

P I K E S P E A K R O A D R U N N E R S

MARCH 1892

President-- AL GRIMME

597-4693

ISSUED MONTHLY

Newsletter Editor--BOB MUTU

599-9403

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Volunteer Coordinator--SUE STANEC

390-7610

FROM THE PRESIDENT

I hope everyone is well and in good health.

A most warm welcome to our new members. I hope to meet you in the near future at one of our events.

If anyone would have input for our newsletter please contact Bob Mutu at 599-9403, he'd be glad to hear from you.

The Gazette Telegraph/ Garden of the Gods 10-miler is only about four months away (June 12th). Start gearing up for it now, don't wait until its too late.

A general membership meeting is scheduled for April 24th at the Y. Look for details in early April via a special mailer.

We are playing with the idea of having different types of clinics at regular intervals during the month before or after a certain scheduled race. We would like your suggestions on the types of clinics you would like to have, where to have them, and when to have them. Let us know.

Some of you may have already been put through this story. If you have please bear with me. This is a story of the value I place on friends.

As I was finishing up college in Pennsylvania in 1977 and when most students were interviewing for jobs, I was entertaining thoughts about moving to Colorado to train for the Olympic Marathon Trials.

Well, I made the move in May of 1978 knowing only my Aunt and Uncle here in Colorado Springs. During the next couple of years as a result of joining the Pikes Peak Road Runners and attending many of their events I met many fine people, ran with these folks, and talked with them. As time went on I got to know them better and better.

The day finally came for me to leave for the Trials. As I was going to my car to leave for the airport a runner came up to me and wished me good luck because he knew where I was headed that day. Nothing more was said as I watched him run off. Here was someone who I didn't know two years before but know this individual wished for me the best at the Trials. I'll remember that always as a special situation.

I treasured very much going to the Olympic Marathon Trials but that is over and finished for me and in the past. However, the friends that I met and those

who helped me get there are still here and their friendship will last a lifetime.

Thanks to the Pikes Peak Road Runners.

If you have any comments, suggestions, or have anything on your mind please feel free to call me (597-4693).

Take good care of yourself,

AL GRIMME

HOME RUN

The race on March 27th sponsored by Madema Homes and Kilo radio offers what promises to be a challenging 10K course. For the less ambitious a 2 mile race will also take place with ribbon awards to the top three in each age group. T-Shirts to all. Race time is 10:30 AM.

COMING EVENTS

MARCH

20 Sat	Black Forest Classic #5	5Mile/2.5K	12/12:15PM	Black Forest Woolford School
21 Sun	Easter Seal Runathon	10K	1:30 PM	Palmer Park
21 Sun	Cross Country Skiing Fun Race	5/10K	1:00 PM	Black Forest Park
27 Sat	Madema Homes/Kilo Radio Race	2Mile/10K	10:30 AM	See Flier (Terry Scholer 475-2222)

APRIL

3 Sat	Handicap	2 Mile	8:00 AM	Monument Valley Pk.
10 Sat	Tortoise-Hare Fun Run	5K	1:00PM	Memorial Park
17 Sat	Womens 5K		8:00AM	Mon. Valley Park
20 Tue	Wis. Terr. Celebration Fun Run	5K	Noon	Quail Lake Park
25 Sun	One Mile on the Olympic Track		1:30-4:30PM	Olympic Training Center.

MAY

1 Sat	Handicap	2 Mile	8:00AM	Mon. Valley Park
2 Sun	Mile High Marathon	26.2 Miles	8:00AM	Denver
8 Sat	Mothers Day Fun Run	1/3Mile	9:00AM	N. Mon. Val.Pk.
15 Sat	Garden Warmup <u>Fun Run</u>	5K	8:00AM	Palmer Park
16 Sun	Kids Run	1 Mile/5K	1:30PM	Memorial Park

May(Cont.)

