



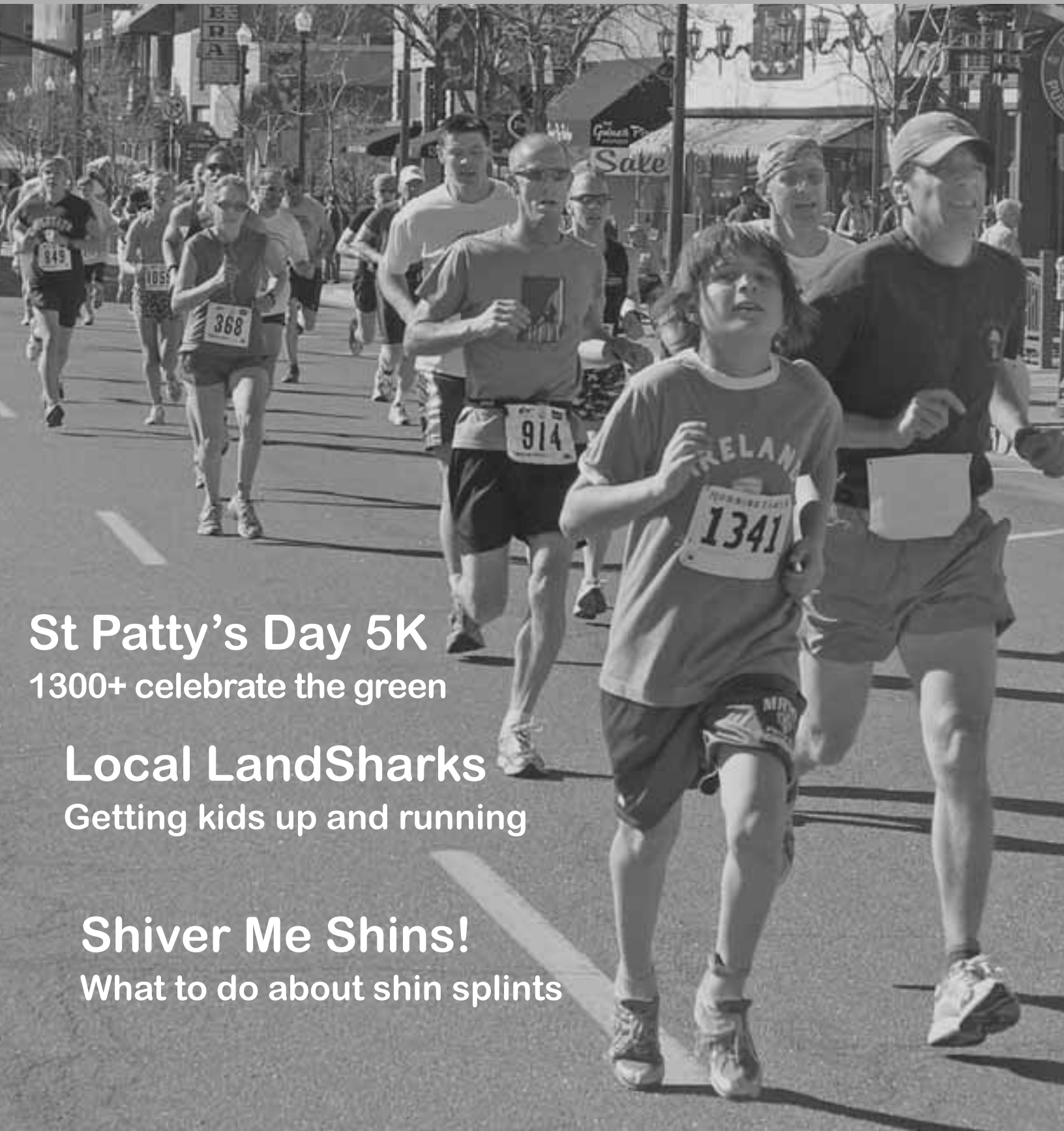
Pikes
Peak
Road Runners

the **LONG RUN**

Volume 31 Issue 4

Running News for the Pike's Peak Region

April 2007



St Patty's Day 5K

1300+ celebrate the green

Local LandSharks

Getting kids up and running

Shiver Me Shins!

What to do about shin splints

PPRR Information

Officers

<i>President:</i>	Jon Cornick	262-0595
<i>Vice President:</i>	Micky Simpson	495-5891
<i>Secretary:</i>	Patricia Lockhart	598-2953
<i>Treasurer:</i>	Gil Kindt	328-9828

Board Members

Tony Abdella	Jack Anthony
Jim Beckenhaupt	Travis Waldrip
John Gardner	Luci Stansberry
Jim Kelleher	John O'Neill
Larry Miller	Ron Garcia

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	495-5891
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Newsletter:	Jim Kelleher	232-4419
Membership:	Pat Lockhart	598-2953
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

*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. Your board encourages PPRR members and friends to attend. The next meeting is **April 3rd**.

Membership ☺

Memberships last for 12 months. Check the expiration date on you 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! Third class mail is not 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 31 Issue 4

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.

Editor: Jim Kelleher jim@pprrun.org

Editorial Staff: Diane Cahalan
Jack Anthony
Mike Shafai

Return Address: **Pikes Peak Road Runners**
207 N Nevada
Col orado 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 either as attachments or in the message. We accept any *Windows* compatible file format. 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 **April 3rd**.

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 for more information.

Next stuffing is **Wednesday April 18th**.

Advertising

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 ensure brochures are *unfolded*. The deadline for delivery/submission is the *3rd Tuesday* of the month. Send to 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 and we can help with design. **Business card** size (3.5 x 2) advertisements may be run at the rate of \$20 per issue. Submit as indicated above. Write to editor@pprrun.org for other size 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



As I write this month's letter, the sun is setting on what was a warm and sunny St Patrick's Day. Today's temperatures were a far cry from the bitter days that cancelled two Winter Series races. This year was the first time in 28 years that two races had to be cancelled. It was too dangerous to run since our fellow search and rescue teams couldn't access the trails.

In hind sight, the decision to cancel was easy. However each race was a race-day cancellation, which is a hard emotional rollercoaster. People normally get a pay raise when they accept greater responsibility. Our race directors are volunteers. We are all volunteers at the Pikes Peak Road Runners. What we do and the risks we take are grounded in the love of the sport. Of course we are insured and some of us have taken special training to handle unfortunate circumstances, but in no way does that compensate for the emotional burden of being in charge. My hat's off to Pat Lockhart, the race director for the Winter Series. Thanks for being our voice of "common sense" even when some of us want to challenge ourselves against the Colorado weather.

On a lighter note, I returned to the Neilson Challenge in March. Three years ago I "smoked the two mile course". I then learned the scores were based on your measure of improvement. I didn't run for years to expunge my record from Dave Sorenson's computer. There was no way I was going to improve on that time. In March I returned and was happy to hear from Dave "I have no record of you" "Ah hah!" says I, "I can start fresh!"

It was 19 degrees and sunny. Phil Foster said, "Go," and everybody went...went around me that is. Where did all these kids come from? I was happily surprised to see them out on this chilly day—and they were fast! I felt proud that PPRR gave them a venue to train and test themselves. It's really an honor to say that the Club's Neilson Challenge is the reason these kids came out when it was 19 degrees.

I watched them pass me. I felt the wind from their wake and the frost from their breath. It took me back thirty-five years to the beaches of Lake Michigan. For a few seconds, I remembered that promise I made to myself when I was in junior high: "When I grow up, I'll never forget what it's like to be a kid." Maybe that's why I get a little choked up when I see groups of kids running in the Fall and Winter Series and in all those hot

Cover: In the St. Pat's Day 5K, Tucker Hamilton (front), 12, sports a green shirt and hair, on his way to a 22:25 running and 3rd place in the 10-19 age group. Brian Sweeney, 52, and Jean Oslo, 32, follow to his left.
(photo by Jim Kelleher)

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summer races in between. When they grow up, I hope they'll never forget those days spent running with the Pikes Peak Road Runners. Who knows, maybe a future race director passed me that chilly morning. From the caliber of the kids I saw that day, I certainly thought there's a good chance a race director in the making just went around me.

Jon Cornick

PPRR Board Minutes

Tuesday, February 6th 2007

Attendance (Pat)

Present: Jon Cornick, Gil Kindt, Pat Lockhart
Tony Abdella, Ron Garcia, John Gardner,
Larry Miller, John O'Neill, Luci Stansberry,
Travis Waldrip
Jim Beckenhaupt, Phil Foster, Bill Gallegos,
Don Johnson, Jim Kelleher, Dave Sorenson

Excused: Micky Simpson

Monthly Kudos

Mike Shafai – RRCA JERRY LITTLE EXCELLENCE IN JOURNALISM - Club Writer Award. This award recognizes top club writers. This is an opportunity to showcase your club writer's articles. The articles should be about running and should be memorable, creative and evocative. The writer should not be a paid running journalist. The writer can write for a print newsletter, online content, or e-newsletter. Congratulations Mike! Mike will be invited to attend one of our upcoming board meetings for the Board's personal congratulations.

