



**Pikes
Peak
Road Runners**

the *Long Run*

Volume 32 Issue 6

Running News for the Pike's Peak Region

June 2008



Veterans Home Run Update

Olympic contenders to race

Running the Olympic Trials

An unforgettable day

AFA's Team Marathon

Cadets set records at Boston

PPRR Information

Elected Board Members:

President: Micky Simpson 495-5891
Vice President: Ron Garcia GarciaRonald@msn.com
Secretary: Esme Delange EsmeDelange@yahoo.com
Treasurer: Pat Lockhart 598-2953

Tony Abdella abdellat@earthlink.net
Emily Brzozowski emily.potter@us.army.mil
Jon Cornick cornick_jon@bah.com
John Gardner john.n.gardner@smithbarney.com
Tim Steffens timmahh2@hotmail.com
Luci Stansberry lvstansberry@qwest.net
Travis Waldrip TandU@comcast.net

Appointed Board Members

Volunteers: Cymmie Bailey CymmieB@qwest.net
Mailing: John Cassidy johnc@mindspring.com
Equipment: Larry Miller FallSeries@aol.com
Newsletter: Jim Kelleher 232-4419
Races & Membership: Pat Lockhart 598-2953
Website & Training: Dave Sorenson DavidSorenson@msn.com

Other Jobs:

Calendar: Dave Sorenson DavidSorenson@msn.com
Course Marking: Travis Waldrip 282-1671
Event Promotion: Micky Simpson 495-5891
Insurance: Pat Lockhart 598-2953
Historian: Storme Rose 591-6819
Nielson Challenge: Phil Foster 447-1371
Race Results Dave Sorenson 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 3**.

Membership 😊

Memberships last for 12 months. Check the expiration date on you mailing label. **A happy face tells 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 32 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

Long Run Submissions

Items for the *Long Run* are always encouraged and *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 should be received by the **2nd Friday** of the month for inclusion in the following month's newsletter. The next deadline is **June 13th**.

Long Run Stuffing Party

Next stuffing is Wednesday June 25th.

Long Run mailing preps usually take place on the fourth **Wednesday** 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 notify the editor and deliver **1000 copies** by the *Long Run 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



Pikes Peak Road Runners was founded by and continues to run effectively because of our dedicated volunteers. One of those wonderfully dedicated volunteers is Emily Brzozowski. Emily ran for and was elected to the board this year. She has since helped at races, attended board meetings and newsletter stuffings, and has written numerous articles for the Long Run. This is in addition to qualifying for and running in the Olympic Marathon Trials. This in itself is enough to appreciate and admire, but Emily is also in the Army. As a graduate of West Point, she is in the US Army's World Class Athlete Program and served in Operation Iraqi Freedom, earning 5 medals. She is being deployed to Kuwait in July. I realize this is the career she has chosen, but I very much appreciate the sacrifices she makes and the danger she puts herself in for my freedom. I am honored to have served on the board with such a fine young woman.

On the same note, the Veterans' Home Run is coming up June 28th. This race is in the support of the Crawford House, a treatment facility for our veterans. These men and women have served their country and now need our help to put their lives back together. Several sponsors have stepped up to help with this important cause. One of these is the Paralympics. This year the race will include a wheelchair division with local paraolympians participating. Many of the wheelchair participants are soldiers who were injured in the service of their country and are now showing their support for their fellow veterans. As regular citizens, it can be difficult to find ways to show our veterans how much their sacrifices mean, but watching and participating in the Veterans' Home Run is certainly one way we can. I hope you will all come watch the wheelchair race and then participate in the walk or run.

It should be beautiful on the Air Force Academy. Bring your friends or family and sign up as a team. The traveling trophies are quite impressive. Three friends and I signed up as a team at the last minute last year. Our team was called, "Won't be dead last." We were both first and last, because we were the only women's team. Come out and give us some competi-

cover: A trail runner approaches the finish line at the Sky Mesa Trail Marathon in Gateway CO. Several runners from Colorado Springs contended with mud, heat, and 4000 feet of rocky ascent before exiting through John Brown Canyon (right rear) -photo by Jim Kelleher

Contents

June 2008

PPRR Meeting Minutes	4
Editor's Letter	5
<i>the Long Run Long Ago</i> <i>by Joyce McKelvey</i>	5
Letters	6
News and Events	6
Membership	8
Volunteer Corner	9
Nielson Challenge	10
<i>Veteran's Home Run Goes Olympic</i> <i>by Jack Anthony</i>	11
<i>Running on the Go: Gettysburg</i> <i>by Duane France</i>	12
<i>An Unforgettable Olympic Trials</i> <i>by Emily Brzozowski</i>	13
<i>Cadets Capture Records at Boston</i> <i>by Jesse Mortenson</i>	15

tion! I don't think there is a better cause we can support this summer. Please help make this a record turnout.

As a final note, I would like to wish a very special Happy Birthday to a runner I highly admire, Martha Kingsinger, who turns 74 a few days before the Garden 10 Miler. Martha is simply an amazing athlete and I hope each of you will make a point of helping her celebrate by extending birthday wishes when you see her at the Garden race.

Till next month, enjoy your running!

Micky Simpson

PPRR Meeting Minutes

May 2008

The following minutes are condensed. For full meeting minutes, contact Secretary Esme Delange

1. Attendance (Esmé):

Present: Micky Simpson, Esmé DeLange, Tony Abdella, John Gardner, Luci Stansberry, Emily Brzozowski, Travis Waldrip, Tim Steffens, Bill Gallegos, John Cassidy, Larry Miller, Jon Cornick, Dave Sorenson, Jim Kelleher

Excused: Ron Garcia, Pat Lockhart, Phil Foster

4. Past Events

4/06 Parkinson's - Diane Cahalan

Went fairly well. 258 runners. Larry would like to hear feedback from people regarding the course.

Start walkers earlier than runners next year.

04/12 Tortoise and Hare (Steffens)

130 people - most ever. Everything went well.

04/19 Elbert Reflections

Went really well. No incidents. Everybody's help is very much appreciated.

04/20 Full Moon Run (Simpson)

23 people showed up. Beautiful evening.

5. Upcoming Events

05/10 Alex Hoag

Dave talked to Kim, she was not sure if we are going to provide volunteers. They need to provide own volunteers for aid stations. PPRR cannot drive the van onto the field. Sky sox officials will be there with cart to transport equipment. The course will be the same as previous year. Kid's run afterwards but it is not timed.

06/08 Garden of the Gods

Larry will be doing the course. Changing the start and finish line. Need to be adjusted accordingly.

06/14 Panoramic (Stansberry)

Trying to get sponsors but have not found anyone yet. The trophies have been ordered. Awards for top 3 males and females. Received email from Sarah from Hope and Home enquiring if they can put up an information booth. PPRR decided that it would be ok to let them do that and bring some of the foster kids. Bill Bennet will mark the course.

