



Pikes
Peak
Road Runners

the *LONG RUN*

Volume 31 Issue 3

Running News for the Pike's Peak Region

March 2007



Winter Series II & III Results

Running in God's Country
Reflections on a chilly morning run

Member Spotlight
New monthly focus on local runners

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
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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

*davidson@msn.com

Club Meetings

Business meetings are held on the **first Tuesday** of each month at **7 pm** at the downtown Pikes Peak YMCA, 207 N Nevada. Your board encourages PPRR members and friends to attend. The next meeting is **March 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

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Jack Anthony
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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. 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 **March 6th**.

Newsletter Stuffing

Newsletter mailing stuffings take place on the **3rd Wednesday** each month at **6:30 pm**, at the Colorado Running Company, 833 N. Tejon (corner of Tejon and Cache la Poudre). The Colorado Running Company graciously hosts the parties and provides beverages. Food (usually pizza) will be provided. Everyone is welcome to join the fun! Write Jim at jim@pprrun.org for more information.

Next stuffing is **Wednesday March 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 ensure brochures are *unfolded*. The deadline for delivery/submission is the *3rd Tuesday* of the month. Send to editor@pprrun.org for printing (extra charge, color also available) or deliver **750 copies** to:

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

Include check for \$50 payable to PPRR.

Advertising is welcome and we can help with design. **Business card** size (3.5 x 2) advertisements may be run at the rate of \$20 per issue. Submit as indicated above. Write to editor@pprrun.org for other size rates or call at 719.232.4419.

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

President's Letter



Last month Jim Kelleher, our editor, asked “Why do runners run?” I know why I run and why some of my close friends run. Runners, in general, have just a few common reasons, such as staying fit, socializing, or reaching goals. Grouping runners by their incentives gives you a look into the various kinds of runners. Jim listed five types: Competitive, Fitness Oriented, Achievement Oriented, Accomplishment Oriented and the Transcendentalist. The March issue of Runner’s World listed four: Warrior, Purist, Exerciser, and Socializer. So common are lists these days that I would bet you could find any number of ways to slice and dice different types of runners into different categories. But what purpose might this serve?

I had a lot of time on my hands on Super Bowl Sunday to think about what kind of runner I am. The company I work for fields a marathon and a track team through the U.S. Corporate Athletic Association. I was selected to join the marathon team. I quickly found myself on a plane to Huntington Beach, CA for the Pacific Shoreline Marathon. I had a six week notice.

I began a crash training regime, but Mother Nature forced a regime change. My longest training run was only 13 miles on screw shoes in a blizzard. I resigned myself to the fact that my fifty-year-old frame and my two-year-old shoes were just going to have to tough this one out. Besides, I’d run marathons before. I knew what to expect, even though I hadn’t run a marathon in 22 years.

So there I was, with little to no training, plodding along the board walk, enjoying an eight-minute mile with a teammate from Cleveland. When we crossed the half-way point, I was nearly hallucinating from the abundance of oxygen. I was a competitive runner at that point.

Then came the 17-mile marker. My teammate left me for a fast woman. I was alone and beginning to feel my age...I had slid into the Achievement Oriented category. By 20 miles I was looking forward to just finishing, I guess that made me an Accomplishment Oriented runner.

By mile marker 24, I was enjoying watching the surfers, the feel of the warm sun on my shoulders, and the swaying of the palm trees. In the words of one of my favorite songs, “I had become, comfortably numb”. After four hours and twenty two minutes, I earned myself a new pair of Soloman track shoes and a “marathon time”.

Cover photo: Joe Papenfus and Erin Neville sprint to the finish at the Winter Series II 5 mile run. (photo by Jim Kelleher)

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Categorizing runners is a way of defining the community they share in common. The Jack Quinn’s Tuesday runners and the Colorado Running Company’s Wednesday runners share a social environment before and after each run. While on trail, they may do like I did in Huntington Beach: run competitively, aim for achievement, become satisfied with the accomplishment, and eventually transcend to the ethereal, “It’s what I do, it just doesn’t matter.”

Your assignment for this month is to examine your incentives. While out there on the trail, ask yourself, “What kind of runner am I?” For myself, I’ll answer that question with a question: “What’s the mile marker read?”

Jon Cornick

PPRR Board Minutes

Tuesday, January 2, 2007

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

Monthly Kudos

Larry Miller thank you for snow removal at our storage unit

Meeting Minutes Review/Approval (Pat)

Minutes were approved as corrected and are on file.

Membership (Pat)

491	individual	855	current
9	life members	195	expiring
180	family primary members	37	new
382	family members	18	renew
1105	Total Members	723	Total Mailing

RRCA Insurance (Pat)

Renewal sent to RRCA for membership and insurance and waiting for issuance of renewal certificate

New Business

Motion made by L. Miller, seconded by L Stansberry to review Policy Handbook in June, 2007, to include rental fees verbiage.

Include dinner fee with winter series and fall series. More attendance? Will try with Fall Series.

Treasurer's Report (Gil)

Tax preparation is in process. Dave Sorenson again will assist in tax preparation. Gil stated that due to e-mail problems, contact him via phone.

Financial statements as presented are on file. Annual report will be presented in February.

L. Miller requested a special report of Fall Series income and expenses.

Motion made by J. Kelleher to discuss mission statement, seconded by J. O'Neill, in February. Discussion could be lengthy. Send suggestions to M. Simpson for compilation. Motion approved.

Suggestions for new tag line for newsletter are requested. Building community

J. Gardner accepted appointment as RRCA representative. J. Cornick gave J. Gardner a listing of responsibilities, received from J. Anthony.

Observations on judging of newsletters/websites. Comments from J. Anthony who previously was a "judge": "websites are

elites and open categories. No passwords are needed to view the websites. Check them out." Makes membership worthwhile.

Newsletter, Bulk Mail, Calendar (Jim, Jim, Dave)

J. Cornick talked about members submitting their own articles and that all articles would be included in the newsletter. Promoting communication with members through our newsletter and our website.

J. Beckenhaupt announced the "Stuffer of the Year Award" and presented it to Micky Simpson for coming in "from Kansas" during the blizzard. The newsletter was one day late in delivery, but relatively "on time". Weight vs cost differential is minimal.

D. Sorenson - Fall Series 07 goes beyond 2nd week in November, which is as stated in Policy Handbook. Explanation was provided. Corrections were made.

Webmaster (Dave)

New year changes made. Running apparel stores are highlighted on the website. J Cornick's comment: pictures are a great addition.

Equipment (Larry, Bill)

Base of shed door broken. Timing equipment is working well. Bad timing cords are normal – but there are none currently. We use the standard timing machine that Chronomix has made for years.

R. Garcia made motion that future equipment rentals to non-profit organizations be a "no charge", seconded by P. Lockhart. Repairs will be borne by the renter. Motion passed.

Race Coordinator (Pat)

DTC YMCA event has been changed to a "non timed" event. CSPD – chose April 25th date. No further information.

Past Event Debriefing

Rescue Run - unofficial financial report presented. Statistics presented regarding participation. All on file with the minutes.

Open Forum

Phil F thanked Dave S for the computerized results for Nielson. Sincerely appreciated.

Upcoming Events

Winter Series – Dinner (Pat)

Jan 13 – Fox Run

Jan 27 – El Pomar

Feb 10 – Santa Fe Trail

Feb 24 – Black Forest

Mar 3 – Dinner/Awards

Volunteers are lacking, new person at El Paso County Parks, all progressing.

