



**Pike's
Peak
Road Runners**

the Long Run

Volume 34 Issue 1

Running News for the Pike's Peak Region

January 2010

Message from the Middle

by Ryan Devore

Running Sucks

by Mike Shafai

Plus New Features:

Local Trail Review

Coach Carmine's Corner (caveat emptor)

Volunteer Spotlight

Race of the Month

PPRR Information

Elected Board Members:

President: John Gardner
Vice President: Michael Shafai
Secretary: Linda Ronas
Treasurer: Pat Lockhart

Jon Cornick
Ron Garcia
Dillon Harder
Thom Santa Maria
Tim Steffens
Luci Stansberry
Jon Teisher

Appointed Board Members et. al.

Long Run Editor: Emily Nesbit editor@pprrun.org
Other committee board members to be appointed at January's meeting.

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 **Tuesday, January 5th**.

Membership 😊

Memberships last for 12 months. Check the expiration date on your 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

Long Run Stuffing Party

Next stuffing is Wednesday January 27th.

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

Cover: Timothy Garrett crosses the finish of the Rock Canyon Half-Marathon, chalking up a 2:00:27 pace. Springs area runners were well-represented on this chilly Saturday morning. *photo by Tim Steffens*

The Long Run, Volume 34 Issue 1

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

Editor in Chief: Emily Nesbit; *Layout:* Jim Kelleher;
Photo Submissions: Tim Steffens; *Advertising:* Dillon Harder
Volunteer Content: Lori Hawkins;
Committee Members: Jon Teisher, Jon Cornick, John Gardner, Mike Shafai, Micky Simpson

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

Long Run Submissions

Items for the *Long Run* are greatly encouraged and *most* welcome! You send it, we'll print it. (and if it's broke, we'll fix it!) 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 body. We accept any editable *Windows* compatible file format.

Photos and graphics can be submitted to Tim Steffens at timmahh2@hotmail.com.

Submission Deadlines

All feature articles should be received by the **first of the month** to ensure inclusion in the following month's newsletter. Letters and photos can be submitted up to the second week of the month.

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 **1200 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. **Contact Dillon (advertising@pprrun.org)** for more information and for submissions. The editor and the PPRR board reserve the right to determine the appropriateness of any advertising.



President's Letter



Greetings and Happy New Year! I am truly honored to be serving as your president and helping to lead Pikes Peak Road Runners into its 34th year as a running organization. I would be remiss in saying that the thought of acting as club President leaves me with the same feeling I

get while racing: that of being out of my comfort zone. However, I am quickly reassured in knowing we have a talented and experienced board of directors and a dedicated group of volunteers, both of which will help the club run smoothly. Because of these committed individuals, my role is made all the easier. For that I thank you, and extend a warm welcome to all of our newly-elected and returning board members.

With the New Year come renewed goals and aspirations. One of the most common New Year's resolutions is to exercise more. As runners, we are well aware of the benefits that result from training and working toward a goal. Whether it's completing a particular race or running to improve one's time, achieving that goal brings a sense of accomplishment and personal gratification. Having something on the calendar and continuing to raise the bar keeps us motivated and growing. With a race calendar that offers something most every weekend, we can all stay active in reaching our fitness goals.

If one of your non-fitness New Year's goals is to volunteer in the community, the Pikes Peak Road Runners provides plenty of opportunities. Volunteering at a race has its own rewards and provides a whole new perspective on the other side of the finish line. Not to mention, by volunteering instead of racing, you need not worry about who in your age group may show up! If you haven't done it, try it sometime. I think you'll like it.

My goal as president is to help continue the mission of Pikes Peak Road Runners and to give back to an organization that's given so much to our community. The mission of the club is quite simple: promote the sport of running and personal fitness and provide a venue for runners of all abilities. As club members, we're all ambassadors to the sport of running. As a non-profit entity, PPRR has given much back to our community through scholarships and donations. This is your club and I encourage you to get involved if you're not already doing so. As the executive board, our duties are to represent the club's members. So let me hear from you, if you have suggestions or comments about how we can improve. As mentioned earlier, Pikes Peak Road Runners is fortunate to have

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some of the most dedicated and experienced board members and volunteers. A number of these individuals have spent years, even decades, serving our club. For fear of omitting someone, I'd like to thank each of you—and you know who you are—for your selfless commitment to ensuring that our club continues to flourish into its 34th year.

I am very excited about the prospects for the Pikes Peak Road Runners as we enter a new year, and decade. Don't forget to sign up for the Winter Series starting January 10th. Mike Shafai has worked extremely hard in the overall planning and the new course layout for race number one.

I wish you the very best for the New Year. And may you achieve your goals for 2010. I look forward to seeing you at the races. Until then,

Long May You Run!

John Gardner, President

PPRR Meeting Minutes

December 2009

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

Meeting Minutes – December 1, 2009

Attendance (Linda Ronas)

Present: Luci Stansberry, Pat Lockhart, John Cassidy, Gil Kindt, Dave Sorenson, Larry Miller, Jon Cornick, Cruz Martinez, Marc Wulfkuhl, Esme Delange, Heather Evans, Dillon Harder, Tim Steffens, Thom Santa Maria, John Gardner, Mike Shafai

Absent: Scheri Nagaraj

Guests: Robert Ronas, Jim Kelleher, Emily Nesbit

Meeting Minutes: Approved from last regular meeting. General Membership minutes approved as amended.

New Business: Thom is stepping down as newsletter editor, Emily will take on this position, was formally appointed by Luci and unanimously approved; Jim Kelleher will be layout editor, additional participants and roles will be further explained at next meeting.

Past Events:

Nielson (11/7/09 Sorenson) - Went well. Three runners broke 10 minutes, 2 additional runners under 11 minutes; approximately 120 participants.

Turkey Trot Predict (11/21/09 Shafai/Lockhart) - 170 finishers, 20 new members, 6 turkeys and 2 hens given away.

General Membership meeting (11/21/09 Stansberry) - All went well, good food; thanks to Heather and John C. for managing the election.

Up Coming Events:

Rescue Run (1/1/10 Sorenson) - Things looking good, permits in place; EPCSAR ready.

Nielson (12/5/09 Sorenson) - May be a little chilly.

Winter Series I (1/9/10 Shafai/Gardner) - Everything ready to go; possible concern regarding parking at new venue (Cheyenne Mtn State Park). Carpool IF AT ALL POSSIBLE.

Winter Series II (1/22/10 Shafai/Gardner) - Preparations are in good shape.

Winter Series III (2/13/10 Shafai/Gardner) - No issues identified so far.

ADTM (9/6/10 Wulfkuhl) - Sara has agreed to serve as race director again.

Constitution Committee (Shafai) Work is complete. Mike will send final version to Board.

Newsletter (Santa Maria) - New board members need to provide contact info to Thom and Emily.

Bulk Mail (Cassidy) - Very quick postal service the day after Thanksgiving!

Calendar (Sorenson) - Only change is the Alex Hoag race. Want to change to a summer date (7/17), which is the same day as the Women's Distance Festival. Due to conflict with club event, they have declined our finish line services for 2010.

Equipment (Miller) - Clock was repaired.

Insurance (Lockhart) - Insurance paid up; waiting on general liability certificate.

Webmaster (Sorenson) - Dave will wait until after the Nielson to switch plans. Request to add board meeting info to site.

Volunteer Coordinator (Nagaraj/Simpson) - No report.

Trail Clean Up

Pikes Peak Greenway (Gardner/Steffens) - Pleasant surprise from Keep Colorado Springs Beautiful org and HOT officers in that they performed clean up same day on the same stretch of Monument Valley Park. John G. contacted director to see if perhaps a coordinated effort could occur since the volume has increased and they provide for same day haul away.

Palmer Park (Miller) - Everything in Palmer Park is frozen.

Race Coordinator (Lockhart) - Will experience increase in fees from City. Elbert Reflections will

continued on page 7

From the Editor



Happy New Year to our readers! Welcome to our first issue, created, developed, and published by our brand spankin' new newsletter committee. I am excited to have been appointed the new editor, and as a part of the committee my official role is that of General Editor.

I must confess: until just recently, I had been living the peaceful existence of no computer or internet in my home. I quickly learned this will not do for an editor. I am now the proud owner of a new little laptop. Merry Early Christmas, to me. It is quite unfortunate, however, that the power cord had been sacrificed after only day two of ownership. The puppy really is quite fortunate in having chewed the "correct" side of the cord. I am happy to report Louie will live on to see another day. That is, until he decides to chew and destroy anything else of great importance.

After our first official committee meeting, we had separated, assigned, and dissected each of the jobs amongst our seven-plus members. It is hard to believe that all previous editors had taken on everything themselves. One person. For everything. Wow. That being said, I would like to say a great big THANKS to Thom Santa Maria for doing this. He took on the newsletter and, with his very busy schedule, was able to keep it afloat when no one else would. Thank you, Thom.

I am fortunate to be working with a great group of people with their previous experience, creative ideas and large scale humor, super powers in organization, and all their time and effort. I have so much to learn from many of them. We will always welcome anyone interested in having a part in the newsletter, just let us know.

With this month's theme of goals and resolutions, I find I have many more after taking on this new position. My first goal is to do the best I can to fill the role of General Editor and make this whole experience enjoyable and successful, and to keep my sanity while I learn how to do it. I have no worries about this when I take a look at our committee. It's going to be fun! Next is to train this little pup to stop chewing on power cords, walk and run on a leash without tripping his person, stop attacking my socks, and endure having to wear cute little sweaters. I swear the sweaters are not abuse. And as for running (it's a running publication, I have to have a running-related goal), I will start again.

