

## Letters to the Club/Editor

### Inspiration from Runner 639

Dear P.P.R.R.

I have been a member for a number of years and enjoy the information provided and the fellowship with other runners. I especially want to thank you for the photo of Runner 639, the Pikes Peak Marathon cancer survivor.

When things get down for me, just like all of us, I take a look at that photo of Runner 639 and her smile and realize that I have it very good. She has been an inspiration to me and I thank you for bringing her to my attention. See you on the road.

Pete Olejnik

### YMCA/Briargate's 8th Annual Turkey Trot

I have never been to an event that only had 10 pre-registered runner bags not picked up, over 900 registered in the computer and an overwhelming turnout of over 850 finisher runners—kids, moms, dads, brothers, sisters, dogs, aunts, uncles, grandmas and grandpas. A true family event for the Holiday Season. We experienced a lot of challenges with this event, but after all was said and done, we performed in our professional and quality manner—completing all tasks that were assigned us.

A heartfelt thank you go to our volunteers: Tony Abdella, Andrew Abdella, Jack Anthony, Carla Augenstein, Brad Bearheart, Jim Beckenhaupt, Bill Bennett, Rick DiMuccio, Angie Earle, Heather Evans, Julie Foster, Phil Foster, Bill Gallegos, Ron Garcia, Cara Gawerecki, Al Grimme, Lyn Hale, Susan Hoxie, Gil Kindt, Cruz Martinez, Troy Matos, Mike Morgan, Eric Mullins, Tim O'Connor, Neal Oseland, Linda Ronas, Robert Ronas, Robin Satterwhite, Dave Sorenson, Travis Waldrip and Lo Wright.

Because this is a holiday event, it is awfully hard to find enough volunteers. We thank you for taking several hours out of your day to help the Y and this event.

Patricia Lockhart  
Event Director



### Interview with Kid Runners

Pat Lockhart

I took the time to interview a couple of new KID runners that participated in the YMCA's Turkey Trot. Thought you might like to meet them.

Spencer Abeyta is 8 years old and goes to Mountain View Elementary School. At the Turkey Trot, he finished 2nd in his age group 0-8. This is the first ADULT running race that he has participated in. What did he like... picking up his 2nd place mug; what didn't he like... his legs really hurt. He runs for exercise, does cross country in school (and finishes in the

top 10). He plays soccer, flag football, baseball, basketball and wants to run the rest of his life. What does he want to be when he grows up? A Bronco Football player.

Tori Abeyta is 5 years old and also goes to Mountain View Elementary School. She finished 7th in her age group - also 0-8. This is the first ADULT running race that she has participated in. What did she like about the race... she got to run with her Mom; what didn't she like... the bottoms of her feet hurt. Tori also runs cross country at her school and prides herself in finishing before a lot of the boys. She plays soccer, T-ball and loves to swim. What does she want to do when she grows up? A Bronco Cheerleader!

Both of these kids are members of the Landsharks Running Club. They would introduce a new boy or girl to the running club because it is fun, there are a lot of new friends to meet, there are snacks, they exercise and they make posters promoting themselves.

Their Mom and Dad, Renee and Steve, are Landsharks Coaches for Mountain View Elementary. Thanks to them for giving of their time. Wouldn't it be fun to be a kid again?

Good luck Tori and Spencer... see you at more of our event!

### From William in Plano TX


This month several Plano Pacers are getting ready for the White Rock Marathon on December 11. We had 5K and 15K races, with our best distance runners breaking an hour in the 15K. This will put them under three hours for the marathon if they can keep the pace, and I have seen them do it in the past.

My own ambitions are a bit less. I entered the White Rock Half Marathon, and hope to finish before the course is closed and everybody leaves. The Half is run at the same time as the Marathon, turning at the 10K point and rejoining the Marathon course near the end. When I last visited Colorado Springs, it was a struggle to finish the Nielson Challenge, and I told Bob Mutu that entering the ADT Marathon would be hopeless, resulting in my collapse at 2.62 miles. It has been more than a year and lots of work, but I really expect to finish, either the Half or myself.

Thanksgiving weekend is the time of the Ultracentric 24/48 hour Run. I have worked this race since 1989, when Mary Ann Miller of the Plano Pacers directed it. I still show up for setup and teardown. The race is now directed by the North Texas Trail Runners. Scott Eppelman, a fine runner and the race director for the last few years, is stepping down. He will be missed.

