Letters to the Club/Editor

Thanks to Jack Anthony for the History Articles

Jack,

Wow! What a great series of articles in *the Long Run*, Jack! From the very first about the Tudor ranch to the wrap-up in the October newsletter, I have enjoyed each article. In fact, it has become my expectation upon receiving a new issue—to promptly see what you covered this month. Between living in Monument and working on the U.S. Air Force Academy near Ice Lake, I have run and bicycled up and down the trail from Palmer Lake to Woodman Road many a time. Our office building's address is Edgerton Drive; I'll circulate your article about Edgerton among the staff.

Thanks for enriching *the Long Run*!

Regards, Steve Fuhrmann

And thank you, Diane, for your service to PPRR. I was bragging on the newsletter to my wife just this morning. I love the picture of the 3 men running side-by-side wearing shirts from our local running stores. What a symbolic photo of the spirit of PPRR!

Thanks to Michael for the Why Run Article

Michael,

Nice article in *the Long Run*! I, too, run for general fitness and happiness. Your reaction to Chuck E. Cheese and reasons for running sound amazingly familiar. "Yup, been there, too. Yup, that's my reason, too. And that one, and that one, etc." Here are a few from my (virtual) list.

- I like looking good, and to me that means the good body form that running provides.
- I like the freedom to go this way or that and make those decisions at the spur of the moment.
- I enjoy the reputation and feedback I get being fit and able to out-perform people half my age at the office (and I ain't fast!).

Thanks, Michael, for making the effort to submit a good item to our club newsletter. Run Happy!

Steve Fuhrmann

From William in Plano TX

I saw your small notice that you were resigning as newsletter publisher last month, and a somewhat larger notice this month. I wish you well. I remember the very capable Darlene Vigil, publisher while I was in Colorado Springs, and have met all of her successors save you. Even Matt Carpenter served for a short time.

The next editor might want to consider a smaller paper. Six sheets of letter size twenty pound paper or three sheets of B size paper, printed, collated, folded, and stapled, with stamp and mailing label weighs one ounce. This will provide a twelve page newsletter. It can be mailed first class for little more than the bulk rate, does not need to be sorted, will be forwarded, and avoids much of the red tape of charity exemptions. On the down side, there would be no enclosures. That twelve letter-sized pages is an absolute limit. I know the Road Runners used to print and fold to half letter size, but Darlene Vigil ended that. Folding a letter size paper to half letter size to qualify for first class mailing is enough. In any event, coordinate with the post office when making changes. Surprises cost money.

Weather is cooler now, but our fall running season, when we have one, freezes into winter all too quickly. The biggest news this month is our ladies.

Lead lady Megan Rozman was tenth overall in the Five K and lead lady Sheila Natho was eleventh overall in the Ten K. I ran this out and back course and saw them both. Our fast ladies are very fast indeed, and run with the lead pack.

The Pacers were hit with a double whammy this month. First, the city told us that Shiloh Road would be extended to Spring Creek Parkway, cutting all of our courses with a new major thouroughfare. This will force us to move to another location in Plano, and the available facilities are already used heavily. Our one advantage is running in the early morning. We can be gone by 11 a.m. or earlier any race day.

The second problem surfaced when the property manager went down to reserve the pavilion for our charity race in March. Another organization had already reserved it for their own charity race, and will not release it. They also will not tell us which local race company is conducting the race. There are a few in the Dallas area, and we have members that know all of them. The intruding group has our date and the use of the pavilion. They may not be aware that the courses are scheduled for destruction. Both of these issues require our relocation, and the Pacers are working this out.

Regards,

William

Thank YOU PPRR!

On behalf of RunPikesPeak Inc. and the Manitou Springs Mayor's Cup 5K & Kids fun runs I would like to thank you and the PPRR for helping us with the events. As you know we took on this race just a short time ago when we heard it was going to be cancelled. We then heard that PPRR personal were going to help at our aid station and in other areas as well. To be honest, this allowed us to "forget" those areas because we knew that you guys would do it right. This enabled us to concentrate on sorting out permits, insurance, entries and everything else that needed to come together on such short notice. Now, what will he write about next?

Thanks to your help the event was a huge success! There were more kids than ever in the fun runs and in the 5K **238** finished breaking the previous record of 191. Most importantly, we at RunPikesPeak Inc. pride ourselves in trying to give back as much as possible to the community. Because of the outstanding sponsor support we received we were able to donate **100%** of the race entry fees to the Manitou Springs Mineral Springs Foundation which came out to **$4,175** which **far surpassed** last year's donation of $1,903.