For the past few months, more than I'd like to

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the Long Run Long Ago

10 Years Ago

In the January 2000 *Long Run* cover article, "Road Roles," editor Carol Lyndell pointed out the safety importance of drivers, cyclists, and runners considering each other on streets and roadways. Inside, Olympic marathon hopeful Kristin Schwartz expressed appreciation for the PPRR's support; and local runners Theo Martin and Scott Gall were noted as joining already local qualifiers Kelly Mortenson, Craig Young and Teddy Mitchell for the Olympic Marathon Trials in May. In a letter to the editor, Bob McAndrews, responding to the on-going debate regarding cash awards at local races, supported such incentives. First place finishers in the Rescue Run 10K were male Scott Gall and female Maddy Tormoen; Christopher Borton and Traci Dworshak finished first in the 5K.



20 Years Ago

Runners generally are individualists and not joiners," Bob Mutu wrote in the January 1990 *Long Run's* "Our President Speaks." This leads to failure for many runner organizations. While noting the success of PPRR, Bob urged others to become more actively involved in the club. A PPRR "want list" included club van, first aid kits, fence posts, and copier repair. Beautiful weather prevailed for the Search and Rescue Run, with Anthony and Andrea Gonzales finishing first place in the 5K and Al Grimme and Judy Fellhauer first in the 10K. Doug Kurtis's running twelve marathons in the same year under 2:20 was noted in "Running with the Rhino" as was the possibility of a men's and women's master running organization.

30 Years Ago

The January 1980 newsletter began with an announcement about the upcoming election meeting, followed with a reminder that it's time to renew membership, and included a letter from President Rita Leeper. In leaving her position, Rita noted the progress of PPRR's development into a well-organized club and expressed her appreciation to the board, as well best wishes for the new year. Upcoming local races that month included two open races at the AFA Fieldhouse, and a Cold Weather Quickie in Memorial Park.

Membership

New Members

First Last	City
Gloria Balas	Colorado Springs
Elizabeth Benedict	Colorado Springs
Susan Billingsley	Colorado Springs
Cynthia Brothers	Monument
Sharon Butts	Colorado Springs
Doug Carter	Colorado Springs
Glenn Cook	Colorado Springs
Kathleen Cook	Colorado Springs
Janet Edwards	Colorado Springs
Ed Gleason	Colorado Springs
Anna Haiar	Colorado Springs
Rebecca Hoffman	Castle Rock
Mike Joyner	Colorado Springs
Eric Lee	Colorado Springs
Lara Kyle- Mattson	Colorado Springs
Russ Mattson	Colorado Springs
Kerry Page	Colorado Springs
Katrina Paige	Colorado Springs
Luke Paige	Colorado Springs
Mitch Paige	Colorado Springs
Zak Paige	Colorado Springs
Luke Parker	Colorado Springs
Ryan Parker	Colorado Springs
Sandy Parker	Colorado Springs
Scott Parker	Colorado Springs
Sean Parker	Colorado Springs
Scott Perry	Colorado Springs
Jessie Quintana	Pueblo West
Renee Renn	Colorado Springs
Omar Roberto	Colorado Springs
Charles Ross	Colorado Springs
Bill Roy	Colorado Springs
Krista Roy	Colorado Springs
Summer Roy	Colorado Springs
Vickie Roy	Colorado Springs
Stephen Tolle	Falcon
Josiah Valenzuela	Colorado Springs
Brad Vaughn	Colorado Springs
Baby Walker	Colorado Springs

Justin Walker	Colorado Springs
Sarah Walker	Colorado Springs
Taelyn Walker	Colorado Springs
David Watts	Monument
Melba Weatherford	Colorado Springs
Dinah Mann White	Manitou Springs
Douglas White	Manitou Springs
Henry White	Manitou Springs
Owen White	Manitou Springs
Christopher Wilson	Colorado Springs
David Wilson	Colorado Springs
Elyse Wilson	Colorado Springs
Elyse Wilson	Colorado Springs
John Wilson	Colorado Springs
Robert Wilson	Colorado Springs
Russell Wilson	Colorado Springs
Rusty Wilson	Colorado Springs

Renewing Members

First Last	City
John Gardner	Colorado Springs
Kristen Lukens	Colorado Springs
Brianne Pierson	Colorado Springs
Roger Villmow Pitman	Woodland Park
Teri Pitman	Woodland Park
Andy Rinne	Colorado Springs
Drew Stimson	Colorado Springs
Dylan Stimson	Colorado Springs
Kimberly Stimson	Colorado Springs
Tasha Stimson	Colorado Springs
Cara Thoman	Colorado Springs
Cady Waters	Falcon
Emilee Waters	Falcon
Jim Waters	Falcon
Matt Waters	Falcon
Melissa Waters	Falcon
Zach Waters	Falcon
Christian Wulfkuhle	Falcon
Halee Wulfkuhle	Falcon
Marc Wulfkuhle	Falcon
Sara Wulfkuhle	Falcon



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!

Membership Stats*

Individual	670
Family	257
Family members	531
Lifetime	12
Current	1079
Expiring Soon	344
New	56
Renewals	21
Total Membership	1500

*as of December 1st



Editor's Letter

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admit, I have taken a sort of hiatus from running. I miss it. I miss it a lot. We need to rekindle our relationship, running and I. This is also a goal that I have no concerns of fulfilling. Running is a necessity, it is my sanity, my zen, and, we can all agree, very enjoyable. Especially when we have mountains at our disposal! We shall meet again very soon, and perhaps the pup will join me. I'm not sure how much endurance a Dachshund has, but I'll find out. Why I must wait for the cold of winter to decide to run again, I do not know. However, no one has ever called a runner "sane"...as far as I know.

What ever your goals for the coming year, I wish you much luck. You're already off to a great start with your membership in a running club, with people who share your insane desire to run many miles despite the aches and pains you will feel during and after. And you'll love every bit of it. After all, better health and more exercise always top the year's wish list.

Happy New Year to you all. I hope you enjoy our first issue, and I look forward to having a hand in the creation of our monthly newsletter.

Emily Nesbit, Editor

Meeting Minutes

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be changed to September. Have not heard from Colorado College regarding insurance; requested response from Robin by end of December. Need to let Bob Small know what to do regarding Pumpkin Run.

President's Report (Stansberry) - Luci needs to know how many people will be going to board meeting on 12/8, 6pm. This is a meeting for outgoing and incoming board members. Luci also thanked members for all of the help provided to her over the past year.

Linda Renas, Secretary

Fresh Start

by Lisa Butler

Everything is fresh
the sunrise
the trail dust
the socks
still new and liberated from the wrappings

Like fresh powder on the mountain
crisp pages of a log book
beg for the first tracks of the year
traces of ink
following footsteps

What promise echoes
on the ringing in of a new year
a calendar
ripe with possibility
so many opportunities for the picking

I fairly drool
over the optimistic list of runs
my appetite is like that at a holiday meal
causing me to heap my plate
with more than I can devour

I am not ashamed to be a glutton
so many miles to taste
I cannot, like a box of chocolates,
squish the course description to see what is inside

it is time to nibble at the trails
and raise a glass (water bottle),
not half-full but overflowing,
to another year of running



Letters

Thanks for the Kids Series

I want to thank the Pikes Peak Road Runners for putting on the Kids Fall Series again. The students and parents in my school came out in impressive numbers to all of the events. The parents were extremely grateful to be able to have their children participate in highly enriching activities.

As a teacher and coach, I loved the concept of a finisher is a winner. That concept was always in practice. Every child was praised for their efforts. Every child had a sense of accomplishment. It was a beautiful event for children.

Interestingly enough, I had three of my students pictured on the cover of the Long Run for both November and December. Since I am a PPRR member I gave both copies to their mom. She was so happy.

We will be back for next year. Thank you.

Gregg Stinson
Phys Ed, Abrams
Elementary, Ft
Carson

New marathon to qualify for

Dear Editor,

I'm trying to spread the word about a new "qualifiers only" marathon. The Exeter Marathon is a new and unique spring marathon in Exeter, Rhode Island which will see its inaugural running in April 2010. Excepting the Olympic Trials Marathon, it is the only marathon in the United States in which qualifying on time is the only means by which to gain entry. The race directors believe that this marathon will have many advantages over big-city marathons, including: (1) Easy and plentiful parking at the race site. (2) Plenty of indoor facilities, including ample rest-room space. (3) A spectator-friendly

course. (4) A unique prize and raffle structure. (5) A post-race meal and raffle/awards only four hours after the start. (6) A very modest registration fee.

In addition, we believe that the strict qualifying standards will engender a competitive atmosphere not found in other marathons. These standards, being more stringent than the Boston Marathon standards, will give those who have previously qualified for Boston or have considered trying a more challenging and ability-appropriate target. For more information, see the brochure at ExeterMarathon.com

Sincerely, RD

New winter charity race

Dear PPRR Members,

Heart for the Children will be putting on a charity race on February 20, 2010. Heart for the Children is a non-profit organization dedicated to providing basic needs for underprivileged children around the world. Our primary goal is to give impoverished children, locally and world wide, the gift of a better life. We need sponsors, volunteers and participants. If you know anyone interested in sponsoring, volunteering and/or participating, please let them know. We want as many people involved as possible. So please help in whatever way you can. For sponsorship form, registration form and flyer, go to www.heartforthechildren.webs.com. Please let me know if you can help or participate. Thank You!