06/21 Sailin Shoes (Bill)

Bill will pick up 1000 flyers at the next meeting. Do volunteers get hours if they are not helping at finish

line but at other locations and not part of PPRR?

John made motion all volunteers in same category. .

Motion passed. Course back to where it was.

06/28 Veteran's Home Run (Cornick)

Venue changed. Got ok from D20 to stage race from the south side of Air Academy High School. This will provide significant parking and space for crowds. Walkers will take of and go east, different way than runners. Two start times, one for runners and one for Paralympics. Not affirmation in writing to use that route.

8. Road Runner Clubs of America (RRCA) – (John Gardner/Jim K.)

Jim will do presentation at next board meeting on convention. Flying Pig marathon had interesting aspects. In a nutshell, convention - 3 parts to it. Growing and moving in good direction. New president - Bylaws changed. Micky thanked Jim for representing PPRR.

12. Newsletter (Jim K.)

Jim is trying to get the newsletter ready earlier for printing. Printing 1000 issues take longer. If something goes wrong we need back up plan

Bulk Mail (John Cassidy)

New mail rates will apply for next newsletter. Post Office did not like newsletter being stapled. 13.

Equipment (Bill, Larry)

Chip timing - had demonstration. IPICO Sport came down and demonstrated equipment.

Demonstrated 2 systems. One is Elite other Lite.

Looking for ways to fund the system. Need to investigate different suppliers and what combination of equipment would suit PPRR needs.

Dave, Esmé, Jim, John O'Neill to do research. Finance committee to research funding. John Gardner will help. Info to be available by next board meeting.

17. Trail Clean up (John G, Tim S.)

Trail clean up went great, 7 or 8 people. Less trash, volunteers making a difference. Volunteers get hours for trail clean up.

20. President's Report (Micky)

Emily is leaving. Need someone to fill her spot. Joel Smith, Kirk Brown and John O'Neill possible candidates.

Esme Delange

From the Editor

As you may already know, RRCA gave *the Long Run* their national “best large-club newsletter” award for 2007. Very many wonderful people contributed to this victory for PPRR through their pens, cameras, and words of encouragement: writers like Mike Shafai, Shane Conrad, Linda Fuqua-Jones, and photographers like Dee Budden and Tom Dewane. And, of course, we owe our past editors, especially Carol Lyndell and Diane Cahalan, for crafting much of the newsletter’s current format.

But since someone had to take the credit, it might as well be me. After all, it was a long way to Cincinnati, and there was room only for my name on the award plaque. So I got to go to RRCA’s 50th birthday convention, stand up in front of lots of people I don’t know, and thank lots of people that *they* didn’t know.

The convention was a unique experience. Besides all the networking on the national running scene and politicking around the revision of bylaws, people handed me technical hats and technical shirts without my even asking. How cool is that? And I got a new pair of Asics Nimbus for half-price, which I put to use two days later in the Flying Pig Marathon (yes, I ignored the caveat of racing in brand new shoes).

The marathon was also a new experience, having about 14,000 more people than anything I had encountered. But at least I could just about hit my stride by the time I crossed the start, which took a few minutes (what did we ever do before chip timing?). The cheering spectators, lining most of the course, helped speed me along as much as my new hat, shoes, and New Balance polaroid sunglasses I had purchased days before (despite the fact that they were made by a shoe company).

Back to the convention: as grand a heritage as PPRR has with its big events, large membership, 30-year history, and long suffering volunteers, I learned that scores of clubs are bigger, busier, and have longer histories. I discovered also that the southern region takes running politics *very* seriously, which is understandable given that RRCA is headquartered in Virginia. I heard enough of Robert’s Rules at the annual business meeting to last a lifetime!

A young woman was attending as an racing event (rather than running club) representative. I asked her how large her 5K race was, ready to impress her with my, admittedly limited, knowledge of racing. She answered, “15,000.” Hmm...never mind.

Anyway, thank you for being club members! Your love of running and words of appreciation make this job—and the work of all PPRR volunteers—worthwhile, more than hats and t-shirts ever will!

Jim Kesseher, Editor

the Long Run Long Ago

by Joyce McKelvey

Ten Years Ago

PPRR vice president, **Dave Sorenson**, reported in the June 1998 Long Run cover story that “The Penguin Is Coming to Colorado.” John Bingham, *Runner’s World* penguin himself, was coming to a Foot of the Rockies Clinic in Fort Collins in July, and runners were invited to come meet, hear, and run with him there. Other exciting news included **Woody Noleen’s** winning a lottery slot to participate in the 20th anniversary of the World Championship Hawaii Ironman Triathlon in October, **Tim Allison’s** recollections of running the Boston Marathan and **Tracy Stewart’s** highlights of the San Francisco Bay to Breakers 12K. Included in results were the Panoramic 5 Mile Run and the Fort Carson “Raise the Chapel 10K. “The COlander” offered a runner’s vacation guide of running events outside the local area.



Twenty Years Ago

The June 1988 Long Run’s cover photo showed runners participating in the April PPRR Panoramic Run with **Craig Schafer** in the lead, who finished first in his age group. Inside the issue was an invitation to join the Pikes Peak Hash House Harriers & Harriettes for their inaugural run in July. **Bob Shaw** also invited runners to a PPRR ultra event - a 100 K run in Monument Valley Park July 10. Appreciation was expressed to **John Hackney** for his almost weekly articles about the sport of running in the Gazette Telegraph. Results covered were the Seven Falls Heart and Sole Classic (with winners **Allesandro Lambrushini** and **Hillary Becker**), the Springs to Creek Relay and the Colorado/TAC Indoor Championships at the AFA.

Thirty Years Ago

In the June 1978 monthly letter apology was given for being behind schedule with the letter and race results, which were still being consolidated. Needs for clerical support and a faster reporting of results were cited. A schedule covering the months of July, August and September was included of running events in the Pikes Peak area and other Colorado locations.



Letters

News from Plano

Dear Jim,

April is when the racing calendar gets really crowded in the Dallas/Fort Worth area. We are still drawing good crowds with low prices and a friendly atmosphere. The 5K estimated time race added seven runners to the Five Second Club, meaning that even if the estimate was that close, only the top three get free pizza, and the other four had to settle for applause. This was a rare happening. Usually only one or two estimate within five seconds.

Our past president, Jerry Powell, struck deals with the Girl Scouts and some high school running teams to help out as race volunteers. They are a real blessing during the time before and after the runs, with most also running the races. They also take a lot of trophies that were won by older members in the past.

Jon Cornick wrote of running in the AT&T Austin Marathon. He found the same problems I was warned about during my contract in Colorado Springs.