Pat Lockhart, Secretary

From the Editor

When Alice in Wonderland asked the Cheshire Cat which way she should walk, he replied that it depended on where she wanted to go. She told him that it did not matter as long as she got *somewhere*. The cat replied that if that were the case, then any path would do. She would certainly end up somewhere if she walked long and far enough.

One of the tasks your board of directors has tackled under the leadership of your new President, Jon Cornick, is to figure out where, as a club, we want to go. Consequently, we need to come up with a mission statement. (And before you ask...no, we don't already have one.) An organization without a mission is like Alice, wandering (or running) long and far, but to nowhere in particular.

If you have participated in the soul-searching endeavor of devising a mission statement, you know that the task is daunting, especially for a board of directors. For one thing, it necessitates articulating and agreeing upon the very reason for PPRR's existence. We're not talking about choosing the color of a logo here. Board members have made a real commitment to the club. They make a huge investment in time and energy. It's *really* important to them. So, if you're ask them what PPRR is all about, they are going to have some very deep feelings on the matter, even if they haven't given it much thought. And whereas deep feelings make for lively discussions, they also make for prolonged and passionate ones.

I wonder that PPRR has never bothered with a mission statement. But consider the fact that PPRR grew out of the Pikes Peak Track Club: a bunch of fairly earnest running buddies who formed a club to organize some races. Now, if I do something with my buddies, I *know* why I am there. I also assume that *we* are there for the same reason. So, in the beginning, no one thought to ask what the club was all about. They just knew.

That was 30 years ago. I won't hazard a guess as to why a mission statement wasn't tackled in the interim. Maybe the purpose was sufficiently clear, or at least felt, that no one asked about it. But that is no longer the case. We've gotten bigger; we have more options for directions to head and causes to support than we have resources or time. That's one practical reason for a mission statement: it makes decisions easier.

A good mission statement also makes people say, "Hey, I want to be a part of that!" So, help us out here. What do *you* want to be a part of? What should the club do for the running community (besides get them store discounts)? What principles should we stand for? Write to Jon and share your thoughts (president@pprrun.org).

Where do you want your running club to go? Will any path do, or should we have a destination? If we don't decide on one, we'll be somewhere, but nowhere in particular.

Jim Kesseher, Editor

the Long Run Long Ago



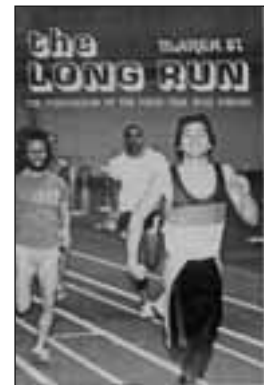
10 Years Ago

The cover features John Moha's telling of running the Leadville 100, with the help of pacers **Terri Archer** and **Matt Carpenter**, who ran with him for 26 miles. "In the end," writes John, "you remember the people and not the race." While the president is out of town, vice-president **Mark Kuhn** invites members to check

out the new web site at pprrun.org. **Dave Sorenson** offers a look at running through streets named after galactic objects. He encourages us to "keep running, give meteors the right-of-way, bargain for a lower price with the aliens." **Heidi McKenna**, 29, rockets away from the pack winning the *short* Winter Series by a full 11 minutes. The long series was taken by 16-year-old **Justin Ricks**, 5 minutes ahead of president **Larry Miller**.

20 Years Ago

On the cover, runners compete in a PPRR sponsored indoor track meet. Inside, **Nancy Hobbs** tries to convince the board to renew their RRCA membership, but most, apparently, remained against the idea. In a statement that would be pertinent to your board's current soul searching for PPRR's identity, President **Russ Baker** says it's time to "get back to what we are hear for: putting on races."



25 Years Ago

A dozen safety tips for road runners are listed along with rights and duties. Among the safety tips: don't hesitate to dash fellow runners into the ground to dodge traffic. You can explain later. **Craig Schafer** gives impressions of the **Canine Classic** held in Monument Valley Park. He was amazed at the start with so much dirt kicked into the air, and, he insists it had to be the noisiest race ever run. Controversy reigns over whether to purchase a club vehicle. Apparently after two general meetings and several board meetings, the issue remains hotly debated. They did manage to agree, however, on the need for an equipment manager. Apparently race directors grew tired of trying to track down equipment.



Letters

Dear Jim,

The Pacer runs for January were blessed by perfect weather, sunny and about fifty degrees. Two school groups came for the run and trophies, forcing our younger members to do their best. It came to a total of 221 runners, a huge turnout for a Pacers monthly run. Runner of the month was Emily Field. She ran a 34:06 10K for second overall and a new record for Pacer women. We are proud of our fast ladies in Plano, as you should be proud of the many I met in Colorado Springs. The day after the runs we got the predicted cold weather from Colorado. It is still here at the beginning of February, giving us an unusually long stretch of wintry weather. Our Plano winters usually end about January 4th. Last month I wrote about our practice of electing married couples as president and vice president. It finally came to an end. Our last vice presidents, the Houellemont family, had to decline the presidency for business reasons. Members Jerry Powell and Al Angell stepped up to be the new president and vice president, and the club continues without a ripple. The Houellemonts are still our computer gurus, and still man the finish line and tables at the races, but the myriad other details of running a club were too much for even this dedicated family. Road Runner presidents and board members know exactly what I mean. Your club gives out a Gloria Baker Award for service. I remember Ms. Baker, who signed me up for the Road Runners. Anyone that can meet her standards deserves an award, and more.

Regards,
William L. Jones



Spotlight

Korina Lyons

by Jon Cornick

This month, the Long Run revives the PPRR member "spotlight" as a regular feature. Long time readers will remember similar columns from years past.

I met Korina while running on the Santa Fe Trail one cold winter day. I was trying out my new Yak Trax and notice the footprints in the snow of another Yak Trax runner. Eventually we met. Korina is an elementary P.E. teacher who came here from Grundy Center, Iowa.

JC: So why do you like Colorado Springs?

K.L.: Because of the beautiful mountains, the endless trails, and of course my friends.

JC: When did you start running and what got you started?

K.L.: I began running in 2001, to get in better shape.

JC: What's your greatest accomplishment?

K.L.: Crossing the finish line of my first marathon, The Bizz Johnson Marathon (Oct. 2006). I've run a handful of half marathons, and many local 5K's and 10K's.

JC: That's quite an accomplishment for only having started running five years ago. Do you have a favorite run?

K.L.: My favorite local race is the Manitou Springs 5K, always a good challenge. My favorite group run is the Wednesday night runs at the Colorado Running Company; a nice way to "unwind" and hang with friends. My favorite solo run is the Santa Fe Trail (going north) from the Woodmen trailhead, it's always beautiful and peaceful.

JC: That is a beautiful stretch of trail. Jack Anthony wrote about the history of that area for an article in the Long Run. There're lots of neat things to see and imagine along the way. What's the neatest thing



you've ever found while running?

K.L.: A yellow slug I saw while running in the California redwoods.

JC: Is there anything that you don't enjoy while running; do you have any pet peeves?

K.L.: When people don't follow trail etiquette.

JC: Many of our members join the club to run races. Why did you join?

K.L.: To become a part of the local running community. I also enjoy reading the Long Run. I read it cover to cover.

JC: Have you ever resisted the urge to run and volunteered to work a race instead?

