

the *Long Run*

Volume 32 Issue 3

Running News for the Pike's Peak Region

March 2008



Running on the Go

Hot spots in St Louis

Strength Training for Women

Winter Series Results

PPRR Information

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Race Results Dave Sorenson DavidSorenson@msn.com

Club Meetings

Business meetings are held on the **first Tuesday** of each month at **7 pm** at the downtown Pikes Peak YMCA, 207 N Nevada. Your board encourages PPRR members and friends to attend. The next meeting is **April 2nd**.

Membership 😊

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

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



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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 Friday** of the month for inclusion in the following month's newsletter. The next deadline is **March 14**.

Long Run Stuffing Party

Next stuffing is Wednesday March 26th.

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

Advertising

Insert flyers will be included at the rate of \$50 per issue. The maximum folded size is 8.5 x 11. **Do not staple.** Please ensure brochures are *unfolded*. Send to editor@pprrun.org for printing (add \$40; color also available) or notify the editor and deliver **1000 copies** by the *Long Run stuffing date* (see above) to:

PPRR Newsletter
c/o Colorado Running Company
833 N Tejon
Colorado Springs CO 80903

Include check for \$50 payable to PPRR.

Advertising is welcome and we can help with design. **Business card** size (3.5 x 2) advertisements may be run at the rate of \$20 per issue. Submit as indicated above. Write to editor@pprrun.org for other size rates or call at 719.232.4419.

The editor and the PPRR board reserve the right to determine the appropriateness of any advertising.

President's Letter



Here we are into March, and with it comes new races, new challenges and well deserved accolades. Ever since last fall, race participation has been increasing. The Fall Series, the Rescue Run and the Winter Series have all had record numbers and hopefully this will continue into the Spring and Summer. We have seen the regulars at the races, but we are also seeing so many new faces. You diehard runners must be recruiting your friends and family into our fun and rewarding sport. Keep it up!

March is full of opportunities to test your skills against the best in the area. We have the Nielson 2M on the 1st, the 5K on St. Patrick's Day on the 15th, the Widefield 5K/5M at the Fountain Creek Nature Center on the 22nd, and Running for Rachael at the USAFA Falcon Stadium on the 29th, just to name a few. So far, the weather has cooperated to encourage lots of outside training, so maybe one of these races will provide you with a new PR!

As for the challenges, those who wish to run the Pikes Peak Ascent or Marathon may find the new qualifications difficult to achieve. Also, it is necessary to register quickly once registration opens on March 12th. My advice is to make sure you have all of your ducks in a row beforehand. Know what you can sign up for, have what you need laid out before you and cross your fingers and toes that your typing fingers are faster than everyone else's. My class has already been warned that teaching will be suspended for 5 minutes at 1:00 on that day. The students all offered to go into the computer lab and sign me up to ensure I get a spot. I figured it would cost way too much to sign up 20 times!

I am very proud to tell you that your own club newsletter is once again an award winner! The Long Run has been awarded the RRCA Journalism Award for Large Club Newsletter. It went up against hundreds of newsletters around the country and came out where we knew it should, on top! This is a well deserved honor and I hope you will congratulate Jim and his staff when you run into

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them on the roads or trails. This is the second year in a row that our newsletter has been recognized by the RRCA for excellence. What a trend we are setting!

Whatever you choose to do this month, I hope you get out and enjoy this beautiful weather. Yes, I know I may have just jinxed us all. I guess we have to have snow sometime, and honestly, I love running in the light fluffy flakes.

Micky Simpson

cover: Winter Series III 5-milers (left to right) Mike Cernoia, 15; Nigel Miller, 20; Emily Brzozowski, 28; Tom Selke, 40; Mike Schmidt, 17. Of the group, Emily finished first, edging out Tom by 6 seconds and winning the women's division. - photo courtesy of Tom Dewane

PPRR Meeting Minutes

submitted by Pat Lockhart

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

1. Attendance (Esmé)

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

3. Meeting Minutes Review/Approval (Esmé)

Meeting Minutes approved and seconded. All in favor- no one opposed

4. Welcome to the New Year (Micky)

Introduction of all in attendance

Micky proposed that new members should have mentors. It was agreed.

Micky suggested that everyone should review minutes before next board meeting. Minutes can't be changed till next meeting. Review only and make changes in next board meeting.

5. Committee Assignments: (Micky)

6. Past Events

12/11 Joint Board Dinner (Jon)

Went very well

01/01 Rescue Run (Dave)

Went very well. 50% increase in participants. Race day registration people did very well.

01/05 Nielson (Phil)

78 runners showed up. More runners were expected due to good weather.

7. Upcoming Events

01/12 Winter Series I (Pat)

Final sweep of stores to find out how many registered. Will check trail conditions. Need additional help at finish line. Jon Cornick & Tim Steffens will take pictures.

01/26 Winter Series II (Pat)

02/02 Nielson (Phil)

No comments

8. Treasurer's Report (Pat)

Financial statements were provided to all board members.

Park damage permit cost = \$300 - done for this year

9. Event Promotion

Veteran's Home Run - Need to be added to active. When Jon has everything confirmed, it needs to be given to Pat.

10. Road Runner Clubs of America (RRCA) - (John Gardner/Jim K.)

Nothing to report

11. Certifications/Measuring - (Travis)

Diane - needs help measuring course for Parkinson's race. Help her getting the course laid out. With road construction going on during the ADT last year did not get chance to do anything. Need to do it this coming spring. GOG certify this year

12. YMCA

YMCA - contact person: Tony Schockency -

13. Scholarship / Grant Status

Ron Garcia will talk to John O'Neill. If he does not want to do it Ron will take over. Need to be track program in college to qualify for scholarship.

14. Newsletter (Jim K.)

People bought ad for full year - not using it - give them family membership to compensate. Pat already issued 2 six month memberships that were mailed 3 weeks ago. Jim Kelleher needs help and are looking for volunteers to help. Look at previous newsletter for requirements.

Jim analyzed database. We don't have demographic data. Not set up. We don't report every month how many renew and join. Not actually in database. About 60% of members expiring does not renew. Jon Cornick suggested an incentive for renew vs. new member. Jim Kelleher suggested two goals for database. It can be used to facilitate communications with members. Adapt so email list can be created to communicate info to members. Beneficial for renewals, upcoming races, track length of membership etc.

Jon Cornick - Suggested we put something on website - form to request info from members voluntarily. Let members decide what type of info they want to give.

Dave Sorenson stated that we can't ask for date of birth and or phone numbers. Website is not secure. It was decided against asking this information because of ID theft and security reasons.

15. Equipment (Bill, Larry)

Ordered new timing cords @ \$28 each. (Chronomix out of business) If we need new equipment need to find new manufacturer.

16. Insurance (Pat)

All insurance has been requested. Will wait till mid summer to do insurance for Fall series.

17. Webmaster (Dave)

Handed out web statistics. Showing hits for past year. Hits mostly generated from races that occur. Fall series averaged more than 700 hits for each event. Looking into searchable race results - maybe we can find someone who has skills to help with this.

Calendar:

March 29th event was recently added. (1st Annual Running for Rachael)

lease send Dave any corrections so it can be taken care of.

Parkinson's - Use Dan Harding phone number instead of Diane

18. Volunteer Coordinator (Cymmie)

Put out different volunteer perks. Update items that are offered to volunteers.

19. Trail Clean up/ Repair

John Gardner - Tuesday and Thursday running group will get together to clean between Cimarron and Bijou. Trash bags get picked up by City. John would like to continue trail clean up. Keep same day. Will check into trail repair at Palmer Park.