Meeting Minutes Review/Approval (Pat)

Minutes were approved and are on file

Old/New Business

Last month 3 members were selected to be interviewed by J. Cornick. Information received: (a) members joined for discounts at the running apparel stores and discounts for running; (b) runners and want-to-be runners. All runners and walkers are welcome. Corina Lyons was interviewed and J. Cornick has written a "Spotlight on Members" article for the newsletter, and this article will become monthly. Another 3 names were selected.

Veterans Home Run news from Computer Science Corporation (CSC) – Byron Guidry (Business Administration Manager and VHR Committee Member) said "all hope is not lost." He provided another name and contact information to J. Cornick. Another letter of request will be submitted.

Running Stores specials on the Web Site – Ad Hoc Committee recommendation is requested to determine the legitimacy of "bannering" our merchant sponsors on our website. Committee: J. Kelleher, T. Abdella, R. Garcia. Report due at our March board meeting.

Additional announcements in the Newsletter – Charities, other events. J. Cornick will create a small article for newsletter introducing any charity event entry form that he receives. He will then follow-up with the organizer and express success for the specific event.

"What makes a Pikes Peak Road Runner Stand Out" e-mail from Don Byers. Discussion was held regarding running apparel, bumper stickers, window stickers, etc. for club members, at their cost, to identify club members, and promote visibility and exclusivity. Committee for recommendation: J Gardner and J. O'Neill. L. Miller

will find old decals in storage unit when weather cooperates.

Mission Statement- Ad Hoc Committee requested: J. Kelleher, J. O'Neill, J. Anthony. Group discussion was held regarding the club's (a) purpose, (b), business and (c) values.

Guest Recognition/business

Jack Anthony – no business – daughter Kirsten ran the 800M at USAFA Invitational and she WON!

Treasurer's Report (Gil)

Annual Report - presented. Financial statements - January presented. Net worth report as of 12/31/06 - income and expenses. Gil will prepare winter series and fall series income and expense statement for next month. 2007 YMCA Partners Campaign donations will be set for 03/31 and 09/30 both at \$500.00/each. Reports are on file.

Event Promotion (Micky)

No report

Road Runner Clubs of America (RRCA) – (John Gardner)

New Western Regional Representative is Ms. Chris Vanoni. Lisa Paige is now Regional Representative. The board approved J. Gardner representing our club at this year's convention, as well as supporting Mike Shafai during his award presentation. RRCA will be providing air transportation for Mike. Other costs for Mike and J. Gardner will be borne by the club.

USA Track & Field update (Phil Foster)

Any information found will be sent to the newsletter for publication.

Certifications/Measuring (Travis Waldrip)

Will be performing certification for the new Garden of the Gods course. Also received a request for course certification in Denver area. Provided more local representatives to do such.

YMCA

No report, no representative
Scholarship (John O'Neill)

No report

Newsletter (Jim K.)

More articles are being received. One advertisement is for one year.

Bulk Mail (Jim B.)

Bad weather and circumstances provide more participation at the make-up stuffing. Attended USPS convention for postal increases. Rate increases (16%) will go into affect in May, if approved. Size dynamics will change.

Calendar (Dave)

No specific changes

Equipment (Bill, Larry)

All electronic equipment is working. Bill G is checking on the battery in one of the overhead race clocks.

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April of 1977, thirty years ago, volume I issue 1 of this periodical saw the light of day. At the time, the organization called itself the Pikes Peak Track Club and had just reorganized and elected a board. We have reproduced a couple of pages of that first issue since it was such a historic moment for Pikes Peak Road Runners, which name they adopted soon thereafter.

The content of these early issues shows a group of pretty hard core runners involved in bucketfuls of events. I get the impression from race results that the entire board of directors for the first few years could run sub-6 miles and spent half their lives at running events.

The archive of the Long Run is fairly complete. Judging from the 50 pounds of stuffed 3-ring binders, I would guess that missed issues were few and far between. If you think about it, that's 360 issues and represents a monumental amount of hours spent typing, arranging, printing, and organizing stuffing parties. The club has been truly blessed to have had 3 decades of such consistent effort.

From a historical perspective, this means the story of PPRR is just waiting to be written. Maybe when I retire from this editing job. But if you want to take a crack at it, just let me know. There is also the job of creating an electronic archive. Wouldn't it be nice to have all the back issues available on the web? Let me know if you have any inclination to spend a few hours scanning towards this end.

Now, while we're on the topic of newsletter volunteering, if you haven't been to a newsletter stuffing lately, then you have been missing out. What better way to spend a mid-week evening than to socialize and imbibe a bit with fellow runners, racers, and athletic enthusiasts in general? It's only a couple of hours but it's the most fun part of the this job for me. Take a look at the photos a few pages below and imagine that free beer and pizza in *your* hands.

Lastly this month, I am looking for a couple of associate editors. I could really use someone to be the "News and Events" editor. It would entail mostly doing some surfing of the web to come up with news items and upcoming events and gather a few images. It's something I enjoy because I find out a lot of interesting things and get to share them with you all, but I can't do it as thoroughly as I would like because of everything else. So, if you want to take this section and run with it, here's your chance!

Meanwhile, it looks like the snow has left and now you have that extra evening hour, so keep on running!

Blessings,

Jim Kesseher, Editor



10 Years Ago

Newsletter editor **Carol Lyndell** is looking for material on kids' running. Too bad she didn't have the Land-Sharks to draw upon. Newsletter stuffing photos show members sprawled out in **Dave Sorenson's** living room. Dave also waxes on the analogy of "a running race is like a book." Some of us are

front covers, and some of are back. Results. (Compare that to this issue's photos of the stuffing.) About 540 results are listed for the St. Pat's Day 5K. **Gerald Romero**, 25, put in a time of 17:28. Compare that to his 2007 results where he posted a 17:15! President **Larry Miller** announces that the RRCA convention will come to Colorado Springs. He also gripes about "turkeys", people who, apparently, ran some of the Winter Series races without paying. If you see one, give them the raspberry.

20 Years Ago

On the cover of April 1987's *Long Run*, the start of the Black Forest Series (predecessor to the Winter Series) race #2 is shown. Editor **Michael Schenk** draws attention to talented local high



school runners and invites members to spend some spring evening at local track meets. Michael also donated the Nielson Challenge awards from Eon Studios, a practice which is still going 20 years later! **Bob Mutu** breaks the 12 minute mark by posting an 11:58 in the Nielson Challenge. Results are for a March 6th 5K. The occasion? Why its the date for the migration of Canadian Geese. And the debate continues over whether to join Road Runners Club of America (RRCA). It seems the logo has come a long way in 20 years. And the 8th Annual Creek to Springs Relay offers teams a chance to cover 62.9 miles starting at Cherry Creek HS and running all over the county to end up at Rampart HS. The cost is \$4.00.

30 Years Ago

See for yourself. In 1977, the first newsletter (Volume 1 Issue 1), under the name of "Pikes Peak Track Club" was sent out. Some of it is reproduced on the next two pages as a commemorative effort. Thanks to all the editors putting in untold hours over 30 years to keep these issues coming!

Letters

Dear Jim,

The Plano Pacers held their 5K/15K and Junior Sprints in February. I entered the 5K a week after my birthday and won my new 70+ age group. The threat of rain and the Cowtown Marathon in Fort Worth kept attendance down, especially among the elderly, giving me my chance to win something. I took it. Persistence pays in winning trophies.

Other members were doing well in Fort Worth, as were several runners from Colorado. The marathon had several finishers from the Denver area. Colorado Springs can be proud of their fast ladies. Two finished in the Half Marathon, Tami Wise at 69 overall in 1:46:42, and Diane Ryan at 1153 overall in 2:40:27. Those are clock times. The chip times were even better.

My health isn't as good as it used to be, if it ever was. I joined the city health club at Oak Point Center, which includes an indoor running track among their many facilities. Fourteen lap miles can be a little dizzying, but the track is always there in foul weather. It makes staying in condition during winter cold, spring rains, and summer heat achievable. The club has an olympic size swimming pool and a weights and exercise machines room, but those will have to wait. I am trying to run.

Regards,
William L. Jones



News and Events

2008 U.S. Olympic Track & Field Trials

The US Olympic Committee has chosen to return to the University of Oregon for the 2008 Track and Field Olympic Trials June 27th through July 6th next year. Hayward Field, site of the '72, '76 and '80 Trials, is considered by many to be one of the most hallowed sites in the sport. The roster for Team USA will be selected for the 2008 games in Beijing.

Eugene has long been dubbed "Track Town, USA" for its rich track and field history and the community's appreciation of the sport. The Nike Prefontaine Classic regularly draws standing-room-only crowds, while athletes consistently rate Hayward Field as having one of the most compelling atmospheres of any stadium in the world.

