



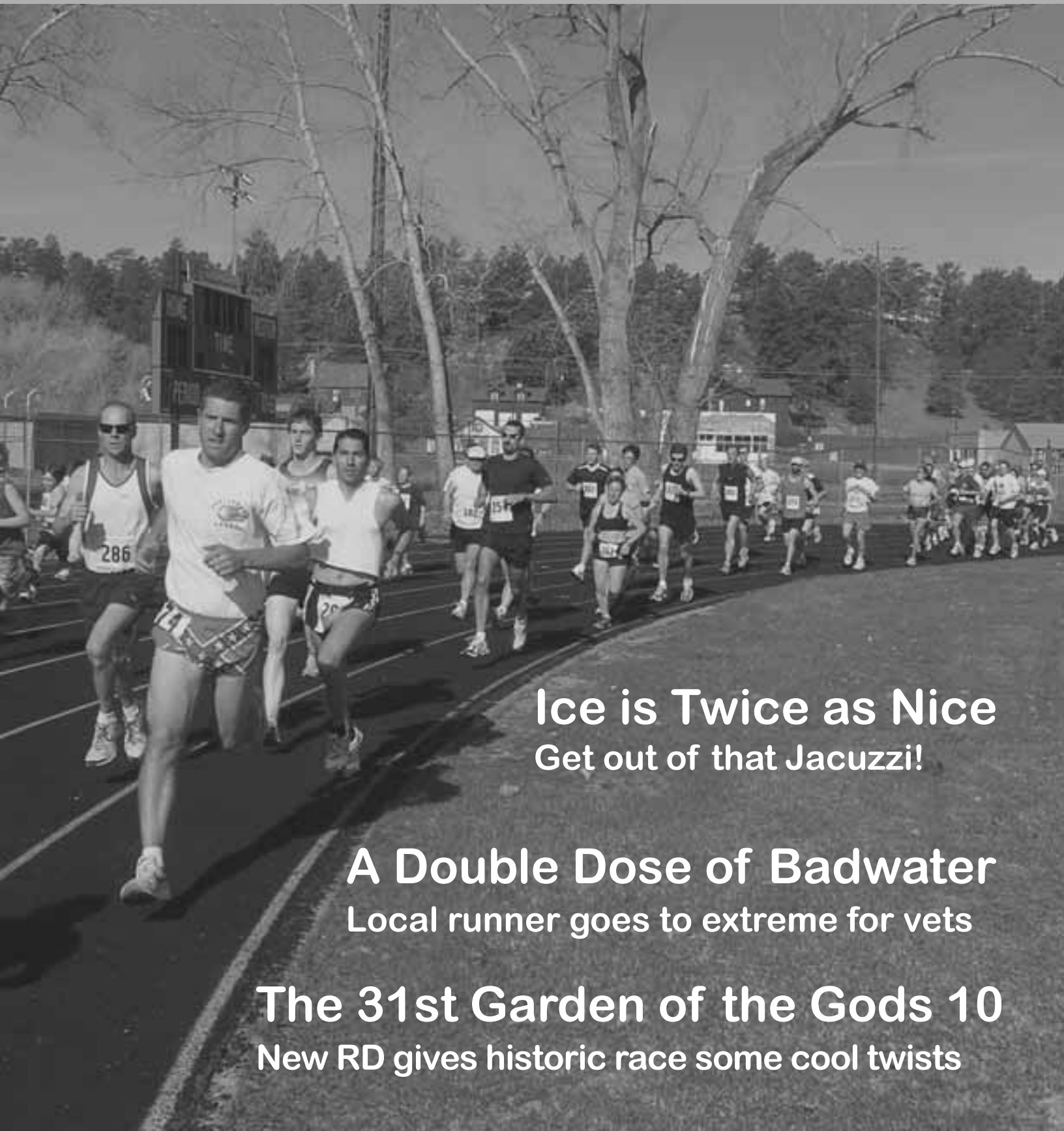
Pikes
Peak
Road Runners

the **LONG RUN**

Volume 31 Issue 6

Running News for the Pike's Peak Region

June 2007



Ice is Twice as Nice
Get out of that Jacuzzi!

A Double Dose of Badwater
Local runner goes to extreme for vets

The 31st Garden of the Gods 10
New RD gives historic race some cool twists

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 **June 5th**.

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 6

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

Editor: Jim Kelleher jim@pprrun.org

Editorial Staff: Diane Cahalan
Jack Anthony
Mike Shafai

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

Newsletter Submissions

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

Email your submissions to editor@pprrun.org 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 **second Wednesday** of the month for inclusion in the following month's newsletter. The next deadline is **June 13th**.

Newsletter Stuffing

Note: Next stuffing is **Wednesday June 27th**, which is the **fourth Wednesday**, not the third.

Newsletter mailing stuffings take place on **Wednesdays** near the end of 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@pprrun.org for more information.

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*. Send to editor@pprrun.org for printing (add \$40; color also available) or deliver **750 copies** by the *newsletter stuffing date* (see above) 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



If you haven't heard it already, there's a popular saying that goes something like "Be the dream that you wish would come true". Dreams and desires are a powerful motivator that can break through obstacles and keep your endeavors moving toward your goal. Like a racer heading toward the finish line (tired, out of breath, ready to quit at any second), the desire to cross that finish line and finally rest is enough of a motivator to keep going until the task is done. But what can you do if your motivation is to help others and you don't have the expertise needed to help them? There is a way: you can help by proxy.

The warmth of June greets the running season with races nearly every weekend. Many of these races raise money for a good cause. We may not all be doctors, caregivers, or able to be on the battlefield with our troops overseas, but we can run! Helping by proxy is finding something you love to do and using that activity to accomplish those things that you can't.

In this month's *Long Run*, you'll read **Jack Anthony's** story about the Computer Sciences Corporation (CSC) Veterans Home Run. This race was begun by **Jim Bekenhaupt** to raise money for homeless vets who would get treatment for drug and alcohol abuse if only they had a residence and a support group to help them transition back into society. The CSC Veterans' Home Run does just that by generating funds for the Crawford House, a Colorado Veterans Coalition resource named after Medal of Honor hero William Crawford.

Anita Fromm has a skill that many runners would love to have, the ability to run distances far beyond that of the marathon's meager 26.2 miles. In this issue, you'll read about her training for the Keihl's Badwater Ultramarathon. This grueling 135 mile race starts from 280' below sea level at Badwater Death Valley and proceeds westward partly scaling Mt Whitney to an altitude of 8,360 ft for a finish at the east portal. From there Anita will continue the run until reaching the summit of Mt. Whitney (14,494), then turn around and run back to the start, a 292 mile adventure. Anita's goal isn't just to challenge herself, she's also raising money for the Wounded Warrior Project, a non-profit organization dedicated to bringing comfort to wounded soldiers from Iraq and Afghanistan.

Michael Shafai's article this month asks the question, "Do runners become better people because they run, or are better people somehow drawn to running?" My guess is that runners have time to think about what

Cover: Runners spread out at the start of the Ellbert Reflections 5&10K.
(photo by Jim Kelleher)

Contents

June 2007

From the Editor	5
Letters, News, and Events	6
Membership & Volunteer Corner	9-10
Reflections on the Veterans Home Run by Jack Anthony	11
New Course for GOG 10M by Jim Kelleher	12
A Race Born in the Back of a Bus by Joyce McKelvey	13
The Nielson Challenge	14
PPRR Rewards New Lifetime Members by Jon Cornick	15
Chiro Corner: Ice is Twice as Nice by Shane Conrad	16
Save the World, Go Running by Michael Shafai	19
Thrill of Victory, Agony of my Feet by Linda Fuqua-Jones	20
A Double Dose of Badwater by Anita Fromm	21
Elbert Reflections	23

makes the world a better place. They use their sport to raise funds for needed activities that have little other means of support. Running has many benefits that reward the runner, but the rewards of running go far beyond the selfish glow of a healthy body. Do something great for someone you don't know and you will have made the world a better place.

Your assignment for June is to attend one or more races that support local charities and good causes, or give a pledge for Anita's epic endeavor. Without you, someone who has been injured defending our way of life may be turned down for help to alleviate the wounds incurred in doing so. If you can run or walk, sign up, and remember you're doing this not just for yourself, but for those that wish they could.

Jon Cornick

PPRR Board Minutes

April 3, 2007

Attendance (Pat L)

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

Excused: John O'Neill

Meeting Minutes Review/Approval (Pat L)

Minutes accepted as presented.

Guest Recognition – Guest Business

Mike Shafai, Visitor

Old/New Business

Motion made by Dave S, seconded by Gil K to give life-time memberships to Pat Lockhart and Larry Miller, who have been the heart and spirit of the club for the last 25 years. Thanks so much for being the life of our club. Handbook modification required.

Report from the ad hoc committee on advertising on the web site – Jim, Ron, Tony. Dave S questioned (a) banner up, (b) banner down, or (c) links. To the club merchants the banner would be free of cost. A \$35.00/week for others wanting the advertising. Handbook modification required.

Report from the ad hoc committee on PPRR apparel – John, John. John G. will write an article for the newsletter and information sheet for website. In progress. This would be a member expense only. General feedback and consensus needed before narrowing down specifics.

Promoting "At Large" board positions. Ron G suggested that invitations be extended to members to come and attend one of our board meetings to better understand what makes our organization run. The free memberships or event entry fees to the board members for distribution was again acknowledged. Ron will write an article for the newsletter and website.

Treasurer's Report (Gil K/Pat L)

Financial statements filed as presented. Pat is acting Treasurer while Gil's wing repairs, and while he is attending school. Tax returns will be completed the 22nd by Gil and Dave.

Event Promotion (Micky S/AI G).

All possible planning by any club, sometimes can't foresee problems that recently happened with several running events.

Road Runner Clubs of America – (John G)

John G. said that the convention was great. Kept busy, schedule was full. Meet Chris Vanoni. Lisa Paige is our Western Regional Representative. Pictures of Mike Shafai receiving his award will be coming. One of the Speakers was John Bingham, aka "The Penguin". Club College allowed him to attend 4 meetings, and he attended 3: (1) importance of a mission statement, (2). Conflict of interest policy, (3) Sarbanes-Oxley Act of 2002 – Enron/whistler blower policy. Document retention was discussed as part of RRCA police. Storme Rose is the club's historian. Board Source – non-profit resource for challenge is available to club members at \$49.00/year if we want to be members. New and upcoming is including a walker category in events with awards. 96% of public does not run, most never run a marathon - National Runner Survey RRCA. Surveys available for clubs in general, Jon Cornick will complete a survey as a "club leader"

USA Track & Field update (Phil F)

Motion made by John G, seconded by Jim K to pay membership for one more year. Motion did not pass and membership will not be renewed at this time.