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Age is no secret in the running community. For some reason or other, there is an unbreakable tradition of revealing it in race results. What is considered impolite to inquire about, and perfectly excusable to conceal, in everyday life gets published on the Internet for all of Earth to see. I don't think it is that we're more humble. Rather it's one of those ingrained traditions that we can't do anything about, so we just accept and expect.

Still, I hesitate to mention that I turned 50 not too long ago. I didn't think I was ready, but it came none-the-less. And last year I never thought twice about trail running, mountain biking, skiing, roller-blading, not to mention being downright silly with friends. But recently, I noticed a change.

I was skiing last weekend, trying new things. I'm new on the slopes, only my second season, so I've got lots to learn. But I've always enjoyed a challenge, especially a technical, kinesthetic one. Skiing is perfect for that because there's no end for perfecting technique, training reflexes, and conquering of terrain. So I found myself trying runs through the trees.

I quickly discovered a major difference in skiing through trees. Turns are no longer optional. It's something like, turn NOW, turn NOW, turn NOW...or else have a close encounter with a decidedly unyielding organic object. Needless to say, I crashed a lot and bailed out often. It was fun though.

But afterwards, some doubts arose. I found myself thinking, "I'm too old for this." After all, should I be doing face plants in the snow, wrenching my shoulders, and risking collisions? Do not my advanced years call for more conservative pursuits?

What surprised me was the power of this inclination to play it safe, tone it down, set aside fun in favor of setting sober examples. Where did this come from? Why am I thinking like this? Why all of a sudden would I be too old?

Then I thought about how often we talk ourselves out of trying harder, running longer, or hitting the trails more often because we're not young anymore. Well, true, we are only as old as we *feel*, but we are also as old as the young things we won't *do*. How often have we looked at the results and thought, "I didn't know she was *that* old! She doesn't look it."

Fortunately, we have plenty examples of people running and competing into their 60's and 70's. If they can combat the temptation to take it easier and slow down, we have no excuse. If we want to stay young, maybe all we have to do is refuse to act old.

Jim Kelleher, Editor

10 Years Ago

The March 1998 edition of the long features **Bob Mutu's** cover write-up of how to get novice runners to start running and to stick to it. He relates the beginning of his own running career, motivated to quit smoking and lose weight. He counsels lots of encouragement and after a new runner gets to a mile, bringing them down to the Nielson Challenge. President **Dave Balzer** also holds out a hand to new runners via the Thursday night runs and lots of free training advice. He also thanks Bill Gallegos for keeping track of all the equipment and insurance. PPRR paid RRCA \$2500 a year for event insurance. Bob Mutu resurrects the City 5K which had fallen by the wayside after gladly trading Okinawa and it's coral-paved roads for the softer surfaces of Monument Valley Park. And **Woody Noleen** recalls some wisdom from Dave Sorenson: "If you can't beat your competition...fatten them up until you can!"



20 Years Ago

March 1988: The Black Forest Series results are in with 37 y.o. **Larry Miller** placing second to 16 y.o. **Andy Samuelson**. Larry gave a mighty effort to make up Andy's cumulative lead in the last race, winning by 1.5 minutes, just 30 seconds short of his goal. President **Pat Lockhart** announces a new logo for

PPRR that "better expresses our commitment to health and fitness." It is nowhere to be seen in the newsletter, however, and won't show up until the October edition. And in the Runnin' with Roger column, tune up races for the GOG 10M are ready to start. The runs are for everyone, and he assures people that "they are voluntary"! And coming up is the Tortoise and Hare 5K, but unlike the current one, it's a predict race rather than a true handicap.

30 Years Ago

The issue of March 1978 was the first March issue of the Long Run, which started only the preceding April. At the general membership meeting in May, the movie "Marathon" will be shown And it was decided that the executive committee will meet every three weeks to settle club business. Podiatrist **Hank Cole** decided it would greatly help his practice towards athletes if he took up running himself; he promptly gained some important experience from his endeavor: injuries!



Letters

Poetry from Plano: Reflections on twenty years of running

*It's twenty years since I began to run
Because my weight was climbing far too high.
The exercise has been a lot of fun,
And truly was a case of do or die.*

*From concrete paths around the neighborhood
To desert sand in Saudi's Empty Quarter,
From mountain runs that pushed me to do good,
And island peaks that pushed me all the harder.*

*A pair of shoes, some socks, some shorts, a shirt,
And discipline to work out every day,
I found out soon that exercise could hurt,
But gains from running made pain fade away.*

*The early morning runs were all just me,
But led to others with like goals and tastes,
And they said I should come and see
How much more fun it was when people raced.*

*New friends got me to do that first 5K,
And laughed when I came late across the line.
But I was hooked, this really was the way,
The sport and fun and people were all fine.*

*Some would say it's late to get a fix
By starting out when one is fifty-one,
But Dewey's still a threat at seventy-six,
and Jan can run and win at eighty-one.*

*I'm still alive, and that was number one,
but I really love the biggest thrills of all:
The runs throughout the world were lots of fun,
And people everywhere were just a ball.*

Regards,
William L. Jones



News and Events

PPRR's Long Run wins RRCA national competition

Winners of RRCA's national awards were announced Feb. 25th on their website, rrca.org. Having won the Western Region best newsletter for a large club, the *Long Run*, entered a final round of national competition and emerged the winner of the Jerry Little Excellence in Journalism award. Editor Jim Kelleher commented, "I'm always happy for PPRR and the Pikes Peak region to receive national recognition. We have so much going on here in running that is truly excellent, and it's great when others realize that."

New trail marathon near Grand Junction

The Sky Mesa Pass Trail Marathon, in its inaugural year, follows dirt roads and trails as it skirts the Utah border for a full 26.2 miles along the canyons and mesas of Gateway, CO. Sponsored by Gateway Canyons Resort, it is the newest member of a series of races they organize, which include snowshoe and bike events. The end-to-end course gains about 4000 feet in elevation, topping out just under 8500 ft. at mile 12. The first half ascent include 7 miles at an average 7% grade with a similar decline at the end. Be aware that there are only four aid stations, as much as 7 miles apart. The marathon takes place May 17th; the entry fee is \$55 before May 1st. Check out gatewaycanyons.com for more information.

ADTM to return to original end-to-end course

Travis Waldrip, race director of PPRR's Labor Day American Discover Trail Marathon, announced a successful negotiation with the powers that be at the Air Force Academy for the marathon

to again traverse the roughly 10 miles of the Academy's Santa Fe Trail. Travis and PPRR had received many requests for the race to return to it's Palmer Lake start point and Downtown finish.

Badwater's winter opposite

Colorado offers runners plenty of opportunity for winter competition during the cold and snow. Snowshoe and cross country ski races abound besides running events like the Winter Series and the Rescue Run. Leadville's Turquoise Lake snowshoe race stands out as particularly tough given it's length and often blizzard-like conditions. But the folks of Northern Minnesota, home of the Arrowhead Winter Ultramarathon, may not be impressed.

The Arrowhead Trail runs for 135 miles just south of the Canadian border. Bogged down by ponds and marshes in the summer, the trail becomes a solid snowmobile ride in the winter. February lows average 10 below zero and often fall below 20 during the short days. So what better time and place for ultramarathon?

This year, over 50 intrepid souls started out to bike, ski, or run the distance (you have to pick just one). Full winter gear, complete with tent and sleeping bag, is required, which is towed in a small sled. Day one reached an unusu-

ally balmy 30 degrees, but temps fell to -27 on the second night.

