

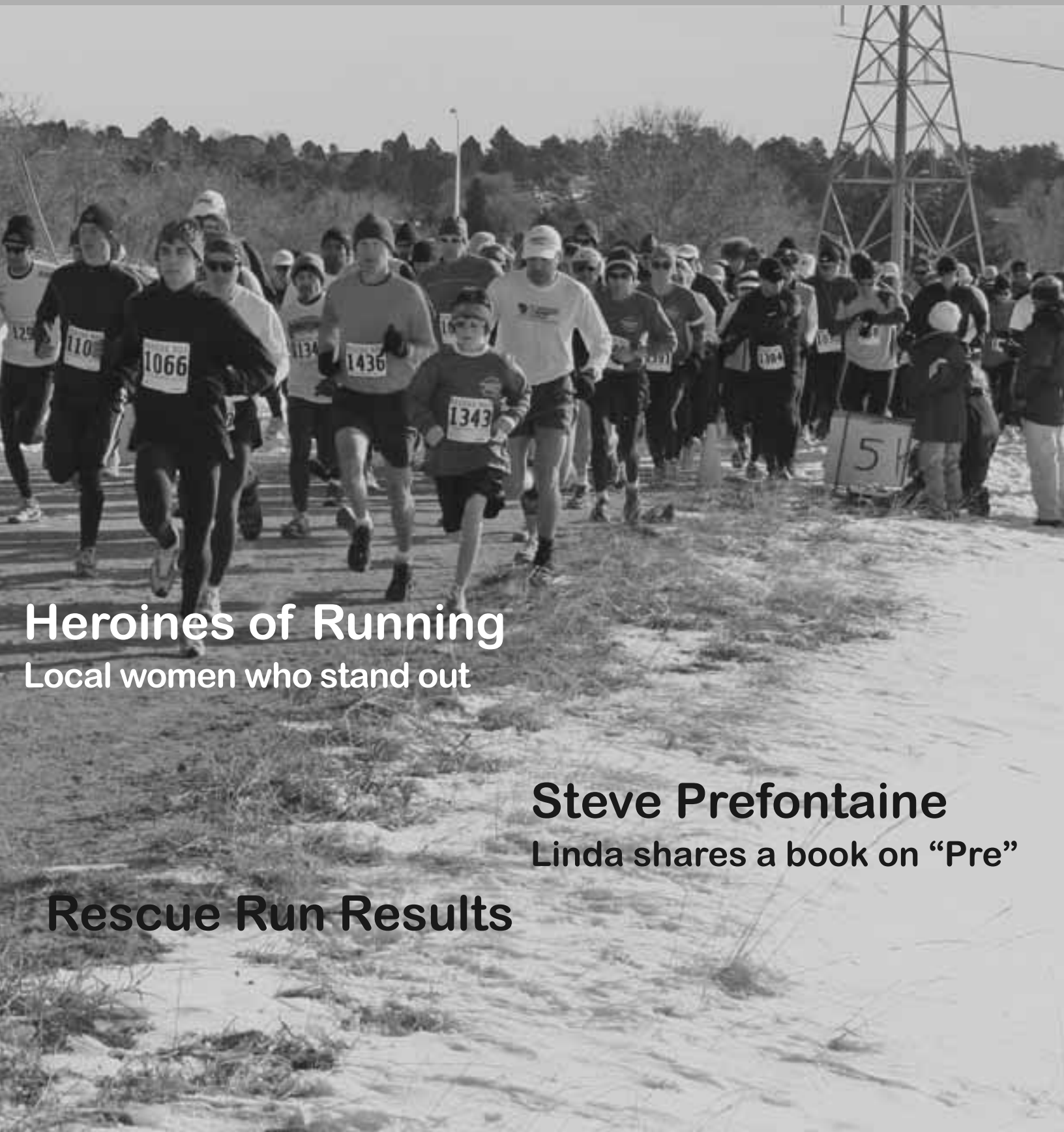
Pike's  
Peak  
Road Runners

the **LONG RUN**

Volume 31 Issue 2

Running News for the Pike's Peak Region

xx 2007



## Heroines of Running

Local women who stand out

## Steve Prefontaine

Linda shares a book on "Pre"

## Rescue Run Results

# 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	jim@pprrun.org
Membership:	Janet Rose	598-1904
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 **February 6th**.

## 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! 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 2

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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 **January 2nd**.

## 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 February 21st**.

## 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 *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 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](mailto: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



**B**uilding community! Sounds pretty lame, but think about what it means. A community makes achievements that benefit the group. If two groups of people were given a task, odds are, the successful group is the one whose members bonded. During the execution of the task, they all shared a common experience. That experience allowed a bridge to develop that linked individuals into teammates. For a brief moment, everyone shared something in common and a community was born. The members of a community use their similarities to develop a safe environment. That allows them to overcome natural defensive individualism and work as one team to achieve something of value. By contrast, a group of people that let their differences protect them from involvement rarely achieve anything that benefits the group.

I ran the Rescue Run this year on sheet metal screws (thank you **Matt Carpenter**). While running along with new found confidence, I had the opportunity to talk with **Lani Langley-Gendron**. We had a great chat when not gasping for air. Later on I thought to myself, "What a great experience it is to strike up a conversation with a complete stranger and not get the cold shoulder treatment." I didn't know Lani and she didn't know me. We just ended up going the same speed together through a section of trail. I can't remember what we talked about, but that could be due to age. The important thing was that we were both sharing a common experience in a safe environment and that a transfer of thoughts occurred. Moments like this foster community.

During the January PPRR board meeting, we discussed community. How can we, the board, help to build a meaningful, sustaining and enjoyable social environment for our members? How can we grow a vibrant and enthusiastic running community? What can we do that will improve the desire to take up running as a hobby, or even a lifestyle? The answers to these questions will be our focus for the next twelve months.

I want to get to know you and I want you to get to know me. I have no hesitation about asking people I meet on the trail if they are members of the Pikes Peak Road Runners. That's how I met **Korina Lyons**. She is our first "Members Spotlight" celebrity and her interview will appear in next month's newsletter. Every

Cover Photo: Leading the charge at the start of the 2007 New Year's Day Rescue Run is Jason Kearns (left) followed by Rob Versaw and Matt Drake (black shirts).  
photo by Thomas Dewayne

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month there will be a member of the PPRR in the spotlight. If you have a story to tell, I'd be happy to listen. Community is about sharing the good, discouraging the bad and enduring the trail set out before us.

Your assignment for this month is to greet at least one person you meet on the trail. For one second, don't bother with the stopwatch. Slow down, make eye contact, and say "Howdy! Great day for a run isn't it?" Then you can continue on knowing that today you did your part to build a little bit of community for the runners of the Pike Peak Road Runners.

*Jon Cornick*

# PPRR Board Minutes

Tuesday, December 5, 2006

## Attendance

Present: Tony Abdella, Travis Waldrip, Jim Beckenhaupt, Jack Anthony, Jon Cornick, Pat Lockhart, Robin Satterwhite, Larry Miller, Don Johnson, Micky Simpson, John O'Neill, Bill Gallegos, Dave Sorenson

Excused: Gil Kindt, Lyn Hale, Jim Kelleher

Guests: Ron Garcia, Luci Stansberry, John Gardner

Meeting Minutes Review/Approval (Robin)

Minutes were approved as corrected.

## Ord Business

Board of Directors' Responsibilities (Gallegos) A motion was made and seconded to add the proposed code of ethics to the handbook. Discussion occurred concerning the portion of the code covering conflict of interests. There was a suggestion to add the term "conduct" to the section titled "Code of Ethics". Many speaking emphasized that currently there are not ethical problems but having a code of ethics is a prudent set of guidelines to include in the handbook. Other discussion occurred around the semantics of items included in a code of conduct versus code of ethics. Others wanted to make sure we didn't legislate the "fun" out of the club. Jack Anthony offered a shortened version: "Doing what's right to support the running community and making people feel welcome". The Board voted on page 4 and 5 (Section VI) to include in handbook. Motion Passed. The rest of the document pp. 2-3 will be included as an addendum at the end of the policy handbook as an addendum. The motion passed.

## Treasurer's Report

Gil has paid the RRCA insurance and membership renewal.

## Calendar (Dave)

Additions to the calendar: Nancy Hobbs added May event to the calendar - May 23. El Paso County Parks. Fountain Creek Nature Center.

Feats of Fire- May 20 at Goose Gossage Park, 10:30 at the soccer fields.

