

# PIKES PEAK ROAD RUNNERS

MAY 1979

PRESIDENT  
Rita Leeper  
598-9585

ISSUED MONTHLY

NEWSLETTER EDITOR  
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## GENERAL CLUB MEETING

We will have a general club meeting for all PPRR members on Wednesday, June 13 at 7:00 PM in the multi-purpose room at the 'Y'. There will be a short business meeting to consider the addition of two new offices on the Executive Board (change to our by-laws). After this, we hope to have a short talk by some of the club's more experienced marathoners to give the rest of us some tips or tales. Then we will have a chance to get to know some of the other club members, find a running partner, or just a chance to tell someone of our last great race or injury. We will provide coffee and something cold (not ERG!), and ask that everyone bring some cookies or such (carbo-loading out of season).

## NEW MEMBERS

Welcome to the following new PPRR members:

Everett Brinson  
Chuck Donachy  
David M. Elwonger  
Alan Fisher  
Bob Gardella  
Russell C. Hunter  
Daniel Laird  
James Lewis

Jon T. Little  
Bruce W. McCormick  
Donald R. McCoy  
David D. Nowlin  
Robert F. Olmstead  
Donald J. Ross  
Ed Sargent  
William J. Slaughter

## CLUB PICNIC

The first club picnic this summer will be held Sunday, May 27 at the Council Grounds in Palmer Park. We expect to start about noon, with races to start about 1 PM. We plan to have a short race for all the kids, and a short couples fun run that should provide a few laughs (and gasps) since Rita is planning something 'special'.

The picnic will be partly pot-luck with the club providing drinks and charcoal to cook if you want. You must bring your own table setting and meat, and one item from below according to your last initial:

A-F: salad

M-Q: appetizers (chips, pickles, tc)

G-L: dessert

R-Z: beans or something else

We also need a non-runner to organize the food while Rita conducts the races. Call Rita at 598-9585.

## LOCAL RACE INFO

### WOMEN'S 5K (May 19)

Awards of gold, silver, and bronze keychains will be given to the top three finishers in each of four age divisions. Entry blanks are available at the 'Y' and Runner's Roost. Note- the t-shirts are in men's sizes since we couldn't get enough women's shirts in time.

### SPECIAL 1-MILE (May 26)

This is a chance to run for your best mile time. It will be held on the Olympic Training Center Track. We hope to keep the size down to 10 runners at a time, all of about the same speed. All runners will receive a card certifying their time and signed by two time Olympic decathlon gold medalist Bob Mathias, director of the Olympic Training Center. A \$2 entry fee will be charged, which will go to the center. Registrations forms should be available soon in the newspapers and at the Runner's Roost. Volunteers are needed (you can still run) to help. Call John Porter at 471-7383. Oh yes, the races will start about 9 AM and probably run all morning.

## LOCAL RACE INFO\_(CONT.)

### HYPOXIA SERIES

Our summer incremental series begins on June 16 on the Rampart Range Road near Woodland Park. The other races will be on Jun 30, July 14, and Aug. 5. We still need a race director for the series (we have an assistant). Call Rita Leeper at 598-9585 to volunteer (remember you get points for a nice jacket). By the way, the dictionary defines hypoxia as an abnormal condition resulting from a decrease in the oxygen supplied to the body tissue. Now you know.

### GARDEN OF THE GODS and ANHEUSER BUSCH

Both of these races (June 23 and July 21) are expected to be large scale races, so we need a large scale contingent of helpers. For example, at Garden of the Gods we need 35 people for the finish line alone. Also note that there is work to do the week prior to the races getting packets ready, etc. (do this stuff, and you can still run in the races). Call Rita at 598-9585.

### SPORTS FESTIVAL (July 27 - Aug 1)

Jon Epperson, the Marathon Director, informs us that up to 200 men and women will be allowed to run in the Sports Festival Marathon with the 12 invited runners. Qualifying times for men are 2:25 or 2:35 above 4000 feet, and for women 3:00 and 3:10 respectively. Jon also needs a few volunteers to man some of the intersections along the route. He says most of these will still have time to get to the finish line downtown. Call Jon at home at 488-3576, or at work at 472-4470.

### QUICKIES AND STRAGGLERS

Jerry Donley needs some helpers for the Masters Track & Field Meet in Denver on May 26 & 27. Call Jerry at 635-1264.

Jim MacDougald has been appointed to the Executive Board, replacing Mario Rosales. Jim is already active, directing the Women's 5K race.

The club is looking for someone to be in charge of publicity. We would like someone who has worked with the media before if possible. This is a new position which we will vote on at the general meeting. If you have any interest or know someone who does, come to the meeting June 13, or call Rita.

### MAY HANDICAP RACE \_ \_ \_ MONUMENT VALLEY PARK \_ \_ 2\_Miles \_ \_ 5/5/79

We had beautiful weather again this month, but our speedsters must have been saving for the Mile-Hi Marathon. Eric Gilchrist had the fastest time of 12:21. Two runners improved more than two minutes over their handicap time. And we had our youngest runner yet, 5 year old John Medford, who still looked strong at the finish.

