



the **LONG RUN**

Treat your body like a temple, not a woodshed. The mind and body work together. Your body needs to be a good support system for the mind and spirit. If you take good care of it, your body can take you wherever you want to go, with the power and strength and energy and vitality you will need to get there.

Jim Rohm

Volume 29 Issue 3

“All the news that’s fitness to print”

June 2005

2005 Feats of Fire



Table of Contents

Club Information	2-5
New and Renewing Members	5
Letters to the Club/Editor	6-8
Freedom 10K	8
Runing Shoes Stories	9
History Trail Run	10
ADTM Update	13
June Nielson Challenge	13
Volunteers Corner	14
Volunteers 2005 Recognition Program	15
Race Results	
Mizuno Mile	16
Alex Hoag	16-20
Feats of Fire	21-25
Run for the Garden	26
PPRR Membership Application	28



Membership Information:

Memberships are for 12 months. RENEWAL NOTICES ARE NOT SENT OUT. Please check the date on your mailing label for month of expiration--look for the sad face on your mailing label. *the LONG RUN* is mailed bulk rate. IT IS NOT FORWARDED. Please send address changes to Membership.

Mail renewals to:

Pikes Peak Road Runners, Inc.,
Attention: MEMBERSHIP
207 N Nevada
Colorado Springs CO 80903

PPRR Board Members and Other News

Club Officers

President: Pat Lockhart 598-2953
Vice President: Larry Miller 590-7086
Secretary: Robin Satterwhite 471-7613
Treasurer: Gil Kindt 328-9828

Board Members

Jack Anthony 282-9799
Cymmie Bailey 578-1651
Gordon Barnett 266-5390
Al Grimme 534-0534
Lyn Hale 328-9828
John O'Neill w 635-3833, h 685-5806
Travis Waldrip 282-1671



Special Committees

Bulk Mailing: Jim Beckenhaupt 636-2696
Calendar: Dave Sorenson davidsorenson@msn.com
Course Marking/Certification
Travis Waldrip 282-1671
Equipment: Larry Miller 590-7086
Gordon Barnett 266-5390
Insurance: Pat Lockhart 598-2953
Historian: Storme Rose 591-6819
Membership: Pat Lockhart 598-2953
Janet Rose 598-1904
Newsletter Editor: Diane Cahalan 594-9493
editor@pprrun.org
Nielson: Zane Meredith 633-2055
Race Coordinator: Don Johnson 291-9712
Training Runs:
Garden of Gods: Dave Sorenson davidsorenson@msn.com
Barr Trail: Larry Miller 590-7086
Volunteer Coordinator: Cymmie Bailey 578-1651
Web Page Master: Dave Sorenson davidsorenson@msn.com

Advertising in the LONG RUN

Business cards : \$15/month

Mail your card/ad and check to:
PPRR Advertising - Attn: Editor
207 N. Nevada, CS, CO 80903

Full page inserts - DUE on 2nd Tues of the month:

1. Print **750** copies of your insert on 8½X11 paper.
2. Do NOT fold or staple--8.5 x 11!
3. Deliver to PPRR Editor c/o Colorado Running Company at 833 N Tejon, Colo Spgs, CO 80903.
4. Deliver check for **\$50.00** made payable to PPRR Advertising with the flyers.

Monthly Club Meetings

Business meetings are held at 7 p.m. on the first Tuesday of each month at the downtown Pikes Peak YMCA, 207 N Nevada. PPRR members and friends are encouraged to attend.

Newsletter Information

the LONG RUN is the official monthly publication of the Pikes Peak Road Runners. We welcome all written contributions and photographs. You send it, we'll run it.

Please save your article in MS Word. Send via e-mail to editor@pprrun.org or through the mail to Pikes Peak Road Runners, Attention: Newsletter Editor, 207 N Nevada, CS, CO 80903. If you do not have electronic means, just mail to the Editor.

Items for the newsletter are welcomed at any time. You can mail them to the above address or drop your articles off at the downtown YMCA. Ask someone at the reception desk to place materials in the Road Runner's mailbox.

