



the **LONG RUN**

... all this talk of who is "King of the Mountain" should just be put to rest! The king of Pikes Peak is a she, and her name is Mother Nature!!!

Matt Carpenter

Volume 29 Issue 6

"All the news that's fitness to print"

September 2005

Pikes Peak Runs...

Pikes Peak Ascent

1	Ryan R Hafer	19	Colo Spgs	2:21:30
2	Michael Selig	27	Golden	2:25:02
3	Bill Raitter	35	Estes Park	2:25:26
1	Lisa Goldsmith	40	Nederland	2:50:02
2	Cindy O'Neill	43	Manitou Spgs	2:50:40
3	Connilee Walter	32	Colo Spgs	3:03:21

Pikes Peak Marathon

1	Fulvio Dapit	29	Vipitenosterz IT	3:58:49
2	Galen Burrell	26	Boulder	3:59:01
3	Marco Rusconi	40	Valmadrera IT	3:59:54
1	Corinne Favre	34	Chapareillan FR	4:31:20
2	Danelle Ballengee	34	Evergreen	4:31:36
3	Erica J Larson	34	Los Alamos	4:33:00

All results found at www.pikespeakmarathon.org

Leadville 100

1	Matt Carpenter	41	Manitou Spgs	15:42:59
2	Dan Vega	31	Colo Spgs	19:03:01
3	Erik Solof	32	Denver	19:15:16

All results found at www.leadvilletrail100.com

American Discovery Trail Half-M

1	Greg Augspurger	27	Manitou Spgs	1:11:15
2	Joshua Melver	29	Erie	1:19:54
3	Adolfo Carrillo	33	Colo Spgs	1:19:54
1	Amy Reignier	43	Colo Spgs	1:28:29
2	Shannon Meredith	34	Colo Spgs	1:31:57
3	Lisa Rainsberger	43	Colo Spgs	1:33:11

American Discovery Trail Marathon

1	Henk Moorlag	42	Broomfield	2:56:06
2	Walter Sargent	47	Colo Spgs	2:58:06
3	Jonathan Huie	25	Colo Spgs	2:59:55
1	Tania Pacev	46	Littleton	3:22:19
2	Amy Yanni	51	Rapid City SD	3:38:16
3	Emily Borrego	37	Pueblo	3:45:20

2005 Ent Community Fitness Challenge - 5K

1	Matt Von Thun	39	Colo Spgs	17:47
2	Andy Rinne	30	Colo Spgs	18:03
3	Melvin Watson	36	Colo Spgs	18:27
1	Amanda Occhi	28	Manitou Spgs	18:34
2	Tina Gray	22	Colo Spgs	20:29
3	Andrea Wagner	25	Woodland Pk	21:06

All results found at www.adtmarathon.com

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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 Challenge:	Phil Foster	447-1371
	Al Grimme	534-0534
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

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.

Oct 12	CRC	833 N Tejon	635-3833
Nov 9	CRC	833 N Tejon	635-3833
Dec 14	CRC	833 N Tejon	635-3833
Jan 11	CRC	833 N Tejon	635-3833
Feb 15	CRC	833 N Tejon	635-3833

Please call for directions & confirmation.

Photos in this edition compliments of Jack Anthony, Matt Carpenter, Diane Cahalan, and Bob Mutu! Thank YOU!

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.



President's Letter

For the past 23 years, I have either been on a support crew or volunteered for the Pikes Peak Ascent—at the top. This year, the 50th anniversary, was the most memorable of all.

- The weather was inconceivable, yet there were few complaints. It's part of the charisma of the Peak and always will be.
- I have always feared the thought of working with volunteers with whom I have never worked. This year I did - a totally new crew (except for 1) and I was absolutely amazed at the synergism that presented. I applaud them all, and consider them "keepers".
- The PPM Results Crew was witness to a major medical situation that turned out to be a marriage proposal. We all cried.

Thanks to Ron Ilgen, President of the Triple Crown of Running and the PPA/PPM committee for an absolutely wonderful experience.

This letter is written before the American Discovery Trail Marathon, but will be received by our members at least 10 days later. Wish the best for all the participants, knowing that the organization of the event is under good hands, Bob Mutu.

Remember—the Club's 30th Anniversary Run—Our Great Race—will be held on the 24th of September. FREE to members, or sign up as a new member and be part of the experience. See the notice in this newsletter.

