



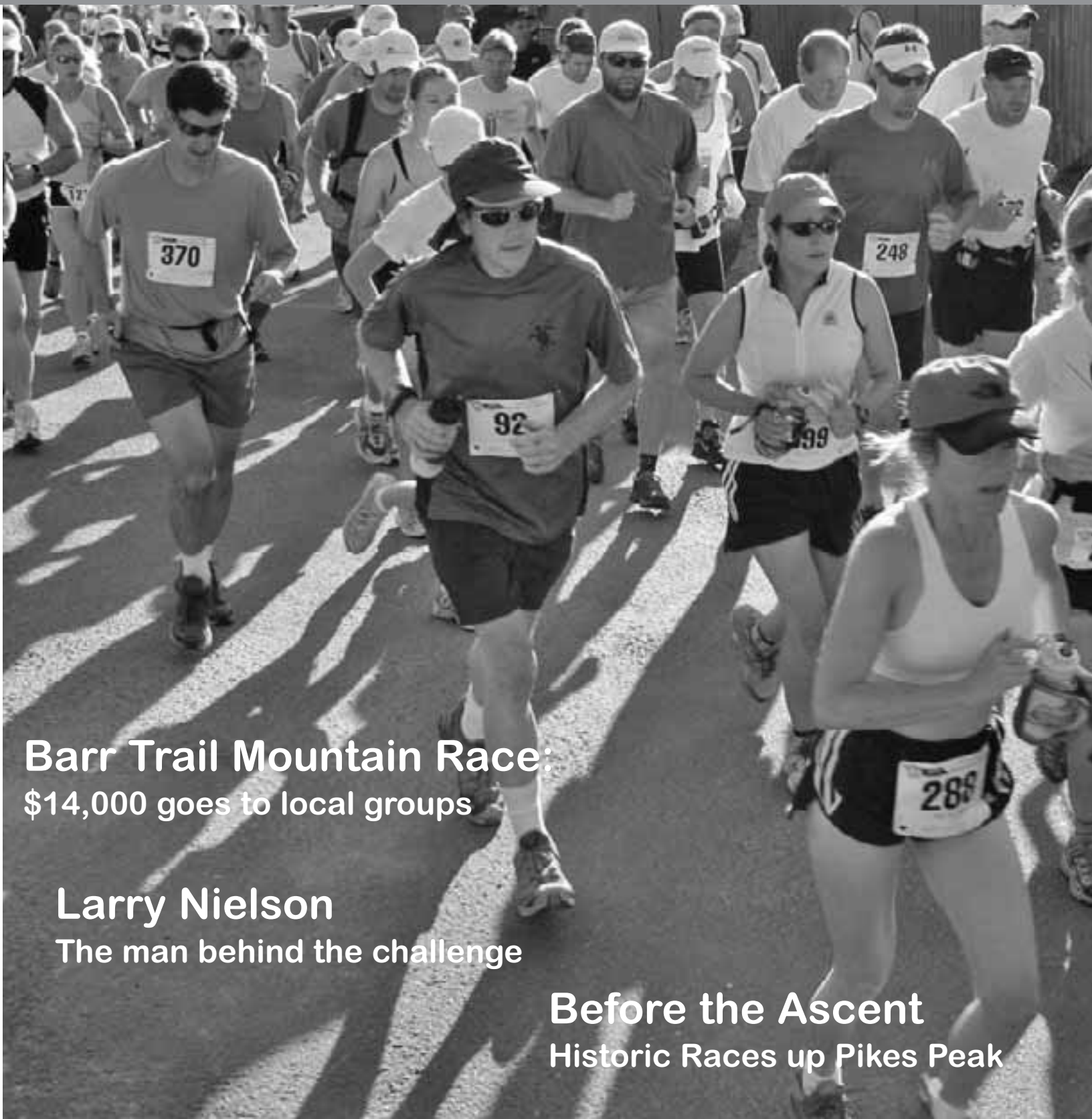
**Pikes  
Peak  
Road Runners**

# the **LONG RUN**

Volume 30 Issue 6

Running News for the Pike's Peak Region

September 2006



**Barr Trail Mountain Race:**  
\$14,000 goes to local groups

**Larry Nielson**  
The man behind the challenge

**Before the Ascent**  
Historic Races up Pikes Peak

# 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	Jack Anthony
Jim Beckenhaupt	Travis Waldrip
Jon Cornick	Lyn Hale
Don Johnson	Jim Kelleher
John O'Neill	Micky Simpson

## 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:	Micky Simpson	MickySim@yahoo.com
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Newsletter:	Jim Kelleher	jim@pprrun.org
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
Race Results	Dave Sorenson*	
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Site:	Dave Sorenson*	
Training Runs:		
Garden of Gods:	Dave Sorenson*	
Barr Trail:	Larry Miller	590-7086

\*davidson@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. Your board encourages PPRR members and friends to attend. The July meeting is cancelled. The next meeting is **September 5th**.

## Membership ☺

Memberships last for 12 months. Check the expiration date on your mailing label. **A happy face is telling you that 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:

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

## *The Long Run*, Volume 30 Issue 6

The Long Run is the official publication of the Pikes Peak Road Runners, a 501(c)3 not-for-profit organization. The Long Run is published monthly. The subscription rate is \$15 per year.

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*Editorial Staff:* Diane Cahalan  
Jack Anthony  
Mike Shafai

Return Address: **Pikes Peak Road Runners**  
**207 N Nevada**  
**Colorado Springs CO 80903**

## Newsletter Submissions

Items for the newsletter are always *most* welcome! You send it, we'll try and run it. (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](mailto:editor@pprrun.org) either as attachments or in the message. We accept any Windows compatible file format. Letters, disks, CD's and other media can be mailed to:

Jim Kelleher, Editor  
PO Box 26252  
Colorado Springs CO 80936

## Submission Deadlines

All materials must be received by the **First Tuesday** of the month for inclusion in the following month's newsletter. The next deadline is **September 5th**.

## Newsletter Stuffing

Newsletter mailing stuffings take place on the **3rd Wednesday** 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 parties and provides beverages. Food (usually pizza) will be provided. Everyone is welcome to join the fun! Write Jim at [jim@pprrun.org](mailto:jim@pprrun.org) for more information.

Next stuffing is **Wednesday September 20th**.

## 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 folded size is 8.5 x 11. *Do not staple*. Please *unfold* brochures if possible. The deadline for delivery/submission is the *3rd Tuesday* of the month. Send to [editor@pprrun.org](mailto:editor@pprrun.org) for printing (extra charge, color also available) or deliver **750 copies** to:

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

*Include check* for \$50 payable to PPRR.

**Advertising** is welcome. Write to Jim at [editor@pprrun.org](mailto:editor@pprrun.org) for rates or call at 719.232.4419.

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

## President's Letter

Notice anything new about the Fall Series entry form? Actually, there are 2 changes. First, the board officially changed the name to the Fall Series and it will no longer be the "Fall Cross Country Series". And Larry suggested, and the board approved, starting the adult event at 11:30am and having the kids events follow at 1:30pm. Thought behind the suggestion is possibly more participation.

Thanks to Jim Beckenhaupt and the CSC Veterans Home Run Committee, the club will be presenting a check in excess of \$5,000.00 to the Crawford House. This is absolutely unbelievable. But as Jim said, "when you have the team effort and you have more "yeah" than "nah"... anything can happen—and it did. Congratulations Jim for your hard work and your commitment to the Crawford House. I for one will be with you next year.

"2006 Board Member" shirts were presented to the board members at our August meeting. Now you will be able to pick them out of the crowd. My appreciation to them and for the work they are doing. Introduce yourself!

At the Winter Series Auction, Steve Simon, a club member had his book a part of the auction items. He also presented a copy to the board. Steve, I am in the processing of reading it right now. Sorry that it took so long, but has kept my attention and I can pick up right where I left off each time I start again.