Finally, your newsletter was instrumental in getting the word out that the race was still on and for that we are grateful!

Go out hard, when it hurts speed up...

Matt Carpenter
Committee member
RunPikesPeak Inc.

Noltice for Sanitary Sewer Work

Oct. 12, 2005

I wanted to share with the community some sanitary sewer work projects that might (though not all) be near trails or creeks. They are:

Cragmoor basin:
West of the intersection of W. Van Buren St. and Beacon St., and east of Interstate 25.

Near the intersection of N. El Paso St. and E. Fillmore St.

Off E. Fillmore St., east of N. Stone Ave. and slightly west of N. El Paso St.

West of the intersection of W. Van Buren St. and Beacon St., and east of Interstate 25.

E. Taylor St. at N. Cascade Ave., continuing east to an area west of N. El Paso St. and south of E. Fillmore St.

On N. Cascade Ave. from E. Taylor St. to W. Tyler St.

E. Fillmore St. at the railroad tracks, extending to N. El Paso

Templeton Gap Floodway, southeast of Portal Park and Hancock Ave.

East of N. Union Blvd., west of Templeton Gap Rd., and east of Templeton Gap Floodway.

Shooks Run basin:
N. Institute St. east to N. Cedar St., south of E. Platte Ave. and north of E. High St.

The intersection of Iowa Ave. and E. Boulder St.

Pine Creek basin:
In an alignment that lies in an open space slightly north of the intersection of State Highway 83 (SH83) and Research Parkway; east of SH 83, and slightly northwest of Telstar Dr.

Popes Valley basin:
East of Mark Dabling Blvd. along Gossage Youth Sports Complex.

Rockrimmon basin:

A pipe segment adjacent to Zio's Restaurant, 6650 Corporate Dr. and across the creek

Sand Creek basin:
West of Clark Place, east of Emory Circle, and north of E. Platte Ave.

A Sand Creek pipe crossing near S. Chelton Rd. and S. Academy Blvd.

A Sand Creek pipe crossing adjacent to Sky Sox Stadium.

A Sand Creek pipe crossing east of S. Murray Blvd. and west of Marlow Circle.

Spring Creek basin:
E. Fountain Blvd. northeast to Mallard Dr.

Airport Rd. near the intersection of S. Academy Blvd.

Templeton Gap basin:
N. Union Blvd. near the intersection of N. Academy Blvd.

Westside basin:
An alley between W. Cucharras St. and W. Colorado Ave., and between S. 21st St. and S. 20th St.

One short segment that lies east of Recreation Way, and west of Culebra Ave. A by-pass sewer line will be located near W. Caramillo St. and Cooper Ave. during the rehabilitation work.

How: As part of a multi-year project, sanitary sewer lines are being evaluated and upgraded to reduce the potential for sanitary sewer overflows.

Why: To meet the community's needs for safe and reliable wastewater collection and treatment.

Who: Internal contact is Gail Conners at 668-8012.

Fall Series II Kids Race Start

Disconnected

Michael C. Shafai

I don't like birthdays, especially my own. And no, narcissism is not the motivator here. In fact, I actually feel better as I age. Someday, I hope to outlive everyone in my age group, because it's the only way I may win a race. But truthfully, I don't like the hooplah, the hyjinks or the hilarity associated with birthdays. I find it somewhat egocentric to expect my friends, family, and co-workers to celebrate, cheer and carry on about the day I came into this world. I'm here now, and it's too late to change that, so let's move on.

In spite of this fact, every year, my wife asks me what I'd like to receive as a birthday gift. And every year I tell her I don't want anything. And every year she still gets me something. And despite my disdain for birthdays, I admit, it's nice to get a gift every once in awhile.

So this year, as I sat in my favorite chair, drinking a glass of wine, and reading the latest edition of *the Long Run*, she presented me with a neatly wrapped box, about the size of a clock radio. I pretended to act surprised and excited while I gently tore away the wrapping paper. My kids, in the foreground, jumped around in anticipation, as though it was their birthday.

I opened the box and to my astonishment, it was one of those hi-tech, newfangled Garmin GPS running devices—the Forerunner 301, to be exact. I was utterly speechless. And it was not one of those, "Oh my gosh! It's what I've always wanted" speechless episodes. It was more like one of those, "How do I tell her that I don't really want this" speechless episodes. With a saddening look on her face, she gave me piercing stare dead in the eye and asked, "Honey, don't you like it"?