Fall Series Adults and Kids application is on www.active.com. We are planning to make the kids event FREE and will use proceeds from the ADTM to achieve this. Entry forms included in this newsletter.

Please remember the victims of Katrina. This devastation is not in another country, this is in our homeland.

Pat Lockhart

Editor for the LONG RUN Needed

Editor for the Long Run - Beginning January 2006, PPRR will need a new editor. Diane is retiring after the publication of the December 2005 edition. The editor is responsible for the collection of articles, information (club, general running community, and RRCA), photos, and race results compiling this information into a monthly newsletter; submitting it to the printer and webmaster; and, hosting the monthly newsletter stuffings. Knowledge of desktop publishing software is required. Some months require more time than others, average is approximately 30 hours. Diane will work with the new editor.

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!

June & July Stuffing Volunteers

Colorado Running Company, Host

Carla Augenstein
Gordon Barnett
Jim Beckenhaupt
Diane Cahalan
Margaret Cox
Alicia Diaz
Phil Foster
Marilyn Goodloe
Tina Gray
Al Grimme
Stephen Nulty
John O'Neill
Janet Rose
Robin Satterwhite
Micky Simpson
Jeff Tarbert
Dave Thomson
Tracy Winterbottom

**Trail clean-up will
be held on Sat Oct
1 and Nov 5**

@ 9a.m.

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



Attendance: Jack Anthony, Cymmie Bailey, Gordon Barnett, Jim Beckenhaupt, Lyn Hale, Don Johnson, Gil Kindt, Pat Lockhart, Larry Miller, John O'Neill, Chris Tuttle, Travis Waldrip.

Excused: Diane Cahalan, Phil Foster, Al Grimme, Zane Meredith, and Robin Satterwhite & Dave Sorenson

Guests: None

Guest Business: -xx

Minutes: Lyn Hale - The minutes were approved as corrected.

Old Business:

- 2006 VA Run. Jim Beckenhaupt would like to form a committee of PPRR members and military members.
- Chip Timing. Considered very expensive for our club at this time but will continue to keep in mind. We will proceed with a training session at the Turkey Trot Predict just for the PPRR Board's edification.
- Reserve account for equipment replacements. Gil will put the remaining Wells Fargo account monies into an account to be kept for possible equipment replacements.
- Equipment insurance. There are still some questions and we need more information from RRCA.
- The bench for Leah Trutna, a former Coronado High School student and track star killed in a recent accident, will be placed in Monument Valley Park and dedicated during the Cougar Classic. The Trutna's are very thankful for PPRR's donation.

New Business:

- Turkeys/Bandits. John O'Neill spearheaded a discussion regarding turkeys/bandits at races and how they alter and damage race results for all paid participants. PPRR Board members are considering writing a policy to discourage turkeys/bandits. John will write an article regarding turkeys/bandits for an upcoming edition of the *Long Run*.
- *Article XII.1.B (constitution) [but not to be added to the Constitution] - Phil Foster is the USATF representative for the PPRR Board (ad hoc committee).
- *Article XXII (policy) [but not to be added to the Policy Handbook] - Stephanie Courson-Olsson will be replacing Janet Rose as co-membership person (membership Committee)
- *Article XXVIII (policy) [but not to be added to the Policy Handbook] - Rob Rolley has resigned from the YMCA. The new Executive Director is Tony Shockency (PPRR Headquarters/meeting room).

Treasurer's Report: Gil Kindt - The full report was accepted and is on file.

Event Promotion: Al Grimme - No report.

RRCA: Jack Anthony - Jack reported on some personnel changes at RRCA. Interesting notes--The events that are growing the most are 1/2 marathons and those events with 1/2 and full marathons are growing more. 5-mile runs are also growing in popularity. The Race for the Cure runs are always a best bet charity event. The popularity of running is growing. PPRR will be investigating doing some advertising for new members.

Jack's next article for our newsletter will be about Wilber - of Wilber's Fountain.

Certifications/Measuring: Travis Waldrip - ADTM The city's utility work should be completed by the end of August. PPRR's Great Race 5K will use a course starting in Confluence Park now known as America the Beautiful Park.

YMCA - Chris Tuttle - Chris will have a Coach's Corner for the *Long Run* newsletter. Each article will be something different including a Question and Answer section. Chris' first article appeared in the July edition of the *Long Run*.