Remember:

September 23 - Our Great Race - the club's race that is FREE to members and welcomes new member sign ups. America the Beautiful Park. Culmination of the Summer Series. Our 31st Birthday Party!

November 18 - Our General Membership Meeting and Fall Series Awards Dinner. Downtown YMCA - 6:00pm prompt. More later.

Best of running for those who are signed up for the Pikes Peak Ascent/Marathon and the American Discovery Trail Marathon!

*Pat Lockhart*

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Cover Photo: Barr Trail racers charge up Ruxton in the early morning sun. Courtesy of runpikespeak.com

# Membership

## Welcome New Members!

Rod Lusey	Colorado Springs
Aidan Torgerson	Colorado Springs
Leslie Torgerson	Colorado Springs
Sigurd Torgerson	Colorado Springs
Torber Torgerson	Colorado Springs
Rusty Smith	Pueblo West
Barbara Smith	Pueblo West
Ashley Smith	Pueblo West
Andrew Smit	h Pueblo West
Caleb Smith	Pueblo West
Joshua Smith	Pueblo West
Noah Smith	Pueblo West
Abbey Smith	Pueblo West
Lisa Ramsey	Colorado Springs
Ashley Ramsey	Colorado Springs
Roxanne Matthews	Colorado Springs

Patrick Matthews	Colorado Springs
Tommy Matthews	Colorado Springs

## Renewing Members

Gilbert O Kindt	Colorado Springs
Lyn Hale- Kindt	Colorado Springs
Karl Mickelson	Colorado Springs
Jack Anthony	Colorado Springs
Margo Anthony	Colorado Springs
Kirsten Anthony	Colorado Springs
Shannon Anthony	Colorado Springs
Cymmie Bailey	Colorado Springs
Anna Marie Campbell	Colorado Springs
Andy McElhanev	Colorado Springs
Julie Schraml	Colorado Springs
Karen Wood	Elbert
Micky Simpson	Peyton

## Are you about to expire?

Don't miss a single issue!  
Check for the Happy Face on  
your newsletter label. If you  
see it, it's time to renew!

## Trail Clean-up

Sat September 2nd  
Meet at 9 a.m.  
Southwest parking lot  
of 8th Street Walmart

## Come Join Us at the Newsletter Stuffing—aka PPRR monthly social

Every month a bunch of fun-loving folks have a great time talking about running and races, sipping beer and wine, and enjoying yummy hot pizza...oh, and they also get the newsletter ready for mailing. But that just takes a few minutes once the right hand knows what the left is doing and everyone melds into a finely tuned insert-sta-

ple-label mailing machine. You will get to talk with several board members and race directors and have the chance to talk to other avid runners. Come be a part of this fun event and enjoy the hospitality of the Colorado Running Company: **every third Wednesday** at 6:30pm. Call 232-4419 for more info or write to [editor@pprrun.org](mailto:editor@pprrun.org).



From left to right, Marie Baughman, Larry Miller, Jon Cornick, and Al Grimme discuss recent running events as they prepare newsletters for inserts at the Colorado Running Company.

## July Stuffing Volunteers!

Colorado Running Company, Host

- Al Grimme
- Jeff Smith
- Jeff Tarbert
- Jim Beckenhaupt
- Jim Kelleher
- John O'Neil
- Jon Cornick
- Kelly Handel
- Larry Miller
- Marie Baughman
- Sara Altonen
- Sean O'Day
- Traci Winterbottom

## From the Editor

Recently, I was enjoying a long run with a friend preparing for the Leadville 100. We were heading up the crux of the course, Hope Pass. Though challenging, I always enjoy that particular section, especially the Twin Lakes side. The trail runs through dense forest along a full cascading creek, and the thick green undergrowth is replete with many varieties of alpine wildflowers. The laborious trek to timberline opens up to green meadows beneath the majestic walls of the mountain amphitheatre.

As I was soaking in the sights and sounds, my friend gasped out a comment that startled me. "How can you come to hate something so beautiful so much?" I didn't say anything at the time, but I've been thinking about that comment ever since. How indeed?

She was referring, of course, to the pain of pushing for miles up thousands of feet of very steep trail with an ever decreasing supply of oxygen. For her, and for the many grim-faced runners I have encountered on that trail, Hope Pass has come to represent an obstacle, a nemesis in the way of a hoped-for personal achievement.

Now, I believe that goals are very good things. They help us organize our efforts and motivate ourselves out of complacency. But I also believe that goals can be two-edged swords. They have the potential to turn our running experience into little more than an exercise in mortification. We can become preoccupied with time, pace, and distance.

When that happens, running becomes little more than a means to a self-imposed end. We *utilize* our bodies, trails, and training to accomplish our goal. We strain and train and battle against physical limits. The more obsessed among us even subject work and relationships to our self-serving end. I'm sure you've met such folks.

On another Leadville outing, I decided to go on a run for no reason. No training, no timing, no set destination. So I strapped on a couple of liters, took some food, and headed out to the back country above the Fish Hatchery. It was magnificent: lush meadows, a 500-foot waterfall, dense woods, alpine lakes, panoramic views, all against the backdrop of Mt. Massive's grandeur. In a word, it was *beautiful*.

I thought about that. Beauty is an end in itself. You simply cannot bend it to self serving purposes. You have to clear your mind of minutes-per-mile to let it in. Rather than us imposing ourselves on the world, beauty imposes itself on us, refreshing and re-creating us in the process as we move beyond ourselves.

So, try running for no reason. Once in a while at least, forget about goals. Make some pressure-free time to get out on our wonderful trails and let them, and beauty, take you someplace beyond your plans.

Peace!

*Jim Kesseher*

Editor

## the Long Run Long Ago

### 10 Years Ago

September 1996: PPRR's Fall Cross Country Series takes the front cover much as this year's takes the back. Unlike this year's, race #2 was held in the Garden of the Gods, "mostly on horse trails". **Jim Beckenhaupt** turns in a 23:30 among the over 800 in the August Race for the Cure, just in front of **Jack Anthony's** 23:57 and right on the heels of **Al Grimme's** 18:56. As for news, what news? Nary an inch of column appears among the race results.



### 20 Years Ago

Margie Loyd captures cover news as a winner of the Pikes Peak Marathon in 4:55. That's her husband, who must have lost a bet, beside her. The Fall Series gets announced along with a Halloween



Costume run. Quite a few members participated in the 14th Ragbrai—500 miles of biking across Iowa—and a day-by-day account appears (at least one PPRR member, Beverly Carver, rode this year's). Podiatrist David Garcia gives the ins and outs of pronation. **Bob Shaw** completes the Leadville 100 on his third try. Finally, **Bill Gallegos** reports spending \$15.70 on starting gun blanks.

### 25 Years Ago

National Jogging day is October 10th, and, in a news flash, the National Jogging Association changes its name to the American Running and Fitness Association so as to include real runners. The second annual Cripple Creek 10K at 10,000 feet is announced. Vegetarian pie anyone? A recipe is offered that whips together Bisquick and cauliflower into a culinary delight. And the newsletter turns poetic: "the runner, stretching for the race, psyching himself up for the miles before him, a certain solitude, yet the camaraderie, irreplaceable in an event such as this, a satisfaction in the minutes ahead, important to his being." And further along artistic veins, we enjoy lyrics from "Orthotic Cowboy," like, "Runing out on my Tigers in the sunset's fading glow."

## Letters

### Dry times and dashing divas in Plano, Texas

Dear Jim,

July has been hot, and a long drought continues. Even squirrels and rabbits need canteens. Homeowners have restricted days and hours for watering, and \$2000 fines for those who think the restrictions do not apply to them. It would seem that runners would take the hint and retire to a hammock, but that would be much too sensible.

