

PKES PEAK ROAD RUNNERS

NOVEMBER 1979

PRESIDENT

Rita Leeper
598-9585

ISSUED MONTHLY

NEWSLETTER EDITOR

Bob Royce
598-9719

VOL. III, NO. 11

6730 Duke Dr. (80918)



NEW CLUB OFFICERS NEEDED

The year end is almost here, and its time to replace some of the stodgy old leadership with vibrant new leaders. Without some new volunteers we may end up with a large club doing nothing. This past year, several standards and practices have been established in order to provide help and guidance to future club leaders, which will make things easier next year. And the race schedule has been cut back a little to ease the labor crunch. So contact Rita or any other board member right away. We especially need a president and vice-president, membership chairman, and newsletter editor (my typewriter has been repossessed).

NOVEMBER HANDICAP RACE - MONUMENT VALLEY PARK - 2 MILES - 11/3/79

Forty people showed up as we started our handicap race in daylight again (9 AM), as we proved the old adage 'the last shall be first.' Dorothy Peak finished dead last but still smiling, of all the runners, and when the handicaps were figured, her smile was even bigger, as she won with an improvement of nearly 2½ minutes. Chuck Hosking was back in his usual place with the fastest time of the day at 10:16.6.

1. Dorothy Peak	25:43.8 +2:28	15. Bob Ramey	13:07.0 -1.8
2. Mike Sharpe	16:20.8 +38.8	16. J.P. Neuteboom	12:27.7 -6.8
3. Craig Schafer	12:35.4 +32.2	17. Herman Gates	18:43.4 -22.5
4. Gene McKerlie	10:47.6 +29.0	18. Sharon Foster	12:43.4 -28.4
5. Julie Foster	17:08.8 +28.0	19. Bob Olmstead	15:00.9 -28.4
6. Everett Brinson	11:40.0 +27.8	20. John Cabeen	15:07.9 -31.3
7. Bobby Royce	16:55.6 +23.9	21. Scott Sutton	11:24.9 -33.9
8. Phil Foster	14:07.3 +23.8	22. Jim Webb	14:50.3 -44.0
9. Tom Zebarth	13:20.4 +18.1	23. Michael Webb	20:46.6 +8.0
10. John Mazzella	14:20.6 +16.7	24. Bob Royce	14:19.9 -1:11
11. Libby Smith	15:29.9 +13.1	25. Paul Hamilton	21:10.1 -2:11
12. Chuck Hosking	10:16.6 +11.8	26. Percilla Adams	19:48.7 -2:23
13. Dick Sutton	11:48.2 +4.7	27. Ron Sharpe	16:21.9 -3:32
14. Katie Kool	18:32.4 -1.6		

The Following ran in the series for the first time to establish a handicap:

Dick Bradbury	10:27.9	Pat Miles	12:38.8
Joel Malkerson	11:12.6	Sid Steinweg	13:16.1
Gary Larson	11:15.4	Steve Sager	13:18.9
James Korte	11:27.1	Dave Elwonger	15:29.9
Jon Malkerson	11:33.8	Les Kool	16:58.4
Jeff Gadley	11:39.6	Debbie Sharp	17:21.9
Bill Parmentier	12:00.4		

Historical Note: Pres. Rita Leeper thought she had finally found someone she could keep up with in her 5 year old son Andy. But after he ran the first mile in about 10 minutes, she made him quit! Next time, Andy, bring your dad!

QUICKIES & STRAGGLERS

Dick Sutton wishes to thank all the PPRR members who helped with the High School Cross Country Meet. We now have a bunch of running coaches who 'owe us one', an asset that may pay big dividends in the future.

Dick also tells me that the races in La Junta on Nov. 24 will be at 10 AM at Otero Jr. College, which is south of town.

The Black Forest Series is our next big event. It will start in February. Dick Sutton needs a couple more assistant race directors.

There will be a general PPRR club meeting sometime in January. This will be the election meeting. More details next month.

Almost year end also means its time to renew your PPRR membership. To renew, you don't need an application form, just send a check and a note to Jeff Campbell, 6362 Turret Drive, Colo. Spgs, CO 80907. If you joined recently, you may have over-paid for the remainder of this year and have a credit due you. Check with Jeff to find out. Annual dues are \$9 for individual and \$15 for family.

G I B by Tom Zebarth

I saw an interesting future concept demonstrated on a Six Million Dollar Man episode some time ago that presaged some developments runners might be interested in. In this particular show, Steve Austin was pitted against a group of crooks who were strapped into mechanical frames that somehow sensed their physical intentions, and mechanically increased the forces applied to the job. For example, these devices allowed the bad guys to easily lift and throw 55 gallon drums at our hero.

With his bionic arms and legs, Steve was easily able to foil the baddies. But the muscle-assisting devices intrigued me because of the vast increase in human capabilities without the messy surgery involved in installing bionic devices. I can't imagine voluntary removal of my legs at the waist to gain racing speed bionically, but to part with some cash for a removable device I might consider.

