add a personalized approach to my care.

The bottom line is that I refuse to be defined by PD.

The past five years have been challenging but enlightening. I've found that even with PD, I have room in my life for career and family. I am doing my best to deal with the symptoms of PD by ensuring that my body and mind are as strong as possible.

Recently I find myself driven to do my part to help researchers identify the cause of PD and de-

velop a cure. I'm uniting my pursuit of better fitness and the desire to help the PD cause by hosting a 5K run/3K walk fundraiser April 6th, 2008. This event will be held at America the Beautiful Park in Colorado Springs with the race to start at 10:00 a.m.

The biggest lesson I've learned is that I can't do this all myself. I need a team of specialists to help me manage my PD and I need your help to raise funds and find a cure for Parkinson's disease. Thanks for your help!

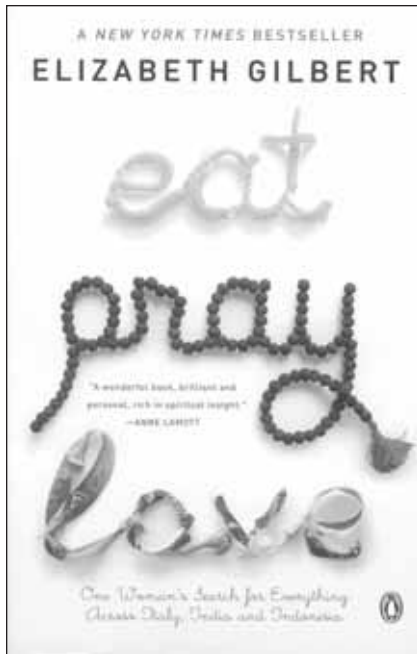
For registration information for this event, look for a race flyer in next month's Long Run. Donations are gratefully accepted and can be made at www.co-parkinson.org/index_files/Parkinsonsdonations.htm. Please reference "Colorado PD Run". PPRR has agreed to handle the course and finish line.



Despite being diagnosed with Parkinson's Disease at 33, Dan Harding, here with his wife Beth and daughter Morgan, has outdone doctor's expectation in maintaining his health, fitness, and quality of life.

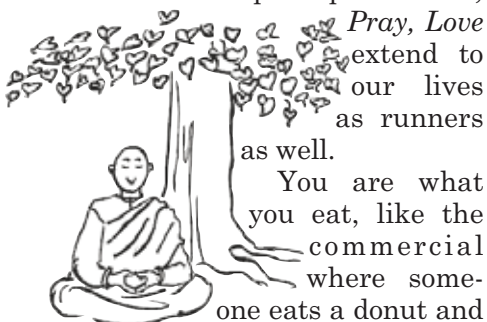
Emily's Picks: Eat, Pray, and Love

by Emily Brzozowski



Instead of reading a running book to do an article for this month's book review, Elizabeth Gilbert's *Eat, Pray, Love* captured my attention. It's about a woman in her early 30's who gives up everything a seemingly successful American woman could want.

After leaving her so-called normal life, she sets off on a year of self discovery. She spends four months in Italy to experience the pursuit of pleasure, four months in India attempting the pursuit of devotion, and four months in Indonesia putting it all together in the pursuit of balance. A wonderful, entertaining read, I was trying to think of an excuse to give to our editor, Jim, on why I didn't submit a book report on running as promised when I realized that the principles of *Eat,*



Pray, Love extend to our lives as runners as well.

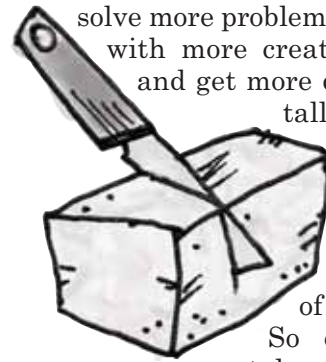
You are what you eat, like the commercial where someone eats a donut and

later has a donut strung around their middle like an inner tube. Not to say you shouldn't splurge every once in awhile, but what you put into your body really affects your performance. Most people only think about how they fuel their body the day before a race, maybe trying to drink a little extra water or eating pasta for dinner. Or maybe you think about it during an actual race by carrying a power gel or goo with you. But really, how you normally eat affects your daily performance drastically.