The man with the cook tent remembered last year's wind and rain all too well. He tied the cook tent to the side of the Greehill School grandstand, and had Scott park the race equipment truck on the other side of it. There was wind and rain, but the cook tent was never threatened.

Some of the volunteers were impressed with the t-shirt given to me at the 1989 ultra, the first one I ever worked. I only missed one ultra since then, while working a contract in

audi Arabia. Regards,

## Running in the Zone: A Handbook for Seasoned Athletes

Steve King and Dan Cumming, Editors  
Published by Trafford Publishing

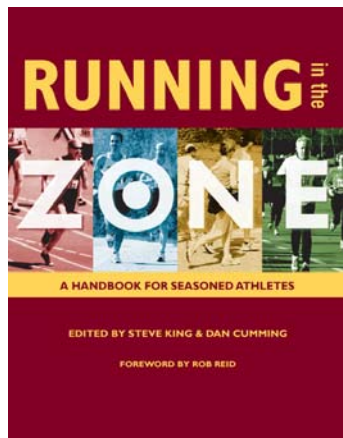
Imagine yourself running a marathon! Now imagine doing it in 2:47:02—yes two hours, forty-seven minutes and two seconds. Now imagine you are 64! Too far? Too fast? Too old? Maybe, but that is exactly what one of the 26 contributors to *Running in the Zone* did in 2004.

If that is too hard to imagine, then what about getting yourself ready for a walk/run program to do your local fun or charity event? More manageable? That too, is in *Running in the Zone*, along with instructions on meditating while you run. Something for everyone is what the editors tried to build into this new book. That is exactly what they did according to Jeff Galloway, former Olympian and author of the best selling *Galloway's Book on Running*:

This is a book that is designed for the older runner. The authors are not only experts in their fields, they have dealt with the issues themselves. You'll find a lot of information on a wide range of issues.

The 26 contributors, men and women, average just over 61 years of age (ranging from 46 to 76) and collectively have run well over 1250 marathons, not counting many ultra-marathons. Some have overcome physical challenges such as cancer. There are present day age-class regional, national and even world record holders. There are several Olympians and world record holders among the contributors, but there are many who simply love running. While the contributors have run virtually every distance up to ultramarathons, most have done the marathon. The fastest was a men's masters performance of 2:18 and the fastest from the women writers was 2:29. But, one of the 'bests' was near five hours—and a best it was, considering the circumstances.

The book was developed by Steve King: runner, triathlete and race commentator, well known for his race day announcing at Ironman Canada, the Vancouver Marathon, Royal Victoria Marathon, Vancouver SunRun and as on-air commentator for event coverage by national and international TV networks, and by Dan Cumming: average but avid runner, race director and author with many years experience in writing, editing and publishing. *Running in the Zone* was officially launched at the Royal Victoria Marathon on October 8, 2005 at a sell-out "Celebrity Writers Breakfast" event.



*Running in the Zone* is for all runners, but particularly those that feel they are now, or soon will be, among the "seasoned" athletes. It's also for those thinking maybe they would like to start running even though they are 40 or 50 years of age. Many of the writers, including the one in the opening lines, didn't start running until they hit their 40th birthday and beyond.

*Running in the Zone* is inspirational and instructional. Even among the most elite of the contributors, the most common reason for continuing to run distills down to: "because I love it". The youngest are in their late 40's while the eldest is 76. *Running in the Zone* shows there is little to stop a person from enjoying this wonderful sport and being active as a competitor, non-competitive practitioner, coach and volunteer, for as long as a person has the will to do so.

*Running in the Zone: A Handbook for Seasoned Athletes*. Get it. Read it. Enjoy.

*Running in the Zone* is available at <http://trafford.com/05-1768> and will soon be available in running and bookstores near you. For more information contact Dan Cumming at [dbcumming@shaw.ca](mailto:dbcumming@shaw.ca) or Steve King at [stking@vip.net](mailto:stking@vip.net).

## RRCA Keeping Pace - Mid November

Jean Knaack, President

I am submitting this month's edition of Keeping Pace early so it doesn't get lost in the holiday shuffle and there is a lot going on with the RRCA in the last two months of 2005. I started this month off by cheering on the finishers at Ironman Florida, including my husband. Several RRCA members completed the event and I congratulate you.