Race Coordinator (Don)

Don and Pat confirmed Race Directors for 2007 races:

Rescue Run – Sorenson  
Nielson – Grimme/Foster  
Winter Series – Lockhart  
Trail Clean up – Johnson  
Tortoise & Hare – Miller  
Elbert Reflections – Miller/Simpson/  
Abdella

Run for Sunshine– O'Neill/Gardner  
TCR – Hale (Liaison)

Sailin Shoes – Gallegos/Grimme

Panoramic – Johnson/Stansberry

Veteran's Home Run – Beckenhaupt

Run for Hope – Lockhart/Bailey

Women's Distance Festival

– O'Neill/Gardner

Woodland Park – Mullins /Cornick

ADTM – ADTM Committee – Waldrip

(Course Director: L. Miller, Finish Line

Director: B. Gallegos)

Pony Express – Lockhart

CC - Satterwhite

Fall Series – Miller/Garcia

Turkey Trot Predict – Foster/Foster

YMCA Turkey Trot – Lockhart/Abdella

## New Events:

CSPD – Peace officers memorial program would like to have an annual run in May, preferably May 15. PPRR has another race that weekend. Pat will suggest April 28 and May 26.

Motion was made to close the 2007 calendar except for those proposed up to this date (CSPD, YMCA/DTC and YMCA/Trilakes. The motion passed.

## Past Events

- 11/13 Fall Series IV (Larry)- Weather was interesting and more sprained ankles, no broken bones. Pizzas for the kids at the last race.

- 11/19 Turkey Trot Predict (Foster/Foster)

More than 100. Nice weather.

- 11/19 Membership Meeting/Fall Series Dinner

– Nice dinner. No criticism of series.

- 11/24 YMCA Turkey Trot (Lockhart/Abdella)

Pat read thank you from the Y. Bill Bennett said, for next year, water stop needs more people and another table. Second highest finishers of all PPRR contract races.

- 12/03 Nielson Challenge (Al/Phil)

30 runners in the snow.

## Upcoming Events

- 01/01 Rescue Run – Dave asked for volunteers

- 01/13 Winter Series

Next meeting: January 2, 2007

Respectfully submitted,

*Robin Satterwhite*

Secretary

## From the Editor

**J**on Cornick, our president, has declared 2007 a community building year for PPRR. As I read some motivational articles lately, I was struck by the narrowness of perspective on what motivates someone to get out and run. It then occurred to me that if we are to build community, such narrowness will not do. We need to realize that although we all have a common interest in running, the reason why we have this interest is far from common. So I jotted down a little list, for your consideration, on why runners run.

We have, for example, the competitive-minded perspective. Running is about training and races are about winning. The rest of the pack receives the obligatory pat on the back, but the real runners are in the front. They eat 3000 calories a day and don't read running magazines.

Next are the fitness oriented folks. This perspective would have us all counting calories, stretching for hours a day, and adopting a thorough weight training program to strengthen our core. The reason to run, of course, is to stay trim and fit.

On a less tangible level are the achievement oriented runners. Running is about accomplishing goals and maintaining a healthy self-image. They recommend all manner of structured training regimens, keep meticulous training logs, and can tell you immediately what goal they are shooting for. How they place in a race is unimportant as long as it was better than last year's.

Close cousins to the achievement runners are what I call the accomplishment runners. Like the former, these folks focus on goals, but they are even less tangible. They will tell you that their goal "is to finish". They aren't really concerned about times so much as in chalking up another event. These people walk 5K's or come in under the wire (and half alive) in the Leadville 100. Training is not paramount and they readily justify skipping a planned workout. If they don't finish, they will try again next year.

Still more ethereal are the people for whom running offers a path to transcendence. You will see them on the trails pleasantly unconcerned with times or distances. In fact, trying to quantify their efforts is sacrilegious. They stop during a race to take in a particularly captivating vista and enjoy having a chat with an aid station volunteer. Running is about enjoyment pure and simple, and as for goals...what are those?

I don't pretend this list covers the gamut of motivations, but where do you fit in? An even better question: Where do others fit in? How many of these motives can you associate with someone you know?

If you find yourself taking umbrage or feeling condescending towards someone who does not share your perspective on running, just try to understand *theirs*. That will make them happy. If not, then at least it can make *you* happy that you tried. It will also make Jon Cornick happy that you are building community, so be sure to let him know.

*Jim Kelleher*, Editor

## the Long Run Long Ago



### 10 Years Ago

**M**artha Kinsinger's cover story in February of 1997 contains some helpful hints on keeping the legs churning in the "prime" of life. Among them are lifting weights, hitting the treadmill, and just getting used to *only* 9 minute miles when you're 62. **Larry Miller**, president, reports that the last marathon (1/2) in Colorado Springs was in '93, so

it's big news that the Air Force Academy wants to host one for their 50th anniversary. **Joyce McKelvey** wins the cryptic author's award in writing that "An almost startling realization is the fact that when choices are not made, inadvertently a decision has been made to be somewhat at the whim of other circumstances in environment and relationships..." And **Dave Sorenson** reports on the winter conditions at Winter Series I which was held despite zero degree temps, cloudy skies, and wind. Ah, those were hardy runners back then. This year's race was cancelled with temps in the teens!



### 20 Years Ago

**O**n this month in 1987, a youthful **Larry Miller** trails teenager **Andy Samuelson** in the winter short series by 30 seconds after two races. The long series is led by **Bill Volkman** with 18 y.o. **Paul Koch** in 4th, a few minutes behind. Bill also won the years Rescue Run 10K. And podiatrist **James Gremillion** writes on the topic of "ultra sports", speculating that the reason so many are tackling longer distances is simply because it is there and because they are bored. He offers several helpful tips for ultra-distance training such as "wear biking shoes for biking and running shoes for running," and "wear socks."

### 25 Years Ago

**I**n 1982, the newsletter lists 26 board members, including president **Al Grimme**, who leads the Black Forest Series after winning the first two races, the 5K and 10K. **Bob Mutu** is the new newsletter editor, and new member **Larry Nielson**, namesake of our monthly challenge race, placed 29th in a Valentine's Day 5K.

## Letters

Dear Jim

First, the Wellstone White Rock Marathon. I finished the half marathon, behind 4500 others and ahead of a few really slow people. For a wonder, the light drizzle in the last 5K gave me a second wind, allowing me to repass some husbands escorting their wives through the half and a few ladies walking the distance in pairs. Most of those ladies were stopping for a moment to grab their sore backs. They were finding out the hard way what a real pounding the pavement gives the spine. Wellstone skimped on food to provide cash for name runners. They did not skimp on beer. I no longer drink, but many runners live for that free beer at the finish, and some very speedy servers were keeping the lines short at the many beer kegs. The results posted early on the internet did not give home towns, so there was no message for you about Colorado runners.

Pacers held their final run of 2006 in perfect weather. The city surprised us by closing restrooms too late for the club to order porta-potties, agitating many runners. I was too sick to run, and just looked on until it was time to leave. Times were good for those who ran.

The internet indicated that your Rescue Run would be done this year at about nineteen degrees. This matches the coldest temperature for any Road Runner event I entered, the Turkey Trot. A young man of the Foster Family overcame his own problems to outrun me, and the turkey was probably laughing at the frozen Texas flatlander. The same Foster came to Dallas a few years later, running third in his age group at the White Rock Marathon, not a trivial accomplishment. He was probably amused at Dallasites referring to some gentle grades as "hills".

Regards,  
William L. Jones

## Membership

### Welcome New Members

Alyxandria Barry	Colorado Springs
Ande Barry	Colorado Springs
Dani Barry	Colorado Springs
Karen Barry	Colorado Springs
Tim Barry	Colorado Springs
Amy Bennett	Colorado Springs
Dave Berge	Colorado Springs
Melody Burns	Colorado Springs
Pharris Cotner	Canon City
Jack Cotton	Colorado Springs
David Donelson	Colorado Springs
Holly Donelson	Colorado Springs
Joe Donelson	Colorado Springs
Lily Donelson	Colorado Springs
Kathleen Dugan	Colorado Springs
Jenine Ebersohl	Colorado Springs
Tracy Ellis	Colorado Springs
Autumn Gray	Colorado Springs
Susan Griffin	Castle Rock
Roger Hall	Manitou Springs
Carolyn McMahon	Colorado Springs
Maureen Merriman	Woodland Park
Rick Merriman	Woodland Park
Riley Merriman	Woodland Park
Pat Murphy	Colorado Springs
Will O'Hern- PT	Colorado Springs
Gina Perenchio	Colorado Springs
Max Seminario	Colorado Springs
Alyssa Sherman	Colorado Springs
Darren Sherman	Colorado Springs
Erin Talbot	Colorado Springs
Marilyn Vassar	Colorado Springs
Joseph Vlasek	Monument
Beth Wade - PT	Colorado Springs
David Williams	Colorado Springs
Kent Young	Colorado Springs
Victoria Young	Colorado Springs

### Renewing Members

Tiffany Bruno	Colorado Springs
Autumn Crow	Peyton
Ellen Crow	Peyton
Jason Crow	Peyton
Kylie Crow	Peyton
Craig Hafer	Colorado Springs
Mary Hurley	Colorado Springs
Johnny Koerner	Castle Rock
Sandy Koerner	Castle Rock
Ted Koerner	Castle Rock
Teddy Koerner	Castle Rock
Charlene Lantry	Colorado Springs
Jim Lantry	Colorado Springs
Brenda Lewis	Colorado Springs
Phil Mahone	Monument
John Mills	Colorado Springs
Julie O'Neill	Colorado Springs
Henri St-Martin	Colorado Springs



### 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**  
Saturday February 3rd.  
Help maintain our trails!  
Meet at 9AM SW corner of  
8th street Walmort

## Volunteer Corner



**H**i Everybody! I'm amazed at our numbers already this year. Starting with the Fall Series and including the Nielson Challenges, the Turkey Trot Predict, the Briargate Turkey Trot and the Rescue Run races plus the newsletter stuffings, 105 of you have volunteered for a total of 1456 hours! I'm seeing new volunteers with every race list that comes over which is wonderful. So, as always, THANK YOU and keep up the good work!