Deadline for time sensitive information

It's the weekend before the first Tuesday of the month.

Credits

Editor: Diane Cahalan 594-9493
Race Results: Dave Sorenson davidsorenson@msn.com
Contributors: All are welcome to contribute.
Printing: Centennial Reproduction Center 635-4453

Stuffing Sessions

Newsletter parties are held the **2nd Wednesday** of each month at **6:30 p.m.** Everyone is welcome to join the fun!

Colorado Running Company has graciously offered to host the stuffings. PPRR will provide the food and CRC will provide the beverages.

June 15	CRC	833 N Tejon	635-3833
July 13	CRC	833 N Tejon	635-3833
Aug 10	CRC	833 N Tejon	635-3833
Sept 14	CRC	833 N Tejon	635-3833
Oct 12	CRC	833 N Tejon	635-3833

Please call for directions & confirmation.



President's Letter

Articles and photos for the Long Run may be submitted via e-mail to editor@pprrun.org or drop at downtown YMCA. Hey Members—I want your running stories! I know you are out there and have stories, send them to me!

As I continue to say—you members are AWESOME—keep the articles and photos coming!

Volunteering

Just in case you don't take the time to read the minutes, at our April meeting, I commented to the board that I was going to try something new in recruiting volunteers for the Feats of Fire for Kids. As Co-Chairperson for Memberships, I process the application forms and pulled about 40 new and renewals that noted that they wanted to volunteer. I e-mailed them jointly requesting their help with the May 22 event. I got 1 response from that e-mailing.

A comment from one of the board members that initiated this *test* was that the volunteers are a clique and potentially new volunteers are not contacted. I already have 2 new volunteers who have contacted me to help with the Run for Hope in July. It's hard for the Race Director (or anyone, for that matter) to take time to sit and make several hours of phone calls and ask for help... and wait for return phone calls that never come. That's one of the reasons a good core of volunteers that can always be depended on is so critical.

I hope you have noted our new Volunteer Opportunity column. If you have the time and want to volunteer at one of our events, please take the time and call or e-mail the Race Director and offer your help—it is so greatly appreciated.

I would like to make a special thanks to several people who took on new tasks for the Feats of Fire for Kids. The individuals are already committed volunteers, but this time I asked them to do a little more and they accepted without any reservation, and performed as I expected... excellently.

AL GRIMME - accepted as our Course Director

KATIE WATERS - accepted as our T-Shirt Table Director

EMILY WATERS - accepted as Start Line Assistant (helping me check the bibs for "dots")

Another very special thank you to the TONSITS FAMILY - LAURA, REESE AND JUSTIN. Peter and Pete had a soccer game to make up... otherwise we would have had the whole family as the water station. Laura told me, "It's about time that the Tonsits did some volunteering."

We are a race management club and without the volunteers there would be no club.

Let the rains come, but give us a little sunshine for our running events!

Pat Lockhart

May Stuffing Volunteers

Colorado Running Company, Host

Bob Acevedo
Carla Augenstein
Jim Beckenhaupt
Diane Cahalan
John Cornick
Al Grimme
Teri Harper
Pat Lockhart
Bob Mutu
John O'Neill
Jeff Smith
Dave Thomson
Traci Winterbottom

**Trail clean-up will
be held on Sat Jul
2 and Aug 6 @
9a.m.**

**Southwest parking lot
of Walmart on 8th Street**



Attendance: (Robin) Lyn Hale, Robin Satterwhite Pat Lockhart, Larry Miller, Gil Kindt, Al Grimme, Jim Beckenhaupt, Travis Waldrip, Cymmie Bailey, Don Johnson, Jack Anthony, Dave Sorenson, Phil Foster

Excused: Gordon Barnett, Chris Tuttle, Diane Cahalan, John O'Neill, and Zane Meredith

Guest Business: - Dan Cleveland -Trails and Open Spaces . Dan has requested a liquor license for ADTM (American Discovery Trail Marathon). Last year the board was not involved with the liquor license and it did not go before the board for approval. Pat wanted board approval this year. Dan presented the procedure that he will go through to get the liquor permit. The application form from the State Dept. of Revenue calls for the "President, Secretary or political candidate..." to show that the group is non-profit, in good standing. The applicant has to submit a plan for how the alcohol consumption will be contained. ADTM will only serve to runners and volunteers over 21. Last year they marked all bibs of runners under 21. Alcohol will be distributed and consumed in a marked off area. Bristol Brewery will provide free beer. Ent is pleased with the event and happy to have the beer. Pat would like PPRR named on a certificate of insurance from Bristol Brewery. Dan will request certificate, but since Bristol Brewery gives ADTM the beer before the event and is not present or involved in the distribution this might not be possible.