The largest national championship track meet in the world, the U.S. Olympic Trials hosts more than 1,000 athletes as they compete for the right to represent Team USA at the Olympic Games. More than 350,000 fans attended the last two Olympic Trials in Sacramento, and at each edition of the meet, more than 1,000 members of the media from around the world covered the event while thousands of volunteers and officials provided support.

Bird's eye view of favorite running routes

Ever wonder how far your run was? Have you tried to find a good running route while traveling? Using cutting edge technology provided by Google Maps, USA Track & Field has developed a great new resource, America's Running Routes, which allows runners to find trails or map and measure their runs, saving them to the largest searchable database of running routes in the country. You can map out your

run, and the distance you ran will be displayed, including mile marks along the route. Think others might enjoy your running route? Just hit the "save" button and your route will be added to the national database.

America's Running Routes allows runners to search all routes in a particular city or to narrow their search to find ones on a specific type of terrain, from hotels, in parks, from trailheads, or from running stores. Travelers can find routes to run from the hotel, local parks, or campgrounds, and you can view a schematic map, satellite view, or combination.

When asked for Colorado Springs routes from a trailhead for a 5 to 20 mile distance though, only four routes showed up. Another 30 appeared when the "trailhead" specification was omitted. So, we've got some work to do here! Visit the site and add some of those trail runs! Find the main route's pages at www.USATF.org/routes.

Greenland 8M, 25/50K coming up

The Greenland Trail Runs takes place on April 14th at 8:00 AM in the Greenland Open Space, north of Palmer Lake and just west of I25. It was started to kick off the trail-running season by offering a variety of distances to suit your running needs: 8 mile and 25 & 50K. Run in the Greenland Open Space of southern Douglas County, organizers hope the event will become the premier 50K in Colorado.

The course is located within the 3,000 acres of the Open Space. Part of the Colorado Front Range Trail, the Greenland Trail joins into the Old Territorial Road, connecting the old Greenland Town site to Palmer Lake and the Santa Fe Trail. The race course passes through native grasslands, by ponds, through rolling Gamble oak hills, and skirts

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PPRR Board Minutes

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Webmaster (Dave)

Nothing new to report

www.coloradocompetitor.com (Web-link)

- (Jon) link to our website. More exposure for the club.

Bicycle Colorado

(<http://bicyclecolo.org/index.cfm>) (Jon) - link to our website.

Volunteer Coordinator (Cymmie)

No report

Trail Clean up (Don)

Dave B and Don J - because of the demolition of the Cimarron bridge, it shortens the trail cleanup responsibilities. Possibly hold off any further cleanup until construction is complete. P. Lockhart will check with Park and Recreation to see about trail cleanup going south. She will provide that information at our March board meeting. Decision making will be postponed until next month.

Race Coordinator (Pat)

Feats of Fire - 1 year hiatus.

Amendment 41, sponsorships and contributions, City budgets for CSPD and CSFD.

PPR Peace Officers Memorial

Run/Walk - October 20th, - Memorial Park/Prospect Lake

Allergies or asthma affecting your sports activities?

Exercise-induced asthma is a common problem in athletes



The William Storms Allergy Clinic

1625 Medical Point, Ste. 190
(NW corner of Fillmore & Union)
call **955-6000**

President's Report (Jon)

See discussions above

Membership (Pat)

508	individual
867	current
9	life members
140	expiring
178	family primary members
82	new
395	family members
44	renew
1133	Total Members
738	Total Mailing

Past Events

Winter Series II (Pat)

300+ runners. "Show Me" program @ El Pomar Sports Center was explained by Steve Benson. Possible larger donation this year for use of facility. Cold

Nielson Challenge - January (Phil) - 30 finishers

Nielson Challenge - February (Phil) - 20 finishers

Upcoming Events (Pat)

Feb 10 - Santa Fe Trailhead @ Baptist Road

Coming into the banana belt; Dave Balzer will check course and advise as to conditions. EPC Sheriff will be on extra duty to help with traffic control. Flyers for the dinner/awards will be available. No auction.

Feb 24 - Black Forest @ Wolford Elementary School

On the agenda for review by County Commissioners February 15.

Mar 3 - Dinner/Awards several new ideas for the dinner/awards.

Pat Lockhart, Secretary



Membership

Welcome

New Members

Angelique Eberwein	Colo Spgs
Jeff Frier	Colo Spgs
Kathleen Frier	Colo Spgs
Kaitlin Frier	Colo Spgs
Megan Frier	Colo Spgs
Abbie Frier	Colo Spgs
Anita Fromm	Manitou Spgs
Frank Hibbits	Colo Spgs
Ingrid Hibbits	Colo Spgs
Jamie McFadden	Colo Spgs
Jill Montera	Pueblo West
Jordan Montera	Pueblo West
Jace Montera	Pueblo West
Kathleen Nelson	Colo Spgs
Rick Nelson	Colo Spgs
Victoria Tandberg	Colo Spgs
Stephanie Weakland	Colo Spgs

Renewing Members

James Beall	Colo Spgs
Stephanie Courson	Steamboat Spgs
Gary DeLassus	Colo Spgs
Tony DeLange	Colo Spgs
Shiela Geere	Colo Spgs
John Victoria	Colo Spgs
Jan Huie	Colo Spgs
Lou Huie	Colo Spgs
Nicole Kunz	Colo Spgs
Stephen Martin	Colo Spgs
Vicki Martin	Colo Spgs
Joe Mendygral	Woodland Park
Stephen Nulty	Colo Spgs
Diana Quattlebaum	Florence
Philip Quattlebaum	Florence
David Reilly	Colo Spgs
Jack Sherman	Colo Spgs
Jimmy Terrell	Cripple Creek
Adam Wade	Colo Spgs
Darrell Weaver	Colo Spgs

"I thought to myself, 'What the hell am I doing?'"
Ray Zahab while crossing the Sahara Desert

2007 Volunteer Recognition

Bronze Level: up to 20 Hours

You have earned a
PPRR t-shirt

Steve Abeyta 16
Balzar/Dave 16
Balzar/Jan 17
Marie Baughman 10
Dean Buck 10
Beverly Carver 20
Jon Cornick 20
Tom Dewane 17
Andy Dimmen 16
Heather Evens 10
Bob Foster 19
Phil Goulding 17
Lyn Hale 16
Emmett Hawkins 11
Lori Hawkins 16
Lisa Heckel 10
Diana Holmes 14
Luis Lowe 10
Cruz Martinez 16
Troy Matos 20
Jim Newton 10
John O'Neill 12
Rob Ronas 10
Janet Rose 20
Bob Royce 12

Jeff Smith 17
Jon Teisher 13
Dave Thomson 12
Kate Waldrip 19
Lo Wright 10
Marc Wulfkuhle 19

Silver Level: 21 to 50 Hours

You have earned a cap or
complimentary race entry

Sheri Abdella 27
Steve Abeyta 26
Cymmie Bailey 21
Gordon Barnett 38
Matt Carpenter 41
Julie Foster 28
Ron Garcia 29
Al Grimme 43
Kees Guijt 44
Gil Kindt 22
Teri Harper 30
Rick Hesseck 38
Sandy Lowe 25
Bill Ransom 38
Robin Satterwhite 23
Lucy Stansbury 29
RT Tollin 47
Travis Waldrip 29
Cady Waters 36

Melissa Waters 36
Christian Wulfkuhle 22
Halee Wulfkuhle 22
Sara Wulfkuhle 23

Gold Level: 51 to 75 Hours

You have earned a jacket

Angie Earle 57
Micky Simpson 56

Diamond Level: 76 to 99 Hours

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

Dave Sorenson 95

Platinum Level: 100+ Hours

You will receive
special recognition
at the rewards dinner

Jim Kelleher 161
Pat Lockhart 150
Larry Miller 115

February Newsletter Volunteers!

Hosted by the
Colorado Running
Company

Marie Baughman
Courtney Butler
Esmé DeLange
Micky Simpson
Tony Delange
Keith Austin
Kathy Butler
Jon Cornick
Jon Teisher
Larry Miller
Al Grimme
Phil Foster
Norm Hall
Eric Sova
Lynn Hall



The Long Run's monthly magazine preparation party, the "newsletter stuffing," promises a little bit of concerted effort, lots of conversation, and all the refreshments you can handle. Not only does it offer superlative pizza and locally-brewed beer, but several wine connoisseurs in the group always bring some interesting varietals. On the left, Jon demonstrates proper stuffing technique to a new arrival under the watchful eye of Marie, while Larry dares the stapler to misfire. Center, Esme gives a smile as she enjoys the company of fellow labeler Courtney and her mother Kathy. On the left, mailing master Jim savors fine Italian cheese and micro-brew while Esme holds court. All the while volunteers can shop the Colorado Running Co's wares.