I discovered this first-hand while spending a week with my in-laws over New Years. It started off with a New Years party, where I had a little too much to drink (and it wasn't kool-aid). Maybe it's because my body is getting older, or maybe because I normally fill up mostly on water and sometimes Gatorade, but it took days to recover and feel normal again. Hydration is key.

While eating restaurant and other people's cooking over the next week, I realized that the number of fruit and vegetable servings that I normally eat in one day probably hadn't been matched over the course of the entire week. My body felt the effects: I was sluggish, tired, and just felt horrible running. I truly believe that the food you put into your body makes a huge impact on your energy level and performance. It's hard, but if you make the conscious effort to eat and drink foods that are good for you, you'll feel better overall, not just when running.

While everyone might not consider themselves religious, I think many of us enjoy the somewhat meditative state you can achieve while running. Either out on a trail in the mountains or fighting through traffic while in the zone mentally, running lets your mind wander and travel creatively. I



solve more problems, come up with more creative ideas, and get more done mentally while running through out any other part of the day.

So enjoy the mental endorphin kick, let your mind travel, and who knows, maybe you'll dream up an article for next month's *Long Run!*

Runners are passionate, determined, dedicated, fun-loving, hard working, goal-oriented, devoted people. Who else could get out of bed before light, before the temperature gets above freezing, in all kinds of weather, to go outside and log some miles? Who else would put themselves through the torture of racing a 5K, 10K, or marathon? What if you put those traits into your relationships? Try putting some of your qualities as a runner—your passion, your determination, your love of achieving a goal—into your interactions with other people, and see what happens. You might just have some



amazing relationships!

So *Eat, Pray, and Love* like a runner. And run with pleasure, devotion, and a healthy balance between the two.

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.

A Travel Gem

continued from page 13

Although not a city renowned for their fitness, Atlanta had the foresight to set up an airport conducive to exercise. To get to different terminals, travelers take the underground tram. For people who want to stretch their legs between flights, there's a tunnel complete with moving walkways connecting the terminals. The distance between each terminal is 300 meters, total distance from the first to last terminal: 1800m! It's a runner's dream while traveling- soft, flat running surface, temperate weather, marked distances, and even water fountains spaced every 300 meters!

As I walked underground I deeply regretted packing my running gear in my checked luggage. In a long day of traveling, this was the perfect place to fit in a run. As I walked to my terminal, I started planning workouts the next time I flew through Atlanta. It's plenty long enough to run from one end to the other without getting bored. If you wanted to do some speed work, sprint the 300m between terminals, then jog recover the space along the trams. For a really unique speed workout, sprint the moving walkways, and really feel some turnover! Yes, people might stare, laugh, or make fun of you for getting a run in at the airport terminal, but it really did seem like a great place to squeeze in a quick workout. So next time you're flying through Atlanta, wear your running clothes, and let us know how it goes!

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.



Fox Run Park held snow and cold temps but sunny skies for the first race of the Winter Series.

Winter Series Results

Race 1: 5K and 10K

Sunny skies greeted runners at Fox Run Park January 12th for the first of the four-race series. With a temperature of 14 degrees and no wind to speak of, conditions were cool but not too uncomfortable for well-dressed runners. It was a different story for the volunteers, however. Some came prepared with sleeping bags and hand warming packs to ward off the chill.

The trails were completely snow covered, some hard packed and some not. Yack Tracks and screw shoes were the order of the day, but the crusty powder would have warranted snowshoes in parts. "I had my Yack Tracks," said 10K finisher Marilyn Vasser, new to the series, "but they didn't help much in the deeper parts. I was exhausted by the end of the second lap!" Beverly Carver, a veteran Winter Series runner, agreed. "It was a slow day for me. The snow made it a lot tougher."