Racing in Colorado Springs will make breathing at lower altitudes much easier. It will not help leg strength. Fast starts from over confidence will lead to disaster. Start out at a comfortable pace and save that good feeling for a fast finish. Heat, humidity, and pollution will all be oppressive, and may affect that finish line sprint, but a fast finish, combined with easy breathing, will awe the locals and make your day. My own time was just under five hours, but dashing the last two hundred meters caused a lot of dropped jaws.

Regards,
William L. Jones



News and Events

Los Alamos marathon runs in volcanic crater

The third annual, Run the Caldera Marathon, near Los Alamos, NM, takes place on Saturday June 14. Great for Pikes Peak preparation, it provides a the opportunity to run at 8000 feet and up to 9700. The course follows old logging roads through the forest, going up and down for a total of 2100 of elevation gain. It affords some spectacular mountain views and overlooks most of the Valles Caldera National Preserve. Aid stations will be spaced approximately every 3 miles. The race entry fee is \$60 and the start time is 7AM.

From the historic Baca Ranch, Congress created the preserve in 2000, setting aside 89,000 acres inside the collapsed volcanic crater. A Trust group manages the Preserve and limits the number of visitors, and with the race limit of 300, expect to have lots of uninterrupted time to commune with nature. For more information or to register, visit their website at www.vallescaldera.gov and choose running events from their extensive list of events.

Continental crossing a chance to run with Ulrich and Engle

Running America is a documentary film that will follow elite adventurer Charlie Engle, who crossed the Sahara, and Marshall Ulrich, the only person ever to complete the Leadville 100 and the Pikes Peak Marathon on the same weekend. They will attempt to break the cross-US running record, going from San Francisco to New York. The filming company, NEHST Studios, is looking for 5 people per mile to run with them, so you can join them as they cruise through Colorado. Runners will run with Charlie and Marshall



Marshall Ulrich's incredible accomplishments include running the LT100 and PPM in one weekend.

for a mile and get a chance to be on film. They plan to enter Northern Colorado on July 5th at Dinosaur, run through Craig, Steamboat Springs, Estes Park, head through Greeley, and finally cross into Nebraska on Highway 34 on the 12th. The entire route is posted on the runningamerica08.com web site where you can also sign up.

Guides needed for paralympic athletes

The Paralympic Division of the USOC is looking for a few good folks that would like to be guide-runners for visually-impaired athletes. A good guide runner communicates with their athlete about pace changes, course conditions, turns et cetera by running alongside the athlete with a short tether held by each athlete. There's no real training involved; the athlete will train you. He or she will instruct you on how to indicate changes in course etc. and then you guide the athlete. Speeds and distances vary by athlete. Visually impaired athletes compete at the Paralympic Games in distances from 100 meters to the marathon. Your involvement could be weekly or monthly depending upon the individual. If you're interested in participating in the guide-runner program, please contact



US PARALYMPICS

Troy Engle, Associate Director and Head Coach of the U.S. Paralympics Track and Field, U.S. Olympic Committee, Paralympic Division at troy.engle@usoc.org or by phone at 866-2022. This request comes on behalf of the US Paralympic Committee as part of our outreach for the Veterans Home Run.

Faster runners better at keeping a steady pace

Many factors contribute to success in long distance races, and while much attention is given to miles per week, long runs, and hydration, runners often neglect to consider the strategies of pace. Everyone knows, of course, not to “start out too fast”, but beyond that, how do faster and slower runners compare in their pacing performance? One group set out to analyze the differences and studied results from a 100K event. They found that the faster runners maintained their starting pace for fully half the race, and finished running at 15% of their starting speed. The slower runners, taking 2 more hours to finish, slowed by 30% and dropped off their starting pace more quickly. (Journal of Sports Science and Medicine 2004 vol. 3.) Draw your own conclusions, but at least it suggests that faster runners are much more aware of their pacing, and perhaps this is one of their keys to success.

Who's the oldest of them all?

Buster Martin recently became the oldest person to finish a marathon when he completed London in just over ten hours. Or maybe not. Martin claims he's 101 years old. The folks at the Guinness Book of World Records, however, say they have evidence that Martin is a mere 94 years old. Guinness lists the current world record for oldest man to complete a marathon as Greek runner Dimitrion Yordanidis, who completed the Athens marathon in 1976 in 7:33 at the age of 98.

Regardless, the Buster story was one worth watching. Known for excessive beer drinking and smoking, Martin stopped at the halfway point of London for a brew and a cigarette. He has reportedly fathered 17 children, though, like his age, records of all those children are missing. Martin was also in the news when his band, The Zimmers, with a combined age of more than 3,000 years, had a hit single with a cover of The Who's My Generation.

Fortune smiles on marathon runner

As it turned out, it was the Flying Pig Marathon in Cincinnati was a lucky race for 55-year-old Bobby Edwards. In the 10th mile of the race, he collapsed suffering a heart attack.

Of course, the heart attack isn't the fortunate part. Rather, it was the fact that a group of paramedics and firefighters were running just behind him. They saw him collapse and immediately started CPR. He was stabilized, requiring a defibrillator, and brought to the hospital to make a full recovery.

And while the collapse foiled Edwards' bid for ten Flying Pigs in a row, Patrick Conrey and the other paramedics that helped finished with a special bonus for the

day. “This is a memory I'll take to my grave,” he said. “The best 20 minutes on the course I ever spent.”

Misfortune shadows Collegiate Peaks Trail Run

In sad contrast to the above, 59 year old John Marini of Littleton suffered a heart attack roughly 13 miles through the 25 mile loop of the Collegiate Peaks Trail Run in Buena Vista. A number of fellow runners started CPR immediately but along with event medical staff, were unable to revive him despite their determined efforts. “I was pretty upset to see him lying there,” said runner Kristi Bloodworth. “But we figured he'd want us to finish the race, so when it was clear there was nothing more to do, most of us kept running.” John was a veteran trail and marathon runner and had no previous heart symptoms. Race Director Burke Kaiser was grateful for all the selfless efforts. “While those efforts were unsuccessful, they serve as a poignant reminder of how special the trail running community is.”



BACKROADS
chiropractic
“Your Road To Health”

Dr. Diane Elwer, DC
719-475-9103

716 W Brookside St
(corner of 8th and Brookside)

Over 30 years of
running experience

Low Force techniques
Advanced Proficient in
Activator Methods
Massage Therapy

\$25 OFF INITIAL VISIT

“Lets keep you running”
“Motion is life”

Membership

Welcome New Members!