Racing started with the always popular Flagpole Hill 8K on July 4. Runners looking for a July 4th barbecue needed only to look at their own exposed skin. *They* were the barbecue. Matthew Brandt of Westminster CO ran rhino class in 49:13.

The Pacers went all out in these miserable conditions, starting with a Diva Dash 5K for women only on July 15. 125 women participated, including a girl scout troop and a delegation of Texas Instruments runners. The race was a benefit for

the local Girls on the Run, a non-profit dedicated to helping pre-teen girls through running. The run was an experiment, and the large turnout convinced the Pacers that it should be an annual event.

Ever gluttons for punishment, the Pacers held a picnic the next day. It filled the three available pavillions at Arbor Park. All participants added lots of flab to run off during the rest of the year. The normal estimated time 5k and the monthly club run, another 5K on July 29, went off as planned.

I am enjoying the railroad history in the Long Run. Although trucks do most of the hauling now, Plano is still a rail center. Trains being formed block some streets once a day. They keep the blockage down to five minutes, per the law, but some drivers seem to think otherwise. The coal trains in Colorado and the huge switching area west of El Paso, Texas are reminders that rails are still important for bulk. Moving those loads on the highway would eliminate the automobile.

Regards,

William L. Jones

## From RRCA

### RRCA Newsletter Features Children's Running

by Jean Knaack

One day, I caught myself telling my daughter to "stop running" as she headed down the street in front of me. She had just acquired the all important skill of running. I stopped and thought about what I had said, "Stop Running!" What a terrible message to send her. From that moment on I decided to eliminate the phrase from my vocabulary. Instead, I choose to use phrases like, "please walk", "slow down", or "this is a time/place for slow or walking feet". But, "stop running" is not a message I want to send to my children. When we are outside, I pick landmarks that they can run to that are within a safe distance of me. We talk about places that are appropriate for walking and running, and when my children are outside, I encourage them to run as much as possible.

During the summer months, it is a great opportunity to get kids outside and running. On page 6 [June *Footnotes*, [www.rrca.org](http://www.rrca.org)] you will find a great article on youth running written by Gail Kislevitz. Gail was the 2005 RRCA National Journalistic Excellence Sports-writer of the Year Award winner.

Don Kardong authored the RRCA Children's Running Program and Teacher's Curriculum. The program is available through the RRCA and continues to be one of our most successful publications. Around the country, new and innovative programs are being developed to get children into running and on the path to a healthy lifestyle. If your running club or local community does not have a children's running program, I encourage you to start one.

Enjoy and Happy Running

*Jean Knaack is executive director of the Road Runner's Club of America.*



## News & Events

### Meet the Palo Duro 50 Miler Coming October 21st

Come late October, you distance trail runners might be hankering for something a little longer and perhaps warmer than the Fall Series' courses. Well, you're in luck. Just a hop, skip, and jump (across a couple of state lines) away is the 21st running of the little known Palo Duro Trail Run on October 21st, featuring a **20K, 50K, and 50 miler**. The course is 99% dirt trails on the floor of spectacular Palo Duro Canyon State Park just south of Amarillo, Texas.

No post-race pizza here. You get a full Texas meal, complete with barbecued hamburgers and beans. Race fee also includes a t-shirt and pre-race pasta dinner.

"Palo Duro" means "hard wood" and was given as a name to the canyon by early Spanish explorers.

Palo Duro Canyon itself is 120 miles long, as much as 20 miles wide, and has a maximum depth of more than 800 feet. Its elevation at the rim is 3,500 feet. Called the Grand Canyon of Texas, Palo Duro is the second largest canyon in the United States. More information and applications for the race, as well as facts about the canyon and



No doubt about which state the Palo Duro Trail Run takes place in! A well-kept secret, only a handful of Coloradans made the trip last year to Palo Duro Canyon just south of Amarillo.

maps can be had at [www.palodurocanyon.com/race.php](http://www.palodurocanyon.com/race.php) and at [wildtexas.com/parks/pdcsp.php](http://wildtexas.com/parks/pdcsp.php)

### 22nd Annual Autumn Color Run September 16th

Warm up for the Pony Express with a half-marathon, 10K, or 5K the day before in Buena Vista, gazing at golden Aspen forests. The half-marathon descends about 2000 feet from up towards Cottonwood Pass, and the 5 and 10K are mostly down hill as well. Bus shuttle to the start line from town for the 9AM race start. See [www.fourteener.net/colorrn](http://www.fourteener.net/colorrn) for more information. Race flyers and applications are also available in our local running stores.



The majestic scenery of Palo Duro Canyon, site of the Palo Duro 50 mile trail run, lies near Amarillo Texas. At 120 miles in length, it is considered second in size only to the Grand Canyon.

### 10 Reasons to Carb Up

Low carbohydrate diets have never been very popular with runners, even though their promoters claim better performance potential. At most, they have cut down a little or maybe felt just a little guilty at those pre-race pasta fests. Well no more! According to Kim Mueller, a sports dietician and endurance athlete, elite distance runners worldwide average about 50% carbs for their total caloric



intake. Those pesky Kenyan runners average more like 75%. A great deal of research actually shows profound performance benefits associated with high carbohydrate intake. Kim writes that low carbohydrate diets (Atkins, South Beach, Zone Diet):

- #10 leave you mentally drained
- #9 trigger premature muscle fatigue during exercise
- #8 compromise immune function
- #7 affect mood
- #6 are often deficient in essential nutrients
- #5 slow muscle recovery
- #4 increase risk for muscle injury during training
- #3 increase risk for kidney stones
- #2 can diminish bone health
- #1 can trigger joint pain

Check out her full article and sources in [CoolRunning.com](http://CoolRunning.com): click on the Training tab, then scroll down to "The Truth Behind..."



# ADTM...Cawabunga!

by Bob Mutu



As of mid July the marathon and half marathon have seen a 100% rise in registration from last year. That

makes the third year in a row we have had runners' interest shown by an increasing registration curve! I am expecting to see well over 400 marathoners and 500-600 half marathoners.

Sign up now at The Colorado Running Company or go online to Active.com. You can access the website ([www.adtmarathon.com](http://www.adtmarathon.com)) from the PPRR website ([www.pprun.org](http://www.pprun.org)). You can also download and mail entry forms from those websites. Forms are also located at local running stores at YMCA branches.

The Ent 5K Challenge will probably draw 200-300 runners on the trail 5K course. ALL proceeds from the 5k go to the Ent/YMCA fund. Ent and ADTM/PPRR raised about \$10,000 last year for the YMCA for programs to combat obesity in our children. We hope to exceed that this year! Proceeds from the Marathon and Half Marathon will be split by PPRR and The Trails and Open Space Coalition.

Matt Carpenter will be our guest speaker at the Pasta Feed on Sunday, Sept 3, at the Clarion Hotel. Local runners are encouraged to call the hotel to sign up for the dinner. Matt is a very energetic and inspirational person in addition to being (arguably) the best mountain runner on the planet.

The RRCA has named our Marathon as their Western Regional Trail Marathon Championship and the Half Marathon as their Colorado Trail Half Marathon Championship. Lisa Paige, The RRCA Western Region Director, will be helping out at our event this year!

Runners this year can expect to receive lots of great stuff! Half-Marathoners get a finisher's certificate mailed to them. The Marathoners get the certificate in addition to a beautiful ADTM finisher medal. Ent is again providing a great looking runners bag. Goodie bags will have some cool stuffs this year. We will also have pizza and *Laughing Lab* beer at the finish line along with a terrific food buffet.

The kid's runs will be free. Two distances of about 1 mile and ½ mile. Eon Studios will provide us with kid's shirts this year!! Thanks Michael! Finisher medals are again probable for the kids. The YMCA will be providing some kids fun things to due in the parks infield. The parks playground is full operational this year.

