



the *LONG RUN*

Volume 29 Issue 11

“All the news that’s fitness to print”

February 2006

Warmth, Wind and Cold for Winter Series

by Jim Kelleher

Fair weather has blessed the Winter Series so far this year starting with conditions at Fox Run being better than anyone can remember. Although breezy and overcast at times, the morning temperatures were warm enough that half the runners sported t-shirts and shorts.

Dean Black, Jeff Holt, and Mike Wasson took the top spots for the 5K, while Eric Jordan, Ross Conrad, and Jeremy Dreher lead the pack in the 10K.

Snow clad peaks and deep blue skies set the backdrop for a very breezy Series II, an out and back 4 and 8 mile race, which starts at the El Pomar Youth Center and heads south along Monument Creek. A few brave and hardy souls ran in shorts and t-shirts, but for most, wind-breakers and caps were the order of the day.

Dean Black and Conilee Walter took first place in the 4 mile. Sam Nagatia was first in the 8 mile finishing in 49:20, a full 1 1/2 minutes in the lead. Elizabeth Watkins was the first of her gender in 56:22.

Racers for Winter Series III, which begins at the Baptist Road jump off for the Santa Fe Trail, witnessed the same blue skies, but sub-twenty temps

See Winter Series on page 19



Air Force buddies at the El Pomar Youth Center gather for Winter Series Race II. Phil Foster (L), Jim Simonson, and Bobby Hammett together have 200+ years and they're still going strong. Phil, recent Pikes Peak marathoner, says he concentrates on “good looking legs” in front of him to keep motivated.

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PPRR Information

Officers

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

Board Members

Tony Abdella	abdellat@earthlink.net
Jack Anthony	282-9799
Jon Cornick	262-0595
Lyn Hale	328-9828
John O'Neill	685-5806
Micky Simpson	mickysim@yahoo.com
Travis Waldrip	282-1671

Committees

Mailing:	Jim Beckenhaupt	636-2696
Calendar:	Dave Sorenson*	
Course Marking:	Travis Waldrip	282-1671
Equipment:	Larry Miller	590-7086
	Bill Gallegos	596-3507
Event Promotion:	Al Grimme	534-0534
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Membership:	Pat Lockhart	598-2953
	Stephanie Courson	573-8887
Nielson Challenge:	Phil Foster	447-1371
	Al Grimme	534-0534
Race Coordinator:	Don Johnson	291-9712
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Site:	Dave Sorenson*	
Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

* davidsorenson@msn.com

Club Meetings

Business meetings are held on the **first Tuesday** of each month at **7 pm** at the downtown Pikes Peak YMCA, 207 N Nevada. PPRR members and friends are encouraged to attend. Upcoming date: March 7th.

Membership ☺

Memberships last for 12 months. Check the expiration date on your mailing label. **A happy face says you have 3 months or less.** You will NOT receive a renewal notice. Renew early so you don't miss a single issue! *The Long Run* will not be forwarded, so keep addresses current. Send renewals and address changes to:

Pikes Peak Road Runners Membership
207 N Nevada
Colorado Springs CO 80903

Newsletter Information

The Long Run is the official monthly publication of the Pikes Peak Road Runners club. Jim Kelleher is editor. We welcome all written contributions and photographs. You send it, we'll try and run it.



Newsletter Submissions

Items for the newsletter are always *most* welcome! (You don't have to be an English major either. We'll fix anything that needs fixing!) Write up a race you were part of or tell us about a favorite running place or an upcoming event.

Email your submissions to editor@pprrun.org either as attachments or in the message. Any *Windows* file format is acceptable. Race results must have columns delimited by tabs or commas, or be in *Excel* format, or in a *Word* table.

Letters, disks, CD's and other media can be mailed to:

Editor: Pikes Peak Road Runners
207 N Nevada
Colorado Springs CO 80903

Submission Deadlines

All materials must be received by the *First Tuesday* of the month for inclusion in the following month's newsletter. Next deadline is **March 7**.

Newsletter Stuffing

Newsletter mailing parties are held on the **2nd Wednesday after the Board meeting** each month at **6:30 pm** at the Colorado Running Company, 833 N. Tejon (corner of Tejon and Cache la Poudre). The Colorado Running Company graciously hosts the stuffings and provides beverages. Food (usually pizza) will be provided. Everyone is welcome to join the fun! Call Jim at 232-4419 for more information.

Next party: **March 15**

Advertising

Business card size (3.5 x 2) advertisements may be run at the rate of \$15 per issue. Submit as indicated above.

Insert flyers will be included at the rate of \$50 per issue. The maximum size is 8.5 x 11. **Do not fold or staple.** The deadline for delivery is the 2nd Tues of the month. Mail or deliver *exactly* 750 copies to:

PPRR Newsletter
c/o Colorado Running Company
833 N Tejon
Colorado Springs CO 80903

Include check for \$50 payable to PPRR.

The editor and PPRR reserve the right to determine the appropriateness of any advertising content.

President's Letter



Robin Satterwhite decided to have an emergency appendectomy on Tuesday morning, which happened to be the same night as our board meeting. Consequently we were without agenda and meeting minutes... almost didn't know what to do. But the committed Road Runner that she is, from her recovery room bed, with anesthesia still going throughout her body, and drool rolling from her mouth, she called me to let me know the situation. Her employer was called second! She is doing fine. She was 2nd in her age group for the Winter Series, too! Big Bummer! Get well soon, Robin!

Several years ago the club established 2 scholarships, one for a male college runner (Bill Bennett/Bill Gallegos Scholarship) and one for a female college runner (Pat Lockhart Scholarship). Check our website for the criteria for the scholarships. Applications must be received no later than March 31st. Decisions will be made by May 1st. These dates were recently changed from what the website states.

The Summer Series will begin in May and go through September, one event each month. A notice will be published in March's newsletter for "Winning Through Participation". Participate in 3 or 4 or all 5 of the events and receive an award.

Veteran's Home Run. Jim Beckenhaupt (Bulk Mail Coordinator) has been conceptualizing a run to benefit the Veteran's Home/Crawford House for almost one year now. We have set the inauguration of this event for July 2nd at Memorial Park/Prospect Lake. This will be our way of remembering and assisting veterans of our past conflicts. More about the Crawford House will be coming next month. This event will be part of the Summer Series, too.

Lisa Paige, our Road Runners Club of America Representative, was our guest at the February board meeting. There's a possibility that she will be running for national office, which would leave the Colorado Representative position open. Interested? Contact any board member for more information.

Mike Shafai (with Alexandria and Benjamin) also came to meet the board members. Mike is vying for an RRCA club writer award (newsletter). Mike has a talent with the pen (as well as Jack Anthony) that is enviable. Thanks to Mike and Jack and everyone who contributes to our newsletter. Makes our club credible when we have member articles.

Winter Series is three-fourths completed. We are having an outstanding number of participants this year - almost 100 more for each event than EVER before. I thoroughly enjoy talking with everyone. The volunteers are turning out in droves—new ones and our old favorite volunteers.

Thanks so much!

Pat Lockhart

January Stuffing Volunteers!

Colorado Running Company, Host

Al Grimme
Brenda Lewis
Courtney Butler
Dave Thomson
Diane Cahalan
Jason Doedderlein
Jeff Tarbert
John O'Neil
Kathy Butler
Kit
Marie Baughman
Micky Simpson
Phil Foster
Tami Wise
Traci Winterbottom
Zach Martinez

Are you about to expire?

Check for the Happy Face on your newsletter label. If you see it, it's time to renew!

Trail Clean-up

Sat March 4th
Meet at 9 a.m.
Southwest parking lot
of 8th Street Walmart

27TH WINTER SERIES

Dinner & Auction & Awards
March 4, 2006 - 5:30pm to 9:00pm

YMCA/Downtown Multipurpose Room
207 North Nevada
Colorado Springs, Colorado

Spaghetti Dinner

→BRING A DESSERT TO SHARE←

Winter Series Volunteers	\$2.00
Participants & PPRR Members	\$4.00
Guests	\$6.00

- ☺ Program starts at 7:00pm - extra chairs will be available.
- ☺ Special Presentations
- ☺ Pre-Auction Excitement
- ☺ Auction will benefit
 - **FEATS OF FIRE FOR KIDS™**
 - **Health and Safety Day**
- ☺ Age Group Awards for Long and Short Series
- ☺ Awards for all Challenges

Plan to attend!
Meet your competition!
Enjoy the excitement of the auction!
Be part of the applause!

RSVP Required
NO LATER THAN
Tuesday Evening
February 28, 2006 - 6:00pm

DINNERS ARE AT A SET PRICE. WE DO NOT GET REFUNDS FOR "NO SHOWS or MIS-COUNTS".