David Anderson
Event Director



News and Events

Runners take to Route 66

A group of club members recently took a road trip down to Tulsa for the Route 66 races. Matt Laubhan ran 3:38:49 to place in the top ten of the light Clydesdale (170 to 184 pounds) Division. Katie Thronsen and Lauren Kennedy



both ran PR's in the half marathon. And James Newton, an Oklahoma native, returned home to run with his brother who lost 125 pounds while training for his first 5K. That's some hardcore training program—I bet it was developed by Coach Carmine. I also heard there were many volunteers at the race sporting Pikes Peak Ascent/Marathon schwag.

Congrats to Larry Miller

Big kudos to Race Director Larry Miller for getting the PPRR Fall Series named "Best Series" by Colorado Runner Magazine. Larry, of course, passes the praise on to his volunteers. And for the love of Pre, will some of you fast guys please step up and tell Micky Simpson you'll lead the kids' races? I'm an ultra guy who is quite happy trudging along at 15 minute miles, and she always finds me to escort the speedy kids. I have to run for my life to stay ahead of those Landsharks rugrats.

Matt Carpenter wins again, this time in a political race

My city councilman is faster than your city councilman! In case you haven't heard, lifetime PPRR member Matt Carpenter was elected to the Manitou Springs City Council. It's nice to have such a trail advocate in charge of things. Don't worry, even with the added responsibility Matt has still been showing up to the weekly Incline Club runs and inspiring runners with quotes such as, "Be glad you're out here in this weather, your competition is at home in bed."

Too late for Boston?

Entry into the Boston Marathon closed on November 13, the earliest in the history of this sto-

ried event. 40 runners from Colorado Springs were quick enough to get in, as well as two lucky Manitoids. A total of 413 Colorado runners have signed up!

Rock Canyon Half Marathon

Nice job by our friends at the Southern Colorado Road Runners at their annual Rock Canyon Half Marathon. It's similar to our series races up here. Cheap rego, great schwag, low key, and awesome volunteers. There are too many to list here, but a lot of club members ran well down there, including quite a few PR's like Sean O'Day's smoking 1:19:45.

Western States not for locals

The lottery for the granddaddy of ultra-running, the Western

States 100-Miler, wasn't very kind to the local crowd. I only see one PPRR member (and fellow Pitt alum) on the list, Dan Solinsky. Dan runs with the Incline Club every week. So if you train with those guys, prepare to be asked to crew and/or pace for him.



I do my best to keep up with the local running scene, but after six or seven hours on the internet my boss usually yells at me to do some work. If you have something big coming up, shoot an e-mail to jteisher@gmail.com and let me know what you're up to. -JT



2010 VOLUNTEER HOURS

Bronze Level:

10 to 20 Hours*

You have earned a PPRR t-shirt

Marie Baughman 20
Jim Beckenhaupt 20
Dean Buck 20
Ron Garcia 20
Jonathon Veteto 20
Don Johnson 19
Tony Abdella 18
Jon Cornick 18
Esme Delange 18
Melissa Waters 18
Jeff Tarbert 17
Andrew Abdella 16
Tracy Anderson 16
Jessica Santa Maria 16
Bill Bennett 14
Debbie Bloch 13
John O'Neill 13
Dillon Harder 12
Jon Teisher 12

Darrell Weaver 12

John Cassidy 10
Phil Goulding 10
Diane Kelsay 10

Silver Level:

21 to 50 Hours*

You have earned a cap, race entry or gift certificate

Luci Stansberry 49
Travis Waldrip 40
Pat Lockhart 39
Matt Hopper 38
Gil Kindt 37
Bill Ranson 35
Lyn Hale 31
Thom Santa Maria 31
Mary Jo Piccin 30
Tim Steffens 30
John Gardner 28
Cruz Martinez 28
Heather Evans 26
Gordon Barnett 25

Steve McDermitt 24

Mike Shafai 24
Meredith Brodeur 23
Zane Meredith 23
Dave Sorenson 63
Micky Simpson 60

Gold Level:

51 to 75 Hours*

You have earned a jacket or duffel

Dave Sorenson 63
Micky Simpson 60
Angie Earle 55

Diamond Level:

76 to 99 Hours

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

Larry Miller 95

* as of December

Volunteer Corner



Hello again. My name is Micky, and the last time I wrote articles for publication in the Long Run I was writing the President's Letters. Now I have taken on the job of Volunteer Coordinator and I am looking forward to the new challenges of this club position. Scheri Nagaraj did a terrific job in this position last

year, and I want to join the rest of the membership in thanking her for her hard work and dedication.

As I have been preparing to take over this position, I have been talking to club members about what they would like to know. I realized there is a lot of confusion about how hours are reported. Usually the race directors report the hours within a week or two after the race, but if you notice that your hours have not

been updated you can always email me and I will check on it.

Also, I am hoping to bring new volunteer awards before the board to encourage the regulars

to continue to volunteer, and

maybe lure the newbies into giving their time in order to earn fun, new awards. If you have any suggestions for these new awards, please don't hesitate to let me know. I hope to see each of you at one or more races this year as a volunteer. It is very rewarding, and so much fun.



Volunteer Spotlight: Jessica Santa-Maria

by Micky Simpson

When I began thinking about taking on the role of Volunteer Coordinator, I realized I wanted to showcase some of the many volunteers that give their time so freely to our club. Looking around the Kids' Fall Series, I had so many to choose from. The choice was very difficult since each race brought out between 20 and 30 volunteers.

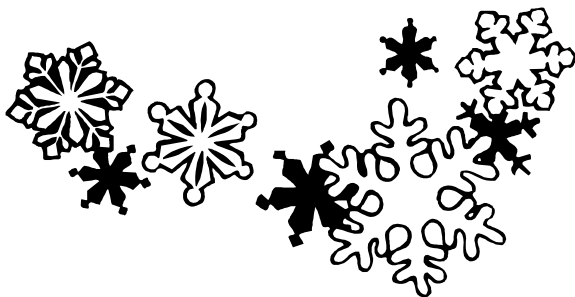
Jessica Santa Maria is the young lady I chose as this year's first Volunteer of the Month. Jessica volunteered for each of the kids' races thanks to her dad, Thom, but you knew she was thrilled to be there. I had her leading, sweeping, or directing the various races, and she was happy no matter what she was

asked to do. She said she loves being involved and that leading the races got her pumped. At Palmer Park, it was the only way to stay warm! She was so patient and enthusiastic that the kids loved having her there.

While this was her first opportunity to lead races, Jessica's volunteering began early. She said she began volunteering with her father at Sailin' Shoes. She doesn't remember when she first helped, but she showed up each year "...for a really long time," helping with registration or whatever needed to be done.

I was impressed with Jessica from the beginning and I wasn't surprised to learn that she is taking college classes as a high school senior. Her classes in Early Childhood Development at Pikes Peak Community College led her to volunteer at a daycare center where she was recently hired.

We are all lucky to have Jessica as a PPRR volunteer and I think we can count on seeing her at many races to come. Be sure to show her your appreciation when you see her.



Volunteer Ventures: Kid's Fall Series

by Lynne Hall

Hi there, my name is Lynne Hall. Welcome to my little corner of the newsletter. My husband, Norm, and I have been members of PPRR for about three and a half years since we moved to Colorado Springs. We thoroughly enjoy being part of this wonderful group. In addition to participating in a number of the club runs, we each volunteer a modest twenty hours a year. I suppose this makes us "middle of the pack" volunteers. We are extremely appreciative of the club officers, board members, race directors, and coordinators who you see prominently featured every month at the top of the volunteer leader board. They truly are the people who make this club so special.

Now, on to the purpose of this column. My goals for 2010 are two-fold. First, I want to increase my personal contribution to the club by volunteering for one activity each month, and writing about it in the newsletter. My hope, and second goal, is that by sharing these stories with you, each of you will read about an activity that strikes your fancy and you will sign up to help. Think about it: we have roughly 1600 members in our club and if every person volunteered for just one activity during the year (many volunteer duties take as little as two hours) we are talking about at least 3200 "people hours" of power. That's 133 people days, an amazing amount of energy to be directed toward our club.

So to start us off, let me tell you about my most recent volunteering at the Fall Series Kids' Run race III (Ute Valley) and IV (Palmer Park). I am going to go out on a limb here—even before doing my next 12 months of service—and predict that this is probably going to be one of the most fun and rewarding volun-

teer duties. The opportunity to watch our children—from adorable tots to talented teens—experiencing the fun of running for the first time, striving to improve themselves, and setting their own PR's is just fantastic.

One benefit of the Kids' Run is that you have the opportunity to experience a variety of duties all at once. There are typically five races of different lengths and you may be asked to take on a different role for each race. Unless you have expressed a preference in advance, the race coordinator will assign you a variety of tasks when you arrive. Micky Simpson has coordinated the Kids' Series for the past several years and she does a wonderful job. She is highly organized, has fun with the kids, and really appreciates her volunteers. You may find yourself handing out ribbons and prizes, serving as a course marshal, working the finish line, serving as course sweep, or (if you are fast enough) even leading the race. And of course, everyone is a cheerleader. Another nice aspect of the Kids' Run is that you can run the adult series earlier in the day, and then stay around after your race to assist with the Kids' Run—easy!

We have nearly a year of races ahead of us before the Fall Series Kids' Run come around again, but definitely mark this one on your long term calendar for fall of 2010. Have a safe and happy new year, and I will see you at the Winter Series!

Lynne and her husband Norm have been active volunteers since moving from Texas several years ago. Lynne has also contributed several articles to the Long Run. They can be found frequently at PPRR races and magazine stuffings.



Judy and Phil Foster with Pat Lockhart (R) give cheerful smiles as Winter Series volunteers. Volunteering this month will put a smile on your face.

You know it is time to resume running when...

