

ing area. A 30-foot wall of water came roaring northward causing serious damage to Greenland and then further on north in Larkspur, Castle Rock and Denver. You may have noted that the Palmer Divide separates two watersheds. Water flowing north ultimately empties into the Platte River and water flowing south from the Palmer Divide drains to the Arkansas River.

From the Greenland turn, we head south with about 2.5 miles to go, but no more significant hills! Along the current route of the active railroad was the old territorial road that connected north of Castle Rock to Palmer Lake and later led to Colorado Springs.

Did you know that in 1899 State Senator Ammons of Douglas County sponsored a bill that appropriated \$5000 to develop a bicycle path from Littleton to Palmer Lake with options to continue it all the way to Pueblo. This section of Kipps Loop is on that Ammons bike-way. Senator Ammons would be thrilled to see the many Open Space pathways we enjoy today!

As you proceed south on this section of the trail, be alert and catch a glimpse of the remains of a concrete bridge structure that was once part of the Santa Fe Railroad route. This structure supported a steel girder bridge. A photo of the bridge is included. This photo was taken during World War I when the Army assigned soldiers to protect this critical railroad bridge!

We arrive back at the south trailhead after an adventurous, if not grueling, 8.5 mile trail hike, bike or run...whew!

I wish to credit and praise the Larkspur Historical Society and the Douglas County staff for their fabulous websites and willingness to answer my questions. Penny Burdick leads the Larkspur society and was so helpful to me in my research. The Larkspur web site is www.larkspurhistoricalsociety.com and the Douglas County's web site is www.douglas.co.us. The Douglas County Open Space and Trails portion of their web site includes a map created by Richard Marks as well as some additional information on the trail. Be sure to check it out before embarking on your Greenland Trail adventure. There is also a pamphlet made available at each trailhead. Additionally, my loyal mentor Roger Davis of the Palmer Lake Historical Society and Vaile Museum was able to contribute several interesting historical tidbits on the area. The PLHS website is www.ci.palmer-lake.co.us/plhs/.



The Race

Bob Mutu

A couple of years ago I was on a trip to Houston to attend a training class. Before I got there I checked if there were trails to run and if there were any races I could fit in to my schedule. I would be there for five days including a Sunday arrival. No races were on tap, but I did find a bunch of trails in Memorial Park near downtown Houston. They absolutely reminded me of the jungles of Vietnam! Several routes were available and I could get in 8-9 miles if I really wanted too. The trails were muddy, soggy, mostly covered by a canopy of jungle and I had to make a contribution to the mosquito blood bank throughout each training run.

Arriving on Sunday afternoon, I headed to the park to enjoy the light rain and low altitude. I stopped at the first parking area I came to and compared the landmarks to my map from the internet. I picked a trail that looked to be about 3 mile. It turned out to be 5 miles of slogging along, alone, in hilly, hot, wet heat with a canopy that often blocked out the drizzle. Just like Vietnam, which is probably why they called that trail the Ho Chi Minh Trail. I was not tired when it was done, probably due to the low altitude.

The next night, after class, I went back to the same spot and ran for over an hour. No idea how far. Most of it was getting up muddy hills and sliding down the other side. I was really aware of how the altitude and humidity was helping me to maintain my pace.

On the drive out of the park I noticed some runners on a wide trail, like in MVP. I came back two days later and parked where I had seen them and launched down that trail.

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This turned out to be the main runner trail in the park. I later learned most locals stayed away from the jungle trails. One guy told me only the lunatic fringe went over on that side of the park.

I cruised along the new trail, passing lots of runners and feeling better as I went. I think the really good runners were all going the other direction! I asked a guy I caught up to where the trail went. He said it was a loop and was a couple of miles long.