*Cymmie*



Stalwart volunteers, Judy Foster, Phil Foster, and Pat Lockhart were ready and willing but could not overcome adverse conditions which resulted in the cancellation of Winter Series I at Fox Run Park.

## Volunteer Recognition

### Bronze Level: up to 20 Hours

You have earned a PPRR t-shirt

*Steve Abeyta 16*  
*Cymmie Bailey 15*  
*Marie Baughman 10*  
*Jim Beckenhaupt 16*  
*Jon Cornick 14*  
*Andy Dimmen 16*  
*Bob Foster 14*  
*Phil Foster 20*  
*Al Grimme 20*  
*Diana Holmes 14*  
*Troy Matos 10*  
*Jim Newton 10*  
*Jeff Smith 13*  
*Luci Stansbury 15*  
*Dave Thomson 10*  
*Travis Waldrip 13*  
*Lo Wright 10*  
*Christian Wulfkuhle 20*  
*Halee Wulfkuhle 20*  
*Marc Wulfkuhle 17*

### Silver Level: 21 to 50 Hours

You have earned a cap or complimentary race entry

*Sheri Abdella 27*  
*Gordon Barnett 38*

*Matt Carpenter 41*

*Angie Earle 47*

*Ron Garcia 25*

*Kees Guijt 44*

*Teri Harper 30*

*Rick Hesseck 38*

*Bill Ransom 38*

*Robin Satterwhite 21*

*Micky Simpson 50*

*Dave Sorenson 48*

*RT Tollin 47*

*Cady Waters 24*

*Melissa Waters 24*

*Sara Wulfkuhle 21*

### Diamond Level: 76 to 99 Hours

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

*Pat Lockhart*

### Platinum Level: 100+ Hours

You will receive special recognition at the rewards dinner

*Jim Kelleher 116*

*Larry Miller 103*

## January NL Stuffing Volunteers!

Colorado Running  
Company

**Marie Baughman**  
**Phil Goulding**  
**Jeff Tarbert**  
**John O'Neil**  
**Jon Cornick**  
**Jon Teisher**  
**Jeff Smith**  
**Micki Simpson**  
**Jim Beckenhaupt**  
**Larry Miller**  
**Jim Kelleher**



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

It was a clear and sunny morning with temperatures in the single digits. There was about 4-5 inches of snow on the ground, but the trail had been plowed by the Park and Rec Department.

This did not stop 32 hearty souls coming out to compete in the January Nielson Challenge. Just like last month, only one person ran under his handicap. And just like last month, it was Dean Buck. Thus Dean walked away as champion for the 2nd consecutive month.

In cold weather, can anyone besides Dean run under their handicap? Will Dean defend his 2-month consecutive championship? Will there be snow again next month? If you make a snow angel, and then the snow melts, have you killed an angel? Come out and join us for the next Nielson Challenge in February for answers to all of these questions and more.

*Dave Sorenson*

*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](http://www.pprun.org/events/Nielson/main.htm) for map and more information.*

## January Results

Name	Place	Handicap	Actual	Difference
Dean Buck	11	16:07.4	15:56.9	- 00:10.5
Steven Kidd	18	17:46.2	18:11.3	+ 00:25.1
Jessica Raab	16	16:46.4	17:18.2	+ 00:31.8
Terry Kurtz	4	13:10.3	13:53.3	+ 00:43.0
Ed Gleason	10	14:43.3	15:27.7	+ 00:44.4
Carl Nelson	7	13:46.0	14:40.2	+ 00:54.2
Jim Massa	24	19:44.7	20:39.0	+ 00:54.3
Phil Goulding	8	14:06.0	15:04.7	+ 00:58.7
Woody Noleen	3	12:02.2	13:02.9	+ 01:00.7
Kevin Houghton	9	14:18.4	15:23.8	+ 01:05.4
Eric Peterson	1	11:14.2	12:22.7	+ 01:08.5
Sergio De Lourence	23	18:09.4	19:22.3	+ 01:12.9
Clyde L. Landry	12	14:43.2	16:04.0	+ 01:20.8
Les Bell	17	16:05.2	17:32.7	+ 01:27.5
Taylor Fogg	15	15:48.6	17:17.4	+ 01:28.8
Alice Gohlke	27	21:35.3	23:09.2	+ 01:33.9
David Williams	14	14:57.4	16:33.7	+ 01:36.3
Dennis Stalnaker	25	18:52.7	20:39.8	+ 01:47.1
Jeth Fogg	19	16:33.4	18:22.6	+ 01:49.2
David Fenell	21	16:45.3	18:40.4	+ 01:55.1
Erich Gohlke	6	12:06.7	14:27.7	+ 02:21.0
H. J. Arnold	28	20:18.0	23:33.7	+ 03:15.7
Marisa E. Cardin	26	18:50.8	22:07.5	+ 03:16.7
Ken Holmes	29	20:04.6	24:20.2	+ 04:15.6
Rita J. Cardin	31	18:53.0	24:34.5	+ 05:41.5

## New Runners

Steven Sanchez	22	19:04.9
Paul Jaszowski	5	14:19.4
Tom Payne	20	18:23.9
Anthony Luna	13	16:22.8
Brittany Cardin	30	24:33.6
Steve Sanchez	2	12:56.6
Jim Hemesath	32	24:53.5

## Volunteers

Al Grimme	Dave Sorenson
Bill Gallegos	Bob Royse
Phil Foster	EON Studios (shirt donation)
Julie Foster	
Pat Lockhart	



*The will to win means nothing without the will to prepare. Juma Ikangaa*



# Marilyn's Heroines

by Marilyn Goodloe



I read with interest Michael Shafai's article in the January *Long Run* called Mike's Heroes. His heroes are all well deserving of the title.

But what I found most interesting was his probably unknowing omission of some of our local heroines. This was the catalyst which inspired me to submit my list of our local running heroines.

My first running heroine is someone I do not know personally, **Martha Kinsinger**. I have seen her at races since 1993 when I recall her passing me in the then Garden of the Gods 15K as she raced between another runner and myself stating in the most daring voice "comin' through girls". Martha is now 72 years old and still racing and usually placing first in her age group. But what makes her a heroine is not that she is still racing and still very competitive. It's that you see her racing as a cancer survivor in The Race for the Cure, displaying such a look of triumph. This look is not for her running competitors, but for that competitor of cancer. As she crosses the finish line, her stature



Martha Kinsinger at last years Winter Series II race, running strong at 72.

and determined look on her face exclaims "I beat you cancer!"

Next on my list is **Carol Kroth**. Although I cannot tell you for certain Carol is a runner in the sense most of us think of runners, I do know she is devoted to runners. Carol is the Secretary/Director-At-Large, Administration/Registrar and to me the face of the Triple

To Carol, we are more than names on entry forms, we are the runners she feels most sincerely responsible for and truly cares about.

Crown of Running. I met Carol in late 2002 when I entered the Triple Crown of Running office with my 4 month old daughter to get an entry for the 2003 Pikes Peak Marathon. I felt compelled to explain to Carol I had run the round trip 6 times and knew the best way to get back in running shape after having a baby was to train and run the thing again. As she listened with great enthusiasm, I knew instantly Carol was one of the kindest, nicest people I will ever meet in my life. She has maintained this thoughtfulness whenever I see her at the Triple Crown of Running office. And it is always a pleasure when I am doing my pre-dawn weekday run during the long summer days to see Carol out walking, always giving a cheerful hello but so careful not to disturb my workout. Yet it is not Carol's years of kindness to me and the running connection that make her a heroine, it's the compassion and courage she expressed during the 2005 Pikes Peak Marathon. Although the race was as usual a success, a very sad

event occurred in which one of our fellow runners passed away while participating in the marathon. I remember seeing Carol from a distance shortly after I finished the race myself and saw how this tragic event had a very real personal impact on her. I realized then Carol not only connected with me, but connected with every runner who participates in the Triple Crown events. To Carol, we are more than names on entry forms, we are the runners she feels most sincerely responsible for and truly cares about.

My next heroine of choice is **Yvonne Carpenter**. If the last name sounds familiar, it should. Yvonne is the wife of Matt Carpenter. As the saying goes, behind every great man is a great woman and Yvonne is no exception to that rule. I have never asked Yvonne if it's hard being married to one of the best known runners in Colorado. And she has never indicated to me that it is. So what does the wife of Matt Carpenter do? She is the one who gets the sign up sheet back home after the Incline Club runners take off on the Sunday morning and Thursday evening runs. Before and during the Barr Trail Mountain Race, she is always on the go preparing for the race. To me it appears she is transporting what seems to be anything and everything which is needed during the race. Again for

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Carol Kroth, of the Triple Crown of Running, is always ready to give a cheerful hello.