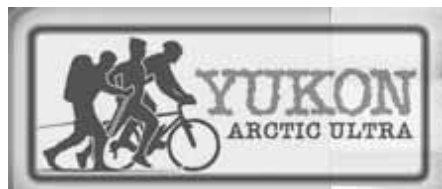
This year's winning time for the runners was 40h 32m, a new record. Half of the 20 runners finished, the last crossing the line after 60h 43m. For the bikers, 15 of 22 finished, the first in 15:48. Only 2 of 8 on skis finished, however, one in 36:35 and the second, a young woman of 22—the only woman to ever finish the ski event—took 53:11. Both times were new records.

Coldest ultra on Earth?

If northern Minnesotans may think nothing of Colorado's winter climes, inhabitants of the Yukon region can return the favor. The Yukon Arctic Ultra (Feb 9-17) provides what has to be the ultimate winter challenge. Participants can run, bike, cross country ski, or skijor (a dog pulls you on skis) for various distances. This year, everybody chose to compete on foot. There were seven people registered for the marathon (all from Canada), 13 in the 100 mile category and twelve for the 300 mile division (yes, that's three hundred miles).

Temperatures? The average high is around 5 degrees F and the low is around -22F, with extremes to -50F. This year's start forecasted temps down around -40, and then the race director says, "of course, a little bit of wind can make it quite a bit colder." And, being a true arctic event, starting in White Horse Canada, it's completely dark 24 hours a day.

Such equipment as sleeping bags rated to -30, a gas stove, and food for 48 hours is required. And the race information recommends that one learn how to make igloos just in case. Aid stations for the 100 and 300 are anywhere from 30 to 40 miles apart, but you will find a hot meal.



So, how did they do? The 300 M results aren't in as of this writing, but only 1 of the marathoners finished (6:50). The winning 100M time was posted by a Coloradan! Will Laughlin of Boulder took only 31 hours and 31 minutes. The last two of the 6 survivors, Germans, finished in 61:08.

Oh, and if you're interested, you can start training for the longer distance that is offered every other year: 430 miles.

Local runners strike gold at Hardrock lottery.

On Sunday, February 3, the annual Hardrock lottery was held. 360 runners were vying for 140 slots.

Hardrock is one of the toughest hundred mile races in the world. For that reason, people wishing to attempt the race need to meet

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BACKROADS
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(corner of 8th and Brookside)

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running experience

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"Motion is life"



Minutes

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20. Race Coordinator (Pat)

City started accepting permits and requests. Received all of PPRR.

Diabetes walk/run in America the Beautiful same day as Our Great race. Great Race in September to move to North Monument Valley Park

21. Membership (Pat)

582 - Single	43 - club
11 - life primary	218 - family
477 - family members	1331 - Total
1010 - Current	
243 - expiring within next 3 months	
32 - new	46 - renew
854 - Newsletter mailings	

22. President's Report (Micky)

Runners world February 2008 issue - page 86- iPod insanity article

USATF sanctioned race - headsets or any other listening devices not permitted

Suggest continue with Jon suggestion - each board member 2 perks, not to be used by yourself e.g. membership or free race (has to be club race).

Received a thank you from Classical Academy for contribution

Travis - application to AFA - Will probably get this back from AFA the 3rd week in January when AFA meet.

23. Old/New Business

a. Veteran's Home Run- approved

Jon Cornick - got approved at AFA for flat course. Question - where runners would be crossing the road on the course, who would man this point? Can we ask EPCSR to do this?

Wheelchair division to possibly be included but we need smooth surface for this.

b. Membership forms in The Long Run

There were too many renewal inserts for December newsletter. Need to determine number of primary members. John Cassidy to determine the correct number of member renewals each month.

e. Finance committee

Suggestion - Setting up finance committee - John Cassidy on committee. Need job description. Oversight for finances - research questions as they arise.

Esme Delange

News

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qualifying standards. Either a previous Hardrock finish or completion of a mountain hundred within the last two years is required to get into the lottery. Included on that list are Wasatch, Eagle, Bear, Leadville, Angeles Crest, Massanutten, Western States, Plain, HURT, Bighorn, Grand Teton, Tahoe Rim, or Cascade Crest. Foreign runners are allowed to submit an essay documenting their ultrarunning and mountaineering experience, which the selection committee may or may not accept.

The lottery is weighed. First time applicants get one ticket. Extra tickets are awarded for such things as previous wait lists, Hardrock DNF's, previous Hardrock finishes, and volunteer efforts. Somewhat confusing, but basically a first time applicant has about a 17% chance of getting in and someone with four tickets would have about a 50% chance. And it's truly a lottery. Last year's winner, Scott Jurek, set a new course record of 26:08:34 and was rewarded with a slot on the wait list this year.

When the dust settled, several local runners were lucky enough to be among the chosen few. Scott Jamie, Neal Taylor (who the trail runners out there will recognize as the caretaker at Barr Camp), and Jon Teisher all get to try their hand at Hardrock this year.

The 2008 course will run clockwise (each year the course switches directions) through the San Juan mountains. Starting in Silverton, the course hits the mountain towns of Ophir, Telluride, Ouray, and Lake City before heading back to Silverton. Along the way runners will gain over 33,000 feet of elevation gain, including a trip up and over Handies Peak, a Colorado 14er. Average elevation for the course is 11,186 feet.

Our Mission

The Pikes Peak Road Runners club is dedicated to promoting the sport of running, personal fitness, and community through organizing and managing running events, providing education and training, and creating venues for social and volunteer opportunities in the Pikes Peak region. We believe that running, training, and goal-setting enhance physical and emotional health. Hosting running events provides a valuable means to belong to a running community. We believe in encouraging participation in running events for people of all ability levels and acknowledge that volunteer participation is a foundation upon which Pikes Peak Road Runners exists.



Are you expiring?

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

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



Volunteer Corner

by Cymmie Bailey



I'm seeing new names on our volunteer lists each month which is wonderful.

Our newsletter stuffing/social hour continues to gain in popularity. Is it the beer and pizza at the end? Whatever it takes, we are delighted to see new faces at all of our events.

My apologies for some incorrect hours posted last month.

I've made the corrections and hope they are accurate. Don't ever hesitate to contact me with regard to your hours or awards. John O'Neill has graciously agreed to have the Colorado Running Company be our pick-up location for volunteer awards. I will deliver the "goods" to the store with your names on them as your requests come in. You must contact me first and I will let you know when your t-shirt, hat, etc. are available for pick-up. Please, please don't just

show up at the store expecting your item to be there as I order everything as needed.

Distribution of the awards has been a big challenge and not very timely so I really appreciate John and his staff helping us out.

Take care.

Cymmie Bailey is PPRR's volunteer coordinator and always ready to hear from you. You can contact her at cymmieb@qwest.net.

2008 Volunteer Hours

Bronze Level: 10 to 20 Hours*

You have earned a
PPRR t-shirt

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

Silver Level: 21 to 50 Hours*

You have earned a cap or
complimentary race entry

*Cymmie Bailey 28
Gordon Barnett 36
Jim Beckenhaupt 22
Matt Carpenter 25
Phil Foster 24
Ron Garcia 33
Al Grimme 29
Kees Guijt 32
Susan Hoxie 21
Melody Lundin 23
Cruz Martinez 31
Bill Ranson 32
Robin Satterwhite 26
Lucy Stansberry 46
Jonathon Veteto 27
Kate Waldrip 25
Travis Waldrip 39*



*Jim Waters 26
Emilee Waters 26
Cady Waters 26
Melissa Waters 29
Matt Waters 32
Sara Wulfkuhle 21
Marc Wulfkuhle 21
Christian Wulfkuhle 21
Hallee Wulfkuhle 21*

**Gold Level:
51 to 75 Hours***
You have earned a jacket

*Angie Earle 58
Pat Lockhart 70
Micky Simpson 52
Dave Sorenson 73*

**Diamond Level:
76 to 99 Hours**

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

Larry Miller 95

**Platinum Level:
100+ Hours***

You will receive
special recognition
at the Fall awards dinner

Jim Kelleher 213



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.

