



**Pikes
Peak
Road Runners**

the Long Run

Volume 32 Issue 1

Running News for the Pike's Peak Region

January 2008



The \$10,000 Ultra

Matt Carpenter and Uli Steidl
go head to head

The Sacramento Marathon

Springs runners qualify for Olympic Trials

PPRR's New Board

A conversation with President Micky Simpson

PPRR Information

Elected Board Members:

President: Micky Simpson 495-5891
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Treasurer: Pat Lockhart 598-2953

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Luci Stansberry lvstansberry@qwest.net
Travis Waldrip TandU@adelphia.net

Appointed Board Members

Volunteers: Cymmie Bailey CymmieB@qwest.net
Mailing: Jim Beckenhaupt 636-2696
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 TandU@adelphia.net
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 **February 5th**.

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



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Editorial Staff: Diane Cahalan
Jack Anthony
Mike Shafai

Return Address: Pikes Peak Road Runners
207 N Nevada
Colorado Springs CO 80903

Long Run Submissions

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

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

Jim Kelleher, Editor
PO Box 26252
Colorado Springs CO 80936

Submission Deadlines

All materials should be received by the **second Wednesday** of the month for inclusion in the following month's newsletter. The next deadline is **January 9th**.

Long Run Stuffing Party

Next stuffing is Wednesday January 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 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



Welcome to a new year with Pikes Peak Road Runners. This promises to be another wonderful year with three new board members, a new Lifetime Member and new races for our area. You were introduced to our new board members in last month's issue of *The Long Run*, but I want to reiterate that it will be great working with Emily, Esme and Tim this year. In the upcoming issues, you will be able to get to know them better as interviews are written on each of them.

Our newest Lifetime Member was honored at the December board meeting. Matt Carpenter was selected to receive this honor for all of his work and commitment to not only Pikes Peak Road Runners, but also to the whole running community of our area. Within the club, Matt has been responsible for developing our membership database and improving the program we use to report finish line results. He has been on the board, been race director for PPRR races and he has even taken the leadership role as President. This year he became race director for the Triple Crown's 10 Miler in the Garden which brought in record numbers of runners who enjoyed the new (old) course. Our racing community is better because of Matt's efforts.

We are pleased to have been approached by Dan Harding and Diane Cahalan to help with race management for the new Colorado Parkinson's Disease 5K scheduled for April 6th. When Dan was diagnosed with Parkinson's disease he decided to direct his efforts toward a cure. After enlisting Diane as Race Director he went after support from the local Colorado Parkinson's Foundation chapter, The Michael J Fox Foundation for Parkinson's Research, and the Pikes Peak Road Runners. We are very pleased to be able to help and we hope this race will be a mainstay for years to come.

I am looking forward to 2008 and hope to see you all at the Rescue Run on January 1st at Palmer Park. This is a fun and healthful way to start another racing year. Just don't forget to bring your trax if there is ice. Those hills get pretty slippery!

Micky Simpson

Cover Photo: Lindy Crawford leads Ken Holmes, Marie Baughman (R) and Erin Tatum (L) down the road in Palmer Park and towards the final stretch in last New Years Day 5K Rescue Run. *photo by Tom Dewayne*

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PPRR Meeting Minutes (excerpted)

submitted by Pat Lockhart

Meeting Minutes – November 6, 2007

Attendance (Pat L)

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

Guest Recognition – Guest Business

Kirk Brown – potential new board member

ADTM Presentations – Jim Moore represented ENT Federal Credit Union, Dan Cleveland represented Trails and Open Space Coalition – all co-sponsors of the American Discovery Trial Marathon. A check in the amount of \$5,501.00 was presented to ENT and will be presented to the YMCA in their efforts to support child obesity programs.

Meeting Minutes Review/Approval (Pat)
Meeting minutes will be resubmitted

Old/New Business

2009 World Mountain Trail Race Support (Jim K) – John Chapman who organizes the Steamboat Springs Run to make a Colorado running event from all the running clubs in Colorado. A motion was made by Tony A to support this event, seconded by Travis W. Approved.

Fall Series III hay bales safety and reply (Jon C, Larry M). Complaint about hay bails. A coach representing a "kids" team filed a complaint about the hay bails and their risk to kids' safety. Before the event, Larry gave instructions to all participants about the bails. Jon will respond to the Coach as discussed.

Election Committee – Status report from John Gardner. Full slate, but revisions need to be made. Interest still present in board vacancies.

It was suggested by Ron Garcia (via-email) that general memberships, if necessary, can be held at both the winter series and fall series awards dinners – in an effort not to be "pushed" into decision making uninformed. It was decided that the President can announce any meetings if required.

Jim Kelleher presented proposed changes to Article V. Lengthy discussion was presented and will be presented at the General Meeting for approval.

Newsletter (Jim K.) - 900 printed, extras printed for archive purposes. One for running stores for store purposes only. Advisors needed. Jim doesn't have time to do this work. Finance Committee probably needs to be initiated. 20 pages will be standard until Jim can get

additional assistance.

Bulk Mail (Jim B.) – mailed 1st class mailings were different weights. 1000 inserts in case of shortages. Need backup for labeler and courier to post office. More weight may mean lesser cost.

Equipment – (Bill G, Larry M) – Excess water bottles are used at Fall Series. Race clock fixed, and standard repair sheet sent along. More safety pins ordered. 30 boxes. \$6.00/box at goodwill. All equipment is working well.

Insurance - Policy on headphones update (Pat L)
Information received from insurance company regarding iphone, skateboard usage in running events. RRCA policy and guidelines. Information attached. Transfer liability to the headphone wearer. Strongly discourage per RRCA guidelines and insurance requests.

Webmaster (Dave S)
Message board discussion – continued. No report

Volunteer Coordinator (Cymmie B)
No report

Trail Clean up – (Don J)
No report

Maintain trails versus cleanup.

Race Coordinator – (Pat L)
e-mail sent to 2007 organizers for 2008 confirmation
USDA – no permit fee adjustment was needed
El Paso County Parks – MOU to execute.
Dan Harding – December 4th meeting
YMCA Tri Lakes – possible assistance – in their event.
Date for 2008 pending

President's Report (Jon C)
Coordination meetings have started for the 08 Veterans Home Run. 2 more people requested to help with committee. Tara Nolen will be the USAFA sponsor

Membership (Pat L)

Membership information below.

582	individual	1010	current
43	club	243	expiring
11	life members	32	new
218	primary	46	renew
477	family members		
1331	Total Members	854	Total Mailing

Jim K made a motion to review the possible need to send post cards to members whose membership is expiring. Seconded by Tony A. Motion passed. Committee will assess need.



From the Editor

Well, it's been two years now that I've been putting this little periodical together for your information and enjoyment. The feedback we've received has been nothing but positive. But it's a new year, and I'm reviewing the content, format, and style for possible improvements or just a different look. So, if you have any input, please let me know.