I can't believe Thanksgiving is next week! Are you ready for your Turkey Trot? It is great to see that a large percentage of our web visitors (68%) are planning on participating in their local trot this year. With the holiday season fast approaching, I want to make sure that everyone remembers to submit their nominations for the 2005 RRCA Annual Awards. For instructions on submitting website nominations review the post at <http://www.rrca.org/news/961.html> and for the individual awards review the Annual Awards document posted at <http://www.rrca.org/events/convention.html>.

For everyone that has renewed their RRCA membership for 2006, we thank you! If you have not renewed your membership, please remember to do so by December 31st to ensure insurance coverage for 2006. If you received a post card from the National Office referencing missing items, please note that membership is not complete until all required items are received. For information on membership renewal, visit <http://www.rrca.org/clubs/rrcamem.html>. All of the documents you need for renewal or joining are posted on this page. If you have questions, please contact Jessica Sleight in the National Office.

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As many of our running friends in the Gulf Coast region struggle with their continued recovery efforts, please remember them by contributing to the RRCA Hurricane Recovery Fund by donating on-line at <http://www.rrca.org> or by mailing a check to the RRCA National Office. Please be sure to reference the Hurricane Fund on your check. One of our member clubs, the Gulf Coast Running Club in Ocean Springs, Mississippi, lost some of their race equipment during the hurricane. Through the Hurricane Recovery Fund, the RRCA will be able to help this club replace their lost equipment. Additional disbursements of the Fund will be made in the coming weeks.

If you have not already done so, please be sure to mark your calendars for the 49th Annual RRCA Convention. Detailed information about the Convention including the schedule and on-line registration can be found at <http://www.rrcahouston06.org>. An RRCA Coaching Certification Course will be held in conjunction with the Convention. For information about this course visit <http://www.rrca.org/news/960.html>. I look forward to seeing everyone in Houston on March 8-12, 2006.

The New Year is fast approaching and I encourage race directors to consider hosting a 2006 RRCA State, Regional, or National Championship Race. These races are a great opportunity to highlight the RRCA's long history of road race access for events that are of the highest quality. For more information on the Championship Races visit <http://www.rrca.org/programs/programs.html#Championships> or talk with your state or regional representative about hosting an event. I hope everyone has a wonderful Thanksgiving and safe travels if you are visiting loved ones. Remember portion control and moderation are the keys to success on Turkey Day. Happy Trotting,



## Running News From Around the World

Submitted by Jon Cornick

### Fears for Indian 'marathon tot'

By Sandeep Sahu

BBC News, Bhubaneswar

Coach Das has dismissed the fears over Budhia Officials in India's eastern Orissa state fear a three-year-old who has become famous for running marathon distances is being exploited. Budhia Singh, who recently ran 60km (33 miles) in six and a half hours, has appeared in a spate of TV commercials.

The state government says it also fears the long distances may be damaging the boy's heart and lungs. His mentor, Biranchi Das, dismissed the fears, saying Budhia had regular medical check-ups.

Orissa's sports minister, Debashis Nayak, said the government would not be a mute spectator to the exploitation and would intervene, if necessary, to "save his future".

Budhia recently ran non-stop from the holy town of Puri to Bhubaneswar, a distance of 60km (37 miles). A few days before that, he ran non-stop from Bhubaneswar to Cuttack - 35km. During a recent visit to Orissa, former top Indian runner, PT Usha, also said running for 50 to 60km so frequently could have disastrous long-term consequences for Budhia's health.

### Scolded

But Budhia's mentor, Mr Das, is undeterred by the criticism. "A team of three doctors conducts regular check-ups on Budhia to find out if anything is wrong with him. Mr Das bought back Budhia after his mother sold him "I don't know why these people are so concerned."

The state government has announced a monthly stipend of 500 rupees (\$12) for Budhia but Mr Das said: "The amount would not be enough to meet the expenses for even two days."

Mr Das, a judo coach, noticed Budhia's talent when scolding him for being a bully. "Once, after he had done some mischief, I asked him to keep running till I came back," Mr Das said. "I got busy in some work. When I came back after five hours, I was stunned to find him still running."

Budhia had been sold by his poverty-stricken mother to a man for 800 rupees. Mr Das summoned the man who had bought Budhia and paid him his money back. He then started a strict diet and exercise regimen that saw Budhia adding a few kilometres to his running every few days.



## The Angry Runner

Michael C. Shafai

As a half New Yorker, half Iranian male, one would expect me to lose my temper with the slightest provocation or aggravation. But, like the two individually lethal elements of sodium and chloride coming together to create the benign seasoning compound of NaCl, I am generally short on anger and long on patience. I am like salt.