Logan Wealing, who excelled in the Fall Series, took first in the 10K by several minutes. Hannah Green was first by only 19 seconds in a very close finish.

For the 5K, teens Tim Hamilton and Shawn Dubbs were neck and neck, separated by only 2 seconds at the finish. And for the women, Emily Brozowski, 28, came in first by less than a minute. It was a short race for Emily, who has qualified for the Olympic trials in the marathon this year.

The second race of the Winter Series will be held on **Saturday, January 26th, 10AM**. The venue for the second race is at the El Pomar Youth Sports Center off Janitell Road South. The course is an out-and-back on the Pikes Peak Greenway trail, 4 miles for the short race and 8 miles for the long. Except for the gradual descent outbound (south) and consequent incline on the return, the course is flat and a combination of pavement and packed dirt.

For more information on the next race and the course, go to pprrrun.org

If you have any questions about the Winter Series race 1 results, please send an e-mail to Dave Sorenson at DavidSorenson@msn.com.





Winter Series 1 10K

(partial results listing)

Place	Age	City	Time
Men			
1	26	Manitou	0:44:30
2	23	Manitou	0:47:20
3	32	Manitou	0:48:00
4	34	Manitou	0:49:25
5	16	Manitou	0:50:21
6	36	Manitou	0:50:24
7	36	Manitou	0:50:46
8	19	Pueblo West	0:51:31
9	29	Manitou	0:51:40
10	50	Manitou	0:52:38
11	46	Manitou	0:52:46
12	29	Manitou	0:52:49
13	47	Manitou	0:53:06
14	37	Manitou	0:53:36
15	34	Manitou	0:53:40
16	51	Manitou	0:53:43
17	45	Manitou	0:54:06
18	53	Manitou	0:54:20
19	44	Manitou	0:55:24
20	31	Manitou	0:55:25
21	46	Manitou	0:55:47
22	47	Manitou	0:55:50
23	34	Manitou	0:55:52
24	55	Manitou	0:55:58
25	32	Manitou	0:56:14
26	34	Manitou	0:56:18
27	38	Manitou	0:56:23
28	49	Manitou	0:56:30
29	47	Manitou	0:56:41
30	48	Manitou	0:56:49
31	57	Manitou	0:56:58
32	31	Manitou	0:57:00
33	38	Manitou	0:57:53
34	61	Manitou	0:58:17
35	42	Manitou	0:58:35
36	32	Manitou	0:59:24
37	34	Manitou	0:59:34
38	51	Manitou	0:59:40
39	40	Manitou	0:59:53
40	46	Manitou	1:00:09
41	43	Manitou	1:00:20
42	36	Manitou	1:00:28
43	53	Manitou	1:00:32

Place	Age	City	Time
44	41	Highlands R.	1:00:39
45	24	Manitou	1:00:40
46	47	Manitou	1:00:42
47	55	Manitou	1:00:58
48	39	Manitou	1:00:59
49	42	Manitou	1:01:02
50	48	Pueblo	1:01:35
51	52	Manitou	1:01:49
52	33	Falcon	1:01:50
53	53	Manitou	1:02:14
54	50	Manitou	1:02:19
55	53	Manitou	1:02:36
56	45	Manitou	1:02:49
57	30	Manitou	1:03:05
58	46	Manitou	1:03:07
59	37	Manitou	1:03:34
60	56	Manitou	1:04:06
61	54	Salisbury Mill	1:05:22
62	40	Manitou	1:05:24
63	56	Pueblo	1:05:27
64	61	Manitou	1:05:44
65	30	Manitou	1:05:50
66	51	Manitou	1:05:57
67	38	Manitou	1:06:06
68	40	Manitou	1:06:36
69	65	Manitou	1:06:43
70	32	Woodland P.	1:06:53
71	30	Manitou	1:06:57
72	43	Manitou	1:07:01
73	21	Fort Carson	1:07:01
74	38	Manitou	1:07:03
75	45	Manitou	1:07:10
76	47	Divide	1:07:37
77	36	Manitou	1:07:38
78	59	Pueblo	1:07:41
79	46	Manitou	1:07:59
80	46	Manitou	1:08:03
81	71	Arvada	1:08:05
82	32	Fountain	1:08:23
83	55	Manitou	1:08:30
84	35	Manitou	1:08:48
85	56	Manitou	1:08:53
86	40	Manitou	1:08:56
87	37	Manitou	1:08:58
88	60	Manitou	1:09:20
89	54	Manitou	1:09:44
90	17	Manitou	1:09:47
91	43	Manitou	1:10:01
92	54	Canon City	1:11:31
93	20	Fort Carson	1:11:34
94	44	Manitou	1:12:33
95	59	Manitou	1:12:59
96	68	Manitou	1:13:15
97	36	Manitou	1:13:17
98	45	Manitou	1:13:34
99	31	Manitou	1:13:55
100	43	Manitou	1:14:03