Gatorade (via a RRCA program)

is supplying us with their drink for the aid stations and finish area. Carb Boom is providing us with packets of Energy Gel for strategic aid stations. We will have more massage people helping out this year. Drawings will be held for cool prizes...you must be present to win. Drawings will be centered around awards ceremonies as scheduled on the entry form.

We will probably be supporting an ADTM branch race in Iraq for our troops. They will have a separate division and will receive our shirts, numbers, and medals. Results will be listed separately in our race results.

Our many thanks to all of our supporters and volunteers and to the committee for surmounting the many obstacles this year, including the numerous construction projects. PPRR has a great team that is very committed, professional, and enthusiastic!

*Bob Mutu is race director of the American Discovery races and a very active PPRR volunteer.*





## Volunteer Corner

### New Caps and Last Call for ADTM



To all Silver Level and above volunteers...thanks to the persuasive efforts of Larry Miller, we have ordered new caps for your wearing pleasure! They are mesh runner's caps - white with our logo in navy blue. If you would like one-please email me.

Last call for volunteers for the ADTM on Labor Day. This event is

growing, growing, growing and we need your help so if you're looking for something fun to do on the holiday, send me an email at [cymmieb@qwest.net](mailto:cymmieb@qwest.net) or call me at 578-1651.

FYI, the hours listed below do not include the Run for Hope or Veteran's Home Run races-should have those posted by next month!!

Take care. See you at the races!

*Cymmie Bailey*

Volunteer Coordinator



Volunteers at the 2005 American Discovery Trail Marathon. 'I was this close to winning!'

## Volunteer Recognition

### Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

*Andrew Abdella 15*  
*Marie Baughman 16*  
*Ted Bidwell 17*  
*Dean Black 17*  
*Janice Black 16*  
*Dean Buck 12*  
*Dan Cleveland 14*  
*Andy Dimmen 20*  
*Rick Di Muccio 11*  
*Heather Evans 12*  
*Taylor Fogg 10*  
*Bob Foster 19*  
*Julie Foster 17*  
*Brenda Lewis 11*  
*Mike McKay 12*  
*Eric Mullins 14*  
*Neal Oseland 20*  
*Storme Rose 12*  
*Bob Royse 19*  
*Robin Satterwhite 20*  
*Greg Segura 14*  
*Gini Simonson 20*  
*Jeff Tarbert 16*  
*Dave Thomson 10*  
*Kate Waldrip 16*  
*Emelee Waters 11*  
*Matt Waters 14*  
*Zach Waters 11*

*Tracy Winterbottom 12*

*Lo Wright 10*

### Silver Level: 21 to 50 Hours

You have earned a cap or complimentary race entry

*Jerred Abdella 39*  
*Jack Anthony 30*  
*Dave Balzar 49*  
*Jan Balzar 48*  
*Gordon Barnett 38*  
*Sandy Berry-Lowe 52*  
*Dee Budden 48*  
*Jon Cornick 24*  
*Kees Guijt 23*  
*Rick Hessek 36*  
*Susan Hoxie 22*  
*Melissa Leftwich 24*  
*Jack Janney 21*  
*Sandy Martinez 22*  
*John O'Neill 26*  
*Bill Ransom*  
*Jim Simonson 21*  
*Kim Tollin 25*  
*Jim Umphrey 42*  
*Kevin Waldrip 27*  
*Melissa Waters 46*

### Gold Level: 51 to 75 Hours

You have earned a jacket

*Sheri Abdella 60*  
*Tony Abdella 53*  
*Ron Garcia 51*  
*Don Johnson 58*  
*Gil Kindt 56*  
*Cruz Martinez 52*  
*RT Tollin 70*  
*Cady Waters 51*

### Diamond Level: 76 to 99 Hours

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

*Cymmie Bailey 76*  
*Angie Earle 80*  
*Phil Foster 77*  
*Lyn Hale 92*  
*Micky Simpson 86*

### Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

*Jim Beckenhaupt 106*  
*Diane Cahalan 114*  
*Al Grimme 129*  
*Jim Kelleher 510*  
*Pat Lockhart 213*  
*Larry Miller 128*  
*Bob Mutu 162*  
*Dave Sorenson 153*

Volunteers listed have accumulated 10 or more hours since October 2005

# Trail Etiquette Part II

by Michael Shafai



No, this isn't meant to be the second part of a two-part series.

But, go online. Buy a book. Read a trail running magazine. Within

each of the aforementioned media genre, one can find oodles of useful information on trail etiquette. Most of the information is the same.

Stay to the right. Pass on the left. Allow others to pass. Pack out your own trash (and other's trash, if you're able to do so). Yield to equestrians. Always be courteous. Don't

**Leave your iPod at home!...Not only are you creating a dangerous situation for yourself and your fellow trail-users, you are missing out on one of the top reasons to run trails in the first place: the melody of the outdoors.**

cut switchbacks. Stay on the trail. Respect private property. Anticipate others around you, especially on blind spots. Keep dogs on leashes unless you are in an area that allows for unleashed dogs under voice-command.

For most of us, these are no-brainers. But there are a few areas of trail etiquette, while disputable, are worth mentioning, because they are rarely found in trail guides.

*Don't steal items of clothing from fellow trail-users!*

Several weeks ago, a small

group of us were doing an early morning, weekday training run on a very busy local trail in preparation for an upcoming race. That particular week, the weather was unusually hot and humid.

As is customary when we over-dress for the weather conditions, several of us might shed a clothing item or two, leaving either a shirt or warm-up jacket (never our shorts) at a trail junction. On the way back down the trail, we fetch our items as we head back to our cars.

On this day, we were overheating no more than 5 minutes into the warm-up. So off came the shirts. On the return trip, which was less than an hour later, I stopped at the spot where I left my shirt (a nearly brand new 2006 Garden of the Gods 10 Mile Race shirt), and it was gone. Somebody had absconded with it!

The first thought that crossed my mind was one of inquisition: Why would someone want to take a sweaty, used running shirt? The second thought that crossed my mind was one of social responsibility: Maybe somebody mistook my t-shirt for trash. I quickly dismissed this thought, since the shirt was nearly brand new (not even a trace of an armpit stain), plus it was likely still warm with my body heat. So finally, my third thought was one of dismay. I had become a victim of thievery by a fellow trail-user!

So, if you come upon a fairly new item of trail running garb, leave it alone! There is an extremely high likelihood that it belongs to someone out on the trail. If you come across the same item during your next visit to the trail, then perhaps assume it was forgotten or discarded, and it's yours to do with as you wish.

*Leave your iPod at home!*

While running down the same busy trail where my shirt was stolen (on a different day), I came



upon a slower trail-user and wanted to pass. The runner was cruising down the middle of the trail, not to the right (an obvious faux-pas, as previously mentioned) and when I expressed my desire to pass on his left, he ignored me.

I reiterated my desire to pass, this time, with a much louder tone of voice, and he behaved as though I had startled him. Turns out, he was wearing headphones, which were connected to his iPod or MP3 player, and he hadn't heard my initial request.

Now please, don't think of me as a cantankerous old man. I happen to be an avid fan of all kinds of music (with the single exception of country). But when you're out on the trail, leave the headphones at home. Not only are you creating a dangerous situation for yourself and your fellow trail-users, you are

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# Larry Nielson: The Man Behind the Challenge

by Courtney Butler



**T**he moment I heard Janet's voice over the phone, I knew she was someone I wanted to meet. Her spirit and enthusiasm as she talked about her husband were contagious. I couldn't wait to see her in person and attempt to know her husband as well as I could, even though he had died a year before I was born. After all, his is a name I hear often. He was Larry Nielson.