# Marilyn's Heroines

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To me it appears she is transporting what seems to be anything and everything which is needed during the race.

the Manitou Springs Mayor's Cup Race, she passes out the special water bottles to the runners after they have finished the race. She is the one who accompanies and supports her husband during training and racing Pikes Peak, Leadville 100, and many other races. And she does this with a preschooler in tow. Last but not least, she is the one who makes a friend with every Incline Club member, runner, and person she meets. Although all of this is not what makes Yvonne a heroine in my eyes. She is a heroine in the fact she has never lost site of her own goals and passion for running. Yvonne has an unbelievable confidence in herself to be the best she can be and



Yvonne Carpenter: "Having a baby is way harder than running the Pikes Peak Marathon."

to persevere through life changes, injuries, and illness and to keep running. When it could be so easy to be satisfied supporting her husband and the running community, Yvonne keeps her heart in her own personal running.

Another runner heroine who I do not know personally and probably will never meet at a race, is the gal I have seen running in my neighborhood for the past three years pushing a baby jogger and pulling along two larger-than-medium-size dogs with those bungee type collars. I see her frequently as I leave in the morning for work and then again on Saturdays. Her care of the dogs impresses me most since I feel these are members of any family which take as much if not more attention than the children. Although I know nothing about this fellow runner's life, I imagine she gets her husband off to work (possibly a husband who does not understand this running thing at all), two other kids off to school, and then bundling up her youngest and strapping two dogs to her waist to get in her daily run. She is a heroine because she is not letting life keep her from getting out there.

My last heroine is every mother who is also a runner. Yeah, running dads, we know you probably pushed the jogging stroller at least as many miles as the moms. (And if there is a record running with a baby jogger, Matt Carpenter probably holds it.) But we moms carried on our running into waddling while we developed and grew a living being in our bodies. We then discovered why they call it labor. And then we impatiently waited the recommended four to six weeks after delivery before taking that first run. Only to realize why runners never stop running, it's hard to start up again! Yet what really makes running moms heroines is the wonderful truth of how easy it is to put the run-

ning regimen second, third, or even fourth on the list of things to do because now there is this beautiful son and/or daughter in our life. And knowing this running regimen is one of the things in our life helping us to be the best mom, which allows us to leave at the door any guilt for taking the time to run.

*Marilyn Goodloe is a PPRR member wife, mother, and self-proclaimed "runner for life."*



**Allergies or asthma affecting your sports activities?**

**Exercise-induced asthma is a common problem in athletes**



**The William Storms Allergy Clinic**

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call **955-6000**

# Chiro Corner: Low Back Pain in Running

by Shane Conrad



**L**ow back pain is considered the disease of the 20th century. Over 80% of the population will suffer from an acute episode of back pain at least once in their life. Low back pain costs employers an estimated 90 billion dollars every year, and is a source of discomfort and frustration for millions of Americans.

In runners, low back pain (LBP) is most often an overuse injury. While the pain converges in the low back, its mechanism can be much more complex. Improper foot mechanics, knee pain, and tight muscles can all contribute to LBP. In runners, it is important to properly analyze the runner's stride to see what components could be contributing to the problems.

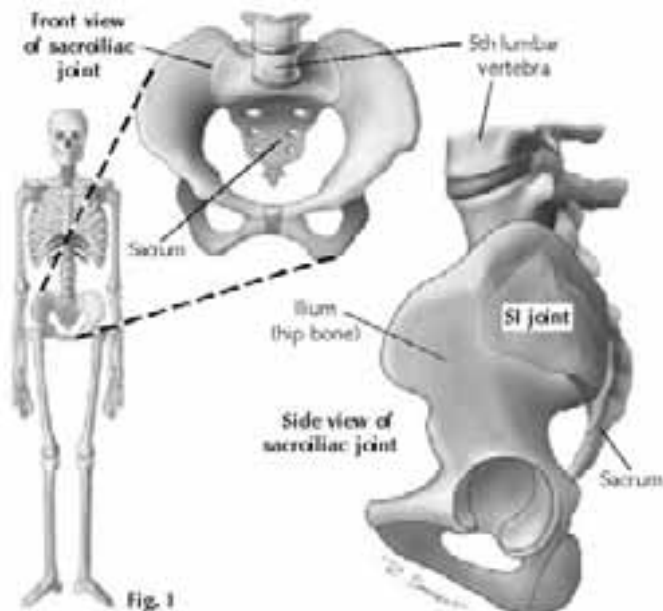
Let's look first at the three most common presentations of low back pain.

## **Pain Pattern One: Low Back (Circular, on one side)**

The Sacroiliac Joint (SIJ) (figure 1) is the joint that connects our leg to the spine. It is a relatively immobile joint allowing minor motion forwards and backwards. This joint can "lock up" on one side of the body due to tightness in the hamstring muscles or the muscles of the lower back. The body then compensates by increasing the movement in the opposite SIJ. Pain arises in the hyper-mobile joint. The typical pattern is a diffuse, oval shaped area of pain on one side of the low back that gets worse when walking, particularly on hard surfaces like pavement.

## **Pain Pattern Two: The Low Back (Across the low back in a band)**

In our low back there are joints on both sides called



facet joints. These joints give us the motion necessary to bend over, twist, and bend to the side. These joints also absorb the entire weight of our upper body as it comes crashing down during the gait cycle. These forces are magnified ten fold during running. The joints essentially become overloaded and inflamed, irritating the spinal nerves and causing the muscles to go into spasms. The typical pattern is a band of pain that goes across the back, or up and down both sides of the spine.

## **Pain Pattern Three: The Hips and Buttock**

The final injury occurs as the result of instability in the muscles holding the pelvis in place. With a "floppy" pelvis the stabilizing muscles are weak, and thus the surrounding muscles have to pick up the slack. This results in pain most often in the hip and buttock area and occasionally even send numbness down into the outside or back of the leg.

## **When it goes from bad to worse**

If your back pain typically lasts for 3 days or more, it is recommended to have it properly evaluated by a trained health professional. Physical therapists, doctors of osteopathy, and chiropractors are the most qualified in this area. You can often see any of these professionals without a referral from your family doctor, unless required by your health insurance.

After you've determined the cause of the problem, there are a variety of treatment options which I will discuss in brief. To save time, I will only discuss the mainstream therapies for low back pain. (Metaphysical therapies show inconsistent results and are not, in my opinion, a wise investment of your healthcare dollars.)

## **Chiropractic Adjustments (Spinal Manipulative Therapy)**

Spinal Manipulative Therapy (SMT) is the treatment of choice for low back pain. SMT helps normalize the mobility of the joints in the low back and pelvis while also relaxing the nervous system and reducing muscle spasms.

Spinal manipulation is a complex skill and should be only performed by highly trained individuals. Physical therapists, while having great knowledge of the body, lack the same training as chiropractors and DO's in spinal manipulation. For this reason, I do not recommend that a physical therapist perform spinal manipulation. Note: Spinal manipulation does not show benefit after a period of more than 12 weeks unless combined with therapeutic exercise.

## **Massage therapy**

Massage therapy is also a popular treatment for low back pain. Advanced forms of massage (such as Active Release Technique®, or Deep Tissue Massage) are highly

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# Low back pain

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beneficial in all stages and types of low back pain. They are a valuable component of any treatment plan, but they should not be the only part of your treatment plan.

## Heat and ice

For chronic low back pain, the use of heat can do more harm than it can good. Heat promotes blood flow to the area and with blood flow comes inflammation. Inflammation is what causes back pain in the first place. Switch to icing the low back (no longer than ten minutes at a time) and inflammation will be reduced. Without the inflammation your pain will subside rapidly and you'll notice some improved mobility as well. Ice is particularly effective for post-run low back pain.

## Medications

Over-the-counter medications are a cheap and easy way to control the symptoms of low back pain. They work (temporarily) to cover the pain and inflammation of low back pain. While they can be effective short-term, they can have very harmful side effects and are damaging to the liver and digestive tract. Habitual use of OTC medications to control the symptoms of low back pain is not recommended. However, short-term use (4 days or less) can be of benefit. Please consult a pharmacist or medical doctor if you are considering the use of OTC medications for your back pain.

## Therapeutic exercise

After Spinal Manipulation, therapeutic exercise is the next best prescription for low back pain. Improving the stabilizing muscles of the low back is the only proven method to eliminate low back pain long-term. However, the exercises are very specific and may be challenging to learn. Physical therapists are highly trained in this form of therapy, as are some chiropractors.

## Back braces and supports

Back braces tend to be more of a band-aid than therapy. In fact, long-term use of back braces can lead to a decrease in the strength of the supporting musculature and put your back at an increased risk for injury.