- You try to do a few pushups and discover that certain body parts refuse to leave the floor.
- Your children look through your wedding album and want to know who mom's first husband was.
- You get winded just saying the words "10 kilometer run".
- You come to the conclusion that, if God really wanted you to touch your toes each morning, He would have put them somewhere around your knees.
- You analyze your body honestly and decide what you should develop first is your sense of humor.
- You step on a talking scale and it says, "Come back when you are alone".



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 and click on Nielson Challenge for a map and more information.

With temps in the mid 20s, we had a smaller than normal group for the December Nielson Challenge. We were actually fortunate with the weather, as the temps the previous morning were below zero. Curtis Hamstra brought hot chocolate for the volunteers, which was much appreciated. Thank you, Curtis.

Only 2 runners were under their handicap this month, and it was Ariel Petros-Good that posted a strong time and was 1:44 under her handicap. Congratulations, Ariel! You were rocking.

At the next Nielson Challenge, we'll be in a new year and a new decade. We hope to see you there.

Dave Sorenson



Larry Nielson (R), namesake of the Nielson Challenge, runs a race in 1982, the last year of his short running career. Larry died shortly after.

December Results

Name	Place	Handicap	Actual	Difference
Ariel Petros-Good	25	18:51.5	17:07.1	- 01:44.4
Carolyn Atwood	8	14:16.6	14:08.5	- 00:08.1
Kat Kiser	13	14:50.5	15:00.0	+ 00:09.5
Bren Triplett	34	18:00.8	18:12.3	+ 00:11.5
Sarah Ackor	38	19:25.0	19:39.2	+ 00:14.2
Mary T. Smithey	41	19:52.4	20:13.3	+ 00:20.9
Robby Giese	5	13:04.0	13:29.7	+ 00:25.7
Brian Smithey	18	15:04.1	15:30.8	+ 00:26.7
Sharon Greenbaum	14	14:38.5	15:05.8	+ 00:27.3
Amy Brenneman	36	18:35.5	19:07.9	+ 00:32.4
Terry Kurtz	4	12:50.9	13:24.2	+ 00:33.3
Curtis Hamstra	9	13:34.4	14:10.9	+ 00:36.5
Anthony Abdella	17	14:49.4	15:28.5	+ 00:39.1
Clint Peterson	43	20:55.0	21:34.5	+ 00:39.5
Les Bell	29	17:09.9	17:51.3	+ 00:41.4
David Minter	3	11:49.3	12:31.1	+ 00:41.8
Carl Nelson	11	13:52.1	14:34.9	+ 00:42.8
Derek Gorthy	20	15:02.5	15:50.8	+ 00:48.3
Jim Coker	7	13:10.0	14:00.7	+ 00:50.7
Joel Smithey	10	13:34.2	14:29.5	+ 00:55.3
Kristen Loyd	30	16:56.2	17:52.2	+ 00:56.0
Michael Linchan	26	16:16.4	17:15.4	+ 00:59.0
Karen Karl	33	17:03.8	18:05.6	+ 01:01.8
Tim Moore	21	14:50.5	15:57.1	+ 01:06.6
Jeffrey Jury	15	14:06.4	15:24.6	+ 01:18.2
Donald Karl	24	15:24.4	16:47.6	+ 01:23.2
Tracy Perfors	19	14:15.1	15:40.7	+ 01:25.6
Eric Nordberg	32	16:23.9	18:00.4	+ 01:36.5
Kira Christensen	46	21:05.7	22:48.0	+ 01:42.3
Lou Christensen	47	20:58.7	22:48.4	+ 01:49.7
Korina Lyons	31	15:54.3	17:54.4	+ 02:00.1
Clyde L. Landry	28	15:28.1	17:32.1	+ 02:04.0
Cheryl Gorthy	52	27:01.7	29:27.7	+ 02:26.0
Andrew Abdella	16	12:20.7	15:27.5	+ 03:06.8
Kelly Pilarczyk	51	25:24.7	28:53.8	+ 03:29.1
Susan Ruby	50	25:21.9	28:52.9	+ 03:31.0
Simeon Sturm	44	18:39.9	22:28.7	+ 03:48.8
Shawn Sturm	45	18:40.3	22:29.5	+ 03:49.2
Scott Gorthy	42	16:08.3	20:56.9	+ 04:48.6
Michelle Cox	40	14:53.5	19:43.7	+ 04:50.2
Jared Gorthy	49	22:32.6	28:51.5	+ 06:18.9

New Runners

Name	Place	Time
Ross Westley	23	16:30.2
Chris Carruth	12	14:39.8
Chip Arnold	35	18:46.1
Martin Taylor	27	17:30.0
Benjamin Dingman	6	13:32.3
Rob Smit	22	16:09.4
Vickie Roy	48	25:27.6
Bethany Behrens	37	19:37.9
Nate Kiser	2	12:29.4
Finn Cox	39	19:42.9
Luke Wall	1	11:50.0



Coach Carmine's Corner

The writing staff here at *the Long Run* has decided our readers could use some running advice. Unfortunately, given the tight budget that is typical of non-profit organizations, we don't have a lot of money to pay for it. But don't worry. We found Coach Carmine and he's willing to help. We haven't quite figured out exactly what he coaches, so please keep in mind that not all advice is good advice. As the old adage says, "You get what you pay for." If you have a question for The Coach, send it to coachcarmine@pprrun.org. If your question is selected as the best question of the month, you will receive a free entry to the Pikes Peak Road Runner race of your choice.

Dear Coach Carmine,
What qualifies you to dispense running advice?
Jon, Colorado Springs, CO

Listen up, Buttercup. First off, your question isn't really asking for advice, so it's hardly even worth acknowledging in the first place. However, since Coach Carmine is short on questions this month and his editor requires him to fill a certain amount of space, The Coach will pretend you exist (this time). Just know that Coach Carmine can see right through your transparent inquisition and is sensing that you're concerned about his credentials. Fortunately, The Coach has an ego the size of your minivan and can handle feeble attempts at belittlement.

The Coach can also see you're from Colorado Springs, which means you're no doubt familiar with the Olympic Training Center, Carmichael Training Systems, and many of the other world class coaches who make their homes there.

Since you're looking for running advice in a local running publication that comes free with your \$15/year Pikes Peak Road Runner membership fee, Coach Carmine can only assume you're neither a world-class athlete, nor a decent

age-group competitor. Perhaps Coach Carmine should be asking you, what qualifies you to be a recipient of Coach Carmine's advice?

Perhaps you should head down to your local Wal-Mart, wait for a downpour, and watch the shoppers run back and forth between the store and their piece-of-junk cars. When you see one who's really, really fast, perhaps get your advice from them. It'll cost you about the same and you should be equally suspect of the quality of advice.

Dear Coach Carmine,
If you and George Castanza were to compete in a 5K, who would win?
Dillon, Monument, CO

The Coach should note that George Castanza is one of his personal heroes, and it's not just because he's Italian. Castanza is a life coach and a guru—a lot like The Coach. Castanza always wanted to be an architect and often pretended to be one when he really wasn't. Everyone knows it's harder to pretend to be an architect than it is to actually be one. Castanza was also a charmer with the ladies. So, Coach Carmine can relate to George in many, many ways. Because of this, it would go against his limited moral and ethical beliefs to say one way or the other who would best whom in a heated foot-contest. However, there is one exception that George would surely understand. If Castanza was carrying his big, fat wallet in his back pocket, The Coach would definitely smoke him.

Best Question of the Month
Dear Coach Carmine,
What is your opinion of incorporating fartleks into group workouts?
Gary, San Clemente, CA

First off, Mr. Potty Mouth, Coach Carmine only selected your question as the best for this month because he noticed you live 1,000 miles away, which means you'll

never come all the way to Colorado to collect your prize. And please note that your winning doesn't give you the right to brag about it so all your lame friends will think you're cool, witty, and lucky to have you as a friend.

"Fartlek" is actually a Swedish word for "speed play." Besides the simple joy in saying the naughty-sounding word over and over again, The Coach feels it's the third best thing to come from the Nordic nation; closely behind Ikea and meatballs.

From his vast coaching experience, Coach Carmine has noticed runners who run at higher intensities will experience greater fitness gains. Since fartlek running involves running at various intensities while incorporating anaerobic bursts, this type of training can help produce faster runners. And this, combined with the laughing that comes with repeating the word "fartlek" over and over again, may help you live longer. Unfortunately, the neutralizing effect of Swedish meatballs has served to prevent the Swedes from winning any distance-running Olympic medals in over five decades.



Off the Pavement: Ute Valley Park

by Daiva Cooper

Trail: what I call the "medium loop"

Trailhead Location: Vindicator Drive east of Centennial Blvd

Distance: 4.0-4.5 miles

Difficulty rating: 3 out of 5

Bow-wow factor: Regional Park with lots of wildlife, so keep them on a leash



This loop is a great run early in the morning. If you want solitude, be sure to hit the trail by 6:30 am. There

are some fun climbs and lots of rocks to navigate along this trail. You are sure to encounter some wildlife on your run including deer, coyote, and the rare mountain lion (not normal but I actually had one run past me a few years ago). It is best to run this loop the first time with someone who knows the trails in Ute Valley Park. The park has many trails to choose from, none of which are marked. But the park itself is 338 acres, so when you get lost, you will not be too far from one of the more-traveled trails.

Let's Run!

From the parking lot, head out through the gap in the fence. Follow this section straight until you cross a small footbridge over the seasonal creek. The trail then takes a left-hand turn and your first climb begins. This ridge is less than one mile to the top from the parking lot, so I like to make it my goal to run all the way up. There are nice, rocky sections to run through and a couple of shorter, steeper sections along the way. I love running up this ridge because of the great views you get. Upon reaching the top, continue follow-

ing the trail straight down the other side. This section has some sand, which is always nice and soft on the feet. You will come to the city's "Ute Valley Park" sign at the bottom of this short downhill, where you will also be rewarded with a great view of Pikes Peak.