The weatherman said it was supposed to be sunny with temps in the 30s. Well, it was actually cloudy, snowing with temps in the mid 20s. But this is the Nielson Challenge, and a little snow won't stop us. Many others had the same thought as 58 runners still came out to run the 2 mile challenge. 21 of those runners were new to the Nielson Challenge. 2-time consecutive defending champion Kevin Wood came to see if he could become a 3-time consecutive champion. Kevin came really close and had the 2nd best improved time for the month.

Topping Kevin was Edgar Trillo who was 1:56 under his handicap. Edgar was also the 3rd fastest runner of the day, finishing in 12:20. It's unusual for a fast runner to improve by such a large margin. Way to go Edgar!

Join us again on March 1st. We'll see how the weatherman does with the forecast next month, and we'll see how all of you do in the challenge.

Volunteers

Phil Foster
Julie Foster
Al Grimme
Pat Lockhart
Bill Gallegos
Bob Royse
Dave Sorenson
David Fennell
EON Studios (shirt donation)

February Results

Name	Place	Handicap	Actual	Difference
Edgar Trillo	3	14:17.5	12:20.7	- 01:56.8
Kevin Wood	20	17:30.7	15:57.0	- 01:33.7
Carsyn Hamstra	51	22:30.6	21:33.2	- 00:57.4
Laura Ayotte	36	19:26.6	18:57.2	- 00:29.4
Steven Kidd	28	17:11.8	17:01.6	- 00:10.2
Doyle Baker	9	14:19.0	14:25.2	+ 00:06.2
Andy Rinne	1	11:26.8	11:34.7	+ 00:07.9
Jim Massa	44	19:40.0	19:52.0	+ 00:12.0
Tammy Karl	31	17:29.5	17:47.7	+ 00:18.2
Lile Budden	2	11:48.1	12:11.1	+ 00:23.0
Jeth Fogg	23	16:13.1	16:36.4	+ 00:23.3
Curtis Hamstra	10	14:15.6	14:42.6	+ 00:27.0
Joel Smithey	12	14:34.0	15:05.2	+ 00:31.2
Jeff Chowning	7	13:16.8	13:54.1	+ 00:37.3
Don Stauder	22	15:43.9	16:21.6	+ 00:37.7
Jo Bradley	50	20:52.0	21:30.5	+ 00:38.5
Brian Smithey	25	16:07.9	16:47.7	+ 00:39.8
Dennis Stalnakar	37	18:26.9	19:11.6	+ 00:44.7
Sharon Greenbaum	13	14:22.0	15:06.8	+ 00:44.8
Geoff Chance	27	16:00.2	16:53.8	+ 00:53.6
Hollis Lyman	16	14:16.7	15:11.8	+ 00:55.1
Susan Hirst	33	17:01.3	18:06.9	+ 01:05.6
Diana Trillo	26	15:36.4	16:52.9	+ 01:16.5
Kate Lyman	38	18:04.2	19:20.8	+ 01:16.6
Jim Beckenhaupt	24	15:27.8	16:45.1	+ 01:17.3
Wendy Kimmel	32	16:36.6	17:54.8	+ 01:18.2
Jonathan Crowe	19	14:31.4	15:53.7	+ 01:22.3
Greg Brown	18	14:13.4	15:44.8	+ 01:31.4
Jeffrey A. Barden	49	19:39.7	21:25.7	+ 01:46.0
David Fenell	39	17:30.7	19:21.6	+ 01:50.9
Mary T. Smithey	52	19:46.5	21:59.1	+ 02:12.6
Ken Holmes	53	19:48.3	22:17.4	+ 02:29.1
Katie L. Barden	58	24:39.4	27:27.3	+ 02:47.9
Les Bell	40	16:05.2	19:27.4	+ 03:22.2
Jon Rotzien	14	10:59.2	15:07.9	+ 04:08.7
Carl Nelson	34	13:42.8	18:13.3	+ 04:30.5
H. J. Arnold	57	20:48.1	26:54.7	+ 06:06.6

New Runners

Name	Time	Name	Time
Donald Karl	16:01.2	Jeff Courtright	17:02.1
Zach Brown	13:25.6	Tre Sisneros	14:17.9
Rhys Rathbun	13:30.2	Craig Kaufmann	17:32.8
Loren Hanavan	19:36.1	Karen Barry	19:43.6
Karen Karl	18:27.8	Robert Sexton	14:54.0
Tim Nelson	19:47.0	Joyce Crowe	22:51.1
Tim Barry	13:48.7	Genevieve Poucel	25:24.4
Alyssa Karl	19:53.9	Deedle Murray	25:25.3
Andrea Crowe	19:55.1	Nick Walsh	15:08.4
Jackson Tanton	20:10.7	Randall Degering	20:20.7
Chris Sexton	15:23.4		

Strength Training for Women

by Vanessa Warren



In today's world, women seem to be busier than ever. While balancing careers and children (sometimes including the spouse), it is increasingly hard to find time for ourselves. In addition, for the active mom, finding time for a workout sometimes calls for a bit of creativity. I remember when my children were babies, I always treasured the peacefulness of a good run, whether it was short or long. I just enjoyed having a moment with no one attached to my leg and no drool on me, except for perhaps, my own. Running was a great release, but let's face it: most women are out there because they have some expectation of a physical transformation. We want to lose the "baby fat," regain the figure of our youth, fit into our "skinny pants," and—the holy grail of fitness—the summer bikini! As a personal trainer and group exercise instructor, I am often approached by ladies seeking the quickest, fastest, "bestest" way to get the body they desire. Most

I am often approached by ladies seeking the quickest, fastest, "bestest" way to get the body they desire.

Most often they are disappointed when I give the obvious suggestion of "lots of long, hard, sweaty work."

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We know that cardiovascular exercise is very important for strengthening the heart and is also a great way to burn those extra calories. However, we should never overlook the importance of a strength training regimen to complement and enhance our cardiovascular efforts. Strength training is crucial to weight control, because individuals who have more muscle mass have a higher metabolic rate. Muscle is active tissue that consumes calories, while stored fat uses very little energy. Strength training can provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control. I always recommend some form of strength training since it also increases and restores bone density, helps to prevent injury, and decreases the risk of coronary disease.

The question remains: How do we incorporate strength training into an already busy day filled with school drop-offs, grocery shopping, doctor's appointments, work outings, church meetings, school pick-ups, karate, hockey, ballet, and dinner. As a mom to three young kids of my own, I will gladly share with you a few secrets that get me through the day when I just can't devote a full hour to the weight room at the gym.

Some tricks require a bit of prior planning and a few bucks at the sports store, but are well worth the money in the long run, and also much cheaper than a gym membership. My latest purchase and current favorite is the pull-up bar. I purchased a relatively cheap one for around \$15 and installed the contraption in the door of my home office. It has been great since pull-ups are a fantastic exercise for



At the Mom's in Motion boot camp, Sara Barnett gets in some strength training doing lunges.

the back and upper body and one that most people, men and women alike, rarely practice. I make a point of doing a couple on my way in and out of the office and having it RIGHT THERE serves as a constant reminder that I need to do SOMETHING. If you find you can't do ANY to start (very common), you can place a chair underneath and prop your feet on the back rest for a bit of help. Just don't keep "cheating" when you really should be pulling on your own!