Newsletter - Diane Cahalan - No report

Bulk Mail - Jim Beckenhaupt - *Thank you volunteers!!* We will be trying to keep the newsletter to 24 pages to help save on postage costs. The stuffings are going well and are fun.

Calendar: The calendar was updated.

Equipment: Larry Miller - All equipment that was in for repairs has been returned and is working well.

Volunteer Coordinator: Cymmie Bailey - Volunteer hours are mostly updated. Our volunteers work very hard and are very appreciated.

Race Coordinator: Don Johnson - John O'Neill made a motion and Lyn Hale seconded to continue the current agreement PPRR has with the Rescue Run/Winter Series. Motion passed unanimously.

President's Report: (Pat)

Membership statistics:

Single	477	Current	741
Clubs	41	Expiring	170
Life	9	(over the next 3 months)	
Families	135	New	13
Family Members	252	Renew	33
TOTAL	928		

Past Events:

- Summer Roundup Trail Run - (Pat Lockhart) Great event. Next year we need more course marshals and better trail marking in a few areas as well as more water stop assistance.
- Run for Hope - (Cymmie Bailey) 240 total which is 40 more than last year.
- Women's Distance Festival - (John O'Neill) Disappointing turnout. Times were fast. \$500.00 donation for the prize money.



Upcoming Events:

- Woodland Park Mayor's Cup - 8/13 - (Jack Anthony & Eric Mullins) Things are progressing.
- Pikes Peak Ascent - 8/20 Pikes Peak Marathon - 8/21 - (Lyn Hale & Bill Gallegos) Progressing well. Many fun things are planned for the 50th Anniversary.
- American Discovery Trail Marathon (ADTM) 9/5 - (Bob Mutu) The city's utility work should be completed by the end of August.
- Pony Express 9/18 - (Pat Lockhart) Going well, still in need of 2 volunteers. Permit for 2 weeks. USFS no longer issuing 5 year permits.
- Great Race 9/24 - (Pat Lockhart) OK will be getting volunteers

There being to further business, the meeting adjourned at 9:00 PM

Next meeting September 6, 2005, YMCA downtown 7:PM.

Respectfully submitted,

Robin Satterwhite



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!

Expiring or Expired Memberships

If you know these folks, remind them their membership with PPRR is going to expire or has expired!

Karen Adams
Anne Akers-Lewis
Tim Allison
Terrie Archer
Keith Austin
Gordon Barnett
Dennis Beard II
James Beckenhaupt
Eric Becker
Ken Becker
Carol Benight
Chip Benight
Holly Benight
Sarina Benight
Myron Berg
Pam Betoni
Ted Bidwell
Michelle Blessing
Christopher Borton
Jennifer Borton
Fred Brewer
Robert Brotherston
Greg Brown
Ginger Klein Bruno
Vince Bruno
David Buesser
Jenny Bulick
Richard Bulick
Douglas Bursnall
Trish Bursnall
Sharon Burton
David Thomson- Cahalan
Suzanne Cameron

Dan Canterna
Larry Card II
Beverly Carver
John Cassidy
Robert Castaldi
Troy Chantala
Alice Childers
Joshua Cook
Suzanne Cook
Bob Danielson
Michael Danner
Patti Danner
Katie Davis
Kenneth Davis
Robby Davis
Susan Davis
Kristi Davis
Debbie Dingman
Tim Dolan
Monica Drouillard
Kelly Ellis
Jim English
Clay Enoch
David Farr
Ken Finn
Robin Fitch
Jeth Fogg
Margaret Fogg
Taylor Fogg
Ryan Fonkert
Charles Foster
Jeannette Foster
Samantha Foster
Ed Freygang

Steve Fuhrmann
Michael Gagliano
Anne Ganley
Wendy Garrison
FC
Cory Gavitt
Amy Geiger
Lani Langley
Gendron
Diane Gentry
Jayson Graves
Susan Graves
Derek Gray
Scott Gray
Travis Gray
Daniel Greer
Kim Greer
Rebecca Greer
Rodger Greer
Keith Grimes
Debbie Hadley
Rich Hadley
Tom Hamilton
Jim Hammer
Keith Hammond
Mike Harris
Jim Harvey
Todd Hatfield
Lori Hawkins
Corbin Hillam
Jim Lee
Kim Hoag
Nancy Hobbs
Pamela Hoffman
Kenneth Holmes
Dennis Howard
Chris Howsden
Molly Howsden
Douglas L Hugill