Patricia Lockhart
(719) 598-2953 (home, evenings)
patlockhart@worldnet.att.net

- 5:30pm Dinner check in, secure auction card, review dessert table
- 6:00pm Dinner starts - **promptly**
- 7:00pm Program starts
- 7:15pm Auction (separate checks payable to Feats of Fire please)
- 8:15pm Awards
- 9:00pm Cleanup, takedown and departure

(times are approximate)

Thanks to everyone



Letter from the Editor

Hello again. This month's publication contains a nice variety of thoughts submitted from near and far. Happily, I had the problem of more material than these 24 pages would hold. That's good—an editor's dream.

Nevertheless, I again encourage you all to send in some words on whatever suits your fancy. Perhaps, like Michael Shafai, you have inspiring thoughts about running while running. Maybe you muse about the meaning of athletic accomplishment or ponder the drive to inflict the punishment of training. If you hear some interesting running news, let the rest of the club know. If you thought it was noteworthy, chances are we will too. Or do you know a special runner, young or old, whose story might inspire us?

I have done some thinking and received some feedback since last month. (You all are not as quiet as I was led to believe—almost, though.) Pat Lockhart made a comment that caught my attention at the last board meeting, something to the effect of how nice it was when local talent made contributions. It makes the newsletter more “ours”, which mean *yours*. So, local is good.

At any rate, I am determined to avoid rehashing the zillion and one articles on shoes, nutrition, and stretching that appear in your favorite running subscription. Judging from the way I am getting left behind in this Winter Series, you are an experienced and savvy group of runners. I will attempt, therefore, to spare you mundane advice. I, of course, have to ultimately be the judge on what is interesting and what is not, but if you give me your two bits worth, I will make every effort to keep it in mind.

For the next couple of issues, however, I will probably take just about anything I can get. I am still wrestling with a schedule that will result in a manageable production process as well as a product worth reading.

A word of warning: I hope to use this space in future efforts to wax a little philosophical, but the printing deadline will spare you as much this time. That said, here's an interesting farewell for you distance runners I recently saw used by a “podcaster”: Run Long and Taper!

Jim K elleher

10 Years Ago

The Long Run, February 1996: President Larry Miller puzzles about cross country series participants who complained about a course with rocks and weeds. Bill Bennett reportedly gets rowdy from “too much Pepsi”, unable to contain his sugar buzz. Fox Run Park is given a trial run for next year's Winter Series. Secretary Lyn Hale reports 262 Rescue Run finishers. Matt Van Thun wins the Rescue 5K while Dan Vega takes the 10K in 33:46. Bob McAndrews spills some ink concerning an invasion of fast fifty-age-group folks “from the North” who have been cleaning up in the Triple Crown 10K. An attempt to exact revenge by training hard and crashing a northern 10K. The result? The competition seems to have trained even harder.



20 Years Ago



February 1986. New president Russ Baker writes his first letter. Ed Reedholm reports 841 paid members. Bob Mutu awarded 1985 Nielsen Memorial plaque. Bill Bennett and Bill Gallegos win the '85 President's Award for outstanding board member. Pat Lockhart earns a volunteer jacket. Larry Miller leads the “Black Forest Winter Classic” with an 18:41 5K and a 23:05 4M. The Runner's Roost moves to its Bijou address. Editor Michael Schenk requests races results be type written “with a good black ribbon.”

25 Years Ago

February 1981. President Bill Bailey, 32, introduces himself as a runner of 2 1/2 years 87% more confident, 90% more positive, and 100% healthier since he started running. Al Grimme wins yet another 5K, the “Cold Weather Quickie,” in sub-16 min. Phil Foster and others brave the elements and make a flight to the Las Vegas marathon—with Phil as pilot.



Letters

Scholarship Recipient Says Thanks!

Dear Pikes Peak Road Runners,

Thank you for the scholarship. You have been a great contributor to my success in running and academics. Thanks for all you do for me and the running community.

This is my last year and I hope I can finish my track season well.

Thanks again.

Tara Hettier

Road Runners Club of America Auction

Hello PPRR!

At the annual convention, the State Rep Committee holds a silent auction as a fundraiser for the State Rep program. Items are needed for the auction. The proceeds go directly to the funding for the State Rep program and helps to offset the costs that the State Reps incur as volunteers. As you could guess, these are costs like awards, travel expenses, and mailing/publication expenses.

Just about anything can be auctioned. Right now, I have several kinds of Colorado running memorabilia, mostly shirts from different races. So, do you have some "closet cleaning" to do? I will take anything that has a Colorado running theme to it - leftover posters, race shirts, etc.

Please send your items to me at 7156 W. Clifton Ave., Littleton, CO 80128. Drop me an email to let me know you've sent something. Also, if you are along the Front Range or Foothills and want me to do a pickup, please let me know.

Thanks very much and Happy

Running (or Skiing)! Also, thanks to everyone that sent in photos to Jean at the National Office. We should have a great convention brochure this year!

Lisa Paige

RRCA CO State Rep

Trail Running Request

Dear Editor,

Welcome aboard as editor!!! I just wanted to let you know that I thought your inaugural issue of The Long Run was excellent. I really liked Michael Shafai's "Resolution Without Disillusion" article and Dennis Newell's "Training Uphill: The Missing Link?"

You asked for suggestions and comments. Well, here's a couple....

As I've gotten older, I've pretty much given up all races on asphalt. Now, I only do trail races. I've also shifted to only running ultras. Anything less than a 50k trail run, why bother? Also, unless a race is within driving distance, I'm probably not going to do it. There's plenty of great ultras in the Colo, NM, AZ, UT areas.

I'm really not all that interested in national or international running news. If I want that there's plenty of places on the Net where I can get that.

I'd like to read about near-by running trails that are off the beaten path. There's lots of unusual trails within 20 miles of Colo Springs that I haven't done. That weekly column in the Gazette is pretty good but most of those trails are either too easy or too short.

Bill Ransom

Local Advice Sought for San Diego to Maine Run

Hi there,

My name is Tom Walsh, and I'd like to ask a favor of you concerning a project that I'll be doing this coming summer. From mid-May to early August, I'll be running from San Diego to northeast Maine, and I'll be passing to the south of your area in early June. You can find out all the current information about the run at www.corner2corner.org.

The favor I'd like to ask is simply advice. If any members of your club have advice to give me based on my planned route, places to stop, places to avoid, places where I may be able to park a van or a small motor home, etc., I would love to hear it. If anyone's interested in running along, too, I'd love to have some company, whether they'd be interested in running one leg or the entire thing.

Would you be able to forward this email to the members of your club? If not, is there another way that I might be able to contact them? I'm in the final stages of planning the run, and I hope to have everything finalized by the end of March.

I thank you for your time, and I look forward to hearing from anyone who has advice or comments.

Sincerely yours,

Tom Walsh

Editor's Note: You can write to Tom at tom@corner2corner.org



News & Events

Summer Series Schedule

The Pikes Peak Road Runners have selected a handful of our club events and have put together a "series". The culmination of this series will be at our club's event "The Great Race". In some cases, there will be a small entry fee, in some cases there will be a commemorative shirt, but in all cases there will be an entry form or sign-in sheet to turn in. There will be a presentation ceremony for all of those who have participated, in part or in full. The Summer Series will comprise the following events:

- May 6, Nielson Challenge
8:00 am 1 or 2 mile
- June 24, Panoramic Run
7:30 am, 2 or 4 mile
- July 2, Veteran's Home Run
7:00 am, 3K / 5K
- August 1, Nielson Challenge
8:00 am, 1 or 2 mile
- September 23, The Great Race
8:00 am 5K

Running Store Websites

The Boulder Running Company in Colorado Springs now has its own website. www.boulderrunningcompany.com/coloradosprings/cspages. Runner's Roost has one at, what else, www.runnersroost.com. John O'Neil at the Colorado Running Company reports they are still working on it!

Free Running Clinics

The Boulder Running Company will be hosting several clinics throughout the next months featuring local healthcare and sports professionals. A schedule of upcoming clinics please is

posted at www.boulderrunning-company.com/coloradosprings/cspages/clinics.htm. Besides valuable insights into training, injury prevention, and shoe selection, they hope to put you will find referrals for your own needs. No reservation is necessary.

The Art and Science of Triathlon

USA Triathlon, with the support of the USOC, is once again presenting "The Art and Science of Triathlon" International Coaching Conference. This conference offers an opportunity to learn from, and interact with, some of the most successful coaches and sport scientists in triathlon and endurance sports. International and Olympic coaches, scientists, and athletes will address recent research and practical applications in triathlon training and coaching. This three day event will be held Friday and Saturday, February 24-26, at the Cheyenne Mountain Resort. The conference is open to everyone interested in coaching endurance sports or improving performance. The conference boasts an international all-star field of presenters speaking on topics ranging from training to physiology to hi-tech materials. The Keynote Speaker will be renowned Olympic marathon coach Joe Vigil PhD, coach of Deena Drossin-Kastor, 2004 Olympic silver medalist. Named coach of the year 14 times, he has produced 425 All-Americans.