Also, there is always my own favorite exercise: the push-up. Push-ups are absolutely fabulous for working the ENTIRE body. They don't take a lot of time, and for most folks, even a two-minute workout is enough to leave your arms feeling...well, let's say "energized." Even if you aren't actually pushing, simply holding the rigid body position is a great workout for the chest, arms and core. When you ARE pushing, you can start in what I like to call the "granny" position of being on all fours, with your knees directly below your hips. From there, you can progress to the "girl" push-ups where you are on your knees, but now you are forming one straight line from your knees to

your hips. You know where to go from there: full-fledged “manly” push-ups! Once you are comfortable doing several repetitions, you can always increase the difficulty by doing rotations between repetitions, taking slower reps, or raising one leg as you push. So many varieties to choose from, these should never be boring! Now when do you do these? I try to work some in right after I get up, but before I really get moving, and again, right before I hop into bed. I even heard of one lady who made herself do five push-ups every time she used a curse word (this could be awkward at the office, but effective). Also, sometimes it’s nice to knock out a few right before the shower, but please remember to be sensitive to your spouse and/or children and strip down no further than the underwear before you begin!

Another idea for a quick upper body workout are tricep dips on the kitchen counter while you’re cooking dinner, or sometimes on the fireplace mantle while you are watching TV. Steps can also work, but rarely are you sitting around your steps wondering what you could be doing to increase your strength!

However, if you have steps in your house, these are also GREAT lower body builders, if you look at them as your friend instead of a

nuisance. Again, we don’t always have time to put in a dedicated workout on our steps, but you CAN decide to take the laundry up ONE PILE AT A TIME to increase your trips, and when your hands aren’t full, try bounding up the steps two by two. These will allow you to work those quads and glutes, which are very important in the grand scheme of bikini season. When you have a little more time for your household errands, you can go up the steps slower and work in some calf raises on your way. It looks kind of silly, but I find if I sing when I do these, my kids are so distracted by my howling that my prancing is the least of their focus!

Lastly, I will address a place where many moms spend the majority of the day: the family vehicle. Doesn’t much matter if you have given in to the mini-van shame or are still feigning “cool” with a little sports car. Either way, you’re stuck in traffic or the car pool line like the rest of us! This is the perfect place for a few little “booty raises” or gluteus squeezing, and I don’t mean because you’re trying to get through that last yellow light. I’m talking about dedicated, deliberate repetitions that your muscles will feel later. You can even do these to the beat of your favorite song, so long as you are doing them and keeping your body in motion, even when you have nowhere to go. For the really motivated, you can keep a set of light hand weights in the car and place them on your hips for some added resistance. You could also continue and use the weights for some triceps extensions, quick bicep curls, or any variety of shoulder exercises to include overhead press, front raises, or overhead claps.

So, there are a few of my little secrets to get some of you inspired to challenge those muscles throughout the course of your



Teresa Aggen presses the bar. A pull up bar in a doorway makes gives opportunity for exercise.

average day. With spring quickly approaching and our increasing urges to get out and hit those running trails, it is important to get our bodies ready for action. Strength training, in any form, is one of the best ways to tune your body up and prepare for some more rigorous activity. If you can’t find time for a dedicated gym routine, you can use these exercise and adapt them to fit your own schedule. Always take a look at your surroundings and find a way to make them work for you. If you perceive strength training as a “chore,” I challenge you to change your thinking and look at it as a huge stepping stone to your larger goals. Feed the muscles, work your body, and by golly, throw out the “fat” pants for good! Keep moving!

Vanessa is a local PPRR member and mother of three. She is a Major in the Air Force Reserves, teaches several group exercise classes at local gyms, and is the team leader for a local women’s fitness group called Moms In Motion. She is an avid triathlete and currently awaiting selection for season two of the recent American Gladiator re-make. Tune in next month for the results...



Running on the Go: St Louis

by Duane France



As beautiful as Colorado Springs is, we all have to leave at some time. Not forever, of course, but there always seem to be those pesky commitments that pull you away from the mountains. Of course, your training does not have to suffer, with the help of your GPS and maybe a cousin who likes to break a sweat. But a few quick miles around your mother-in-law's block in Cleveland, or a run up and down a highway access road while at your sister's wedding in Seattle...well, it's just not the same as watching the sunrise over the Gateway Rocks in Garden of the Gods.

If you are a free and spontaneous spirit, who believes the adventure begins with the first step, you are perfectly comfortable touching down in an unfamiliar city, lacing up your shoes, and running straight for the first patch of green

that you see. However, if you are a meticulous planner like me, and lie in bed irritating your spouse by staring at the ceiling and going over a timeline for a simple training run, then it takes a little more preparation and research to have an enjoyable run. That's where I come in. Through website reviews and runner interviews, I am going to be bringing you a quick snapshot of the running hotspots while you are on the road.

The first city in the spotlight is St. Louis, Mo. Home of the first Olympic Games to be held in the United States, and birthplace of the ice cream cone, the Gateway City has a population of just over 2.8 million people in the metro area and supports a robust running community, with two marathons in the immediate area as well as count less half-marathons, 10Ks and 5Ks throughout the year.

When planning (or unable to avoid) a trip to St. Louis, it would pay to visit the website of the St.



Sunrise over Creve Coeur Park. The lake has a 5.5 mile paved path around its circumference.

Louis Track Club at www.stlouistrackclub.com. The SLTC is the longest running and largest group of runners and walkers in the St. Louis, having been founded in 1970. A visit to their website is a good glimpse into the diverse running community in the city, with member profiles and "grapevine tidbits," which is a blog of news and information about members of the club. There is also a partner search, where you are able to browse for a running partner to introduce you to the area. Most importantly, especially for an uber-planner like me, there are links to the many St. Louis area running routes.

The first route you should look at, and the most centrally located, is Forest Park. Site of the 1904 World's Fair, this huge patch of green in the middle of the city has 1,293 acres to roll around in. The park has an extensive running path network, both paved and unpaved, as well as trails through the woods and sidewalks. St. Louis Track Club has marked and measured many distances through the park, anywhere from 3K to a Half-Marathon. And after your run, take some time to stroll through the zoo...it's one of the nation's best, and it's free!

If you are too far away from the main city, but you are still in the St. Louis area, it could take you anywhere from 30 to 45 minutes to get to Forest Park. If you are visiting family in South St. Louis



The St. Louis Marathon, a weekend event April 4th & 5th, attracted more than 16,000 people last year. Organized as a non-profit, the event donated more than a million dollars to local charities.



Forest Park, in central St. Louis, affords a vast network of trails and paved paths for running.

County, a run through Cliff Cave Park is always a good option. Situated right on the Mississippi river, Cliff Cave is a favorite of mountain bikers and horseback riders as well as runners throughout South St. Louis, but it is relatively unknown outside of the area and therefore usually not very crowded. The location is also good; with three of St. Louis' major highways within ten minutes of the park; it is probably only a twenty minute drive. And if you can survive the humidity, an early morning run on the 5.1 mile Mississippi River Trail is a pretty nice time.