The current layout and style is not much different than what is has been for the past decade. I've tried to arrange the articles and features in a consistent manner so they're easy to find, which also makes it easier to produce. The full photo cover gives the *Long Run* a nice presentation, but it's not the first time. Just look at the cover from 20 years ago in the next column. It took some doing: that edge-to-edge picture probably required printing on oversized paper, which was then cut on 3 or 4 sides. Only the latest copy machine technology allows us to do it today without cutting.

There's lots of room for improvement. It's amazing how much repetition appears in running magazines. But they're focused on maximizing circulation, driven by the need to sell advertising space. That translates into average content for the average runner. We have much more freedom to include something for everyone, and to cater to local interest.

Mostly, I would like to enhance the content, but for that, I need some help. For instance, I would like to have more regular features. Some thoughts are a review of running websites; a women's running interest column; a section covering local runners in out-of-state events; a trail-running feature; interviews of local runners; a history column; something for kids; and more training tips for various distances, 5K to 100M. If any of these appeal to you, why not take a stab at "contributing editor" and share your interest with the club?

If you or someone you know would like to learn more about desktop publishing and photo editing, or are already skilled in some way, there's lots of room to help with the layout aspect of this magazine. It's something that looks good on a resume, too. And there's always the need to recruit advertising. It really helps the club with the costs of printing and mailing.

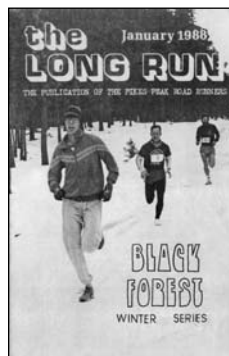
At any rate, I'm glad to know so many of you take the time to read the *Long Run* and appreciate the content. Thanks to all of our contributors especially. Merry Christmas and happy New Year!

Jim Kelleher, Editor

the Long Run Long Ago

10 Years Ago

On the cover of January 1998's issue, **Joyce McKelvey** reflects on "giving what it takes" and the generosity of PPRR's board members and the inspiration given by the efforts of runners who organize teams and participate in races for a cause. "I really do get more than I give," she concludes. President **Dave Balzer** tells of the '97 season's 52 events participated in by PPRR. For the upcoming year, he wants to expand member participation and interest. **Nancy Hobbs** reports from the USATF national gathering that the women's Olympic Trials marathon qualifications were set: 2:50 to qualify. Also, the Boston Marathon became the first of the big runs to stop requiring a USATF membership.



20 Years Ago

The Black Forest Series, precursor to the Winter Series, had a 4M and 15K for the short and long race of the second run. All races were run from the Wolford School, still the staging area for this year's final race. The Rescue Run on January 1st was very close for the 10K, with only 7 seconds separating 1st place **Al Grimme** from **Mark Koch** and

Mark Stogsdill. Al's time was 36:37. Editor **Michael Schenk** reports that the club will seek tax-exempt status and joining RRCA. And **Doug Nelson**, 28, a local runner, qualified for the Olympic Trials with a 2:18:51 effort in the San Diego Marathon, running away from the field. He had run a qualifying time earlier in Seattle only to discover later that the course wasn't properly certified!

30 Years Ago

For its second year, 1978, PPRR has for its president **Carl McDaniel** with vice president **Jerry Macon**. **Hank Cole** takes over the newsletter. The January calendar does not list any local events. The first event of the year is the All Comers Indoor Track Meet at the Air Force Academy in February. **Ted Morgan** won the '77 Handicap Series, forerunner of the Nielson Challenge. He gets to take home the travelling trophy for keeps.



Letters

All,

Thank you for the lifetime PPRR membership! In one way or another PPRR has been a big part of my life since moving here in the early '90s. Of course, it is also an important part of running in the Pikes Peak region. All who are involved (both past and present) should be proud of the club and what it has done and is doing.

Go out hard, when it hurts speed up...

Matt Carpenter

Dear Jim,

The Plano Pacer's race for November was wet and cool, but this did not stop over 130 runners from trying. The 15K was won by Clint Bell in 52.09, a new age group record. The 5K had two family groups loading up on trophies. Tami Ishi and her children, Hiroshi and Hideo, all won age group trophies. Then perennial runner Debbie Brewer and her grown children, David and Amanda Nicolato, also won age group trophies in the same race.

President Jerry Powell had updated the club age groups and bought plaques for the those that set records this year, only to have a new record set this month. He will return Clint Bell's plaque for correction. Jerry is also ready to consider a policy for awarding family trophies for the monthly races. It is a long time since I joined the club in 1989, and then-president, the late Bob Blum, worked hard to build female participation above three runners. Having married couples as presidents a few times, and featuring a kiddie kilometer each month did make the change.

The charity drives continue. We delivered a wagon load of toys and a jar full of dollars to the Girl Scouts for Christmas giving. Next month we will focus on an unnamed elderly couple.

I enjoyed Jon's article on the Colorado Relay. It is hard for Plano locals to picture a race like this, when our races are mostly on paved trails, and 200 feet is a serious hill.

Regards,
William L. Jones



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Jeremy Sveltenuss
Emily Brzozowski
Robin Satterwhite
Tom Huberty
Nicole Kunz
Micky Simpson
Zolla Nels
Teri Harper
Al Grimme
Larry Miller

Bulk Mail Coordinator Position Open

The Bulk Mail Coordinator is responsible for the management of the monthly Long Run mailing and any other necessary mailings to the PPRR membership. The monthly duties include.

Receipt of current newsletter labels issued

Separate (cut apart) labels by zip code for allocation to zip code designations.

Attend, either in person or proxy, the newsletter stuffing sessions to coordinate the sorting, banding, and placement of newsletters in P.O. tubs.

Compile the count and cost sheet which is presented to the P.O. the next day.

Deliver newsletters to the Bulk Mail Unit and review with P.O. personnel the newsletter for content, weight, etc.

Attend PPRR's monthly Board meeting.

Lots of help will be given while you learn the job!

News and Events

"Hey There, Delilah"

Delilah Di Crescenzo, assistant track and cross country coach at Bryn Mawr University, is in the news a lot lately. She won the 2007 USATF National Club Cross Country Championships December 8th in Ohio. She won the 6k women's event in a time of 20:30. Before her recent victory, Di Crescenzo was made famous as the subject of the Plain White T's Grammy-nominated pop hit "Hey There, Delilah." She's friends with the lead singer and songwriter, Tom Higgenson, who she says had a little crush on her. A catchy tune, maybe this song is good motivational music to have in your head to inspire a fast race!

Ryan Warrenburg won the men's 10K event in 31:47. Warrenburg is a member of the ZAP Fitness Team, who won the team championship title.