17	Mon	NY Stock Exchange Bull Fun Run	5K	Noon	N. Mon. Val. Pk.
22	Sat	Garden Tuneup	7Mile	8:00 AM	B&H Sports
29	Sat	Country Run	2.5/10K	9:00AM	Rocky Ford
30	Sun	FPRR Picnic and Fun Run		1:00PM	Black Forest
31	Mon	Bolder Boulder	10K	10:00AM	Boulder

EDITORIAL

This editorial is short and to the point. Later on in this letter Dave Smith levels an attack on the Board of Directors for the proposed purchase of a club vehicle. This subject was first presented last year and was discussed at our last General Meeting, and, as I recall, at the General meeting prior to that. It is not a new item. It has been discussed at our last two Board meetings, meetings at which Dave was not present. As a result of last months meeting, we now have an equipment manager. This position is important to us so that a race director will not have to make several calls to find equipment. It is not the purpose of this editoxial to support either pro or con the issue of the club vehicle, that is the duty of the duly elected Board of Directors. Our meetings are open to all club members, and we encourage every one of you to attend these meetings. We hope that Dave will attend our next meeting to discuss with us his views on this important issue.

RECIPE OF THE MONTH

CHEESE 'N BROCC

- 1 Large pkg.frozen broccoli or equivalent fresh broccoli (3 lbs or so)
- 4 Cups rice
- 1 Lb. cheddar cheese(diced)
- 2 cans condensed mushroom soup

Cook rice for 20-30 minutes. Add broccoli (if using fresh broccoli, cut into small pieces), cheese, and soup. Season to taste, and simmer for 10-15 minutes or until rice is done. This recipe is for 10 people or so. Reduce proportions for less people.

BARRY LOCKWOOD

P.S. I really enjoyed the Shanghai Chicken and Vegetables.

WE NEED VOLUNTEERS FOR THE TWO RACES ON THE 21st AND THE 28th!!!!!!!!!!!! CONTACT SUE STANEC AT 390-7610. YOUR HELP WILL BE GREATLY APPRECIATED.

A GENERAL MEMBERSHIP MEETING IS PLANNED FOR APRIL 24th. WATCH FOR A FLYER IN THE MAIL

PROFILES

BOB RAMEY

Bob is our treasurer. He's the fella who probably first acquainted you with the term "NOMINAL". I haven't yet gathered the courage to ask him what he's talking about, mainly because everyone else present at the time seems to understand.

Bob was born in Parkersburg, West Virginia. He attended Purdue prior to moving to Colorado Springs to work for FDC as a computer contractor. He moved to California to work for Ford Aerospace and then moved back to Colorado Springs with the same organization.

Bob and his wife, Judy, have four children. David, the oldest, runs about 10 miles a week. Paula runs cross country for Palmer. Chris is a sprinter. Jennifer is their youngest.

Bob started running in 1968 mainly to stay in good shape. Like most of us, he got hooked pretty fast. He would run 3-4 times a week on the track at Mitchell, and put in about 7-10 miles a week. This time period was prior to the running boom, so Bob would lace up his tennis shoes (at the time Converse All Stars were the rage) and head for the track in the wee hours of the morning to avoid attention. He had a general goal at the time of running a 6 minute mile. Bob finally achieved his goal of the 6 minute mile. He was so elated that he entered a race that a friend recommended. He was told it was "around 4-5 miles". Having run as much as $1\frac{1}{2}$ miles at one time, Bob was ill prepared for the ensuing mini-marathon from Falcon to the Grain and Grape restaurant at Murray and Platte, a distance of 10 miles. It is amazing that he finished the race at all, and even more amazing that he ran 90+ minutes.

The next year, 1977, saw the opening of The Runners Roost. They sponsored a One mile predict race. Bob predicted 7:53 and proceeded to run exactly 7:53 (HMMMM???) He won a pair of shoes, so he decided to take this sport a little more seriously.

Runners World had set out a training guide to run your first marathon. Bob followed it for 3 months and then ran The Mile High Marathon. He finished in a respectable 4:35 and decided that this was his distance, so he ran The Denver Post Marathon. He ran in to some sort of wall at 16 miles but managed to lower his time to 4:08.

The next year he ran 3:36 in The Denver Post Marathon. He tried the Peak that year and made it to the top, decided that disgression was the better part of valour, and accepted a ride down.

Bob joined the club in 1978 and was on the board in 1979. He was very active on the racing scene that year and the next, conducting 9 races including the Fall Series. He ran in a lot of races, too.