If you find yourself in North or West St. Louis County, then you have an opportunity to try out my own personal favorite, Creve Coeur Park. Originally used as a summer resort in the early 1900s, Creve Coeur is roughly translated as "Broken Heart" or "Burst Heart". It is so named because the 320-acre lake in the park resembles half of a heart...but also because local legend states that a young Native American girl fell in love with a French fur trader, who did not return her love. Her heart broken, she leapt from the cliffs overlooking the lake, falling to her death at the foot of the dripping

springs. Creve Coeur Park is also close to three of St. Louis' major highways, and a good destination for a nice long run. Starting at the dripping springs and running north to the park entrance, you are able to complete a 5.5 mile loop around both Creve Coeur Lake and Mallard Lake on a paved and well-marked running path, the last approximate mile and a half on a wide forest trail which brings you right back to the site of the Indian girl's tragic death. Timing your run so that you hit the north end of the lake right at sunrise will bring you as good as a view as can be had in St. Louis.

So there you have it, three runs to try in St. Louis. A big city with a small town feel, and a good running community. And if you do try out one of those runs, and pass some big bald guy going the other way, smile and wave...it just might be me.

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



Long Run Mailing Volunteers!

Hosted by the Colorado Running Company

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

Al Grimme
 Alfredo Matheus
 Dave Thomson
 Diane Cahalan
 Diane Elwer
 Diane Kelsay
 Emily Brzozowski
 Esmé DeLange
 Henri St-Martin
 Jeff Smith
 Jeff Tarbert
 Jim Beckenhaupt
 Jim Kelleher
 Jim Newton
 John Cassidy
 Lynn Hall
 Marie Baughman
 Melissa Leftwich
 Micky Simpson
 Norm Hall
 Phil Goulding
 Tony Delange

Runners like to train 100 miles per week because it's a round number. But I think 88 is a lot rounder." -- Don Kardong

Cross Country Championships

by Emily Brzozowski



I found the US Cross Country Championships, held February 16th in San Diego, to be disappointing. And not just because I didn't race well and ran a lot slower than I expected to. Compared to the last few XC championships, it was just too boring.

The last few years the race was held in Boulder, New York City, Vancouver, and Indianapolis, all where adverse weather conditions made it a race of not the fastest, but the scrappiest, of who could fight through the snow and mud the quickest.

This year the race had perfect weather in the mid 60s, and was run on groomed grass almost like a golf course, with elevation changes so insignificant I wouldn't even call them hills. No one went down or was spiked in the first 100 meters, which I always thought was a given in a true cross country competition!

Even the results themselves were somewhat lackluster, as the only close race was the Junior Men's 6K, which came down to an all out sprint right through the finish line. German Fernandez out-kicked Ryan Sheridan by 1 second. Aaron Swift, from Colorado Springs, finished 25th, running for the Colorado School of Mines. Representing UCCS were Branson Bartlett and Christopher Reynolds who finished 61st and 83rd.

In the Junior Women's 6K, 16 year old superstar Jordan Hassay ran away from a field that included collegiate competitors to win by over 15 seconds. Colorado Springs native **Megan Burrell** finished an impressive 10th for the University of Colorado. Jody Hawkins and Sean Wade won the

Master's 8K titles, while 2004 Olympians Shalane Flanagan and Dathan Ritzenhein both won the open races by large margins. Fleet Feet Boulder took home the Master Women's team trophy, while **Cody Hill** ran for Boulder Running Company in the open Men's race.

Run in conjunction with the open race was the Armed Forces Cross Country Championships. Justine Whipple, a pro triathlete who trains at the OTC, took home the women's title for the Marine Corps. On the Men's side, Philip Sakala, a 1500 meter specialist in the Army's World Class Athlete Program, was the bronze medalist. Nate Pennington and Emily Brzozowski, also in the Army's WCAP, and Jason Schlarb, an Air Force Officer stationed at Peterson, also qualified to represent the United States in the World Military Cross Country Championships to be held in Switzerland February 23rd.

Next year cross country is scheduled to be held in Baltimore. Hopefully there will be some snow,



Shalane Flanagan, 2004 5K Olympian, won the woman's open 8K by over a minute.

or mud, or other unfavorable weather condition to spice things up and make the race more difficult!

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.



The men's open 12K race heads around Mission Bay in sunny San Diego, site of the US cross country championships. The close-cut grass, flat course, and fair weather did little to test the cross country running skills of the participants.

Winter Series Wrap-up

by Mike Schafai



The 4th and last race of the 29th annual Winter Series was run on February 23rd and finally, the weather, at least at the start, actually seemed like winter. Overall, especially compared to the 2007 series, Mother Nature cooperated, giving runners some of the best racing conditions in the Series' three-decades-long history. Perhaps the excellent conditions contributed to the record turnout this year.

As always, the competition was tight going into the last race. But in the end, young Shawn Dubbs, at age 16 and barely old enough to drive, took the men's short series, followed by Nathan McCrary and Tom Selke, who placed 2nd and 3rd respectively. Less than one minute separated Selke and McCrary after the four races.

In the women's short series, Sheila Geere dominated with nearly a 12 minute lead over the field after the four races. And like the men's short division, the close competition was between the 2nd and 3rd place finishers, Anna Marshall and Kaylen Slack, where Marshall edged out Slack by only

four seconds. With combined times of over 2 hours and 20 minutes, it doesn't get much closer than that.

The short series also had a team competition. The Liberty Girls, as the name might suggest, took the women's team division. And once again, as the name might suggest, the Woodland Boys took the men's team division.

Competitors were a little more spread out in long series division. On the women's side, Hannah Green, also age 16, took the overall long series with a comfortable 13 minute lead over the next closest competitor. Jessie Watkins and Laura Anderson followed in 2nd and 3rd for the overall series.

In the men's long series, Logan Wealing, who placed 1st in each of the four races, took the overall series. Daniel Castaneda and Sean O'Day, who also ran extremely fast times, picked up the 2nd and 3rd place overall positions.

The Clydesdale/Athena division winners included Kyle Reno and Stacy Mickelson for the short series, and Marc Wulfkuhle and Chelsie Cate for the long series.

Congratulations to all of the overall winners, the age-group winners, Clydesdale/Athena, winners and team competition winners. Also, hats off to those who

ran all four races. With the oftentimes nasty trail conditions, bitter cold, and inconsistent weather, the Winter Series is considered one of the toughest running series in the Pikes Peak Region. In the end, those who can persevere and do well ultimately become the toughest of the tough.

And speaking of toughness and perseverance, one cannot mention the Winter Series without mentioning Pat Lockhart because the two have been synonymous for the past two decades. As a Pikes Peak Road Runner member (not to mention current lifetime member and multiple-term past president) since 1985, Pat took over direction of the Winter Series in 1989 and has been doing it ever since.

Having witnessed Pat's ability to organize and motivate people to pull off eight races over an 8-week period, it's amazing to think that she has a fulltime career independent of putting on the series. The planning and organization of the series actually begins many months ahead of time, well before the first snowflakes have fallen. Pat's attention to detail and diligent follow-up skills are evident in the finished product many satisfied runners smiling as they cross the finish line.

But after twenty years of hard work, Pat has decided to turn over the race direction to John Gardner (a current PPRR board member) and yours truly. And while Pat has promised to stay with us and help with the 30th Annual Winter Series in 2009, I suppose it's true what my wife has been telling me for years: "It takes two men to do the job of one woman"

Michael Schafai, PPRR member, Winter Series RD, and oft times volunteer, is a local writer, runner, triathlete, and dad. He can be reached at michael.c.shafai@smithbarney.com



The first half of the WS III course was fairly clear for the 5M race, but the 10M racers had to contend with miles of packed, uneven snow in sunny but breezy conditions. photo by Tom Dewane.