Catch your breath for a moment; then make a sharp left-hand turn at the sign and head downhill through the trees on some sweet single-track. This section of the trail was recently changed due to slow erosion, so stay on the new trail. You will come to a junction next where you need to turn left, then make a quick right-hand turn onto the next trail.

This section is uphill, though not as steep as the first ridge we climbed. If there has been any rain or snow, you will encounter some nice, sloppy mud for the next 1/8 mile. You will run past some homes on your right-hand side until coming to the fun downhill section.

Enjoy the downhill on this part of the trail. You will be running past the backside of the privately-owned disc golf course, so stay on the main trail. There are lots of little side trails you can explore, but for today, enjoy the downhill. You may encounter some mud, ice, and snow-packed trail conditions on this section of the trail at this time of year. It always seems nice, quiet, and peaceful running through the woods along this part of the trail. This section will end at the next trail junction where you will turn right, then make a sharp left-hand turn on the next trail. You will see the A-frame structure on your right, which is your cue you are on the correct trail.

I love this next section of the loop. I discovered this part of the trail system last year, so there are some side trails up here I have not explored yet. Run up the hill and

through the woods. You will need to turn right on a trail about 1/4 mile from the A-frame. This trail can be a little hard to spot as it turns right off the trail you have been on. Keep an eye out on your right for some bigger rocks which the trail weaves through. Run up and through the rocks, finding a nice trail with some beautiful views of Pikes Peak. I have had several friends remark that the views from here are the best reason to run this loop. After a short while, you will find yourself at the bottom of the steep hill we all know and love from the Fall Series races. You know the hill- where the volunteers are yelling for you to "run faster" as you can barely breathe and your legs are screaming.

Here is your next goal: run all the way to the top of this steep little hill. It feels really good to get to the top without walking! The trail widens on top, and you will find yourself on the ridge behind Eagleview Middle School. You have less than a half mile left, so keep running. Follow the trail down to the pond, run across the boardwalk, and you are back at your car!

Other Options

It is best to run this loop the first time with someone who knows the trails in Ute Valley Park. The park has many trails to choose from, none of which are marked.

Ute Valley Park is a maze of trails that can take you up some great hills, over big rocks and boulders, and through the woods.

Ute Valley Park is a maze of trails that can take you up some great hills, over big rocks and boulders, and through the woods. You can explore for miles on the trails here, so if you have some time,

take any of the side trails and see where they go!

If you find yourself lost at any time, find a trail that heads down into the middle of the park to the valley. There is a well-traveled trail that goes all the way from the A-frame structure and the Hewlett Packard property to the other side of the park, where you will be able to see Vindicator Drive and the parking lot.

Post-Run

After your run, head on over to the Starbucks on the corner of Vindicator/Flying Wand Centennial Blvd. Treat yourself to a nice mocha—you earned it!

Is there a trail you are curious about or a trail you think others would like to read about? Email me the name and location and I will try to run it and include the trail in a future issue.

bdlcooper@comcast.net

Daiva has been a Colorado Springs resident for 12 years and has been exploring and running our wonderful trails the whole while. She loves to trail run and runs marathons and ultras distance or longer. Her family includes her husband and 2 boys, along with their 2 dogs. They enjoy camping, hiking, and exploring Colorado.





Chill Out!
Short and Long Series
 Team competition
 Awards Banquet

#1: Cheyenne Mountain State Park
 Jan 9th, 5K/10K+

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

#2: El Pomar Youth Sports Park
 Jan 23th, 4M/8M

Flat out and back on packed dirt, some pavement

#3: Santa Fe Trail (at Baptist Road)
 Feb 13th, 5M/10M

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

#4: Black Forest
 Feb 27rd, 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 pprun.org
 (race day available, 9AM)

for more info:
www.pprun.org or
 email *michael.c.shafai@smithbarney.com*

A Message From the Middle

by Ryan DeVore



Five years out of college, living in the restaurant mecca of Chicago, I decided it was time to keep my belly button in the same area code as my spine and try to lose some weight; therefore, I took up running...or should I say, I took up “jogging.”

In September 2002, I entered my first half marathon. Eight miles into the race, I turned to see I was being passed by a gentleman in a full gorilla costume, dribbling two basketballs, with a shirt that said “Dribbling for Diabetes.” It was at this time, along with the fact I was running in basketball shorts and a cotton “Blue Moon Belgium Wheat Ale” t-shirt, I realized I was the humbled visitor in a land of runners. I finished 3,420th out of 6,690, squarely in the middle of the pack.

Six months later, I reasserted my efforts in the Lakefront 10-miler in Chicago. This time I had all the gear, including new shoes, new shorts, a new heart monitor, and a new bottle belt. I even tried my first “Gu” in the middle of the race. Fortunately, gorilla-man sat this one out. I ran a 1:26 that day, and in the process I learned two very important lessons. First, I learned one should never attempt an untried nutrition plan during a race. Second, I learned my true place is smack dab in “The Middle,” as I ultimately ranked 1,642nd out of 3,980.

In the good ole U.S of Type A, everyone wants to win. That is what makes this country great. While “The Middle” strives to be the best at various aspects of their respective lives, and will be remembered for certain accomplishments and moments in history, none of those achievements will probably include running.

The Long Run is distributed to runners in one of the healthiest and fastest states in the union. Therefore, many of those reading this magazine have never experienced seeing the race from the middle of the pack (or you may be reminiscing to times long past), and would further take solace in the joy and splendor of an 8:30/mile pace.

If you are like many of the runners I admire, you’re probably reading this, sipping on a Myoplex, and scheming about how you can “help” me. Fast-

pack runners always want to help. They want to include me in their laborious training programs and push me to be faster. And while I’m grateful for those efforts, when I step back from it I can only conclude I don’t enjoy running. The only training program that has ever worked for me is occasionally getting up in the morning and jogging my memory to remind myself exactly how much I hate running.

So why run?

Let’s call it “reciprocity”. First, in order to be “one in a million,” the fast pack needs 400-500,000 trotters like me to show up on race day and pad the placement stats. It is much more impressive to finish in the top 10 of a race which includes several thousand people, versus just a few. So, you’re welcome.

In return, we get to admire the fast pack. We get to be in awe of sharp jaw lines, waist sizes that I personally haven’t seen on myself since 7th grade, and amazing feats of human endurance and physicality. You have to admire the efforts of a runner who can hold a sub-6 minute mile pace for any amount of time, including six minutes.

So the next time you fast-packers line up to conquer the pending race, standing beside a “7 minute mile pace” sign, and you look around noticing out-of-place runners in basketball shorts, sweat pants, clogs, or even a gorilla suit, celebrate the Middle because they are admiring you! Offer a high-five, a chest bump, or a Gu. Heck, if they are as slow as me, by the time they get to the aid stations, the oranges will be gone.

And to the “Middle”... if you showed up to the race in a hooded sweatshirt, jean shorts, or inversely all the new gear the expo had on sale, I ask you to wildly cheer as greatness passes you. While being in the middle may seem second best—or 1,642nd out of 3,980—enjoy the journey, the sights, the sounds, and the destinations. Besides, they hand out medals to everyone, gorillas included.

Thank you to all you fast packers who motivate everyday!

Ryan DeVore is a devout running-hater who still goes out and does it in spite of his hatred. You can occasionally see him and his wife, Amy, out running the trails of Colorado Springs. Usually, Amy is out in front.



Eight miles into the race, I turned to see I was being passed by a gentleman in a full gorilla costume, dribbling two basketballs...

Running Sucks

by Mike Shafai



Most anthropologists agree that human beings evolved as runners, since running was necessary for survival. Our ancestors had to run and hunt down their prey. If they were successful runner-hunters, they survived to run-hunt another day. If they sucked at the run-hunt, they starved and perished.

Such was life.

But what if Taco Bell drive-through restaurants existed during those evolutionary times? Would our ancestors have evolved the same, or would our current state of existence be drastically different? That is hard to say, but one thing is for sure. Now that the Taco Bell drive-through does exist, we no longer need to run-hunt in order to thrive and survive.

So, is it any wonder that the majority of our societal brethren truly abhor running? When striking up conversations with others, the subject of running comes up often, typically when discussing “what I do for fun.” Sadly, the usual response I elicit from non-runners is, “Running sucks.”

And I couldn't agree more.

I didn't really start running regularly until I was 28 years old. I played tennis growing up and whenever Coach Vanta made my teammates and I do wind-sprints on the tennis court, I groaned first and groaned the loudest. I hated it. As soon as it became mildly uncomfortable, I backed off. In my head, I repeated to myself, “This sucks.” Running sucks!

I vividly remember my first 5K. I was in my mid-20's and about 20 pounds overweight, probably more. It was one of the largest races in my area, fielding about 20,000 runners. I distinctly remember that the winner came across the finish line before I even crossed the starting line. It was so crowded it felt like I was trying to run through a packed Wal-mart on a

I distinctly remember that the winner came across the finish line before I even crossed the starting line.

It was so crowded it felt like I was trying to run through a packed Wal-mart on a busy Saturday afternoon

busy Saturday afternoon, zigging and zagging through the throngs of humanity. I thought to myself, “This sucks.”

I also remember seeing the marker for mile two. I was shocked. It felt like I had already run ten miles. My entire body was in total pain. I wanted to stop. I thought my heart would simply give out at any second. I had to walk for a few minutes to gather my composure. Most of those I had worked so hard to pass during the first couple of miles, cruised on by as I huffed and puffed up the 1% grade. “Running sucks,” I thought to myself.