Volunteers to the Core

by Cymmie Bailey, Volunteer Coordinator



Happy Spring (almost)! Warmer, nicer weather is just around the corner and with that more and more race events.

In May there are 2 club or club-assisted races, June has 4 and July has 5! That's a lot of volunteers devoting their summer weekends to our races.

We have this fabulous core of members who you will see week after week at the registration tables, water stops and finish line. You can always count on Lyn Hale, Gil Kindt, Larry Miller, Phil Foster, Pat Lockhart, Al Grimme, Bill Gallegos, Bill Bennett and Dave Sorenson to make sure our races run smoothly. I

often wonder what would happen if they all decided to retire at once!!

Fortunately we have a number of new Board members who are now learning the ropes of organizing and managing our races for when that day comes when some of our long time veterans decide it's time for a weekend to themselves.

But they need your help too. Please check out the calendar and sign up to work a race. It's fun. It really is! You'll get a whole new perspective of what it takes to put on a race and you'll appreciate the event even more.

Plus, volunteers are really nice people and you can always join us for breakfast afterwards!



Thank you Winter Series volunteers!

Another tremendous thank you to all of the volunteers who made these events possible. As I stated in an e-mail to them, each one of them knows what their task entails and I don't have to worry about it getting done. Do you hear the applause of the crowd? I do, and I did at the awards dinner.

Deann Arnold, Steve Abeyta, Dave Balzer, Jan Balzer, Bill Bennett, Tom Dewane, Angie Earle, Brianna Evans, Heather Evans, Phil Foster, Bob Foster, Julie Foster, Bill Gallegos, Phil Goulding, Al Grimme, Lyn Hale, Lori Hawkins, Roland Hawkins, Emmett Hawkins, Lisa Heckel, Don Johnson, Gil Kindt, Sandy Lowe, Luis Lowe, Cruz Martinez, Troy Matos, Larry Miller, Michael Schenk, Jim Simonson, Dave Sorenson, Luci Stansberry, Travis Waldrip, Kate Waldrip, Cady Waters, Melissa Waters, Jim Waters, Emilee Waters, Matt Waters, Zach Waters, Sara Wulfkuhle, Marc Wulfkuhle, Christian Wulfkuhle, Halee Wulfkuhle.

Pat Lockhart, Race Director

News and Events

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ponderosa pine forests allowing for great views of Pikes Peak and the Ram-



parts. The entire course is run on an 8-mile loop of dirt trails, mostly double track trails with a few significant hills. The highpoint on the course is 7400'; aid stations are at mile 3.5 and 7.5 of each 8-mile loop.

www.greenland50k.com

Bash the Bluffs 5k Fun Run and Walk

April 14th is a busy day for runners this year. At 8:00 AM on the University of Colorado's local campus in front of the University Center. All proceeds from the event benefit a scholarship fund. Awards and door prize drawings from sponsors will follow.

web.uccs.edu/recsports/BTB07.htm (NB.: that's "web", not www).

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2007
STEAMBOAT SPRINGS
RUNNING SERIES

INFO: www.runningseries.com REGISTER: www.active.com

- SAT - MAY 5 22nd Spirit Challenge
- SAT - MAY 19 29th Hayden Cog Run
- SUN - JUNE 3 26th Steamboat Marathon
- SAT - JUNE 16 22nd Hot Springs Short Cut
- SAT - JUNE 30 2007 USA Trail Championships
- WED - JULY 4 16th Steamboat Sprint
- SUN - JULY 8 29th Mountain Madness
- SAT - JULY 14 2nd Howelsen Hill 8 Miler
- SAT - JULY 28 16th Spring Creek Memorial
- SAT - AUG 4 13th Mt. Werner Classic
- SAT - AUG 3 & 4 4th Wild West Relay (24 hrs)
- SUN - AUG 19 9th Continental Divide
- SUN - SEPT 2 23rd 10K at 10,000 Feet
- SAT - SEPT 8 13th Kremmling Road Kill

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John Gardner

by Micky Simpson

As a part of our desire to get to know the members, I had the privilege of interviewing John Gardner. Since he is one of the newest members of the PPRR board, it was a good way to learn more about him.

John started running back in 1984 when his brother talked him into signing up for the Triple Crown, which at this time included the Garden 10 Miler, the Pepsi 10K and the Pikes Peak Ascent. John was trying to quit smoking and thought this might be just the boost he needed. As it turns out, he was able to quit smoking and has been running ever since. He now runs three to four days a week, intermixing this with swimming and biking. He says he likes running best because it is so easy to do. There is little preparation to get out the door, and the health and fitness benefits are so obvious.

Each Sunday morning, you will find John at Memorial Park in Manitou Springs, ready to run with the Incline Club. He says that running with a group keeps him accountable. He likes to have friends counting on him to be there. Groups like this include and encourage all levels of ability, so no one should be too intimidated to join. He also runs with Mike Shafai Tuesday and Thursday mornings at 6:00 and all comers are certainly welcome.

When asked about whether he prefers trails or roads, John said that trails are much more forgiving. He has a

Member Spotlight



lot more with aches and pains after running on the roads. With that in mind, his favorite places to run are Barr Trail, Garden of the Gods and Waldo Canyon. Each has its own separate challenge and beautiful scenery. He did say that Waldo is the most forgiving of them all because when you feel that you are about to pass out from pushing so hard on the uphill, along comes a wonderful downhill. Since John has completed nine Pikes Peak Ascents and three Pikes Peak Marathons, the last as a doubler, he has enjoyed the feeling of accomplishment that comes with finishing what many feel are the most difficult half and full marathons available in the US.

This month, John is setting his sights on another goal. He will be running the Catalina Marathon in California on March 17th. He and several friends are training and participating together. He says he is really looking forward to trying this marathon since it is mainly on trails. I reminded him of our own ADTM which is all trails and maybe we will see him somewhere on the course instead of volunteering for the beer distribution!?

John, like many of our members, first joined PPRR for the discount. He was in Colorado Running Company when John O'Neill asked if he was a member. The 20% discount was all it took, but he says that he is thankful he joined. He now has the benefits of meeting more runners and he is enjoying the opportunity of getting more involved in the local running community. Recently, this included joining the board of PPRR. He says that he enjoys giving back to the running community, and he stated that, "There are lots of things you can get involved in, why not something you are passionate about?"

For anyone who is thinking about getting into running, John suggests that you do what he did. Sign up for a race so that you have a goal. Enjoy!

STEAMBOAT SPRINGS, COLORADO

JUNE 30TH

2007 USA TRAIL CHAMPIONSHIPS

Hosted by Smartwool

Race entry fee - \$25 pre-registration & \$35 day of race.

Mt. Werner

Race distance - 10K.

Smartwool tees for all runners (\$50 value).

Festive post race party.

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LandSharks runners toe the line while adults provide motivation and encouragement. Practices often turn into games to keep kids focused. The three-day-a-week workouts turn seasonal races, varying in distance from 400 meters to 1.25 miles. Every participant receives the same awards.

LandSharks: Getting Kids Up and Running

by Courtney Butler



Running. It's something that we as humans do from the very beginning. Witness a two year old toddling after a favorite toy or a

group of school children playing a friendly game of tag. It's a sport enjoyed by most children, even though many may eventually grow out of it in search of more "adult" pursuits. Those in the LandSharks Youth Running Club, however, know what it means to take their youthful enjoyment of running to the next level; they even know what it means to train and to race.

The LandSharks Youth Running Club was the brainchild of young Kobi Rex. One night, after seeing a local soccer team with matching t-shirts, Kobi decided that runners

should get to match, too. He told his father, Steve Rex, who proposed the idea to the principal at his son's school, The Classical Academy, and the LandSharks club was born.

At the first practice, an unexpected 120 kids showed up, ready to run. Since that initial practice, the LandSharks has expanded to include over 1,300 kids of all ages, 80 coaches, and 40 participating elementary schools. Schools in Denver and around the state are beginning to contact Steve to inquire about starting a club in their own regions. In fact, children from Summit County, Pueblo, Denver, and Fort Collins train on their own and travel to Colorado Springs to compete in the fall and spring LandSharks races. The logistics of the club have ballooned along with the numbers: there are now site directors, webmasters, coaches, t-shirt organizers...the list goes on.

As is evident from the enormous

Since the initial practice, LandSharks has expanded to include over 1,300 kids...80 coaches, and 40 participating elementary schools.

amount of participation in the LandSharks, youth running is a popular affair. Not only do the kids get to participate with other children their own age, but they also begin to understand their capabilities and are therefore better prepared for running in junior high. They learn the value of teamwork and hard work. Instead of simply sitting in the gym watching their parents exercise, the children are now able to train along with their parents, allowing the en-

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LandSharks

continued from page 13



Cheering for teammates is the rule of the day as LandSharks maintains an encouraging climate.

tire family to share a sport they love.