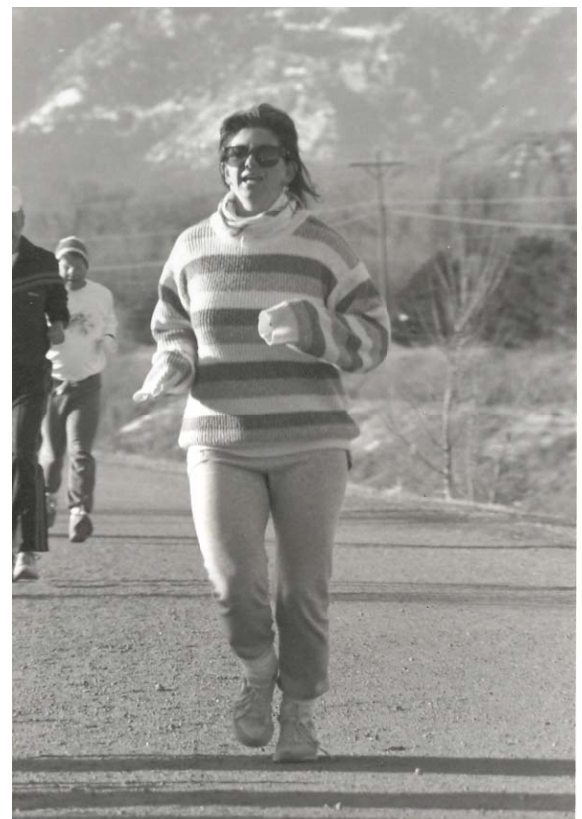
I checked my watch and figured I was almost through one loop and decided to push it in and see how I felt before deciding to do another loop. I also wanted to stay ahead of him. Of course, the guy I passed and casually talked to decided he would hang with me. We traded places a few times, all the while trying not to acknowledge to each other that we were slowly picking the pace up to sub 8. The loop turned out to be about three miles.

As I passed my car I felt pretty good. I asked the guy if he was doing another lap. He said he was. The race WAS on! We traded the lead for two miles, still increasing the pace. When my car came into sight neither of us was talking, we were just "suckin' air". He said that was it for him and peeled off to the other side of the road. I got my car and stopped for some water. I walked a little and then decided to jog one more lap easy. I had just covered a half mile or so when I caught up to the same guy. He was walking. I stopped and asked him if he wanted to jog the rest of the lap. He looked at me, smiled, and said "No way, lets race!" and we did!



Two runners participating in February 1992 Nieslon Challenge—"hi-tech not required for running gear!"

Bob Mutu giving runners their directions at the start of the 1992 Valentine's Day 5K Fun Run



December NIELSON CHALLENGE

Name	Position	Handicap	Actual Time	Difference	New two milers	Place	Time
Jessica Raab	15	18:50.7	18:43.146	-00:07.554	Dean Buck	14	18:42.366
David Minter	3	12:40.6	13:05.817	+00:25.217	Garrett Finn	6	14:46.54
Les Bell	16	18:49.4	19:40.275	+00:50.875	Hannah Everson	7	15:09.509
Terry Kurtz	5	13:23.3	14:17.77	+00:54.47	Stephanie Jones	2	12:51.383
Linda Staines	4	12:47.9	13:46.093	+00:58.193	Ken Finn	19	21:29.248
Phil Goulding	10	15:16.5	16:21.689	+01:05.189	Ryan Bush	17	20:47.096
Eric Peterson	1	11:14.5	12:37	+01:22.5	Taylor Finn	18	21:28.516
Karin Moe	12	16:17.9	17:57.732	+01:39.832			
David Fenell	13	16:33.4	18:16.119	+01:42.719			
Carl Olson	8	13:54.8	15:42.071	+01:47.271			
Aaron Olson	20	19:58.0	22:02.712	+02:04.712			
Dennis Stalnaker	21	19:35.3	22:40.019	+03:04.719			
Aaron Lojewski	9	12:58.1	16:06.03	+03:07.93			
Scott Anthony	11	13:50.1	17:39.954	+03:49.854			
Rozita Swinton	24	22:54.6	26:51.53	+03:56.93			
Cliff Donnelly	22	19:16.6	23:39.413	+04:22.813			
Ken Holmes	23	19:37.2	25:19.68	+05:42.48			

VOLUNTEERS

Thank you very much to the wonderful volunteers:

- ▲ Al Grimme
- ▲ Phil Foster
- ▲ Pat Lockhart
- ▲ Dave Sorenson
- ▲ Bob Royse
- ▲ Bill Gallegos

Winter came on with all its beauty today. Temps were in the upper 20s and the trail was covered with a good 4 inches or more of the white stuff and it was still coming down hard. Twenty-four hearty runners still came out and challenged themselves to the 2-mile course. This included several Land Shark runners who are gearing up for the National Junior Olympic Championships next weekend in Rhode Island.

Despite all of the snow, there was one runner who ran under her handicap—this was the magnificent Jessica Raab—congratulations, Jessica!