Bobs' favorite distance is the marathon. His favorite course is The Mile High Marathon. He looks forward each year to the two marathons in Denver and to the Pikes Peak Marathon. Bob says that his only problem with the Peak is that he can't seem to stop himself from running the first six miles and then paying for it later. He feels that once you stop it makes it easier to do it too often.

Bob has run only one other marathon. He ran last December at the Holiday Marathon in Pueblo. His PR was set on this course (3:24). Most of us ran the shorter races that day and were long gone when Bob came in. He said the place looked deserted!

Bob won his age group the first and second years at the Anheuser-Busch race. He also won his age group at the PFGC race one year. His PR's are: 2-mile(12.37), 5K(21.00), 10K(42.24), Garden of the Gods(73.59), and marathon(3.24). He trains about 40 miles per week at about an 8 minute pace. Bob likes to race at about a 6.50 pace(7.49 for marathons).

The next time you see our treasurer, pat him on the back for a job well done! He devotes a lot of time to our club, and has done so for several years now. We can certainly appreciate the dedication that it takes to work long hours, train, maintain a household, and still tackle a tough job like Bob has done!!!!

FLASHBACKS

PIKES PEAK MARATHON 1977

TERRY LEEPER	15th	4.39.56
CARL McDANIEL	36th	4.59.03
TIM LADEWIG	38th	5.01.11
RICK BURTON	49th	5.10.54
LORNE HINKLE	86th	5.35.42

ASCENT ONLY

BOB ROYSE	18th/Age	3.13.04
JOHN EPPERSON	23rd/Age	3.42.30
JOHN BEARDSLEY	107th/Age	4.07.40
JIM KLEVER	69th/Age	4.25.02
LYNN MILLER	143th/Age	5.08.42

2 Mile Handicap

July 16, 1977

1. DAN KING	10.36
4. TOM HINKLE	12.25
6. JIM HINKLE	13.13
7. LORNE HINKLE	13.57
9. RITA LEEPER	19.35
(9 runners)	

AUG 20, 1977

8. DON STANEC	14.49
10. SUE STANEC	16.42
11. RITA LEEPER	18.26(First)
(12 runners)	

SEPT 10, 1977

1. CARL McDANIEL	12.16
2. JOHN BEARDSLEY	12.54
4. JOHN HOFFMAN	13.45
5. SUE STANEC	15.48(First)
6. RITA LEEPER	18.12
(6 runners)	

LEVEL SERIES, WILSON ROAD 5 MILER, Dec. 3, 1977

7. RICK BURTON	31.25	26. MIKE PIET	36.54
10. GREG SUTTON	31.57	27. DAVE RITZER	37.29
11. TERRY LEEPER	32.35	28. SCOTT SUTTON	38.08
12. TIM LADEWIG	32.35	32. EV BRINSON	39.55
13. JEFF CAMPBELL	35.39	34. JOHN BEARDSLEY	40.32
19. JIM GREENWOOD	35.06	37. NORM SCHROCK	42.16
22. DICK SUTTON	35.35	(44 finishers)	

JOYCE RANKIN IS CONDUCTING INTERVAL RUNNING SESSIONS AT THE CC TRACK ON MONDAYS AT 9 AM AND ON THURSDAYS AT 5 PM. THE CC TRACK IS LOCATED IN MONUMENT VALLEY JUST NORTH OF CACHE LA POUDE. THESE SESSIONS ARE FOR ALL LEVELS OF RUNNERS AND JOYCE INVITES ANYONE TO ATTEND (EVEN US SLOWER MALE TYPES). VERY LOW KEY APPROACH. CALL JOYCE AT 632-6882 FOR ADDITIONAL INFORMATION.

MANITOU SPRINGS OLD RAILROAD RUN

THIS RACE WILL TAKE PLACE MARCH 28th (SATURDAY) AND WILL GO TO THE MOUNTAIN SPRING MAIN STREET ASSOCIATION. THE COURSE IS OPEN AND WILL START AT THE FOOT OF THE MANITOU INCLINE AT 10 AM AT THE END OF MAIN AVE. AWARDS WILL BE GIVEN TO THE FIRST FIVE MALE AND THE FIRST FIVE FEMALE FINISHERS. ALL RUNNERS WILL GET T-SHIRTS AND THE COST IS \$2.00. FURTHER INFORMATION MAY BE OBTAINED BY CALLING JOE BEARLE AT 5-1622.