However, a recent series of changes within the English language has quickly brought me to the brink of violence, and I fear that a reversal of this course will require drastic measures. So, as the town crier must occasionally deliver bad news to his beloved citizens, I must forlornly report to you that, as runners, these events affect us all.

What I'm referring to is an inexcusable transgression that we, as members of an active society, must repel with all the ardor and zeal we can muster. Remaining silent and passive is no longer an option.



Careless individuals have taken a sacred three-letter word, OUR three-letter word, and have permitted its use in various non-running contexts. Some of these uses are ridiculous, some are mundane, some are disgusting, but all are unforgivable. That word is "RUN" and to tolerate any deviation from its true and intended meaning must be prevented.

Now, some of you, sensing my outrage, my passion, and my vigorous desire to end this injustice, may feel as though my melodrama-meter has peaked out. Perhaps you believe that I am overreacting to this situation. I can assure you that this is not the case.

Following are descriptions of recent instances, ascertained by my own ears within the last year, of how this is occurring. It is not hearsay! It is not gossip! It is not tittle-tattle! Read for yourself:

"He **ran** me through with his sword". Certainly, since the invention of firearms, the preceding phrase, in such a context, is being used less and less, but one will occasionally hear it in film scripts, novels, period literature, or a friendly fencing match gone awry. Nevertheless, to use the word within such a barbaric framework is inexcusable!

"She **ran** to the store but she'll be right back". My daughter mentioned this to me over the phone one day when I inquired whether or not Mommy was home. We all know that if my wife really had "run" to the store, she wouldn't be "right back". The store is four miles up the road, one way.

"He's **running** wild". Why are we, as runners, being compared to uncivilized beasts incapable of rational thought? After all, we have opposable thumbs too. Personally, I take offense to the use of our word in this context.

"Let me **run** an idea by you". What's this all about? You're going to run by my office while simultaneously spouting off an idea? The idea had better be little, or you'd better run slowly, or both. But don't let me hear you say that again, or I might get angry.

"She **ran** over her husband with her Olds 88". Okay, not all marriages are successful. I understand this. But, the fact is, our sport has nothing to do with marital spats and automobiles. Our word shouldn't be used in this negative context.

"Your nose is **running**". For those of you with weak stomachs, this is the bodily-function portion of my grievance, so you may want to skip down a few sentences. But to relate our glorious sport with slimy, mucocious discharge dribbling from the nasal and sinus cavities is an atrocious offense. This must stop!

"He has the **runs**". I've done a fair amount of research that proves how runners generally have a higher tolerance for potty humor relative to non-runners. BUT, in this context, the speaker is stating a fact, not a joke! More importantly, the person stating this fact was a non-runner! This is foul and demeaning to our sport.

"He is **running** for political office". This one really makes me mad! To compare our sport with the disgusting, immoral, and

oftentimes, illicit activity of pursuing an elected public position should be a criminal offense! How dare they do this!

And worse still, I fear that there are exponentially more "non-running running" expressions floating around the English-speaking world. When used, these expressions seek to undermine the virtuous, beneficial, and progressive aspects of our sport.

So, runners of the world, unite! Declare independence against these injurious mockeries of our pastime. And in the words of our Founding Fathers (and Mothers), as we join together in this action, "we mutually pledge to each other our lives, our fortunes and our sacred honor". I look forward to seeing you on the battlefield! Don't forget your sword and your Olds 88.

## History Trail Run...The Greenland Trail

Jack Anthony

In my last History Trail Run article (October 2005 issue) we celebrated reaching Palmer Lake after a 10-article, 17-mile trek that started at the Woodmen trailhead in January 2005. Thus, I thought, the History Trail Run series was complete. Well, did you know there is a ½ mile connector trail that links the New Santa Fe Regional Trail with the Douglas County's Greenland Trail? This 3500 acre open space area is part of a 33,000 acre initiative called the South I-25 Conservation Corridor Project. The project's goal is to keep this beautiful countryside looking forever the same, almost as it was when the pioneers came to Colorado. This article will introduce the Greenland Trail and specifically Kipps Loop—an 8.5 mile loop that features a 500 foot elevation change and some tough trail hiking, running or biking challenges.

