

## PIKES PEAK ROAD RUNNERS

JANUARY 1980

PRESIDENT

Rita Leeper  
598-9585

ISSUED MONTHLY

NEWSLETTER EDITOR

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### JANUARY GENERAL MEETING - ELECTIONS & NEW BYLAWS

Our annual elections will be held at the January general club meeting on Wednesday, Jan. 23 at 7:30 PM in the Multi-purpose Room at the 'Y'. We still need some volunteers for the jobs of Membership Chairman and/or Publicity Director. Please contact Rita right away.

Another major item on the agenda will be the approval of new club bylaws. Some changes were necessary in order to qualify as a non-profit organization for tax purposes, so the bylaws have been completely re-written. You may see a copy of these new bylaws before the meeting by contacting either Rita Leeper, Bob Royse, or Merv Bennet at the 'Y'.

### MEMBERSHIP RENEWAL

It is time to renew your PPRR membership. You don't need an application form, just send a check and a note verifying your address to Jeff Campbell, 6362 Turret Drive, Colo. Spgs, CO 80907. If you joined after the middle of the year, you may have over-paid for the remainder of 1979, so check with Jeff to see if you have a credit due. Annual dues are \$9 for an individual and \$15 for an entire family.

Jeff says he will have membership cards and t-shirts for those who have renewed at the January General Meeting. Note also: this will be the last newsletter you will receive if you haven't renewed by this time next month.

### Letter from the President

At the end of January, I leave the office of President of Pikes Peak Road Runners. I do this with feelings of regret and feelings of relief. It has been an extremely busy year and one that has seen the P.P.R.R. grow into a well-organized, highly efficient running club. I am proud of the reputation we have built and glad to have been a part of it. My thanks to all the members who have been working during the year for the betterment of the club; without you it wouldn't have been possible. I have also been fortunate to have worked with some very knowledgeable people on the Executive Board whose expertise in many areas has helped make the job easier. Thank you for your encouragement, co-operation and support.

To all members, I hope 1980 will bring you success in meeting your running goals.

It has been a pleasure to serve as your President.

Sincerely,

Rita Leeper 1979 President P.P.R.R.

G I B by Tom Zebarth

During the course of this past year, I've had a lot of ideas for this column which never quite bloomed(?) into full-fledged articles. Looking at the list, it's obvious why--most are half-baked at best. As part of my new Year's resolution to clean up 79's trash-- I'll share them with you in the hopes you can make more out of them than I ever could.

I hate the monthly two-miler in Monument Valley with a passion. I've attempted it 17 times, never gotten a "good time", never discovered any kind of comfortable pace and never enjoyed the run one bit. Yes, I'll probably be there next month.

I love to see the mileage totals go up in my running log. could I possibly be running more for the bragging rights the numbers give me than for the spiritual benefits I claim?

What possible useful purpose do stomach cramps in the middle of a race play?

Running in sweat clothes and from 10 to 15 seconds/mile compared to running in shorts and t-shirts only. wonder if running nude would get me under 7:00/mile? It would have to, or I'd spend the night in jail!

Some training runs are just plain dull. For some reason the mind won't wander to other subjects and the running becomes a real chore. These runs are the best race preparation I know of-- this is where you build the mental strength and will to run through hard races. Paying dues, if you want a justification.

I started running to build up my legs for skiing. Wish I could take some time off from running to go skiing.

Why do training runs hurt so much, yet average out so much slower than races? Is adrenalin worth that much? A good, hard ten mile training run takes 90 minutes, yet a 76 or 77 is possible for the same distance under race conditions. The training run drops me to vegetable level for about four hours, while the race leaves me exhilarated. Curious.

Colorado Springs needs a path along Monument Creek, under the bridges, similar to the Denver path along the river. The city also needs a decent marathon. Pikes Peak is more a survival exercise than a legitimate race!

What does it feel like to run a 4:00 mile? What does it feel like to run a 2:10 marathon? Probably wonderful, but I'll bet it's not even close to the experience of holding a newborn baby, or finding you're loved. Some pleasures are incomparable. Hope we always retain a sense of perspective.

My legs are ugly. Wearing shorts in public is my revenge on the world for real of imagined slights. Take that!

I understand frontrunners put on their shorts one leg at a time, just like the rest of us. The difference is that frontrunners often lose their way through the leg holes.