Mighty Mite and Under Dog win cross country championships

The recent high school level Footlocker National Cross Country Championships held some surprises. Mighty Mite Ashley Brasovan, from Florida, is only 4'11", but was able to power her way through a strong field to claim the women's title. At the one mile mark she was in 20th place, but steadily moved her way up overtaking pre-race favorite Jordan Hasay with 600m to go, winning the 5K in 17:20. On the men's side, Mike Fout, who was overlooked in pre-race predictions, held with the leaders as they pushed the pace early, then used a strong kick to run away with the 5K win in 14:50. Colorado finishers included:

- 18th: Bobby Nichols, Parker
- 21st: Evan Appel, Littleton
- 22nd: Joe Manilafasha, Denver
- 26th: Kevin Williams, Lakewood

PPRR awards lifetime membership to Matt Carpenter

For all his years of service to the Pikes Peak Road Runners and the area's running community, the PPRR board of directors awarded Matt Carpenter a lifetime membership, becoming only the 12th person to receive the honor in the club's 30 year existence. Matt has been a past president, newsletter editor, and has worked with the club database and race results. He is founder of the hugely popular Incline Club with its twice-weekly trail runs, and the Barr Trail Mountain Race. He has also worked with the Triple Crown of Running for the Pikes Peak events and now is director of the Garden of the Gods 10-miler. He is dedicated to increasing the quality of trail running events and improving their competitiveness on an elite level, but his efforts take in the little guys as well. He has brought thousands of dollars to local high school running programs and area non-profits. Matt was awarded the Life Membership



Matt holds his lifetime membership from PPRR on a single digit morning for the Incline Club.

December 9th at the gathering of the Incline Club on a chilly Sunday morning. PPRR's Larry Miller presented the certificate and led the round of applause before everyone departed for the trails.

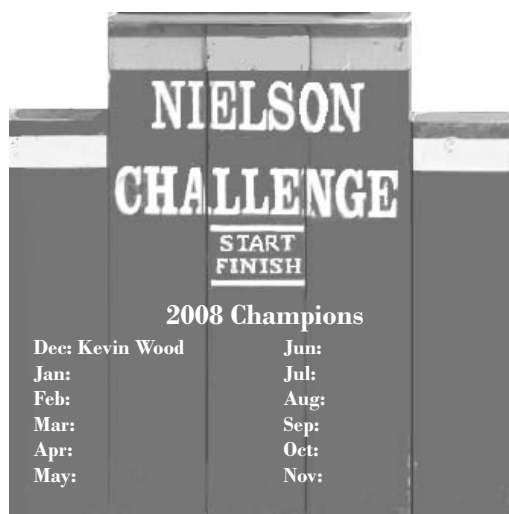
Runner beware: Honor event sponsor, or else...

Are you one of those efficient athletes that, in the interests of an economy of style and minimization of discomfort, folds their race bib to minimal proportions before pinning it on. Your editor confesses to being among your ranks. But innovators, beware! Big brother lurks in the shadows. With the crackdown on headphones, can race-bib-pinning-etiquette be far behind?

The Chinese Athletic Association recently fined Olympic marathon aspirants \$2400 for not properly displaying their racing bibs. It seems they were attached in such a way as to obscure the logo of the all-important event sponsor. Never mind that Ren Longyun set a national record with an amazing 2:08 marathon. A "tournament supervisor" observed that he couldn't see an event sponsor's logo on Ren's bib. Zap! \$1200 fine. Wow, how's that for national gratitude? He even had the poor taste to wear a top that had a non-sponsor logo on it! (Who would do such a thing!) The VP of the national association explained that the athletes needed to be "educated" so that "we can guarantee the profits on all sides involved."



If I repent of anything, it is very likely to be my good behavior. What demon possessed me that I behaved so well? - Henry Thoreau



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.

Temps were in the upper 20s and partly cloudy skies. It was actually decent running weather, and 48 came out to participate in the Nielson Challenge. We are getting lots of families participating now and the ages range from grade school age to the 70s.

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.

This is the first month of the new 12-month cycle of the yearly Nielson award, so Kevin takes the early clubhouse led in the yearly award category.

January 5th is the next Nielson, and we'd love to have you join us.

December Results

Kevin Wood	14	21:36.7	15:56.2	- 05:40.5
Dione Gott	36	22:54.4	20:22.5	- 02:31.9
Jonathan King	11	16:03.7	15:09.5	- 00:54.2
Ty Hare	37	21:13.0	20:24.3	- 00:48.7
Jeff Chowning	3	13:25.8	13:12.9	- 00:12.9
Ryan Whitcomb	19	17:00.1	16:57.0	- 00:03.1
Doyle Baker	7	14:15.8	14:17.3	+ 00:01.5
James Wood	41	21:35.6	21:51.0	+ 00:15.4
Doretta Hale	35	19:57.6	20:13.6	+ 00:16.0
Kristy Milligan	13	15:19.0	15:36.7	+ 00:17.7
Christina Stewart	21	16:53.3	17:16.3	+ 00:23.0
Gregg Keen	28	18:31.7	18:56.9	+ 00:25.2
Sharon Greenbaum	9	14:22.0	14:48.6	+ 00:26.6

Name	Place	Handicap	Actual	Difference
Hannah Joiner	24	17:12.8	17:39.9	+ 00:27.1
Richard King	2	12:34.7	13:10.1	+ 00:35.4
Carl Nelson	8	13:42.8	14:19.0	+ 00:36.2
Ned Brush	12	14:37.7	15:13.9	+ 00:36.2
Kevin Kinney	23	16:59.7	17:37.5	+ 00:37.8
Paul Jaszowski	1	12:25.6	13:04.6	+ 00:39.0
Shane Swearingen	4	12:51.5	13:31.7	+ 00:40.2
Curtis Hamstra	10	14:08.1	14:59.8	+ 00:51.7
Ken Holmes	39	19:48.7	20:42.0	+ 00:53.3
Shane Hansen	26	17:29.5	18:23.2	+ 00:53.7
Derek Gorthy	33	19:16.9	20:11.2	+ 00:54.3
Kristopher Allen O'Der	6	13:08.8	14:09.4	+ 01:00.6
Jeffrey A. Barden	38	19:33.3	20:40.9	+ 01:07.6
Les Bell	20	16:05.2	17:14.0	+ 01:08.8
David Fenell	27	17:41.3	18:53.9	+ 01:12.6
Wendy Kimmel	25	16:30.3	17:48.9	+ 01:18.6
Charles Snygg	47	27:53.7	29:17.2	+ 01:23.5
Julia Mesnikoff	32	18:38.6	20:10.4	+ 01:31.8
Dennis Stalnaker	34	18:26.9	20:12.4	+ 01:45.5
Josh Keen	31	18:01.8	19:50.7	+ 01:48.9
Carsyn Hamstra	42	21:50.5	24:01.6	+ 02:11.1
Jessica Barden	44	23:51.9	26:36.0	+ 02:44.1
Jared Gorthy	45	23:44.9	26:54.6	+ 03:09.7
Cheryl Gorthy	46	24:43.3	28:30.3	+ 03:47.0
Amanda Schofield	40	17:27.3	21:20.2	+ 03:52.9
Scott Gorthy	48	13:30.5	0:35:16	+ 21:45.5



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

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

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

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

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

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

A Conversation with Micky Simpson

PPRR's Volunteer of the Year now its President

by Jim Kelleher

After her first contact with the Pikes Peak Road Runners years ago, Micky Simpson was hooked. She found in that Elbert Reflections 5K event a chance to test her skills while enjoying the company of other runners. The competition and conversation the club afforded motivated her to become a regular race participant and eventually a familiar face at the registration tables.