K.L.: Yes.

Our thanks to Korina for volunteering her time to respond to our "Members Spotlight". And be on the look out for anyone running up to you and asking "Are you a member of the Pikes Peak Road Runners? You'll never know who you'll meet on the trail. ▲

Trail Clean-up

Postponed until further notice
due to COSMIX construction

Membership

New Members

David Andrews	Fort Carson
Victor Boley	Pueblo
Allisyn Booth	Colorado Springs
Andrew Braunstein	Colorado Springs
Annette Demel Burns	Colorado Springs
Kristy Burns	Colorado Springs
Brandi Buskohl	Colorado Springs
Lou Christensen	Colorado Springs
Mayorvy Cifuentes	Colorado Springs
Alonzo DeBerry	Manitou Springs
Monique Delauter	Peyton
Mike DelMonico	Colorado Springs
Kevin Feldatto	Colorado Springs
John Fitzpatrick	Colorado Springs
James Gale	Monument
Barbara Good	Colorado Springs
Kalynn Good	Colorado Springs
Mark Good	Colorado Springs
George Gregor	Colorado Springs
Ed Gritters	Colorado Springs
Emily Gritters	Colorado Springs
Kacey Gritters	Colorado Springs
Karie Gritters	Colorado Springs
Molly Gritters	Colorado Springs
JoAnn Harris	Falcon
Joel Hawkins	Colorado Springs
Kelsey Hilton	Colorado Springs
Ken Hilton	Colorado Springs
Kyle Hilton	Colorado Springs
Penny Hilton	Colorado Springs
Jeff Holt	Colorado Springs
Charisma Isaac	Colorado Springs
Jonathan Isaac	Colorado Springs
Mariah Isaac	Colorado Springs
Rick Isaac	Colorado Springs
Shariena Isaac	Colorado Springs
SheriLynne Isaac	Colorado Springs
Russell Keglovits	Colorado Springs
Brian Landis	Colorado Springs
Anthony Langer	Colorado Springs
Patricia Lombardi	Peyton
Christie McCall	Manitou Springs
Ronald McCall	Manitou Springs
Karen Messias	Colorado Springs
Debbie Monfre	Colorado Springs
Matt Monfre	Colorado Springs
Dr. Diane Naasz	Yoder
Shelby- Naasz	Yoder
Suzie Calvin- Naasz	Yoder
Zack Calvin- Naasz	Yoder
Erin Neville	Colorado Springs
Aspen Parsons	Colorado Springs
Cheyenne Sisneros-Parsons	C. Springs
Dylan Parsons	Colorado Springs
Jackson Parsons	Colorado Springs

Manny Sisneros-Parsons	Colorado Springs
Scott Parsons	Colorado Springs
Shelley Parsons	Colorado Springs
Eric Peterson	Colorado Springs
Jessica Raab	Colorado Springs
Julie Peterson Ramirez	Colorado Springs
Philip Redinger	Colorado Springs
Steve Roth	Colorado Springs
Anton Schulzki	Colorado Springs
Joel Smith	Colorado Springs
Susan Styron	Colorado Springs
Mary Toman	Colorado Springs
Natascha VanderMolen	Colorado Springs
David VanGambleare	Colorado Springs
Jamie VanGambleare	Colorado Springs
Mark VanGambleare	Colorado Springs
Sam VanGambleare	Colorado Springs
Steve VanGambleare	Colorado Springs
Lonney Vogt	Colorado Springs
Rachel Walters	Colorado Springs
Jay Walther	Black Forest
Robert Wedel	Colorado Springs
Charles Wills	Colorado Springs
Diana Wills	Colorado Springs
Taylor Wills	Colorado Springs
John Wollinka	Colorado Springs
Chris Wood	Colorado Springs

Renewing Members

Tim Allison	Colorado Springs
Robert Borries	Colorado Springs
Lee Burton	Divide
Don Byers	Colorado Springs
Donnie Byers	Colorado Springs
Vicki McCann- Byers	Colorado Springs
Scott Cote	Manitou Springs
Gary Delassus	Colorado Springs
Cathy Dilts	Colorado Springs
Leonard Dilts	Colorado Springs
Nicole Dilts	Colorado Springs
Sarah Fischer	Colorado Springs
Steve Fischer	Colorado Springs
Diane Gentry	Colorado Springs
Deb Hadley	Florence
Rich Hadley	Florence
Tod Hill	Castle Rock
Steven Jennings	Colorado Springs
Carol Kinate	Colorado Springs
Clyde Landry	Colorado Springs
Christine Levy	Colorado Springs
Glenn Levy	Colorado Springs
Kelly Parker Levy	Colorado Springs
Cruz Martinez	Colorado Springs
Chris McIntyre	Colorado Springs
Joanna McIntyre	Colorado Springs
Zane Meredith	Colorado Springs

January Newsletter Volunteers!

Colorado Running Company



Al Grimme
Brenda Murphy
Courtney Butler
Dave Thomson
Diane Cahalan
Eric Sova
Esme Delange
Jeff Smith
Jim Beckenhaupt
Jim Kelleher
Jeff Tarbert
John O'Neil
Jon Cornick
Jon Teisher
Larry Miller
Lynne Hall
Marie Baughman
Melissa Leftwich
Micky Simpson
Norm Hall
Phil Goulding

Michael K Olson	Colorado Springs
Dale Papineau	Pueblo West
David Patrick	Colorado Springs
Steven Read	Colorado Springs
Storme Rose	Colorado Springs
Tom Sayers	Colorado Springs
Rick Shoulberg	Manitou Springs
Rick Susak	Colorado Springs
Shelley Susak	Colorado Springs
Bryce Suter	Colorado Springs
Kimberly Suter	Colorado Springs
Landon Suter	Colorado Springs
Rachel Suter	Colorado Springs
Scott Suter	Colorado Springs
Bob Taylor	Colorado Springs
Elizabeth Watkins	Colorado Springs
Isaac Watkins	Colorado Springs





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

Well, for the third month in a row, it was another "significant" weather day at the Nielson Challenge. The temps were mild, in the lows 30, but the wind was blowing something mighty fierce. Steady winds were in the low 20 mph with gusts in the 30-40 mph range. This added a little extra challenge to this month's event.

19 runners still came out and challenged themselves to the 2 mile course. Two-time defending champion Dean Buck was one of those runners, however, he did not extend his streak to three. It was Steve Sanchez that finished both first in the race and had the largest improvement over his handicap. It's very, very seldom that the winner of the race also is the most improved. Steve is wearing a brand new, well-earned shirt now, courtesy of EON Studios.

We are putting in our order now for good weather at the March Nielson Challenge, so please come out and join us next month.

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 for map and more information.



