

## Letters to the Club/Editor

### RUNNING USA COAST TO COAST RACE AND RELAY CLARIFICATION

Dear Running USA member:

A few weeks ago, we sent out a *concept* document describing the proposed Running USA Coast to Coast RACE and RELAY. We have received favorable responses from many of you indicating strong interest in either helping out with or sponsoring the project. To all of you, we thank you very much and to those who haven't responded, we look forward to your feedback, too.

We would like to make several points of clarification. The project is a Running USA project and the plan is that proceeds will benefit the fight against childhood obesity by providing grants to members who participate and have a program which encourages youth or family fitness. DMSE, with two transcontinental runs under their belts, will provide services and expertise in the management of the event. Since the DMSE Foundation was established 1 ½ years ago to also benefit the youth fitness cause, the initial plan was to funnel donations through that entity. But this has given some people the impression that proceeds will benefit the DMSE management company which was never the intention. ALL donations and net proceeds will be distributed to deserving programs determined by a committee of the Running USA Board of Directors.

Finally, some folks have asked how they can get involved if the proposed course does not pass through their area. Member entities will be able to get involved in various ways including recruiting participants for the RELAY and perhaps combining with others to sponsor a team in the RACE. One possibility may be to recruit an entire team from a state or city that is not on the route and challenge another state or city to do the same. The Coast to Coast RACE may also provide fundraising avenues such as donations associated with a particular runner. We will provide a staff person who can assist you with your fundraising or publicity ideas. Also, keep in mind that the RELAY and RACE will probably have a different course every year and we will also consider having stages of the RELAY feed into the overall course from cities to the north and south of it.

The plans for the RELAY and RACE will be presented at this week's Running USA Board meeting in Chicago for input and approval. We will keep you posted on any developments.

Meanwhile, please continue to send along your ideas and suggestions.

Regards,

Basil Honikman  
Executive Director  
Running USA

Dave McGillivray  
DMSE, Inc.  
dmse@dmsesports.com

### From William in Plano TX

The Plano Pacers finally received hot weather. We are on a summer schedule now, with 5K races for all and .673 mile races (the path around the park lake) for twelve and under runners. Memorial Day weekend began a week with a race somewhere in the Dallas area every day, as announced by equipment custodian (and Pikes Peak competitor) Ken Ashby. June will feature the Millet Mile, a slight downhill run, with the prevailing wind pushing the runners. Lots of runners set PR's here.

My own age group in the 5k included Hunter Hammitt, a retired Baptist missionary to the Orient and returning member, and Bill Johnson, first president of the Pacers twenty-five years ago. We all won trophies, which put me in heady company. Hunter was able to speak with my wife, Chun, in Korean, her native language. Chun's brother is also a Baptist missionary.

Chun also accompanied me to the Prediction Run in early May. She was immediately drafted as a timekeeper, and enthusiastically invited back when she did well at the job. Part of this was staying awake until I finished.

I offer a bit of trivia for you. In the May copy of *the Long Run*, you had a picture of the Kinner family, taken in the early 1940's. Most of your members are too young to remember World War II, but I am not. Mrs. Kinner is wearing bobby sox. She would have worn nylons, but those were virtually unobtainable during the war. Silk stockings were expensive, and silk was controlled by the enemy, Japan. The less said about rayon stockings, the better. Women used leg makeup, wore sox, or just did without. The young man on leave who could somehow get nylons was in great demand. Check some of the TV movies of the period. Mrs. Kinner would certainly have preferred to be photographed in stockings if she had any.

Rregards,

### Road Race Management Directory

Hello All!

A quick note here to let you know that I have a copy of the Road Race Management Directory which lists the contacts for about every product and service known to appeal to runners, race directors, race production, you name it. Phil Stewart (owner/editor of Road Race Management newsletter) gives a copy to each State Rep. So if you or your race directors need a contact name, please let me know. It's simple for me to look up in this book. BTW, this book sells for \$135 and is available only as hard copy (not online).

Lisa Paige  
RRCA CO State Rep  
[runlpaige@yahoo.com](mailto:runlpaige@yahoo.com)



## Great Outdoors

June is Great Outdoors Month—go to <http://www.funoutdoors.com/> to find activities and to post your events to a national calendar.