Nestled in our booth at Chili's, with a tasty raspberry lemonade in front of me, I was transported back a couple of decades, when the

**That red marker in Monument Valley now represents far more than just how fast I can run... It represents a runner; a dedicated, upbeat, family man; a man who began running simply because he liked it...because he liked the camaraderie, the people, and the challenge.**

clothes were different, the hair-styles outrageous, but the runners quite the same. Finally, the Nielson marker in northern Monument Valley Park, a marker I have passed time and again on my runs, would become for me more than just a red object sticking out of the

ground. It would come to represent a man, a man I was able to meet through the vivid stories his wife continues to tell.

Larry Nielson grew up in Maryland. A bit rebellious, as most boys are at a young age, he spent his 7th to 12th grade years at a boarding school. It was here that he joined the lacrosse team. Larry quickly discovered that he had a passion for lacrosse. He loved the teamwork involved and the camaraderie that was indispensable as his team worked for a common goal. He carried this passion into college at the University of Maryland, where he eventually met and married Janet. In 1969, the family (Larry, Janet, their three kids, a dog, and a turtle) moved to Colorado, and the seeds of a future running career began to take root.

Larry was employed by the Air Force, working on military contracts and missiles. He was required to travel a great deal for his job. For him, running became the easy way to stay in shape. It was a sport that could be done anywhere, a sport that didn't need sticks and balls, and a sport that required only one willing participant.

Around 1980, Larry decided to take a new step in his running and joined the Pikes Peak Road Runners. He loved the camaraderie of the group, and he wanted a new challenge. His life was changing. His children were entering college and moving out of the house, and he needed something stabilizing to counteract that newfound emptiness. The combination of the physical improvement of his body and the upbeat attitude of the members of PPRR gave Larry just what he was looking for. Suddenly, he had found his niche. Because he lived on Wood Avenue at the time, access to the trails was easy. He began entering races in his day planner and looking ahead to what might come next.

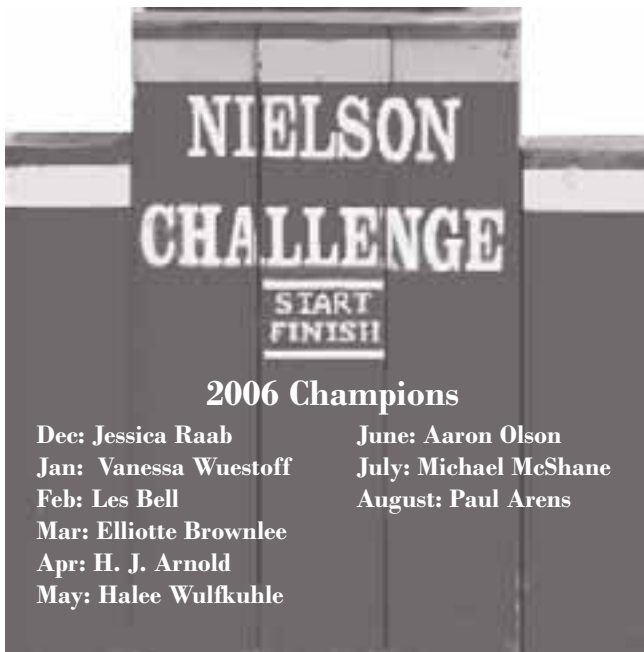


Larry Nielson running his first race, the '82 Bolder Boulder. PPRR's monthly 2-mile handicap officially became the Nielson Challenge in January of '83, 5 months after Larry's death.

Larry's first contest was the Bolder Boulder. He really wanted to try the famous race, but, as a new runner, he wasn't sure if he could finish the whole thing. Still, he decided to take on the challenge. Dressed in an orange tank top and matching running shorts, Larry ran the race and conquered it. He was thrilled.

One of Larry's next events was the Guffey Gasp. Unfortunately, it would also be his last. Not feeling very well that morning, he toyed with the idea of staying in bed, but he was now a dedicated runner and wanted more than anything to complete that race. He and his wife made the trip to Guffey, and, despite the fact that he wasn't feeling his best, Larry was able to finish. His wife then took him to the hospital, where it was discovered that he'd had a heart attack. He was eventually sent home, but a

continued on page 13



The Nielson Memorial in Monument Park, commemorating Larry Nielson, marks the start of the monthly handicap race.

A beautiful August morning with temps around 70 brought out a record number of runners today. We had 92 runners, which is an all-time high, surpassing the 90 runners that participated in August of 2005.

This year's winner is Paul Arens, who was 6:12 under his handicap. Yes, that's correct he was more than 6 minutes under his handicap, which may be a record for the greatest improvement. Congratulations Paul!

Join us again next month on September 2nd.

Note: The number of pulltags collected did not match the number of times recorded. I think things are straightened out now, but I'm not 100% certain that everything is correct. Thus if you think your time is incorrect, please send an e-mail to Dave Sorenson at [DavidSorenson@msn.com](mailto:DavidSorenson@msn.com) and we'll get it corrected.

*Dave Sorenson*

### Volunteers

Sherri Abdella  
 Phil Foster  
 Pat Lockhart  
 Bob Royse

*The Nielson Challenge handicap race takes place the first Saturday of each month in North Monument Valley Park in downtown Colorado Springs, directly west of the Fontenero access, at 8:00 am. See [www.pprun.org/events/Nielson/main.htm](http://www.pprun.org/events/Nielson/main.htm) for map.*

## August Results

Name	Place	Handicap	Actual	Difference
Paul N. Arens	92	35:21.0	29:08.5	- 06:12.5
Deann Totzke	62	19:47.6	17:56.5	- 01:51.1
Tabea St.Louis	22	16:09.9	14:22.6	- 01:47.3
Michael Hanson	58	18:59.6	17:27.1	- 01:32.5
Halee Wulfskuhle	50	18:27.8	17:05.5	- 01:22.3
Sam Feldotto	3	12:57.0	12:10.3	- 00:46.7
Kobi Rex	5	12:51.7	12:16.8	- 00:34.9
Hannah St.Louis	28	15:06.4	14:33.2	- 00:33.2
Jim Beckenhaupt	35	15:41.0	15:10.3	- 00:30.7
Barbara Casados	84	22:39.4	22:08.8	- 00:30.6
Mike McKay	90	26:46.5	26:20.4	- 00:26.1
Roger Pumphrey	56	17:42.1	17:17.6	- 00:24.5
Charles Greenbaum	23	14:44.9	14:25.4	- 00:19.5
Les Bell	42	16:30.9	16:12.1	- 00:18.8
Wes Suchsland	7	12:56.3	12:38.1	- 00:18.2
Kaci Rex	37	15:27.6	15:18.6	- 00:09.0
Christopher White	8	12:53.8	12:45.5	- 00:08.3
James Grovenstein	26	14:38.5	14:30.5	- 00:08.0
Sophia Paton	41	16:11.9	16:10.3	- 00:01.6
Robert Versaw	2	11:49.7	11:48.3	- 00:01.4
Sharon Greenbaum	24	14:25.6	14:25.9	+ 00:00.3
Rani Schwindt	34	15:03.1	15:04.2	+ 00:01.1
Briana Evans	51	17:05.1	17:07.9	+ 00:02.8
Alex Haberkorn	29	14:30.6	14:34.0	+ 00:03.4
Randy Eaton	38	15:21.2	15:30.0	+ 00:08.8
Derek Engard	4	12:05.1	12:14.0	+ 00:08.9
Daniel Polak	55	17:07.3	17:16.9	+ 00:09.6
Peter Nielsen	33	14:46.9	14:57.9	+ 00:11.0
Jerred Abdella	70	18:55.8	19:09.7	+ 00:13.9
Anthony Abdella	71	18:56.3	19:10.3	+ 00:14.0
Patrick Casados	11	12:46.0	13:04.8	+ 00:18.8
Collin Eaton	39	15:07.9	15:31.0	+ 00:23.1
Connor Vaughan	43	15:52.9	16:16.5	+ 00:23.6
Dylan Vaughan	83	21:38.0	0:22.0	+ 00:24.0
Alan Versaw	6	11:51.0	12:17.2	+ 00:26.2
Micky Simpson	49	16:26.7	16:55.4	+ 00:28.7
Corey Haberkorn	45	15:49.3	16:18.7	+ 00:29.4
Cymmie Bailey	72	18:47.9	19:29.5	+ 00:41.6
Monica Schwindt	47	15:39.1	16:22.0	+ 00:42.9
Jeremiah Brockett	14	12:42.9	13:26.1	+ 00:43.2
Keith Holcomb	76	19:31.5	20:14.9	+ 00:43.4
Cady Waters	57	16:33.6	17:22.7	+ 00:49.1
April Casados	36	14:26.8	15:16.4	+ 00:49.6
Rita J. Cardin	75	19:11.2	20:04.0	+ 00:52.8
Marisa E. Cardin	74	19:07.7	20:03.0	+ 00:55.3
Kyle Rex	19	13:16.5	14:15.5	+ 00:59.0
Emily Jusell	67	17:51.3	18:52.4	+ 01:01.1
Carl Nelson	31	13:42.5	14:44.9	+ 01:02.4
Jim Coker	18	12:50.4	14:13.0	+ 01:22.6
Michele Vaughan	68	17:36.3	19:02.4	+ 01:26.1
Heather Evans	64	16:38.8	18:07.3	+ 01:28.5
Stephen Vaughan	44	14:47.6	16:17.4	+ 01:29.8
Astrid Hanson	81	19:43.3	21:17.9	+ 01:34.6
Isaac Romero	66	16:51.1	18:51.4	+ 02:00.3