February Results

Name	Place	Handicap	Actual	Difference
Steve Sanchez	1	12:37.9	12:13.6	- 00:24.3
Anthony Luna	4	15:45.6	15:30.5	- 00:15.1
Dean Buck	6	16:01.2	16:02.8	+ 00:01.6
Woody Noleen	2	12:03.8	12:59.6	+ 00:55.8
Doyle Baker	5	14:27.6	15:31.9	+ 01:04.3
Jim Beckenhaupt	8	15:28.3	16:35.4	+ 01:07.1
Ed Gleason	7	14:43.3	16:06.8	+ 01:23.5
Jim Hemesath	17	23:30.4	25:19.0	+ 01:48.6
Dennis Stalnaker	15	18:52.7	20:48.9	+ 01:56.2
Clyde L. Landry	9	14:50.3	17:05.0	+ 02:14.7
H. J. Arnold	16	20:18.0	22:46.6	+ 02:28.6
Mike McKay	18	26:45.7	31:48.5	+ 05:02.8
Jan Huie	19	17:07.6	35:00.1	+ 17:52.5

New Runners

George Whyte	14	20:47.9
David Donelson	3	14:41.9
Julie Crist	12	19:32.2
Josh Synes	13	19:32.7
Lily Donelson	10	18:05.1
Zaena Mosher	11	19:06.8

What is the Nielson Challenge? Runners compete against their previous times in an effort to achieve personal bests. Each runner has a computed handicap. The runner who beats their handicap by the largest margin is the winner for that month. The lower the handicap, the faster you have to be.

How is the handicap calculated? For those who have run at least 10 Nielson events in the past two years, their handicap is simply an average of their five best times. If the runner beats one of their own top five times, then their handicap goes up accordingly.

What happens if someone has less than 10 runs? A penalty is calculated and subtracted from their top average times. First, the average of the top half of whatever races they have is figured. Then, 9.5 minutes is subtracted from this average to give a penalty basis. A percentage of this becomes the penalty. The penalty is deducted from their average and the result is their handicap, the time to beat.

What percentage of the penalty base is subtracted from the average times? That depends on how far away a person is from completing 10 races. The number of races short of 10 is the percentage used. If you have 4 races to go, 4% of your penalty base is subtracted from your average. So, the fewer the races run, the higher the percentage.

For example if a runner has run six races, her penalty is 4%. Suppose the average of her three fastest races is 14 1/2 minutes. Subtracting 9 1/2 minutes give her a 5 minute penalty base. 4% percent of (12 seconds) becomes her penalty and is deducted from her average, resulting in a handicap 14 minutes, 18 seconds.

Historically, this formula gives an advantage to new runners and those who run frequently—precisely the audience for whom the handicap was designed.

The Accomplishment Runner

by C. A. Dilts

Start at the bottom and work your way up. It's easy to find the names of the folks in this article in the results. Mine, too, for that matter. We are the "accomplishment runners" **Jim Kelleher** wrote about in his February Long Run editorial. But let's clear up a couple misconceptions right up front: one, we often are not seeking to accomplish anything at all, and two, we might not run one single step of the "race".

Some of us ran track in high school or college, or competed for a brief season or two. We know how to achieve goals. Some, never the athletic type, are opening a new chapter in life. Why do we choose to walk or run very slowly in the competitive environment of events like the Winter Series?

We walk/run for our physical health. For our mental health. To lose weight. We walk/run because our friends do, and we can't resist peer pressure. We go slow because we have bum knees, bum tickers, or chronic illnesses. Or because we just don't train enough to be fast. Or because speed is not our goal.

My husband Leonard and I met another walker at the Winter Series II on a snowy Saturday this January. **Charlie Snygg** gave his reasons for participating at a slower pace, as we



PPRR member Cathy Dilts enjoys a healthy, comfortable pace at this year's Rescue Run.

walked and chatted. (Can't do that at a run!) Charlie has had two heart attacks. He cannot run, due to constricted arteries. Participating in running events, at a walk, has improved his health. At the end of the four mile race, he waited for his team buddies running the eight mile to come into view, so he could cheer them across the finish line. He seemed to have a nice balance of the self-motivated desire to maintain his health, and the social activity involved in being a member of a running team.

Julie Foster also walked with us, bringing up the rear in the short series. Putting her in the "accomplishment runner" category is not exactly accurate. Julie was volunteering at the Winter Series II to make sure none of us got left behind. Three weeks before, at the Rescue Run, she crossed the finish line before me. Julie told me she prefers to walk now. At age 70, Julie regularly participates in and volunteers at running events. I have friends in their 40s who would not dream of walking a mile, much less 3, 4, or more. Julie is not only walking it, she's taking care of the other runners.

I asked my husband his motivation for participating in the Winter Series. He replied, "I'm doing it for the shirt." Now I know good and well that he has several valid reasons for running. But it is true that we middle aged folks enjoy wearing a Turkey Trot or Rescue Run T-shirt to work, and impressing our younger co-workers who can't imagine how we make it up the stairs every day.

There is also an element of living vicariously through the victories of our more athletic friends. **Beth Shuler** began walking seriously several years ago. She really became hooked on races when **Sharon Burton** asked us to be pacers for her husband Lee at the Leadville 100. How, you may ask, could 5K walkers and slow runners possibly help an ultra-marathoner? The answer is simple. How fast do you think those



Julie Foster, age 70, still going strong as a race participant and ever-present volunteer.

guys are going after running 50 miles through the mountains? With the exception of Matt Carpenter, of course.

Attending local races keeps Beth on track with her training program. "Knowing there is a race coming up or a pacing opportunity keeps me motivated to eat right and stay in good enough condition to be able to participate. It's fun." Like most of us walkers and slow runners, Beth is not trying to win the race. "I compete against the clock (road conditions permitting)."

Maybe we do share something with many ultra-marathoners. As Jim pointed out in his editorial, an ultra-marathoner can have the goal just to finish, with no desire or expectation of crossing the finish line first. Or second. Or fiftieth.

Believe me, we do appreciate being able to participate. All of the Pikes Peak Road Runners events I have attended seem to accommodate walkers and slow runners. Maybe some of us will graduate to actual racing. Maybe not. But being able to participate at our own pace is keeping a lot of us from turning into coach potatoes.

When you serious runners see the walkers strolling across the finish line, keep in mind that walking might be a huge accomplishment for some of us.



Running in God's Country

by Esme DeLange



I planned and contemplated for a month to run the first leg of the Pikes Peak Road Runners Winter Series in January. For the fourth week in a row Colorado was hit with a winter storm and, this time around, old man winter had us in a fierce grip.

The arctic blast moved in late on Thursday night and temperatures dropped 30 degrees within 90 minutes—and this happened while the sun was still shining. During

the early morning hours the snow started coming down: not too heavy, just white, powdery, light and fluffy—little flurries; it was too cold for heavy wet snow. Friday morning the sun decided it was too scared to challenge the cold and clouds and did not show its face the entire day. By late Friday afternoon the world was covered with a blanket of snow. Of course, as you all very well know, this means the roads become down right icy, messy and challenging. This however did not stop me from going out to buy gloves and a turtleneck scarf (for you from the sunny part of the world, this is a special scarf that covers only your neck and half your face) so that I would be able to brace for the cold and still run the 10K race Saturday morning. You gotta have the right gear you know! With expected high temperatures for Saturday of 14F (-10C) I decided that I was prepared.

I got up Saturday morning before sunrise and peeked through the curtains. The first thought through my mind was, “Are you out of your mind? Get back under the covers!” I turned on the local weather station and, armed with a cup of coffee, thought I would check the temperature and what the highs would be for the day. When I saw that the current temperature in Monument’s Fox Run Regional Park (this is where the race was going to be) was minus 6F (-21C), I thought I totally lost my mind even thinking about running a race in temperatures below zero. But then I tried to convince myself by thinking, “Oh well, it is still early (6:15am) and maybe it will warm up. Yeah right, maybe another 4 or 5 degrees.