Rick Bair	Colorado Springs	Gwen McAllister	Peyton
Joanne Barnes	Colorado Springs	Jessica McAllister	Peyton
Robert Barnes	Colorado Springs	Stefanie Metcalf	Colorado Springs
Lance Barrett	Colorado Springs	Sally O'Brien	Monument
Marsha Barrett	Colorado Springs	Dave Park	Colorado Springs
Nathan Barrett	Colorado Springs	Charles Patchet	Colorado Springs
Dave Bergacker	Colorado Springs	Emily Petitto	Colorado Springs
Rose Birchfield	Colorado Springs	Eric Pinkerton	Colorado Springs
Fran Silva Blayney	Colorado Springs	Julie Reid	Woodland Park
Laura Bowler	Colorado Springs	Yolanda Roberts	Colorado Springs
Michael Carey	Colorado Springs	Casondra Rose	Colorado Springs
Angel Chun	Colorado Springs	Jessica Santa Maria	Colorado Springs
Chun Chun	Colorado Springs	Josh Santa Maria	Colorado Springs
Ian Geoghan-Chun	Colorado Springs	Thom Santa Maria	Colorado Springs
Mackenzie Geoghan Chun	Colorado Springs	Chad Skitt	Colorado Springs
Tom Geoghan Chun	Colorado Springs	Holly Skitt	Colorado Springs
Carla Claudio	Colorado Springs	James Skitt	Colorado Springs
Joshua Claudio	Colorado Springs	John Skitt	Colorado Springs
Mike Claudio	Colorado Springs	Kalmine Skitt	Colorado Springs
Victoria Claudio	Colorado Springs	Rick Skitt	Colorado Springs
Claudine Criner	Colorado Springs	Shelby Skitt	Colorado Springs
Steve DeLory	Colorado Springs	Craig Slater	Colorado Springs
Katie Esher	Colorado Springs	Richard Small	Colorado Springs
Linda Espinosa	Colorado Springs	Clark Sundahl	Monument
Ali Farmer	Colorado Springs	Anne Swearingen	Colorado Springs
Shawn Finley	Colorado Springs	Della Thomas	Colorado Springs
Tamara Fishon	Colorado Springs	Vicki Tolka	Castle Rock
Al Garcia	Colorado Springs	Eric Wilson	Peyton
Roberto Garza	Colorado Springs	Thaddeus Wilson	Peyton
Kenneth Gavin	Colorado Springs	Theodore Wilson	Peyton
Cheryl Gorthy	Colorado Springs	Trinity Wilson	Peyton
Derel Gorthy	Colorado Springs	Valencia Wilson Wilson	Peyton
Jared Gorthy	Colorado Springs	Carolyn Winters	Colorado Springs
Scott Gorthy	Colorado Springs	Steve Winters	Colorado Springs
Charles Gould	Colorado Springs		
Dennis Grivois	Colorado Springs		
Andrew Hitchings	Colorado Springs		
Maija Hitchings	Colorado Springs		
Heather Hutchison	Colorado Springs		
Tim Kirkbride	Monument		
Gina Kitchen	Colorado Springs		
Heather Kling	Colorado Springs		
Jeffrey Knoepke	Colorado Springs		
Robin Knoepke	Colorado Springs		
Cindy Koscielniak	Colorado Springs		
Richard Kositzke	Falcon		
Everett Larson	Peyton		
Shelly Larson	Peyton		
Kelly Martin	Colorado Springs		
Aaron McAllister	Peyton		

Membership Stats*

Individual	644
Family	262
Family members	547
Lifetime	12
Current	1180
Expiring Soon	164
New	84
Renewals	80
Total Membership	1508

*as of May 5th



Membership on the way out?

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! Use the
enclosed renewal form

Good to go?
Then put the enclosed
application in the hands of a
friend, family-member, or
associate. You are PPRR's
best promotion!

get out. get fit.

There is a **new** way
to get in shape Colorado Springs!

B * C * C * S
BOOT CAMP COLORADO SPRINGS

Classes offered M,W,F starting at 6, 7:10, 8:20 am
with a Kids half hour class starting at 9:30 am.

call: 719-233-2697 or
kevin@bootcampcoloradosprings.com
for more info.

Monument Valley Park off of Fontanero.
Lose the gym and come workout with friends
or come make new ones
while getting a great workout.

www.bootcampcoloradosprings.com

2008 Volunteer Hours

Bronze Level: 10 to 20 Hours*

You have earned a
PPRR t-shirt

Tony Abdella 18
Sheri Abdella 20
Jack Anthony 10
Debbie Bloch 13
Yvonne Carpenter 12
Beverly Carver 20
Tony Delange 16
Phil Goulding 11
Lynne Hall 12
Norm Hall 12
Tom Huberty 20
Alexander Hughes 16
Mark Kinner 11
Scheri Nagaraj 13
Jim Newton 10
Mary Jo Piccin 20
Steve Read 11
Steve Recca 12
Dave Redinger 19
Bob Royse 16
Emilie Satterwhite 11
Jeff Smith 10
Leroy Smith 10
Pete Solie 12
Sydney Steffens 15
Tim Steffens 20
Zach Waters 19
Darrell Weaver 11

Silver Level: 21 to 50 Hours*

You have earned a cap,
race entry or gift certificate

Steve Abeyta 25
Ray Allard 22
Cymmie Bailey 43
Dave Balzar 34
Janet Balzer 22
Gordon Barnett 36
Marie Baughman 23
Jim Beckenhaupt 28
Emily Brzozowski 28
Dean Buck 34
Diane Cahalan 34
Matt Carpenter 25
John Cassidy 26
Jon Cornick 30
Esme Delange 37
Tom Dewane 29
Tim Dolan 22
Heather Evans 26
Kees Guijt 32
Lyn Hale 29
Roland Hawkins 22
Lori Hawkins 31
Katy Hodges 28
Diane Holmes 23
Susan Hoxie 35
Don Johnson 26
Gil Kindt 38
Melissa Leftwich 23
Maria Leyba 22
Sandy Lowe 37

Melody Lundin 27
Troy Matos 30
Chris McIntyre 21
Joanna McIntyre 21
Eric Mullins 23
Bill Ranson 32
Storme Rose 22
Robin Satterwhite 26
Jonathon Veteto 27
Kate Waldrip 41
Jim Waters 26
Emilee Waters 34
Matt Waters 38
Cady Waters 45
Melissa Waters 48
Sara Wulfkuhle 41
Christian Wulfkuhle 41
Hallee Wulfkuhle 41
Marc Wulfkuhle 46

Gold Level: 51 to 75 Hours*

You have earned a jacket or duffel

Julie Foster 51
Phil Foster 63
Ron Garcia 60
John Gardner 63
Cruz Martinez 51
Janet Rose 54
Mike Schafai 54
Lucy Stansberry 73
Travis Waldrip 53