Certifications/Measuring (Travis W)

Calibration course is being created so that measure/certification for Garden of Gods 10Mile can be completed. No other business.

Newsletter (Jim K.)

More letters to the editor are being received. Wants letters passed onto the newsletter. Printing more issues. Newsletters for the Y are distributed via mail or hand deliver.

Bulk Mail (Jim B.) everything went fine. New rates will increase postage fees about \$17.00.

Calendar (Dave) - new kids trail running series, Fisher DeBerry event location change to AMTB, Website statistics included for information.

Equipment (Bill G, Larry M)

Insurance renewed for van. All equipment is working

Webmaster (Dave S)

Discussion regarding hits

Race Coordinator (Pat L)

Pony Express has been requested to be on a 5 year contract. Information provided. Law Day event possibly will be held, we have closed our calendar. No report

continued on page 10

From the Editor

This month the running event schedule heats up as quickly as the daily temperature. In terms of significance for the local running scene, the thirty-first Garden of the Gods 10-miler deserves special mention. Not many events on the calendar have a three-decade history to their credit, and it's a tribute to the Garden's beauty and the relative rarity of a 10-mile event that this race hasn't missed a beat since its 1977 debut.

In ferreting out the origins of the race, I was reminded once again of the high caliber of PPRR running events since the earliest days. This consistency has an almost magical quality to it. Where does it come from? What keeps the unwritten commitment to excellence so strong? Somehow the momentum of the past carries us with it in the present. Guess that's what tradition is all about. We're extraordinarily blessed in PPRR to have a great one, along with the responsibility to carry it on.

In general, our generation has a very poor sense of history. The age of information, in its technological basis, has little in common with the past. And we're a fairly pragmatic age, focused on the needs of the moment. Even in running, technical gear which was unimaginable in the 70's is now common fare. It's easy to dismiss runners who wear cotton t-shirts and bulky sweat pants. Seeing them in black and white photos only adds to the sense of "old-fashioned." That's the easy impression.

But, of course, there's a huge gap between such notions and reality. The reality, as anyone who knows their running history will attest, is that our predecessors accomplished some amazing feats, had very high ideals, and leave us wondering how they ever did it. If countless elite runners turn to past competitors for inspiration, the rest of us would do well to pay attention.

But that brings me back to the GOG 10-Miler. RD Matt Carpenter is one of those rare people with a keen sense of history and tradition along with a great respect for past accomplishments. If he seems like he's having way too much fun in his management role, that's because, in part, he has a sense of being part of a tradition, of preserving and furthering the ideals, hard work, and determination of 30 years of commitment and generosity. What a challenge to live up to that history! How rewarding to not only carry it on, but to enhance and tailor it for today's running climate!

Check out the articles about the GOG in this issue, especially the excerpts from June '77, for a sense of the tradition that goes with this year's race. Also, you will discover how Matt has worked to make the overall experience as rewarding as ever for you wired, connected, hi-tech-fabric folks of our present day and age.

Jim Kesseher, Editor

the Long Run Long Ago

10 Years Ago

A local writer makes the front page as he shares his thoughts on the relativity of time—running times, that is. We read of the *Masters Special*, a train that gives faster times to those who volunteer, smile a lot, and, of course, for a **Dave Sorenson** story, eat lots of ice cream. **Joyce McKelvey** takes



time to thank some of the heroes that have helped shape her running life. These include **Martha Kinsinger**, **John Moha**, **Lyn Hale**, **Terry Archer**, and a good portion of your current PPRR board. She was inspired to attempt such feats as the GOG 10 Mile, adding that "we thought we would die after running that first attempt." Finally, **Larry Miller** pens a perennial favorite note for presidents: "Hey guys, we need volunteers!"



20 Years Ago

On the cover of the June '87 issue, **Luke Cammack** is captured lurching across the finish of the Panoramic 5 miler...just before he crashes into and knocks over the timing clock. Editor **Michael Schenk** announces PPRR running gear: shorts and singlet, soon to be available (also something currently in the works). Events on the calendar

include the Death Took No Holiday 5K, Sailin' Shoes 10K, Fountain Valley Pasture Run, and Flo's Frosty Folly. **Roger Allison** adds some humorous notes on "Things non-runners feel compelled to tell runners." For example, running is boring, bad for the knees, makes you sweat, and takes too much time. Or how about, "I can't run in the: heat, cold, rain, snow, morning, evening, or this high altitude."

30 Years Ago

The June 1977 issue proudly announces the the Pikes Peak Track Club's new name voted for by the members: the **Pikes Peak Road Runners!** And Racing Chairman **Tom Berg** proclaims a new "dynamite 10 mile race": the GOG 10-Miler. The route appears as well, starting on Garden of the Gods Road, but different than last year's. Also shown on the map is the very first PPRR logo, designed by **Jim & Linda Fetig**, and **Carl McDaniel**. Finally, the Palmer Park incremental series 5 and 10 mile results are in, with two races to go. Does that mean a 15 and 20 miler in the Park? Stay tuned.



Letters

From William of Plano

Dear Jim,

Plano was blessed with perfect weather for the 3K/8K club runs this month. Several high school students attended, showing that trained youth have some advantages, although regular members did take overall trophies. Your correspondent won another first place age group trophy for 3K when all the 70+ hotshots ran the 8K. Old age and cunning still help, but persistence is mandatory. Never give up, and only a defeatist assumes that everyone else is faster.

A small group of Pacers made the trip to Boston for the marathon. The two I know best are James Royal, a perennial Clydesdale winner, with 3:18:26 and Ruben Saguil, with 3:27:01. Besides fine running, Ruben also serves as the Pacers' computer expert. He has programmed a portable computer to give rapid results for trophy awards and a print-out for the Dallas paper. Runners wear a number, and times are recorded as they cross the finish lines. No card signing or tongue depressors needed, the finish line volunteers just punch in the numbers. He shares many of the good qualities Road Runner computer wizard Matt Carpenter showed when I met Matt in Colorado Springs in 1991.

Jon Cornick and you talked about the running community, a group requiring the management skills of a cat herder. I started running because my weight was following the pattern set by my grandfather, who reached 350 pounds and could not go from the house to the street without running out of breath. It paid off handsomely, and although I have crept up to 200 pounds, it took a while. The many fine people I met along the way have been an unexpected bonus, and both clubs I joined always had the patience to wait out the runners whose only real goal was to finish without falling down,

and before the course was closed so everybody could go home. Speed always eluded me., and health problems that come with age do not help. I have seen a few old friends lately that require crutches and walkers to get around. I prefer to run, no matter how long it takes.

Regards,
William L. Jones

News from Quito, Ecuador

Dear Jim,

Sunday morning I met my running buddy early and we headed to a half marathon. Luckily the course was flat (in Quito they could do PLENTY of hilly courses!), and it wound away from one of the larger parks into the neighborhoods nearby. I'd been having calf problems leading up to it, but luckily those held out, and I finished in 1:49:26, which was fine by me (given the amount I'd been running, I just wanted to finish in under 2 hours!). I got 8th in my age group (women aged 18-39...big age group!) and 17th overall. It would have been great if I'd managed 5th—the awards ceremony called 1-5 up to stand on the winners' podium! :) My host family and co-worker came out to watch me, so it was nice having them cheer me on in 3 places along the course. And, finally, I can say I've run a race in a foreign country (something I've always wanted to do!).

Courtney

Courtney Butler, PPRR member and Long Run contributor, is wrapping up a spring of working--and running--in Quito, Ecuador.



Have an issue you'd like us to know about? Did you find something enjoyable or irritating? Why not write a letter to the editor: editor@pprrun.org. It only takes a moment for you to let everyone know. You can remain anonymous if you choose, but be nice!

News and Events

Breck Crest Mountain Trail Run is back

After a taking a break last year, the Breckenridge Crest Mountain Marathon is on again for 2007. Under the management of Jeff Wescott and Maverick Sports Promotions of Summit County, the event is scheduled Sunday, September 2 and will offer distances of 5 miles, 12 miles, and the 24.5 mile "marathon". Those of you familiar with the event know of the spectacular scenery that awaits you atop the Ten Mile Range. But conditions can vary. At least one recent running saw blizzard conditions at the top.

Maverick Sports Promotions, which has been producing events in Summit County for 7 years, is described by Wescott as "hometown folks who love our backyard." They provide timing and results for the Summit Trail Running Series and the Luna Chase Snowshoe Race, and run the 4th of July Firecracker 50 Mountain Bike and the Summit Mountain Challenge Mountain Bike Race Series, one of the oldest series in the country.

This year's Crest will be a benefit for The Summit Foundation, a non-profit organization that raises funds for non-profits in and around Summit County. Specific details on this year's event will be posted in the coming days on www.mavsports.com, or write westy@mavsports.com.

HerActiveLife: new website for active women

The Final Sprint Network has launched a new resource for women. *HerActiveLife.com* is intended to be "a comprehensive health and fitness site for women." *TheFinalSprint.com* is a very complete site on running, but the focus on women's issues will be the new spinoff's specialty. Sections which

will gradually fill with articles and news cover such areas as fitness, health, gear and apparel, motivation nutrition, adventure, and the sharing of personal stories. You can add your own comments and subscribe to a feed for timely access to new information.



Marathons: too much of a good thing?

U.S. News writer Katherine Hobson wondered, during the last 10K of a marathon when she started bargaining with her quads “like an atheist in a foxhole,” that maybe this much exercise was possibly not a good thing. She had seen recent studies suggesting a negative answer.

She reports that Arthur Siegel, M.D., himself a marathon runner, has been studying non-elite Boston Marathon runners, agrees that getting a moderate amount of exercise is one of the best things you can do for your health. But racing 26.2 miles “is an overdose of a good thing.”

Siegel studied two phenomena that occur in marathons that kill a handful of people every year. He found that 40 percent of runners had blood tests indicating heart damage, though this reversed itself within a few days. (The runners who trained the least had the most damage)

He also points to the occurrence of general inflammation and the promotion of blood clotting, both of which can increase the risk of heart attacks. “I’m not saying don’t do it,” Siegel adds. “It’s a great way to expand your knowledge of yourself and test your limits. But if you’re a middle-aged person at risk for coronary problems, you should probably

do the training and skip the race.”