Consider this -- Saturday morning dawns bright and clear. You have a 10,000 meter race scheduled, and conditions appear ideal for a PR (personal record). After a light breakfast and some stretches, you get your exer-assister out of the closet and check it over. Teflon-lube into all joints, some tread on the foot pads, and a change in the power pack (4 D-cells, not supplied) and you're ready to go. Putting the converter setting to 'low', you jog the 10 miles to the race in about 35 minutes, working up a light sweat. Those 14-foot strides really eat up the road.

While waiting for the gun, the thought of the race starts the adrenaline flowing, with embarrassing results. Every muscle quiver is exaggerated by the exer-assister so that you appear to be having a seizure. Bouncing on your toes threatens robin's eggs in the trees around the starting line. At last the starter goes into the countdown, and around you the click of converters being turned to 'full' seems to drown out other sounds. The air is electric, as are your shorts and shoes.

"Bang!" The supercharged start is awesome. The frontrunners do the first 100 yards in 2.5 seconds. The whole pack is flying, with stride length multiplied by a factor of four with no change in leg speed. The factor accentuates the differences between the ability groups, with the long striders rapidly pulling away from the pack. You let them go, settling into a nice steady 24-foot stride. Remembering the tortoise and the hare, you hope the frontrunners will throw a rod.

At last the finish line. Time sure drags in these medium length sprints. Your time -- 10:49.635. You've done it! A personal best! As you slow down through the half-mile long chutes, you think of Grandpa's comparable time in 1979 -- 43:24. Of course, in this day and age, who would want to spend 43 minutes covering only 6.2 miles? Why, in that time, you could run to Pueblo!

If you liked this article, may I recommend the Walt Disney "Flubber" movies. And don't forget to change your oil for winter.

FALL LEVEL SERIES

Our Fall Level Series finished up on Saturday, Nov. 10 at Monument Valley Park. The overall turnout for the entire series was fairly light, with only 98 different people showing up for the various races, and only 27 running in at least 3 races to earn shoe pocket awards. Less than ideal weather for the last three races may have been a factor, but the worst weather was for the last race, and attendance picked back up.

Overall series winners were:

20 & Under				
5K Male	Mark Druelinger		1:20:48.2	
21 - 29				
5K Female	Diana Goeb		1:45:03.1	Fastest female in 5K
10K Male	Lynn Miller		2:52:58.7	
30 - 39				
5K Female	Joan Zebarth		1:55:24.3	
5K Male	Dave Smith		1:27:00.9	
10K Female	Diane Gilliam		3:14:33.4	Fastest female in 10K
10K Male	Bob Beland		2:47:57.3	Fastest male in 10K
40 & over				
5K Female	Julie Foster		1:57:25.4	
5K Male	Dick Sutton		1:18:54.5	Fastest male in 5K
10K Male	Jim Brumage		2:49:00.7	

FALL LEVEL SERIES #2 - - - - PALMER PARK - - - - 10/13/79

5K RACE

1. Mark Weeks	18:02.5	1M20	9. Jeff Hamlet	24:11.8	4M20
Mike Whitman	18:02.5	1M20	10. Phil Foster	24:47.7	3M40
Rick Mendolia	18:02.5	1M20	11. Diana Goeb	25:22.6	1F20
4. Dick Sutton	19:24.5	1M40	12. Gail Allen	27:32.3	1F30
5. Ev Brinson	19:40.9	2M40	13. Bettie McLean	27:56.9	1F40
6. Mark Druelinger	20:40.2	1M10	14. Joan Zebarth	28:32.9	2F30
7. Dave Smith	21:12.7	1M30	15. Julie Foster	29:34.9	2F40
8. Bob Royse	21:30.5	2M30			

10K RACE

1. Jim Downey	37:35.2	1M30	12. Jim MacDougald	44:46.6	2M40
2. Ross Adams	38:30.3	1M10	13. Lorne Hinkle	46:19.7	3M40
3. Dave Jones	39:08.3	2M30	14. Diane Gilliam	47:46.1	1F30
4. Dan Juhl	40:41.9	2M10	15. Chuck Donachy	50:02.1	7M30
5. Jim Brumage	41:41.0	1M40	16. Jay Francis	50:43.6	8M30
6. Bob Beland	41:57.2	3M30	17. Rodney Rogers	51:19.5	9M30
7. Bob Heaton	42:34.1	4M30	18. John Mazzella	52:47.9	4M40
8. Lynn Miller	43:01.1	1M20	19. Don McClure	53:18.9	5M40
9. J.P. Neuteboom	43:32.4	5M30	20. John Cabeen	55:18.1	10M30
10. Mike Petraglia	43:34.3	2M20	21. Art McLean	62:09.3	6M40
11. Mel Druelinger	44:16.1	5M30			

We'll print the rest of the Fall Series results next month.

MOVING?