CANCELLED

SKIP WITHROW HAS VOLUNTEERED TO BE OUR RACE COORDINATOR. THIS IS A DIFFICULT JOB AND WE THANK SKIP FOR ACCEPTING THE POSITION. IN THE FUTURE ALL RACE QUESTIONS WILL BE DIRECTED TO SKIP OR SOMEONE ON HIS COMMITTEE (DICK SUTTON, BOB RANKIN, EV BRINSON, OR BOB MUTU). BOB RANKIN IS OUR EQUIPMENT MANAGER. ANYONE WHO HAS ROADRUNNER EQUIPMENT CONTACT BOB IMMEDIATELY!!!

he's her companion
as they jog
each day,
a jogging dog,
loving the white
of this winter's way,
they run for miles and
he darts into drifts,
frolics in fun,
with snow in his fur,
his face covered now,
he runs up ahead,
then back again
to join her
in freedom
in exercise.

the winter runner
 in the crisp, still air;
 confetti-like flakes
 falling gently down;
 behind him,
 his tracks,
 imprinted,
 giving away
 his whereabouts
 on this quiet morn;
 his breath is seen
 as he puffs
 on his way,
 mile after mile
 in the new
 fallen snow.

Pam Gisler

JOHN STEINBECK BIRTHDAY FUN RUN

DESPITE SOME CONFUSION AT THE START THIS FUN RUN CAME OFF O.K. DAVE ABOUT HAD
 HEART SEIZURE WHEN HE DROVE INTO THE PARK AND SAW THE MULTITUDE OF CARS THAT
 WERE PARKED AROUND THE STARTING LINE. IT TURNED OUT TO BE THE SAME TIME AS A
 SOFTBALL TOURNAMENT. INCIDENTALLY, THE COURSE TURNED OUT TO BE ABOUT 3.3 MILES.

1. BRIAN FLOYD	18.56	<u>WORKERS</u>
2. KIRK MOONEY	20.16	DAVE SMITH
3. JIM KORTE	20.24	SUE SMITH
4. RICK JONES	21.38	PAM GISLER
5. SHARON FOSTER	22.03	AL GRIMME
6. MARK SCHNEIDER	22.06	BOB MUTU
7. EV BRINSON	22.08	
8. CRAIG SCHAFER	22.22	Special recognition to the fella
9. ROBERT SCHULZ	24.33	who didn't have time to get suited
10. CLIFF BOWRON	25.32	up and ran in blue jeans...finishing
11. LARRY NELSON	26.20	3rd. Please ignore the turkey who had
12. DIANE ARICKSON	28.04	the audacity to not only run his own
13. ROGER GEISS	28.36	course, but to set a PR doing it.



Runners Roost

RUNNER'S CLINIC FOR

GARDEN OF THE GODS

THIS FREE CLINIC IS FOR THE PERSON WHO CAN RUN 3-5 MILES AND IS INTERESTED IN ENTERING THE GARDEN OF THE GODS 10-MILE ROAD RACE. THE CLINIC WILL START AT 6:30 AM ON TUESDAYS AND THURSDAYS BEGINNING APRIL 1st AND RUNNING THROUGH MAY 27th. FOR MORE INFORMATION CALL THE RUNNERS ROOST AT 632-2633.

THE FOLLOWING ROADRUNNERS HAVE SPONSORED NEW MEMBERS THIS MONTH. THE ENTIRE CLUB THANKS YOU FOR THE SUPPORT. IT IS TRULY A GRAND FEELING TO HELP ANOTHER RUNNER ACHIEVE WHAT YOU YOURSELF HAVE ACHIEVED.....QUALITY COMPANIONSHIP!!!!

PHIL HARRIS	CHARLES GEHLING
LISA GUTTER	DAVE KENT
GEORGE FLEESON	JOHN MAZZELLA
BOB MUTU(2)	CRAIG SCHAFFER(2)
ED CROUCH	AL GRIMME
BOB THOMPSON	ART JORGENSEN
ROLLY DESSERT	SUE KAISER(2)

THE GARDEN OF THE GODS IS JUST AROUND THE CORNER. NOW IS THE TIME TO START CONDITIONING FOR THIS TOUGH RUN. EACH YEAR THERE ARE MANY RUNNERS WHO DON'T FINISH, COLLAPSE FROM HEAT EXHAUSTION, OR JUST PLAIN BOMB-OUT TOWARDS THE FINISH(SPEAKING FROM EXPERIENCE). BE READY THIS YEAR! THE RUNNERS ROOST IS PLANNING CONDITIONING CLINICS FOR THIS RACE. TAKE ADVANTAGE OF WHAT OTHERS HAVE LEARNED.