Not only is the LandSharks club beneficial for the development of the children, but it is fun too! Practices are focused around positive motivation. The kids are encouraged to cheer for others when they are watching, and no negative comments are allowed. The practices turn running into games, keeping the children focused and entertained. For example, a typical interval practice may include a scavenger hunt, where the children pair up and then run to different cones scattered around a 400m area. They must locate a certain object under one cone and bring it back to the center where the coaches wait before heading out to find the next object. LandSharks practices are full of such games designed to improve the children's endurance, speed, positive attitude, and teamwork.

These 3-day-a-week practices build up to the seasonal LandSharks races (cross country in the fall, track in the spring). Each season has three races during which every team dons their appropriate, matching color LandSharks T-shirt (each school wears a different color). The races vary in distance, from 400 meters to 1 ½ miles, depending on age and ability. At the end of each race, every participant receives the same award: a ribbon for the first two races and a

medal or trophy for the last race. Children do not need to belong to a school with a LandSharks program in order to join; they may simply join at the closest participating school.

As the LandSharks has grown, so has community interest in the group. Sponsors provide 10% of the children with scholarships that cover the cost of their t-shirt and race entry. Boulder Running Company and Colorado Running Company offer 20% discounts each season, and the Boulder Running Company is even beginning to offer children's clothing. Pikes Peak Road Runners has created a Kids' Fall Series event in conjunction with the adult Fall Series, and children from the LandSharks club are fed into the Feats of Fire race, put on annually by the CSPD and the Fire Department. Numerous volunteers help keep the club running as well.

It is clear, through the mass growth of the LandSharks Youth Running Club, as well as the community effort that goes into each and every LandSharks event, that runners believe in the potential of their children. Often, LandSharks runners grow up to be high school stars. The opportunities for the children in the club, whether they turn out to be leaders or back-of-the-packers, are endless. Through an emphasis on fun and teamwork, the LandSharks is developing our running future.

For more information on joining the LandSharks, or to volunteer, please contact Steve Rex at 719-594-4787 or at steverex@wwdb.org. ▲



News and Events

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New Student Marathon Team Forms in Widefield

The Students American Discovery Marathon Team is modeled after and follows the protocol developed in the Students Run LA program in Los Angeles, California. The Students American Discovery Marathon Team is a non-competitive after-school mentoring and physical fitness program. It is designed to challenge high school students 15 years of age and older to experience the benefits of goal-setting, character development, adult mentoring, and improved health. The program provides them with truly life-changing experiences as they train for and complete the American Discovery Trail Marathon.

Team membership is open to any student enrolled in any school district in the Pikes Peak Region. The objectives of the program are: to provide teacher-mentors who assist student training and reinforce life-long lessons of responsibility, discipline, and goal-setting. Participation creates an opportunity for students of all ethnicities, cultures and socio-economic backgrounds to engage one another and experience an important sense of belonging.

The program supports students in tackling a supremely difficult goal that breaks down mental barriers and creates "can do" thinking. All students are welcome, everyone has the same chance to complete the goal, and everyone wins.

All participants need to have a medical release from a licensed physician. The registration fee is \$50 per student and training begins **March 19th**. Contact Ben Valdez, Director Community Education & Recreation, Widefield School District #3 (719) 391-3515.



A Challenge of Conditioning:

April 14th 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? Well, come and find out!

The principle behind the annual Tortoise and Hare competition is simple: if you factor out size, age, and the advantages of the male gender, you're left with **conditioning**, pure and simple. The winners will not be the fastest, but those who exercise and train most effectively.

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, factoring in local 5K race results to further tailor the data. We devised 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.

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 size handicaps. Man and women are not built the same and the race results clearly showed the size 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 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.)

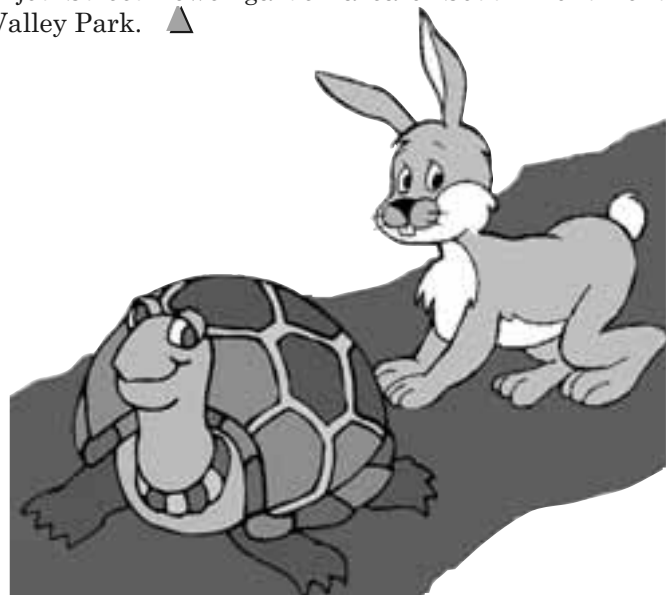
The race is like a normal 5k in reverse. The Hares start well behind the Tortoises and have to catch them. The tortoises experience the fun of being in front. This can lead to pretty fast times for everybody, not to mention a very closely contested finish! It is not a predict event, so you do not have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

certain pace—just race!

This year **Larry Miller** takes over as race director, with **Jim Kelleher** introducing a computerized handicapping system to speed up the registration.

Be sure to arrive early to allow time for the handicapping process. **Sat, April 14 , 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. ▲

How fast could you run
if you were 25, the perfect
weight for your height,
and trained as hard
as you do now?





2007 Champions
 Dec: Dean Buck Jun:
 Jan: Dean Buck Jul:
 Feb: Steve Sanchez Aug:
 Mar: Josh Synes Sep:
 Apr: Oct:
 May: Nov:

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

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 in the morning. Runners compete against their own previous best times. See www.pprun.org/events/Nielson/main.htm for map and more information.



Well, the weather was better than the past 3 months. The temps were in the low 20s, no wind, with partly cloudy skies. This brought out more runners than in past months. There were 41 runners who registered, and another 10-15 high school track runners who were running

the event unofficially for their daily workout. Thus overall, we had a good group.

One of the new runners was Michael Schenk from EON studios, who donates the shirts to the monthly winners. Thank you, Michael, for your generous donations.

This month's winner was Josh Synes. He was 1 minute and 45 seconds under his handicap. Congratulations, Josh. Please come back next month to defend your title. We are hoping that temps will be above freezing next month, so please come out and join us.

Dave Sorenson



March Results

Name	Place	Handicap	Actual	Difference
Josh Synes	25	18:38.5	16:53.3	- 01:45.2
William Keller	21	16:55.1	15:24.6	- 01:30.5
Julie Crist	26	18:37.9	17:51.8	- 00:46.1
David Williams	13	15:01.0	14:37.1	- 00:23.9
David Donelson	7	14:13.7	13:52.4	- 00:21.3
Jim Massa	33	19:44.7	19:35.8	- 00:08.9
Doyle Baker	12	14:30.8	14:32.7	+ 00:01.9
Eric Peterson	2	11:14.2	11:42.2	+ 00:28.0
Daniel Polak	28	17:28.8	18:03.5	+ 00:34.7
Samantha Thompson	8	13:20.6	13:55.4	+ 00:34.8
Paul Sullivan	3	11:44.0	12:20.1	+ 00:36.1
Jim Beckenhaupt	23	15:28.3	16:14.5	+ 00:46.2
Carl Nelson	14	13:46.0	14:37.9	+ 00:51.9

New Runners

Michelle Snow	15	14:38.8
Jon Cornick	9	14:15.6
Aubrey Inman	10	14:25.3
Lou Christensen	30	19:06.1
Rebecka Hepworth	31	19:20.6
Jared Hepworth	32	19:21.0

Volunteers:

Al Grimme
 Phil Foster
 Pat Lockhart
 Bill Gallegos
 Bob Royse
 Dave Sorenson
 EON Studios



The Nielson Challenge is one of the ways area teens can challenge themselves and compete on an even playing field with their more experienced elders. Winners of the monthly event are often from the ranks of our high school runners.

Regional Milers Make a Father Proud

by JackAnthony



On February 23 and 24th, I attended the Mountain West Conference Indoor Track Championships in Albuquerque, NM. My daughter Kirsten is a Colorado State Ram runner and is blessed to have fabulous teammates and dedicated coaches! I'd like to share with you my experience watching Kirsten

and her two fellow milers, Heather and Kristen. These three young ladies made it through the qualifying heats on Friday and then ran a courageous race on Saturday. I've attended many indoor track meets, in all sorts of venues and track lengths and surfaces. The Albuquerque Convention Center's 1/8 mile (200 meter) high-banked track and the close proximity of the stands enabled me to see like I've never seen before just how courageous all these runners are.