New Members

Linda Boedeker CSprings
Kirk Brown CSprings
Jed Brown CSprings
YMCA/Woodmen
C Tuttle Falcon
Andy McElhany Campbell CSprings
Anna Marie Campbell CSprings
Sara Murphy- Case Florissant
Jeth Fogg Monument
Margaret Fogg Monument
Taylor Fogg Monument
Craig O'Boyle CSprings
Dan O'Brien O'Boyle CSprings
Karen O'Brien O'Boyle CSprings
Leslie O'Brien O'Boyle CSprings
Megan O'Boyle CSprings
Tim O'Brien O'Boyle CSprings
Jack Shuttleworth CSprings
Anne Smithey CSprings
Brian Smithey CSprings
David Smithey CSprings
Joel Smithey CSprings
Mary Smithey CSprings
Kacey Lynn VanBrimmer CSprings

Mary Hurley
Amber Jackson
Jerry Jackson
Justin Jackson
Kelly Jackson
Abby Jacobsmeyer
Brian Jacobsmeyer
Jay Jacobsmeyer
Joyce Jacobsmeyer
Dan Jaecks
Bryce A Jenkins
Marilyn Jenkins
Alan Johnson
Heather Johnson
Jeffrey Jury
Daniel Karpel
Elyse Karpel
Al Kelly
Donna Kelly
Katie Kennedy
Anne Kidd
Emma Kidd
Jonathan Kidd
Nathan Kidd
Steven Kidd
James Knoche
Terry Kurtz
Rob Ladewig
Gretchen Lee
Jim Lee
Kenn Lee
Roger Returno
Lori Lilly
Sue Lloyd
Dani hains Lloyd
Mike Lloyd

Keith Lonquist
Korina Lyons
Tracey Mann-Reno
Stephen Martin
Vicki Martin
Vickey Mathias
Judy McElderry
Tim McElderry
Jennifer McGee
Leighann McGrew-
Lawrentz
Mike McKay
James McKelvey
Joyce McKelvey
JD McKenna
Rebecca Medina
Brooke Merriam
Angie Mick
Blaine Miller
Alexis Miller
Geoff Miller
Sande Miller
Timothy R. Mitros
Joe Mock
Kath Moffett
Bill Moyle
Eric Mullins
Kim Munger
Deedle Murray
Kent Murray
Logan Murray
Stu Nieburg
Roger Oakey
Linda O'Connor
Carl Olson
Ana Elena Pasio-Rojas
Guillermo Pasio-Rojas

Renewing Members

Kristin Abernethy CSprings
Diane Cahalan CSprings
Berri Cockrell Denver
Dick Eitel Monument
Ellen Fisher Elbert
Teri Harper Wdland P
Gordon J. Heuser CoSprings
Hanna Heuser CSprings
Lindsay Heuser CSprings
Scott Hurlbert CSprings
Susan Junkin CSprings
John Keller MSprings
Benjamin Kiskey CSprings
Lori Kiskey CSprings
Michael Kiskey CSprings
Noah Kiskey CSprings
Keith Martin CSprings
Larry C Miller CSprings
Dennis Normoyle Peyton
Jutta Normoyle Peyton
Brad Olson CSprings
Julie O'Neill CSprings
Bill Pike CSprings
Bill Ransom CSprings
Peg Roddy Reeg CSprings
G.F. Roth Calhan
Julie Schraml CSprings
Micky Simpson Peyton
Terrence Smith CSprings
Christopher Solo CSprings
Lori Vest CSprings

Barry Smith
Brady Smith
Nathan Smith
Dan Smoker
Craig Sommerdorf
Robert Spell
Bob Stearns
Gregg Stinson
Heather Stites
Eric Swope
Teresa Taylor
Jimmy Terrell
Daniel Tippie Jr
Aidan Torgerson
Leslie Torgerson
Sig Torgerson
Torben Torgerson
Edgar Trillo
Stan Upchurch
Werner Vanzyl
Angela Vesey
Brian Vesey
Andrea Wagner
Scott Wagner
Shawn Walker
Lisa Weaver
Janice Webb
James Weddell
Mary Weeks
Annemarie Wiesner
Mindy Wiley
Nicole Williams
Sabrina Witt
Andrew Worth
Kelly Worth
David Young