Looking back, I'm not sure specifically what made me continue to run. The first year or so was very painful. I experienced joint pain, muscular soreness, foot pain, and a myriad of other discomforts. In short, it sucked.

So, in the interest of full disclosure, as I work to encourage my friends and acquaintances who are just getting started with running, I warn them. I tell them it will suck at first and they shouldn't expect the suckiness to abate for at least six months of consistent running.

However, I can now attest that missing a scheduled run is what really sucks. Even though the Taco Bell drive-through is right down the street and I don't need to run-hunt to survive and thrive, there is something innate within me that requires I lace up my shoes and get my run in. If I don't, it definitely sucks.

Michael Shafai is a local runner, PPRR volunteer, and co-directs the Winter Series. He also helps to organize the PPRR Tuesday/Thursday 6AM training runs, a.k.a. “the Sunrise Striders,” which really sucks since it's dark and cold at 6AM. His wife and two kids are supportive of his running habit. He can be reached at michael.c.shafai@smithbarney.com.



Books: My Life on the Run

by Lori Howkins

Marathoners have heard of Yasso 800's, an innovative technique to predict your finishing time. Meet the creator of this tool who, in his own words, describes how running took him from a teenager on the road to a life of crime, to someone who has introduced millions of runners to the sport.

Bart Yasso, author of *My Life on the Run*, has run all over the world—Quebec's Arctic, Africa, Italy, Antarctica, Madagascar, India—as well as places and races closer to home: marathons in Boston, NYC, Chicago, and up Pikes Peak! He has been inducted into the Running USA Hall of Champions. He joined *Runner's World* in 1987 to develop the groundbreaking *Runner's World* Race Sponsorship Program, creating a vehicle for *Runner's World* to

work with over 7,000 races representing 4 million runners per year. Along with his running feats he has also bicycled, unsupported and solo, across the US twice and completed 5 Ironmans.

More than his own accomplishments, Yasso celebrates what run-



Bart Yasso (left) makes frequent appearances at running expos and is always ready to lend advice and encourage aspiring runners.

ning has done for individuals. He tells of the out-of-shape convicts from a rehab center who worked for 8 weeks to run a 22-mile relay, farther than they'd ever run before, and found teamwork and inner strength they didn't know they had. He entertains the reader with tales of burro racing in Westcliffe, CO with his partner "Taco Bell," of a weekend fun run in the nude (on a date, no less), and meeting his runner bride.

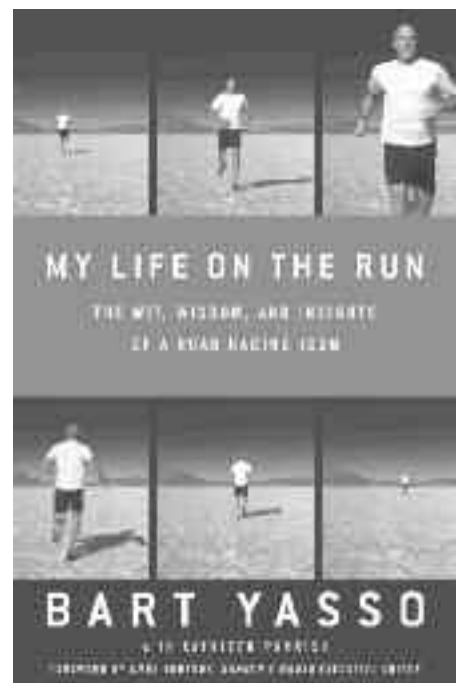
Runners are generally a little nuts; maybe that's why the sport attracts individuals who lean more "left of center" than the rest of us. Geta-man, Cowman, Coat Man, Hanukkah Harry, and Pennyman are folks who feel they need some schtick to make it in the running world. Yasso seems to be a crazy magnet, and loves to tell their stories.

Non-judgmental and friendly, just the guy you'd love to spend time with on a run. Yasso has put together training programs for newbies, seasoned runners, and

hard-core runners from 5k to marathon distances. His signature program is a 10-day training cycle to allow for recovery and cross-training, but he also details a traditional 7-day schedule for more traditional planners.

My favorite part of the book is the chapter titled "Inspiring Runners." Some are well-known: Ryan Hall, Mike Huckabee, and George Hirsch. Others are heroes who inspire with their indomitable spirit and courage: the running nun, the Native American 1964 Olympic winner, and the Ironman triathlete with a prosthetic leg. As Ryan Hall states, "It's not about what you do in the race tomorrow, it's about what you've done to get here." I love it!

Lori Howkins has sworn off road marathons; opting for trails of any length. However, when she tires of Sudoku before bedtime, she prefers to read about other crazy runners and adventurers. Lori runs and plays in Colorado Springs, usually with her 4-legged pal, Lucy.



The Yasso 800

If you are training for a marathon and curious about your pace, Yasso 800s should be another tool in your toolbox of training, along with tempo runs, long runs, pulse, lactate threshold, and speed work. The best thing is: it is free and easy. You only need a half mile stretch of road or track and a stopwatch.

After a good warm-up of twenty minutes or two miles, run an 800 meter interval and note your time. Before the next one, jog the same amount of time that it took to run the interval. Repeat the interval, and again record your time. Jog for the same amount of time. The first time out, do five of these intervals.

Add an interval every few weeks to a maximum of ten. Average the times; this should be your anticipated marathon time, substituting hours and minutes for the minutes and hours. For example, say your average time for 800 meters is four minutes and thirty-seven seconds. Your predicted finishing time for a marathon is four hours and thirty-seven minutes. This freakish forecast works for any speed, whether back-of-the-pack or top competitor.

Motivation for Resolutions

by Stewart Cooper



Where did 2009 go? It's been a year of running, event coordination, and volunteering for the Pikes Peak Road Runners.

Pretty admirable, I'd say. For me, it's been a year of individual commitment to family and sports, same as always. Not a bad year, really, if it weren't for a definition of a New Year's resolution I recently read:

"A New Year's resolution is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. Commitments remain until fulfilled or abandoned. More socio-centric examples include resolutions to donate to the poor more often, to become more assertive, or to become more economically or environmentally responsible."

Oh, geez... In the last decade, I have grown with my kids and the globe I love. However, based on this definition and what I know of PPRR exploits, I'm lagging and can easily do more. We should all commit, reform, and do more.

Not long ago, my only commitment to the New Year was an eve party down at Denver's Paramount Theater. So what? My wife and I like Big Head Todd and the Monsters! I ran about three days a week, which was just enough to stay quick at the rink and strong on the slopes. I didn't recycle, volunteer, or contribute any wages to the less fortunate. Only after repeated urging did I muster the inclination to bundle unwanted shirts and shoes for an organization committed to door-side collection. How easy is that? Some neighbor. Some citizen of the community, I am.

Today, I'm better. We recycle everything. My family and I could easily get away with garbage collection every other week, thanks to the drive-by recycling center on North Nevada. Today, I'm a better and planned runner, too. My neighbor, though, conjures an annual plan every December. That's every December. And he includes new goals to swim and cycle in addition to an aggressive running schedule. Another fast runner I know completed 28 marathons last year. Now that's commitment to a project! My plan for 2010 is relatively uninspiring: keep the mileage up. I want to compete in my first marathon but haven't committed to anything but the Winter Series. The rest of you, I know, span the spectrum from high altitude ultras and 140+ in the South Seas, to new sneaks for your first 5K. Where's the resolve in all this?

Resolve is... motivated by the need for change and a plan for fulfillment

Resolve is motivated by the need for change, not by a year-end date. Sure, smokers can resolve successfully to quit on New Year's Eve and perennial weight loss goals can find lasting focus starting on January 2. But, I bet there was a time or two of abandoned commitment. In my ripe old age, picking a date for significant change doesn't work. I stumble toward the change through trial and tribulation, and finally realize that change is best for me, family, community, and/or planet. Motivation is how you fulfill a commitment to a resolution.



Fast-forward to February 2010. I'm motivated, working hard, and successfully keeping up my mileage. Though, to what end? Ultras, 140s, and smokers have a plan. I need a plan too! Resolve is therefore motivated by the need for change and a plan for fulfillment.

Meanwhile, our PPRR volunteers are the image for resolve. I'll soon join the weekly trash cleanups along the Santa Fe Trail. What an inspiring commitment to the people of our community! In an incredibly friendly way, a Pueblo runner and I have an age group competition going. Early this month, he shook my hand at the finish line of the Rock Canyon Half. He wasn't as perspiring and exhausted as I was; he was working the finish line at his home town race. Who are these volunteers at the registration desks, finish lines, massage tables, and water stations? The answer is clear; it's me and you, committed to lifestyle change and a plan. Anyone headed to Missoula this summer?

Stewart Cooper is a runner from Monument. He can be seen there running hills, and his off-leash kids and vdogs



Race of the Month: Rock Canyon Half

by Tim Steffens



The thought of writing articles for the Long Run has crossed my mind on several occasions. I wanted to write about my first marathon experience, my second marathon experience, and my running experience in general; but I have never put the pen to paper. I was recently pondering this notion

once again while I was running a local half marathon and a light bulb lit above my head. Let the runners write the article! Why not interview the runners after a race and get their thoughts?

Pueblo's Rock Canyon Half Marathon is a great early December run that has a great variety of terrain. It is put on by the Southern Colorado Road Runners and begins and ends in Pueblo's City Park. This year's event took place on December 5th. The start temperature was a frosty 20 degrees but it was a great day for a run. The finishing temperature was just above 30 degrees.