Micky's running career got a late start, however. She was born in Wyoming and reared in Greensboro, North Carolina. Her first athletic endeavor was the 440 track event in high school. But although she enjoyed the workouts, the races were a different matter. "I didn't realize you had to work so hard to win," she said, "so I never did very well."

In fact, it wasn't until the oldest of her two daughters started driving that Micky began to work out regularly. At first it was biking, which went well for a while until one day she was speeding down a hill. The pavement suddenly turned into mud. That was the end of the bike, and almost the end of Micky. Among numerous injuries she sustained a torn shoulder and had one of the brake levers imbed itself in her neck. "That was the worst, and it really took a long time to heal. Running has been much safer, I've only twisted an ankle!"

An elementary teacher in Elbert, Micky has plenty of opportunity to bring her enthusiasm for running to others. She sponsors a fitness club that regularly gathers students before school. Recently the kids were rewarded with a trip to the Garden of the Gods for a run. The kids respond well, but she's had more trouble with her daughters, Nichole and Danielle, who are in their first years of college in Denver. "My oldest tried running with me, thinking it would be no problem to beat her old mom. But I train, and she had never run, so I had to keep slowing down and waiting for her. That was just too much for her to take!"

It wasn't long after that first 5K in Elbert that Micky tackled the 2003 Steamboat Springs Marathon and then the Pikes Peak Ascent. "I just started running more, and longer running leads to even longer running," she explained. At Steamboat, she took first place in her age group and her time of 3:50:48 qualified for Boston, which she took advantage of.

Her experience at the 2004 Boston Marathon did not turn out exactly as she had planned, however. "Of course I wanted to prove myself and run an even faster time. But I was so worked up about it that I started out way too fast," she relates. "After 5 miles I was falling way off pace and just stopped and cried. But I told myself that I could quit right then or just

forget about performing and enjoy the experience. I just started running and talking with people and had a great time!" It turned out to be one of the hottest days on record for the event. "They shot fire hoses over the street and I ran under every one of them!"

That combination of exercise and socializing kept her coming to PPRR events, and soon she was doing more than registration tasks. She often helps with course marking and was an integral part of the Fall Series. Micky was on the scene during the Ute Valley Park race this year when a biker not only erased the freshly placed flour marks, but made his own false ones to lead runners astray! She was able to remake the arrows in time for the race.

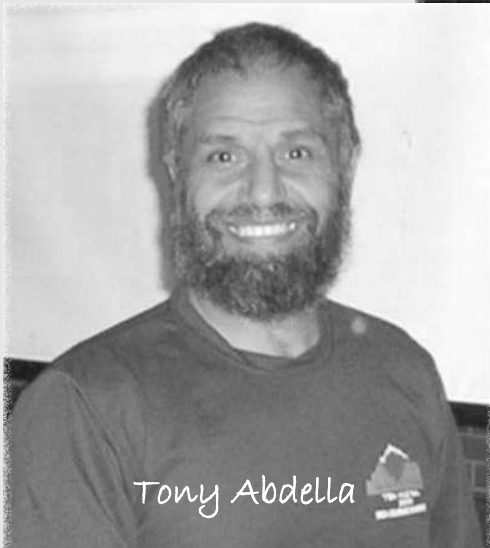
Micky has been on the board for two years and decided that taking on the role of president was a way she could be of greater help. "Everyone on the board has their specialties and things that take lots of time. I didn't want someone to have to be president when it would take away from all that they were already doing." She adds, "I started out competing and running just for me. But I'm not the type that can just let others do things for me. I received a lot from the club."

For her tenure as president, Micky has a few things she'd like to focus on. "I think it's important to

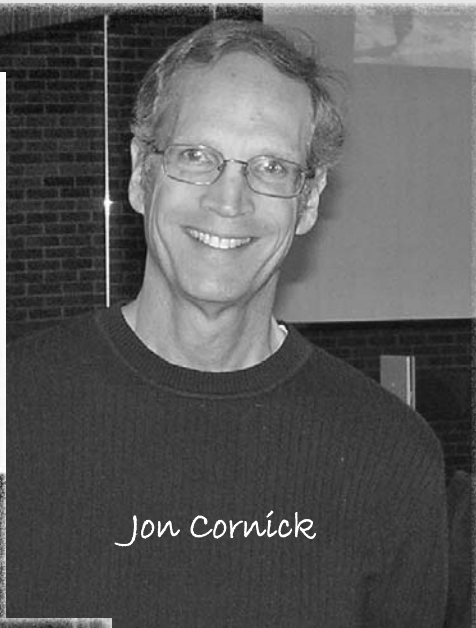
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With her characteristic shades and relaxed manner, Micky enjoys the warmth of the sun after last year's Winter Series race at Baptist Road.



Tony Abdella



Jon Cornick



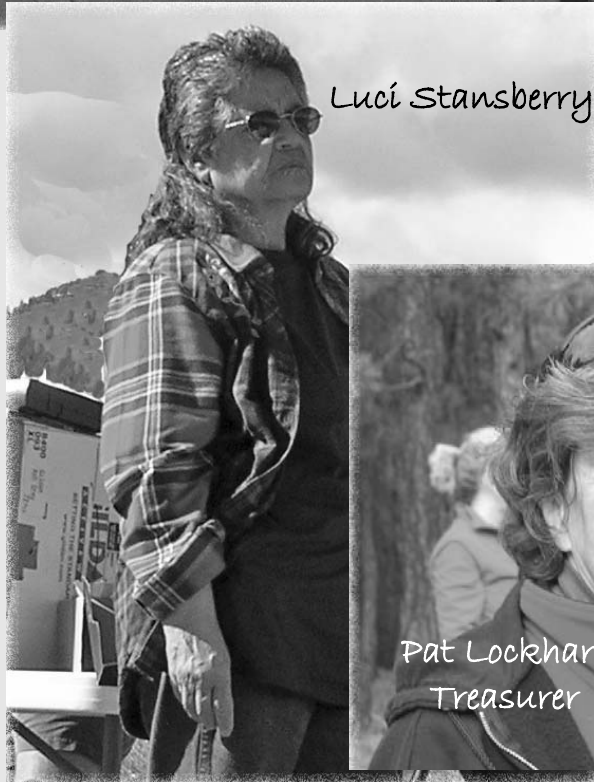
Emily Brzozowski



Ron Garcia
Vice President



Micky Simpson
President



Luci Stansberry



Pat Lockhart
Treasurer



John Garcia

2008 PPRR Board of Directors Ready to Run

After introducing themselves to the attendees at the general membership meeting following this year's Fall Series, the members made their choices and quickly determined the 2008 elected board of directors. All professed a willingness to serve the club as officers and board members at large with a great mix of experience and expertise.