To post events, follow the link to Events, then scroll to the bottom to find the e-mail address, [erin@funoutdoors.com](mailto:erin@funoutdoors.com), to send your event posting.

## Freedom 10K Road Race

Todd J Allison

CPT, QM

Support Squadron, 3d ACR

DSN (302) 539-5505

Pikes Peak Road Runners,  
I would like to start out by introducing myself. I am Todd Allison, and I am an officer assigned to the 3d Armored Cavalry Regiment stationed at Fort Carson. I am currently deployed to Iraq for the second time with the 3d ACR. Other than spending time with my beautiful wife between my deployments I enjoyed nothing more than running in the races that the Colorado Springs community had to offer. Some of the races that I enjoyed were:

- Take5 in the Garden of God
- Several 10Ks on Fort Carson, CO
- Summer Trail Roundup
- Pikes Peak Ascent
- ADT Half Marathon
- Race for the Cure
- Mayor's Cup 10K

Several of my fellow officers and soldiers of the 3d ACR share my enthusiasm for running and in order to break the monotony of day-to-day in Iraq we organize races. The first major race that we are hosting is the Freedom 10K Road Race on the 4th of July. Without sounding needy I would like to solicit help from all those companies and clubs that organize races. The Colorado Springs community has gone out of their way to make soldiers like me feel proud so I donot want to over step their gratitude. We have ordered T-shirts and are raising monies already with private sponsors. There are a great deal of little things that go into running a race that we are in need of. For instance, pins, numbers, stop watches, plastic bags, american flags, race bannersetc. We plan on running several races and we are going to plan them out sooner than this one.

Since we are from the Colorado Springs Area I would like to see if any organizations or clubs would like to sponsor us. On my first deployment to Afghanistan before I was in the 3d ACR a 5K race club out of Philadelphia, PA sponsored a group of soldiers who held a 5K in honor of the race in Philadelphia. I think the race was to commemorate the potatoe famine in Ireland or something, but when we ran the race in Afghanistan we took digital pictures and video and

sent it back to Philly where they showed the photos and video so the runners in the states could see thesoldiers before they raced. I think it would be great if each of our races was sponsored by a local Colorado Springs Race. I understand that your organization is unofficially or officially "plugged in" to the race schedule and POCs for all races. I will understand if you cannot support us or do not want to impose on the business relationships you have built in Colorado Springs. However, if you know of anyone that would be interested in working with us and sharing in our deployed exeperience I think it would be great. I feel a sense of sorrow with all the races that I am going to miss this season.

I look forward to talking to anyone that is willing to lend a hand no matter how small. Until next year, I will be running in the deserts of Iraq longing for the mountains of Colorado.

I have attached a sponsor form for the FREEDOM 10K. The race coordinator is First Lieutenant Carla Graves and her POC information is on the form. Again I appreciate yourhelp or advice on this matter.

Very Respectfully,  
Todd

**Editor's Note:** Please note that we have missed their immediate deadline, yet, they will acpet contributions any time.



Feats of Fire Kids Race



June 2005

Dear Sir or Madam:

I would like to invite you to help sponsor the FREEDOM 10K Road Race. The race will be held Monday, July 4, 2005 in Tall Afar, Iraq. This race will be the first major road race hosted at Camp Sykes. It will be an excellent opportunity for the Soldiers of the Third Armored Cavalry Regiment come together as a unit and celebrate the 4th of July; a holiday which recognizes our independence and freedom as a nation.

I am assigned to Support Squadron, Third Armored Cavalry Regiment. I am currently on my second deployment to Iraq with this unit. Last deployment, road races were a welcomed break from the constant operations and an excellent boost to morale.

We are currently in the process of organizing and planning the 10K road race. We are also trying to organize a post-race celebration with food and music. One of our goals for this road race is to be able to present each runner with a free T-Shirt to commemorate the race, as well as recognize the fastest runners in each age group with an award. We are expecting approximately 600 soldiers to participate in the race and need to raise about \$3,000.