The connector trail from Palmer Lake to the Greenland Trail is easy to find. It heads off to the northeast from the parking lot. Be careful, it's got some steep sections and does require you to cross County Line Road. There is also access to the Greenland Trail in the community of Greenland. Our journey will take us on a counterclockwise circuit of Kipps Loop.

Before we embark, look to the west and you'll see the railroad tracks just north of Palmer Lake. Recall from our Husted article that here in the late 1800's and early 1900's helper engines would complete their chore of aiding trains up the grade and over the Palmer Divide. Here north of Palmer Lake they would turn around on section of track called the "Wye". The "Wye" was simply a "Y" section of track and switches that in three movements and flipping some switches enabled a helper engine to turn around. The mighty helpers returned to Husted to turnaround on a turn table, hook up and help another freight or passenger train "over the divide." Trains going south would also require helper engines on the long grade up from Denver. The helpers would also use a turnaround arrangement south of the Divide. Did you know that the *Little Engine That Could* book/story was written based upon the trains climbing the Palmer Divide?

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Thanks to a 2005 Eagle Scout project by Scott McFadden, there are superb trail markers identifying the trails and distances.

We'll head north to intercept the Kipps Loop. We then head east and start a steady climb. The trail rises rapidly and at the crest of the north-south ridge we arrive at Kipps Grave. The site is actually the Greenmont Cemetery and it was originally for Palmer Lake. The cemetery was incorporated in 1889 by Palmer Lake's founder W. Finley Thompson and several other town leaders. The name on the grave stone is Edward Thomas Kipps.

Not much is known about Kipps other than what is on the stone. There is speculation by some that W. Finley Thompson is buried in Greenmont Cemetery. Adding to the air of mystery, many of these folks say it is W. Finley Thompson who is buried in the Kipps grave!

From the Kipps (or is it Thompson?) grave we proceed north along the ridge. You'll soon see evidence of a brush fire that occurred in the summer of 2002. From the burn area there are some really nice overlooks. From this point the trail takes us north west towards a trail junction that continues our counterclockwise journey on Kipps Loop or, if you turn right, heads north to the Greenland. You'll also note in this section we return the 500 foot elevation gain rather swiftly—it's joyously downhill! Let's learn more about Greenland, Colorado.

The Greenland area earned its name from Helen Hunt Jackson, famous author and poet who loved Colorado. She bestowed the name based on Greenland's natural beauty. How pleased Helen would be to know this area is being preserved to enable the beauty to remain forever! In 1871 the Denver & Rio Grande railroad reached the Greenland area and a new village was born. Greenland was platted as a 20 acre town site in 1875 by Fred Soloman prior to Colorado statehood.

The layout was a typical railroad town with a "Front Street" parallel to the train tracks and intersected with written numbered street names followed by presidential names. This naming arrangement is also found in the Town of Monument.



From Greenland, large quantities of lumber, grain, clay, potatoes, milk, and building stones were loaded and shipped. In the early 1900's, the Greenland area was one of the greatest potato producing areas in Colorado. One year, 400 railcars full of potatoes were shipped from Greenland.

In 1898, 25 citizens called Greenland home. By 1910 the population had doubled! At the turn of the

century, Greenland had a post office, three stores, two blacksmith shops, a wagon making shop, saloon, school, two railroad depots (The Santa Fe RR also came through Greenland) and a hotel.

Greenland pioneer families include Mary and Charles Riggs, J.P. Riggs, I. J. Noe, C.B. Kountz, Charles Allis and A.B. Daniels. In 1906 John Higby bought the Greenland Ranch. The Higby Mercantile opened for business in Greenland on July 6, 1907. Higby owned similar stores in Eastonville and Monument. These families and others were the heart of Greenland and helped it prosper through livestock ranching and businesses.

Have you ever noticed the beautiful red barn in Greenland? It is a unique and distinct symbol of the Greenland area. The original barn was built in the late 1870's and was larger than the one we see today. In 1922, the barn was hit by lightning and it burned to the ground. The fire was so hot that train traffic was delayed for hours due to the intense heat. The new barn we see today is 25 feet shorter in length than the original barn, but pretty much looks the same. The loft can hold up to 100 tons of hay.

Carpenter Creek originates in Palmer Lake and runs through Greenland and onto Larkspur where it joins Plum Creek. It flooded many times causing train derailments and destruction of property. The flood of June 1965 is most memorable.

10 Sixteen inches of rain fell in Palmer Lake and the surround-