RESULTS - BLACK FOREST #4, MARCH 6, 1982 - LONG SERIES (20K) - MEN

1. AL GRIMME	69:18	34. RICHARD GEHLING	93:25
2. ROGER CALDWELL	70:26	35. DOUG PETERSON	93:42
3. RICHARD MATA	73:40	36. JIM FOSTER	94:02
4. HAROLD JONES	77:18	37. TIM GEHLING	94:33
5. SKIP WITHROW	77:35	38. DAVE MORRIS	95:19
6. RAY QUINONES	79:10	39. AL BROM	95:22
7. GEOFF CHANGE	81:14	40. ROGER ALLISON	95:49
8. RICHARD JOHNSON	81:23	41. BOB HAMMETT	96:57
9. DAN JOHNSON	81:54	42. JOHN SHAW	97:42
10. SCOTT LANGHUS	81:58	43. BILL CALLEGOS	99:26
11. JAMES BROCK	82:23	44. BILL BORDERS	100:04
12. KEN COFER	83:39	45. PHIL FOSTER	100:04
13. BOB HEATON	84:21	46. ROGER HILL	101:25
14. HOLLY DESSERT	84:51	47. DUNCAN JACKS	101:35
15. GEOFF MILLER	84:53	48. ED CROUCH	105:22
16. STEVE MANDHACCIA	85:12	49. NETL EVANS	106:00
17. TOM DE GLUE	85:25	50. DAN GEHLING	107:50
18. KEN DUBA	85:32	51. ROBERT GEHLING	107:50
19. KEVIN GUNTY	85:48	52. BOB MC BRIDE	107:53
20. RICK BROWN	85:55	53. ART JORGENSEN	108:03
21. MIKE THUJILLO	86:25	54. BOB HARKIN	109:06
22. DAVID FROSTMAN	86:54	55. RON HOWLETT	110:50
23. JERRY MEADER	87:33	56. TOM NORMOYLE	111:23
24. MANDY LINDSEY	88:16	57. LES SCHLENSKER	111:43
25. MARK SCHNEIDER	88:30	58. CHUCK GEHLING	113:43
26. DEL HARRIS	89:36	59. LARRY STANLEY	113:48
27. JIM HAMMER	89:47	60. BOB FORD	115:08
28. MATT BEDEL	90:25	61. ED WINSLOW	117:26
29. LEONARD OLSON	90:27	62. LARRY HOORR	120:44
30. BILL AYEN	90:53	63. MICHAEL DAVIDSON	122:01
31. RUSS BAKER	90:58		
32. JEFF SMITH	91:32		
33. CLIFF WIPPEL	92:54		

BLACK FOREST #4 - SHORT SERIES (4-MI.) - MEN

20 K - WOMEN:

1. JOYCE HANKIN	87:38
2. SHARON FOSTER	88:32
3. ROSIE GEHLING	88:47
4. JEANNE SOUTHWARD	94:41
5. PATRICIA ARNEOLA	95:34
6. LORA LIND	98:09
7. LIBBY SMITH	106:38
8. LYNN ADAMSON	113:56
9. BARB JORGENSEN	114:00
10. VICKI HILL	127:38
11. JACQUIE OSTROM	154:04
12. TRISH STOLTENBERG	155:43

1. JIM BLAICH	24:04
2. MITCHELL PACKETT	24:04
3. LOU SUPINO	24:39.7
4. MIKE MENDONCA	24:40.1
5. BRUCE GIVAN	26:52.7
6. TOM GILLETTE	31:29.1
7. LARRY NIELSON	32:28.7
8. ROG RODGERS	33:06.0
9. SHAWN SCHLENSKER	34:25.9
10. FRED BOETTCHER	35:01.4
11. ANDY MOORE	35:09.2
12. LANCE WHITLOCK	37:23.8
13. BILL WHITLOCK	39:58.9
14. BILL LEWIS	42:39.0
15. JOHNNIE STEWART	42:58.5
16. JIM AUSTIN	43:57.8