Hobson goes on to consider immune suppression and over-training. But, as any normal distance runner would, she concludes that all things considered, “there is no way I’m giving up my two-hour runs and six-hour bike rides...I will still try to kick ass in my next race.” Go Kathy!

For the full article, see usnews.com/usnews/health/articles/070517/17exercise.htm

De-stress for success

If you suffer from nagging injuries more often than others, it may be more than just a streak of bad luck holding you down; it may be your state of mind.

On theFinalSprint.com, a recent posting draws attention to a statement issued last year by the American College of Sports Medicine reporting a link between psychological factors (mainly stress) and injury. That is, as your stress levels rise, so does your chances of injury. Therefore, suggests Christopher Jack, stress management techniques might help you reduce that bothersome and depressing down time.

When we feel stress, our bodies go through a serious of biochemical and hormonal changes that can escalate into bigger problems like depression. Stress increases fatigue, muscle tension, and shortness of breath.

Trail runners take note: when coping with a great deal of stress, an individual’s senses become limited; people tend to ignore visual cues. When running down the Barr trail, narrowed peripheral vision is definitely not a good thing. Stress can also cause muscles to tense, increasing the probability of muscle tears, impairing coordination and balance, also not a good thing for the trails.

Stress, writes Jack, increases Cortisol which can convert lean muscle tissue into glucose. For any

athlete in the midst of serious training, this reduces the body’s ability to repair muscle, slowing recovery and increasing the probability of injury. It also leads to a decrease in both strength and performance.

So, for the avid runner, finding time to relax is essential, as is approaching running/training from a mellow rather than driven state of mind. Try half an hour of yoga, picking up a book, sitting down with a friend more often, taking an evening walk, even meditation.

For the full posting, check out thefinalsprint.com/2007/05/de-stress-for-success .

Law Week Fun Run

The Ben Wendelken Inn of Court, in association with the El Paso County Bar Association, invites you to help their fundraising efforts in the inaugural Springs “Law Week Fun Run and Walk” Friday evening, June 1. Proceeds from registration fees will be donated to Kidpower of Colorado Springs, a non-profit organization dedicated to teaching young people to use stay safe from abuse, assault and abduction. The 5K run and 1 mile walk takes place at Monument Valley Park. The 5K run begins at 6:30 p.m. and the 1 mile walk at 6:35 p.m. with the start/finish near the swimming pool.

Registration, at www.active.com, is available until May 31. Race packets may be picked up starting at 5:30 p.m. on the day of the event. The registration fee is \$25.00 for participants 13 years of age and older and \$15.00 for those 12 and under.

A fountain of pearls for Bolder Boulder

Just up the road in Broomfield lies the headquarters of Pearl Izumi, known for their cycling accessories and, increasingly, for their state-of-

continued on page 8

News and Events

continued from page 7

–the-art running gear. On any given day, the building empties during lunch hours, with most of the company’s roughly 100 employees out running on the trails just outside the backdoor or off on a cycling workout.

Pearl Izumi (which means “fountain of pearls” in Japanese) is working to build a reputation in the running world with technical apparel and running shoes. This year’s partnership with the Bolder Boulder 10K on Memorial Day is sure to help. Race director Cliff Bosley chose Pearl Izumi to provide the race technical shirts for the event, which it is offering to entrants for the first time since 1984. The shirts come in dark blue for men and light blue for women.

A group of dedicated athletes at the company, called “Team Run”, wants to compete with the Nikes and Adidas of the running industry, but they have to get people to try the shoes. So, as part of the Bolder Boulder promotion, runners will find a 25-percent-off coupon in their goody bags. The coupon will be good at many Front Range Pearl Izumi retailers, including local Boulder Running Company and some bike shops. *Based on Michael Sandrock’s report posted on DailyCamera.com.*

Dad runs marathon in 2:49 (pushing a baby stroller)

In the first week of May at the Frederick Marathon, Michael Wardian, 32, set a world record for running 26.2 miles while pushing a baby stroller, in which sat his 9-month-old son, Pierce. The team finished third overall, in 2 hours 42 minutes 20 seconds, a darn good time even without the kid. Wardian broke the record of 2:49 set by Michal Kapral in 2004. Kapral, you probably didn’t know, also once held the marathon juggling record (three balls). While we’re on that topic, Barry Goldmeier was listed in the 1998 Guinness Book of World

Records for juggling (five balls) over 5K in 27:53.

For Wardian, the baby jogger record is just another milepost in an eclectic, prolific and, by any account successful running career. He has twice qualified for the U.S. Olympic trials, most recently when he finished third in 2:21:37 at the Shamrock Marathon on March 18. Wardian set his first Guinness record when he ran a marathon on a treadmill in 2:24 in 2004.

Excerpt from the Washington Post.

The Post ponders the why of competition

The Washington Post just began a series of stories called “Why We Compete.” For the next year, it will look at why people undergo sports related challenges, especially when it involves great sacrifice.

At the beginning of the series, it says, “Sports historians, psychologists, sociologists and anthropologists generally agreed on eight fundamental reasons that continue to entice us into competition: Because it thrills us. Because we’re curious about our abilities. Because competition yields a social identity. Because, sometimes, it also yields acclaim. We compete, experts said, because doing so is essential to our community. Because it’s part of a tradition. Because competition can elicit opportunities that otherwise would remain unattainable. And money. We compete for money.”

In the first of the series, reporter Eli Saslow wrote about the Barkley 100, the notorious bushwhack in the woods of east Tennessee (see last month’s issue, “The Race that Eats its Young”). He wrote, “That race—and the people who run it—captivated me more than just about anything else I’ve covered for *The Post*. As a casual runner myself, I found it fascinating to watch people push themselves like that. It’s half

crazy, half admirable.”

That last statement will come as no surprise to any ultrarunner.

Springs runners head for snow in San Jaun Solstice

by Jon Teisher

The San Juan Solstice 50 Miler is one of the more difficult Colorado ultramarathons. Beginning and ending in the quaint mountain town of Lake City, the



For the dozen or so Springs runners headed to the San Jaun 50, significant snowfields await.

course runs a counterclockwise loop, mostly on singletrack trails, through the rugged San Juan mountains. Elevation ranges from a start point of 8,600 feet and climbs to over 13,300 feet, much of it along the Continental Divide. If that’s not enough of a challenge, there are several stream crossings and often significant snow at the higher elevations. Well-stocked aid stations and terrific volunteer support, much of it provided by the Lake City EMS, make the journey just a little bit easier. This year’s race falls on **Saturday, June 16th.**

After a wet spring, cautions the official web site, there is indeed still quite a bit of snow up high. Temperatures are rising and it is finally starting to melt, but there is a good chance for major snowfield crossings at the higher elevations. Runners are advised to check the site for regular updates on course conditions. For more information, check out www.lakecity50.com.



Membership

Welcome New Members

Tember Aguilar	Colorado Springs
Ross Bielak	Denver
David Duty	Colorado Springs
Andrew Garrobo	Colorado Springs
Clanne Harmel	Colorado Springs
Christa Hilt	Colorado Springs
Katy Hoard	Colorado Springs
Jason Koop	Colorado Springs
Liz Atkins Koop	Colorado Springs
Gregoria Marrero	Colorado Springs
Susan Mopper	Colorado Springs
Mary Anne Seborn	Colorado Springs
Stephen Velasquez	Colorado Springs
Jacob Wathen	Colorado Springs
Melissa Wathen	Colorado Springs
Scott Wathen	Colorado Springs
Veronica Wathen	Colorado Springs
Richard Wood	Colorado Springs

Renewing Members

Patrick Allgood	Colorado Springs
Max Armstrong	Wichita
Danielle Bonderenko	Colorado Springs
Lynann Bowyer	Colorado Springs
Robert Bowyer	Colorado Springs
Lile Budden	Colorado Springs
Hank Carey	Colorado Springs
April Casados	Colorado Springs
Barbara Casados	Colorado Springs
Patrick Casados	Colorado Springs
Ron Casados	Colorado Springs
Andrea Cichosz	Colorado Springs
Alan Fox	Colorado Springs
Albert Grimme	Colorado Springs
Brenda Grimme	Colorado Springs
Jim Grovenstein	Colorado Springs
Marlene Grovenstein	Colorado Springs
Sona Grovenstein	Colorado Springs
Pam Gustafson	Monument
Albert Hale	San Antonio
Bobby Hammett	Omaha
Bob Mutu	Palmer Lake
Eric Perramond	Colorado Springs
Steve Rischling	Colorado Springs
Mark Rudolph	Colorado Springs
Mike Shafai	Colorado Springs

Volunteer Corner



It's never too late to get into running. I'm definitely in the "social" category of runners and have never been too keen on training. Too much work! I do enjoy running on the trails near my house and the sense of well-being I get when I do. I appreciate the Summer Series for runners like me who need a little push to get better. I had stopped running over the winter and about 6 weeks ago I decided I really needed to get going if I was going to run the first leg of the series at the Nielson Challenge in May. Robin Satterwhite convinced me to join her at the Garden of the Gods training runs every Tuesday and Thursday mornings and that first morning was quite the eye opener! There are many groups training-the fast runners, the trail runners, the middle of the pack runners and the social runners. Well, I was dead last in the social group and lasted about a mile! Even the "social" group is fast!

Humbled, I decided to plug on and I have now joined a gym and am working out frequently. I'm still last in the social group at the Garden of the Gods runs but I am now running up the hills instead of walking and wheezing. What a great feeling! The front runners in the group come back occasionally to see how I'm doing and offer lots of encouragement. I conquered Ridge Road the other day and I'm actually looking forward to the next training run. Now, I'm planning on running the Garden of the Gods 10 Mile Race!

Thank you Robin for getting me back out on the trails, thank you Dave Sorenson for overseeing the training runs. Thank you, Lisa, our social group leader who keeps me in her sights and cheers my successes.

Gymmie Bailey,

Volunteer Coordinator

Hey you. 😊 About to expire?