Back supports, however, can help to improve our posture (particularly when sitting) and maintain the natural curve in the low back. This reduces the strain on the muscles and joints in the low back and helps to maintain its health.

## Acupuncture

Acupuncture seems to be hit-or-miss. For some people, Acupuncture offers great relief from low back pain. For others, absolutely no benefit is derived from it. In my own experience, acupuncture is a therapy that relieves pain. It has no influence of the structure of the low back or the stabilizing muscles. For this reason I would recommend acupuncture only when combined with therapeutic exercise or spinal manipulation therapy.

With a great deal of treatment options it can be hard to decide which therapy is best for you. Evidence shows that no one therapy has all the answers. In my experience, the best results come from a combination of two or more therapies done overtime. In particular remember that while the pain can subside rather quickly, the deficits that caused the problem can be more resistant to therapy. Be patient, be consistent with whichever therapy you choose, and above all else listen to the advice of your therapist.

Until next time, take care of your body properly and you'll be living life better.

*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: Steve Prefontaine

by Linda Fuqua-Jones



**P**re: *The Story of America's Greatest Running Legend, Steve Prefontaine*

by Tom Jordan is the book I have chosen for this months reading

recommendation.

It has been over 30 years since Steve Prefontaine died; yet he continues to inspire runners. In an effort to understand why I read Tom Jordan's short biography: *Pre*. The author, Tom Jordan, was a writer for "Track & Field News" in the early 1970s when Steve Prefontaine became widely known.

Prefontaine was born and raised in Coos Bay, Oregon. Jordan quotes Olympic marathoner and author of *Bowerman and the Men of Oregon*, Kenny Moore:

To understand Steve Prefontaine, it is necessary to know something about Coos Bay, Oregon. The town and the man find themselves similarly described: blunt, energetic, tough, aggressive. Coos Bay is a mill town, a fishing town, a deepwater port. Longshoremen, fishermen, and loggers are not given to quiet introspection. Coos Bay endures its difficult, elemental life in the woods, on the boats and docks with a vociferous pride. The working men insist on a hardness in their society. Youth must be initiated, must measure up.

This was the environment that produced Steve Prefontaine, who said, "You don't have many ways to jump. You can be an athlete. Athletes are very, very big in Coos Bay. You can

study, try to be an intellectual, but there aren't many of those. Or you can go drag the Gut in your lowered Chevy with a switchblade in your pocket."

Prefontaine describes himself as hyperactive and as a slow learner. In addition, he was small. As an eighth grader he noticed the cross country team jogging to practice and thought, "What kind of crazy nut would spend two or three hours a day just running?" Later that year his talent was revealed during a P.E. program in which he finished higher in the standings as the runs' distances increased. Amusingly he recalled years later that, "It somehow caught my interest."

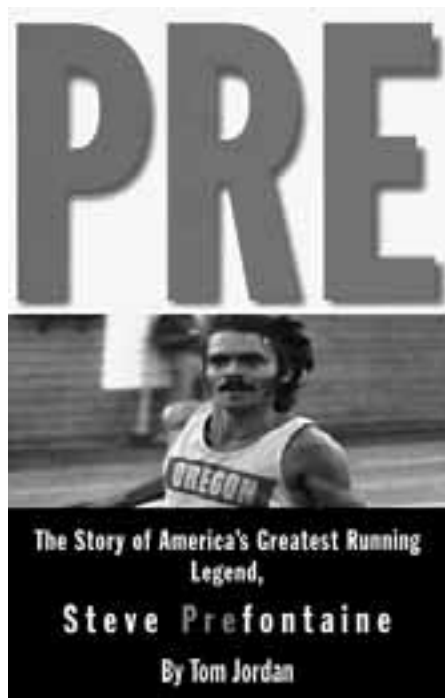
Jordan writes about Prefontaine's short career including quotes from many who knew him. The book also has many pictures from high school through college. The pictures capture his intensity and illustrate his development. In addition, it is fun to examine the pictures for details of the time, such as the appearance of Nikes on the track. *Pre: The Story of America's Greatest Running Legend, Steve Prefontaine* is a biography that runners from teen to adult will enjoy reading.

This book is available at your local library.



"Pre" was at the top of the running world in 1975 before dying tragically in an auto accident at the age of 24 when he held 14 US track records.

*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 Seed Was Planted:

## How a little encouragement goes a long ways

by Sarah Murhpy



**I**t all began way back in 1981 when I retired from speed skating at the old age of 16. My dad had forced me to tag along to the monthly meeting of the Peachtree City Running Club (located in Peachtree City, GA). He was one of the founding members and was very active in the club. During the course of the meeting another founding member, Nora Weed, asked me how I was enjoying retirement. I commented that I was enjoying the extra free time from serious training but was looking for a new sport. (I envisioned my 22-inch solid thighs taking on new dimensions as they “softened” from lack of use.) Nora said, “Why don’t you come to the Saturday fun-run?” My reply: “NO WAY! My dad made me run 3 miles when I was five—couldn’t walk for three days!” She would not let it go: “I will stay with you and we can go slow or just walk.” Well, stayed with me she did, all the way through to my first marathon at the age of 18 and then some.

Nora and I spent many hours training through the paved paths of Peachtree City. She taught me how to run long and slow and how to overcome mental blocks that skating had never presented. Through her guidance, I began to enjoy this running and found comfort in our long morning runs. She was relentless. One rainy, cold morning, I called to cancel. All she said was, “Get your butt over here.”

That first marathon was in Savannah. Having no clue how fast to go, I just ran. At the finish, Nora was somewhere behind me. Her husband, Bob, told me I had to go to the awards ceremony. I had not only won my age group, there was now a Georgia state record for the marathon for women 18 and under! The seed had been planted. I was hooked on running.

Over the next several years, Nora and I ran many races and logged a few thousand miles on those paths in Peachtree City. Our conversations solved all of our problems, graduated me from high school and initiated pilot training, and guided her through the process of becoming an adult college student. It put our lives in perspective and running was always at the top of the priority list. During our years as students at Georgia State University, Nora was able to run cross-country (pilot training prevented my commitment). She was the oldest female cross-country student known—36! With her help, I was able to train with the team. She was watering the seed well and indeed my passion for running just kept growing. It had become part of my everyday.

After college, my flying career was taking off and

Nora’s adventures as “business owner” were expanding. Our days running together were not as frequent, but through volunteering with the running club, we were still connected. Even though I needed no further “watering,” her attention to my running efforts was always welcome. I often wondered if I was returning the same fruits to her.

Nora eventually moved to Connecticut while my flying career sent me to “garden spots” like Cleveland, Dayton, and Pittsburgh. (No worries; she and I are still in touch to this day.) It was while en route from one garden spot to another that I met Mike. This fine fellow lived in Colorado Springs and in conversation, I learned he had just run Pikes Peak Marathon. After several phone calls and much prodding from a roommate, I

**That first marathon was in Savannah. Having no clue how fast to go, I just ran...I had to go to the awards ceremony. I had not only won my age group, there was now a Georgia state record for the marathon for women 18 and under!**

ventured to Colorado Springs to visit with Mr. Mike. Wow! On that first visit, I found true love! No, not Mike! He introduced me to a whole new concept in running....DIRT! (along with rocks and tree roots). From then on my days off were spent chasing Mike on Barr Trail, Waldo Canyon, and Section 16. We often ventured up to Breckenridge where I discovered altitude.

In 1993, I ran the Pikes Peak Ascent for the first time. It was the best time I had ever had in a race! My trail running progressed over the next couple of years and in 1994 I made my first round trip on Pikes Peak. (By then, Mike and I were “just friends.” In fact, just before the start of that race I handed Roger the announcer a note that said, “Mike, you had better salute a Captain when you see one.” Being an airline pilot, Mike knew what that meant and somewhere above treeline, he saluted the brand new airline Captain on the trail.

Alas, Captain duties took up much of my time, but Nora had watered me well. Even though there was no time for racing, I still ran 5-6 days a week. In 1996, I finally achieved my life long goal of becoming an airline pilot for a major US airline. When I called my dad (retired pilot) to tell him I had just been hired by North-

west, he said, "You know the coldest I have ever been was on a layover in Minneapolis (Northwest's headquarters); it was -25 degrees!" Nora, of course, reminded me that lungs could freeze while running in very cold air.

During my eight weeks of training with Northwest, I learned all about digging my car every morning and running behind the snowplow truck...in -10 degrees. Luckily, my assignment took me to Anchorage to live and all over Asia for work.

The running in Anchorage was almost as good as Colorado, lots of trails in summer (with a few bears and moose) and many -30 degree days in winter. A favorite "hangout" was Kincaid Park, located right near the airport, a couple thousand acres with miles and miles of trails for running and skiing. I even trained for the Midnight Sun Marathon one year, but salmon fishing took over on race day. It did not matter; I had enjoyed the training. As for the Asian travels, there were many miles through the rice patties of Japan, hot/humid miles in Singapore and Hong Kong, and too many miles on treadmills in Bangkok, Manila, and Osaka. Probably the biggest discovery was that blond hair, round-eyed girls stick out like sore thumbs! What a learning experience...in many ways.