Registration is available online at the USA Triathlon website (www.usatriathlon.org) or by contacting USAT representative

Linda Cleveland at (719) 597-9090 x110 or email her at linda@usatraithlon.org.

Running in the World of PodCasts

No, that's not a typo. A podcast is a type of "radio" show via the Internet that listeners can subscribe and listen to on their computers or iPods (portable digital music players from Apple). The PPRR club was recently featured on a Podcast one such weekly broadcast put together by Steve Runner (www.steverunner.com) who has named it "Phedippidations". "I have a segment where I introduce my listeners to running clubs around the world. This week (2/5) I'm going to be talking about the Pikes Peak Road Runners." Steve introduces his listeners to running clubs around the world, so consider yourself introduced to some a group of high tech runners! Steve's website, www.steverunner.com, lists available broadcasts.

Among other weekly running shows in the Podcast world are "Runcast Weekly" (www.RunCastWeekly.com), focused on tips for the amateur runner, not the quote-unquote "expert." "Zen and the Art of Triathlon" boasts insider tips and methods plus a host of other issues (see zenti.blogspot.com). Arthur Vance's show talks about the "life and times of songwriting, running and technology." Another triathlete source is "Simply Stu Triathlon" (www.simplystu.org), a podcast on "a triathlete's day to day thoughts, perspectives, and all out joy of triathlons." Final

mention goes to “Running Radio” (RunningRadio.com), where you can listen to folks “sit around, drink beer, and talk about running”!

Rocky Mountain State Games to Include Blind Athletes

The Rocky Mountain State Games becomes the first State Games in the nation to fully integrate a schedule of competitions the US Association of Blind Athletes. The USABA is hosting its National Sports Festival and Championships this year in Colorado Springs, Colorado. The Sports Festival will be held August 1-3 at the Colorado School for the Deaf and Blind, and the 2006 Rocky Mountain State Games will follow on August 4-6. Rocky Mountain State Games venues in Colorado Springs include the Air Force Academy, the Olympic Complex, Colorado College, Fort Carson, and Opening Ceremonies at the World Arena.

Blind athletes 8-years-old through masters will have the opportunity to learn and refine their skills in various sports clinics taught by USABA coaches. Following their own Sports Festival, athletes have the opportunity to compete in the Rocky Mountain State Games, which offer 29 different sports with over 6,000 participants competing from across the state of Colorado. They will compete against sighted competitors in judo, powerlifting, swimming, track & field, a 5K, and wrestling.

“The Rocky Mountain States Games is an outstanding event which will provide USABA ath-

letes an opportunity to compete against other athletes who are blind and visually impaired and sighted, while promoting the abilities of athletes who are blind and visually impaired,” said Mark Lucas, USABA Executive Director.

Registration forms can be found at www.usaba.org and, for the Rocky Mountain State Games, at www.thesportscorp.org. For more information contact Angie Murphy at (719) 630-0422 or Mike Moran at The Sports Corp (719) 634-7333 x1011, or email mike@theSportsCorp.org.

Relay Runners Rejoice

Relay Runners have more and more opportunities to indulge their spirit of cooperative competition. One Colorado event to look forward to is the Wild West Relay, from Fort Collins to Steamboat Springs, comprising 36 Legs for a total of 195 Miles. Race director Paul Vanderheiden states, “The Wild West Relay is designed for runners of all abilities. There are two types of teams in the relay: 12-person and Ultra teams, and ten categories to choose from.” Scheduled around the full moon, the Wild West Relay will be Friday and Saturday, August 11 -

12. “Both relays make an attempt to give back to local, grass roots, non-profit organizations,” says Vanderheiden. “For the 2005 Wild West Relay, \$10,000 was raised and distributed.” For more information, see WildWestRelay.com.

Snickers for Sponsor

Big on energy bars? If so, you’ve probably run across Snickers Marathon Bars. They are high in protein and calories like other nutrition bars, but have the advantage of actually tasting good. Now, Snickers wants you—that is if you’re a top age-group runner or triathlete and plan to run at least six events in 2006. They are offering complimentary sponsor-branded apparel, cash bonuses for generating media exposure, a free supply of Marathon Energy Bars, as well as product offers, discounts, new-product testing. Wouldn’t we all love a little cash for running! You would wear apparel during training and competition and participate in “promotional activities.” Sound interesting? The application deadline is February 28th. For more information, if you can manage to type a long URL, visit active.com/sponsorship/sponsor-



Volunteer Corner

Let's Get Ready for... Labor Day!

Hi all! In this newsletter you will see a Volunteer Sign-up Form for the 2006 American Discovery Trail Marathon Race Series. I know it seems early to commit to a race on Labor Day, but this event is growing every year and in order to make sure it remains a premier race, we need more volunteers than ever. Last year, we barely had enough and we want this year's race to be well staffed! This is "our" race, meaning that we are responsible for all aspects of it, and because we are overseeing 3 races, it is a big responsibility. Our club benefits from this race financially as well, which means that we can continue to grow as a club and offer our runners the best-run races in the area.

Please look over the form and see if there is some activity you would enjoy doing. There really is something for everyone, from helping with refreshments to making sure the runners stay in line at the finish. Maybe you'd like to be out on the course handing out water or keeping the runners from making a wrong turn. If you're an early morning person, join us for race set-up or registration. We especially need people to help us after the race with equipment and clean up. A few hours of your time would be greatly appreciated. Thanks a lot!

Cymmie Bailey

Volunteer Coordinator

Volunteer Recognition*

Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

Susan Hoxie 11
Dee Budden 12
Heather Evans 12
Cruz Martinez 13
Travis Waldrip 15
Gil Kindt 16
Melissa Waters 16
Tony Abdella 17
Andy Dimmon 20

Silver Level: 21 to 50 Hours

You have earned a cap or complimentary race entry

Jim Beckenhaupt 21
Phil Foster 21
Bill Ransom 24
Cady Waters 21
Sheri Abdella 22
Kees Guijt 23
Lyn Hale 24
Ron Garcia 25
Micky Simpson 25

Cymmie Bailey 31
Al Grimme 33
Angie Earle 34
Rick Hessek 34
Gordon Barnett 38
RT Tollin 38

Gold Level: 51 to 75 Hours

You have earned a jacket

Dave Sorenson 69
Larry Miller 74
Jim Kelleher 75

Diamond Level: 76 to 99 Hours

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

Diane Cahalan 98

Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

Pat Lockhart 100

*As of October 2005

Membership

Welcome New Members

Dan Arnold	Colorado Springs
Alice Brill	Colorado Springs
Lee Burton	Divide
Don Byers	Colorado Springs
Donnie Byers	Colorado Springs
Vicki McCann- Byers	Colorado Springs
James Cannon	Colorado Springs
John Crawford	Englewood
Linda Reed Crawford	Englewood
Autumn Crow	Peyton
Ellen Crow	Peyton
Jason Crow	Peyton
Kylie Crow	Peyton
Mary Daley	Colorado Springs
Larry DeWitt	Colorado Springs
Roswitha DeWitt	Colorado Springs
Kelly Ellis	Colorado Springs
Jan Erickson	Colorado Springs
Garrett Finn	Colorado Springs
Ken Finn	Colorado Springs
Lori Finn	Colorado Springs
Taylor Finn	Colorado Springs
Diane Gentry	Colorado Springs
Deb Hadley	Florence
Rich Hadley	Florence
Trevor Hadley	Florence
Gina Basile Harcrow	Woodland Park
Harry Harcrow	Woodland Park
Harry Harcrow	Woodland Park
Kathy Heathcock	Peyton
Tod Hill	Castle Rock
Graham Houghton	Colorado Springs
Steven Jennings	Colorado Springs
David Kast	Colorado Springs
Dolly Kast	Colorado Springs
Kevin Kinney	Colorado Springs
Clyde L. Landry	Colorado Springs
Bill Larson FC	Castle Rock
Stephen Martin	Colorado Springs
Vicki Martin	Colorado Springs
Scott McClain	Colorado Springs
Susan McClain	Colorado Springs
Timothy R. Mitros	Colorado Springs
Stephen Nulty	Colorado Springs
Peter Olejnik	Monument
Kathleen Overton	Colorado Springs
William Overton	Colorado Springs
Dale Papineau	Pueblo West
Roger Pumphrey	Colorado Springs
Diana Quattlebaum	Florence
Philip Quattlebaum	Florence
Steve Recca	Colorado Springs
David Reily	Colorado Springs
Storme Rose	Colorado Springs
Carol Runnells	Colorado Springs
Greg Sveska	Monument
Eileen Wilfong	Colorado Springs

Martine Wilshusen	Colorado Springs
Michael Wilshusen	Colorado Springs
Beverly Zimmermann	Monument
Eck Zimmermann	Monument