Diamond Level: 76 to 99 Hours

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

Angie Earle 91
Al Grimme 77

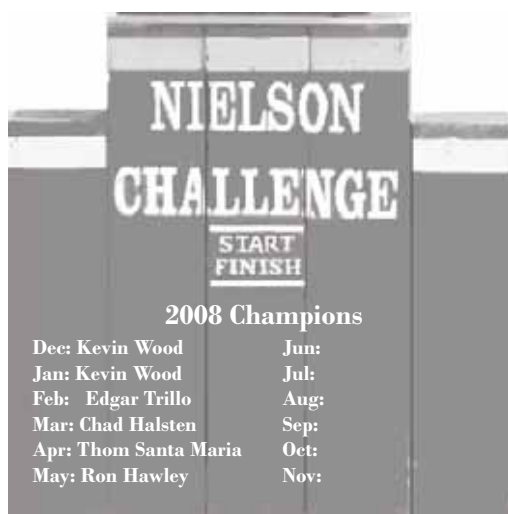
Platinum Level: 100+ Hours*

You will receive
special recognition
at the Fall awards dinner

Jim Kelleher 322
Pat Lockhart 123
Larry Miller 114
Micky Simpson 118
Dave Sorenson 144



Matt Carpenter patches holes at the Summer Roundup. With racing season in full gear, abundant opportunities afford you a chance to serve your running community. Just write to CymmieB@qwest.net



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.

A chilly morning greeted the May Nielson Challenge runners. The temps were in the low 30s, but there was lots of sunshine. The grass had a bit of a frozen frost from cold overnight temps.

But it was another 1st Saturday of the month, so we had another Nielson Challenge. Sometime we'll figure out how many consecutive Nielson Challenge's we've had. It's probably in the 300s.

The winner this month was Ron Hawley, who was more than 5 minutes under his handicap time. Way to go, Ron!

Join us again on June 7th for another edition of the Nielson Challenge. It should be a bucket load of fun.

New Runners

Name	Time	Name	Time
Dan Gates	20:55.1	Sandra Vlasek	25:08.8
Jessica Roy	21:30.0	Joseph Vlasek	25:09.3
Jenny James	21:29.1	Sarah Murphy	17:13.7
Christy Jeffries	17:14.7	Emily Habeck	22:02.6
JONathan Zinn	22:58.8	Jayme Ransom	16:04.4
Jackie Smith-Hill	19:42.6	Darrah Young	27:06.3
Maria Riggins	24:00.4	Andrew Abdella	11:07.3
Susan Casmer	23:11.5	Renee Shields	20:52.8
Yolanda Rife	18:45.1	Pat Gleason	37:17.8

May Results

Name	Place	Handicap	Actual	Difference
Ron Hawley	52	28:28.2	22:41.6	- 05:46.6
Anthony Abdella	10	18:54.7	14:37.5	- 04:17.2
Derek Gorthy	23	19:06.6	16:17.4	- 02:49.2
Scott Mathis	25	17:26.2	16:40.3	- 00:45.9
Dean Buck	11	15:28.4	14:52.3	- 00:36.1
Kathryn H. Park	62	27:03.9	26:30.5	- 00:33.4
Joel Smithey	4	14:11.4	13:39.2	- 00:32.2
Ed Gleason	7	14:43.0	14:11.9	- 00:31.1
Cameron Park	28	17:17.6	16:58.4	- 00:19.2
Doretta Hale	38	19:15.7	18:58.3	- 00:17.4
Dennis Stalnaker	33	18:22.0	18:05.1	- 00:16.9
Daniel Polak	21	16:15.7	16:07.1	- 00:08.6
Bruce Wacker	6	14:05.3	13:57.6	- 00:07.7
Brian Smithey	17	15:52.4	15:48.7	- 00:03.7
Randy Kunkel	22	16:15.9	16:15.9	- 00:00.0
Doyle Baker	8	14:18.4	14:19.7	+ 00:01.3
Wendy Kimmel	27	16:51.7	16:54.9	+ 00:03.2
Krista Butterworth	46	20:57.7	21:04.8	+ 00:07.1
Amy Seltzer	35	18:34.0	18:43.8	+ 00:09.8
Rob Garza	9	14:04.4	14:28.2	+ 00:23.8
David Fenell	34	17:47.5	18:11.5	+ 00:24.0
Marnie Collins	50	21:34.9	22:01.9	+ 00:27.0
Greg O'Boyle	16	14:47.6	15:16.8	+ 00:29.2
Eddie Gleason	18	15:24.6	15:57.9	+ 00:33.3
Katie L. Barden	61	25:30.5	26:08.5	+ 00:38.0
Phil Goulding	13	14:10.1	15:02.5	+ 00:52.4
Sharon Greenbaum	14	14:22.0	15:15.4	+ 00:53.4
Preston Stohs	19	15:04.9	15:58.6	+ 00:53.7
Jim Massa	43	19:38.0	20:33.0	+ 00:55.0
Terry Kurtz	5	12:46.5	13:43.2	+ 00:56.7
Tammy Karl	31	16:33.0	17:30.3	+ 00:57.3
Donnie Byers	32	16:42.4	17:44.1	+ 01:01.7
David Minter	3	11:36.8	12:39.7	+ 01:02.9
Alyssa Karl	39	18:19.0	19:23.1	+ 01:04.1
Jill Weaver	41	18:15.3	19:27.0	+ 01:11.7
Jared Gorthy	57	23:29.6	24:48.2	+ 01:18.6
Charles Greenbaum	15	13:46.8	15:16.1	+ 01:29.3
Jeffrey A. Barden	49	20:01.1	21:31.1	+ 01:30.0
Jason Cano	37	17:10.3	18:45.6	+ 01:35.3
Fabian Orozco	2	10:50.7	12:36.0	+ 01:45.3
Mike Gleason	12	13:13.5	15:01.2	+ 01:47.7
Alana Hawley	40	17:31.4	19:25.0	+ 01:53.6
David Williams	24	14:43.9	16:37.7	+ 01:53.8
Angela Feign	60	23:21.7	25:38.9	+ 02:17.2
Renee Hodges	56	22:05.6	24:37.5	+ 02:31.9
Scott Gorthy	26	13:43.2	16:48.6	+ 03:05.4
Jessica Barden	65	24:42.7	28:42.7	+ 04:00.0
Don Byers	64	13:27.8	27:07.5	+ 13:39.7



Workouts are like brushing my teeth; I don't think about them, I just do them.

The decision has already been made."

- Patti Sue Plumer

Veteran's Home Run Goes Olympic

by Jack Anthony



Please give this Veterans' Home Run article a good read. We're about a month away from the third tour of the Veterans' Home Run 5K run/1K walk. There's lots of new info that we hope prompts you to be double-dang sure you circled Saturday, June 28th, on your running and family calendar.