Travis made a motion and Dave seconded, to approve Dan's request to get the liquor license. Larry Miller as vice president will be listed on the permit request. The motion passed unanimously.

Minutes: The minutes were approved as corrected.

Treasurer's Report: (Gil) Gil presented the current financial statements. The full report was accepted and is on file. The Total cash in bank accounts is \$13,555.21. Gil will close out the Wells Fargo account this month and transfer remaining funds to Key Bank. ADTM financial reports were included in this month's report. Gil is working on budget projections for PPRR.

Event Promotion: (Al) Al has been creating Active.com information pages for future races.

RRCA: (Jack) Jack will be attending RRCA convention next week. He will be watching the awards to see our competition for next year. RRCA news: Lisa Paige , our regional representative is on the search committee for a new RRCA executive director. Jack also mentioned that his newsletter articles have turned up additional historical leads.

Certifications/Measuring: (Travis) Travis is currently measuring for the Alex Hoag Race. He has completed the first course that finishes outside the stadium and will complete the second on Thursday. The Diabetes run is tentatively using a course in Bear Creek park. This course will not be certified, only measured. Travis is working on the ADTM, particularly the 5k. He has scheduled to work on it in June and July. The PPRR's Great Race could potentially use the same course out of Confluence Park.

YMCA: (Chris) Chris described the Y's 5k run in Falcon. It is a small event that they hope will build in size. Starting time is 10 a.m. at the Woodman Hills Rec. Center. Title: Woodman Hills 5k Run. Chris had ideas for a newsletter column. One idea was a q & a type of article.

Newsletter: (Diane) absent. Jim wanted it mentioned in the newsletter that volunteers are outstanding.

Bulk Mail: (Jim) The last newsletter mailing was overweight but flyer income offsets the extra postage. Al is shopping for a new electric stapler. The best price he has found so far was \$298.

Equipment: (Larry/Gordon) Larry bought a bigger generator to replace the one stolen from the storage unit. The price - \$399. The new generator is on a platform with wheels and a handle that folds down. Larry will use an etching tool to mark it with PPRR name. Larry did not leave the generator at the storage unit. Larry, Bill or Dave will keep the generator at one of their houses.

Bill Gallegos is rotating another 737 out for repair. For insurance purposes, he is still compiling an equipment list and adding ADTM equipment.

Calendar: (Dave) Dave made corrections. He has been producing on colored paper.

Webmaster: (Dave) Janet Rose has requested that we publish the training run attendance in the newsletter. Dave reported progress on the electronic newsletter research. The main problem will be the size of the files, photos. Membership authorization and validation will not be big issue.

Volunteer Coordinator (Cymmie) Volunteer appreciation night was canceled. There were only three rsvps by noon on Thursday. Phil kept the reserved room open. Don Johnson and Beezy Taylor entertained the group that came. Another idea would be to include an appreciation event at the club's new Great Race.

Race Coordinator: (Don) Update- Ft. Carson called to lodge a complaint. At this time, Don did not have any additional information about the matter. He attended a meeting in Boulder with other race coordinators from the Denver/Boulder area. Other areas wanted to know how we were handling races on streets. Other than the Bolder Boulder there is only one other race held on the road in Boulder. Don reported that it was an informative meeting. He received information on online race entry sites, other race insurance and he commiserated about problems finding race venues, race shirts.

PPRR received a call from Skyway Elementary who wants to put on a 5k race and with a goal to profit \$9,000. Pat advised them that they needed sponsorships.