Winter Series Final Results



Place	Age	City	Time
39	Steve Sager	60 C Springs	2:40:31
40	Glenn Burley	39 C Springs	2:41:35
41	Anton Schulzki	48 C Springs	2:45:05
42	Steve Wolf	36 C Springs	2:45:26
43	Don Stauder	60 C Springs	2:45:48
44	James Nagy	44 C Springs	2:50:17
45	Ed Browne	53 C Springs	2:50:20
46	James Ferguson	36 Castle Rock	2:50:21
47	David Dietz	44 C Springs	2:51:05
48	Jeth Fogg	41 C Springs	2:51:17
49	Phil Redinger	36 C Springs	2:51:26
50	Mark Seelye	56 Manitou	2:54:03
51	Larry Fruge	51 C Springs	2:54:15
52	Sean Spradling	34 Monument	2:54:28
53	Rick Dreher	59 C Springs	2:58:39
54	Fred Walker	39 C Springs	2:59:00
55	Kevin Houghton	33 C Springs	2:59:16
56	Les Lundin	58 C Springs	3:03:22
57	Geoff Chance	66 C Springs	3:03:52
58	Matthew Hopper	44 C Springs	3:04:37
59	Robert Drake	35 C Springs	3:05:02
60	Del Wallgren	53 C Springs	3:05:50
61	Jeff Smith	67 C Springs	3:06:04

Women

Place	Age	City	Time
1	Sheila Geere	44 C Springs	2:08:07
2	Anna Marshall	15 Pueblo West	2:20:25
3	Kaylen Slack	17 C Springs	2:20:29
4	Jessica Erickson	30 C Springs	2:22:35
5	Melissa Eichers	32 C Springs	2:23:29
6	Kerry Page	40 C Springs	2:30:12
7	Amy Kress	16 C Springs	2:30:23
8	Susan Griffin	52 Castle Rock	2:34:15
9	Bailey Gearhart	15 C Springs	2:35:15
10	Jill Miller	52 Elizabeth	2:35:56
11	Eileen Wilfong	49 C Springs	2:37:31
12	Ashlee Romani	20 Florence	2:37:42
13	Jennifer Pulscher	18 C Springs	2:38:48
14	Heather Vanderardweg	34 C Springs	2:40:38
15	Sharon Julia	26 Boulder	2:41:22
16	Leann Ferguson	31 Castle Rock	2:42:21
17	Kara Durland	37 C Springs	2:42:29
18	Lindsey Wetzal	16 Woodlnd Prk	2:43:47
19	Ali Farmer	24 C Springs	2:45:54
20	Katelyn McNary	24 C Springs	2:49:08
21	Mary Toman	44 C Springs	2:49:17
22	Tracey Anderson	46 C Springs	2:51:48
23	Stacey Diaz	47 Pueblo	2:53:19
24	Karen Evers	33 C Springs	2:53:38
25	Micky Simpson	51 Peyton	2:54:12
26	Debra Wallgren	42 C Springs	2:55:16
27	Kim Matzke	16 C Springs	2:55:28
28	Nichole Agrusa	30 C Springs	2:58:09
29	Gloria Nikolai	41 C Springs	3:00:25
30	Rachel Mozzetta	14 C Springs	3:02:16
31	Julie Selke	40 C Springs	3:03:03
32	Kristen Selke	16 C Springs	3:03:12
33	Elizabeth Luckel	14 C Springs	3:04:11
34	Wendy Kimmel	29 C Springs	3:05:26
35	Melody Burns	45 C Springs	3:05:26
36	Carolyn Roberson	40 C Springs	3:06:34
37	Hannah Joiner	33 C Springs	3:06:51
38	Heather Evans	36 C Springs	3:07:16
39	Michelle Chapman	39 C Springs	3:10:08
40	Devra Ashby	32 C Springs	3:10:29
41	Tammy Kirkbride	31 Monument	3:11:41
42	Donna Krmptish	43 Woodlnd Prk	3:12:19
43	Lisa Heckel	45 C Springs	3:12:21

Place Age City Time

SHORT SERIES

Men

1	Shawn Dubbs	16 Cripple Creek	1:50:46
2	Nathan McCrary	32 C Springs	1:59:16
3	Tom Selke	40 C Springs	2:00:10
4	Mike Schmidt	17 Pueblo West	2:01:29
5	Jeremy Dreher	27 C Springs	2:01:30
6	Kyle Reno	26 C Springs	2:05:24
7	Chris Blackburn	17 Divide	2:06:44
8	Josh Roberts	33 C Springs	2:08:53
9	James Kahkoska	48 C Springs	2:09:36
10	Frank Hibbits	47 C Springs	2:10:06
11	Jacob Smelker	16 C Springs	2:13:21
12	Jason Adams	15 Woodlnd Prk	2:14:29
13	Joel Hawkins	37 C Springs	2:14:40
14	Scott Winter	36 C Springs	2:15:56
15	Joel Smith	30 C Springs	2:18:28
16	Joshua Jones	17 Woodlnd Prk	2:20:33
17	Mark Baines	44 C Springs	2:20:38
18	Mark Ruzycycki	41 Denver	2:20:43
19	Chris Clabaugh	41 C Springs	2:24:29
20	Matt Sherman	35 Pueblo West	2:25:12
21	Dustin Birdsong	25 C Springs	2:26:22
22	Tony Hogie	41 C Springs	2:30:02
23	Shean Rainbowstar	18 Woodlnd Prk	2:30:32
24	Steve Warmingham	39 C Springs	2:31:07
25	Doyle Baker	44 C Springs	2:31:23
26	Michael Pollard	30 C Springs	2:33:23
27	Steven Simon	52 C Springs	2:34:03
28	Jon Cornick	51 C Springs	2:34:15
29	Curtis Hamstra	32 C Springs	2:34:31
30	Jamen Cox	16 Pueblo West	2:34:44
31	Justen Cox	16 Pueblo West	2:35:19
32	Chief Reno	45 Pueblo	2:35:41
33	Mike Selvaggio	53 C Springs	2:35:49
34	Steffen Myers	16 Woodlnd Prk	2:37:14
35	Greg Brown	50 C Springs	2:37:30
36	Bill Veges	50 Pueblo	2:38:46
37	Steve Flannery	41 C Springs	2:38:49
38	Paul Breckon	37 C Springs	2:39:55



62	Sam VanGampleare	13 C Springs	3:09:15
63	Jeremy Joiner	34 C Springs	3:09:25
64	Nevl Chapman	39 C Springs	3:09:47
65	Dick Standaert	62 C Springs	3:10:09
66	Steven Kidd	52 C Springs	3:10:21
67	Mark Roscoe	47 Elbert	3:14:37
68	Bob Scott	61 Woodlnd Prk	3:16:10
69	Kevin Smelker	47 C Springs	3:19:28
70	Steve McDermott	63 C Springs	3:23:16
71	Lou Christensen	51 C Springs	3:26:54
72	Dennis Howard	54 C Springs	3:27:07
73	Tom Sayers	61 C Springs	3:30:31
74	Dennis Stalnaker	34 C Springs	3:35:33
75	Jay McNallie	30 C Springs	3:39:32
76	Ellis Joseph	69 C Springs	3:39:54
77	Allen Tetrault	37 C Springs	3:54:21
78	William Overton	52 C Springs	4:17:28
79	Philip Quattlebaum	55 Florence	4:26:32
80	Bill Gallegos	77 C Springs	4:30:35
81	Jacob Franz	11 Larkspur	5:17:28