Renewing Members

Jennifer Aragon	Colorado Springs
Dianne Bundt	Colorado Springs
Ray Cameron	Colorado Springs
Rachel DeHerrera	Colorado Springs
S. Taylor EDC	Colorado Springs
Sarah Fischer	Colorado Springs
Steve Fischer	Colorado Springs
Cheri Weiss Frie	Fort Lauderdale
Mark Frie	Fort Lauderdale
Fred Gonzales	Colorado Springs
Sara Grage	Colorado Springs
Charles Greenbaum	Colorado Springs
Mike Greenbaum	Colorado Springs
Sarah Greenbaum	Colorado Springs
Sharon Greenbaum	Colorado Springs
Craig Hafer	Colorado Springs
Donelle Hewitt	Colorado Springs
Stacey Hirst	Colorado Springs
Stephanie Hirst	Colorado Springs
Steve Hirst	Colorado Springs
Susan Hirst	Colorado Springs
Shawna King	Colorado Springs
Christine Levy	Colorado Springs
Glenn Levy	Colorado Springs
Kelly Parker Levy	Colorado Springs
Alicia McConnell Ludwig	Colorado Springs
Marti Ludwig	Colorado Springs
Paul Mahone	Monument
Jim Newton	Colorado Springs
Galen Benton Neylon	Colorado Springs
Terri Neylon	Colorado Springs
Timothy Neylon	Colorado Springs
David Patrick	Colorado Springs
James Robinson	Pueblo
Leslie Rutberg	Colorado Springs
Uwe Sartori	Monument
Kevin Silsby	Colorado Springs
Connie Smith	Woodland Park
Jenna Smith	Woodland Park
Scott Suter	Colorado Springs
Bob Taylor	Colorado Springs
Lindsay Tuck	Colorado Springs
Kateri Vanderkodi	Colorado Springs
Elizabeth Watkins	Colorado Springs
Isaac Watkins	Colorado Springs
David Williams	Colorado Springs
Ron Wisner	Colorado Springs



Mirror Mirror on the Wall

by Michael Shafai

There's something in the way we humans are wired that forces us to dispense unsolicited advice, yet renders us incapable of taking it.

Take my brother, for example. Trained as a physician whose business it is to diagnose and treat disease, he prides himself on how he preaches the power of prevention to his patients. Yet, in his leisure time, he overindulges in certain activities that are known to cause cancer, emphysema, and heart disease, the very ailments he aims to prevent in his patients. He smokes too much. He drinks too much. And he doesn't exercise on a regular basis.

At one time, I mocked his hypocrisy. That is, until I looked in the mirror. Because not until recently, did I realize the depth of my own duplicity. I discovered that, like my brother, I too dole out advice that I don't follow. Here is a recent example.

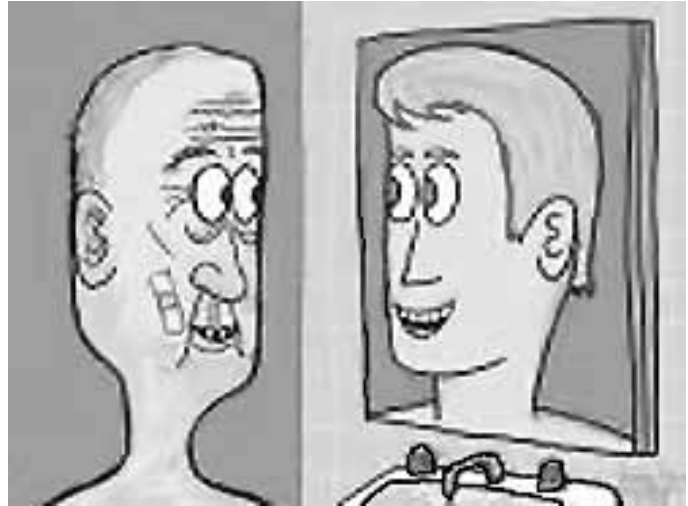
Not long ago, I introduced my six year old daughter to running. Alexandra and I started out by attempting to run a 1.5 mile loop through our neighborhood. And of course, like any good human, I immediately began administering advice.

"Don't go out too fast, Alex," I warned her. "Don't get your heart rate up too high," I admonished. "Slow down on the climbs, but maintain a constant pace," I advised. "Relax in your pace, you're doing great, Alex," I cheerfully declared. And, like any

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good daughter who hasn't reached her teens, she actually listened to me. During our first run together, she completed the entire loop without stopping once.

So, we practiced for a couple of weeks, and once I felt she was ready, I suggested she join me in an upcoming local race. The race I proposed offered a "kid's run" immediately prior to the main event. It was a one mile out-and-back course, mostly on a wide trail, with a couple of small gradual hills. She



immediately agreed. And as the big day approached, she grew more and more excited.

Fast forward to race day. As we stood on the starting line together (parents were given the opportunity to run with their kids), I immediately began dispensing advice.

I told her that the other kids would take off sprinting, but would likely tire and slow down by the time we reached the first hill. I suggested that she begin with an easy pace and build up speed towards the end of the course, ultimately sprinting to the finish. I warned that she would most certainly be in last place for the first quarter mile, but advised her not to be alarmed. Since the others would undoubtedly go out too fast, she would ultimately pass numerous racers, provided she maintain her pace throughout the race.

And that is exactly how it transpired. While she came far from finishing first (or second, or third), she was thrilled to have run the entire course without stopping. More importantly, she was thankful for my advice.

I only wish I could listen to myself though. You see, in every race I've ever entered, I do the exact opposite of what I recommended to Alex.

I never pace myself. I can't relax. I always go out too fast. I always get my heart rate up too high. I always speed up on the climbs. And as a result, my legs and lungs typically begin to protest about halfway through the course, regardless of the distance. The last quarter of any race for me is an excruciating experience and my finishing times

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Feeling Tired and Slow?

Tortoise and Hare event evens the odds

by Bob Mutu

Wouldn't it be nice to get credit in a race for the extra effort involved in hauling an older, heavier body around a 5k course! Wouldn't it be great if you could move that feminine form just fast as those young guys? How fast could you run if you were 25, the perfect weight for your height, and trained as hard as you do now?

One of our fun club races is the annual Tortoise and Hare. It is a true handicap event in that it measures your fitness level based on your age, sex, height and weight! Following a victory at the Boston Marathon, Bill Rodgers said that his effort to run a 2:10 was not nearly as difficult as the effort of those who were "out there for 4 1/2 hours!" How would you stack up against those speedsters, the Hares, if you were able to factor out some reasons for running a 4 1/2 hour marathon? How good is your training?

Over the last several years, Woody Noleen and I have worked on handicap charts for our local running scene. Given that we run high altitude, we wanted to somehow factor in training at 6500 feet. We worked with charts from the National WAVA standards that are used by most races of this type, using local 5K race results to massage the data. We

came with charts and a formula to measure performance and fitness levels based on four key body factors: age, sex, height and weight.

WAVA data indicated that runners aged 20-34 are in their prime. We therefore gave them no age handicap. All other runners get handicap seconds subtracted from their actual running time.

How would you stack up against those speedsters, the Hares, if you were able to factor out some reasons for running a 4 1/2 hour marathon? How good is your training?

Women are generally not as fast as men at the 5K distance. Local race analysis showed us that for the prime age group 20-34, this differential was 2 minutes. As runners get older, this differential widened and topped out around 4 minutes. For children, it was less than 2 minutes until they get to be about age 19.

We used a height to weight ratio based upon local race times to develop additional handicaps. Men and women are not built the same and the race results clearly showed the handicap pattern was not the same for men and women.

Last year the formula we ended up with seemed refined enough and very workable. The Tortoise and Hare race became a true measurement of performance weighted for age, sex, height, and weight!

How does it work? At registration you will give us your age and sex. We will measure your height and weight, taken in your running gear. We will then compute your handicap according to the charts and use these seconds to determine your starting time.

The runner with the largest predicted handicap starts first. For the start, the clock is set at



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Keeping Time on Your Side

By Craig Binkle

Between a busy personal schedule and uncooperative weather conditions, there can be days when running for an extended period of time doesn't seem very appealing. Rather than just completely taking the day off though, you can still gain physical benefits by doing a shorter run or workout. Sticking with a consistent running routine, even if some runs are shorter, will be more conducive for fitness gains and help you achieve the goals you may have set for yourself.

When you have a day where it's not going to be possible to run as long as you planned, you can still accomplish something by shortening the run. Getting out for a short effort of even just 15- 20 minutes will benefit you more than having your training interrupted by skipping a few days. If you are looking to cut back the full duration of a specific running workout, it is better to focus on doing the main bulk of the specific task (i.e., a tempo run) and reduce the general endurance time. Emphasizing the time spent on the intervals, the most focused and productive time, will provide the main physiological benefits that will allow to you further improve your fitness.

Consistency is the most important piece of every training program. It's the one thing - perhaps the

More times than not,
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drop out of programs.

only thing - that every coach, physiologist, and medical expert agrees on. Without consistency, you're not going to get faster, run farther, lose weight or achieve any other running goals you may have.