You see, the issue is this: I've always preached wholeheartedly on the absolute freedom that running provides. How could I retain my integrity in regards to this issue while connected to such a device? With the Garmin Forerunner 301, the feeling of independence created by the pure act of running was in jeopardy of being snatched away. This invasive machine was now going to tell me my direction, my speed, my distance, my heart rate, and the number of calories I've burned. Do I really want this?

As my wife sat patiently, waiting for an answer, I carefully tried to piece together the right words to explain the source of my befuddlement. I found this to be extremely difficult. Part of the difficulty is explained by the fact that I'm married to a "gymophile". Trying to explain the virtues of trail running, especially the benefits of being completely disconnected from everything, to a gymophile is not so simple. Gymophiles are constantly connected. Between the chattering television sets in every corner, the beeping heart rate monitors on every piece of cardio equipment, the calorie-counters, the blaring music, scales, distance monitors, blah, blah, blah (I'm getting a headache just thinking about it), there's no freedom. And with no freedom, I would argue that gymophiles are shortchanging themselves.

Gymophiles have probably never heard the soft, pulsing sound the wind makes as it passes through the beating wings of large bird flying closely overhead. They've probably never heard a silence so deafening that the beat of their own heart thumps as loudly as a parade of vehicles driving over speed bumps at 30mph. Gymophiles have probably never felt the adrenaline level in their blood noticeably increase as they rocket full speed into each turn of a narrow, downhill, switchback trail. Disconnection is mandatory to experience these things.

So, I began to explain this to my wife.

For years, I used to run without a wristwatch. Of course, once kids came along, and I became responsible for others besides myself, the watch came in handy. But for me, that's all. It's a bare necessity, especially if I want to stay married. Why have a computer tell me what to do, when my body and mind can do the same? My body and mind can tell me when I've run far enough. My body and mind can tell me to push harder. My body and mind can tell me to lower my heart rate. My body and mind can tell me I'm going to throw up. I don't need some stupid computer to tell me these things.

So, I kissed her and I thanked her for her thoughtfulness, since after all, it is truly the thought that counts. And I meant it. And she understood.

For most runners, the Garmin Forerunner 301 would make a fantastic gift. But she's already given me the greatest running gift of all-the gift of putting up with my running habit. I'm not a gymophile, and she's not a runner, but we understand and appreciate our differences, and that's all that matters.

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, Dianna, 6-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