Micky Simpson stepped up to president after 5 years of volunteering and running in dozens of PPRR events. She is featured in this issue, so be sure to read more about her on the previous page.

Ron Garcia also brings many years of volunteering at races and a year of participation on the board to his position of vice-president. He's become a real fixture at races helping with logistics and registration, and manages to run in quite a few events himself.

Moving to treasurer once again is lifetime member **Pat Lockhart**, an integral part of club affairs for longer than most can remember. She brings her vast experience with race organization to bear upon the many background details of area events, including such things as insurance and permits, in addition, to running event registrations.

New to the board this year is **Esme Delange** serving as secretary. Esme regularly helps with the *Long Run* mailing prep along with her husband, Tony, (she's placing labels in her photo to the left) and runs in most PPRR events. She helped with the children's Fall Series and has contributed an article to this magazine on gearing up for the Winter Series. We look forward to her fresh perspective on club issues.

The "general" board members—those without a specific job description—include **Tony Abdella**, long-time volunteer with his family and tough competitor, and **Jon Cornick**, last year's president and the man who runs with a camera. **John Gardner** returns for another year of service, an avid mountain biker and marathon runner, along with **Travis Waldrip**. Travis directs the ADTM and measures courses as official USATF distances. **Luci Stansberry** helps with the finish line at practically PPRR event for years and returns for a second term on the board. Two more new members are **Tim Steffens** and **Emily Brzososki**. Tim can often be seen at aid stations, but Emily will probably be busy training for the 2008 Olympic Trials for which she qualified (see her article later on).

The board will also include the half-dozen or so -appointed committee members, which will become official at the January board meeting. We'll try to introduce them next month, as well as have another interview with one of our new members.



Tim Steffens



Esme Delange



Esme Delange
Secretary

The Perfect Mile

by Emily Brzozowski

Three athletes, one goal. And less than four minutes to achieve it. *The Perfect Mile*, by Neal Bascomb, is an interesting and inspiring story for runners of all distances. It brings together three runners from different backgrounds, with different training and racing philosophies, and chronicles their journeys as each strives to become the first man to break the elusive four minute mile. These three men aren't only competing against the clock, but against each other, as any one of them is capable of breaching the magical four minute barrier. Even though most people know that Roger Bannister was the first to achieve this feat, the book still pulls you along and leaves you somewhat on edge as you read the incredible journey it took to get there.

It's amazing to learn Roger Bannister's background. He was the favorite to win Gold in the 1500m in the 1952 Olympics, and England was severely disappointed when he finished 4th. Bannister decided that in order to redeem himself and overcome the let down, he would need to become the first person to break four minutes in the mile. But "even



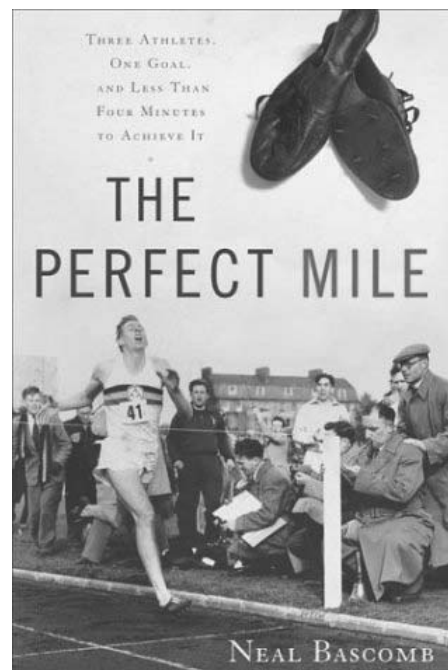
Among the three contenders, Wes Santee was not first to break 4 minutes, but he set the world record in the 1,500 in 1956, in 3:42.8.

more than answering for his failure, Bannister wanted to capture the four-minute mile to show how one could achieve athletic greatness without the sacrifice of everything else in life."

While he was training for and attempting this goal, Bannister was right in the middle of attending medical school! His workouts usually consisted of 35 minutes of running during his lunch break between hospital rotations! Compare this to today's top runners, who have sponsorship deals that give them 24 hours a day to focus on their training!

John Landy, an Australian, was somewhat of a surprise. In the 1952 Olympics he failed to even make the first semi-final in the 1500m. After his disappointment, he too decided that the four minute mile would be a way to redeem himself. Like Bannister, Landy was also attending school, getting his degree in Agriculture, but had a completely different training philosophy. He trained very intensely for long sessions. When he first started racing after months of doing his new workout regime, he was in a completely different league. Out of the three runners, he held more world record mile times than the other two.

Wes Santee was an American hero. He represented the University of Kansas, and was the youngest of the three. Very talented and dedicated, Santee was somewhat egotistical about his claims to become the first sub-4-minute miler. Unfortunately, Santee seemed to always run into bad luck. In the 1952 Olympics, he was only allowed to compete in the 5000m and not the 1500m. And he was never able to race Bannister and Landy head on because of school and military commitments. What's interesting about his journey is that it also portrays the



problems with the Amateur Athletic Association that plagued many athletes during that time.

There's something captivating about the four minute mile. Even though many runners have now broken it, the fact that it's four laps, four quarter miles, in four minutes, holds some kind of mystique. And even though the results are known, this is still an exciting story to learn the journey of what it took to achieve it. ▲



Roger Bannister takes a stab at Britain's 2M record in 1954 with teammates to push him on.

CSU Women Cross Country Regional Champs

by Jack Anthony



The Colorado State University women's cross country team concluded a record setting 2007 season as the Mountain West Conference and the NCAA Mountain Region champions.

Throughout the season, the Rams climbed the national rankings and reached as high as 11th. These speedy CSU lady harriers experienced a "Colorado Rockies" type season as winning meets, once the exception, soon became the norm. Beginning with a win at the Wyoming Invitational, followed by another at the CSU Home Invitational, and peaking with back to back wins at Conference and NCAA Regional meets, the season exemplified the very best of running and sportsmanship from beginning to end.

In the end, the Rams joined 31 of the best Division I women's cross country teams with the goal for a top 10 team finish. Could the Rams achieve this lofty goal, set along with conference and regional championships when the season started? Well, the answer to that question will soon be revealed, but for now, read on and see how the Rams' dedication, teamwork and faith in each other earned them a place in CSU history.

The CSU Rams' season is laden with highlights. The Rams won the Wyoming Invitational behind Heather Loseke's win on her birthday on a windy course in Laramie. The Rams hosted their first ever CSU Ram Invitational as NCAA Division II powerhouse Adams State took on the Rams on a grueling 5K course in the shadow of Sonny Lubick Stadium. The Lady Rams edged out the Grizzlies of Alamosa. The Rams would experience two major national level competitions at Oregon and then

on the national course in Indiana. The Rams were climbing in the rankings and also believing they could achieve their goals. The Mountain West Conference championships was upon them!