What can you get done in 15-20 minutes?

Many athletes are skeptical that they can really accomplish anything worthwhile in a simple 15-20 minute run. However, doing these short runs will still help your overall fitness because they contribute to heart stroke volume, develop muscle cap-



illaries, general circulation, and running economy. There are also short workouts that can be done to directly enhance your running performance.

A workout that I use and recommend to athletes I coach involves 12 minutes of continuous running, including surge intervals of 2:00, 4:00, 3:00, and 2:30 with a 1:00 "float" recovery between each interval. The intensity of the first three intervals should be done around 80-85% of your maximum sustainable effort, while the last effort of 2:30 will be 90-95% of your max sustainable effort. A "float" recovery involves running at the fastest pace that you feel will allow you to aerobically recover enough to complete the next interval at the appropriate intensity. If this workout is done correctly, it will enhance your pace you can maintain at lactate threshold and develop your speed.

Many people struggle in their quest to become fitter, faster runners. More times than not, individuals fail in the attempt to become better because they feel they do not have enough time to train consistently, and hence drop out of programs. Completing shorter runs allows you to still gain some physiological benefits while also making the notion of maintaining a regular exercise routine seem achievable.

Craig Binkley is a Resident Coach for Carmichael Training Systems and a collegiate cross-country competitor. For more information, see www.trainright.com.



Tortoise and Hare Handicap

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this number of seconds and begins counting down. Other runners start when their handicap time (written on their hand at registration) comes up on the clock.

When the clock reaches zero, all runners have started and the clock then starts counting elapsed time for the race. Since handicaps were awarded at the start, the order of finish is therefore the actual standing in the race. (In addition to handicap times, we

will also compute actual running times for all runners.)

The race is like a normal 5k in reverse. The Hares start well behind the Tortoises and have to catch them. The tortoises experience the fun of being in front. This can lead to pretty fast times for everybody, not to mention a very closely contested finish! It is not a predict event, so you do not have to try and hold onto a certain pace—just race!

Last year we had 43 runners. The top five finishers received trophies. Here are their times and handicaps.

How fast can you run a 5K if we factor out your age, sex, height, and weight? Come on out and find out! Sat, April 8, at 8:30 AM. The race starts at the pedestrian bridge over the creek near the Bijou Street flower garden area of South Monument Valley Park.



Place/Name	Handicap	Time	Actual Time
1. Annie Friesman	03 min 52 Sec	16.13	20.05
2. Brenda Demars	14 min 12 sec	16.36	30.48
3. Jonathan Huie	00 min 06 sec	16.48	16.54
4. Jenny Severns	05 min 52 sec	16.57	22.49
5. Lou Huie	04 min 18 sec	16.59	21.17



Mirror Mirror

continued from page 11

usually suffer dramatically.

Fortunately for me, because racing is as much a social activity as it is a physical one, it at least gives me the opportunity to spend more time with friends. I get to see them at the starting line. I get to see them at the finish line. And I get to see them about half-way through as they're passing me. As painful as it is, it always puts a smile on my face.

As a human, I'm wired not to take my own advice. It's not to say that one day I might change. But until that day comes, if you're a competitive human, you'll do as I say, and not as I do. And the next time you run by me in the middle of race, be sure to give me a friendly, "Hello". I may not be physically capable of a verbal response, but please know I'll be smiling.



Nielsen Challenge

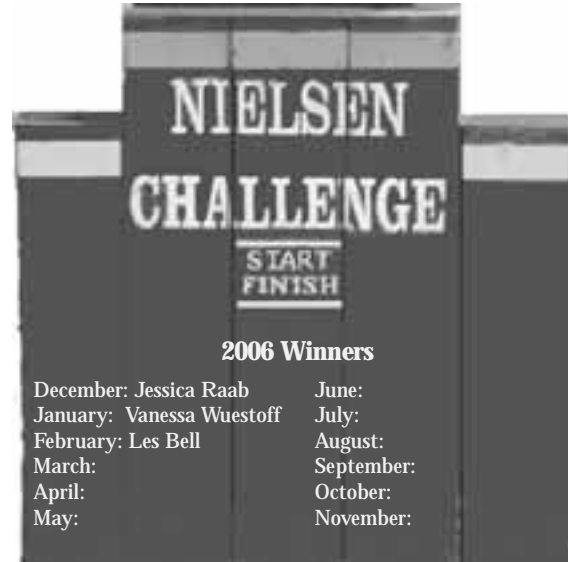
Brrrr! It was a chilly morning with temps in the low 20s, but that didn't stop 72 hearty runners from showing up and zipping through the Nielsen Challenge. Despite the cold weather, lots of runners still were under their handicap with Les Bell running a whopping 1:38 under his handicap for this month's bragging rights. Way to go, Les!

Thanks for coming out and we'll see y'all next month. (If somebody could bring warmer weather, that would be so cool. Woody, we are assigning you to be the warm weather person for next month.)

Volunteers

*Al Grimme
Phil Foster
Pat Lockhart*

*Bob Royse
Dave Sorenson*



February Results

Name	Place	Handicap	Actual	Difference
Les Bell	39	18:20.4	16:41.8	-01:38.642
Jessica Raab	41	17:58.9	16:43.9	-01:15.015
Sam Twynam	30	16:01.6	15:07.0	-00:54.608
Briana Evans	42	17:51.8	17:05.2	-00:46.577
Marlena Grovenstein	18	14:50.4	14:07.3	-00:43.054
Shane Swearingen	15	14:29.3	13:58.4	-00:30.877
Karin Moe	35	16:26.6	16:03.0	-00:23.577
Phil Goulding	24	14:52.8	14:35.8	-00:16.996
Terry Kurtz	10	13:25.6	13:11.4	-00:14.228
Sophie Twynam	51	18:51.4	18:38.8	-00:12.579
April Casados	20	14:24.0	14:16.3	-00:07.663
David Minter	5	12:32.0	12:24.8	-00:07.159
Amy Batson	27	14:49.5	14:45.8	-00:03.677
Carl Olson	16	14:03.9	14:00.3	-00:03.585
Dennis Stalnaker	53	19:34.1	19:32.8	-00:01.342
Craig Sommerdorf	13	13:41.5	13:41.5	-00:00.005
John Cole	22	14:23.6	14:23.7	+00:00.063
Linda Staines	9	12:38.5	12:41.4	+00:02.906
Dean Buck	38	16:30.6	16:36.4	+00:05.77
Roger Baer	17	13:53.3	14:06.2	+00:12.949
Eric Hansen	48	17:42.2	17:58.6	+00:16.379
Alan Ley	23	14:07.6	14:27.8	+00:20.172
Barbara Casados	68	22:46.4	23:12.0	+00:25.61
Steve Harp	4	11:53.1	12:22.9	+00:29.83
Zane Meredith	67	22:23.5	22:55.4	+00:31.913
Draper Sullivan	43	16:34.0	17:06.5	+00:32.469
James Grovenstein	29	14:33.3	15:05.9	+00:32.634
Kristen Swanson	55	19:33.1	20:12.5	+00:39.44
Andy Dillon	14	13:07.4	13:49.5	+00:42.055
Robert Versaw	6	11:48.2	12:30.5	+00:42.266
Eric Peterson	3	11:14.5	11:56.9	+00:42.37
Woody Noleen	7	11:51.7	12:38.3	+00:46.631
Kevin Houghton	25	13:49.3	14:37.5	+00:48.247
Deann Totzke	64	21:34.5	22:27.2	+00:52.714
Jim English	19	13:15.2	14:09.8	+00:54.579
Ed Gleason	31	14:07.0	15:19.8	+01:12.762

Name	Place	Handicap	Actual	Difference
Jim Massa	54	18:58.1	20:11.7	+01:13.649
Jane Dillon	52	18:03.8	19:23.1	+01:19.303
Mike Mckay	70	26:46.8	28:07.9	+01:21.099
Sharon Greenbaum	32	14:03.8	15:30.7	+01:26.86
Don Holcum	56	19:00.5	20:35.5	+01:34.985
Chris Wood	63	20:18.2	21:53.9	+01:35.686
Deana Phillips	57	19:22.1	21:00.9	+01:38.823
Ken Holmes	62	20:02.4	21:42.7	+01:40.273
Heather Evans	49	16:08.1	18:04.3	+01:56.2
Cliff Donnelly	60	19:20.6	21:27.7	+02:07.143
Aaron Olson	65	20:04.3	22:37.8	+02:33.478

New Runners

Name	Place	Time
Dana Alan Paru	47	17:56.9
Chris Warren Ruiz	34	15:54.7
Elisa Calace	50	18:23.4
Ron Nelson	21	14:18.3
Jonathan King	46	17:17.3
Marc Wulfkuhle	26	14:38.4
Sara Wulfkuhle	28	14:53.2
Kris Allen O'Der	12	13:35.9
Adam Dickerson	2	11:44.5
Brandon Valdespino	45	17:08.3
Marisa Cardin	58	21:03.6
Rita Cardin	59	21:04.1
Rachel Dane	33	15:47.8
Evelyn Stettler	61	21:34.5
Phil Hackbath	8	12:40.1
Jason Evans	36	16:06.7
Melissa Schlessler	37	16:26.9
Richard King	11	13:18.3
Adrienne Breznau	66	22:54.7
Mark Sopert	40	16:43.4
Will Ronco	1	10:37.2
Cris Brownlee	69	23:12.6
Daniel Polak	44	17:07.6
Eliotte Bronlee	71	30:09.0
Amanda Stettler	72	31:22.5

Less than 3 months to Expiration

from Pat Lockhart, membership coordinator

The following people have less than three months on their membership. Please show your support for the club and renew as soon as possible. Thank you!