# Nielson Challenge

continued from previous page

Ronnie Pretzeus	78	18:32.5	20:52.7	+ 02:20.2
Mariah Eaton	73	17:29.2	19:49.5	+ 02:20.3
Julie Foster	91	25:39.2	28:01.6	+ 02:22.5
Zachary Crawford	80	18:08.8	21:07.2	+ 02:58.4
Stone Smith	89	18:41.1	24:19.4	+ 05:38.3

## New Runners

Name	Place	Time
Haley Smith	21	14:18.6
Kaitlen Hanenburg	13	13:09.5
Preston Luebbers	53	17:14.2
Megan Sherrill	61	17:36.3
Katie Williams	27	14:32.5
Kelsey Brown	16	13:43.9
Paul Sherrill	60	17:34.4
Trevor Waliszewski	1	11:09.7
Luke Loftin	20	14:16.0
Monica Hokansson	69	19:07.3
Evan Nelson	30	14:44.0
Cruz Martinez	63	18:04.6
Kevin Feldotto	32	14:47.1
Katie Ditmer	65	18:15.9
Danielle Bonderenko	46	16:19.7
Bradford Rogers	9	12:55.5
Steve Hokansson	10	12:56.6
Jim Thompson	77	20:29.8
Jeff Owsley	54	17:16.2
Kathy Cook	79	20:55.2
David Fein	48	16:52.1
Tamara Rogers	15	13:30.6
John Metzger	12	13:06.6
Ben Loftin	17	14:06.6
Brendon Luebbers	52	17:13.5
William Huber	85	22:10.9
Samuel Huber	86	24:06.3
Rebecca Huber	87	24:07.5
David Huber	88	24:18.4
Ben Hanenburg	40	15:31.9
Mary Beth Holcomb	82	21:32.6
Steve Rex	25	14:29.1
Kristen Storey	59	17:33.5



# Larry Nielson

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few days later, his heart failed, and he passed away in his easy chair at his home on Wood Avenue.

Although Larry's physical presence may have disappeared from our lives, his memory is firmly entrenched in the local running lore. This is evident from the very fact that I know who he is. I never met him, I never ran with him, I never even had the opportunity to bump into him on the trails. His brief life may have ended before mine began, but his legend will carry on.

Shortly after his death, there was talk about making some changes to the informal family runs that were taking place in

Monument Valley Park, Larry's favorite place to run. Someone suggested a marker, someone else made that marker, and perhaps someone else stuck it in the ground. True to the spirit of running, there was no ribbon cutting ceremony, there was no big picnic, and no city officials were present. There was nothing but a few runners gathered around who remembered Larry and wanted to honor that memory in some way.

For me, that red marker in Monument Valley now represents far more than just how fast I can run a mile or two. It represents a runner; a dedicated, upbeat, family man; a man who began running simply because he liked it, because running reminded him of the sportsmanship and teamwork of lacrosse, because he liked the camaraderie, the people, and the challenge.

*Courtney Butler is a PPRR member, avid runner, and regular volunteer at the monthly newsletter stuffing.*

*Editor's note: then President Al Grimme wrote in the October '82 Long Run: "In remembrance of Larry Nielson and all he did for this club as a runner, volunteer worker, and person, we will rename our two-mile handicap after him." For more information, see Bob Mutu's excellent article at [www.pprrun.org/events/Nielson/main.htm](http://www.pprrun.org/events/Nielson/main.htm)*

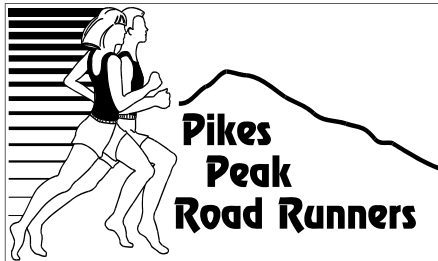
Larry made great strides in shaping up as evidenced by his weekly Monday log.



# **PONY EXPRESS TRAIL RUN**

## **At Rampart Reservoir**

**SEPTEMBER 17, 2006**  
**8:00AM**



15+ miles of rocky mountain trail, running creeks, wildlife, and Colorado's Autumn Glory. Although there will be 2 water stations, it is advisable to bring extra fluids.

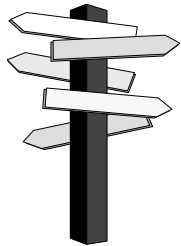


Permit issued under the auspices of the Pike National Forest.

### **RACE DAY REGISTRATION ONLY**

**Begins at 7:00am**

Cost: Members \$6.00  
Non-Members: \$10.00



### **Directions to Rampart Reservoir**

Highway 24 west to Woodland Park. Take Baldwin Street (the road behind McDonald's in Woodland Park) and head north. Drive until there is a fork in the road, take the right-hand fork onto Loy Gulch Road. At the next intersection turn right onto Rampart Road. Drive to the Rainbow Gulch (left side of the road). The parking area will be our staging area.

The course will be on the perimeter trail of Rampart Reservoir.

No park fees will be needed, unless you plan on driving into the park.

At the request of the Forest Service parking is allowed **ONLY** on the west side of Rampart Range Road. **NO** parking will be allowed on the east side of the road.

Please share the Rainbow Gulch's parking lot with all trail users.

Thank you.

**For More Information - contact  
Patricia Lockhart— (719) 598-2953 (h)  
patlockhart@worldnet.att.net**

# Before the Ascent: Pikes Peak Pursuits from the Past

by Robin Satterwhite

Though the Pikes Peak Ascent and Marathon hold the record for the most consecutive years of races up Pikes Peak, past issues of the Colorado Springs Gazette report several other “foot” races that have occurred on the mountain.