The Veterans' Home Run venue (course!) has been changed from Falcon Stadium to the Air Academy High School and the AFA's Pine Valley. We gather at Air Academy High School and run a gravity friendly 5K out-and-back course. The course heads west from the Air Academy High School starting line with an ever so slight up hill. Then at the half way point, participants will turn back to the east and see a glorious gentle downhill back to the finishing line. Yes, Pikes Peak Road Runners has invented the runner's gravity assist machine! We can guarantee (well, almost) that you will find the trip west on this course to be no big deal hill-wise. But then, upon heading east for the second half of the 5K, your stride will open, your turn over will accelerate, and smiles will emerge as this ever so slight downhill becomes your friend.

Now for some more news relative to our partnership with the USA Paralympics team! As you know, the USA Paralympic Team has partnered with the Pikes Peak Road Runners and Crawford House veterans home. Through this partnership, PPRR is promoting Paralympic-eligible athlete participation in Veterans' Home Run via a wheelchair division. In the week before the Veterans' Home Run, America's Paralympic

hopefuls will learn if they have made Team USA and are heading to Beijing. Several of these Olympic hopefuls plan to attend and take part in the Veterans' Home Run. You can be sure that some of these courageous athletes will still be in the joyful shock of learning they made your Olympic team! You can take part in a workout with America's athletes soon to take part in the Beijing Olympics Games!

Additionally, paralympic-eligible athletes statewide have set their sights on Veterans' Home Run as a means to promote fitness and competition for paralympic athletes. More on that in a minute.

Also coming to participate and cheer you on will be members of the regular USA Olympic Team. So, besides having a great fun run, walk and push, we also will make Veterans' Home Run a celebration and send-off of Team USA as they prepare to bring home the gold in Beijing. How cool is that!

Make Veterans' Home Run a special part of that weekend, your summer fitness program and year. In so doing, you can say you helped Team USA get psyched and pumped for the 2008 Olympic Games. I'm going to bring my camera and get some autographs for sure!

I'd like to share just a few tidbits of info on the USA Paralympic team and renaissance here in America. Bruce Finley of the Denver Post featured an article on the team in the April 25th issue. I'll be borrowing from Bruce's great research and article.

As much as 15% of the 235 member USA Paralympic team is drawn from the 31,000 men and women disabled by the wars in Iraq and Afghanistan. These veterans bring a new energy to the Paralympics movement and showcase a relentless optimism, rejection

of bitterness, and a renewed discipline that propels them through tough times. These athletes, like you, are the models of dedication and determination. Wheelchair racing is quite an expensive sport to take on, but increasing awareness is promoting agencies to give grants to budding paralympians who wish to race in a wheelchair. PPRR is seeking to help boost awareness and also showcase those heading to Beijing. Be a part of that and come away inspired to step your fitness program up a notch and celebrate your personal Olympic movement! And don't forget to bring a friend to give fun-running a try!

The PPRR web site (pprrun.org) has all the info you need to understand not only what Veterans' Home Run is all about, but also to register and promote this local veterans support and awareness endeavor. We will welcome the day at 7:00 am with the national anthem, hear some remarks from our USA Paralympic Team partners, and then start with the wheelchair division and Crawford House awareness 1K walk. We'll turn runners loose at approximately 7:15 am. Afterwards, there will be prizes and awards plus a chance to meet Team USA!

Let's commit to making Veterans' Home Run a special day for you, your family, friends, the Crawford House mission and Team USA as we send them off to Beijing to soar and shine for America! Go Team USA! See you Saturday, June 28th at the Veterans' Home Run!

Jack is a PPRR member, former board member, Spring's trail historian, avid volunteer, and Long Run contributor. He is working hard on the Veteran's Home Run.



Running on the Go: Gettysburg, PA

by Duane France



When I found that I was going to be sent to Maryland for temporary duty this summer, one of the biggest things on my “to do” list was to travel to Gettysburg, PA, site of one of the most strategic Union victories in the Civil War. I decided that I would

combine two of my passions—history and running—and run the battlefield. If you are a Civil War buff, or an American History buff in general, I would heartily recommend a trip to Gettysburg and a tour around the historic battleground.

The Battle of Gettysburg was fought in and around the town on the 1st, 2nd and 3rd of July, 1863. If you choose the run the route of the first day of battle, a six-mile trip will take you through the town of Gettysburg, through McPherson’s Ridge and the Railroad Cut, and past Oak Hill and Oak Ridge. This battlefield area north of town was the site of General Robert E. Lee’s victory over the Union forces on the first day of battle. Lee’s Confederates won the town of Gettysburg by pushing the Union troops through the town, where Union General Winfield Scott Hancock finally brought them to a halt on Cemetery Hill. Similarly, you can retrace the 6-mile route of the events of the third day of the battle, where Confederate Army conducted the spectacularly doomed Pickett’s Charge against the solid foundation of the Union Center

If you really want to experience the battlefield, however, I suggest that you follow the events of the second day of the battle. If you start at the Gettysburg National Cemetery and run down through town, you can follow the well-marked Automobile Tour route to Seminary Ridge and Warfield Ridge, and trace the main artillery line and order of battle situated by General Lee and his subordinate commanders. I can’t really tell you



Author Duane France came upon an encampment of New York 117th volunteers up and ready to go during his morning running tour of Gettysburg.



The Pennsylvania Memorial, on the battlefield at Gettysburg, features bronze tablets of all Pennsylvania units who fought there July 1-2-3, 1863

exactly time and distance, because I constantly found myself taking detours to this side of the road or that one, looking at various monuments and trying to imagine what it would have been like in 1863 from the Confederates line. I had picked up the battlefield map from the Welcome Center, and was able to follow my progress pretty well, as well identifying key points in the battlefield, such as the location of Pickett’s Charge and Longstreet’s Headquarters on Warfield Ridge.

If you are like me, you like an early morning run. That morning, there was a thick haze of fog covering the battlefield, which is typical for southern Pennsylvania in the spring. In addition to the haze and humidity, both the battlefield and the route around the battlefield are hilly (again, typical for southern Pennsylvania), but nothing too bad. Once you leave Seminary Ridge, follow the road around from the southern end of the Confederate line on Warfield Ridge to the southern end of the Union line between the Round Tops. You will descend down into the valley over the course of about half a mile, only to run up Little Round Top to one of the best vantage points on the south of the Union line. This end of the battlefield has been immortalized in history, a testament to the courage and tenacity of both sides.

After leaving Little Round Top and the perspective of the Union Commanders, your route will once again take you down into the valley and through the various points experienced by the Soldiers from both sides. The route takes you through the Peach Orchard, forward point of the advanced Union line; the Plum Run, which was the main route that the Union Soldiers used in returning to the Union main line from the Peach Orchard and Devil’s Den; and the Wheatfield, which changed hands countless times over the three day battle and was strewn with over 4,000 Union and Confederate

continued on page 16

An Unforgettable Weekend:

Emily's Run at the Olympic Trials

by Emily Brzozowski



Racing in the 2008 Olympic Marathon Trials was an unforgettable experience. Hopefully it won't be a once-in-a-lifetime experience as I hope to qualify again in 2012! But it really was an eventful weekend, culminating in the most prestigious race I've ever run in.