Cara Alexander
Grant Alexander
Mark Alexander
Susan Alexander
Scott Anthony
Mo Ayala
Kenneth Baldrey
Chris Baron
Dee Bass
Jim Boatright
Chad Bookidis
Paula Ohlendorf
Brad Breland
Molly Hackman
John Hazelhurst
Lile Budden
Don Byers
Donnie Byers
James Cannon
Hank Carey
Stephen Clark
Tim Clark
Tricia Clark
Maureen Connell
Jason Cox
David Dean
John Dietrich
Ray Eck
Craig Ewing
Karen Fady
Joseph Fletcher
Alan Fox
Laurent Fox
John Freligh
Ronald Garcia
John Gardner
John Genrich
Kristen Gilbert-Moore
Denyse Gripentrog
Greg Gripentrog
Tammy Gripentrog
Gregory Guerrero
Carrie Sanders-Hasselblad
Malo Hasselblad
Yvonne Hasselblad
Robert N. Hawley
Brian Headlee

Elliott Henry
Angie Heringer
Jennifer Hernandez
Russ Jackson
Mike Johnson
Scott Klopfenstein
Michael Lehan
Patricia Lockhart
Andrew Maez
April Maez
Laura Maher
Matt Maher
Dan Malinaric
Megan Malinaric
Miriam Malinaric
Regie Marquez
Jim Massa
Chris McIntyre
Joanna McIntyre
Leslie McLaughlin
Elizabeth McNamara
Joe Mendygral
Zane Meredith
Tim Meyers
Karl Mickelson
Craig Miller
Annie Moats
Wayne Morris
Harsha Nagaraj
Sheri Nagaraj
Patrick Neukom
Kevin Noleen
Maddi Noleen
Marjorie Noleen
Woody Noleen
Kandee Normandin
Stephanie Courson Olsson
Jeff O'Neil
Elwyn Owen
Liz Price
Palmer High School
Jodie Penn
Michael Phan
Blake Ramsey
Jack Ramsey
Jeff Rath
Art Rath
Steve Reed
Brendan Roche
Brigid Roche
Carol Roche
Dave Roche
Storme Rose

Bill Rowan
Mary Rowan
John Ruzicka
Stephen E Sager
Tom Sayers
David Scalfri
Joe Scarlett
Gretchen Schmidt
David Schmitt
James Schworob
John Semanick
Al Senzamici
Kelley Serafin
Mike Shafai
Jack Sherman
Steve Shiffer
Molly Shook
Philar Silva
Steve Simon
Don Skogman
Eric Sova
Eric Steiner
Grant Stephens
Henry J Stone
Cheryl Stutzmann
Douglas E Swartzendruber
Joe Tencza
Brian Thornberry
Janel Timmins
Betty Totten
Callie Trautner
Craig Trautner
Kathryn Trautner
Noah Trautner
Brendan Trimboli
Jill Trimboli
Scott Trimboli
Wendy Trimboli
Greg Tumbush
Jeff Van Bemden
John Victoria
Sheila Geere Victoria
Richard Vonschlicten
Randy Ward
Beverly Weaver
Darrell Weaver
Al Wegner
Becky Wegner
Spencer Wegner
Sydney Wegner
David Wilhide
Wendie Wilhide
Robert Yara

Salida's First Marathon in March

by Jon MacMannus

Turret, Colorado, sits in the low but rugged Arkansas Hills 13 miles from Salida. The original inhabitants of Turret came in search of wood to turn into charcoal for the town of Nathrop in the valley below. Hopes of great riches to be had in the earth around Turret was the only thing that kept the town alive. Although hope was abundant, riches were not. Metal was present alright, just not precious or copious.

It was not gold but iron which almost put Turret on the map. A railroad was built up Railroad Gulch to transport ore from the nearby Calumet Mine. Upon cursory inspection of the twisted and constricted gulch in which the trestles were laid, it is not difficult to surmise the outcome. A flood in 1901 ended the dreams of a viable Turret. During the depression, a group of squatters took up residence in the aging ruins, managing to live off the land until jobs became available in the larger towns.

Today, County Road 175, the Ute Trail, passes a short distance from what is left of Turret, our continued on page 20



February 2006

Nutrition News from RRCA: One Step at a Time

by Lisa Paige

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The American Dietetic Association's mission is to promote optimal nutrition and general well being for all people by advocating for its members. With nearly 65,000 members, ADA is the world's largest organization of food and nutrition professionals. The majority of ADA's members are registered dietitians and dietetic technicians.

For 2006, the key messages during NNM reflect the need for healthy choices and balance in our busy lives. Specifically, how food and activity choices affect your health and how you feel now and in the future. Eating right and being physically active are keys to a healthy lifestyle.

Do any of these statements sound like you?

It's hard to choose. There's so much decision-making! I just want a simple plan to eat right.

I don't have time to think about getting in a workout and making dinner. The kids don't like what I prepare so why should I bother?

What the heck is a serving size anyway? I think I practice moderation but I still weigh too much.

"Step Up to Better Nutrition" ...means you can start to work on your nutritional foundation now and enjoy a more healthy lifestyle later.

Am I supposed to carry measuring cups around with me?

Food doesn't matter. I take all the nutrients I need in these little pills.

How can I possibly afford to eat right? All that organic and natural stuff is expensive!

Most of us care about our health. We want to make the right choices. But trying to understand all the news about what to eat and what not to eat takes another chunk of your squeezed time. And how are you supposed to know that you are making the right choices?

Start one step at a time towards better nutrition. "Step Up to Better Nutrition" is the theme for NNM. This means you can start to work on your nutritional foundation now and enjoy a more healthful lifestyle later. Here are a few suggestions:

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RRCA's Nutrition Online

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Be a champion of breakfast. If you aren't eating breakfast, start tomorrow. It doesn't have to be the traditional American farmer's breakfast but neither should it be a soda and doughnut. Try something different. How about half of a sandwich and half of a piece of fruit? If that's too much for you to stomach, cut the halves into halves. Is black coffee your go-go juice for the morning? Try a half cup instead of a full cup. Substitute apple juice. The point is, start with a small step, but be sure to start.

If it's bigger than your head, don't eat it. Seriously, the portion sizes for Americans have become much larger than what our stomachs can comfortably hold. One of the best ways to manage your weight is to eat less. Practice eating one smaller meal each day. Keep track of the days that you eat a smaller meal. If you skip a day or two, then choose to make the next meal a smaller portion size. After a week, see how many times you have selected smaller portions.

Try this for a month. At the end of the month, make sure to celebrate your healthy choices. Then do it again for the next week, and the next month. Are you saving money with smaller portions? Great! Color your hair, buy that new handbag, indulge in an ice-cream cone, just don't forget to give yourself a pat on the back for actually sticking to your plan.

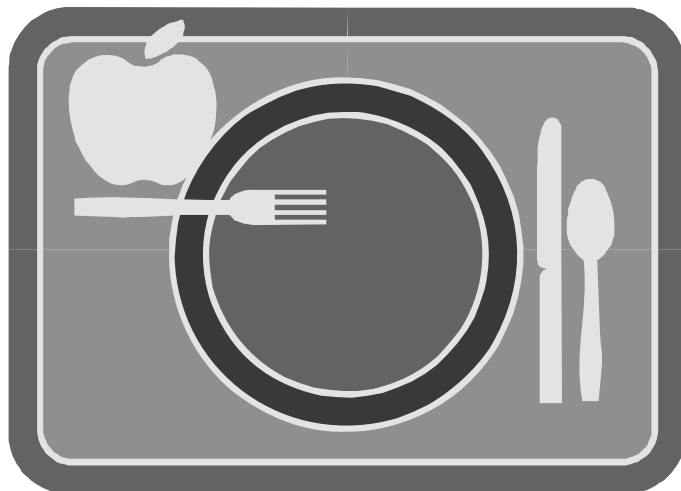
Fit Food from the Internet

In January, **RRCA** partnered with FoodFit.com to bring a new service to its members. The partner-

Start with a small step,
but be sure to start.
If it's bigger
than your head,
don't eat it!

ship will promote fitness and healthy living and bring valuable nutrition information to the running community.