For the next hour I kept a close eye on the weather channel and drank two more cups of java. With enough caffeine in my blood I decided it was time to venture outside and plow the driveway, you know, just to get an idea of the outside temperature. I needed more convincing, and what better way to do that and at the same time warm up for the race I was considering.

I went out to the garage to get the snow blower going. Yes, I am spoiled, gone are the good old days of shoveling with a snow shovel...a woman needs tools you know. Even the snow blower contemplated whether or not it should start and brave the cold outside to plough through inches of snow. Eventually I got it fired up. I don’t know what was worse, the cold, the smoke, or the deafening sound from the snow blower? The snow blower sounded like a train out of control racing against an avalanche. The sound of a snow blower at 7.30 on a Saturday morning is probably not what the neighbors wanted to hear. Maybe that is why people were staring at me...or was it glaring? It was then I decided I was going run this race even if I was the only one. My decision warmed me up instantly. Oh, and it felt good because I convinced myself that I am not crazy and that there will be other runners. Please understand that half or more of the runners in Colorado have lost some brain cells, probably due to frostbite.

Now I was racing against the clock. The race was starting at 10:15 AM and it was already after 8. I still had to plow, shower, eat breakfast, pack all my running paraphernalia and, of course, make the 15-plus miles drive up to the park on snowy and icy roads. To top it all, I do not drive a fancy 4-wheel drive with ABS brakes, but a little front wheel drive Dodge Neon—always up for a challenge.

Nine o’ clock crept up on me sooner than I wanted it to and I was on the road, with all the necessary running paraphernalia to run in sub zero temperatures, plus a registration form for the race all filled out. Yes, I am the

All the way back I was weighing my options as to where I was going to run. You have to realize that I did not dress up and buy all that sub zero running paraphernalia for nothing!

queen of procrastination, and therefore I thought there would be plenty of time to sign up before the race.

Meanwhile the sun peaked out, melting away all the clouds. It was a crisp, clear, sunny, but very cold day with the sky the color of blue sapphire. I think only in Colorado have I seen such beautiful blue skies. Maybe it is the snow on the ground that makes everything seems so clear and clean. The roads in the neighborhood were a challenge, snow packed and icy, but as soon as I hit the highway, it was free sailing.

That came to a sudden halt as soon as I took the exit to the Fox Run Regional Park. Baptist road was hilly and totally snow packed, but nonetheless I pushed forward determined to cover the 3.8 miles to the next turn off in a record time. This did not happen. The drive was absolutely beautiful! The road wound through the neighborhood with the pine trees on both sides covered in snow and ice. The rays of the sun created a sparkle of diamonds on the snow and ice covered branches of the tall trees, and the sky appeared to be an even deeper blue. I was in total awe of how beautiful it was and how blessed I was to live in a part of the world that is so amazingly beautiful.

Before I knew it I was at the entrance to the park, but it seemed eerily quiet and I told myself that maybe I am at the wrong entrance. I looked at the directions and map again, but I was exactly where I was suppose to be. When I rounded the next curve in the road there were people in a big SUV flagging me down. Oh no.....now what? My heart sank when they told me that the race was cancelled. It was cancelled not because of the weather but because they could not get the support crew and vehicles to the staging area.

To make me feel better, I was told that I could have an extra donut in two weeks when it was the second leg of the winter series. Gmph...like that was enough to lift my spirits after the disappointment. And to put the cherry on the cake, the cancellation was posted on the website. I never bothered to look, because they never cancel any of the races. What WAS I thinking? I still felt good about myself just because I decided to run; there were many opportunities and reasons for me to back out of this race and I didn't.

I made a u-turn and started the trip back to town. Now my brain was in overdrive, if there can be something like that for a blond. All the way back I was weighing my options as to where I was going to run. You have to realize that I did not dress up and buy all that sub zero running paraphernalia for nothing! I eventually decided that my best option was the Santa Fe Trail, with the trail head located about 2 miles from my house.

When I drove into the parking lot at the trail head, sure enough, there was another car. "Good," I said to myself, "another crazy soul." The temperature made it up to 1F (-17Celsius) and it was already after 10am. By now I had use a bathroom really badly. (I will never learn not to drink so much coffee before a race.) There is a porta-pottie available at the trail head and I had to brace myself for this experience, but if you gotta go, you gotta go! I could not make it back to the car quickly enough.

Still determined to run, I started putting on my "screw shoes". For you that are unfamiliar with this

term, it means that I have some sheet metal screws screwed into the bottom of my trail runners. This is to give me more stability and traction on snow packed and icy trails. All crazy Colorado trail runners have these I am sure. A cheap and convenient way to convert your trail runners, and the best thing of all, you can remove the screws when Spring comes around. I love to say that my shoes are "screwed". Well, soon enough, I was dressed up and ready to go!

I set out on the trail at a steady pace, breathing in the arctic air. Every breath I took sent chills through me, but I kept telling myself that I would warm up soon. All I could hear was my own breathing and the sound my shoes were making on the snow. The snow was creaking like somebody was shaking and bending a bag of sugar, almost like somebody taking a piece of chalk to a blackboard constantly scribbling. The first mile was tough going and, I must admit, I was disappointed that there were people on the trail before me creating footprints all over it. There was a fresh layer of snow from the night before, covering the previously melted snow,

**The way the sun was shining
on the snow on the trail
made it look like
God rolled out a carpet of
silver and diamonds just for me.
How totally
awesome this was!**

ice and footprints. When I reached the two mile mark it seemed like this was the turn around point for everybody and all the footprints came to an abrupt halt in a confused circle.

It was right there and then I decided to be a pioneer and carry on. I slogged through a two foot snowdrift for about 75 yards, which seemed to take forever. The trail was covered in three inches of fresh powdery snow, NO footprints and nobody...just me! It was so quiet you could hear a pin drop if it wasn't for my breathing. I started out running and every step I took felt like this was the road to heaven. The sun was now shining brightly and the sky seemed to get a deeper blue with every step I took. I kicked up a light dust of snow with every running step I took and the sun created tiny little sparkles in it. The gentle breeze blew some of it into my face where it would melt from the heat on my face, only

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Linda's Leads: The Quest for the Fastest Mile

by Linda Fuqua-Jones



Alan Webb ran an astonishing 3:59.86 mile in 2001 as a high school senior, which was the first sub-four-minute mile since (now Congressman) Jim Ryun set the high school record in 1967. Later that same year Webb ran the mile in 3:53.46 and the pressure was on.

This month's recommendation, *Sub 4:00 Alan Webb and the Quest for the Fastest Mile*, by Chris Lear, is the story of what happened next.

Coach Ron Warhurst's reputation attracted Webb and another high school sub-4 miler, Canadian Nathan Brannen, to the University of Michigan in the fall of 2001. Author Chris Lear went to Ann Arbor to observe Webb and his teammates practice and compete. The resulting book, *Sub 4:00 Alan Webb and the Quest for the Fastest Mile*, tells of Webb's experiences with coach Warhurst and the Michigan



Alan Webb competing in the 2005 IAAF 1500m championship, where he finished 9th overall with a time of 3:51.