On August 13, 1884, a Colorado Springs Daily Gazette headline reads: “**3 Men Race to Top.**” The story runs:

“A go as you please race for \$100 from the Manitou house to the summit of Pike’s Peak and return has been arranged to take place next Sunday. There are three entries, William Campeglia, James Masoni and James Ruddell. The start will be made at 7:30 a.m. and we understand the race will be for blood. All three men have good records as mountain climbers, especially Campeglia who has had considerable experience climbing the Alps. It is thought that the time made in the round trip will be less than eight hours.”

A follow up article on Tuesday, August 19 reports:

“The go as you please Pikes’ Peak climb took place on Sunday between William Campeglia, James Masoni and James Ruddell. Masoni, who was given a half hour handicap, left the Manitou house billiard room at 8:30 and the other two contestants followed at nine. At the lake the contestants were all about even but striving for the lead most vigorously. Masoni reached the summit at 1:10, Ruddell at 1:15 and Campiglia at 1:30. After a few moments rest they all started on the return trip with Masoni leading, but he was soon overtaken by the others. Ruddell reached the starting point apparently fresh at 3:35 o’clock, making the distance of twenty four miles in the unprecedented time of six hours and thirty-six minutes. Both other men were, so to speak, distanced.”

It appears that for several years several locals had a rivalry going: “**Walked up Peak and Broke Record**” (*Gazette*: August 3, 1904). The report reads as follows:

“Howard Robison reached Summit House in less than three hours after leaving Manitou. When Howard H. Robison arrived at the Summit house on Pike’s Peak yesterday morning shortly after 3 o’clock, he had, according to B.M.



Today’s popular race had its origins as early as 1884 when three men raced to the top, all in under 5 hours, before Fred Barr’s Trail, completed in 1921, was even a gleam in his eye. He was two at the time.

“Rastall, telegraph operator at the summit, broken all previous records for the trip. The time was two hours and fifty-six minutes and it is believed that this record will stand for some time to come. Mr. Robison is manager of the Summit house and often walks to the summit. He followed the Cog road the entire distance and stopped only twice to rest. Leaving the Cog road station at Manitou at 11:38 p.m. he arrived at 2:34 a.m.”

And the gauntlet was thrown down. Two weeks later a front page article in the Gazette reports, “**Pike’s Peak Record Broken: Colorado College Athlete walks from Manitou to Summit House in 2 hours 37 and one-half Minutes**” (August 16th).

“B.M. Rastall, manager of the curio store on the summit of Pike’s Peak tonight established a world’s record for the climb to the summit. The previous record, made by H. H. Robison manager of the summit two weeks ago tonight was considered remarkable. Mr. Rastall made no stops on his way up and the schedule given before will show he was on the jump all the way making the ascent in two hours 37 1/2 minutes. He left the Manitou Cog Road depot at 6:44 p.m. His time was taken at Manitou by G.E. Fowler, football coach for Denver University and at the summit by J.B. Armstrong, agent of the Cog road on the summit. The time at the Manitou and the summit was by Western Union standard time clocks. Rastall came in strong and being given a good rub down claimed he never felt

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# Our Great Race

## celebrating our club's 31st anniversary



Saturday, September 23rd 2006

8:00am

5K and Family 1M

Presented to you by the Board of Directors of the Pikes Peak Road Runners



**LOCATION:** America The Beautiful Park

**COURSE:** an out and back trail run – south to the vicinity of Dorchester Park

**REGISTRATION:** Race Day only – starting at 7:00am - Main Pavilion

**EVENT START:**

8:00am – Family 1M

8:20am – 5K

**COST:**

- ✓ FREE – to Members
- ✓ New Member Signups
- ✓ No shirts

- Refreshments - birthday cake and drinks
- Summer Series Accomplishment Awards
- Donation Presentation to our Parks' Maintenance Programs
- Great Race Awards 5K: M/F-LOP, M/F-MOTP, M/F-EOTP

*The Board cordially invites all members to this event, either as a runner, walker or a volunteer. We appreciate all of our members and all of their contributions to the club over the past 31 years. We have organized thousands of events and provided wonderful experiences for thousands of more participants. We thank our club members for making us the largest RRCA running club in the state of Colorado.*

*For more information contact  
Patricia Lockhart – 719.598.2953 – patLOCKHART@worldnet.att.net*



# Linda's Leads: Duel in the Sun

by Linda Fuqua-Jones



This month I recommend for your reading *Duel in the Sun: Alberto Salazar, Dick Beardsley, and America's*

*Greatest Marathon* by John Brant.

A double biography, *Duel in the Sun* outlines the early lives of both men, discusses their development as runners, and explores their more recent personal challenges.

Alberto Salazar was only two-years-old in 1960 when his family immigrated to the United States from Cuba. In 1951 Alberto's father, José, was at the University of Havana with Fidel Castro, when a group seeking to kill Castro attacked. José Salazar and Castro were both representatives in the student government, so when Castro was in danger José saved his life by sheltering Castro in his office. Brant writes:

"Alberto's father had helped save Castro's life. He had fought beside Fidel and Che Guevara in the Sierra Maestra. ...José Salazar



In the 1982 Boston Marathon, Dick Beardsley (R) finished two seconds behind Alberto Salazar in a contest often called one of the most memorable in marathon history. At an amazing pace, it was the closest finish ever at the world's premier marathon. Both runners broke the course and the American records finishing 6 and 8 seconds under 2:09.

had faithfully served the revolutionary government...But during that time, José watched with growing dismay as Castro, isolated and threatened by the Americans and seduced by the promise of Soviet support, seemed to turn away from the democratic ideals of the revolution."

José realized that Castro was "turning Cuba into a Marxist state," Alberto explained. In 1983 José gave up his family home and inheritance and moved to Miami where his wife and children soon joined him. The Salazar home was a haven for Cuban exiles and it was within this culturally charged atmosphere that Alberto grew up.

Dick Beardsley grew up in a small town in Minnesota where he "roamed the woods," fished for bass, and hunted. Like Salazar, Beardsley grew up in a dramatic setting. For Beardsley though, the drama came from alcoholism rather than politics. Beardsley's father was a traveling salesman who could "walk into a room full of strangers, and in five minutes everybody would be his friend. Dad was a good provider. You could say that about him, if not a whole lot else." He goes on to explain that he and his two sisters were glad to see their father leave for business trips because when he was home their parents would "start drinking" and end up "screaming at each other." Fortunately for young Beardsley, his best friend's parents were like a second mother and father to him, "providing the stability that he couldn't get at home."

Brant tells us how the two runners' early lives shaped their attitudes about running and how this affected their mental state as they become more and more accomplished. By reading *Duel in the Sun*, we learn how the lives of these two men from such different backgrounds intersect at the 1982 Boston Marathon.



Perhaps even more interesting, though, are the challenges Salazar and Beardsley have faced since that famous encounter. Even if you already know that Beardsley became addicted to prescription drugs, which he speaks about publicly, the harrowing story of his farm accident and the lengths to which he went to obtain pain killers will keep your attention. Beardsley gives enough detail about both the accident and his addiction to allow the reader to be sympathetic without ever making it seem that he is trying to justify the situation.

In Salazar's case he became chronically overtrained and sought all manner of cures, including the mystical. Ironically he was able to regain his physical and mental well-being through the appropriate use of prescription medication.

This book is available at your library. Use the catalog at [ppld.org](http://ppld.org) to request a copy. For assistance please contact me.

*Linda, a librarian at the Palmer Lake Branch Library, is a club member and avid marathon walker. She especially enjoys finding books that suit your interest and would love to hear from you at [lfuqua-jones@ppld.org](mailto:lfuqua-jones@ppld.org) or at 481-2587.*



# Historic Ascents of Pikes Peak

continued from page 15

better in his life and in 30 minutes after arriving was fit to try it again.

“H.H. Robison, who held the previous record, will try to break the record made tonight in the near future. Rastall’s record breaks that of George W. Patterson made last year by 27 1/2 minutes and that made by H.H. Robison made on August 1 by 18 1/2 minutes. Mr. Rastall is a Colorado Springs man and one of the best-known athletes of the state.”