Our sport is a unique one in that a runner can't call for a time out, or be subbed for, or hide their tears and pain behind a helmet and facemask. Whether you are in your zone or hanging on for dear life as you try to finish, it's there for all to see. Running is also a sport where you can see the look in a runner's eye—that sense of confidence that clearly shows the runner's game plan is coming together, that the hours and hours of training are paying off in the swiftly moving minutes and seconds of the race. This 1/8 mile indoor track was in a fish bowl with teammates, coaches and parents peering in as the athletes orbited the track.

Guess what? Indoor track is a contact sport! I did not see any acts of un-sportsmanship, but I sure saw runners "trading paint" (that's a NASCAR short track term—find a gear head, they will explain) as they jockeyed for position or fought to gain the inner lanes. Clearly visible in all these courageous college student



The 200 m indoor track at the Albuquerque Convention Center affords great spectator viewing, site of the Mountain West Indoor Championships.



Kristen Hemphill, Kirsten Anthony, and Heather Loseke, milers for Colorado State, were all finalists in the regional indoor championships.

athletes was the sense of passion and love for our sport of running.

OK, so let me tell you about the qualifier races and then the championship final. 8 people compete in each of 2 qualifying races; the top 3 from each go on to finals. After these 6, the next 4 fastest times get picked. 10 make the show! Heather ran in heat 1, and Kristen and Kirsten in heat 2. Both heats played out the same way. The pack of girls stayed together for the first 1/2 mile or so and then a game of gambling and chance ensued. Who would break from the pack? In Heather's race, she went with the break away and came across in a line of three gals. It took a photo to determine 2nd and 3rd. Heather was 4th by a fraction of an inch. Was her time good to get in the big race? YES! Heather's trademark kick paid off again!

Heat 2 was darn stressful, maybe because I'm a dad. Again, the pack stayed together and with 3 laps to go it was Kirsten who took it out and Kristen followed. Rams leading the way! The pace accelerated as it came down to a 600 meter sprint. Kirsten held off the oncoming pack of gals trying to reel her in. Kristen zoomed from that pack with a final kick that earned her second place in the heat. Hooray, all three lady Rams made the big show!

The next day 10 gals stepped up to the line and the race was on. No cat-mouse game this time. They all took off with speed and put on quite a show. Eight laps of tactics and moves and courage. Kirsten placed 4th (5:01), Kristen 5th(5:02) and Heather 7th (5:04). The separation of all competitors was in single digit seconds. All three gals were proud of their effort and felt they left nothing out on the track; they gave their all. Here's a photo of these three Ram runners after the race, tired and proud!

Jack Anthony is a PPRR member and former RRCA liaison. His articles for the Long Run on historic trails have received noteriety. ▲

Chiro Corner: Shiver Me Shins!

by Shane Conrad



Shin splints are another of the well-known yet unspecific sports injuries that particularly seems to affect runners. While most people have heard the term “shin splints” (and many may have suffered from it at some point), few know the more complicated nature of this nagging condition.

People use the term “shin splints” (the shin is a bone called the tibia) most often to describe a pain in the anterior/front lower leg. When correctly identified, you can treat most varieties of shin splints with proper self-management strategies. What may surprise you most is that there are four distinct varieties of shin splints that vary in their symptoms, severity, and treatments.

Variety #1: Acute Compartment Syndrome

I chose to discuss this variety first as it is the most serious. In fact, it is a medical emergency! Acute compartment syndrome often occurs as a result of blunt force trauma to the shin (like getting kicked in soccer). Excessive amounts of inflammation and blood quickly accumulate in the injured area. The nature of the lower leg is such that the extra blood becomes trapped and elevates the pressure within its compartments. Blood flow is compromised, and nerves become choked, and in only a few hours, acute compartment syndrome can cause permanent nerve damage.

If you experience three or more of the following symptoms you should seek medical help immediately.

Signs & Symptoms:

- Blunt force trauma to the shin
- Visualized bruising
- Excessive Pain
- Numbness into the foot
- Weakness of the muscles in the lower leg

Treatment:

- Go directly to your local Emergency Room.
- Do not pass go, do not collect \$200!

Variety #2: Tibial Stress Fractures

Stress fractures result from low forces repetitively applied to a bone. Instead of breaking the bone in two, a line of structural weakness develops within the bone. While stress fractures can theoretically occur in any bone, they most often occur in the bones of the legs. If a stress fracture is suspected, you should seek advice from your medical doctor. Most often they will order an MRI or bone scan. X-rays will not show a stress fracture.

If a stress fracture is confirmed, I’ve got some bad news: they sometimes take several months to heal. In the meantime you will be told to “rest” the affected area as much as possible. This can be equivalent to a death sentence for most avid runners.

The good news is that stress fractures occur over-time. Thus, the only way to get a stress fracture is to repetitively ignore the symptoms and pain associated with shin splints. This magnifies the importance of **NOT IGNORING YOUR INJURIES**. Get them assessed and treated by a qualified health care provider at the first appearance of symptoms. A pro-active attitude will avoid the potential for a lengthy recovery!

Signs & Symptoms:

- Prolonged history of shin pain
- History of repetitive overuse activities
- Pinpoint pain in a specific area

Treatment:

- Rest
- Ice massage for acute episodes of pain
- Over-the-counter medications for pain and anti-inflammatory effects

Variety #3: Medial Tibial Stress Syndrome (MTSS)

Most experts consider Medial Tibial Stress Syndrome to be the most common form of classical shin splints. MTSS is an overuse injury that affects mostly athletes who suddenly increase the duration or intensity of their training. MTSS can also occur over time in athletes with a highly demanding training regimen (like marathoners).

MTSS is a well-localized irritation to the periosteum (a skin that covers the bone) of the inner/medial side of the tibia. The periosteum has a high concentration of pain-sensing nerves such that even the slightest irritation can cause symptoms to arise. As such, pressure applied to this area will cause an increase in symptoms.

MTSS is also associated with high-impact



activities. Therefore, as part of a recovery program, you should be assessed for over-pronation and avoid running on hard surfaces (asphalt, concrete). Subsequent to this, a biomechanical assessment should be performed to determine what other factors may be contributing.

Signs & Symptoms:

Pain on the inside aspect of the tibia irritated by pressure applied to the area.

History of repetitive activities (like running)

Treatment:

Ice Massage

Anti-inflammatory medicine

Appropriate footwear and/or orthotics

Biomechanical assessment and muscular rehabilitation and conditioning.

Avoid unforgiving surfaces: try trail running.

Variety #4: Chronic Exertional Compartment Syndrome (ECS)



By far, the majority of cases that present to my clinic are Chronic Exertional Compartment Syndrome. CECS causes pain in the *outer* (lateral) side of the shin. Specifically, this form of shin splints involves the muscle called the anterior tibialis. This muscle is responsible for lifting the toes upwards during the “swing phase” of your stride (when the leg swings forward) and for lowering the toes/foot slowly after “heel strike”

(when the heel first contacts the ground), preventing your foot from slapping the floor.

Muscles are covered in a specialized tissue called **fascia**. Normally the fascia has an elastic nature that allows it to expand and contract. However, in chronic overuse injuries, the fascia thickens and contracts, becoming less elastic and more rigid. Muscles normally engorge with blood during activity and increase in size. With a rigid fascia, the expanding muscle becomes constricted. This compresses the arteries carrying oxygen-rich blood to the muscle cells, which become ischemic (lacking oxygen). Pain is the primary signal the body uses to indicate ischemia.

Signs & Symptoms:

Pain in the area of the anterior tibialis muscle

No pain when inactive

Pain initiated by activity that subsides with cessation of activity

Feeling of a “swelling” or “tightness” in the painful area.
Painful to pressure.

Treatment:

Ice massage

Appropriate footwear and orthotics

Myofascial release

Muscular rehabilitation and conditioning

Surgical fasciotomy

Shin splints vary in their presentation. Knowing your type will go a long way towards preventing a lengthy recovery process. Self-management is possible in most cases, but I maintain that you should be assessed at the first sign of symptoms. I've included some easy to follow self-management techniques that are meant to be preventative in nature or augment a current treatment recommended by a health care provider.

Ice Massage

Take a Dixie cup and fill $\frac{3}{4}$ of the way full. Place in the freezer until frozen. Tear the Dixie cup to expose the ice and massage the affected area in a circular pattern for 10 minutes. Have a towel handy as the ice will melt creating quite a mess.

Calf Muscle Stretch

Place the hands of your outstretched arms flat against the wall. Move one foot forward until the toes are in direct contact with the base of that same wall. The other leg should be back with the heels flat on the ground. Lean forward and press the back heel into the ground. Hold for $1\frac{1}{2}$ minutes on each side. No bouncing!

Anterior Tibialis Strengthening

While sitting, straighten out the leg and point the toes downwards. Then simply lift the foot and toes upwards as far as possible. Hold for 3 seconds and release. Repeat this exercise 15-20 times 1-2 times a day (*never before a run*, however, as it will fatigue these muscles and cause an increased chance of injury).