The Mountain West Conference 6K meet was moved from fire-stressed San Diego to Albuquerque NM. The BYU Lady Cougars were riding a 19-year string of Western Athletic and Mountain West Conference championships. This race would prove to be a battle like I've never seen before on a cross country course. As the pack stretched out, the BYU and CSU gals began to break away and it was apparent these two cross country powers wanted the championship! My memory is fuzzy, but during the race it was clear that BYU's gals had the upper hand. But the CSU women were hanging on and still within striking distance to change the tide. With 1K to go, the BYU Cougars seemingly had things well

in hand. My account at this point was that if the score was determined at this 1K-to-go point, scoring runners would have delivered a 12 point victory for the Cougars. BUT, Coaches Bryan Berryhill and Liz Moore had trained the CSU girls well and each of the nine Ram runners had a kick in store. Would it be enough to swing the score in favor of the Rams?

Senior April Thomas stretched out her lead and Kirsten Anthony reeled in two BYU runners in the final 500 meters, crossing the finish line in 2nd place just 2 seconds behind April. Meanwhile, sophomore Kristen Hemphill and freshman Allison Gohl had their sights on a pack of BYU runners....and reeled them in as well!

Melissa Thomas (April's twin sister) ran the race of her life and zoomed across the finish line with Heather Loseke, Chantelle Dron,

continued on page 18



The CSU Rams at the Mountain Regional Championships in Utah stick together at the start in their successful quest to win the meet and move up to the NCAA national championships.

The North Face Endurance Championship: Steidl and Carpenter Tangle for Ten Grand

by Jim Kelleher



Uli Steidl (L) and Matt Carpenter exchange a "well done" after dogging each for nearly 50 miles along the California coast and through the Muir Woods.

The North Face Endurance Challenge 50M, held in Marin County just north of San Francisco on December 1, enticed trail runners with the largest purse ever in ultrarunning: \$10,000 for the first man and woman...and nothing for second. With that kind of prize money, one would expect a close and competitive race, and that's exactly what happened.

Matt Carpenter needs no introduction for PPRR readers. He's won the Pikes Peak Marathon 8 times and has over a dozen course records in the US, including his shattering of both the San Juan Solstice 50M and the Leadville 100. So the pot of gold at the end of this 50-miler naturally induced Matt to make this trip.

Likewise for 35 year-old Uli Steidl, who quit his job as chemistry teacher in Seattle to devote himself to full-time running. He had run six 50K and four 50M trail runs prior to this North Face 50, winning all of them and setting course records in 8. But he also has 13 sub-2:20 marathons, including a 2:14, and placed 12th at Boston this year; it's very unusual for someone to be to compete at that level in both trail runs and road marathons.

So, Matt knew it was going to be a challenge. "It was going to come down to either me or Uli, we both knew that." Uli agreed, saying before the race, "The only US ultra runner who can beat me on this course is Matt Carpenter," which he knew from experience. Matt out ran him in the 2006 Pikes Peak Marathon by 23 minutes (although Uli posted the faster descent time, an incredible technical feat in itself). Indeed, the competition between the two promised to be so fierce that some of the country's best ultra runners reportedly didn't bother to enter, knowing that they didn't

have much of a chance in this winner-take-all event.

The course consisted essentially of four interconnected loops, with an additional 10K loop at the start, and winds its way in and out of the mountainous woods and coastal trails of the Marin Peninsula, just north of the Golden Gate Bridge, gaining about 10,000 feet overall. "It's the most beautiful trail run I've done," said Matt. "You run along cliffs above the beach and go through the Muir Woods. It hit all the great sites."

After the 5AM start, a group of a half-dozen led the way up and down the 10K loop, and then up to a ridge, one section gaining 900 feet in a mile. On the technical downhill, Uli picked up a rock in his shoe and stopped at the aid station to remove it, but caught up to the lead group again half-a-mile later.

The trail then headed out to the coast, along the cliffs, and past Muir Beach where it makes a sharp left to start the next loop, although, confusingly, there were ribbons visible straight ahead, placed for the return trip. This was one of the several spots where Uli's reconnaissance paid off. He had arrived 20 days earlier and in that time had scouted the whole course, so even though a couple of runners went on, he convinced the majority to take the correct turn.

After the first major climb up to the Pentol aid station at mile 18, skirting the western edge of the dense Muir Woods, the lead group was down to Matt, Uli, and one other. But Matt had to take time finding his drop bag, while the help of Uli's wife Trisha (a two-time winner of the Seattle Marathon) enabled Uli to breeze in and out. It was then Matt's turn to play catch-up through the redwood forest and then 500 feet above the beach; it took a few miles, just after the



Matt Carpenter crosses the finish at the \$10,000 winner-take-all North Face Endurance Championship near San Francisco on December 1st.

Stinson Beach aid station (mile 21). From then on it was only Matt and Uli.

Next the course heads back east up the Matt Davis trail, 1400 feet in a couple of miles, to the top of the main N/S ridge, almost 2000 feet above the ocean. This was one of the places that an unanticipated feature of coastal trails took a toll on Matt. Due to the heavy rainfall and nature of the soil, steep trails are often maintained by turning them into stairs. "I just didn't realize that, and it's a whole different motion going up stairs. It's a real pull on the quads. I would have hit the Incline a few times to get ready if I had known." Despite this, he pulled well ahead of Uli, who thought to himself, "Maybe we should rename this the 'Matt Carpenter' trail."

The trail then heads north along the ridge for a couple of miles to the turn-around aid station (mile 26) where a pit-stop by Matt allowed Uli to regain the lead. The course turns back on itself for the two miles along the ridge and heads back south mostly along the eastern slopes and through the Muir Woods. On the return section of the ridge, Matt was run off trail by oncoming Liz Hawker, the leading female. She managed to dodge Uli but didn't see Matt, who was right on his heels. She was 15 minutes behind at that point which prompted Uli to say, "Man, she's not that far back!" to which Matt replied, "Uli, we're getting old."

Up until mile 44, the story continues with Matt taking the lead on a big climb and Uli doing the catch up. They had to guess at one intersection around mile 30, which was marked with a ribbon, but with no indication of which path to take! Fortunately they guessed right, with Matt gaining the lead uphill. Trisha was waiting at the top when Matt arrived, and he

politely congratulated her on winning the Seattle Marathon.

On the way down to Muir Beach, around mile 37, Uli notes, "I tried to pick up the pace somewhat to see if I could put a little gap on Matt before the Dias Ridge climb, but he stayed right on my heels the entire way." Going up this ridge, Matt, for once, didn't pull away and Uli began to think he could actually win. They were neck and neck at the 41 mile aid station. Then Matt got ahead and Uli again caught up, hoping to go right by him, but Matt picked it up and matched pace.