1. Brad Bishop	17:44 +2:28	10. Eric Gilchrist	12:21 +17.5
2. Teresa MacDougald	18:22 +2:16	11. John Hoffman	14:26 +5.1
3. Sally Sheets	19:27 +59.8	12. Margaret Gates	14:11 -1.4
4. Diane Hastings	20:18 +57.1	13. Jeff Campbell	13:28 -3.1
5. Bob Royse	12:40 +50.6	14. Joe Madril	12:33 -6.4
6. Lucy Valdes	14:26 +45.3	15. Art McLean	17:50 -17.4
7. Tom Zebarth	13:23 +36.5	16. Herman Gates	19:07 -41.8
8. Rita Leeper	18:13 +29.9	17. John Porter	13:17 -48.3
9. Bobby Royse	17:37 +28.0	18. John Mazzella	15:44 -53.1

The following established a handicap this month :

Pat Padilla	12:33	Donald McCoy	15:11
Bob Gardella	12:43	Bob Olmstead	15:17
Mark Bell	12:46	Susan Wilds	15:31
Craig Schafer	13:57	Bettie McLean	19:14
Larry Hurst	14:08	Linda King	20:13
Tom Hrin	14:48	John Medford	29:54
Cork Hodge	15:09		



G I B by Tom Zebarth

Part of my daily training regimen includes an uphill on the south side of South Carefree. For those of you unfamiliar with the area, the sidewalk runs alongside a concrete retaining wall, about four feet high, topped by about five feet of slat fences which shield the yards from casual glances from the street. Since the ground level of the yards are at the height of the retaining wall, most of the resident dogs are at my eye level when they come to the fence to visit with me as I plod by on the sidewalk. The dogs are all reasonably gracious, and I say some words of friendly greetings in the hope that, should they gain freedom, they might not eat the first runner (me!) they meet. Never hurts to plan for a rainy day.

Anyway, in one of the yards is a medium-sized buff collie-mix that is particularly friendly. I heard the kids playing with her one day, calling her "Sweetie". Most days when I go by, she meets me at the lower corner of the fence and we exchange pleasantries as she paces me the 35 yards or so up the hill. We both enjoy the encounter.

The other day I planned a relatively long depletion run, about 19 miles, and was pretty low by the time I reached South Carefree. By "low" I mean my feet were lead, and my head was down. As I climbed the hill, I caught a glimpse of tan movement through the fence next to me, said "Hi, Sweetie," and continued my semi-controlled stagger up the incline. It suddenly struck me that Sweetie wasn't pacing me. I lifted my head to reconnoiter -- to find I'd been a little premature with my greeting -- about two houses worth. Sweetie's yard was still to come, and there she was, waiting for me. Then what - ??

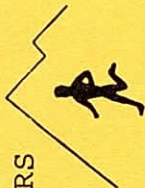
I had a pretty strong suspicion, which was confirmed when I looked back. I'd just called the biggest, toughest-looking man in Colorado Springs "Sweetie". He was wearing tan pants and gardening next to the fence. I've got to start running with my eyes up! Needless to say, my reputation in this town is shot.

<u>BLACK FOREST # 5</u>	<u>30 KILOMETERS</u>		<u>4/21/79</u>	
1. Dave Williams	2:02:21	1M30	16. Tim Ladewig	2:24:26 13M30
2. Don Ross	2:02:44	2M30	17. John Porter	2:26:29 14M30
3. Clyde Sacks	2:05:47	1M20	18. Jim MacDougald	2:28:26 1M50
4. Donn Weipert	2:10:25	3M30	19. Bob Heaton	2:30:50 15M30
5. Gene Burt	2:10:58	4M30	20. Martha Croasdale	2:30:54 1F10
6. Jim Lewis	2:12:44	2M20	21. Bob Beland	2:32:18 16M30
7. Gene McKerlie	2:12:45	5M30	22. Lynn Doughtry	2:32:57 17M30
8. Jeff Campbell	2:13:41	6M30	23. Randy Barton	2:32:57 3M20
9. Jim Coleman	2:21:16	7M30	24. Jacques Adelee	2:32:59 18M30
10. Bill Ayen	2:21:25	8M30	25. Tom Zebarth	2:34:16 19M30
11. Terry Leeper	2:22:00	9M30	26. Alan Fisher	2:39:02 20M30
12. Sue Gladney	2:22:58	1F30	27. Lynn Miller	2:43:13 4M20
13. Joe Quinn	2:23:25	10M30	28. Tom Knapp	2:43:13 5M20
14. Ted Morgan	2:23:52	11M30	29. Margaret Gates	2:56:45 2F30
15. Bill Slaughter	2:24:20	12M30	30. Steve Nichols	3:09:31 1M40

Also starting but not finishing: Chuck Donachy, Ed Flitton, and Bob McConkey. Bob had a little party the night before the race to celebrate receiving his Masters Degree. Congratulations, Bob.

<u>BLACK FOREST # 5</u>	<u>10 KILOMETERS</u>		<u>4/21/79</u>	
1. Harold Jones	39:31	1M30	9. Jim Brehm	51:12 4M30
2. Andy Hornbaker	39:51	1M40	10. Mary Felts	52:08 1F40
3. Scott Sutton	42:22	1M10	11. Steve Wright	52:54 3M10
4. Bill Richardson	44:08	2M30	12. Bobbie King	54:08 2F40
5. Jim Brumage	46:03	3M30	13. Juanita Moore	57:43 1F20
6. Ev Brinson	47:09	2M40	14. Pam Jones	58:57 1F30
7. Ed Bathke	50:10	3M40	15. Karol McLean	67:21 2F30
8. Bill Brown	51:05	2M10	16. Rita Leeper	68:48 3F30

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