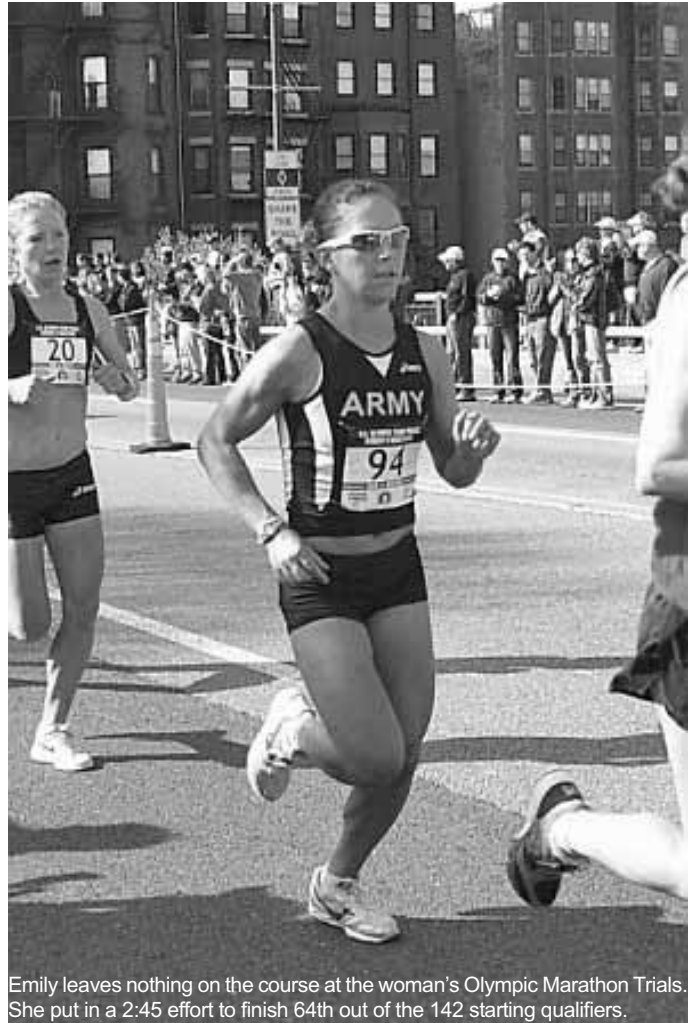
Race day I woke up excited. I couldn't believe it was here, the event I had started training for almost a year ago. All the athletes met up and were escorted out to the starting line. While the streets weren't crowded yet, there were a good number of people out there. They started cheering for us and yelling as we walked out to the tent by the start. I wasn't nervous: I had nothing to lose and no expectations on me for this race. I was just so excited to be there. I couldn't stop smiling. Wow! I was running in the Olympic Trials!

After a short warmup jog, I just sat down and took it all in. There I was, right next to Joan Samuelson, winner of the first Olympic Women's Marathon, and Deena Kastor, American record holder, along with all these other great women. As we lined up at the starting line and I still just stood there, still taking it all in, almost not believing where I really was. Then I realized, "I'm getting ready to run a marathon! Wait a minute, this isn't going to be fun!!"

The race started off relatively slow in a huge pack, and I was stuck somewhere in the middle. I tried not to panic, as it felt really slow, but I could still see the leaders, the contenders, right there at the front of the pack. After the one time loop through Boston and right before we crossed the bridge to start the first of four six mile loops, I saw the first time clock. 18:26 for 3 miles. I couldn't believe it was exactly where I wanted to be. The pack finally started to break up, and I was able to move to the outside to get some breathing room.

From then on, I just tried to run strong. I was working, but felt good. The crowds were amazing. They really lined the streets, and never seemed to stop yelling. For the next 15 miles or so, I tried to stay with a group, or move up on a group, or, if someone passed me, went with her. I was mentally focused on racing.

The loop we were running was almost a T shape, so you could see people in front of and behind you and several points on the course. It was quite interesting to watch the race unfold. There was one lone runner with a sizeable lead for most of the race. The first time we saw her, the girls I was running with wondered who she was. Especially since she was wearing number 43, which meant she had only the 43rd fastest qualifying time. We thought she must be



Emily leaves nothing on the course at the woman's Olympic Marathon Trials. She put in a 2:45 effort to finish 64th out of the 142 starting qualifiers.

a fluke who wanted to say she led the Trials for awhile. Little did we know she was Magdalena Lewy Boulet, who finished 5th in 2004 and would go on to finish 2nd today. Later on it was fun to watch Deena make a late surge and quickly close the gap to take the lead over the last few miles. Everyone thought she would easily run away with the race, so it proved to be more exciting than expected.

In previous marathons, I was very meticulous about checking my watch at every single mile to make sure I was on pace. Not today. I looked at my watch sometimes, didn't get all of my mile splits, didn't think at all about where I was in terms of "halfway there, only 10 miles to go," et cetera. I was just completely focused on the fact that here I was, running in the Olympic Trials, and that I was going to run my best—not by measuring my splits and time, but by heart, by racing and getting energy from the crowds

continued on page 16

Gettysburg

continued from page 14

Soldiers by the end. After leaving the valley between the ridges, your route will take you back up to Cemetery Ridge and the center of the Union line.

As I was running back up Sedgewick Avenue, I noticed the smell of a wood fire and wondered if there were houses nearby. I found it strange for someone to have a fire in the fireplace at 5 A.M. on a spring morning. As I rounded a curve, however, I noticed off to my right an encampment of Company H, 119th New York Volunteers, a group of Union Army Reenactors from Long Island. I found it pretty cool that they were up at the crack of dawn doing what they love, just like I was up at the crack of dawn doing what I love. After a quick wave and a short chat, I completed my route by returning to the National Cemetery parking lot, completing a 10-mile run. This was a little short of the entire second day of battle tour; if you want, you could continue to follow the auto tour signs to the North end of the Union line to Spangler's Spring and Culp's Hill, which would have taken the total mileage over 13 miles.

If your family vacation takes you to Gettysburg this summer, take some time to see the battlefield from a whole new perspective. And if, on your run, you see a big bald guy moving slowly towards you, check and see if he has a beard. If he does, he's probably the ghost of Union General George G. Meade; if he doesn't, it's probably me. Either way, you will likely be moving a whole lot faster than either of us. Happy travelling and have a good run.

PPRR member Duane France lived in Fountain with his wife and 2 children. A 15-year army veteran, he recently returned from a tour in Iraq where he helped run a desert Sailin' Shoes 5K race in conjunction with the Colorado Springs event.