Through these years, Nora and I stayed in touch. As always, we began conversations with, "How is the running?" She had moved to Washington, worked as a manager, and then finally retired. Her running had gone to walking...too much knee pain and other priorities took over. She would always give the same encouragement she had in the past. She knew it worked, but she also knew I needed no more "watering" to keep running.

After moving back to Colorado in 2000 and getting married in the same year, I approached the 40th birthday in 2005 with mild depression and lack of interest in much (except running). A visit to my doctor revealed very high cholesterol. My first call was to Nora. She said, "Your doctor is crazy. You don't need to take Lipitor for the rest of your life. You know what will fix it?" My reply, "Yes, but do you think I can actually run 26.2 after this many years?"

Nevertheless, in January, 2005, I registered for the Steamboat Marathon. My dear husband, Jim, watched with raised eyebrow as his wife began to log more and more miles. Luckily, I returned from these miles with a smile on my face so he lowered the eyebrow. During the first week of June, with the support team of one non-running husband and two non-running wiener dogs, I completed the Steamboat race. In the recovery tent, I was wishing for my phone to call Nora. She was overwhelmed when we did talk. Her last comment before hanging up was, "Another one?"

In August, my husband and I traveled to the top of

the peak to watch some friends finish the Ascent. As the front runners were coming in, I looked at Jim and a girlfriend and said, "I have to do this next year." Fortunately, they thought I meant the Ascent. Nora, however, said in our next conversation, "Will flying allow you to train for the marathon?"

Yes, my training continued with ease and in September '05, I ran the first ever Mountain Air Marathon from Crested Butte to Gunnison. Somewhere around mile 20 as I blundered through an aid station, "Hey, first female."....after looking high and low, I was the only female around. (They are out of their minds, I thought.) However, it happened again at aid station mile 23. (What the...?) As I plodded into Western State College stadium, this was coming over the loud speaker, "First female is about to cross the finish line, Sarah..." Indeed, I had won the female division of my favorite distance. My first call was to Nora. She was even more excited than I was. Her little seed had grown in a race winner, but most importantly, she knew I enjoyed the running more than ever now.

On March 1, 2006 at 8:15 AM my entry into Pikes Peak Marathon was complete and the miles were added quickly. After using Leadville Marathon as a training run, I knew I needed to spend much more time at altitude and on trails. July and early August there were numerous trips to the top of Pikes Peak...so many in fact I got to know one of the Park Rangers by name. He was amazed that people would actually run down to Barr Camp and then run back up! August 20th proved to be a successful day and I was greeted just before the finish line by the fella that started me on these trail running adventures...none other than ole Mike! My dear husband provided the post race beverage of choice, ice-cold

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Author Sara Murphy at the finish of her second Pikes Peak Marathon last year in a time of 7:44. She ran the Ascent in '93 and the marathon the next year.



# The Seed

continued from page 15

diet coke, and his training as support crew was finally complete. Nora was as supportive as ever and said, "What next?" My reply, "Durango 50K is in October." She said she somehow knew I was going into the ultra category.

Training continued and most every mile was wonderful. My body learned to take in nutrition in a 5-hour run and the mind learned to overcome fatigue and aches. On October 6th with my support team of two wiener dogs and one Doberman, I traveled the 5 hours to Durango. With three days of rain, the race director had this to say at the pre-race briefing, "It is what it is...be prepared to get muddy and wet." He was not kidding! Mud up to the ankles, trees that had fallen over the trail and at end, the Animas River had overflowed its banks to cover a nice section of the trail. However, it was wonderful. I finished with ease and all I could think of as I plodded across the finish line..."I gotta do this again!"

There is a point to this plot: If anybody has the opportunity to plant the seed of a young...or not so young...running prodigy, plant it properly and water him or her well. Running is not about setting age group records or winning races. It is more about personal accomplishment and a desire to make running a part of your everyday. My personal running career will be a life long adventure that I look forward to "sprouting" in whatever direction it takes me. With graduate school and an ever increasing flying schedule this coming year will be spent trying to get faster and run shorter races; however, my main goal is to just run for the love of running.

*Sarah Murphy-Case is a PPRR member and pilots passenger jets in between trail runs.*



# 2007 Rescue Run

by Dave Sorenson

**L**ots of sunshine and temps around 40 greeted runners for the 27th Annual Rescue Run, which saw the second largest turnout ever. It was calm to start, but the wind picked up towards the latter part of the 10K and made for chilly conditions during the post-race awards and raffle. The course itself was about one-third covered with snow on the dirt portions while roughly half the pavement portions were had a mixture of snow and ice. The conditions were quite slick as a result and those with gripping devices on their shoes were very glad for their foresight.

Thanks to everyone who participated. Proceeds for this race go to the El Paso County Search and Rescue. El Paso County Search & Rescue is a mountain search and rescue unit dedicated to saving lives through search, rescue and mountain safety education. The team is composed totally of volunteers and is available upon request to help in mountain search and rescue problems anywhere in Colorado under the authority of the local county sheriff or in other states and countries under local authority.

In addition to training extensively in mountaineering skills and search and rescue techniques, members work diligently to improve their emergency medical capability. Most members are certified to the First Responder level, and many are Emergency Medical Technicians, and a few are working paramedics or physicians.

In addition to their own race that is held each New Year's Day, they also provide support for the Pikes Peak Road Runners Winter Series (Jan & Feb), Barr Trail Mountain Race (July), Pikes Peak Ascent (August), Pikes Peak Marathon (August), and American Discovery Trail Marathon (September).



Place Age Time

## 10K Results

### Male Finishers

1	Gerald Romero	35	Colo Springs	0:38:47
2	Erick Jordan	36	Colo Springs	0:40:04
3	Clark Sundahl	36	Monument	0:41:54
4	Eric Peterson	35	Colo Springs	0:42:17
5	Dan Vega	39	Colo Springs	0:42:44
6	Bill Means	41	Monument	0:42:50
7	Joshua Ricles	25	Colo Springs	0:43:25
8	Tom Kelecy	51	Colo Springs	0:44:49
9	Thomas Ricks	48	Colo Springs	0:45:23
10	Thomas Powers	18	Colo Springs	0:45:53
11	Larry Card II	35	USAFA	0:46:29
12	Keith Austin	39	Colo Springs	0:46:49
13	Michael Orendoff	55	Pueblo	0:46:50
14	Mike Shafai	36	Colo Springs	0:46:52
15	William Carter	52	Colo Springs	0:47:32
16	Scott Suter	43	Colo Springs	0:47:54
17	Wesley Tongue	22	Colo Springs	0:48:07
18	Kris Pruitt	28	Colo Springs	0:48:12
19	Blaine Miller	33	Colo Springs	0:48:26
20	Greg Frauenhoff	49	Littleton	0:48:55
21	Rodger Greer	45	Larkspur	0:48:56
22	Dave Duhl	50	Colo Springs	0:48:58
23	Edwin Parnell	24	Fayetteville	0:49:33
24	Ed McLaughlin	51	Lakewood	0:49:55
25	Dave Diaz	58	Pueblo	0:49:59
26	Tom Zehringer	52	Colo Springs	0:50:07
27	Scott Robinson	46	Colo Springs	0:50:24
28	Ken Macintyre	53	Colo Springs	0:50:25
29	Joel Hawkins	36	Colo Springs	0:50:29
30	Jack Janney	54	Colo Springs	0:50:52
31	John Gardner	47	Colo Springs	0:50:57
32	David Mulligan	45	Colo Springs	0:51:02
33	Scott Buehler	24	Colo Springs	0:51:05
34	Kenneth Boggs	52	Colo Springs	0:51:15
35	Larry Herr	36	Colo Springs	0:51:21
36	Kevin Hale	32	Colo Springs	0:51:33
37	Allen Browne	19	Colo Springs	0:51:38
38	Daniel Paterson	35	Colo Springs	0:51:39
39	Jim Newton	49	Colo Springs	0:51:40
40	Norm Houser	39	Manitou Spr	0:51:44
41	Lonney Vest	52	Colo Springs	0:52:07
42	Jim Cannon	44	Colo Springs	0:52:15
43	William Tongue	50	Colo Springs	0:52:35
44	Dan Holt	47	Colo Springs	0:53:24
45	Zach Roscoe	17	Elbert	0:53:25