Don Johnson tallying the results of the 1992 Nielson Challenge

Gloria Baker 2005 Award

Cymmie Bailey

It is my pleasure to announce Jim Beckenhaupt as our Gloria Baker 2005 Volunteer of the Year! Jim received his award at the Fall Series Award and Membership Meeting Dinner and I believe he was truly surprised.

Jim has been a runner for many, many years and this year, he stepped up as a volunteer as well. He has become our Bulk Mail Manager, attends the Newsletter Stuffing and Board Meetings regularly, has volunteered at numerous races through out the year and assumed the daunting task of organizing the water and aid stations for the American Discovery Trail Marathon, Half Marathon and 5K (that alone qualifies him for the award)!

He has even played "Master of Ceremonies" at our Great Race. He's in the process of organizing a new race to honor our veterans; a worthy endeavor that we hope will work out. Jim's big heart and "can do" attitude even when tackling new tasks makes him number one in our book.

Thank you Jim for contributing so much to our club!



Volunteers 2005 Recognition Program

Cymmie Bailey, Volunteer Coordinator

Seasons Greetings to our Volunteers! This will be the last issue featuring our hours for the 2005 Volunteer Year. In January I will start compiling the hours for 2006, which as you know actually begins on October 1st. Again, it's worth mentioning that we had wonderful participation this past year, which keeps our club going strong. We can't put on well-run, organized races without you so keep up the good work. You are greatly appreciated!!

If you have any questions with regard to your hours or the program in general feel free to e-mail me at cymmieb@qwest.net. As always, many, many thanks for your participation.

Bronze Level - up to 20 hours

At 10 hrs you have earned a PPRR T-shirt (also includes 1-10 hours)

Carla Augenstein	12	Mike Shafai	14
Kent Bailey	11	Luci Stansberry	14
Rachel Bain	18	Mike Stansberry	10
Jim Bishop	12	Kim Tollin	10
Debby Bloch	12	Matt Waters	17
Kirk Brown	12	Zach Waters	12
Carpenter Family	12	Traci Winterbottom	20
Rick Di Muccio	13		
Mike Duncan	10		
Verne Duncan	12		
Jim English	10		
Sarah English	10		
Bob Foster	14		
Scott Gray	18		
Teri Harper	11		
Lori Hawkins	18	Jerred Abdella	31
Mel Johnson	10	Sherry Abdella	44
Steve Kidd	11	Jim Bailey	37
Clyde Landry	12	Dave Balzer	44
Les Lundin	14	Jan Balzer	29
Melody Lundin	19	Gordon Barnett	37
Steve McDermott	12	Dee Budden	25
Suzanne McDermott	12	Cornell's Kuhn	32
Mike McEvers	15	Jon Cornick	24
Sandee Miller	12	Laural Fanelli	33
John Mills	10	Paul Fanelli	30
Dee Nelson	10	Phil Foster	47
Neil Oseland	20	Julie Foster	24
John Powell	16	Al Garcia	28
Bill Ransom	11	Lisa Heckel	27
Storme Rose	11	Jan Huie	36
Nathan Rouse	12	Jack Janney	23
Bob Royse	12	Jennifer McGee	31
Steve Sager	10	Eric Mullins	29

John O'Neill	38
Steve Reed	26
Marie Sandren	21
Emilie Satterwhite	24
Mickey Simpson	34
Leroy Smith	26
Michele Smoker	35
Angela Sullivan	37
Dave Thomson	24
Stan Upchurch	24
Melissa Waters	21



Gold Level - 51-75 hours

You have earned a jacket

Tony Abdella	54
Jack Anthony	60
Tom Dewane	55
Sandy Lowe	54
Zane Meredith	69
Jeff Tarbert	54

Diamond Level-76-99 hours

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

Susan Hoxie	91
Don Johnson	93
Cruz Martinez	78
Robin Satterwhite	76
RT Tollin	86

Platinum Level - 100 plus hours

Special recognition at rewards dinner

Cymmie Bailey	144
Jim Beckenhaupt	149
Dan Cleveland	104
Diane Cahalan	394
Angie Earle	113
Al Grimme	186
Lyn Hale	193
Gil Kindt	173
Pat Lockhart	286
Larry Miller	211
Bob Mutu	418
Janet Rose	104
Allen Schoffstall	100
Dave Sorenson	195
Travis Waldrip	119