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

**Don't see it?
Then put the enclosed
application in the hands of a
friend, family-member, or
associate. You are PPRR's
best promotion!**

Trail Clean-up

**Meet at the 8th Street Walmart
First Saturday of the month
at 8:00 AM**

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

2007 Volunteer Recognition

Bronze Level: up to 20 Hours

You have earned a
PPRR t-shirt

Jerred Abdella 14
Steve Abeyta 16
Anthony/Jack 19
Balzar/Dave 16
Balzar/Jan 17
Marie Baughman 20
Dean Buck 10
Beverly Carver 20
Jon Cornick 20
Tom Dewane 17
Andy Dimmen 16
Heather Evens 10
Fogg/Jeth 16
Fogg/Taylor 12
Bob Foster 19
John Gardner 12
Phil Goulding 19
Emmett Hawkins 11
Lori Hawkins 16
Lisa Heckel 10
Diana Holmes 14
Susan Hoxie 10
Don Johnson 20
Luis Lowe 10
Cruz Martinez 22
Troy Matos 20
Jim Newton 10
John O'Neill 16

Rob Ronas 10
Bob Royse 16
Mike Shafai 16
Jeff Smith 19
Sydney Steffens 10
Tim Steffens 10
Jon Teisher 15
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 34
Steve Abeyta 26
Cymmie Bailey 30
Gordon Barnett 38
Matt Carpenter 41
Jon Cornick 26
Julie Foster 30
Ron Garcia 33
Al Grimme 49
Kees Guijt 44
Lyn Hale 22
Teri Harper 30
Rick Hesseck 38
Gil Kindt 26
Sandy Lowe 25
Bill Ransom 38
Rose/Janet 22

Robin Satterwhite 25
Lucy Stansbury 42
RT Tollin 47
Travis Waldrip 37
Cady Waters 36
Melissa Waters 36
Christian Wulfkuhle 22
Halee Wulfkuhle 22
Sara Wulfkuhle 25

Gold Level:

51 to 75 Hours

You have earned a jacket

Jim Beckenhaupt 55
Angie Earle 57
Phil Foster 58

Diamond Level:

76 to 99 Hours

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

Platinum Level:

100+ Hours

You will receive
special recognition
at the rewards dinner

Jim Kelleher 219
Pat Lockhart 160
Larry Miller 141
Micky Simpson 102
Dave Sorenson 137

continued from page 4

Membership (Pat L)

Membership data on file.

502	individual	956	current
43	Clubs	109	expiring
9	life members	39	new
184	families	33	renew
399	family members		
1137	Total Members	738	Total Mailing

Upcoming Events

Tortoise and Hare (Larry M) – handicapping system completed.

Elbert Reflections – Larry and Micky reported, “complimentary” entry to Larry for sweeping the course. Don has trophies ready. Medals are for age groups. Trophies are for overall. Need volunteers. Bill Gallegos

will do finish line. Finish line management fee will be refunded as a donation to the Elbert Boosters, after the event

Run for Sunshine – (John G/John O). Bill G for finish line. Entry forms need to be received in time for the April newsletter stuffing – 18th.

ADTM (Travis W) update. Meetings are 3rd Thursday of the month. Entry form ready for review. Growth in ½ Marathon. Emphasis more in ½ marathon. More popular.

Veterans Home Run news from Computer Science Corporation – new point of contact. Meetings are being held. Volunteers were requested. New contact for USAFA. 500+1 anticipated as a low count.

Respectfully submitted

Pat Lockhart, Secretary

Veterans Home Run Hopes for 500

by Jack Anthony



The first VHR last year was a true memory maker for me personally. I recall, as the sun rose upon Memorial Park, PPRR

volunteers out in force setting things up. The staff and residents of Crawford House were also present and wondering just what the heck a fun run is. Soon folks started to show up: a few pre-registered athletes and then a wonderful growing line of registrants. We got them all squared away swiftly and before we knew it, 300 participants took the starting line and awaited Eileen Crawford's (bride of World War II hero and Medal of Honor winner Bill Crawford) command to GO!

I also recall a young man who, I would soon learn, was a New Orleans Katrina evacuee and somehow ended up in Colorado Springs. He was one of the first to show up and had pre-registered. I recall him working diligently to get his number pinned on. I chatted with this young man who has a look of sincerity yet also one of nervousness as he told me of his journey to Colorado and how he earned a job as a security guard at a local business. I soon learned this was his first race ever and he recently took up running. Off my new friend and rookie 5K-er went with determination. Then, by golly, soon he returned with the same look of dedication and perseverance as he crossed the finish line. He looked a bit bushed, but his brilliant smile was still in tact. I would again see him a few months later at the American Discovery event. I hope I get to see him again at VHR07!

So, do you have a friend who recently took up running? Are you one of our awesome military members

who are War-fit or Army Proud as you maintain your fitness to be ready to deploy and be fit to fight? Well, why not add the VHR07 to your training or why not encourage your friends or co-workers new to our sport and joy to take part in VHR07 and join the brother/sisterhood of fun runners/walkers. Sure we'll have those speedy guys and gals but last year there were far more who simply like to pin on the number and reach out for a personal best or just a darn fun run. There were many first timers too. Match your enthusiasm to be fit as a fiddle or helping your friends achieve that goal with the fact that you are helping America's heroes and heroines by raising funds that keep Crawford House going, a fabulous home and refuge for veterans in need of a helping hand.

We seek to blast through the 500 participant level. Last year's 300 was quite a joyful turnout and we hope more will step up to the challenge and the cause.

Editor's note: President Jon Cornick has just announced that CSC will sponsor this year's event, contributing \$3000 in support.



Eileen Crawford, wife of Medal of Honor hero William Crawford. Eileen gave the "go" to start the race for last year's 300 participants.

May Newsletter Volunteers!

Hosted by the Colorado Running Company

(your name not here? you really missed out!)

Yvonne Carpenter
Tony Delange
Norm Hall
Melissa Leftwich
Matt Carpenter
Marie Baughman
Lynn Hall
Kyla Carpenter
Jon Cornick
Jim Kelleher
Jim Beckenhaupt
Jeff Smith
Esmé DeLange
Diane Elwer
Diane Cahalan
Dave Thomson

*Ever tried.
Ever failed.
No matter.
Try again.
Fail again.
Fail better.*

--Samuel Beckett

New Course for Historic GOG 10-Miler

Get ready for more fun, fundraising, and fast times

by Jim Kelleher

What better way to spend a warm June morning than a run through Garden of the Gods Park, a place to spread out on the grass afterwards and maybe soak your feet in a creek, and a leisurely chance to catch up with all you running friends? Sound like a good time? **Matt Carpenter**, this year's new race director for the Garden of the Gods 10 Mile Run, hopes so. Along with raising money for local high schools and offering prize money to attract elite runners, one of his main goals is to make the event FUN!

More fun

For its 31st running, the race returns to Manitou Springs after ten years of starting from the end of Garden of the Gods Road north of the park entrance. Says Matt, "The move back to Manitou makes it much easier to manage the race. Having the separate start and finish lines plus the bus was a big hassle." It also offers the opportunity to bask in post-race glory. "With Memorial Park as the start/finish location, we have all day to enjoy after the race, like soaking your feet in the creek and having the kids run around. When the finish was at the GOG entrance like last year's, there was nothing but dirt and yucca plants, and then we were always kicked out too soon, so the awards ceremony and all the post-race activities were rushed and cut short."

Matt has taken over race directing from many years of dedicated management by **Dave Sorenson**, and feels honored to play such a major role in this historical event.



He reflects, "For me this is like coming around full circle. When I lived in Vail, I came down here to run the race and was blown away at the ups and downs. (Jon Sinclair said it was the only 10 mile he ever ran that would loosen your fillings.) So I started using it as a training run for Pikes Peak."

continued on page 18

Garden of the Gods 10-Miler

On June 25, 1977, the Pikes Peak Road Runners, together with many other sponsors, will conduct a dynamite 10 mile race. The enclosed information sheet/application blank gives most of the particulars: trophies, medals, merchandise awards, T-shirts, age and sex categories and time and place. See Your Favorite Run for the route. Please send the application form back as soon as possible to save you 50¢ and to give us a decent estimate on the number of entries.

There are certain other facts not set forth on the information sheet/application blank. Stev Floto, Mike Bordell, Ed Strable have committed to me that they will be running. Charley Yigi and Rick Rojas probably will be running. The course is interesting and beautiful and will be winding through much of the Garden of the Gods. Body Punch and water will be passed out at two aid stations. Applications are being sent to all local high school track coaches and all track clubs in the 5-state area. We hope to have 300 runners and make this the first of many annual Garden of the Gods Road Runs. Our intent is for this race to eventually be on a par with races such as the Charleston 10 mile run. For further information, or if you have ideas, please call Chris Kenney 633-4216 or me at 475-2222 or 632-3105.

Tom Berg, Racing Chairman
Pikes Peak Road Runners

In the third issue ever of the Long Run, Tom Berg announces the inaugural Garden of the Gods 10-Miler. He hatched the idea for the race while riding in a bus returning from the Boston Marathon in 1977. Tom met his goal: 376 runners showed up, which ballooned to over 1800 the following year.

A Race Born in the Back of a Bus

by Joyce McKelvey

In the back of a bus, after the Boston Marathon, Colorado Springs attorney Tom Berg and Ric Rojas of Boulder hatched an idea for a local run with a distance varying from the typical 5Ks, 10Ks and marathons. Berg then returned to the Springs and with the help of the Pikes Peak Track Club (now the Pikes Peak Road Runners), of which he was among the founding members, put together the Garden of the Gods Ten Mile Run. An impressive 376 runners showed up that first year in 1977.