The course is out and back with a lollipop loop at both ends. Two miles are run around City Park, and then you are running along the river on trails and jeep roads until you almost reach Pueblo Reservoir, where another loop is run. This year, there was just enough snow on the ground to make it a bit slippery in a few spots.

I interviewed the some runners at random after the race. I hope you enjoy!

See the next page for Springs's area runners' results.



Emily Batson / Pueblo West, CO

Age: 32

Occupation: Dentist

Finish Time: 1:51:42

Coming into today's race what were your goals? To finish in under 2 hours, and to finish strong!

What did you enjoy the most about The Rock Canyon Half Marathon? The most entertaining part for me was watching a guy in front of me slip on the ice and fall. I know; I'm probably going to hell for this.

Do you have any pre- or post-race rituals? Do you really want to know? (I decided not to ask.)



Doug Laufer (AKA Rufus T. Firefly)

Palmer Lake, CO

Age: 55

Occupation: Deep Thought Thinker

Finish Time: 1:49:46

What are your goals for 2010? The Catalina Island Marathon will be my 100th marathon!

What did you enjoy the most about the Rock Canyon Half Marathon? No heat, and the sweatshirts.

Why did you decide to run the Rock Canyon Half Marathon? I need to get back in shape.



Justin Ricks / Pueblo West, CO

Age: 29

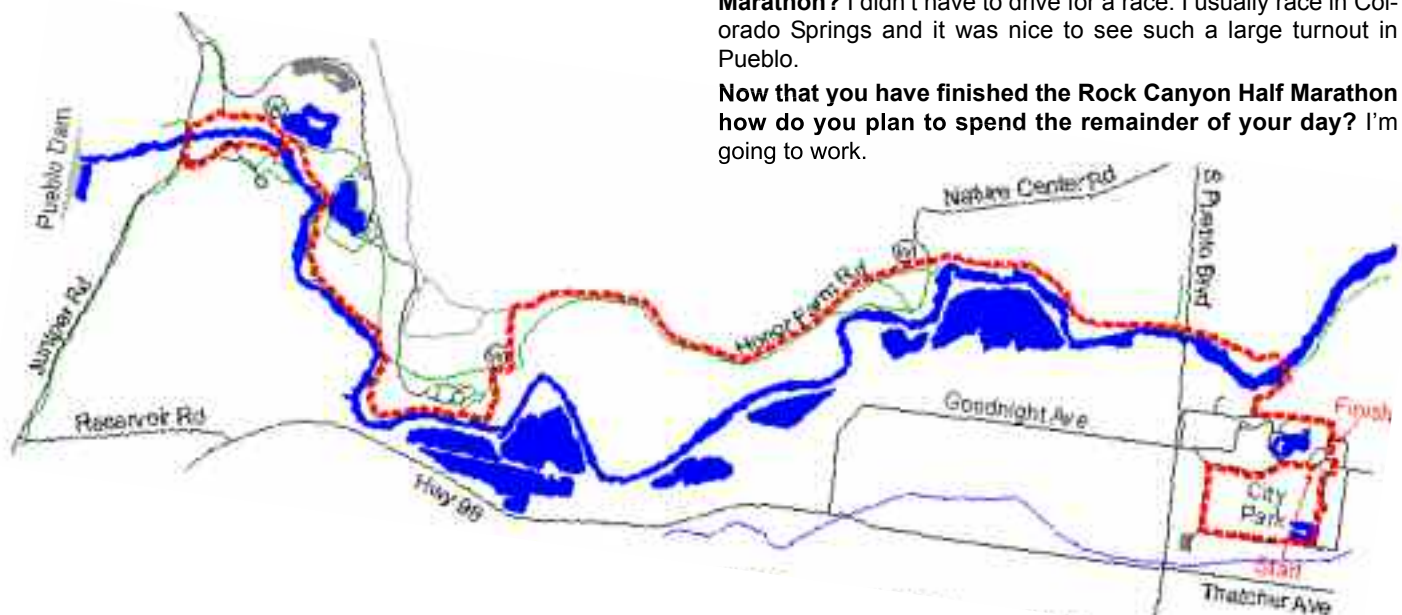
Occupation: Multi-Unit Manager

Finish Time: 1:09:34

What are your goals for 2010? I don't have any. I like to run with no goals or expectations.

What did you enjoy the most about the Rock Canyon Half Marathon? I didn't have to drive for a race. I usually race in Colorado Springs and it was nice to see such a large turnout in Pueblo.

Now that you have finished the Rock Canyon Half Marathon how do you plan to spend the remainder of your day? I'm going to work.



Rock Canyon Half-Marathon (local results)