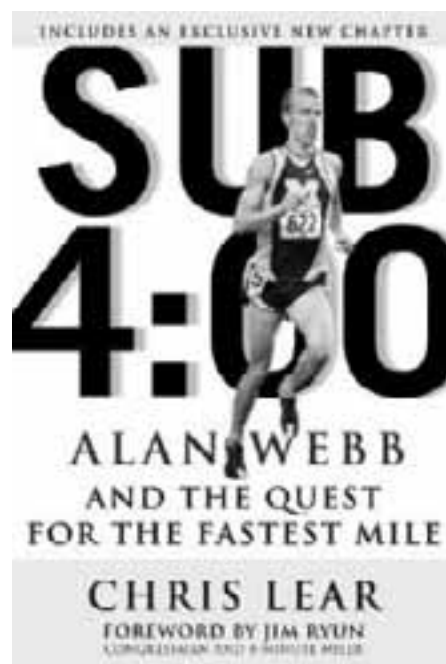
Wolverines during his freshman year in college.

Lear uses vivid and descriptive language to express his feelings; reading this book is like hearing a good story told in person. I could picture Lear at the track watching the team as I read, "Webb's teammates told me that he had been demolishing workout after workout all fall, consistently running times that boggled the mind. Yet I was still unprepared for how indefatigable and indomitable he looked."

In spite of Lear's observation that Webb was strong and determined, the young miler was fighting to stay healthy after an achilles injury that had sidelined him all winter. Lear takes us right inside the Wolverine training regimen where we learn about several of the runners, their routines and relationships with each other, Webb, and Coach Warhurst.

Any good drama needs an element of tension, especially since many readers already know the outcome of Webb's Michigan career. Lear maintains the tension by doling out intriguing hints about why Webb never fully invests himself in the Wolverine spirit. One of the early signs that Webb set himself apart was revealed when Lear asked about Webb's tattoo.

He writes, "Webb tells me that he recently went to a tattoo parlor with Brannen and fellow Wolverine freshman distance runners Tarn Leach and Sean "Seanymo" Moore to participate in what has become a rite of passage for Warhurst's boys. Sully [Kevin Sullivan] started the tradition as an undergrad when he tattooed a Canadian flag with a Michigan block M atop it on his right hip. Distance runners in each subsequent class have emulated him, getting variations of his block M tattooed onto their right hips. ...all took their turns ... having their loyalty to Coach Warhurst, Michigan, class after class of Michigan



harriers, and each other inked into their skin.

"Webb chose to forgo branding himself with the Michigan M and in its stead had a large black Chinese character tattooed on his right shoulder. He tells me the tattoo stands for courage, strength, and bravery."

When you read *Sub 4:00* you can develop your own theories about young Alan Webb, who continues to run the mile as a Nike pro. As a update, note that on January 20, 2007 Alan Webb won the mile at the New Balance Games. His time of 3:56.7 was a personal best indoors.

This book is available at your library. Use the catalog at ppld.org to request a copy of *Sub 4:00 Alan Webb and the Quest for the Fastest Mile* by Chris Lear.

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



God's Country

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to turn into little drops of ice again. I thought that this is what fairy dust must look like. Ahead of me was only my shadow with my breathing escaping like little puffs of smoke coming from a chimney. The way the sun was shining on the snow on the trail made it look like God rolled out a carpet made from silver and diamonds just for me. How totally awesome this was! I kept on running and running and before I knew it, I had covered three and a half miles. I now have a better understanding of Forrest Gump saying, "I felt like running".

I realized that it was time to turn around but somehow I wanted to linger and drink in more of this wonderful experience. I did not want it to be over. Hunger pains rudely brought me back to reality, however, and I started the 3 1/2 trip back to my car. I carefully tried to step in the footprints I created on the trail. I did not want to destroy the perfect picture of the only footprints that I created. I stared at the footprints coming towards me and was surprised to see how I weaved across the trail, like a drunk staggering

around in the dark; it made me laugh. It felt like God smiled upon me, I was so happy. I looked at the foothills in the distance cloaked in a white snowy blanket and the trees looked like tiny ants lost in a pile of sugar. Pikes Peak lurked in the distance and the breeze was whirling up some clouds of snow around her, which made the majestic mountain look like some old guy smoking his pipe.

Unsuccessful in trying to stay in my own footprints, I jogged back at a steady pace, against the arctic breeze, and now it was downright cold. All I could think of was food and something warm to drink. My legs were stinging from the cold air and my finger tips were getting colder with every step I took. All the way back I tried to imagine how it must be climbing up Mt Everest or one of the seven highest mountain peaks somewhere without freezing to death, and without an abundant supply of oxygen. It seemed that those thoughts made my legs go faster on their own.

By the time I made it back to the car an hour and twenty minutes had gone by and I was sweating—yes sweating—in five degrees Fahrenheit. The heat my body radiated immediately fogged up all the car windows and I had to turn on the air inside the car to clear the windows. Now I was on a mission...to the nearest Starbucks for a cup of hot coffee. Whilst driving I decided that I will definitely show up for the second leg of the winter series because the promise of an extra donut sure is a driving force for us running folk.

This amazing run reminded me why I so lovingly refer to Colorado as God's Country.

Esme Delange is a PPRR member and volunteer. She is a veteran of the Pikes Peak Marathon.



Winter Series Cumulative Results

Short Series

Male Finishers

1	Dean Black	18	Colo Springs	0:52:34
2	Michael Johnson	17	Littleton	0:54:20
3	Jeffrey Cook	17	Colo Springs	0:55:01
4	Mike Schmidt	16	Pueblo West	0:57:08
5	Chris Blackburn	16	Divide	0:57:43
6	Steven Yeager	18	Colo Springs	0:58:06
7	Matthew Drake	18	Pueblo West	0:58:12
8	Thomas Selke	39	Colo Springs	0:59:04
9	Lile Budden	46	Colo Springs	0:59:31
10	Woody Noleen	51	Colo Springs	1:00:32
11	Jacob Smelker	15	Colo Springs	1:00:48
12	Michael Cernoia	14	Pueblo West	1:01:47
13	Josh Jones	16	Woodland Park	1:02:05
14	Nathan Brown	16	Colo Springs	1:02:21
15	Will Schiffelbein	16	Colo Springs	1:04:51
16	Griffin Pattee	16	Woodland Park	1:05:31
17	Robert Owen	17	Divide	1:06:35
18	Harsha Nagaraj	33	Colo Springs	1:06:44
19	Chris Clabaugh	40	Colo Springs	1:06:56
20	Frank Hibbitts	46	Colo Springs	1:07:03
21	Jeremiah Brockett	17	Colo Springs	1:07:28
22	Theodore Lewis	45	Monument	1:07:30
23	Matthew Scott	28	Colo Springs	1:07:39
24	Robert Stevens	15	Colo Springs	1:08:17
25	Ben Valdez	46	Colo Springs	1:10:02
26	Mike Johnson	37	Colo Springs	1:10:04
27	Dale Papineau	40	Pueblo West	1:10:14
28	David Donelson	43	Colo Springs	1:10:35
29	Tony Abdella	52	Elbert	1:12:27
30	Timothy Barry	46	Colo Springs	1:13:09
31	Kevin Houghton	32	Colo Springs	1:13:29
32	Sam Perez	16	Colo Springs	1:13:43
33	Mike Tucker	49	Colo Springs	1:13:47
34	Justen Cox	15	Pueblo West	1:14:18
35	Jim Kelleher	49	Colo Springs	1:14:27
36	Mike Schoudel	38	Poncha Springs	1:14:42
37	Erich Gohlke	17	Colo Springs	1:14:42
38	Steve Flannery	40	Colo Springs	1:14:56
39	Drew Stimson	13	Woodland Park	1:15:04
40	Jamen Cox	15	Pueblo West	1:15:21
41	John Smail	38	Colo Springs	1:15:26
42	Shawn Fedinat	35	Colo Springs	1:15:56
43	Jack Anthony	50	Colo Springs	1:16:00
44	Bill Veges	49	Colo Springs	1:16:10
45	David Williams	28	Colo Springs	1:16:34
46	McKye Kelley	15	Colo Springs	1:17:04
47	Michael Schenk	54	Colo Springs	1:17:28
48	Brian Landis	35	Colo Springs	1:17:37
49	Les Goss	56	Colo Springs	1:17:49
50	Anton Schulzki	47	Colo Springs	1:18:14
51	Victor Boley	50	Pueblo	1:18:30
52	Shean Rainbowstar	16	Woodland Park	1:19:08
53	Steffen Myers	15	Woodland Park	1:20:09
54	Rick Isaac	46	Colo Springs	1:20:11
55	Fred Walker	38	Colo Springs	1:21:47
56	Richard Mizell	48	Pueblo	1:22:02
57	James Ferguson	35	Castle Rock	1:22:24
58	Pharris Cotner	51	Canon City	1:23:02
59	Phil Malone	45	Monument	1:23:21
60	Robby Gill	17	Colo Springs	1:23:29
61	Peter Olejnik	58	Monument	1:24:49
62	Matthew Monberg	30	Colo Springs	1:24:52