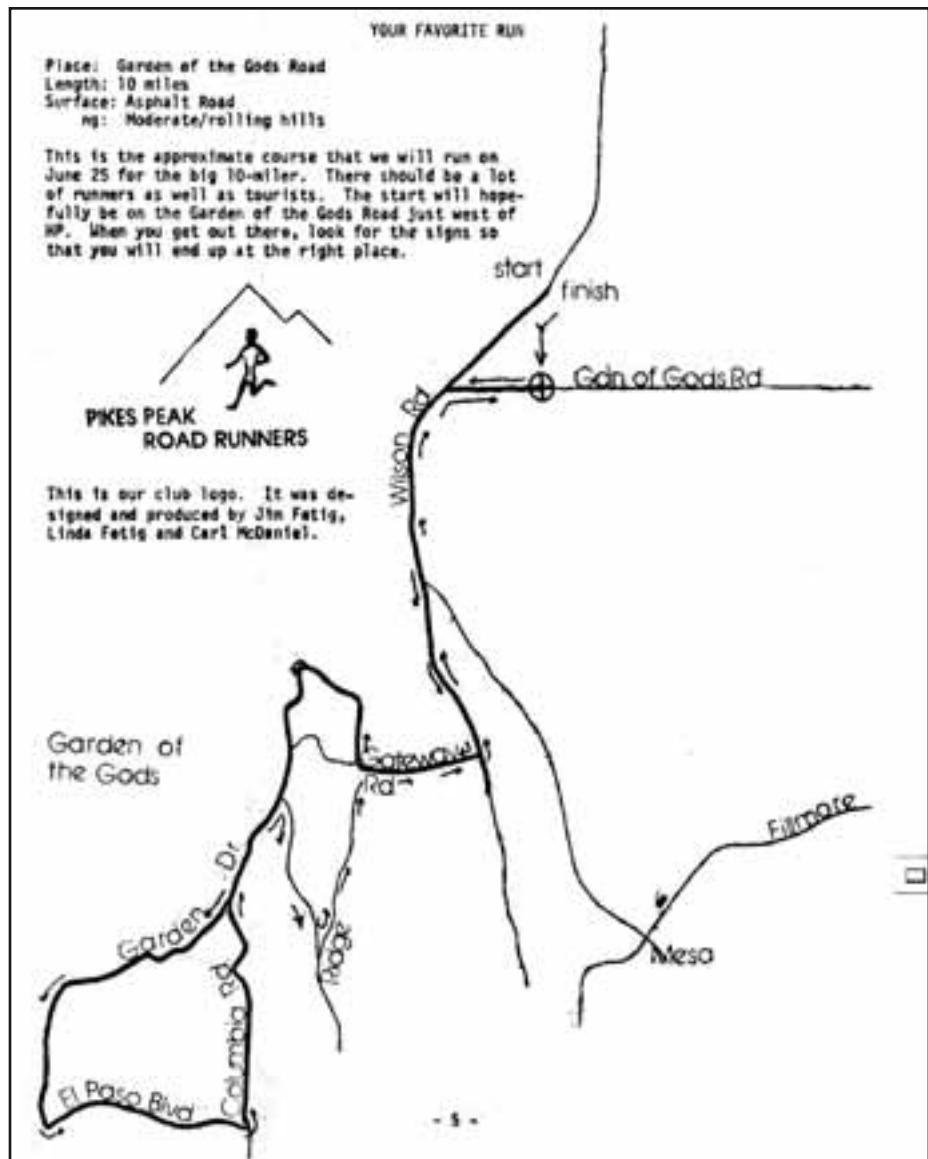
The following year, with the promotion and support of the Gazette Telegraph, there were an amazing 1865 runners. Colorado Governor Richard Lamm himself was present that year for a training run the Friday before the event. Throughout the 1980's, race participation often far exceeded 2,000 runners.

Sunday, June 10, 2007, will mark the 31st running of the Garden of the Gods Ten Mile Run, an event that some say has it all: a spectacular setting, a physically demanding course and competition in nearly all age groups.

The race starts and finishes in Manitou Springs with most of the run inside the beautiful Garden of the Gods park nestled between Manitou and Colorado Springs. The elevation ranges from 6,210 feet to 6,530 feet, and numerous hills are encountered on the course.

In the words of former Race Director, Dave Sorenson, "The awe-inspiring beauty of the course will saturate your eyes and bring a smile to your face, while the hills and altitude will red-line your legs and lungs. But the camaraderie of your fellow runners will fill your spirit and soul with unforgettable memories. Plain and simple, it is pure running nirvana."

Present Race Director, Matt Carpenter, relates, "The Garden Ten Mile was one of the first races I ran



The original course, hand-drawn, appearing in the June 1977 issue of the Long Run. Also shown is the first appearance of the Pikes Peak Road Runners original logo. Newly renamed from the Pikes Peak Track Club, PPRR and the GOG 10-Miler have been closely bound ever since.

in the area and has always been one of my favorites for its challenge. It is an honor to be a part of a race with such a rich history."

For a few years the Garden of the Gods Run was a 15-kilometer race rather than the 10-miler as it started out, but in 1995 it reverted to the original 10-mile distance. The course is certified, has twice served as the Road Runners Club of America (RRCA) 10-mile national championship race, and again this year is a part of the Colorado Runner

Magazine Racing Series. Sponsors include Carmichael Training Systems, The Colorado Running Company, Colorado Runner, New Balance, Gatorade Endurance Formula, Emergicare Medical Clinics, the Clarion Hotel, Colorado Springs Utilities, and Colorado Institute of Massage Therapy.

The Garden of the Gods Ten Mile Run is the first leg of the Triple Crown of Running Series. The

continued on page 18



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 a map and more information.



Forty-five degrees, warming just a bit, cloudy, with a slight breeze. The weather was fine on this Cinco de Mayo day. Since it was Cinco de Mayo, everybody was required to run the race in Spanish. The person who apparently knows Spanish the best is Elizabeth Wolfe, as she improved the most over

her handicap by nearly 2 minutes. Way to go, Elizabeth!

Dave Scrensen

First Time Runners

Name	Place	Time
Corrie Baker	43	20:53.8
Jason Braun	2	10:53.3
Beverly Weaver	51	22:32.0
Ben Rose	17	16:24.2
Shannon Triplett	47	21:26.6
Jeffrey Barden	42	20:29.1
Latoya Noel	24	17:05.6
Shannan Gaylord	60	29:41.4
Andrea Owen	22	16:53.2
Jessalyn Rombocos	62	30:39.0
Darrell Weaver	12	15:04.4

May Results

Name	Place	Handicap	Actual	Difference
Elizabeth Wolfe	52	25:11.3	23:14.6	- 01:56.7
Benjamin Sandoval	21	18:44.1	16:52.2	- 01:51.9
Jennifer Carpenter	56	27:36.7	25:45.8	- 01:50.9
Ruben Cano	20	18:32.0	16:51.6	- 01:40.4
Skylar Evans	57	27:45.4	27:02.4	- 00:43.0
Scott Anthony	18	16:55.8	16:30.1	- 00:25.7
Dean Buck	13	15:58.9	15:36.0	- 00:22.9
Steven Kidd	26	17:42.0	17:21.9	- 00:20.1
Charles Greenbaum	4	14:01.7	13:48.1	- 00:13.6
Christian Wulfkuhle	34	19:12.2	19:02.6	- 00:09.6
Mike Porter	33	18:38.3	0:18:32	- 00:06.3
Emma Porter	31	18:35.5	18:29.5	- 00:06.0
Carsyn Hamstra	50	22:00.5	21:57.3	- 00:03.2
Sharon Greenbaum	7	14:35.2	14:33.1	- 00:02.1
Keith Holcomb	39	19:11.2	19:11.2	+ 00:00.0
Jeff Chowning	5	14:13.2	14:13.8	+ 00:00.6
Ruben E. Cano Sr.	19	16:40.2	16:42.4	+ 00:02.2
Ed Gleason	11	14:53.3	14:55.7	+ 00:02.4
Patty Armfield	44	20:53.4	20:56.0	+ 00:02.6
Jay Luna	1	10:11.0	10:17.7	+ 00:06.7
Amy Batson	6	14:16.0	14:25.1	+ 00:09.1
Daniel Polak	27	17:28.8	17:38.8	+ 00:10.0
Doyle Baker	8	14:26.0	14:42.8	+ 00:16.8
Halee Wulfkuhle	28	17:23.2	17:44.3	+ 00:21.1
Dennis Stalnaker	40	18:52.7	19:14.4	+ 00:21.7
Curtis Hamstra	9	14:22.0	14:44.5	+ 00:22.5
Deann Totzke	38	18:47.0	19:10.4	+ 00:23.4
Paul Jaszkwiaak	3	12:44.7	13:08.2	+ 00:23.5
Alex Haberkorn	10	14:06.1	14:53.6	+ 00:47.5
Cymmie Bailey	41	18:54.0	19:46.6	+ 00:52.6
Karen Messias	16	15:27.4	16:21.5	+ 00:54.1
Greg O'Boyle	14	14:41.2	15:40.2	+ 00:59.0
David Fenell	30	16:45.3	17:53.8	+ 01:08.5
Don Johnson	15	15:06.7	16:16.1	+ 01:09.4
H. J. Arnold	48	20:18.0	21:29.6	+ 01:11.6
Bren Triplett	45	19:47.5	21:00.2	+ 01:12.7
Les Bell	25	16:05.2	17:18.4	+ 01:13.2
Cliff Donnelly	49	20:38.4	21:54.0	+ 01:15.6
Corey Haberkorn	23	15:40.2	16:58.0	+ 01:17.8
Amy Seltzer	37	17:44.3	19:07.9	+ 01:23.6
Karin Rose	32	16:16.3	18:30.6	+ 02:14.3
Charles Snygg	59	26:06.4	28:51.2	+ 02:44.8
Julie Foster	61	26:23.0	0:30:00	+ 03:37.0
Charles Foster	55	20:13.9	23:52.8	+ 03:38.9
Melissa Waters	36	15:16.2	19:04.0	+ 03:47.8
Marc Wulfkuhle	29	14:02.8	17:52.9	+ 03:50.1
Jerred Abdella	53	18:54.2	23:38.8	+ 04:44.6
Anthony Abdella	54	18:54.7	23:39.4	+ 04:44.7
Sara Wulfkuhle	35	14:04.1	19:03.4	+ 04:59.3
Jason Cano	46	16:02.6	21:19.0	+ 05:16.4
Briana Evans	58	16:22.3	27:05.9	+ 10:43.6
Janna Rombocos	63	17:19.2	30:39.6	+ 13:20.4



PPRR Rewards New Lifetime Members

by Jon Cornick

Two new members were awarded Life Memberships in the Pikes Peak Road Runners. **Pat Lockhart** represents the heart of the club, continually beating, keeping the life blood of the club flowing strong.

Larry Miller represents the spirit of the club, imparting that intangible impish characteristic that makes the club's running events more than just a race. Together they have over 48 years as members of the club.

Larry assumed directorship of the Fall Series in 1990, at that time started the Fall Kids Series. His personal experiences in trail running add the spice to these three trail races that are notorious for creating many a war story for the runners. His fond memories of college trail running include creek crossings in chest deep, crystal clear, icy cold runoff from nearby Mt Shasta. He won marathons in the Northwest and has a 2:15 time to his credit. The native Oregonian came to Colorado in 1979.

Pat's first race as director was a benefit for the Douglas County Search and Rescue. The Renaissance Run finished on the grounds of the Renaissance Festival and was held only once. She is a Colorado native and puts the Steamboat Springs 10K near the top of the list of her favorite venues. She's been a board member since 1985.

Over the past ten years Pat has seen growth in youth participation as a great club achievement. Larry has seen changes in the newsletter and web site as significant improvements in reaching out to our membership. He would like to see a greater benefit for members over non-members and Pat wants to see continued growth in youth involvement, to include volunteering.