Name	City	Age	Time	Name	City	Age	Time	Name	City	Age	Time
Gerald Romero	Colorado Spr	38	1:18:31	Kendra Schleiker	Colorado Spr	36	1:50:38	Sally Hardin	Colorado Spr	19	2:10:47
Sean O'Day	Colorado Spr	34	1:19:45	Karen Evers	Colorado Spr	35	1:50:57	Karen Ritland	Colorado Spr	19	2:10:56
Nickolas Starkey	Colorado Spr	40	1:22:04	Molly Spalding	Colorado Spr	16	1:51:05	Carol Finnegan	Colorado Spr	43	2:11:07
Michael Hagen	Colorado Spr	47	1:23:56	James Sheffield	Colorado Spr	32	1:51:15	Paula Fries	Colorado Spr	29	2:11:56
Justin Walker	Colorado Spr	29	1:24:59	Pankaj Patil	Colorado Spr	31	1:51:37	Rachel Deherrera	Colorado Spr	33	2:12:38
Edgar Trillo	Colorado Spr	34	1:25:42	Mark Harris	Colorado Spr	45	1:52:32	Randall Coan	Colorado Spr	43	2:12:57
Jim Webber	Colorado Spr	41	1:27:20	Steve Warmingham	Colorado Spr	41	1:52:35	Megan Oboyle	Colorado Spr	32	2:13:22
Jon Teisher	Manitou Spr	34	1:27:31	Daniel Adams	Colorado Spr	55	1:52:47	Kristine Crites	Manitou Spr	31	2:13:38
Scott Nalbach	Colorado Spr	33	1:28:23	Heather Olson	Colorado Spr	44	1:52:55	Ian Taube	Colorado Spr	26	2:13:55
Anthony Surage	Manitou Spr	49	1:28:53	Harold Cunningham	Colorado Spr	48	1:53:45	Julie Symes	Colorado Spr	30	2:14:14
Dillon Harder	Monument	36	1:31:00	Andrea Daniel	Colorado Spr	23	1:53:59	Kitty Luchte	Colorado Spr	49	2:14:45
Stewart Cooper	Monument	48	1:31:25	Pete Aronson	Colorado Spr	38	1:53:59	Rosey Reidl-smith	Colorado Spr	27	2:14:47
Imre Racz	Colorado Spr	22	1:31:29	Dorothy Neider	Colorado Spr	35	1:54:18	Angela Lamarca	Colorado Spr	35	2:15:33
Matt Laubhan	Colorado Spr	33	1:31:44	Larry Shaw	Colorado Spr	33	1:54:29	Jaclyn Carman	Peyton	25	2:15:37
Daniel Matheny	Colorado Spr	28	1:31:52	Chris Grove	Colorado Spr	34	1:54:54	Chris Amaya	Colorado Spr	27	2:15:52
Shannon Meredith	Colorado Spr	38	1:31:53	Daniel Prutz	Colorado Spr	31	1:55:11	Alisha Harper	Colorado Spr	36	2:16:00
Craig Sommerdorf	Fountain	46	1:33:27	Jessica Perry	Colorado Spr	34	1:55:19	John Crouse	Monument	59	2:17:08
Vernon Smith	Colorado Spr	52	1:34:07	Todd Norman	Colorado Spr	41	1:55:29	Jenine Ebersohl	Colorado Spr	60	2:18:08
David Wilhide	Colorado Spr	51	1:35:03	Molly Brink	Colorado Spr	33	1:55:41	Mindy Christensen	Colorado Spr	28	2:18:10
Amanda Ewing	Colorado Spr	28	1:35:31	Camille Foote	Colorado Spr	29	1:55:43	Karen Brandenburg	Colorado Spr	41	2:18:29
Eric Seremet	Colorado Spr	39	1:36:07	Nicole Nehring	Colorado Spr	31	1:56:01	Tim Wuestneck	Colorado Spr	40	2:18:33
Chuck Farrington	Colorado Spr	49	1:36:22	Jamie Lugo	Colorado Spr	29	1:56:01	Chazlyn Lenneman	Colorado Spr	32	2:18:40
Marc Pevoteaux	Colorado Spr	36	1:36:34	Zach Gonzales	Colorado Spr	18	1:56:46	Deborah Baumann	Colorado Spr	49	2:18:42
Stephen Smith	Colorado Spr	44	1:36:43	Anthony Reed	Colorado Spr	30	1:57:01	Kathy Dugan	Colorado Spr	37	2:18:43
Brad Whittle	Colorado Spr	43	1:36:53	Robert Corson	Colorado Spr	35	1:57:04	Travis Waldrip	Colorado Spr	57	2:18:53
Julius Kovats	Manitou Spr	46	1:37:22	Esme Delange	Colorado Spr	45	1:57:46	Susan Cogswell	Colorado Spr	61	2:19:06
Kerry Page	Colorado Spr	41	1:37:32	Sam Olvera	Colorado Spr	16	1:57:49	Gary Smedley	Colorado Spr	70	2:19:22
Bruce Downs	Colorado Spr	38	1:37:54	Charlene Boudreau	Colorado Spr	38	1:58:41	Martha Kramer	Colorado Spr	54	2:21:05
Don Byers	Colorado Spr	53	1:37:56	Kristy Celen	Colorado Spr	30	1:59:01	Lynne Hall	Colorado Spr	53	2:21:18
Timothy Steffens	Colorado Spr	39	1:38:45	Jim Beckenhaupt	Colorado Spr	62	1:59:50	Annette Demel	Colorado Spr	52	2:21:20
Jeff Lindemann	Peyton	51	1:38:52	Shane Wagoner	Colorado Spr	39	1:59:54	Taylor Buckley	Colorado Spr	23	2:21:24
Mike Beagley	Colorado Spr	30	1:39:13	Kim Geiger	Peyton	48	2:00:04	Mathew Holdt Jr	Colorado Spr	27	2:21:38
Kelly Miller	Colorado Spr	43	1:39:26	Alex Constantinides	Colorado Spr	37	2:00:04	Carol Runnells	Colorado Spr	57	2:21:49
Jonathan Wuerth	Colorado Spr	46	1:39:42	Kimberle Long	Colorado Spr	39	2:00:21	Nancy Spalding	Colorado Spr	51	2:21:57
Lindsay Hyman	Colorado Spr	28	1:40:10	Jeff Carter	Monument	50	2:00:42	Susan Elkington	Colorado Spr	44	2:22:03
Tim Berry	Colorado Spr	41	1:40:27	Steve Graff	Monument	41	2:01:05	Jill Stanley	Colorado Spr	32	2:23:08
Laura Anderson	Colorado Spr	30	1:41:10	John Payne	Colorado Spr	37	2:01:14	Holly Buckley	Colorado Spr	21	2:24:08
Steve Johnson	Colorado Spr	26	1:41:10	Nathan Doan	Colorado Spr	28	2:01:34	Monique French	Monument	43	2:24:10
Meghan Cogswell	Colorado Spr	30	1:41:30	Gloria Balas	Colorado Spr	32	2:01:42	Sharon Johnson	Colorado Spr	49	2:24:16
Roger Baer	Colorado Spr	55	1:41:34	Chris Alvarez	Colorado Spr	48	2:02:20	Trayce Farrell	Colorado Spr	35	2:24:21
Natascha Leonardo	Colorado Spr	25	1:41:35	Tom Ellerbusch	Colorado Spr	38	2:02:58	Konrad Gruca	Colorado Spr	53	2:25:26
Timothy Gore	Colorado Spr	42	1:41:36	Doris Hartley	Colorado Spr	43	2:03:20	John Williams	Colorado Spr	31	2:25:42
Brian Erickson	Colorado Spr	28	1:41:39	Kirk Bigger	Colorado Spr	40	2:03:26	Sally Sever	Colorado Spr	38	2:25:49
Jill Case	Colorado Spr	51	1:42:04	Eric Mcneil	Colorado Spr	48	2:03:51	Kristina Stewart	Colorado Spr	22	2:25:50
Mike Burgie	Colorado Spr	54	1:42:47	Stephen Spaulding	Colorado Spr	51	2:04:07	Tom Skinner	Colorado Spr	54	2:26:26
Robin Krueger	Colorado Spr	41	1:43:22	Joshua Stanley	Colorado Spr	32	2:04:15	Tony Wolusky	Colorado Spr	51	2:26:28
Jim English	Colorado Spr	55	1:43:39	Tom Dobson	Grn Mtn Fall	59	2:04:16	Kristen Lukens	Colorado Spr	39	2:26:41
Carl Olson	Colorado Spr	47	1:43:42	Debby Patz-clarke	Colorado Spr	43	2:04:24	Eric Anaya	Colorado Spr	32	2:26:46
Laura Wilcox	Colorado Spr	25	1:43:53	Shawn Finley	Colorado Spr	46	2:04:38	Kate Amaya	Colorado Spr	27	2:26:46
Joshua Fowler	Colorado Spr	14	1:44:32	Betty Gruca	Colorado Spr	50	2:05:00	Lauren Anaya	Colorado Spr	29	2:26:47
Jason Stangl	Colorado Spr	35	1:44:44	Nathan Custer	Colorado Spr	27	2:05:13	Kelly Ann Gillespie	Colorado Spr	37	2:26:47
Antonio Gonzalez	Colorado Spr	47	1:44:50	Angie Martell	Colorado Spr	25	2:05:14	Carrie Christensen	Colorado Spr	28	2:26:48
Jon Cornick	Colorado Spr	53	1:44:52	Diane Cridennda	Colorado Spr	57	2:05:23	Bill Ebersohl	Colorado Spr	56	2:27:09
Ramsey Baker	Colorado Spr	39	1:44:54	Brian Russell	Colorado Spr	26	2:05:33	Lauren Kennedy	Manitou Spr	48	2:27:10
Kerri Coady	Colorado Spr	36	1:44:56	Beth Bushie	Colorado Spr	32	2:06:08	Promis Hoffman	Colorado Spr	39	2:27:16
Amy Reginier	Colorado Spr	47	1:45:01	Jeana Kettner	Colorado Spr	32	2:06:11	Beau Smith	Colorado Spr	28	2:28:16
Sarah Walker	Colorado Spr	28	1:45:25	Sheila Huss	Palmer Lake	34	2:06:12	Marissa Halligan	Colorado Spr	27	2:29:10
John Clarke	Colorado Spr	44	1:45:59	John Zobecki	Colorado Spr	47	2:06:21	Chuck Hachmeister	Colorado Spr	56	2:30:11
Bradley Townsend	Colorado Spr	29	1:46:13	Jean Whitt	Colorado Spr	38	2:06:33	Kathy Sheffield	Colorado Spr	29	2:30:39
Brianne Pierson	Colorado Spr	31	1:46:14	Mark Windle	Colorado Spr	38	2:06:34	Christine Maddy	Fountain	39	2:32:31
Corbin Hillary	Colorado Spr	58	1:46:17	Gloria Rios	Colorado Spr	44	2:07:26	Brian Mcallister	Colorado Spr	38	2:32:56
Ryan Coyne	Colorado Spr	35	1:46:40	Chad Long	Colorado Spr	39	2:07:41	Mona Bates	Peyton	30	2:33:00
Anita Fromm	Colorado Spr	38	1:46:58	Julie Self	Colorado Spr	43	2:07:43	Eva Syrov	Colorado Spr	53	2:34:54
Kelly Ping	Colorado Spr	26	1:47:02	Steve Schleiker	Colorado Spr	40	2:07:45	Chris Knapp	Colorado Spr	42	2:36:26
Kristy Milligan	Colorado Spr	31	1:47:34	Brian Wagner	Colorado Spr	37	2:07:47	Susan Thornton	Colorado Spr	48	2:37:23
William Sevier	Colorado Spr	51	1:47:45	Ken Christenbery	Colorado Spr	40	2:08:06	Holly Crownhart	Colorado Spr	27	2:37:27
Brian Manzanares	Colorado Spr	35	1:47:50	Doug Massingill	Colorado Spr	54	2:08:11	Guy Mcpherson	Colorado Spr	43	2:37:37
Mark Luchte	Colorado Spr	54	1:48:01	Thomas Finke	Colorado Spr	51	2:08:24	Jodie Penn	Colorado Spr	31	2:38:07
Phil Redinger	Colorado Spr	38	1:48:20	Heidy Shinn	Colorado Spr	30	2:09:03	Shari Maiers	Colorado Spr	49	2:38:23
Lou Johnson	Monument	53	1:48:42	Kelli Feltmann	Colorado Spr	31	2:09:04	John Orem	Colorado Spr	26	2:38:31
Gregory Stock	Colorado Spr	49	1:48:43	Michele Amidon	Colorado Spr	37	2:09:32	Marvin Seibert	Colorado Spr	55	2:41:59
Jennifer Stock	Colorado Spr	37	1:48:44	Steve Preciado	Colorado Spr	58	2:09:36	Tanya Anderson	Colorado Spr	37	2:44:06
Rufus Firefly	Palmer Lake	56	1:49:47	Rob Swindler	Colorado Spr	44	2:09:38	Juliann Walker	Colorado Spr	36	2:45:11
Michael Allen	Colorado Spr	59	1:49:56	Stephanie Gendron	Colorado Spr	28	2:10:47	Katrina Plaster	Colorado Spr	47	2:48:55



Happy New Year
2010

FROM THE PIKES PEAK ROAD RUNNERS
NEWSLETTER COMMITTEE



26 WEEKS TO 26 MILES

Marathon and Half Marathon Group Training Program

The Program

Signup Date: January 7, 2010, 6pm, Colorado Running Company

Duration: 6 months, to conclude on June 10 or your June race date

Race: Your personal marathon! Any location, your first or tenth, but find a race and sign up!

What You Get: Professionally coached weekly group workout; interaction and guidance from elite coaches. Daily workouts in a monthly calendar based on your ability level. Newsletter addressing race and training information and catering to athletes' needs and questions. Team shirt for all participants. Discounts and other goodies from local merchants.

Cost: \$260 for the 6-month program

Register: You can register one of three ways:

- 1) Drop off application with check (made out to Rainsberger Athletics) at Colorado Running Company.
- 2) Mail application with check (made out to Rainsberger Athletics) to Colorado Running Company, 833 N. Tejon St., Colorado Springs, CO, 80903.
- 3) Register online at www.active.com.

Contact: Coach Lisa at (719) 337-2737, Coach Cami at (917) 771-4477, or at Colorado Running Company

The Coaches

Lisa Rainsberger: Last American winner of the Boston Marathon, former professional marathoner and triathlete, owner/head coach of Training Goals (www.traininggoals.com).

Cami Stock: Air Force Athlete of the Year, former professional triathlete and collegiate runner, owner/head coach of Wild Blue Racing (www.teamwildblue.com).