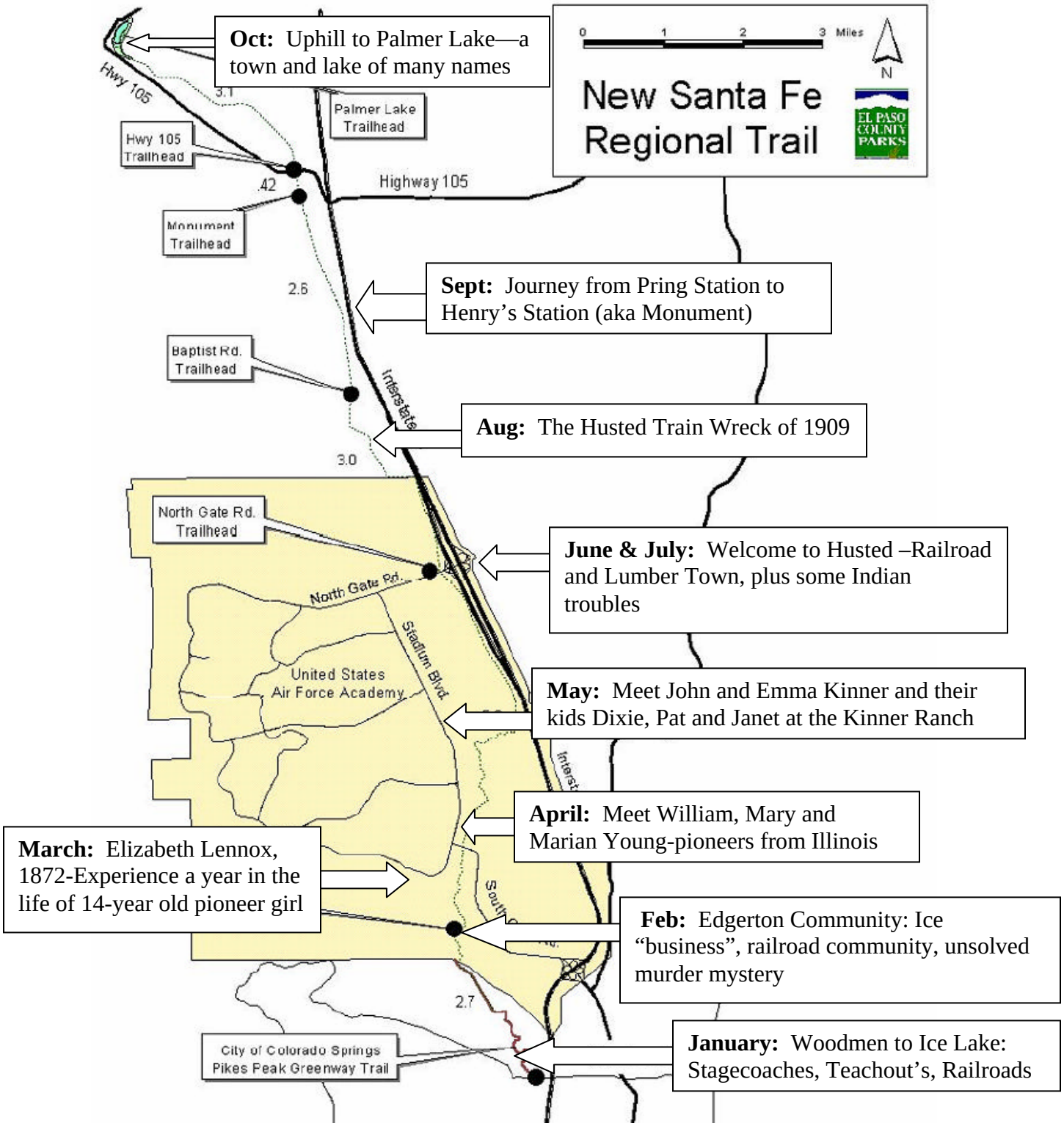
History Trail Run Map

Diane M. Cahalan

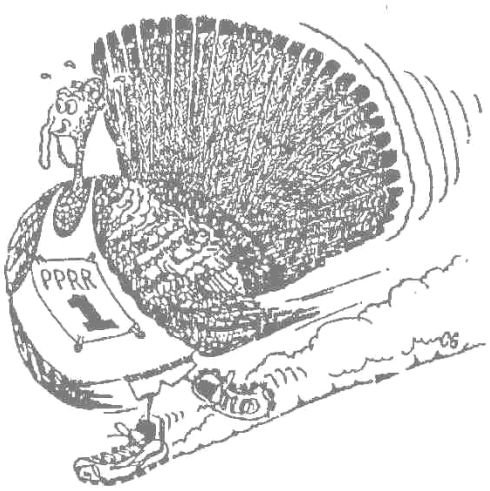
Thanks to Jack Anthonly for writing the History Trail articles for *the Long Run*! Jack will publish these articles in a book and we will update you when it is published. Also, Jack has been contacted by El Paso County and they wish to make the articles and map a part of their website. We will let you know the link to the website when it is updated with Jack's articles and map.

We are entering three each of Jack, Michael, and Bob Mutu's articles along with three issues of the *the Long Run* in the RRCA Regional Newsletter and club writers competition. Winners will be announed mid-December and awards distributed at the convention in March 2006. Winners in Regional advance to National competition. There are no limits on consecutive wins at the Regeional level, however, National competition limits a winner to once every two years. Also, our website will be entered into the website competition. GO PPRR—keep sending us your articles and photos!

History Trail Run – A 17-mile Historical Journey On the New Santa Fe Regional Trail



This map depicts nine historical articles written by Jack Anthony for the Pikes Peak Road Runners *the Long Run* monthly magazine from January through October, 2005. The 17-mile "History Trail Run" journey starts at the Woodmen Road trailhead of the Pikes Peak Greenway and then connects with the New Santa Fe Regional Trail at the southern boundary of the Air Force Academy and concludes at Palmer Lake.



2005 TURKEY TROT PREDICT
SATURDAY, 19 NOVEMBER 2004
10:00 AM – MEMORIAL PARK

- A Predict-Your-Time Fun Run for PPRR Members and Guests (Free for PPRR members; $5.00 for guests)
- Turkeys for the six runners who finish closest to their predictions.
- Race day registration only!!!! (Sign-up stops at 9:50 AM)
- Clock will be started running down at the slowest runner's predicted time. Each runner begins when his or her time comes up. (Fastest runner starts last)
- Leave your watch and head set at home. You can't use either.
- Donuts and cider will be provided after the run.
- Any kind of BAKED TREATS PROVIDED BY THE ENTRANTS will be greatly appreciated. They'll be given away based on a random drawing.
- For more information, call Phil Foster at (719) 447-1371