The growth of healthy parental involvement in kids running programs and resulted in highly



Pat Lockhart (L) and Larry Miller (M) receive lifetime memberships from president Jon Cornick (R) in recognition of their decades-long extraordinary contributions to the Pikes Peak Road Runners.

successful clubs such as the Land Sharks, noted Pat. As long as kids are not "pushed into something they don't want to do, we'll have healthy kids," she adds.

When asked about the health of today's kids, Larry says it may be true that there's a fitness crisis in some parts of the country, but he doesn't see it here. Maybe that observation is the result of the long and continuing legacy of the Pikes Peak Road Runners supporting running events for kids and parents.

Both agree that running is a mind/body collaboration. If your spirit isn't in it, you won't find the benefits running provides. Larry suggests that running in parks and other scenic areas will provide those benefits and grow a greater willingness to continue. It's hard to grow as a runner when you're running around the block trying to seek enjoyment imbedded in traffic and buildings. Pat agrees, "Don't push your spirit." Starting out slow and being consistent will bring results

that will nourish your long term expectations.

Pat says the club tries to reach every geographic region of the city and wants to dispel the impression that the Pikes Peak Road Runners club can be intimidating. It really is a club for the whole family. Healthy living shouldn't be a reason to join, it should be a result of joining. The club is fun and has members of all capabilities.

The members and board are truly lucky to have the spirit and heart of the club in charge of our races and club management. Where would we be without them? Their induction as Life Members is a small reward for all they have done over their many years of service. Their goals and ambitions are sure to bring improvements to the club and enhance the experience of our members. To this end, we all owe Pat and Larry a great debt of gratitude and honor them with induction into the exclusive Life Membership status.



Chiro Corner: Ice is Twice as Nice

by Shane Conrad



When it comes to injuries, there isn't anything better for the body than plain old ice. I use icing protocols (more correctly called "Cryotherapy") everyday with my patients. Yet, for some reason the old method of applying heating protocols (more correctly called "Insanity") persists. Why?

Perhaps it's misinformation. Most likely it's simply the feel-good effect of heat. Everyone loves a warm day, a soak in the Jacuzzi, or lounging around on the beach. The same isn't often said about snow, wind chill, or frostbite. Hopefully, by the end of this article, the next time you reach for the heating pad it'll be to throw it out instead of using it.

To understand why ice should be your chosen therapy, we need to first understand inflammation (swelling). Inflammation is actually a good thing. Inflammation amounts to your body's cellular vacuum cleaners—the White Blood Cells (WBCs)—eating up the injured tissue. Imagine you've just spilled a pot of dirt on your new carpet. WBCs come in and vacuum up the mess leaving behind only your bright, new carpet. Inflammation becomes problematic only if it is excessive, or when the inflammation hangs around longer than it should. Just imagine what it would be like trying to vacuum up a dump truck's worth of dirt!

WBCs normally reside within our blood stream. When we're injured, certain chemicals create tiny holes that allow white blood cells to leave the blood stream and enter the body. The vacuum up dead cells and once they're full they die too. WBCs then exit the area via the lymphatic system. They are recycled and wait for the next injury to occur.

Imagine all those little holes designed specifically to let WBC out. The more blood you bring to an area, the more WBC will leak out. HEAT INCREASES THE BLOOD FLOW TO THE INJURED AREA. More heat means more WBCs, so many of them that the lymphatic system becomes overwhelmed and can't recycle them as fast as they arrive. It's like a traffic jam at the cellular level!

But enter the healing power of ICE! Its best benefit is that it reduces the blood flow to an area meaning...fewer WBCs! Second, it drives inflammation (dead WBCs) out of the area being iced. Rather than every WBC trying to use the same exit, we've dispersed the WBCs so that they have the option of taking several

exits back into the lymphatic system.

Clinically, when people use heat they feel fine during the treatment. It's only when they stop moving (ie. when they go to sleep) that the inflammation pools and they seize up like the tin man after a rain storm!

So now that we've determined Ice is the way to go. Lets look at three of the most beneficial ways to apply ice.

The Re-useable Ice Pack

This is by far the best way to consistently apply cryotherapy. It's effective, convenient, and cheap. Did I mention that it's effective? In fact, it's the best method in my opinion. Bags of ice, or crushed ice, don't conform to the contours of the body very well and they should be avoided. In a pinch, a frozen bag of peas/corn is ok - but not as good as a re-useable pack.

The procedure:

Step 1: Using a well cooled pack, place on the injured area. The pack should not be placed directly on the skin.

However, thick clothing or multiple layers of clothing is also a no-no. Keep one layer of clothing between the skin and the icepack.

Step 2: Compressing the cold pack will improve the conduction of the cold. Try an ACE bandage or use your body weight where applicable (i.e. ice your lower back by lying down

on the floor face upwards towards the ceiling.

Step 3: Apply the pack for 10 minutes. No more, no less.

Step 4: Remove the pack and re-freeze for 10 minutes. No more, no less.

Step 5: Reapply the pack for an additional 10 minutes. No more, no less.

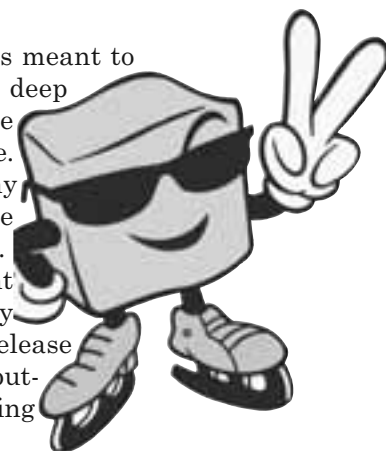
Step 6: Wait at least 60-90 minutes before the next application cycle (Steps 3-5).

Things to watch out for:

The application cycle is meant to maximize cooling of the deep and superficial tissue while minimizing risk of frostbite. NEVER apply ice to any part of your body for more than 10 minutes at a time.

Avoid the store bought "blue gel" cold packs. They tend to get too cold and release their coolness too quickly putting you at risk of overcooling

Hopefully, by the end of this article, the next time you reach for the heating pad, it'll be to throw it out...



the area. Also avoid the bean filled bags. They don't work well. Look to your chiropractor or physical therapist for a therapeutic ice pack. It'll cost more (\$15-\$20) but it'll last forever.

Don't expect one application cycle to change the world. I find the best results come when you consistently ice for 5-6 cycles, especially with acute injuries.

The Ice Bath

Ice baths are another great way to effectively deliver cold to an area of injury. I find it most useable for the feet and ankles, or when done for the whole body (i.e. in a bathtub). I do not recommend ice baths for other areas of the body. And do not submerge your head or neck!!!

This method has the greatest potential to cause frost-bite, so you must adhere to my protocol rigidly.

Step 1: Prepare the ice bath. Bath tubs work great for whole body ice baths. Buckets work well for foot ice baths. For extra cold you can add salt to the water. However I do not recommend this. Regular ice will do just fine.

Step 2: Wait 10-15 minutes until the entire bath has had a chance to cool. Otherwise all the cold water will be at the top near the ice (which floats). Stir it occasionally to disperse the cold.

Step 3: Immerse the injured area. Beware it will be COLD! Immerse only as much of your body that is necessary to treat the injured area. For example do not submerge to the knee if treating the ankle. Submerge only up to the ankle.

Step 4: Submerge as long as you are able, but no longer than 8-10 minutes. You may only be able to stand 3 minutes at first.

Step 5: Do not repeat for at least 1 hour.

The Ice Massage

This is another easy application and suitable for all areas of the body. It is especially good for applying ice directly to superficial muscles like the quads or calf muscles. This is however not a good application method when bony areas are involved (like the ankles).

Step 1: Prepare the ice massage by filling a Dixie cup 3/4ths of the way to the top. Freeze until solid. Remove and tear away part of the Dixie cup to expose the ice.

Step 2: Apply to the injured area by rubbing in a circular motion. The ice will melt so have a towel handy. As the ice melts, tear away more of the cup to expose the rest of the ice. Continue ice application until only about ¼ of the ice cup remains.

Some final guidelines:

Now that you know how to ice, lets be smart about it. Following some simple guidelines will ensure you minimize your risk and help make your injuries a thing of the past!



Used by runners after long runs, ice baths can deliver cold to many areas at once. You may not smile the first few times you try it, however.

Never perform strenuous lifting or physical activity within 1 hour of an icing cycle. The ice numbs the nerves which leads to lack of muscle control sense and places you at increased risk for serious injury. Always ice at the end of activity.

Ice application results in the numbing of nerve pain signals. As a result, never go by how it feels. It feels numb and you won't feel the damage occurring until you thaw out. ALWAYS obey the time limits; *do not judge by how you feel.*

Never apply ice to the front of the neck. The nerves in this area are very close to the surface. If over-cooled they can be permanently damaged.

Applying ice to the groin muscles is fine. Applying ice to the genitals is not recommended.

A reddish hue is the normal skin reaction to ice application. If your skin goes from red to light pink or (worse) white, you are heading down the road to frost-bite. Next comes black skin and amputation, so be smart.

Ice will work best when performed consistently over a period of time. Inflammation is more of a war than it is a battle. Be consistent to win the war!

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 and past articles, check out cochiro.com.

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



New Course for Historic GOG 10-Miler

continued from page 12

Giving back to running

Another strong attraction for Matt in race management is the opportunity to give back to the sport of running. This year there will be a high school aid station competition. High schools will run the four aid stations and compete for money put up by the Colorado Running Company, which runners can add to with their entry fee. "A lot of runners have already donated to that," Matt reports. "This is great for the school running programs because running is not a high profile sport. Typically, they have very low budgets and have worn out uniforms and broken equipment. Through the race, we can help them in a really big way and give a chance to future runners."

His efforts are greatly appreciated by under-funded running coaches. Says Stan Lambros, of Cheyenne Mountain High School, "An Aid Station Challenge can help our team in many ways. Not only financially, but the team-building that happens in these events is very positive."

The course

No one familiar with the Garden needs convincing that the views and scenery are spectacular. But Matt, along with PPRR's veteran course designer **Bill Bennett**, put together a run that takes advantage of the park's unique and best features. Says Matt, "The race has always

been through the Park, but I like to say that the new course is really IN the Park. The new course also uses the entire park walkway system. It's really scenic, like going by Balanced Rock. In fact, the middle mile (4.5-5.5) is the most scenic in the park."

In general, Matt describes the course as "fun and challenging." "You have to be strong on both the ups and downs...You really have to respect this course." How does the course, though, differ from last year's? "It may seem easier for some, but that's because with the previous course, the first couple of miles was downhill, and people who didn't pace themselves would start out too fast. But downhills are never free. This year, the start is relatively flat, so that won't be a temptation."