We would greatly appreciate your financial support or donations in kind to help make this event a success. Please email the form below to [race@graves.net](mailto:race@graves.net) as soon as possible. Your donations should be mailed to the address below by June 10, 2005

Thank you,

Carla Graves  
First Lieutenant  
Race Coordinator

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Sponsor Form

Name and address of your company:  
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Contact person, phone number, and email:  
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We will donate: \_\_\_\_\_

Donations can be mailed by June 10, 2005 to:  
1st Lieutenant Carla Graves  
Med Trp/SPT Sqdn/3ACR  
APO AE 09379

**Editor's Note:** Please note that we have missed the immediate deadline of June 10, yet, they will accept contributions any time—i.e., pins, numbers, clipboards, etc. that help with race operations will always come in handy. Any monetary contributions will either go towards the t-shirts already purchased or towards future races we plan on holding. These, of course, we will keep you updated with. I have asked that our webmaster post the the 3d Armored Cavalry Regiment (3ACR) newsletter (Mounted Riflemen) and the Support Squadron, 3d ACR Newsletter (MULESKINNER POST) at [www.pprun.org](http://www.pprun.org) so that you can read about what these folks do.



# PPRR Running Shoes Stories ...

## Freedom to Run

Michael Shafai

As we hustle and bustle our way through our lives, sometimes it's easy to forget how good we've got it.

Yes, we complain about our jobs. We complain about our spouses. We complain about our kids. We fret about the traffic on the interstate, the drugs in our schools, and the dog crap someone neglected to remove from the middle of the trail. Gas prices are soaring, the dollar is plunging against the euro, and the utility department only permits us to water our lawns twice a week.

These are the things I hear. Day after day, hour after hour—it's almost impossible to escape this bombardment of negativity and *Chicken Little* laments—"the sky is falling!!!" But is it really so bad?

In her bestselling memoir, *Reading Lolita in Tehran*, Azar Nafisi portrays startling visions of human repression endured under the auspices of the Islamic Republic of Iran. In the same book however, she provides a contrast to these descriptions by masterfully combining them with encouraging images of liberation achieved through the cathartic power of literature.

Nafisi vividly chronicles the transformation of her society, one where just twenty-five years ago, women could wear makeup, jewelry, and fashionable clothing, to today, where even a single strand of hair escaping through her robes and scarves can bring on the unwelcome wrath of a morality squad, and the extreme punishment that accompanies such a transgression.

While most of us are outraged when we are periodically alerted to the torturing, executions, and imprisonments that often occur under totalitarian regimes, we are painfully unaware, or we simply choose to ignore, how the citizens of such regimes are summarily deprived of even the simplest pleasures.

While we fret about the long line at Starbucks, others are denied the simple satisfaction of eating chocolate, or holding hands with their lover as they walk down the street, or wearing colored socks, or reading *The Great Gatsby*, or putting on a pair of shorts and going for a run on warm spring day.

While certainly, suffering an execution at the hands of the state for speaking one's mind, would unanimously be construed as *cruel and unusual* punishment in the eyes of any American judiciary, in what way would we label the "inability to eat an M&M", or the "inability to hold hands with my wife in public", or the "inability to wear red socks", or the "inability to read a novel by F. Scott Fitzgerald", or the "inability to run up Barr Trail"? I doubt most of us have ever thought about it.

While there have been times in our nation's history, where select groups of people born on American soil have been deprived of some of these rights, in the year 2005, in the state of Colorado, in the United States of America, such hindrances on personal freedoms are difficult to imagine.

Most of our politicians are currently staking their claims on such lofty issues as the fate of Social Security, state budget deficits, and the importation of prescription drugs from Canada. And certainly, while these issues are far from irrelevant to the vast number of American citizens who will be affected by the outcomes of each debate, imagine being stripped of your innate ability to run.

Most of the matters previously described are economic in scope. After all, despite our nation's affluence, our resources are still limited. Lobbyists, who want to remain employed, are fighting for these resources. Politicians, who want to remain in office, are fighting for these resources. Corporations, hoping to protect profit margins, are fighting for these resources. And individual citizens, who want to keep as much of their income as possible, are fighting for these resources.

Running, as an act, is not an issue of economic significance. One's ability to run, or inability for that matter, is an infinitely more grave and profound issue. That is because it is an issue of *natural rights*, not an issue of economic entitlement. What can be more natural than running?

Life, liberty, and the pursuit of happiness. These words, for many of us, have become almost cliché. Perhaps it is because our memories are noticeably absent of this type of natural deprivation. As a result, we concern ourselves with issues that, albeit important to us, perhaps borderline on the mundane when compared to the problems of others.