Women

1	16	Manitou	0:59:00
2	45	Manitou	0:59:19
3	29	Manitou	1:00:26
4	26	Manitou	1:00:36
5	42	Manitou	1:00:40
6	18	Manitou	1:00:55
7	45	Manitou	1:02:59
8	33	Manitou	1:04:13
9	53	Manitou	1:05:07

Place	Age	City	Time
10	42	Manitou	1:05:39
11	29	Manitou	1:07:04
12	43	Manitou	1:08:06
13	35	Manitou	1:08:47
14	36	Larkspur	1:08:54
15	43	Manitou	1:09:03
16	41	Manitou	1:09:17
17	18	Manitou	1:09:46
18	40	Manitou	1:10:49
19	29	Manitou	1:11:17
20	31	Manitou	1:11:23
21	26	Manitou	1:11:23
22	29	Manitou	1:11:51
23	36	Manitou	1:11:55
24	36	Manitou	1:12:09
25	27	Manitou	1:12:15
26	54	Manitou	1:12:31
27	15	Manitou	1:12:47
28	42	Manitou	1:14:32
29	46	Manitou	1:14:46
30	30	Manitou	1:15:13
31	28	Denver	1:15:38
32	47	Manitou	1:16:31
33	??	Manitou	1:16:32
34	35	Manitou	1:17:14
35	29	Manitou	1:17:17
36	45	Manitou	1:17:26
37	24	Manitou	1:18:24
38	27	Manitou	1:19:23
39	48	Manitou	1:19:30
40	32	Manitou	1:19:51
41	24	Manitou	1:21:18
42	39	Manitou	1:22:50
43	38	Pueblo	1:22:53
44	22	Peyton	1:22:58
45	41	Pueblo	1:23:58
46	45	Manitou	1:25:34
47	46	Woodland P.	1:25:48
48	40	Peyton	1:26:06
49	23	Manitou	1:26:41
50	32	Canon City	1:28:00
52	40	Manitou	1:29:45
53	33	Manitou	1:30:17
54	38	Larkspur	1:31:31
55	50	Manitou	1:33:42
56	60	Manitou	1:37:20

continues on next page



Place	Age	City	Time
57	Trisha Ferguson	56 Pueblo	1:37:27
58	Michelle Macias	25 Pueblo	1:37:33
59	Jannie Richardson	54 Manitou	1:37:42
60	Cathy Diltz	50 Colo Spgs	1:39:21
61	Donna Gustafson	26 Fountain	1:43:46

Winter Series 1 5K

(partial results listing)