For runners used to setting a consistent pace, however, the course could very well seem tougher. "That's because the old course had that two miles of downhill at the start that you didn't have to gain back. Also, the big hill takes place in the middle mile, from 4 to 4 and a half miles, which is in the middle of the course instead of at the beginning."

Competition

The addition of prize money is also new this year, made possible through the support of Carmichael Training Systems which contributed

continued on page 22

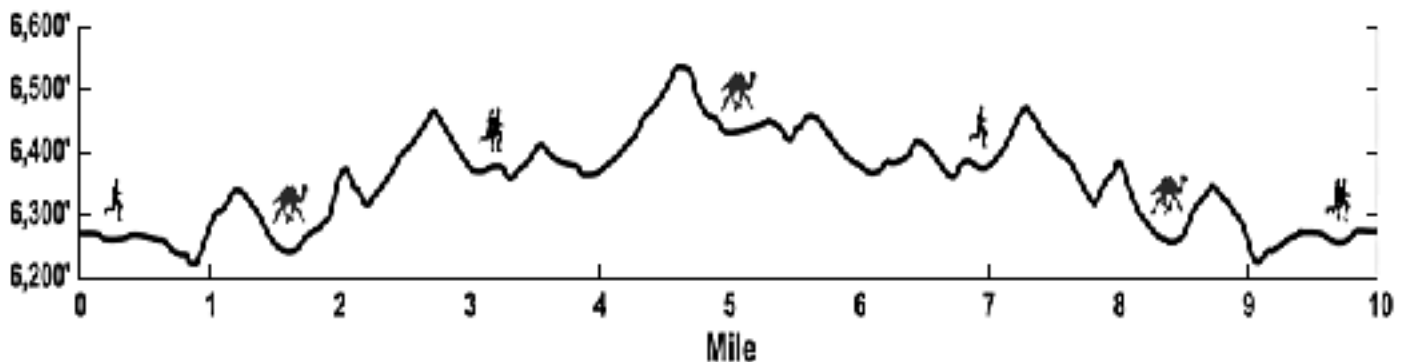
Born on a Bus

continued from page 13

second leg will be held on July 8th with the 12K Summer Roundup Trail Run in Bear Creek Regional Park concluding with the final leg of either the Pikes Peak Ascent on August 18th or the ascent portion of the Pikes Peak Marathon on August 19th. Registration is available online at www.GardenTenMile.com or at www.theTCR.com (to view all runs in the series) as well as at the Triple Crown of Running office, 514 El Paso Boulevard in Manitou Springs (719-473-2625).



RD Matt Carpenter invites you to join the fun for the GOG 10-miler's 31st running and a relaxing post-race venue in Manitou's Memorial Park.



The new course profile is relatively flat at the beginning compared to last year's downhill start. The middle mile presents the toughest hill just when you're starting to really feel the strain. Matt and Bill Bennett designed the roller-coaster course to take best advantage of the park's scenic features.

Save the World, Go Running

by Michael Shafai



The vast majority of runners I know are balanced, gregarious, peaceful, socially-conscious, environmentally-aware, and goal-oriented individuals. Overall, I would argue that runners are good people. I can't really say this about the vast majority of people I know.

Of course, a certain paradox exists here, reminiscent of the chicken, the egg and the age-old question of which came first. Do runners become better people because they run, or are better people somehow drawn to running?

Nevertheless, imagine for a moment that every human on the planet ran on a regular basis for their mental and physical health. How different would the world look? Let me paint a picture.

There's a group of us that meets twice a week, before work, regardless of weather conditions, simply to run. Our group is open to all comers and we run together year-round. Through the winter, our numbers hover around ten, but I can remember some blizzards when there were just two of us. And of course, because personal circumstances change, the make-up up the group inevitably shifts a little over time.

But one thing remains constant. The membership of this group is as eclectic as they come. We join together from all walks of life: diverse racial backgrounds, opposing political opinions, divergent religious beliefs, and varying socio-economic circumstances.

I really can't imagine these folks hanging out together under any other circumstances, but because of the commonality of running, we call ourselves friends. Conversation comes easy, when it might otherwise be difficult. We can set aside any differences we might have, and enjoy the run.

So once again, what would our world look like if every human on the planet ran on a regular basis for their mental and physical health? I can't say for sure, but I personally believe it would be a better place than it is now.

This is why it is so immensely important for everyone in the running community to share their time, talents and resources to help expand our sport. We need to inspire non-runners to lace up their running shoes and head out the door.

We can do so by promoting all of the benefits that our sport offers: not just a trimmer waistline and improved physical health, but the promise of being a better person.

We can take the future runner to a running store so they can buy a decent pair of shoes, or sign them up for a membership in the local running club, or buy them a subscription to a running magazine. Better yet, tell them they're looking old and fallow, and suggest they challenge themselves to run a 5K or 10K at the end of summer. When it comes to making the world a better place, the end justifies the means.

We also need to encourage those current runners we know to push harder and strive for bigger goals. If an acquaintance recently completed a 10K, challenge him or her to run a marathon. Better yet, tell the person you'll run it with them.

...tell them they're
looking old and fallow,
and suggest they challenge
themselves to run a 5K or 10K
at the end of summer.
When it comes to making the
world a better place,
the end justifies the means.

Most importantly, serve as a positive role model to other runners and potential runners. Wear running shorts underneath your work attire. Stick to your training plan like vasoline to a pre-race armpit. Suck down latte-flavored Gu packs with your breakfast. And drink out of running water bottles all day, every day (even when dining at fine restaurants).

In other words, show the world how committed you are to the cause. This is the only way that those who resist will take you seriously. And once you're taken seriously, the seeds of change can begin to grow. Once that happens, we'll have changed the world, made it a better place. And perhaps, just perhaps, when the next blizzard hits, there will be more than two of us that show up for the morning run.



PPRR Mike Shafai writes regularly for the Long Run and has won the national "Best Club Writer" award from RRCA. He is co-race director of the Winter Series and can be seen volunteering and running at many area races.



Linda's Leads: The Thrill of Victory, the Agony of My Feet

by Linda Fuqua-Jones



Take this book on vacation with you this summer! A collection of essays, *The Thrill of Victory, the Agony of My Feet: Tales*

from the *World of Adventure Racing*, is the right choice when you have short bits of time for reading. In fact, the stories in this book are suitable to read aloud and will certainly inspire conversation among family and friends.

Adventure Racing demands diverse athletic abilities including running, mountain biking, paddling, climbing, and, most importantly, navigating. Sometimes the running turns into hiking or slogging through mud. The biking portion of these races seems designed to be more pushing the bike than pedaling; so much so that the phrase “hike a bike” is used commonly. Sometimes the paddling is “portaging”—you see the pattern! The courses are designed to force teams into difficult problem solving situations, problems that drive team members apart. But to win, the team must remain intact.

“I was a young, alpine punk, arrogant and stupid,” confesses Roman Dial. Now in his late forties, Dial recalls a time before adventure racing, when he had left his companions and traveled over fifty miles alone “...No map, no compass, no tent and no partner.” In Alaska. In March.

The following October, on his twenty-first birthday, Dial learned about *The Alaska Mountain and Wilderness Classic: an Overland Footrace from Hope to Homer*, a 150 mile self-supported race across the Kenai Peninsula. Although none of the entrants completed the first Wilderness Classic, a second was planned for 1982. Dial's contribution to this collection is a dramatic and

entertaining chronicle of that event.

A common theme throughout *The Thrill of Victory, the Agony of My Feet* is one of lessons learned. Another is the value of the team. But the overriding emphasis is on the experience. Even the super-competitive, sponsored athletes eventually realize that the experience itself is the reward.



Learning from, and enjoying, the experience is the primary goal for Coloradoan Marshall Ulrich. He was already an established world-class ultrarunner when he agreed to participate in Eco-Challenge Utah in 1995. His essay, “I May be a Stray Dog, but I'm Not Lost,” highlights eight Eco-Challenge Adventure Races and how each gave him specific insights about life. Ulrich often finds a humorous angle, and in his conclusion he writes, “Learn to laugh, especially at yourself—never take yourself too seriously. Work as a team and draw strength from each other. Have Fun.” He goes on to talk about positive ways to problem solve. But everyone seems to recall

the lesson of humility.

This is a fun book to read, but also has serious and reflective messages. Here is one from Owen West: “We pedaled through the night and it was simply one of the best times of my life—we would finish. ... I have been in team organizations and have played sports most of my life, but I had never witnessed the level of absolute teamwork required by that race. ...I have never felt so humbled to be associated with a group of people. ...we crossed the finish line, victorious in eighth place!” When you read *The Thrill of Victory, the Agony of My Feet* you will learn that winning takes many forms other than being first across the finish line.

This book is available at your library. Use the catalog at ppld.org to request a copy of *The Thrill of Victory, the Agony of My Feet: Tales from the World of Adventure Racing*, edited by Neal Jamison, Maureen Moslow-Benway, and Nic Stover.



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.



A Double Dose of Badwater for Wounded Vets

by Anita Fromm

All I have to do is get to the next footstep. For 292 miles. In air that can be 130 degrees, and on a road surface that can reach 180 degrees. Where few things can grow, but where many things can die with ease. In the very thin air on the summit of Mt. Whitney, which stands at 14, 492 feet. All I have to do is get to the next footstep.

Perhaps it is this simplicity that draws me once more to that starting line of the Badwater 135 Ultramarathon, held every July in Death Valley, CA. In a landscape largely unpolluted and untouched by modern civilization, there are few distractions from the unrelenting heat. One can find torment under the broiling desert sun, or one can find peace in the austerity of this hostile environment. One of the most peaceful moments I ever had was at the start of the 2003 Badwater when it occurred to me that every decision I ever made, every mistake and every success, somehow magically conspired to bring me to this tiny speck of land on the planet called Death Valley. In a brief, fleeting and peaceful moment, life made sense.

In the book, *Death Valley Ultras: The Complete Crewing Guide*, by Denise Jones and Theresa-Daus Weber, it says that running Badwater requires an "athletically diverse" individual. After completing my fourteenth hundred mile race this April, not to mention dozens of marathons and fifty mile races, I am hoping I am "athletically diverse" enough to run 292 miles across Death Valley in July, something less than a dozen runners have done.