One race up the Peak was planned in conjunction with the 1906 Pike Centennial Celebration:

**Foot Race up the Peak: will be feature of Pike Centennial \$500 Wagered on Result - Colorado Springs and Creede Men Both expect to Lower Record** (Gazette: September 24, 1906).

“If General Pike were suddenly to return to Pike’s Peak in time to celebrate the Pike Centennial, there would be a good many things to surprise him, but nothing more than the foot race planned from the Cog Road depot above the Iron Springs to the Summit house as one of the features of the sports of the week. He would probably recall a prediction he made nearly on hundred years ago to the effect that no human being would ever tread the summit of the “grand Peak” which today bears his name. It would probably cause him a pang of regret to learn that two men expect to walk from the base to the summit in a little over two hours.

“The race is to be between H. H. Robison, an employee of the Summit house and holder of the present record and Neil McQuaig, a miner and prospector of Creede, Colorado

for a wager of \$500. The two men will start from the foot of the Peak at the same time and the man that reaches the summit house first is the winner of the bet.

“McQuaig arrived in Manitou last night, but as yet has not held a conference with Robison to arrange the final details and set the day of the race. Definite arrangements will be made within a day or two and the unique race will be one of the features of Centennial week.

“The record for the ascent is two hours and 31 minutes and was made by Robison on August 19, 1904, while the record for the round trip is held by George W. Patterson of New York who made the trip in four hours and 31 1/2 minutes on August 3, 1903.

“The trip up the Peak is a few feet less than nine miles, being 47,992 feet and overcomes an elevation of 7,518 feet. The average grade is 14 per cent.”

It was first planned to pull off a race during Centennial week between Robison and Patterson, but nothing came of these negotiations. McQuaig learned of the standing bet offered against anyone breaking the record, and immediately began the correspondence, through George C. Wilder, editor of the Creede Candle, which resulted in the deal for the unique race. Subsequent searches of the Gazette, however, find that this race probably never occurred.

*Robin Satterwhite is on the PPRR board and as secretary contributes the board meeting minutes each month.*



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## Train Running Etiquette II

continued from page 10

missing out on one of the top reasons to run trails in the first place: the melody of the outdoors.

*Do something about your dog’s poop!*

Occasionally, when the temperature is just right (80-85 degrees), and the sun is shining in the right area, there is a 100-yard stretch of local trail that smells like the inside of an outhouse.

As a trail runner, when one expects to inhale the scent of pine needles, and is instead assaulted by the heinous smell of canine poop, it certainly puts a damper on things. Of course, matters are worsened when the source of the offending odor is located on the trail and the seal of said source is broken by a running shoe. Now, the odor, which was once a static source of stink, is now kinetic in nature and goes wherever you go.

I’m not sure of the perfect solution here. Because, having owned dogs in the past, following a pooch

around for the sole purpose of recovering its excrement is neither a pleasant nor convenient task. However, given the close proximity of the trailhead to this particular stretch of trail, and the fact that there is a trash receptacle located right in the parking lot, I would think that a self-managed poopie-pickup plan, based on the honor system, is doable.

I’ve never been one to tell people how to live their lives. However, if we can all enjoy the trails in way that is polite, empathetic, and conscious of the experience of other trail-users, we wouldn’t need silly signs at trailheads telling people how they can and cannot behave. Hmmm. Empathy. What a concept.

*Michael Shafai, a local writer, runner, and dad, contributes regularly to the Long Run. He can be reached at michael.c.shafai@smithbarney.com*



# Barr Trail Mountain Race Heats up: Over \$14,000 in contributions made

by Matt Carpenter

The 2006 BTMR was hot—really hot! But it was not just the temperatures that were hot as the competition was heated as well. Silvio Guerra was added to the field the day before the race based on his bio (2:09 marathoner and 2X runner up at Boston and 3X Olympian) and word quickly spread that he was coming to win. 2005 Pikes Peak Ascent winner, Ryan Hafer, and BTMR course record holder, Matt Carpenter, had other ideas. However, that race had to wait because when the gun went off there was a mad dash for a \$100 prime 200 meters into the course. Thom Santa Maria held off the field but the effort cost him and it took until No Name Creek (~3 miles) before he felt recovered. He ended up in 32nd overall.

Twenty-one year old Ian Burrell took the 2nd prime about 1/2 mile into the race. Carpenter then took control and went on to a comfortable win although he can't claim he never looked back. His 1:30:53 was the 2nd fastest time ever recorded on the course and earned him his 5th BTMR title. The race for second was decided on the trip down with Hafer making up the 2 minute gap on Guerra and then adding another 2 minutes before hitting the tape in 1:32:31. Guerra held on for 3rd in 1:35:06.

On the woman's side, leading up to the race things looked to be a lock for Lisa Goldsmith. But again the BTMR's policy of holding spots for competitive runners shuffled the field with two-time BTMR winner, and defending champion, Katie Ann Blackett getting a late entry. Blackett took it out hard and picked up \$150 in primes before Goldsmith took over the race. By the top of the W's Goldsmith had built a 1 minute lead. However, Blackett was always on Goldsmith's mind as last year

Goldsmith was ahead by 2 minutes at the halfway point before a hard charging Blackett passed her on the downhill with only a mile to go. This year Goldsmith built nearly a 4 minute cushion at the turnaround and then, running scared, managed to add another 2 minutes to that on the trip down. Goldsmith's 6:31 margin of victory is the largest in race history—male or female. Like Carpenter, she also ran the 2nd fastest time ever on the course, missing the course record by only 35 seconds.

In the age-groups, Hafer added a 2nd age-group record to his collection as did Goldsmith. Carpenter lowered his own Masters record while John Victoria set a record in the 50-54 age-group. Every age-group winner went home with a new pair of La Sportive running shoes.

Congratulations are in order to all who broke the cut-off and earned their medal, GoLite technical shirt, and Chipotle meal certificate:-)

It should be noted that the running race was not the only competition that took place. In the High

School Aid Station Challenge, two schools came up with the same Christmas theme and after the runner's votes were counted, only 9 votes separated them. Woodland Park, at No Name Creek, came out on top and was the \$2,250 Challenge winner. In all \$6,000 went to local running programs. See the Challenge page for the rest of the results ([www.runpikespeak.com](http://www.runpikespeak.com)).

In the fund-raising department, for the 7th year in a row, the BTMR donated 100% of the race entry fees (not some "portion of proceeds" nonsense) to local nonprofit organizations and community projects. In all, \$8,645 was distributed to Barr Camp, El Paso County Search and Rescue, Friend of the Peak and Manitou Springs Mansions Park. This is only possible thanks to great sponsors with presenting sponsor Pikes Peak National Bank and race headquarters the Colorado Running Company leading the way.



Race sponsor Jeff Tarbert (in front) of the Colorado Running Company presents a \$1,500 check for the aid station challenge to 2nd place Palmer High School for their Christmas theme at Bob's Road aid station. Among the \$14,645 given out, a combined \$8600 went to Barr Camp, Search and Rescue, Friends of the Peak, and Manitou's Mansions Park. (courtesy of [RunPikesPeak.com](http://RunPikesPeak.com))

# Four great trail runs One great series

Team competition  
Children's Series  
Awards Banquet

#1: Monument Valley Park  
Oct 1, 3.5M

Grass, trails, and feet wet in Monument Valley Creek!

#2: Bear Creek Park  
Oct 15, 4.5M

Up, down, all around (and maybe in!) Bear Creek

#3: Ute Valley Park  
Oct 29, 5.5M

Technical challenge: lots of rocks and roots

#4: Palmer Park  
Nov 12, 7M

One tough race on the lesser known trails

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