## LOCAL RACES

### January

- 18. Open Race 1/2 mile 6:15 AFA Fieldhouse
- 23. General Membership Meeting 7:30 Pikes Peak Y
- 25. Open Race 2/1mile 6:15 AFA Fieldhouse
- 27. Cold Weather Quickie 5K 9:00 Memorial Park

### February

- 2. Handicap 2mile 9:00 Monument Valley Park
- 3. #1 Black Forest Series 1mi./5K 9:00 Wolford Elem. Sch.
- 17. #2 B. F. S. 2mi./10K 9:00 Wolford El. Sch.
- 20. Open Race 1/2mile 6:00 AFA Fieldhouse
- 23. Pueblo Spring Runoff 10K/10mi. ? Contact Jeff Arnold 545-1830

### March

- 1. Handicap 2mile 9:00 Monument Valley Park
- 2. #5 Black Forest 3mi/15K 9:00 Wolford El. Sch.
- 8. Women's Race 5K 9:00 Monument Valley
- 16. #4 Black Forest 4mi/20K 9:00 Wolford El. Sch.
- 23. #5. B. F. S. 5mi/25K 9:00 Wolford El. Sch.
- 29. All Comers Track Meet 9:00-2:00 AFA Fieldhouse

### April

- 5. Handicap 2mi 8:00 Monument Valley
- 19. Couple's Predict Fun Run T.B.A. *Memorial*
- 20. One Mile 1:30-4:30 T.B.A.

### May

- 3. Handicap 2mile 8:00 Monument Valley
- 3. Cinco de Mayo ? ? Pueblo
- (4. Mile Hi Marathon) ? ? Denver
- 10. Men's & Women's 5K 8:00 Monument Valley
- 25. Picnic and Fun run ? ? T.B.A.
- 31. Diet Pepsi 10K ? ? Pueblo

### June

- 1. Handicap 2mi 8:00 Monument Valley
- Anheuser-Busch 10K 8:00 Bear Creek Park
- 14. Garden of the Gods 10 mile 8:00 Hewlett-ackard
- 21. Spring Spree ? ? T.B.A.

### July

- 5. Handicap 2mile 8:00 Monument Valley
- 12. Mt. Evans 14mile ? ? Mt. Evans
- 19. Diet Pepsi 10K ? ? Denver
- 26. Diet Pepsi 10K 8:00 Palmer Park

### August

- 2. Handicap 2mile 8:00 Monument Valley
- 10. Pikes Peak Marathon Manitou Springs
- 25. Men's & Women's 5K 8:00 Memorial Park
- 30. College Community Run 5/10K ? ?

### September

- 2. Handicap 2mile 8:00 Monument Valley
- 14. Pony Express 18mile 8:00 Start at Rampart Range and Woodland Park Monument Valley
- 21. #1 Level Series 5/10K 8:00 Monument Valley

### October

- 4. Governor's Cup 10K ? ? Denver
- 4. Pueblo Schlitz Light ? ?
- 4. Handicap 2mile 8:00 Monument Valley
- 5. #2 Series 5/10K 8:00 Palmer Park
- 19. #3 Series 5/10K 8:00 Memorial Park

### November

- 1. Handicap 2mile 9:00 Monument Valley
- 2. #4 Series 5/10K 9:00 T.B.A.
- 16. #5 Series 5/10K 9:00 T.B.A.
- 29. Runner's Roost Annual Run Monument Valley

### December

- 6. Handicap 2mile 9:00 Monument Valley
- 1. Men's & Women's 5K 9:00 Monument Valley

General Membership meetings will be held in January, April, July and October.

This schedule is subject to change. In the event of any changes, additions or deletions to the schedule you will be notified in your club newsletter.

JAN 80

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Jan 80

JANUARY HANDICAP RACE - MONUMENT VALLEY PARK - 2 MI. - 1/5/80

1. Dave Smith	13:58	--:38
2. Lynn Miller	13:16	--:42
3. Bob Ramey	14:13	-1:21
4. Libby Smith	17:04	-1:33
5. Ted Morgan	13:52	-1:34
6. Sid Steinweg	14:26	-1:37
7. Bob Gardella	13:47	-1:40
8. Craig Schafer	14:48	-1:45
9. Ed Sargent, Jr.	12:25	-1:48 (fastest time)
10. Scott Sutton	13:34	-2:33
11. Peggy Sutton	23:55	-4:01
12. Herman Gates	23:16	-4:40
13. Dick Sutton	23:55	-12:03

NEW HANDICAPS

14	Grog Sutton	13:34
15	Keith Dale	15:32
16	Rodney Rogers	16:25
17	Lois Nelson	18:07

1-MILE

18	1. Johnny Zebarth	12:07	--:06
19	2. Andy Leeper	11:30	--:32