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



Leading the long series, 25 yo Logan Wealing has built a 1.5 minute lead over veteran Sammy Ngatia. Here he nears the finish at El Pomar.

Place	Name	Age	City	Time
63	Jim Umphrey	67	Colo Springs	1:25:56
64	Dennis Normoyle	63	Peyton	1:26:30
65	Jeth Fogg	40	Monument	1:29:50
66	James McKelvey	64	Black Forest	1:30:16
67	Jeff Smith	66	Colo Springs	1:30:38
68	Bob Danielson	57	Colo Springs	1:30:46
69	Bob Scott	60	Woodland Park	1:31:42
70	Dave DeHart	58	Colo Springs	1:32:33
71	Mark Roscoe	46	Elbert	1:34:27
72	Ben Kelley	51	Colo Springs	1:34:53
73	James Moreno	45	Colo Springs	1:37:20
74	Dennis Howard	53	Colo Springs	1:37:38
75	Tom Sayers	60	Colo Springs	1:37:54
76	Anthony Langer	29	Colo Springs	1:39:12
77	Ron Garcia	56	Colo Springs	1:39:39
78	Terry Lauhon	60	Colo Springs	1:40:23
79	Ellis Joseph	68	Colo Springs	1:42:19



Basking in warm conditions at WSIII, Micki Simpson rests after the 7M snow trudge.

Place	Name	Age	City	Time
80	Dennis Stalnaker	33	Colo Springs	1:44:31
81	Keith Martin	41	Monument	1:47:11
82	Sam Huber	7	Colo Springs	1:49:41
83	William Overton	51	Colo Springs	1:50:42
84	Joseph Vlasek	58	Monument	1:54:33
85	Philip Quattlebaum	54	Florence	1:56:43
86	Bill Gallegos	76	Colo Springs	2:05:51
87	HJ Arnold	62	Colo Springs	2:17:35
88	Leonard Dilts	49	Colo Springs	2:20:52
89	Charles Snygg	67	Monument	2:34:22

Female Finishers

Plac	Name	Age	City	Sta	TTL TME
1	Jennifer Bremser	16	Colo Springs		1:02:34
2	Andrea Wagner	26	Woodland Park		1:05:06
3	Kaylen Slack	16	Colo Springs		1:08:49
4	Hannah Green	15	Colo Springs		1:08:56
5	Jamie Welch	16	Woodland Park		1:09:37
6	S. GriffinKaklikian	51	Castle Rock		1:12:55
7	Sara Wulfsuhle	32	Falcon		1:13:11
8	Jill Montera	40	Pueblo West		1:13:38
9	Kelsey Hilton	56	Colo Springs		1:14:41
10	Sharon Dieter	52	Colo Springs		1:14:46
11	Jennifer Pulscher	17	Colo Springs		1:15:16
12	Eileen Wilfong	48	Colo Springs		1:15:38
13	Terri Tibbs	43	Pueblo West		1:16:10
14	Lexi Miller	17	Palmer Lake		1:16:35
15	Annapurna Slayman	24	Colo Springs		1:18:42
16	Kristen Selke	15	Colo Springs		1:19:20
17	Paige Karcher	17	Colo Springs		1:19:34
18	Erin Logan	15	Colo Springs		1:20:24
19	Kelsey Pazera	16	Woodland Park		1:20:48
20	Shantelle Smail	38	Colo Springs		1:21:06
21	Kayla Smelker	17	Colo Springs		1:21:20
22	Erin Neville	23	Colo Springs		1:21:32
23	Karen Messias	44	Colo Springs		1:21:54
24	Jessica Raab	36	Colo Springs		1:22:01
25	Patricia Lombardi	43	Peyton		1:22:26
26	Jennifer Tolbert	32	Colo Springs		1:24:08
27	Laura Leppert	23	Colo Springs		1:24:35
28	Mary Toman	42	Colo Springs		1:25:12
29	Gina Benfatti	45	Pueblo		1:25:25
30	Rebecca Medina	36	Pueblo		1:25:39
31	Taylor Fogg	11	Monument		1:25:41
32	Mickey Simpson	50	Peyton		1:26:04
33	Rita Cardin	36	Colo Springs		1:26:54
34	Heather Evans	35	Colo Springs		1:27:47
35	Leann Ferguson	30	Castle Rock		1:28:02
36	Melody Burns	44	Colo Springs		1:28:37
37	Tracy Mann-Reno	40	Colo Springs		1:31:04
38	Vicki McCann	49	Colo Springs		1:31:24
39	Melissa Johnson	35	Colo Springs		1:31:52
40	Kristy Burns	42	Colo Springs		1:32:38
41	Annette Demel	49	Colo Springs		1:32:41
42	Sandy Reinsch	34	Pueblo		1:32:44
43	Katie Jones	14	Woodland Park		1:35:21
44	Rachel Danielson	18	Colo Springs		1:37:47
45	Andrea Cichosz	43	Colo Springs		1:39:34
46	Heather Bain	33	Colo Springs		1:39:56
47	Deb Hadley	50	Florence		1:40:47
48	Diana Quattlebaum	47	Florence		1:41:44
49	Karen Barry	49	Colo Springs		1:42:31
50	Carolyn McMahon	56	Colo Springs		1:43:04
51	Marilee McDonald	53	Colo Springs		1:43:58
52	Lizzy Myers	14	Woodland Park		1:44:11

Place	Name	Age	City	Time
53	Jackie Hill	50	Colo Springs	1:45:34
54	Erin Tatum	39	Colo Springs	1:45:58
55	Jannie Richardson	53	Manitou Sprgs	1:46:41
56	Amy Kinoff	41	Fountain	1:49:02
57	Alice Gohlke	38	Colo Springs	1:49:40
58	Jutta Normoyle	53	Peyton	2:01:08
59	Marie Baughman	46	Colo Springs	2:03:22
60	Allisyn Booth	35	Colo Springs	2:07:32
61	Annie Tucker	50	Colo Springs	2:09:53
62	Cathy Dilts	47	Colo Springs	2:16:26
63	Julie Foster	70	Colo Springs	2:39:15

Long Series Cumulative

Male Finishers

1	Logan Wealing	25	Colo Springs	1:28:54
2	Sammy Ngatia	47	Colo Springs	1:30:38
3	Eric Peterson	35	Colo Springs	1:39:33
4	Dominik Nogie	26	Colo Springs	1:40:47
5	Isaac Watkins	25	Colo Springs	1:43:10
6	Ron Dean	44	Colo Springs	1:45:10
7	Rich Hadley	51	Florence	1:46:29
8	Nathaniel Kiser	36	Manitou Spgs	1:49:04
9	Blaine Miller	33	Colo Springs	1:49:24



Rachel Danielson (L) and friends participating in the team events are all smiles prior to WSII.