As part of this race, I am trying to raise money for the Wounded Warrior Project. As a runner, I cherish my freedom, and the beautiful country I get to run in everyday. No matter how painful at the time, every footstep is a blessing. But without the sacrifice of our military who selflessly defend our country



Accomplished ultrarunner Anita Fromm manages a smile during the 2003 135-mile Badwater ultra across Death Valley to Mt Whitney. Anita plans to race this year, continue to the top of Mt Whitney, and then back to the starting line for a 292 mile trip to raise money for severely wounded veterans.

and its freedoms, this would not be possible.

The Wounded Warrior Project is a non-profit organization that provides assistance to those men and women who have been severely wounded in Iraq and Afghanistan by providing them comfort items, counseling, and support for their families. To support this important and much needed organization, I am asking for pledges on per-mile basis. For example, five cents a mile would result in a donation of \$11.50, ten cents a mile \$29.20, etc. All donations can be directly made to the Wounded Warriors Project by going to their website at www.woundedwarriorproject.org. Donations can also be mailed to the following address:

Wounded Warrior Project
P.O. Box 758517
Topeka, KS 66675-8517



Anita is a PPRR member and veteran ultrarunner, having over a dozen 100 milers to her credit. She resides in Manitou Springs and is race director of the Goblin Valley 50K in Green River, Utah.

No hype – just results!

Sacred Journey Massage

Specializing in PUSH Therapy, as well as sports massage, Swedish, trigger point and deep tissue. Individualized therapy and self-treatment plans.

June Special!
Free 20 minute PUSH demo

Sacred Journey
Massage and Therapy
1322 N Academy Blvd Ste 200
Colorado Springs, CO 80909
(719) 550-0085



SacredJourneyMassage.com

Historic GOG 10M

continued from page 18

\$5000. “Hopefully this way we’ll get more people from up and down the Front Range and have a really competitive race. But also it’s important that the prize money not come from raising race fees,” says Matt, adding with a grin, “What’s the fun in that?” The prize money will be awarded to the top 4 men and 4 women overall.

Women competitors will also have a better chance to pace themselves against their peers. The first half-mile of the race will be run in separate lanes for men and women, which allows the women, especially the front-runners, to see whom they are really running against.

Local training efforts also promise to make this year’s race a bit faster. Dave Sorenson heads up training runs early on Tuesday and Thursday mornings. “We’ve had some amazing turnouts this year,” he says. “There were over a hundred for the very first run.” Gathering before dawn in the North Parking Area, runners divide into several groups depending on ability. The runs start at 6:00, last an hour, and will take place through June 7th. See pprrun.org for more information (click on Garden Training Runs in the left column).

The awards, promises Matt, will be something different and “really cool.” You can get a preview, and much more information about the race, at its official website, www.gardentennmile.com. For both men and women runners, unique awards will be presented to the top 3-5 finishers in each age-group, the top 5 masters, and the top 10 overall. A pair of New Balance shoes will be awarded to each 1st place and 1st place masters. All runners will receive a long sleeve technical T-shirt from New Balance, and those that finish will receive a medal at the finish line in recognition of their accomplishment.



Your Mission...

Yes! We have a mission statement. The PPRR board adopted the wording below as representing the goals, endeavors, and values of the Pikes Peak Road Runners until the general membership can give its definitive approval in the fall.

The Pikes Peak Road Runners is dedicated to promoting the sport of running, personal fitness, and community through organizing and managing running events, providing education and training, and creating venues for social and volunteer opportunities in the Pikes Peak Region. We believe that running, training, and goal-setting enhance physical and emotional health. Hosting running events provides a valuable means to belong to a running community. We believe in encouraging participation in running events for people of all ability levels and acknowledge that volunteer participation is a foundation upon which Pikes Peak Road Runners exists.



Early birds have turned out in record numbers for the twice-weekly training runs in the Garden of the Gods. This year, more runners than ever are gearing up for the July 10th 10-mile showdown.

Elbert Reflections

5K and 10K Results

Place	Age	City	Time
5K			
1	Adam Rich	26 Colo Springs	0:16:38
2	David Rule	18 Kiowa	0:20:06
3	Lile Budden	47 Colo Springs	0:20:11
4	Michael Rule	48 Larkspur	0:20:33
5	Lance Risi	38 Parker	0:21:00
6	Erin Kochivar	17 Elizabeth	0:22:16
7	Larry Miller	57 Colo Springs	0:22:25
8	Dennis Collard	52 Colo Springs	0:23:17
9	Heather Bates	12 Colo Springs	0:23:36
10	Alicia DelPardo	19 Colo Springs	0:23:49
11	Nancy Hobbs	46 Colo Springs	0:23:53
12	Richard Riggenschach	49 Elbert	0:24:20
13	Bob Gassen	60 Canyon City	0:24:58
14	Mathew Caver	20 USAF Academy	0:25:14
15	Mitch Chesbro	48 Aurora	0:25:42
16	David Operchal	20 USAF Academy	0:25:49
17	Ken Shimada	35 Littleton	0:26:04
18	Frank Morrey	65 Colo Springs	0:26:10
19	Isaac Christensen	13 Elbert	0:26:19
20	Adam Albert	15 Kiowa	0:26:52
21	Blake Nicholas	12 Peyton	0:27:00
22	Joyce McKelvey	61 Black Forest	0:27:11
23	Lorba Drewry	26 Colo Springs	0:27:18
24	Jim Lantry	65 Colo Springs	0:27:55
25	Heather Kochivar	15 Elizabeth	0:27:57
26	Jeremy O'Leary	13 Elbert	0:28:00
27	Mariah Brown	13 Elbert	0:28:01
28	Dennis Normoyle	63 Peyton	0:28:16
29	Mary Riem	42 Canyon City	0:28:48
30	Dannie Hewlett	44 Elbert	0:28:57
31	Charlene Lantry	64 Colo Springs	0:29:03
32	Rachel Vanover	11 Kiowa	0:29:04
33	Laurie Duke	51 Elizabeth	0:29:29
34	Jan Huie	57 Colo Springs	0:29:41
35	Thom Ertel	45 Elbert	0:31:01

Place	Age	City	Time
36	Penny Brewer	48 Elizabeth	0:31:10
37	Gretchen Joseph	27 Colo Springs	0:31:24
38	Rob Ladewig	58 Colo Springs	0:31:25
39	Keith Holcomb	41 Colo Springs	0:32:16
40	Felicia Hermes	23 Elbert	0:32:25
41	Jerad Degenhart	23 Englewood	0:32:28
42	Liam O'Leary	10 Elbert	0:32:29
43	Colten Rohleder	14 Elbert	0:33:08
44	GJack Knous	49 Elbert	0:33:29
45	Nicholas Rohleder	10 Elbert	0:34:12
46	Stan Burgess	62 Falcon	0:34:25
47	Jeff Franzeb	34 Colo Springs	0:34:37
48	John McDonald	45 Elbert	0:34:43
49	Lauren Pearson	10 Elbert	0:36:07
50	Trevor Nichols	10 Peyton	0:36:15
51	Keith Morton	41 Monument	0:37:02
52	John Read	67 Elbert	0:37:48
53	Melba Weatherford	50 Colo Springs	0:38:10
54	Bryce Webster	32 Colo Springs	0:38:27
55	Christina Anderson	33 Castle Rock	0:39:00
56	Kristi DeLange	22 Peyton	0:39:38
57	Tiuna Lilek	47 Colo Springs	0:40:10
58	Sadie Gould	12 Kiowa	0:41:02
59	Jutta Normoyle	53 Peyton	0:41:49
60	Sherry McDonald	45 Peyton	0:42:24
61	Josh Christensen	10 Elbert	0:42:32
62	Taylor Upchurch	11 Elbert	0:42:38
63	Katherine Knight	35 Colo Springs	0:42:43
64	Mike Lehan	57 Centennial	0:43:04
65	Gaye Thomasson	57 Colo Springs	0:43:28
66	Robert Thomasson	56 Colo Springs	0:43:30
67	Corinne Gibson	56 Colo Springs	0:44:35
68	Natalie Cole-Borden	42 Elbert	0:44:38
69	Susie Cole	54 Elbert	0:44:38
70	Jeanine Ertel	46 Elbert	0:44:53
71	Nikki Grubestic	14 Colo Springs	0:52:00

Place	Age	City	Time
72	Kamiko Strebe	13 Colo Springs	0:52:03
10 K			
1	Gerald Romero	35 Colo Springs	0:37:41
2	Steve White	41 Elizabeth	0:40:43
3	Mark Riem	39 Canyon City	0:42:08
4	David Wilhide	49 Colo Springs	0:43:23
5	Daniel Jensen	50 Colo Springs	0:45:21
6	Edward Kalick	33 Fort Carson	0:47:15
7	Timothy Sybert	27 Fort Carson	0:47:55
8	Robert Mills	36	0:48:20
9	Richard Falat	48 Colo Springs	0:48:34
10	Gwen Martinez	40 Colo Springs	0:48:46
11	Tungsten Alcazar	36 Colo Springs	0:48:50
12	Richard Park	54 Colo Springs	0:49:16
13	Alex Haberkorn	11 Falcon	0:49:39
14	Lou Huie	60 Colo Springs	0:50:26
15	Keith Kauffeld	42 Colo Springs	0:50:43
16	Glenn Strebe	41 Colo Springs	0:50:44
17	Tony Abdella	53 Elbert	0:51:09
18	Mathew Danley	20 USAF Academy	0:53:32
19	Esme DeLange	43 Colo Springs	0:53:36
20	Larry Fruge	50 Colo Springs	0:56:01
21	Tim Ryan	61 Colo Springs	0:57:25
22	Lori Hawkins	46 Colo Springs	1:02:33
23	Tony DeLange	49 Colo Springs	1:07:48
24	Kelcey Bines	22 Denver	1:08:15
25	Anthony Langer	29 Colo Springs	1:08:29
26	Cosette Truscott	48 Colo Springs	1:09:14
27	Kenneth Green	78 Littleton	1:09:45
28	Michael Knight	31 Colo Springs	1:12:18
29	Maria Fruge	51 Colo Springs	1:13:23
30	Jennifer McDonald	20 Peyton	1:13:35
31	Sherry Scacco	46 Ft Lauderdale	1:16:33
32	Dean Dunham	42 Colo Springs	1:16:34



Veterans Home Run

5K Run and 1K Walk

Sunday July 1st

Air Force Academy Falcon Stadium 7AM



Come and support
our veterans!

to benefit the
Crawford House
Veterans Home

www.pprun.org
719.636.2696



Register race day or at:

Runners
Roost

Colorado
Running Co.

Boulder
Running Co.

Active.com