Race director Dave Sorenson



Place	Age	Time
46	John Broomhead 42	0:53:26
47	Douglas Smith 45	0:53:30
48	Michael Everson 42	0:53:39
49	Lee Burton 46	0:53:52
50	Jay Walther 36	0:53:57
51	Clyde Landry 60	0:54:01
52	David Baker 49	0:54:05
53	Rick Susak 43	0:54:14
54	Jim Beckenhaupt 59	0:54:20
55	Jim Heidelberg 47	0:54:31
56	James Gale 37	0:54:31
57	Ed Gleason 51	0:54:34
58	Daniel Gannon 47	0:54:37
59	Craig Ewing 53	0:54:37
60	Richard Park 53	0:54:53
61	Phil Goulding 55	0:55:01
62	Steven Spellman 57	0:55:12
63	Mike Buckley 46	0:55:13
64	Dean Whitman 48	0:55:16
65	Frank Gottert 66	0:55:35
66	Peter Tonsits 44	0:55:38
67	Jon Cornick 50	0:55:52
68	Michael Haubert 24	0:56:07
69	Jeff Anderson 37	0:56:09
70	Anthony Cirafice 47	0:56:11
71	Chris Blees 34	0:56:13
72	Mitch Hight 46	0:56:16
73	Greg Butler 31	0:56:20
74	David Reily 54	0:56:23
75	Russell Keglovits 33	0:56:41
76	John Reynolds 54	0:56:43
77	Rob Ladewig 58	0:56:46
78	Ed Browne 52	0:56:59
79	Martin Shepperdson 53	0:57:20
80	Joe Lee 44	0:57:22
81	Geoff Miller 49	0:57:40
82	Les Goss 56	0:57:41
83	Dan Arnold 42	0:57:47
84	Robert Thul 61	0:57:47
85	Barry Dooley 38	0:58:10
86	John Vose 45	0:58:14
87	Gordon Neal 50	0:58:27
88	Sam McClure ??	0:58:36
89	Allan Davidson 55	0:58:41
90	John Mills 56	0:58:45
91	Alonzo DeBerry 51	0:58:45
92	Jack Anthony 50	0:58:55
93	Michael Puig 48	0:58:58
94	Eric Becker 40	0:59:20
95	Evan Randall 35	0:59:21
96	Dean Buck 48	0:59:33
97	David Fleming 30	0:59:53
98	Eric Perez 17	1:00:00
99	Darren Forshee 45	1:00:07
100	Steve Jennings 52	1:00:28
101	David Wick 46	1:00:48
102	John O'Donnell 54	1:01:07
103	Pete Olejnik 58	1:01:16
104	Jeff Owsley 42	1:01:47
105	Matt Monfre 47	1:01:49
106	Darren Sherman 33	1:02:26
107	Larry Fruge 50	1:02:47
108	Phil Redinger 35	1:02:55
109	Jonathon Zazulka 30	1:03:06
110	Tim Caudill 46	1:03:18
111	Drew Stimson 13	1:03:48

Place	Age	Time
112	Jim Umphrey 67	1:03:50
113	Les Bell 51	1:03:51
114	Blake Schwank 40	1:03:53
115	John Sobeki 44	1:03:53
116	Charlie Malin 47	1:04:37
117	Will O'Hearn 39	1:05:00
118	Joe Scarlett 68	1:05:07
119	Dave Bell 17	1:05:08
120	Jeff Chadwick 36	1:05:10
121	Bill Benson 50	1:05:27
122	Jeff Smith 65	1:05:36
123	David Patrick 44	1:06:17
124	John Crouse 56	1:06:54
125	Michael Alto 36	1:07:19
126	Andrew Keizer 30	1:07:32
127	Artem Davletshin 19	1:07:37
128	Mark Walker 48	1:07:40
129	Kyle Whitney 32	1:07:58
130	John Balke 46	1:08:18
131	Steven Kidd 51	1:08:33
132	James McKelvey 64	1:09:03
133	Gahlen Crawford 43	1:09:43
134	K McKenna 49	1:10:17
135	Bill Moyle 67	1:10:36
136	Jim Massa 54	1:11:13
137	Normal Hall 56	1:11:24
138	Al Garcia 47	1:11:29
139	George Gregor 54	1:13:13
140	Ed Perez 40	1:13:30
141	Rex Mitchell 40	1:13:30
142	Brandon Vega 11	1:13:50
143	Roy Parnell 61	1:14:18
144	Daniel Ramburg 55	1:15:13
145	Paul Morehead 37	1:15:33
146	Bob Freeman 51	1:15:55
147	Michael Trapp 57	1:16:04
148	Michael Capela 39	1:18:26
149	Phil Foster 72	1:19:13
150	Steve Judah 22	1:32:13

### Female Finishers

1	Sheila Geere 43	0:44:04
2	Laura Kelecy 43	0:49:08
3	Debbi Meyer 39	0:49:35
4	Nicole Rosa 47	0:49:59
5	Meghan Zehringer 17	0:50:20
6	Diane Wright 44	0:50:56
7	Kimberly Greer 45	0:52:48
8	Jane Reaves 40	0:53:25
9	Sharon Dieter 52	0:53:40
10	Jennifer Rikoski 28	0:54:11
11	Nicole Kunz 37	0:54:25
12	Jen McMurry 35	0:54:33
13	Kim Ethier 26	0:54:59
14	Julie O'Neill 34	0:55:07
15	Angi Buckley 37	0:55:13
16	Scheri Nagaraj 30	0:55:26
17	Jessica Erickson 29	0:55:32
18	Tami Wise 38	0:55:56
19	Lani Langley 50	0:56:00
20	Andrea Tankersley 41	0:56:01
21	Noreen O'Rourke 44	0:57:54
22	Julie Lindsey 31	0:58:51
23	Diane Repasky 41	0:59:37
24	Susan Gebnart 51	1:00:16

Place	Age	Time
25	Carol Runnells 54	1:00:21
26	Laura Verheyen 34	1:00:43
27	Maureen Connell 43	1:00:47
28	Glenda Kelly 45	1:00:53
29	Diane Kelsay 43	1:01:06
30	Audrey Nelson 40	1:01:18
31	Joy Riehand 51	1:01:31
32	Lisa Sloan 44	1:01:31
33	Jennifer Aragon 31	1:01:32
34	Sandee Miller 53	1:01:37
35	Debbie Monfre 48	1:01:52
36	Joyce McKelvey 61	1:02:38
37	Gloria Nikolai 40	1:03:10
38	Gloria Rios 40	1:03:51
39	Sheila Harrell 37	1:04:11
40	Jennifer Janus 32	1:04:21
41	Jane Chess 53	1:04:28
42	M. Mauprieuz-Mack 58	1:05:54
43	Kelly Ellis 43	1:06:28
44	Beverly Carver 48	1:06:39
45	Sharon Johnson 47	1:06:50
46	Gretchen Malaski 57	1:07:36
47	Alyssa Sherman 27	1:09:09
48	Stacey Diaz 46	1:09:36
49	Alana Podratz 27	1:09:52
50	Wendy Kimmel 28	1:10:57
51	Robin Satterwhite 55	1:11:08
52	Carrie Slover 54	1:11:20
53	Janna Rombocos 35	1:11:41
54	Helen Stergius 40	1:12:03
55	Trish McCormick 48	1:12:56
56	Susan Thornton 45	1:14:00
57	Patricia Kule 57	1:14:12
58	Melinda Orendorff 54	1:14:45
59	Lynne Hall 50	1:14:51
60	Maria Fruge 50	1:16:23
61	Julie Peterson 36	1:16:42
62	Jannie Richardson 53	1:17:00
63	Charlotte Cannon 41	1:19:00
64	Kristi Bloodworth 37	1:20:09
65	Marion Mull Tyler 46	1:23:56

### 5K Results

#### Male Finishers

1	Jason Kearns 15	0:19:59
2	Steven Sanchez 17	0:20:37
3	Nathan McCrary 31	0:20:38
4	Fabio Carrara 26	0:20:48
5	Lile Budden 46	0:20:50
6	Matthew Drake 18	0:21:09
7	Thomas Selice 39	0:21:10
8	Russ Nowels 29	0:21:14
9	Rob Versaw 18	0:21:21
10	Alan Versaw 47	0:21:59
11	Jon Teisher 31	0:22:11
12	Anthony Lee 33	0:22:34
13	Andrew Hacle 38	0:22:38
14	Daniel Jensen 50	0:22:59
15	Scott Palmer 51	0:23:07
16	Steve Recca 45	0:23:11
17	Mark Koch 47	0:24:17
18	Paul Scholl 46	0:24:21
19	Colin Prater 11	0:24:24
20	Brian Sweeney 51	0:24:26