Jim mentioned the possibility of a short, 1-mile race before Veteran's Day parade.



Insurance: Pat will get a quote from Hinkle but she is waiting for the inventory list from Bill Gallegos. Pat has "hard copies" of all insurance policies on file.

President's Report: (Pat)

Membership statistics:

Single	481	Current	767
Clubs	41	Expiring	129 (over the next 3 months)
Life	9	New	23
Families	139	Renew	19
Family Members	266		
TOTAL	936		

Two volunteers will be stepping down from their duties. This will be the last year that Bill Gallegos directs the Sailin Shoes finish line. Bill will assist the new director for 2 years.

Zane Meredith will direct the Nielson until November. Al Grimme and Phil Foster will take over at that time.

Past Events:

- GOG/SRT training runs (Dave)- Going fine.
- Tortoise & Hare (Bob) Good weather. Happy crowd.
- Elbert Reflections (Larry/Gordon) - windy. Double the runners of last year.

Upcoming Events:

- 5/7 Nielson Challenge (May)
- 5/6 Trail Cleanup (May)
- 5/14 Run for Sunshine (John/Travis) Our insurance ok, theirs is not
- 5/22 Feats - (Pat) - School District 11, volunteers
- 5/28 YMCA Run (Woodland Hills) - (Chris)
- 6/4 Nielson Challenge (June)
- 6/3 Trail Cleanup (June)
- 6/12 Garden of the Gods (Dave/Lyn/Bill)
- 6/18 Sailin Shoes (Al/Bill) - insurance ok both
- 6/25 Panoramic (Don)
- 7/01 Trail Cleanup
- 7/02 Nielson (July)
- 7/10 Summer Roundup Trail Run (Pat/Lyn/Bill) The new course will be about ¾ around the parking lot of Cheyenne Mountain High School then into Stratton Open Space. Start/finish at the high school.
- 7/16 Run for Hope (Cymmie) - They have lost sponsorships to another part of the foundation. One solution would be to increase participation. The race has averaged 200 runners for several years. Flyers for the race will be included in Sailin Shoes race packets.
- 7/23 Women's Distance Festival

Old business/New Business: Our Pikes Peak Road Runners 30th celebration. There was a suggestion that we should explore commemorative t-shirts.

8:56 meeting adjourned.
Next meeting: June 7, 2005
Respectfully submitted,

Robin Satterwhite



New Members

Carrie Adams	Colorado Springs
Dixie Bachyrycz	Colorado Springs
Bob Conboy, Jr.	Colorado Springs
Joyce Hanagan	Colorado Springs
Rebecca Atkinson Hanagan	CSprings
Jeff Lindemann	Peyton
Tanya Munsee	Colorado Springs
John Randon	Colorado Springs
Gabriel Rosado	Colorado Springs
John Stevens	Colorado Springs
Kathi Stewart	Colorado Springs
Shelley Werts	Colorado Springs

Jim says, "You Volunteers are GRRRRREAT!"

Photos in this edition compliments of Jack Anthony, Tom Dewane, Kim Hoag, and Diane! Thank YOU!

Renewing Members

Doug Allen	Woodland Park
Nancy Augustus	Colorado Springs
Andrew Blemker	Colorado Springs
John Boddington	Colorado Springs
David DeHart	Colorado Springs
Bud Gerathy DDS	Monument
Diana Hartman	Colorado Springs
Chuck Holte	Colorado Springs
JoAnn Hopper-Davis	Colorado Springs
John Klopsch	Colorado Springs
Scott Lebo	Colorado Springs
Greg Leger	Colorado Springs
Abram M. Minzer	Colorado Springs
Lauren Murray	Colorado Springs
Lindsey Murray	Colorado Springs
Lisa Murray	Colorado Springs
Todd Murray	Colorado Springs
Curtis Olson	Colorado Springs
Rick Samz	Colorado Springs
Lisa Short	Colorado Springs
Rick Shoulberg	Manitou Springs
Jeff Smith	Colorado Springs

The happy face on your mailing label means it's time to renew. Use the membership form on the last page of the newsletter. Thanks!