Men

1	Tim Hamilton	17 Colo Springs	0:21:53
2	Shawn Dubbs	16 Cripple Creek	0:21:55
3	Nathan McCrary	32 Colo Springs	0:23:04
4	Jeremy Orcher	27 Colo Springs	0:23:30
5	Mike Schmidt	17 Pueblo West	0:23:53
6	Michael Cernoia	15 Pueblo West	0:24:18
7	Tom Selke	40 Colo Springs	0:24:19
8	Frank Hibbits	47 Colo Springs	0:24:31
9	Steve VanGamble	17 Colo Springs	0:24:38
10	Jaim Kahkoska	48 Colo Springs	0:24:53
11	Tanner Boyes	18 Divide	0:25:27
12	Chris Blackburn	17 Divide	0:25:36
13	Bill Edwards	15 Colo Springs	0:25:38
14	Kyle Reno	26 Colo Springs	0:25:39
15	Salomon Valdez	15 Colo Springs	0:25:49
16	Josh Roberts	33 Colo Springs	0:25:52
17	Joel Hawkins	37 Colo Springs	0:25:56
18	Chris Clabaugh	41 Colo Springs	0:26:28
19	Jacob Smelker	16 Colo Springs	0:26:34
20	Zach Brown	15 Colo Springs	0:26:36
21	Brian O'Donnell	41 Colo Springs	0:26:52
22	Andy Hackler	40 Pueblo	0:26:54
23	Joshua Jones	17 Woodland P	0:26:55
24	Scott Winter	36 Colo Springs	0:26:56
25	Logan Bell	16 Colo Springs	0:27:16
26	Jason Adams	15 Woodland P	0:27:17
27	Mark Baines	44 Colo Springs	0:27:22
28	Andy Hemeseth	15 Colo Springs	0:27:27
29	Keith Austin	40 Colo Springs	0:27:58
30	Joel Smith	30 Colo Springs	0:28:01
31	Rufus Firefly	55 Palmer Lake	0:28:30
32	Matt Sherman	35 Pueblo West	0:28:49
33	Mark Ruzycycki	41 Denver	0:28:55
34	Dave Kronshage	40 Colo Springs	0:29:31
35	Chief Reno	45 Pueblo	0:30:00
36	Paul Niewinski	40 Colo Springs	0:30:01
37	Michael Pollard	30 Colo Springs	0:30:05
38	Mark McDowell	48 Colo Springs	0:30:13
39	Dustin Birdsong	25 Colo Springs	0:30:13
40	Brian Landis	36 Colo Springs	0:30:14
41	Mike Carmody	25 Colo Springs	0:30:15
42	Shane O'Donnell	14 Colo Springs	0:30:22
43	John Pauls	16 Colo Springs	0:30:27
44	Devin Smail	15 Colo Springs	0:30:28
45	Greg Brown	50 Colo Springs	0:30:50
46	Mike Selvaggio	53 Colo Springs	0:31:10
47	Tony Hogie	41 Colo Springs	0:31:15
48	Eric Dernbach	16 Woodland P	0:31:16
49	Steve Sager	60 Colo Springs	0:31:24
50	Steve Warmingham	39 Colo Springs	0:31:24
51	Steven Simon	52 Colo Springs	0:31:25
52	Doyle Baker	44 Colo Springs	0:31:31
53	Jeff Owsley	43 Colo Springs	0:31:36
54	Bill Harms	42 Colo Springs	0:31:44
55	Samuel Ybarra	41 Colo Springs	0:31:48
56	Wes Thurman	36 Colo Springs	0:31:54
57	Steffen Myers	16 Woodland P	0:31:56
58	Jamen Cox	16 Pueblo West	0:32:06
59	Justen Cox	16 Pueblo West	0:32:08