Place	Age	Time
21	David Ruetschilling 56	0:24:30
22	George Greco 59	0:24:36
23	Riley O'Rourke 15	0:24:52
24	Dennis Collard 52	0:24:53
25	David Donelson 43	0:25:08
26	Andrew Shaum 19	0:25:12
27	Mark Walker 41	0:25:38
28	Justen Cox 15	0:26:08
29	Richard Rigenbach 49	0:26:26
30	Keven Houghton 32	0:26:44
31	Wes Thurman 35	0:26:51
32	Scott Shaum 44	0:27:01
33	Doug Ingram 58	0:27:19
34	Matt Sweeney 16	0:27:46
35	Andrew Hemesath 14	0:27:54
36	Brian Landis 35	0:28:10
37	Matthew Corey 28	0:28:29
38	Brad Bruner 48	0:28:36
39	Dave Dietz 43	0:28:49
40	Lynn Dougherty 60	0:28:55
41	Jamen Cox 15	0:29:05
42	Tyler Burns 11	0:29:11
43	Michael Olson 50	0:29:46
44	Joe Donelson 12	0:29:58
45	Stephen Fischer 27	0:30:00
46	Dave Konik 46	0:30:06
47	Roman Mills 32	0:30:28
48	Neil Chapman 38	0:30:35
49	Conor O'Rourke 13	0:30:42
50	David O'Rourke 46	0:30:43
51	Glen Smith 48	0:30:58
52	Eric Mullins 58	0:31:01
53	Robert Brotherston 48	0:31:07
54	Dave Doren 36	0:31:10
55	Daniel Greer 19	0:31:18
56	Frank Donaldson 41	0:31:26
57	Derek Keenan 64	0:31:44
58	Dave Balzer 70	0:31:57
59	Patrick Burns 47	0:31:57
60	Gerd Scheller 42	0:32:03
61	Titus Rund 27	0:32:04
62	Steve Kastner 44	0:32:14
63	Jim Lobato 44	0:32:25
64	Frederick Thompson 49	0:32:33
65	Terry Finnegan 54	0:32:42
66	Swede Runner 57	0:32:45
67	Samual VanMeter 15	0:32:47
68	Craig Rogerson 39	0:33:01
69	Shane Hansen 32	0:33:24
70	Matthew Monberg 30	0:33:27
71	Steve Sanchez 44	0:33:41
72	Michael Barton 44	0:33:45
73	Jeremy Buck 24	0:33:50
74	Lou Christensen 50	0:34:10
75	Anthony Langer 29	0:34:11
76	Sean Morgan 33	0:34:22
77	Ronald Garcia 56	0:34:50
78	Jay Shyler 40	0:34:56
79	Joe Fassler 49	0:35:19
80	Keith Rizner 50	0:35:32
81	Bill Radford 51	0:35:42
82	Joseph Becker 33	0:35:47
83	Harold Hatch 67	0:35:49
84	Terry Lauhon 60	0:35:51
85	Victor Kovacs 44	0:36:02
86	Dennis Howard 53	0:36:17

Place	Age	Time
87	Dick Bursell 54	0:36:30
88	Tom Sayers 59	0:36:50
89	Randy Ryan 48	0:36:51
90	Christopher Scholl 18	0:37:21
91	Josh Symes 19	0:37:52
92	Ken Revell 48	0:38:02
93	Phil Rose 69	0:38:14
94	Ellis Joseph 68	0:38:15
95	Frank Gearhart 47	0:38:17
96	Tyler Berkeley 27	0:38:46
97	Jim Stack 37	0:39:01
98	Burl Stewart 57	0:39:05
99	Mark Stafford 54	0:39:26
100	Kenneth Holmes 61	0:39:42
101	Dave Gendron 57	0:40:02
102	William Overton 50	0:40:13
103	Fred Wright 72	0:40:23
104	Lysander Alto 35	0:40:24
105	Steve Jaynes 50	0:40:28
106	Joseph Vlasek 58	0:41:05
107	Douglas Berkey 57	0:41:25
108	Sam Chrisbens 50	0:41:51
109	Ray Malaski 55	0:42:25
110	Robert Johnson ??	0:42:27
111	Doug Mack 71	0:42:55
112	Bill Rowan 55	0:47:17
113	Mike Lehan 56	0:49:31
114	Leonard Dilts 49	0:52:35
115	Pat Morgan 59	0:53:22
116	John Ryan 54	0:54:32
117	Paul Mottram 44	0:59:38

### Female Finishers

1	Emily Husted 14	0:25:01
2	Sonja Wieck 27	0:25:12
3	Nancy Hobbs 46	0:25:26
4	Sarah Guhl 14	0:26:09
5	Jamie Arvizo 28	0:27:11
6	Lexi Miller 17	0:27:35
7	Karissa Dietz 15	0:27:51
8	Kerry Page 39	0:28:44
9	Anllier Tong 27	0:28:53
10	Chase Shoemaker 17	0:28:54
11	Melody Monberg 31	0:29:14
12	Micky Simpson 50	0:29:40
13	Elizabeth Thomas 26	0:29:49
14	Jessica Raab 36	0:30:34
15	Michelle Chapman 38	0:31:06
16	Kim Vehige 39	0:31:06
17	Sarah Fischer 28	0:31:25
18	Lauren Goulding 19	0:31:31
19	Beth Burns 14	0:31:32
20	Rita Burr 45	0:31:58
21	Cheryl Scholl 49	0:32:00
22	Kathy Letner 54	0:32:17
23	Ruth Rogerson 37	0:33:01
24	Lily Donelson 15	0:33:07
25	Elizabeth Paul 27	0:33:12
26	Kim Means 39	0:33:15
27	Mary Weeks 40	0:33:48
28	Jackie Snyder 52	0:33:56
29	Kristina Roth 36	0:34:03
30	Pam Chavez 44	0:34:09
31	Ashlea Erk 28	0:34:15
32	Erin Ulman 35	0:34:22

Place	Age	Time
33	Kristen Selke 15	0:34:23
34	Kristin Simpson 35	0:34:34
35	Deb Anderson 56	0:35:05
36	Susan Hart 47	0:35:36
37	Julia Mesnikoff 36	0:35:41
38	Sherry Landwen 40	0:36:00
39	Megan Scholl 15	0:36:03
40	Kim Groninger 40	0:36:06
41	Amanda Hillenbrand 18	0:36:12
42	Crystal Snyder 43	0:36:16
43	Cassandra Scholl 17	0:36:43
44	Elizabeth Urata 49	0:36:55
45	Janis Fleming 32	0:36:56
46	Martina Ritchie 61	0:37:17
47	Margaret Oneill 44	0:37:29
48	Andrea Hatch 63	0:37:32
49	Julie Crist 27	0:37:52
50	Julie Titsworth 51	0:38:18
51	Patricia VanMeter 50	0:38:33
52	Jackie Hall 50	0:38:38
53	Shirley Stout 44	0:38:41
54	Linda Peterson 51	0:38:43
55	Nicole Berkey 25	0:38:45
56	Tricia Stack 35	0:39:01
57	Diane Smith 44	0:39:13
58	Martha Kinsinger 72	0:39:20
59	Marilee McDonar 53	0:39:24
60	Lindy Crawford 42	0:39:25
61	Heather Mehl 35	0:39:37
62	Marilyn Vassar 32	0:39:53
63	Erin Tatum 39	0:40:07
64	Sarah Benzo 33	0:40:14
65	Marie Baughman 46	0:40:24
66	Melissa Leftwich 56	0:40:27
67	Vickie Laughlin 52	0:40:46
68	Gail Berkey 56	0:41:24
69	Lisa Uhl 46	0:41:29
70	Stephanie McLaughlin 51	0:41:30
71	Linda Fuqua-Jones 50	0:41:57
72	Connie Phelan 47	0:42:00
73	Jacqueline Goodman 43	0:42:00
74	Susan Oneill 38	0:42:08
75	Sandhya Vasudeva 34	0:42:09
76	Marilyn Christens 52	0:43:03
77	Allison Booth 35	0:44:52
78	Bridget Toelle 23	0:45:12
79	Kimberly Tollin 53	0:45:43
80	Karen Morgan 44	0:45:59
81	Denise Vega 33	0:46:04
82	Kathy Sweeney 49	0:46:43
83	Corinne Gibson 56	0:49:08
84	MaryAnn Wallander 48	0:50:05
85	Julie Foster 70	0:51:25
86	Cathy Dilts 49	0:53:14
87	Stacy Morgan 31	0:53:21
88	Mary Rouan 47	0:55:55
89	Jill Brady 31	0:56:33
90	Beth Shuler 44	0:57:33
91	Nicole Dilts 14	0:57:34
92	Ann Judah 25	1:05:49
93	Sharon Burton 45	1:06:11
94	Cindy Garcia 48	1:07:39
95	Patti Danner 42	1:09:07
96	Shandra Hanchett 49	1:17:24
97	Leigh Hanchett 55	1:18:00
98	Candyce Thomas 59	1:19:03





# W I N T E R S E R I E S

## Chill Out!

### Short and Long Series

Team competition  
Awards Banquet

#1: Fox Run Regional Park  
Jan 13th **cancelled**

Single track (dirt, snow, or ice!) through the woods

#2: El Pomar Youth Sports Park  
Jan 27th, 4M/8M

Mostly flat out and back on packed dirt, some pavement

#3: Santa Fe Trail--Baptist Road  
Feb 10th, 5M/10M

Out and back on packed dirt: can be cold and windy

#4: Black Forest  
Feb 24th, 10K/20K

Round the neighborhood on dirt roads at 7000'+

**Times: Short races at 10:00, Long at 10:15**



**REGISTER AT**  
Runner's Roost  
Colorado Running Co.  
Boulder Running Co.  
Active.com

for more info:  
[www.pprun.org](http://www.pprun.org) or email  
[PatLockhart@world.att.net](mailto:PatLockhart@world.att.net)