Nonetheless, this morning, I went for a long run. The act of putting one foot in front of the other was as natural as the acts of inhalation and exhalation.

Somewhere between the beginning and the end of my run, my mind began to wander. I thought about Social Security.



Michael with daughter, Alexandra and son, Benjamin





**contined from page 9**

I thought about prescription drugs. I thought about how the county just reassessed my property, presumably because they need more money to cover a deficit, now or in the future. I also thought about chocolate. I thought about holding hands with my wife after we left the restaurant last weekend. And I thought about reading the novel I recently purchased...the one sitting unopened on my nightstand.

Then, after all that running and thinking, and thinking and running, I came to one single conclusion. I concluded that no, I really don't have it so bad...Until I stepped in a pile of dog crap that someone neglected to pick up from the middle of the trail.

*About the author: Michael is a recreational runner who runs solely for the sake of general fitness, happiness, and enjoying the company of fellow runners. He enjoys writing about his running and cycling experiences and is constantly on the prowl to convert non-runners (and non-cyclists) to his way of life. Michael lives in Colorado Springs with his wife of 11 years, Dianna, 5-year-old daughter, Alexandra, and 3-year-old son, Benjamin. Comments regarding his articles can be directed via email to him at [michael.c.shafai@smithbarney.com](mailto:michael.c.shafai@smithbarney.com)*

## History Trail Run - Meet Dixie, Pat and Janet Kinner

Jack Anthony

We're about 4 miles into our northbound run from the Woodmen trailhead. We've reached a mile north of the bridge that crosses over West Monument Creek. From here, the trail has some twisty and hilly sections and soon it will turn east and then in a mile or so the trail joins the rail bed of the Santa Fe Railroad and heads north to Palmer Lake.

This is Kinner Country! In this area in 1944-46 time frame John and Emma Kinner lived in a two story late 1800's vintage home with their three children Dixie, Pat and Janet.

The Kinner pioneers came to Colorado in 1850 and have homesteaded and ranched the front range from here to Castle Rock. The Kinner sisters still live in Colorado. Dixie lives in Denver and Pat and Janet live here in Colorado Springs. Through their fabulous memories and renewed spirit of exploration into their history, these gals have been a tremendous help to me in my history research and site exploration.

As illustrated in the May's *Long Run* newsletter article, I've been entertained by stories reflecting on life as a child on the Kinner ranch in the 1940s. This article will share a few stories of adventure, danger, humor and sadness and perhaps make this section of the New Santa Fe Regional Trail a special pathway through the lives of John, Emma, Dixie, Pat and Janet Kinner.

In February 1944 John Kinner III purchased a 500-acre ranch with a two-story home on it that was greatly in need of repair. This home was built in the late 1800s by then Edgerton's Justice of the Peace E. G. Moon. The Kinner girls would sometimes refer to it as the "Moon" house. The Kinners lived a short while in West Husted while the "Moon" home was fixed up.

John was a teacher and coach in Monument at Big Red, the school building located west of the I-25/Monument interchange. He was a well respected coach and teacher and often spoke at teacher forums statewide. John and Emma quickly organized quite a ranching operation. They leased an additional 200 acres on what is now the AFA airfield. They ran cattle, raised pigs and chickens and grew corn and beans as crops. John would milk 30 cows in the morning and sell the milk to Meadow Gold Creamery in Colorado Springs. Running a ranch and teaching in Monument made for long days for John Kinner, but he was blessed with a bride and three girls whose work ethic and dedication matched his. Let's learn more about life on the Kinner ranch.

The Rio Grande railroad formed the western boundary of the Kinner ranch and as the coal trains would rumble by, coal would bounce out and land along the tracks. This was a great source of fuel for cooking and heating. The family would head out to the tracks and collect the donations. Once a train derailed in front of the Kinner's home. This not only provided some extra coal, but some of the cars were full of live sheep and others were transporting potatoes. The Kinners helped railroad workers round up the sheep and get them back in the cars. The coal and potatoes remained for the Kinner family use. Along the tracks was the Kinner pig pen. Emma canned apples and on one occasion, mixed the peelings with the rye in the *slop* barrel.

**Kinner Ranch 1944**