FoodFit.com is an award-winning healthy eating and active living website dedicated to providing consumers with the information and tools they need to



lead a healthier life. FoodFit integrates hundreds of features and interactive tools with thousands of recipes and tips from over 100 leading chefs. Its reliable guidance combines information from experts in the fields of nutrition, medicine and fitness. FoodFit was founded by its CEO Ellen Haas, a former USDA Undersecretary for Food, Nutrition and Consumer Services.

"We are delighted to partner with RRCA because it offers an exclusive opportunity to promote FoodFit's healthy lifestyle plan to the nation's premier organization of runners," says Haas. "Healthy eating is central to good performance and FoodFit offers an exceptional diet and fitness plan developed by leading experts at the University of California, Davis Medical Center."

To kick off the program, the RRCA is offering its members FoodFit's Healthy Living Plan, and will be providing healthy living and nutrition information from FoodFit contributors. By joining the FoodFit's Healthy Living Plan, members of the plan will receive many benefits.

For valuable healthy living information and to join FoodFit's Healthy Living Plan, visit rrca.org/programs/programs.html#P5 and click on the FoodFit banner ad. For answers to your basic nutrition questions, visit the FoodFit.com nutrition dictionary as well.

Lisa Paige is the Colorado representative for RRCA and works with running clubs around the state. She visited us recently at the PPRR board meeting to give us a personal update.



Winter Series

continued from page 1



Sam Fancher, 51, returns to Fox Run after years of airforce duty kept him away.



Off to at quick start! Marie Baughman packs her own H₂O at the El Pomar 4M.

with an ever stiffening north breeze as the morning wore on. Feet were moving long before the start in an effort to ward off the bone-chilling cold.

Runners seemed to be a bit daunted. When the announcement came for fast runners to move to the front for the start of the 10 miler, no one moved! Starting straight into the wind, the effort of running was not the only thing to take one's breath away. This time, at least for the longer race, *no one* started with arms and legs exposed.

Jeff and Conilee again won the short series (5 mile). Sam Nagatia put in an impressive performance, finishing the 10 mile in 61:24 despite the deeper snow of the northern 5 miles (we passed cross country skiers!), winning by over 3 minutes. Elizabeth won the women's division by a 4-minute margin.

The series has attracted record numbers this year, according to race director Pat Lockhart. "The

turnout has been very encouraging, and the weather has cooperated wonderfully."

Sam Fancher, 51, of Colorado Springs is a veteran of the course and agrees that Fox Run conditions were far from typical. Sam last ran the race in 1998. Now back in Colorado Springs, where he hopes to retire, Sam is Chief of Space Systems Logistics at Peterson Airforce base. Keeping in fine form, fitting in running during lunch breaks and before 6 in the morning, he finished the 10K in 53:25.

First-time participant Marie Baughman, on the other hand, ear muffs securely in place, ran in only her second race ever. "Over the river and through the woods. But nobody said anything about the roller coaster hills!" Nonetheless, she returned to complete the 4 mile race. Seasoned runners and start ups alike, everyone seems to be enjoying the sunny days of this series.



Ready for the 5K start at Fox Run, participants turn out in record numbers to enjoy the clear blue skies and pleasant running conditions that have graced the Winter Series.



Tammy Stone, 43 of Florence, is all smiles as she nears the 8 mile turnaround.

Salida's Turret Marathon

continued from page 17

landmark for the new Salida Marathon. The distance of 13 miles and the past hope of those who poured their lives into Turret make this setting perfect for a Colorado running event, and leaves one wondering why it hasn't taken place earlier.

This is no downstream race! The altitude, hills, and general roughness of the terrain remains true to the spirit of the rugged pioneers who eked a living out of this earth. This may not be your fastest marathon, but it may be the one you never forget!

We have great hopes for this run; much effort will be made to publicize this race and encourage regional runners to participate. Locally, we have

This is no downstream race! The altitude and general roughness of the terrain remains true to the spirit of the rugged pioneers who eked a living out of this earth.

encountered much interest and excitement about running in the first Salida Marathon. We encourage everyone to come and join in this momentous event..

March 18th is just around the corner so don't procrastinate! Beginning on Saturday, January 14th and continuing every Saturday until the marathon, anyone who wishes may meet at the F Street Bridge at 8:00 AM for a weekend training run. Many of these sessions will take place on the course and will help familiarize you with some of the hills and tricky terrain.

Planning a race in March around here is a craps shoot. But on the positive side, I have run this exact rout for the last three years in the beginning of March. Most of the course is totally free of snow, but shady areas may hold some packed snow and ice. We are hoping for the best!

This event will also be held in conjunction with and as a kick off to the Zebulon Pike 200th anniversary of visiting our valley. Training and runing the Salida to Turret Marathon compliments the spirit of those brave and rugged men. Plan to make this event one of your goals for 2006.

Jon MacManus is a member of Chaffee County Running Club. Contact him at P.O. Box 1441, Salida, Colorado, 81201 or chaffeerunners@yahoo.com



Tom Wolusky, 47, edges out a determined Beverly Carver, 46, at the finish of the Winter Series II 8 mile race.



Taking second in the Fox Run 10K is Ross Conrad, 22, of the Air Force Academy, putting in a speedy time of 42:43.

Winter Series Volunteers



Race results wizard Dave Sorenson catches up on registrations before each race and has the results on the web by day's end.



So, you want to know your time, huh? Bill Bennett supervises the results table at Fox Run,



Phil and Judy Foster, PPRR members since the 70's, put in still more hours registering participants at Fox Run.

Winter Series I, II & III Cumulative Standings

Long Series Women

1	Elizabeth Watkins	22	2:58:06
2	Bev Zimmermann	42	3:09:15
3	Jennifer Weiss	24	3:09:55
4	Traci Winterbottom	41	3:13:40
5	Sandi Brandi	37	3:19:11
6	Marilyn Goodloe	43	3:35:38
7	Heather VDArdweg	32	3:36:14
8	Jenny Russell	29	3:36:57
9	Sharon Greenbaum	43	3:39:34
10	Lindy Crawford	41	3:50:14
11	Joyce McKelvey	60	3:50:20
12	Lori Kisley	35	3:52:05
13	Rebekka Hannula	42	3:55:14
14	Diane Lopez	47	3:55:47
15	Jennifer Aragon	30	3:59:59
16	Susan Hirst	45	4:00:58
17	Gina Benfatti	44	4:03:26
18	Beverly Carver	46	4:04:41
19	Krisine Spinuzze	36	4:05:07
20	Kelly Jackson	45	4:07:20
21	Isabelle Dolan	41	4:08:13
22	Tina Dessart	34	4:09:30
23	Jane Chess	52	4:13:28
24	Leslie Rutberg	32	4:21:56
25	Amy Wasson	38	4:24:26
26	Janna Rombocos	34	4:24:28
27	Debbie Embaugh	40	4:27:45
28	Kathy Heathcock	47	4:30:02
29	Maria Fruge	50	4:57:48

Long Series Men

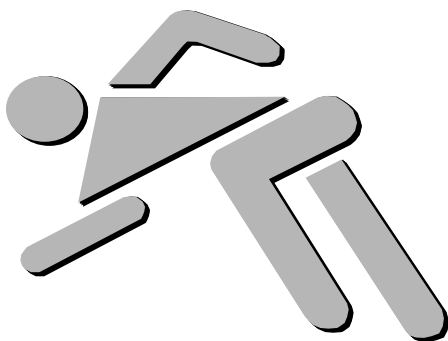
1	Erick Jordan	35	2:38:44
2	Chad Halsten	31	2:40:40
3	Neal Oseland	36	2:40:49
4	Joe Shotsman	38	2:42:46
5	Jeremy Dreher	25	2:43:54
6	Isaac Watkins	24	2:44:21
7	Rich Hadley	50	2:48:11
8	Steve Bremner	50	2:48:23
9	Travis Edwards	25	2:54:51
10	Dan Tessier	56	2:56:45
11	Blaine Miller	32	2:58:15