PPRR member Dr. Shane Conrad D.C. is director of Conrad Chiropractic & Wellness. He is a credentialed provider of A.R.T. and holds advanced study with the American Chiropractic Rehabilitation Board. He enjoys running, biking, and soccer. You may contact him at (719) 596-8700, or drshane@cochiro.com. For more information, see cochiro.com

Dr Conrad intends this article for educational purposes only. It is not intended as a substitute for qualified medical advice. Proper treatment of all injuries should be initiated only after a thorough assessment by a qualified healthcare practitioner.



Linda's Leads: Running with the Buffaloes

by Linda Fuqua-Jones



I recommend for your reading pleasure this month *Running With The Buffaloes: A Season Inside With Mark Wetmore, Adam Goucher, and The University of Colorado Men's Cross Country Team* by Chris Lear.

Running With The Buffaloes is set up like a training log or journal, which chronicles the 1998 cross country season when Adam Goucher was a senior at the University of Colorado. This book has a local connection, as many of you know. Adam Goucher graduated from Doherty High School before going to Boulder for college.

Mark Wetmore moved to Boulder in 1991 and was selected as volunteer assistant coach the following year. His assignment was to help with the distance runners.

The first thing Wetmore did was assign a weekly long run. The runners were skeptical because they had relied on interval training in the past. The end of that first cross country season with Wetmore erased their doubts, when several



Mark Wetmore, an iconoclastic student of coaching, has quietly built a cross country power at the University of Colorado using American kids and the methods of famed coach Arthur Lydiard.

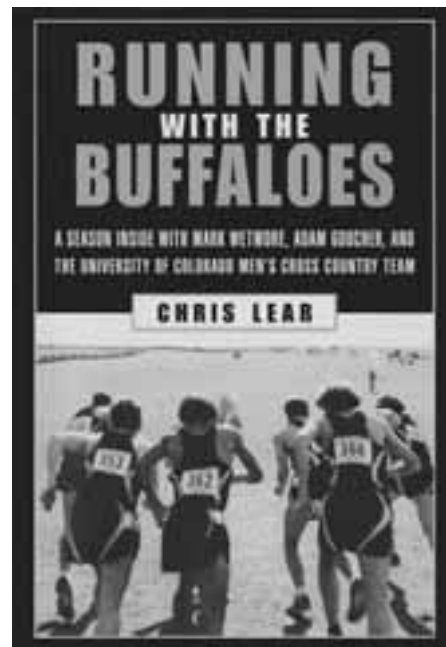
team members PR'ed at NCAA regionals. Sean Found, 1994 CU graduate, credits Wetmore with bringing "Culpepper back from the dead." Wetmore's successful coaching led to his appointment as head coach of cross country and track and field for both the men's and women's team.

The book explores the runners' physical and emotional experiences as they seek to win the 1998 NCAA championship. Rather than writing about Wetmore, Lear writes about Wetmore's influence and effect on the team. Lear observes:

"What is interesting is the element of choice. It is ingenious of Wetmore that he does not dictate what they will be shooting for, but that he lets them decide what they hope to achieve. It is their choice. Once they elect to aim high, they are effectively empowering Wetmore to train them as hard as he sees fit to take them to that level. If they complain, he has but to remind them that they are the ones who decided they wanted to excel, he is merely following their prerogative."

Goucher understands Wetmore's style and says, "Mark gives us the decision. Most people here want to be the best at what we do. We've chosen. We don't want to live a lifestyle of partying. He encourages us to make our own decisions in running and in life...."

One of my favorite stories in *Running With The Buffaloes* is "Forty. Four Zero. Forty." On a long run two of the Buffaloes saw three Kenyans "loping fairly casually, maybe 6:30 a mile, up ahead... Wanting to say that they had run with the Kenyans, Ponce and Berkshire [the Buffs] put in a push to catch up to them." After running silently with them for two miles they learn that the Kenyans are marathoners. "The Kenyan asks Ponce how far he is running, and Ponce tells him he is running twenty miles. Ponce asks the Kenyan how



far he is running, and he tells him that he is running forty. 'Fourteen,' Ponce asks him, 'or forty?' 'Forty,' the Kenyan replies. 'Four zero. Forty.'" Ponce says that he was hurting, but after that "I didn't even feel my pain anymore. I was feeling sorry for him."

Berkshire's reaction was to feel aggravated, "My whole conquest today is ruined." It is easy to see that Ponce thought the Kenyans were running forty miles, but an article about the Kenyans in the Boulder Daily Camera stated they had instead run forty kilometers!—still impressive, "but not quite forty miles."

Available at your library, request a copy of *Running With The Buffaloes: A Season Inside With Mark Wetmore, Adam Goucher, and The University of Colorado Men's Cross Country Team* by Chris Lear.

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. Reach her at lfuqua-jones@ppld.org or at 481-2587.



The 24th Running of the St. Patrick's Day 5K

National champs and Olympians pace the race

by Jim Kelleher



More than 1300 runners surge across the starting line on St Patrick's Day heading south on Tejon. Ryan Kirpatrick, overall winner, wasted no time in grabbing the lead; he is seen here wearing bib number 6.

Perfect weather, sold-out participation, and a world-class field combined to make the first race of the Grand Prix Series a unqualified success. Over 1300 runners turned out on a sunny March 17th, most wearing shades of green and many in full leprechaun costume. The spectators jammed the streets around Acacia Park as well, making it a family day in anticipation of the parade that would follow. And "Announcer Bob", traditional race commentator, showed that he still has the gift of the gab as Irish music filled the air.

It took a while to determine exactly where the race was to start, but eventually everyone was directed to corner of Platte and Tejon and ended up facing the right direction: south. Although the race was chip timed, there was no start line sensor, so if you were in the middle of the pack, you were pretty much stuck. Some racers walked the first 100 yards until they realized there was no electronic start line and that they had better start running!

All fun and games aside, this 5K turned out an unusual number of gifted athletes, three national champions and at least 2 Olympians among them. First overall, and fittingly Irish, was former US 10K and Army 10-Miler champion **Ryan Kirkpatrick**, 28. He turned a blistering 4:45 pace enroute to his 14:45 victory. Ryan is among those in the Army's World Class Athletes Program based at Fort Carson and has qualifying times for the 2008 Olympic trials in the 5K (13:33) and 10K (28:26).

In second place was **Justin Chaston**, 38-year-old former British National Champion and 3-time Olympian in the steeple chase, was 45 seconds behind with a 15:32 time and an even 5 min/mile pace. Not to be outdone,

Justin's wife, **Stacey Chaston**, was first in her age group with an 18:32 finish.

On the women's side, first place went to former NCAA champion 26 year-old. **Tera Moody** who traveled down from Boulder. She turned in a 5:35 pace for a 17:20 finish. Tera was part of the University of Colorado's 2000 women's cross country champion team, running with the Buffaloes under the leadership of Mark Wetmore (see *Linda's Leads* on the previous page). She was also first *overall* in last year's Austin half-marathon with a time of 1:16:50.

A minute behind Tera, second place **Tracy Robertson-Frack**, 29, crossed the line at 18:19. Tracy is a triathlete, placed first amateur overall at Ironman Arizona and competed at the Ironman World Championships in Hawaii last year. Her husband, **Shawn Frack**, placed third in his age group. Interestingly, both second place overall finishers had award winning spouses.

In the battle of local running store owners, **Cody Hill**, 34, of the Boulder Running Company took seventh overall putting in a 5:21 pace for a 16:38 finish. **Gary Staines**, 43, Runner's Roost owner and former Olympian finished 13th overall in 17:18. Gary has a spectacular time of 13:14 in the 5K to his credit (1990) and was a finalist in the '88 Olympics in Seoul.

Post-race refreshments included the usual bananas and orange slices, along with baskets full of several varieties of Panera's bagels. Of course, ample supplies of beer were available at race sponsor Jack Quinns, whose running club members in their club shirts were visible everywhere.

Results continued on next page



Allen Bridgeforth of Aurora heads up the group of runners putting in a 7:25 pace at the finish. Jeremy Hulsker is to his right, and Ryan Thompson, Natascha Vandermalen, and Kim Ethier are to his right.

St Pat's 5K Awards



Ryan Kirkpatrick, one of the Army's World Class Athletes, cruises to an easy 14:45 finish. Ryan has qualified for the 2008 Olympic trials.

Place	Age	Time
OVERALL WINNERS		
1 Ryan Kirkpatrick	28 Colo Spgs	14:45
2 Justin Chaston	38 Colo Spgs	15:32
3 Adam Rich	26 Colo Springs	15:42
1 Tera Moody	26 Boulder	17:20
2 Tracy Robertson-Frack	29 Colo Springs	18:19
3 Michelle Kelly	29 Colo Springs	18:28

MALE : 1 - 14

1 Michael Cernoia	14 Pueblo West	18:14
2 Darren Thomas	13 Colo Springs	20:24
3 Tucker Hamilton	12 Colo Spgs	21:25

FEMALE : 1 - 14

1 Heather Bates	12 Colo Spgs	22:35
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51 year-old Mike McMahon strains to the finish. Chip timing easily handled the 1300+ results.