Are you moving or have you just moved? Or do you not get your newsletter, but must beg, borrow, or steal from someone else? Please let us know of any address changes immediately, because the newsletters are not forwarded by the Post Office (it is a matter of economics for the club, using the bulk mail system). A note or phone call to either the newsletter editor, Bob Royse, or membership chairman, Jeff Campbell, is all it takes. It's painless and simple, so don't put it off.

PIKES PEAK ROAD RUNNERS
 P.O. Box 1694
 Colorado Springs
 CO 80901



Non-Profit Organization
 U. S. Postage
 PAID
 Colorado Springs, CO.
 Permit No. 608

CRAIG T. SCHAFER
 172 1/2 BATES DR.
 COLORADO SPRINGS, CO 80909

NOV 79

NOVEMBER

22 Thrs 4 Mile Run	Turkey Trot, Washington Park, Denver	9AM CMRA
24 Sat 2 Mile FUN RUN	Bergen Elem Scho, Bergen Park, Co.	9AM TRR
24 Sat 20K Run USITF	Washington Park, Denver	9AM RMRR
24 Sat 5K Run	Lions Park, Cheyenne	10AM CHTC
24 Sat		
25 Sun 10K Run	Aurora Mall, Aurora, Co	9AM FF

DECEMBER

2 Sun 10K XC Cramps	Cheyenne Country Club Golf Course	12Noon CHTC
2 Sun		
8 Sat 6 Mile Run	Bergen Elem Sch, Bergen Park, Co.	9 15AM TRR
8 Sat 2 Mile FUN RUN		8,30AM
9 Sun 10K XC Ski Race	Aspen TBA (Aspen Silver Boom)	11AM RMD
9 Sun		
15 Sat Holiday Marathon	Pueblo H.S., Pueblo, Co.	10AM SCS
16 Sun 5K HDCP (Prize & Awards)	Blevins Jr. High Sch, Ft. Collins	9AM FCTC
16 Sun 5K & 10K Runs	Frontier Park, Cheyenne	11AM CHTC
16 Sun		
22 Sat 2 Mile FUN RUN	Bergen Elem Sch, Bergen Park, Co.	9AM TRR
22 Sat 10K Run	Ken Caryl Ranch, S.W. of Denver	10AM CMRA
30 Sun		
31 Mon Annual Annetal Run	Lincoln Monument, W of Cheyenne	12 Noon CHTC

Race Contacts:

CC - Colorado Columbine, Lynn Kripakov, 6525 S. Bellaire Cir., Littleton, Co, 80121 (770-6699)
 CHTC - Cheyenne Track Club, Brent Weigner, 421 E. 28th, Cheyenne, WY 82001 (307-632-2602)
 CMRA - Colorado Master's Running Association, John Ravelling III, 1788 S. Garland Ct., (986-1263)
 FCTC - Fort Collins Track Club, Ron Jensen, P.O. Box 279, Ft. Collins, Co. 80522 (491-5434)
 FF - Fleet Feet, John Cable, Lake Arbor Center, 80th & Wadsworth, Arvada, Co. (420-0602)
 MMS - Mesa Monument Striders, Larry Ingram, 2932 B Road, Grand Junction, Co. 81501 (243-3721)
 RMOC - Rocky Mountain Orienteering Club, Steve Goodman, 850 S. Corona, Denver, Co. 80209 (777-8395)
 RMRR - Rocky Mountain Road Runners, P.O. Box 17382, Terminal Annex, Denver, Co. 80217 (831-1690)
 RR - Runners Rest Running Shoe Store, Mike Peterson, Market Place Shopping Center, Denver, Co. 80231 (752-3232)
 SCS - Southern Colorado Striders, Jeff Arnold, 230 Dittmer Ave., Pueblo, Co. 81004 (545-1830)
 SMC - Sports Medicine Conference, Continuing Education, Rockwell Hall, Colo. St. Univ., Ft. Collins, Co. 80525
 STS - Steamboat Striders, John Thresher, Star Rt. 1, Box 12, Steamboat Springs, Co. 80477 (879-2875)
 SSJC - South Suburban Jogging Club, Lynn Kripakov, 6525 S. Bellaire Cir., Littleton, Co. 80121 (770-6699)
 SH - Shaklee, Lea Courkamp, 6402 Simms No. 1, Arvada, Co. 80004 (422-1649)
 TRR - Timber Ridge Runners, Mike Huseby, 5320 E. Highline Pl., Denver, Co. 80222 (758-5125)
 WP - Winter Park Ski Area, Winter Park, Co. 80442, (892-0961)
 YMCA - Denver Central YMCA, 25 E. 18th Ave., Denver, Co. 80202 (861-8300)
 YCA - YMCA, Pueblo, Colorado.

FLS - Finish Line Sports, 760 So Dexter St Denver, Co 80222 - (753-9488)
 NJC - North Jeffco Center 9101 Ralston Road, Arvada, Co. 80004 - (424-7733)