10	Steve Abeyta	41	Colo Springs	1:51:36
11	Kris Pruitt	28	Colo Springs	1:52:50
12	Chad Skaggs	38	Colo Springs	1:52:50
13	Larry Miller	56	Colo Springs	1:53:34
14	Matt Sherman	34	Pueblo West	1:54:07
15	Christopher Crema	31	Colo Springs	1:56:15
16	Ingemar Westphall	37	Colo Springs	1:58:21
17	Steven Drennan	48	Fort Carson	1:59:08
18	Dave Diaz	58	Pueblo	1:59:59
19	Jay Walther	36	Black Forest	2:01:30
20	Dan Gardner	51	Colo Springs	2:02:33
21	Joel Hawkins	36	Colo Springs	2:02:43
22	Russell Keglövits	33	Colo Springs	2:02:51
23	Brad Olson	45	Colo Springs	2:03:01
24	Jim Heidelberg	47	Colo Springs	2:03:17
25	Ron Creech	40	Colo Springs	2:04:01
26	Marc Wulfsuhle	32	Falcon	2:04:06
27	Michael Brilleslyper	43	Colo Springs	2:04:21
28	Rob Swanson	44	Colo Springs	2:05:48
29	Carl Nelson	58	Colo Springs	2:06:43

Place	Name	Age	Time
30	Peter Tonsits	44 Colo Springs	2:07:50
31	James Gale	37 Monument	2:08:59
32	David Patrick	44 Colo Springs	2:09:11
33	Jeffrey Frier	55 Colo Springs	2:10:12
34	Mike DelMonico	33 Colo Springs	2:10:14
35	Lee Burton	46 Divide	2:10:23
36	Clyde Landry	60 Colo Springs	2:11:41
37	Timothy Fichter	21 Security	2:12:14
38	Jon Cornick	50 Colo Springs	2:12:44
39	David Reily	54 Colo Springs	2:12:55
40	Jim Beckenhaupt	59 Colo Springs	2:12:58
41	David Fleming	30 Colo Springs	2:13:18
42	Jeff Anderson	37 Colo Springs	2:14:02
43	Mark Koppa	32 Denver	2:15:07
44	Clint Cobb	31 Colo Springs	2:16:46
45	Jule Albretsen	31 Divide	2:17:12
46	Don Byers	50 Colo Springs	2:19:11
47	Andrew Heimbrock	33 Colo Springs	2:19:32
48	Jeff Owsley	42 Colo Springs	2:20:24
49	John Vassos	38 Colo Springs	2:20:28
50	Ed Gritters	43 Colo Springs	2:20:58
51	Dean Buck	48 Colo Springs	2:21:43
52	Matt Monfre	47 Colo Springs	2:22:00
53	Samuel Ybarra	40 Colo Springs	2:24:27
54	Barrett Cooper	34 Colo Springs	2:27:32
55	Robert Wedel	47 Colo Springs	2:28:50
56	Hans Zimmermann	67 Monument	2:29:44
57	Blake Schwank	41 Colo Springs	2:32:13
58	Phil Foster	72 Colo Springs	3:11:15
59	Kenneth Holmes	61 Colo Springs	3:12:43
60	Ed Mighell	76 Denver	3:18:34

Female Finishers

1	Elizabeth Watkins	24 Colo Springs	1:46:33
2	Debbi Meyer	39 Colo Springs	1:58:40
3	Cathi Webber	37 Colo Springs	1:59:34
4	N. VanderMolen	22 Colo Springs	2:03:12
5	Tamara Rogers	40 Monument	2:04:36
6	Carla Graves	25 Colo Springs	2:09:59
7	Melissa Waters	35 Falcon	2:10:49
8	Melody Monberg	32 Colo Springs	2:12:04
9	Marilyn Goodloe	44 Colo Springs	2:13:10
10	Diane Ridgway	58 Arvada	2:13:14
11	Esme DeLange	42 Colo Springs	2:15:27
12	Julie Lindsey	31 Colo Springs	2:18:11
13	Kathleen Frier	53 Colo Springs	2:19:45
14	Beverly Carver	47 Colo Springs	2:21:10
15	Lindy Crawford	42 Colo Springs	2:23:24
16	Sandee Miller	53 Palmer Lake	2:24:04
17	Autumn Gray	30 Colo Springs	2:24:27
18	Megan O'Boyle	29 Colo Springs	2:27:03
19	Alana Hawley	41 Colo Springs	2:28:04
20	Debbie Monfre	48 Colo Springs	2:29:51
21	Joyce McKelvey	61 Black Forest	2:31:40
22	Alison Flaherty	34 Colo Springs	2:36:07
23	Jane Chess	53 Florence	2:38:45
24	Robin Satterwhite	55 Colo Springs	2:45:44
25	Dawn Mugele	35 Colo Springs	2:48:05
26	Julie Ramirez	36 Colo Springs	2:49:22
27	Janna Rombocos	35 Colo Springs	2:50:02

Top: the Woodland Park girls team and boys team before the WSII. Andrea Wagner, Kelsey Pazera, and Jamie Welch (L-R) are in front. Middle: a faithful volunteer at the Baptist Road staging area. (R) Tracy Robertson-Flack, 29, is the first woman to cross the finish in the 8M. Bottom. Dave Reutschilling, 56, finishes WSIII 7M ahead of Russel Keglovits 33 (M) and Dave Diaz (L).



March to the Colorado Running Co.

Herizons

Fitness Events for Women
March 1st

Encouraging and equipping women
of all ages and fitness levels
to pursue a healthy lifestyle through:
Supportive group training
Educational programs
Access to the right equipment

Herizons will get you going
and keep you going.

March 1st at 7pm at the CRC.
Refreshments, gear giveaways, and inspira-
tion! Just bring your fitness goals.

For more information contact Alyce: runfory-
ourlives@msn.com

Cotton is Rotten!!

St. Patty's Special
March 17th

Be among the first 50 to bring in
\$5.00 and a cotton t-shirt
March 17 and receive a
Sports Science technical t-shirt!
These short sleeve shirts feel like cotton
but Wick like Crazy.

Trade your rotten cotton for
a technical tee!

Limited to 50 technical shirts.
1 per person only.
Offer good until the technical shirts are gone.

The logo for The Colorado Running Company features a stylized mountain range with a running figure integrated into the peaks. Below the graphic, the words "The Colorado Running Company" are written in a large, cursive, handwritten-style font.

Monday-Friday 9am-7pm
Saturday 9am-6pm
Sunday noon-5pm

The Colorado Running Company
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