Place	Age	City	Time
60	Steve Flannery	41 Colo Springs	0:32:17
61	Calvin Eisenach	38 Colo Springs	0:32:24
62	Glenn Burley	39 Colo Springs	0:32:25
63	Craig Hackbarth	25 Colo Springs	0:32:34
64	Kevin Houghton	33 Colo Springs	0:32:35
65	Jon Williams	36 Colo Springs	0:32:39
66	Don Stauder	60 Colo Springs	0:32:41
67	Matt Laubhan	31 Colo Springs	0:32:42
68	Curtis Hamstra	32 Colo Springs	0:32:42
69	Paul Breckon	37 Colo Springs	0:32:51
70	Shean Rainbowstar	18 Woodland P	0:32:54
71	Jon Cornick	51 Colo Springs	0:32:57
72	John Monk	39 Larkspur	0:32:59
73	Bill Veges	50 Pueblo	0:33:00
74	Brent Buenger	40 Castle Rock	0:33:05
75	Tom Slack	49 Colo Springs	0:33:26
76	Anton Schulzki	48 Colo Springs	0:33:27
77	Jack Anthony	51 Colo Springs	0:33:30
78	Tom Whiteman	17 Colo Springs	0:33:31
79	Jeffrey Jury	47 Fountain	0:33:35
80	Eric Morgan	18 Monument	0:33:39
81	Jeth Fogg	41 Colo Springs	0:33:43
82	James Nagy	44 Colo Springs	0:34:05
83	John Montemayor	50 Colo Springs	0:34:20
84	Ed Browne	53 Colo Springs	0:34:28
85	John Williams	29 Colo Springs	0:34:29
86	Robert Price	39 Fountain	0:34:30
87	Jesus Jimenez	28 Colo Springs	0:34:36
88	Phil Redinger	36 Colo Springs	0:34:39
89	Jim Simonson	67 Colo Springs	0:34:56
90	Andrew Berta	13 Colo Springs	0:35:00
91	Larry Fruge	51 Colo Springs	0:35:05
92	Al Hiltbrunner	67 Colo Springs	0:35:08
93	Steve Wolf	36 Colo Springs	0:35:10
94	David Dietz	44 Colo Springs	0:35:12
95	Fred Walker	39 Colo Springs	0:35:23
96	Mark Seelye	56 Manitou	0:35:44
97	Jeff Smith	67 Colo Springs	0:36:01
98	Ed Youngberg	64 Evergreen	0:36:06
99	Kevin Hartig	47 Colo Springs	0:36:19
100	Sam VanGamble	13 Colo Springs	0:36:21

Women

1	Emily Brzozowski	28 Colo Springs	0:24:16
2	Sheila Geere	44 Colo Springs	0:25:05
3	Jennifer Bremser	17 Colo Springs	0:26:04
4	Anna Marshall	15 Pueblo West	0:28:05
5	Melissa Eichers	32 Colo Springs	0:28:18
6	Jamie Welch	17 Divide	0:29:27
7	Jennifer Wheeler	33 Castle Rock	0:29:56
8	Kaylen Slack	17 Colo Springs	0:30:26
9	Jessica Erickson	30 Colo Springs	0:31:02
10	Kerry Page	40 Colo Springs	0:31:04
11	Susan Griffin	52 Castle Rock	0:31:23
12	Amy Kress	16 Colo Springs	0:31:57
13	Jennifer Pulscher	18 Colo Springs	0:31:58
14	Lindsey Wetzel	16 Woodland P	0:32:06
15	Eileen Wilfong	49 Colo Springs	0:32:26
16	Bailey Gearhart	15 Colo Springs	0:32:27
17	Kara Durland	37 Colo Springs	0:32:31
18	Jill Miller	52 Elizabeth	0:32:38
19	Kaitlin Frier	19 Colo Springs	0:32:50
20	Carla Graves	26 Colo Springs	0:33:03
21	Liz Lara	16 Pueblo West	0:33:14
22	H.VanDerAardweg	34 Colo Springs	0:33:17
23	Micky Simpson	51 Peyton	0:33:22
24	Robyn Hudson	39 Monument	0:33:33
25	Mary Toman	44 Colo Springs	0:33:49
26	Ashlee Romani	20 Florence	0:34:15