Unforgettable Olympic Trials

continued from page 15

and not leaving anything out there.

This strategy worked until somewhere between 18-22 miles! Like I said, I wasn't really paying attention to mile markers, but near that point I was no longer with a group and running on my own. That's considerably harder, and I started losing steam. The last few miles REALLY hurt. My legs have never, ever felt that bad. It was all I could do to keep moving. I knew I was moving slow at that point, but still felt like I was working so hard and trying to move as fast as I could. About 10 girls probably passed me those last few miles. It was funny though, I did pass a few girls, who looked like I felt. They had obviously hit the wall hard! When I listened to an interview of Lance Armstrong after he ran Boston the next day, he said someone had given him the advice that the halfway point in a marathon is the 20 mile mark. How true that is!

Unfortunately the finish was a little anti-climatic for me. There were TONS of people crowded over the last stretch down Boylston Street. The final stretch was lined with flags, there were huge banners up, a big screen tv showing the runners, and bleachers full of family members and VIPs. I had envisioned all of this, and, like the start, wanted to take it all in with a big smile and relish the experience forever. But my legs hurt so badly and I was so tired that I just wanted to be done. 3 girls passed me heading down the final stretch, and I had absolutely nothing left to even attempt to go with them, so that never makes you feel good either!

I crossed the finish line and was done. Then I finally smiled! I ended up running 2:45:30, finishing in 64th place. While I wanted to run faster and was a little disappointed that I didn't PR, I was happy. I knew that I had really

pushed myself as hard as I could have gone. And the way my legs felt confirmed this! Also, since I was seeded 94th, I finished 30 places up in the ranking.

Some interesting statistics from the day: There were a total of 181 qualifiers, 10 via a 10,000m performance, including 3rd place finisher Blake Russell. Out of the 146 starters, only 124 finished. I was really surprised that 22 women dropped out of the race. Two of the women who were highly favored to place in the top 3, Elva Dryer and Kate O'Neill, both dropped out. My guess is maybe once they felt they weren't going to make the team, they wanted to save their energy to compete in the upcoming Track Olympic Trials in June. I have no explanation for the other 20 runners that dropped out. To me, I would think you would want to finish a highly selective race that is run only once every four years regardless of your place or time.

135 women qualified for the Trials by running a new personal best in a marathon. 41 women ran new personal bests during the Trials, including 13 of the top 15 and 20 of the top 26. Linda Somers Smith set a new US 45+ record running a speedy 2:38:49, while Joan Samuelson, who was clearly a crowd favorite, set a new 50+ record of 2:49:08. 98 women ran under 2:50, the second largest total in the history of women's marathon running, trailing only the 1984 Olympic Trials when 109 women broke that mark. So it was an impressive field running, and overall a great weekend of events.

Emily is a PPRR board member and lives in Colorado Springs. She trains with the Army World Class Athlete program in the pentathlon and marathon.



Cadets Capture Records at Boston

by Jesse Mortenson

On the 21st of April, eight Air Force Academy Cadets, all members of the Marathon Team, completed the Boston Marathon. With a 9th place overall finish as a team, they quickly outran West Point and the Naval Academy, 34th and 31st places respectively. Out of almost 70 teams of semi-professional runners, these cadets easily achieved the best performance in Academy history. Of these cadets, 4 had run the race before, and two of them were completing the race for their third time.

Even on this notoriously tough course, seven of the eight cadets ran the fastest marathon time of their lives, and the runners recorded four of the five Academy best times. Improvements ranged from one minute to fifteen minutes. How were they able to make such marked decreases in time? According to Cadet Fourth Class Brandon Hough, “It was the hardest and most rigorous test I’ve ever been through and I could not have done it without the support of the team.”

This group of cadets, Jesse Mortensen, Joseph Robinson, Jake Hall, Chris Stover, Brad Chronister, Al Vasso, Vinny Gillmore, and Brandon Hough, trains from six to ten hours a week doing just one thing: running. The time to run must be balanced with many other constraints such as six to seven classes, extra-curricular activities, intramural sports, and military training. Other hurdles the cadets faced included completing long runs in snowy and windy conditions and finding time to complete up to two twenty mile runs. All this hard work paid off as the cadets finishing places ranged from 115th to 2357th, out of over 21000 runners, and each cadet exceeded the qualifying time to allow them to run in the Boston Marathon again next spring.

The successful Boston Marathon was satisfying to the cadets both personally, and as proud members of the Air Force Academy’s Cadet Wing. Last fall, these same cadets travelled to New Jersey for a Service Academy half marathon competition and lost to both West Point and the Naval Academy. Perhaps this loss was the motivation needed to focus their training for the Boston Marathon. As co-team captain Cadet First Class Joe Robinson stated, “We have focused on this race for over a year, and the results show. We approached this event with a competitive team mindset, pushing each other in training to never let up and perform to our highest level. This mindset led to a landslide victory over our counterparts at the Naval Academy and West Point...I am happy that I was able to contribute to this team and to represent the excellence of the Air Force Academy on a national and international level.”

While the Air Force Academy allows the cadets to compete in such high level events as the Boston



Familiar faces at the Winter Series, the AFA’s Marathon Team poses after a successful and satisfying performance at this year’s Boston Marathon.

Marathon, the Marathon Team is cadet-run and primarily self-sufficient. With no official coach and only the experience of older runners, these cadets faced challenges that other service academies and competitive teams do not have to overcome. “Because we are a cadet-run organization, we have more flexibility in our training and our racing schedule, however we also must rely on advice from the most experienced runners among us who have ran at most eight marathons. This is a very unique challenge but we also believe it is one of our greatest strengths. We must take care of each other and ourselves. This is a very important mindset to have for a marathon,” said team captain Cadet First Class Jesse Mortensen. Cadet Second Class Al Vasso added of his first Boston Marathon, “In a race like this your opponent becomes yourself.”

Despite the work done by the cadets to overcome numerous challenges, the physical training environment provided by the location of the Air Force Academy was a great benefit during the race. The opportunity to train in the foothills of the Rocky Mountains provides, while often frustrating, a tough and beneficial training ground. Another key training approach was the participation in the Winter Series races in Colorado Springs—almost perfect timing and distances to build up to the Boston Marathon.

“To cross the finish line at Boston knowing that we have ran for a bigger cause, and that we have excelled in service to the Air Force Academy, is an incredible feeling that few may ever experience,” says Cadet Mortensen. But even more importantly, stated Cadet Second Class Brad Chronister, “the Boston Marathon left me hungry to try it again next year.”



Coming June 20!



NEWTONTM
running

The fastest footwear since bare feet

*The Colorado Running
Company*

833 N Tejon

635-3833

Mon - Fri 9 AM to 7 PM

Sat 9 AM to 6 PM

Sun 12 PM to 5 PM