At Tennessee Valley, mile 44, Matt stopped for a drop bag and got behind once more. Uli expected Matt to slowly catch up again, "but instead I heard him come up behind me like a runaway train. I wasn't sure what to think." To his great surprise, Matt said, "Uli, you're a great competitor. I think I'm done," and then dropped off the pace to cross the finish 12 minutes back. The stairs had taken their toll. "My quads were thrashed," said Matt, "and with another climb coming up, I knew I couldn't keep pushing. If not for that, I might have kept it up."

Matt seemed to be feeling the consequences of doing both the

Pikes Peak Marathon and Ascent in August. "It wasn't until November that I could start really training again due to soreness, so even if I had trained for the stairs, there just wasn't enough time to get ready." Uli, on the other hand, set his sights on the North Face Championship early in the year, and ran a 50 miler in Seattle in October to get ready.

Uli observed, "Matt was definitely the toughest competition I have faced in any of my 11 ultras so far. He certainly lived up to the 'Go out hard. When it hurts, pick it up.'" He added, "Last year at Pikes Peak, Matt smoked me by 23 minutes; this time I came out on top. I'm sure we'll run against each other again sometime in the future. And while I hope the outcome will be the same as this year, I wouldn't bet on it! In fact, if the next race is at altitude, I think the only way for me to win is to bet against me." ▲

Top three men and women:

- | | | |
|----|----------------|-----------|
| 1. | Uli Steidl | (6:57:22) |
| 2. | Matt Carpenter | (7:10:10) |
| 3. | Leigh Schmitt | (7:51:06) |
| 1. | Lizzy Walker | (7:59:55) |
| 2. | Jenn Shelton | (8:22:19) |
| 3. | Bev Anderson | (8:25:24) |



The view looking south towards San Francisco around mile 20, high above Stinson Beach.

Qualifying for the Olympic Marathon Trials

by Emily Brzozowski



After qualifying for the Olympic trials, Emily and fellow qualifier Nate Pennington of Colorado Springs pose with coach Lisa Rainsberger. Lisa won the '85 Boston Marathon after just missing the Olympic team.

I have to admit, I was a bit skeptical going into the California International Marathon (CIM) in Sacramento. After all, with a race cap of 6,000, it had fewer runners than the Turkey Trot I ran in Denver the previous weekend! Previously, I had run two marathons in my life, both of which were two of the biggest in the country: Marine Corps and Chicago, with over 30,000 runners in each. To me, the marathon experience was about fighting your way through packs of people the entire race, and being carried by the cheering crowds lining the course while you run through scenic and historically significant scenery. When I envisioned CIM, a point-to-point course, all I could picture in my head was 6,000 people spread thin; a solitary runner fighting her way down a long, boring road. Fortunately, CIM proved me wrong.

CIM is advertised as one of the fastest courses in the country. It has a net elevation drop of 340 ft, but feels easy on the legs. After a

fast downhill first mile, the next 19 are rolling hills. Nothing significant, but gentle enough that you can still maintain a rhythm and take advantage of the changes. The last 6 miles flatten out to a slight decline, which feels great to help keep you moving at the end. The weather was perfect this year—mid 40s and slightly overcast. The only problem was the wind, which was a bit strong for several stretches. But it wasn't too hard to find a group or a large man to tuck in behind. Another nice feature of the course is that for the last six miles you're running down a road with overhanging palm trees; this helps block out both the sun and wind.

Despite its size, CIM draws a competitive crowd. There were over 30 American women starting in the elite field trying to achieve the Olympic Trials qualifying standard of 2:47, and 9 did! Since it was only a month after the men's Olympic Trials, the men's field wasn't nearly as deep, but fast

times were still run including local Army runner Nate Pennington who ran a whopping 20 minute PR to finish 4th in 2:19:35!

Many people use this course to try to run PRs or qualification times, and this year Helen Klein, age 85, shattered the world record for women 85 and older by over 65 minutes, running a 5:48:59! The crowd support was excellent. It wasn't screaming wall-to-wall people like Chicago, but locals are out showing their support throughout the entire Folsom to Sacramento course. The race takes you through many small towns, where the crowds are large and noisy. On the stretches between towns, it was really nice to see individual families sitting out in lawn chairs at the end of their driveways cheering you on. It's also fairly easy for a spectator to drive down a parallel road and stop to see you at various points throughout the race.

I would highly recommend the California International Marathon. It just has a nice feel to it. While larger races can be overwhelming, CIM is unpretentious and friendly, allowing you to focus and run your own race. This race has most of the perks of a larger race, with a good expo complete with Starbucks and Cliff samples and plenty of running merchandise for sale, enthusiastic local crowd support, good mile markers, and aid stations. In contrast to larger races I've been to, we had no problem getting a reservation at an Italian restaurant right down the street from the host hotels the night before. The smaller size also allows extra time in the morning as you don't have to fight thousands for a place in the porta-potty line.

Emily trains at the Olympic Center in Colorado Springs. She is in the Army's World Class Athlete program and was elected to the PPRR board for 2008.



California International Marathon Results for Colorado

Nate Pennington	31	Fort Carson	2:19:35
Erik Frank	32	Westminster	2:44:44
Emily Brzozowski	28	Colorado Springs	2:45:02
Campbell Ilfrey	34	Louisville	2:48:10
Greg Tyndall	33	Arvada	2:49:26
Ted Danielson	33	Englewood	2:50:54
Antonio Molina	26	Boulder	2:51:33
Doug Croft	41	Erie	2:53:10
Richard Paradis	42	Denver	2:53:42
Andy Ottele	37	Longmont	2:54:38
Danielle Korb	23	Fort Collins	2:55:09
Steven Sellars	47	Superior	2:55:39
Terry Nugent	45	Highlands Ranch	2:58:44
Karen Franklin	36	Boulder	3:02:17
Chris Douville	36	Arvada	3:07:57
Scott Stephens	29	Parker	3:09:46
Mark McBride	29	Durango	3:10:56
Richard Curran	38	Denver	3:11:02
Brian Matthews	24	Westminster	3:12:30
Mary Frielingsdorf	37	Fort Collins	3:17:16
James Hardy	31	Denver	3:15:29
Ruben Contreras	53	Fort Collins	3:17:51
Matt Maske	38	Evans	3:18:26
Dale Nagel	49	Greeley	3:18:13
John Duda	34	Boulder	3:21:24
Cary Hayes	37	Boulder	3:27:09
Jay Klagge	37	Loveland	3:29:46
Steve Colburn	40	Parker	3:30:18
Kevin Magee	30	Evans	3:30:22
Margie Williams	45	Boulder	3:26:06
Jill Howard	36	Highlands Ranch	3:33:41
Jennifer Merschel	31	Louisville	3:36:44
Will Murray	53	Boulder	3:38:32
Bonnie Keefe	42	Centennial	3:41:10
Sverre Froyen	56	Lakewood	3:41:25
Mike Lanciloti	50	Denver	3:42:34
Amie Durden	51	Boulder	3:50:39
Benji Durden	56	Boulder	3:50:40
Jessica Raab	37	Colorado Springs	3:50:39
Sharon Pellowe	39	Parker	3:54:43
Ryan Molly	45	Buena Vista	3:59:28
Amanda Demler	32	Boulder	4:00:12
Patricia Saunders	41	Longmont	4:01:53
Lisa Howard	49	Boulder	4:03:23
Preston Prince	43	Denver	4:04:55
Kristi Weltmann	30	Greenwood Village	4:14:32
Naomi Edelberg	46	Nederland	4:17:27
David Smithy	16	Colorado Springs	4:24:04
Karen Grant	49	Aurora	4:31:04
Julie Zink	41	Aurora	4:31:06
Megan Hildner	36	Aurora	4:31:46
Dan Poremba	52	Denver	4:33:17
Sarah Kalmonr	40	Highlands Ranch	4:37:54
Diego Janches	40	Nederland	4:38:46
Mary Smithy	45	Colorado Springs	5:22:29
Judy Mahany	62	Thornton	7:14:57