Place	Age	City	Time
27	Jayne Sims	46 Colo Springs	0:34:35
28	Ali Farmer	24 Colo Springs	0:34:52
29	Tracey Anderson	46 Colo Springs	0:34:53
30	Sharon Julia	26 Boulder	0:35:11
31	Nichole Agrusa	30 Colo Springs	0:35:14
32	Bernadette Rowison	36 Colo Springs	0:35:44
33	Debra Wallgren	42 Colo Springs	0:35:58
34	Lisa Heckel	45 Colo Springs	0:36:32
35	Leann Ferguson	31 Castle Rock	0:36:33
36	Karen Evers	33 Colo Springs	0:36:40
37	Katelyn McNary	24 Colo Springs	0:36:43
38	Tracy Mann-Reno	41 Colo Springs	0:36:44
39	Shanna Bennett	25 Colo Springs	0:36:44
40	Kirsten Rayner	34 Colo Springs	0:36:52
41	Talia Richardson	34 Colo Springs	0:36:58
42	Karen Ruzycycki	36 Denver	0:37:02
43	Stacey Diaz	47 Pueblo	0:37:21
44	Gloria Nikolai	41 Colo Springs	0:37:22
45	Melody Burns	45 Colo Springs	0:37:27
46	Tammy Kirkbride	31 Monument	0:37:42
47	Megan Frier	17 Colo Springs	0:37:48
48	Julie Selke	40 Colo Springs	0:37:53
49	Deborah Gray	48 Colo Springs	0:38:11
50	Carol Roberson	40 Colo Springs	0:38:17
51	Donna Krmptovich	43 Woodland P	0:38:19
52	Wendy Kimmel	29 Colo Springs	0:38:28
53	Michelle Chapman	39 Colo Springs	0:38:29
54	Kate Lyman	45 Colo Springs	0:38:41
55	Sunny Norwood	29 Colo Springs	0:39:05
56	Theresa Delp	40 Colo Springs	0:39:19
57	Martine Wilshusen	36 Colo Springs	0:39:40
58	Laurie Cochran	36 Colo Springs	0:39:55
59	Devra Ashby	32 Colo Springs	0:40:16
60	Gwen Harp	42 Colo Springs	0:40:24
61	Jennifer Eckels	31 Monument	0:40:40
62	Hannah Joiner	33 Colo Springs	0:40:41
63	Emily Noel	15 Colo Springs	0:40:50
64	Rachel Mozzetta	14 Colo Springs	0:40:51
65	Elizabeth Luckel	14 Colo Springs	0:40:52
66	Jessica McAllister	28 Peyton	0:40:53
67	Kim Matzke	16 Colo Springs	0:40:56
68	Kristen Selke	16 Colo Springs	0:40:57
69	Kristina Roth	37 Colo Springs	0:41:10
70	Gina Benfatti	46 Pueblo	0:41:12
71	Rebekah Metzgar	30 Colo Springs	0:41:42
72	Carlotta Rivera	40 Peyton	0:41:51
73	Sarah Hatch-Wright	44 Colo Springs	0:41:54
74	Phyllis Meyer	53 Monument	0:41:58
75	Linda Gearhart	43 Colo Springs	0:42:00



Regardless of age or gender, regardless of shape, size, or physical history the Pilates Method provides each individual a pathway to:

Refine the mechanics of movement

Increase agility, endurance, and speed

Improve balance and flexibility

Offer yourself a chance to excel in your personal endeavors and achieve your goals through proper training.

Introduction to Pilates

The Fundamental Principles, Mat Work & Reformer

Tuesday and Friday 5:30-6:30pm

A comprehensive 4-week program created by our resident running & bicycling specialist

\$160 for this unique program

For information or to register, please contact:

Pilates Essence 612 S. Tejon 575-0585

Cycling Essentials 227-0324



W I N T E R S E R I E S

Chill Out! Short and Long Series

Team competition
Awards Banquet

#1: Fox Run Regional
484 miles

#2: El Pomar Youth Sports Park
Jan 26th, 4M/8M

Mostly flat out and back on packed dirt, some pavement

#3: Santa Fe Trail (at Baptist Road)
Feb 9th, 5M/10M

Out and back on packed dirt: can be cold and windy

#4: Black Forest
Feb 23rd, 10K/20K

Round the pastures on country roads at 7000'

Times: Short races at 10:00, Long at 10:15



REGISTER AT
Active.com
Runner's Roost
Colorado Running Co.
Boulder Running Co.
Entry form at pprun.org
(race day available, 9AM)

for more info:
www.pprun.org or email
PatLockhart@worldnet.att.net