12	Kenneth Wright	35	3:00:45
13	Steve Abeyta	40	3:02:03
14	Thom LeDoux	31	3:03:06
15	Graham Houghton	38	3:04:02
16	Craig Hafer	49	3:05:31
17	Bruce Barrell	49	3:05:31
18	Nathaniel Kiser	35	3:05:45
19	Jerry Jackson	45	3:09:21
20	Jeffrey Jury	45	3:09:31
21	James Robinson	54	3:10:57
22	Robert Swanson	43	3:11:00
23	Jim English	51	3:12:34
24	Reid Sheffield	44	3:13:47
25	Eck Zimmermann	54	3:14:02
26	Kris Pruitt	27	3:19:48
27	Michael Brilleslyper	42	3:21:09
28	Roger Baer	51	3:21:28
29	Fred Gonzales	45	3:22:26
30	Al Haeffner	49	3:23:03
31	Timothy Steffens	35	3:25:04
32	Dan Arnold	41	3:26:00
33	Rodney Bolman	49	3:26:10
34	Brad Olson	44	3:26:14
35	Andrew Heimbrock	32	3:27:05
36	James Newton	48	3:27:10
37	Lee Burton	45	3:29:29
38	Clyde Landry	59	3:30:12
39	JD McKenna	52	3:32:05
40	Lem Myers	40	3:34:04
41	Chris Kilroy	38	3:34:18
42	Phil Goulding	54	3:35:55
43	Jon Cornick	49	3:35:58
44	Kevin Houghton	31	3:38:39
45	Jim Kelleher	48	3:40:44
46	Jim Beckenhaupt	58	3:47:39
47	Rick Dreher	57	3:48:56
48	Colin Kearns	31	3:52:52
49	Hans Zimmermann	66	3:55:49
50	Barrett Cooper	33	3:58:21
51	Larry Fruge	49	4:00:44
52	Charlie Malin	46	4:00:49
53	Peter Hayward	51	4:02:23
54	John Crawford	51	4:06:15
55	John Crouse	55	4:08:27
56	Phil Foster	71	5:10:28
57	Smilin' Ed Mighell	75	5:18:51
58	Dan Cleveland	63	5:25:01

7	Tamara Rogers	39	1:37:33
8	Jill Montera	39	1:37:37
9	Sandie Hubbard	38	1:38:31
10	Aubrey Inman	18	1:39:08
11	Katie Whitford	18	1:39:11
12	Emily Nyquist	26	1:40:40
13	Marie Grovenstein	18	1:40:48
14	April Casados	18	1:40:55
15	Savannah Jackson	18	1:42:00
16	Monica Garcia	18	1:42:06
17	Eileen Wilfong	47	1:43:06
18	Terri Tibbs	42	1:46:12
19	Jenna Smith	17	1:49:42
20	Jessica Jury	18	1:49:44
21	Glenda Kelly	44	1:51:09
22	Micky Simpson	49	1:52:02
23	Heather Tessier	17	1:53:24
24	Robyn Hudson	37	1:54:14
25	Jessica Raab	35	1:54:30
26	Katie Williams	16	1:54:40
27	Connie Smith	42	1:54:53
28	Megan Dickerson	18	1:54:56
29	Tracy Mann-Reno	39	1:55:25
30	Jennifer Eckels	29	1:55:57
31	Carol Runnells	53	1:59:47
32	Michelle Chapman	37	2:02:09
33	Trudi Michel	47	2:02:43
34	Kathy Letner	54	2:03:35
35	Heather Evans	34	2:05:17
36	Berri Cockrell	38	2:05:28
37	Lesley Gallacher	26	2:06:54
38	Rebecca Lane	44	2:07:24
39	Kelly Gustafson	27	2:08:18
40	Laura Harmon	15	2:10:26
41	Kandis Ewers	37	2:11:07
42	Britney John	15	2:11:45
43	Rachel Deherrera	29	2:12:27
44	Laurie Baer	50	2:15:23
45	Rachel Shanahan	29	2:15:44
46	Tracy John	37	2:15:46
47	Sarah Lathrop	19	2:15:47
48	Cecilia Rich	42	2:16:43
49	Marquerite Buhr	15	2:23:03
50	Kateri Vanderkooi	32	2:24:50
51	Deb Hadley	49	2:24:53
52	Liz Sevits	25	2:26:08
53	Christie Cotter	30	2:27:41
54	Kathleen Overton	42	2:28:00
55	Martha Kinsinger	71	2:30:09
56	Alice Gohlke	37	2:32:08
57	Kathleen Brenk	36	2:33:37
58	Brenda DeMars	53	2:35:31
59	Kristin Swanson	15	2:36:18
60	Chris Sheppard	41	2:38:10
61	Diana Quattlebaum	46	2:40:40

Short Series Women

1	Connilee Walter	32	1:25:40
2	Anna Marshall	13	1:29:48
3	Courtney Butler	23	1:36:19
4	Ashlee Withrow	18	1:36:35
5	Kathleen McGinnis	17	1:37:09
6	Susan Griffin	50	1:37:19



Winter Series Cumulative Results (cont.)

62	Jutta Normoyle	52	2:41:45	19	Mike Johnson	36	1:33:09	43	Rich Zimmerman	54	1:51:32
63	Linda Reed	51	2:46:37	20	Theodore Lewis	44	1:34:15	44	David Patrick	43	1:54:20
64	Julie Foster	69	3:42:17	21	Tony Abdella	51	1:35:26	45	Mike Cotter	31	1:54:30
Short Series Men				22	Craig Trask	43	1:35:36	46	Frank Negley	40	1:55:08
1	Dean Black	17	1:12:32	23	Richard Romani	17	1:36:23	47	Jeff Smith	65	1:56:12
2	Jeff Holt	18	1:14:17	24	Jordan Montera	13	1:36:25	48	Dennis Normoyle	62	1:56:56
3	Eric Collins	26	1:18:22	25	Kris O'Der	16	1:38:06	49	Pharris Cotner	50	1:58:38
4	Todd Murray	42	1:19:18	26	Carl Olson	43	1:38:36	50	Dean Buck	47	2:00:52
5	Matthew Drake	17	1:21:07	27	Marc Wulfkuhle	31	1:39:04	51	Jeth Fogg	39	2:01:12
6	Andrew Subudhi	36	1:21:22	28	Jeremiah Brockett	16	1:39:14	52	Neil Chapman	37	2:02:07
7	Adam Dickerson	16	1:21:52	29	Erich Gohlke	16	1:39:39	53	Justin Jackson	14	2:03:12
8	Thom Santa Maria	42	1:23:11	30	Steven Simon	50	1:40:48	54	Paul DallaGaurdia	47	2:08:38
9	Lile Budden	45	1:23:34	31	Alan Marks	34	1:42:06	55	Jon Epperson	68	2:08:39
10	Ken Lefrancois	41	1:25:18	32	Eric Lawrence	32	1:42:45	56	George Gregor	53	2:08:58
11	Nathan Brown	15	1:25:18	33	Jack Anthony	49	1:43:37	57	Phil Mahone	44	2:10:19
12	Eric Bauer	33	1:26:19	34	Jorden Hall	17	1:44:05	58	Dave DeHart	57	2:10:33
13	Ray Cameron	34	1:26:54	35	Harsha Nagaraj	32	1:44:06	59	Keith Martin	40	2:14:21
14	Matt Scanlan	16	1:27:28	36	Alex Haase	18	1:44:07	60	William Overton	50	2:23:13
15	Michael Pollard	28	1:30:35	37	Shane Swearingen	14	1:44:26	61	Kenneth Holmes	60	2:26:27
16	Anthony Silva	16	1:32:14	38	Greg Brown	48	1:45:04	62	Bill Gallegos	75	2:29:35
17	James Boughter	61	1:32:33	39	Eric Steiner	58	1:45:06	63	Bobby Hammett	72	2:31:35
18	Dale Papineau	39	1:33:02	40	James Grovenstein	46	1:46:01	64	Charles Foster	46	2:32:34
				41	Les Goss	55	1:46:21	65	Philip Quattlebaum	53	2:34:58
				42	John Maynard	41	1:47:36	66	Greg Segura	43	2:35:16



Sand Creek girls team members (left to right) Marguerete Buhr, Laura Harmon, Heather Thompson, Emily Schmidt, and Heather Tessier gather round before their assault on the second race of the short series at El Pomar on a beautiful Saturday morning.

PIKES PEAK ROAD RUNNERS MEMBERSHIP APPLICATION

Name _____ Date _____
 Address _____
 City _____ State _____ Zip Code _____
 Evening Phone _____
 E-mail _____



Membership Benefits!

Membership includes the club's monthly newsletter mailed right to your door. Keep posted on all the local running events and receive information on regional happenings as well. Members receive a reduced entry fee or no charge for selected races. Plus, members can receive substantial discounts at several local running stores! Members also automatically receive membership in RCAA.

Membership Rates			
	1 Year	2 Year	3 Year
Individual	\$15	\$30	\$45
Family	\$25	\$50	\$75
1st Class	\$10	\$15	\$20

Mail to: Pikes Peak Road Runners
 Attn: Membership
 207 N. Nevada
 Colorado Springs CO 80903

*Out-of-Towners may want to add First Class postage for quicker delivery.

Make checks payable to:
Pikes Peak Road Runners

Club Membership Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Pikes Peak Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNED: _____

Additional Family Names	Age	Sex	Volunteer?	Signature (If under 18 Parent Must Sign)	Date
1. _____	_____	_____	YES NO _____	_____	_____
2. _____	_____	_____	YES NO _____	_____	_____
3. _____	_____	_____	YES NO _____	_____	_____
4. _____	_____	_____	YES NO _____	_____	_____



Pikes Peak Road Runners, Inc.
 207 North Nevada
 Colorado Springs CO 80903

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