Place	Age	City	Time
44	Emily Noel	15 C Springs	3:12:28
45	Martine Wilshusen	36 C Springs	3:15:01
46	Mel Johnson	36 C Springs	3:16:25
47	Kristina Roth	37 C Springs	3:16:49
48	Rebekah Metzgar	30 C Springs	3:18:02
49	Carlotta Rivera	40 Peyton	3:22:34
50	Phyllis Meyer	53 Monument	3:22:34
51	Alyssa Ward	33 C Springs	3:25:52
52	Linda Eggers	34 C Springs	3:25:58
53	Carolyn Smith	31 C Springs	3:27:19
54	Sarah Hatch-Wright	44 C Springs	3:27:19
55	Doretta Hale	43 C Springs	3:30:29
56	Diana Tiffany	45 Pueblo	3:31:28
57	Stacy Mickelson	25 Fountain	3:31:33
58	Linda Espinosa	41 C Springs	3:32:37
59	Joan Landrum	47 Monument	3:32:38
60	Katie Jones	15 Woodlnd Prk	3:37:29
61	Dixie Frank	31 C Springs	3:40:22
62	Elissa Washburn	38 C Springs	3:40:50
63	Jane Schultz	54 C Springs	3:41:32
64	Kim Todd	25 C Springs	3:42:19
65	Diana Quattlebaum	48 Florence	3:46:46
66	Maria Fruge	52 C Springs	3:46:54
67	Marie Baughman	47 C Springs	3:55:14
68	Lise Fuller	52 C Springs	3:58:25
69	Renee Hodges	40 C Springs	4:06:59
70	Tammi Murphy-Kinner	48 Elbert	4:22:36
71	Lynne Day	39 C Springs	4:22:59
72	Lorrie Werner	61 C Springs	4:31:06
73	Julie Foster	71 C Springs	5:18:46

LONG SERIES Men

1	Logan Wealing	26 C Springs	3:49:43
2	Daniel Castaneda	23 C Springs	4:01:24
3	Sean O'Day	32 Manitou	4:09:26
4	Duane Roberson	36 C Springs	4:12:34
5	Eric Peterson	36 C Springs	4:19:51
6	Matthew Drake	19 Pueblo West	4:26:30
7	Kjell Lavoll	29 C Springs	4:29:20
8	Rick Shoulberg	46 Manitou	4:29:53
9	Larry DeWitt	50 C Springs	4:31:02
10	Nathaniel Kiser	37 Manitou	4:31:14
11	Kris Pruitt	29 C Springs	4:34:02



Place	Age	City	Time
12	Ron Dean	45 C Springs	4:36:03
13	Harsha Nagaraj	34 C Springs	4:42:08
14	Craig Hafer	51 C Springs	4:45:04
15	Jim English	53 C Springs	4:49:04
16	Timothy Barry	47 C Springs	4:49:10
17	Rob Gilliam	38 C Springs	4:50:43
18	Jeff Chowning	47 C Springs	4:50:44
19	John Pfeill	53 C Springs	4:52:31
20	Kent Murray	38 C Springs	4:54:05
21	Larry Miller	57 C Springs	4:56:03
22	Mike Lloyd	49 Green Mtn	4:58:10
23	Steven Johnson	24 C Springs	4:58:45
24	Steve Abeyta	42 C Springs	4:59:16
25	Paul Hartman	47 C Springs	5:00:56
26	Tungsten Alcazar	36 C Springs	5:01:54
27	Scott Suter	44 C Springs	5:04:11
28	Stephen Smith	42 C Springs	5:06:15
29	Don Byers	51 Security	5:06:20
30	Ramsay Rayner	40 C Springs	5:07:37
31	Rick Harbin	53 C Springs	5:13:25
32	Michael Schenk	55 C Springs	5:15:24
33	Marc Wulfkuhle	33 Falcon	5:17:18
34	Aaron Hotmacher	30 C Springs	5:17:31



35	Bruce Wacker	61 C Springs	5:19:08
36	Jim Newton	50 C Springs	5:19:39
37	Corbin Hillam	56 C Springs	5:23:14
38	Andrew Botcherby	35 C Springs	5:31:09
39	James Gale	38 Monument	5:32:06
40	Dave Diaz	59 Pueblo	5:32:26
41	Chris Estep	32 Woodlnd Prk	5:33:45
42	Brad Olson	46 C Springs	5:34:11
43	Justin Harrington	21 Fort Carson	5:34:52
44	Matthew Wells	30 C Springs	5:35:06
45	Todd Norman	40 C Springs	5:36:52
46	Dean Dunham	43 C Springs	5:38:54
47	Peter Tonsits	45 C Springs	5:47:36
48	Jim Beckehaupt	60 C Springs	5:49:22
49	JD McKenna	54 C Springs	5:49:34
50	Mark Thomas	45 C Springs	5:53:55
51	Felix Colonnives	46 C Springs	5:54:41
52	Justin Kolodziej	29 C Springs	5:57:36
53	Gary Huckabay	59 C Springs	5:58:00
54	Sam McClure	54 Canon City	6:17:50
55	Ian Marr	36 C Springs	6:25:56
56	Paul Reeck	31 C Springs	6:26:09
57	Guy Jordan	53 C Springs	6:31:44

Place Age City Time



58	Dean Buck	49 Security	6:34:55
59	Robert Ronas	43 C Springs	6:35:21
60	Ross Bielak	36 C Springs	6:40:46
61	James McKelvey	65 C Springs	6:42:44
62	John Crouse	57 Monument	6:49:36
63	Andrew Garrobo	43 C Springs	7:11:48
64	Kenneth Holmes	62 C Springs	8:25:52
65	Phil Foster	73 C Springs	8:56:37

Women

1	Hannah Green	16 C Springs	4:53:22
2	Jessie Watkins	18 C Springs	5:06:25
3	Laura Anderson	29 C Springs	5:08:06
4	Pam Parker	42 C Springs	5:10:48
5	Sharon Greenbaum	45 C Springs	5:21:01
6	Marilyn Goodloe	45 C Springs	5:25:44
7	Ashley Mackey	18 C Springs	5:25:57
8	Sharon Dieter	53 C Springs	5:39:19
9	Gina Harcrow	36 Larkspur	5:39:22
10	Kim Vehige	40 C Springs	5:39:43
11	Esme Delange	43 C Springs	5:41:42
12	Danielle Grossman	15 C Springs	5:43:54
13	Kristy Milligan	29 C Springs	5:44:19
14	Amy Devore	29 C Springs	5:45:35
15	Jenny Russell	31 C Springs	5:52:18
16	Cindy Koscielniak	46 C Springs	6:00:41
17	Melissa Marr	36 C Springs	6:12:51
18	Megan Anderson	24 C Springs	6:13:31
19	Michele Drozd	28 Denver	6:19:37
20	Linda Ronas	42 C Springs	6:20:10
21	Sandra Perkins	45 C Springs	6:22:03
22	Chelsie Cate	32 C Springs	6:32:00
23	Beverly Carver	48 C Springs	6:38:10
24	Kandis Ewers	39 C Springs	6:45:30
25	Lisa Franz	38 Larkspur	7:04:43
26	Kathy Thronsdn	24 C Springs	7:17:18
27	Tammy Bailey	46 Woodlnd Prk	7:21:48
28	Sheena Bridges	32 Canon City	7:27:04
29	Gregoria Marrero	60 C Springs	7:40:31
30	Trisha Ferguson	56 Pueblo	7:53:00
31	Cathy Diltz	50 C Springs	8:27:56





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trail 50k, 25k & 8m

APRIL 19, 2008 - 8:00 AM



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