Place	Age	Time
2 Abbie Poremba	14	23:16
3 Jennifer Cernoia	13 Pueblo West	25:52
MALE : 15 - 19		
1 Brandon Reed	18 Colo Springs	17:53
2 James Law	16 Colo Spgs	20:19
3 Paul Ables	17	21:32
FEMALE : 15 - 19		
1 Hannah Green	15 Colo Springs	21:20
2 Monica Garcia	15 Colo Springs	21:40
3 Stephanie Rouse	17	21:47
MALE : 20 - 24		
1 Jermaine Mays	24 Colo Spgs	16:49
2 Nacho Mata	20 Colo Spgs	18:11
3 Clayton Newman	23 Colo Spgs	19:23
FEMALE : 20 - 24		
1 Elizabeth Watkins	24 Colo Springs	19:25
2 Sydney Mondragon	24 Pueblo	20:44
3 Sarah Lile	22 Pueblo	21:50
MALE : 25 - 29		
1 Greg Augspurger	29	16:01
2 Logan Wealing	25 Colo Springs	16:03
3 Travis Bradley	27 Fountain	19:45
FEMALE : 25 - 29		
1 Katherine Aune	26	20:54
2 Ammilee Oliva	28	22:54
3 Kim Ethier	26 Colo Springs	22:58
MALE : 30 - 34		
1 Cody Hill	34 Colo Springs	16:38
2 David Perfors	31 Colo Springs	17:54
3 Shawn Frack	31 Colo Springs	18:15
FEMALE : 30 - 34		
1 Connilee Walter	34 Colo Springs	20:52
2 Jeanne Osko	32 Colo Springs	21:25
3 Sara Wulffuhle	32 Colo Springs	22:16
MALE : 35 - 39		
1 Jeff Turner	36 Colo Spgs	16:53
2 Adolpho Carrillo	35 Colo Spgs	17:03
3 Gerald Romero	35 Colo Springs	17:14
FEMALE : 35 - 39		
1 Stacey Chaston	36 Colo Springs	18:32
2 Stephanie Jones	36 Colo Springs	18:37
3 Shannon Meredith	36 Colo Springs	19:04
MALE : 40 - 44		
1 Gary Staines	43	17:18
2 Michael Hagen	43 Colo Springs	17:49
3 Todd Murray	43 Colo Springs	18:34
FEMALE : 40 - 44		
1 Sheila Geere	43 Colo Springs	19:17
2 Amy K Regnier	44 Colo Springs	19:50
3 Debby Meyer	40	22:35
MALE : 45 - 49		
1 Sammy Ngatia	47 Colo Spgs	16:59
2 Lile Budden	46 Colo Springs	18:24
3 Robert Willcox	45 Colo Springs	19:21
FEMALE : 45 - 49		
1 Hillary Becker	46 Colo Spgs	22:26
2 Eileen Wilfong	49 Colo Springs	24:16
3 Connie Phelan	47	24:56
MALE : 50 - 54		
1 Scott Palmer	51 Colo Springs	20:07
2 Craig Hafer	50 Colo Springs	21:03

Place	Age	Time
3 Brian Sweeney	52	21:11
FEMALE : 50 - 54		
1 Sharon Dieter	52 Colo Springs	23:04
2 Georgann Richardson	51 Colo Springs	23:33
3 Diane Cridennda	54 Colo Springs	25:47
MALE : 55 - 59		
1 George Greco	59 Colo Springs	21:11
2 Dean Luse	57 Manitou Springs	21:20
3 Carl Nelson	58 Colo Springs	22:17
FEMALE : 55 - 59		
1 Julie Brooke	55	28:54
2 Eileen Baracz	59 Canon City	29:42
3 Janel Timmins	57 Colo Springs	30:16
MALE : 60 - 64		
1 Jim Boughter	63 Colo Springs	20:16
2 Bob Tafelski	63 Colo Springs	24:31
3 Mark Winn	60	24:41
FEMALE : 60 - 64		
1 Joyce McKelvey	61 Colo Springs	27:50
2 Karen Karl	62	29:02
3 Bob Patha	63 Monument	29:24
MALE : 65 - 69		
1 Jim McKelvey	65 Colo Springs	25:36:00
2 Frank Morrey	65 Colo Springs	25:39:00
3 Gene Burt	66 Colo Springs	32:38:00
FEMALE : 65 - 69		
1 Nancy Augustus	65	33:16:00
2 Darlene Leathers	68 Colo Springs	40:39:00
MALE : 70 - 98		
1 Richard D Taxman	72 Colo Springs	27:11:00
2 Paul Reyher	71 Wiley	36:21:00
3 Neal Kinsinger	72 Colo Springs	36:44:00
FEMALE : 70 - 98		
1 Martha Kinsinger	72 Colo Springs	31:05
2 Hilda Reyher	70 Wiley	34:30
3 Bettie McLean	83 Colo Springs	1:01:20



Overall winner (women's) Tera Moody pushes to the finish, a minute ahead of second place.

Winter Series Wrap-up

by Pat Lockhart

We had a full house at the YMCA's Multi-purpose Room on March 3rd and I do hope that everyone got enough to eat and had fun. A special thank you to all of the military who were part of the Winter Series and dinner.

For the first time in 28 years, the series had 2 cancellations. The weather was just too dangerous for the runners and the volunteers. We also learned this year that any 4-wheel drive can become high-centered if the snow is deep enough.

Jim Linn's Extra Mile Awards were received by **Sandy Berry-Lowe** and **Ed Mighell**. A Special Volunteer award was presented by **Emmett Hawkins** to **Troy Matos**.

John Gardner and **Mike Shafai** were introduced as being the new directors of the Winter Series and their duties will fully take over for the 2009 season. A great team that will make this event better.

Gladys Buehler was a Colorado Historian, living in Colorado Springs, who published a book entitled Colorado's Colorful Characters. We had fun and introduced some of the "club's characters" that we have met over the past 20 years.

Character #1: **Ed Mighell**. 76 years old, completed the long series, and spoke about running with burros. Oldest competitor this year.

Character #2: **Ken Holmes**. He was 1 of 3 people who missed the dinner RSVP deadline, but let me know on Friday (blamed his wife)☺.



Mini-donuts have become a hallmark of the Winter Series. Served along with hot chocolate and hot cider by faithful volunteers, they never last for long as racers eagerly replace consumed calories.



The uncertainty of our winter weather is reflected in this pre-race shot of running attire. Racers don everything from ski caps to tank tops as they stretch in the snow under blue skies at Baptist Rd.

Came from Calgary and thought that he would never belong to a running club comparable to the running club in Calgary. Our club is beyond his expectations. (He received a complimentary entry to Winter Series 2008.) What's a bridge run?

Character #3: **Chad Skaggs**. Stationed at Fort Carson. Probably here for only a little while. He also received a complimentary entry to 2008. He's welcome any time.

Character #4: **Steve Yeager**. Might have him interested in the club's Scholarship. Also received a 2008 complimentary entry.

Character #5: **Dean Buck/Black**. We met him several years ago. Track runner from Palmer High School. A tremendous runner. Very humble. Very blonde. (Was it his printing or me trying to decipher it?)

Character #6: **Esme deLange**.

Moved to Colorado Springs from South Africa. She and her husband are new members to the club.

Character #7: **Mystery volunteer**. Was instrumental in fund-raising to build a running track for the School for the Deaf and Blind. He is also a 2-time Olympic qualifier.

Character #8: **Eileen Wilfong**. One of those runners that always smiles and is happy and I just wanted to introduce her to the club.

Character #9: **Dale Papineau**. Track coach from Pueblo West. Previously taught in Colorado Springs. Been participating in the winter series for the past 4 years. The Pueblo West Boy's team took home the High School Boys Team trophy.

Character #10: **Ellis Joseph**. Runs with a pace maker. Ran with Jim Linn and got lost when they were running behind "blondes" with long pony tails☺

Character #11: **Annie Tucker**. Another runner from Fort Carson. Also part of the winning Co-Ed Team. Yahoo!

Character #12: **Taylor Fogg**. Taylor was the youngest competitor this year. Likes to do triathlons. Travels a lot because her Dad is in the service. She also volunteers at our races, when she is not running.

Pat Lockhart was race director of the Winter Series. ▲

Saturday April 14th



Tortoise & Hare 5K

Factor out age, size, and gender and what do you have left? Conditioning!

Level the playing field. If you're in shape, that's all that matters!

Kids, teens, and seniors—all can win.

**Back-of-the packers lead early.
Front-runners play catch-up.**

Saturday, April 14th

Memorial Park (just north of Bijou)

8:30 AM weigh-in and handicapping

\$3.00 entry fee! PPRR members free!

Refreshments pre and post race

More details inside or at pprrun.org