Reasons to Run the Winter Series

by Mike Schafai

For 30 years now, the Pikes Peak Road Runners Winter Series has challenged local Colorado runners. The event is actually a four-race series starting on the second Saturday in January (the 12th this year). For 30 years now, the PPRR's Winter Series has challenged local Colorado runners. The event is actually a four-race series held on the 2nd and 4th Saturdays in January and February (starting February 12th this year and ending February 23rd). So that runners of all abilities may participate, a long option and a short option are available, both of which get progressively longer with each race.

For runners who participate in all four races, their cumulative times are tallied up. Overall winners, age-group winners, and various category winners (Clydesdale, Athena, senior, and team) are presented with their awards at the Winter Series dinner on March 1st. Also, runners who sign up for all four races will receive a nice, warm fleece hat (which you'll need for your winter training) and a cinch bag (to carry all your cold weather gear), both of which are embroidered with the Winter Series logo.

There are perhaps hundreds of reasons to participate in this race, but below are the top 10:

- #10: The team competition is a great way to motivate (or mock) your friends competing on other teams.
- #9: Perhaps you'll burn off the 10 pounds you gained over the holidays, in spite of the donuts, hot chocolate and cider served at each race.
- #8: Sliding down an icy trail may actually improve your race time.
- #7: You'll alleviate some of the guilt you now have for slacking off in the cold weather.
- #6: You'll be in the company of those who truly love running (otherwise, why would they be outside when it's 5 degrees?)
- #5: You'll get yourself in great running shape by spring time.
- #4: Now you have an excuse to wear those sexy tights you got for Christmas.
- #3: Free stuff.
- #2: You won't notice how hard you're breathing because the inside of your lungs have gone numb.
- #1: You really do run faster when you're freezing your butt off.

By the way, the Winter Series is one of the best values in running anywhere in the country. Oftentimes, entry fees for a simple 5K race exceed \$20. The cost for the Winter Series is only \$30 bucks total for all four races (for PPRR members) and that includes the hat and the bag. That's less money than you spent on your significant other for Christmas, so get signed up!



CSU Women's Cross Country

continued from page 13

Danielle Rawlings and Lauren Kleppin quickly following her. What a solid team effort—great depth of talent and determination! Whew, it looked like the Rams final 1K surge may have won the championship. It took a few minutes for the score to be tallied. Did the Rams win? YES! By 6 points! What a come from behind effort and victory. Who says cross country isn't a team sport. What a team effort and what a great surge by the Rams to swing the score in their favor.

The next weekend would find the Rams in Ogden, Utah at the NCAA Mountain Region championships. The Mountain Region is well known as a power region featuring BYU, Colorado, Northern Arizona and Texas Tech to name a few. The top two teams would earn a trip to the national meet. There are nine regions and thus 13 teams can be voted in by the coaches. In the past, the Mountain Region's strength would be recognized by voting in three teams. But, the best way to get in the BIG show is to win it, and that was the CSU Lady Rams' goal!

The race was on and it appeared the CSU gals were being challenged by Northern Arizona. What a blistering pace! With 17 teams running it was hard to figure out the score as the event unfolded. The CSU Rams placed 6 of their 7 runners in the top 25, but was it enough? At this meet they had a super duper scanner and scoring system. Thus there was a scoreboard. But little did the huffing and puffing and somewhat exhausted Rams know of this. Then Coach Liz Moore came upon the gals and said "look at the scoreboard." Scoreboard? Well, like all good athletes they did what the coach said and holy cow, CSU Rams were at the top of the board...they won the regional championship!

The cheering and jumping up

and down was wonderful. The Rams had won their region and it was on to Indiana and the national cross country meet!

The CSU women arrived in Indiana ranked 12th in the nation. Never before had a CSU women's cross country team achieved the goals of conference and regional champion, and never before had the nation's coaches cited the Rams so high in the rankings.

Nationals would turn out to be a slightly humbling experience as they finished 15th of the 31 teams. In keeping with the "Colorado Rockies" theme, you might say they met the "Red Sox" at nationals. But, this was the best of the best...no slow pokes and it was a phenomenal display of distance running determination and talent. Every gal gave it her all amongst the fastest 253 college cross country runners in America. What a year for the Rams and what a team of young ladies and coaches who simply dig running and believed in each other to go farther than any CSU cross country team ever. Congratulations for the CSU Lady Rams cross country team and coaches!



The CSU Rams before their regional victory.

Micky Simpson

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Micky often runs a race, enjoying the competition, after volunteering at the registration table

build our volunteer base. The bigger clubs only run the big events they do because they have so many volunteers." Towards that end, she would like to see the membership increase. More members equals more potential volunteers, and more volunteers means more race opportunities. "The people currently running the results, registration, and finish line can't be in more than one place at one time, and that limits what we can do."

She notes that the club has the managing of races down to a fine science, but adds, "I also want us to develop our social opportunities," pointing to weekly runs like Jack Quinn's, which became hugely popular in a short amount of time. "It gives people a chance to meet and talk, and that's another real reason we can give them to join the club." She will be looking for people interested in helping

Overall, it's clear that Micky takes great pride in PPRR and what it has accomplished in its 30 years. "People have put so much heart into it for so very long. It's a really special club."





Rain, Snow or 20° Below

NEW YEAR'S DAY

5K/10K in Palmer Park 10AM

9:30 Kids Races

REGISTRATION:

active.com
www.pprun.org
(download & mail form)

Runner's Roost
Colorado Running Co
Boulder Running Co

Chill Out!

Short and Long Series

Team competition
Awards Banquet

#1: Fox Run Regional Park
Jan 12th, 5K/10K

Single track (dirt, snow, or ice!) through the woods

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

for more info:

www.pprrun.org or email
PatLockhart@worldnet.att.net

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