Workers

DICK SUTTON--Race Director

BOB MUTU--Course Director

SID STEINWEG--Finish Director

JULIE FOSTER--Registration/Stats

SHARI MUTU

PAM JONES

RHIANNAN JONES

RICHARD NELSON

BILL MEANWELL

PEGGY SUE CRAWFORD

DOROTHY JONES

GLORIA BAKER

4-MI. - WOMEN

1. DEBBIE ANDERSON	27:16.2
2. JENNI NIKLESSEN	32:06.5
3. MICHELLE SMITH	33:02.6
4. DIANE ERICKSON	36:15.7
5. SANDRA THUJILLO	39:18.0
6. TRACY FORD	42:57.7
7. KAREN MC BRIDE	46:25.6

BLACK FOREST # 3

LONG SERIES

#3

(15K)

MEN:

2/20

1. AL GRIMME 50:59.0
2. ROGER CALDWELL 52:49.5
3. RICHARD MATA 54:58.4
4. HAROLD JONES 54:58.8
5. TIM ANAST 56:49.9
6. ADAM RHOADS 56:55.3
7. GEOFF CHANGE 57:18.3
8. RAY QUINONES 58:07.8
9. SKIP WITHROW 58:21.4
10. BOB HEATON 58:30.6
11. JAMES COLEMAN 58:48.2
12. SCOTT LANGHUS 59:26.8
13. ECKHART ZIMMERMAN 59:38.4
14. RICHARD JOHNSON 59:41.5
15. KEN LECLERE 1:00:13.7
16. GEOFF MILLER 1:02:05.0
17. KEN DUEA 1:02:11.4
18. DAN JOHNSON 1:02:20.2
19. KIRK MCONEY 1:02:31.4
20. ROLY DESSERT 1:02:42.9
21. KEVIN GUNTY 1:02:44.2
22. RICK BROWN 1:02:54.5
23. JIM BRUMAGE 1:03:29.0
24. CHUCK PERRIZO 1:03:34.8
25. RANDY LINDSEY 1:03:35.5
26. DAVID FROSTMAN
"TURKEY" 1:04:01.6
27. HON WISNER 1:04:07.6
28. MARK SCHNEIDER 1:04:23.1
29. STEVE MANDRACCIA 1:04:41.4
30. TOM DE CLUE 1:04:53.1
31. JEFF SMITH 1:05:11.6
32. DEL HARRIS 1:05:29.1
33. MIKE LANGRIE 1:05:42.8
34. RANDY HESSONG 1:05:51.2
35. JIM HAMMER 1:06:01.8
36. MAX TAYLOR 1:06:41.3
37. WM. AYEN 1:06:49.4
38. MATT BEDEL 1:07:19.7
39. LEONARD OLSON 1:07:21.0
40. RUSS BAKER 1:07:21.5
41. ROBERT GEHLING 1:07:30.4
42. CLIFF WIPPEL 1:07:34.2
43. TIM GEHLING 1:07:38.8
44. DOUG PETERSON 1:07:41.0
45. ALEX SWATCHKO 1:08:00.2
46. ROGER ALLISON 1:08:01.3
47. WAYNE BOWEN 1:08:17.5
48. JIM FOSTER 1:08:20.0
49. KEN LINGLE
"TURKEY" 1:08:50.7
50. AL BROMM 1:09:47.0

51. JOHN SHAW 1:10:02.6
52. DAVID MORRIS 1:10:15.1
53. RICHARD GEHLING 1:10:40.8
54. CRAIG HEITMAN 1:11:01.2
55. WM. BROWN 1:11:10
56. BILL GALLEGOS 1:11:21
57. DUNCAN JACKS 1:11:45
58. DAVE KENT 1:11:52
59. RICHARD KRAUSE 1:12:22
60. JOHN PEN 1:12:39
61. PHIL FOSTER 1:12:42
62. DAN GEHLING 1:14:18
63. BILL BORDERS 1:15:29
64. CRAIG BARNHART 1:15:30
65. FRANCIS MAGNUSSEN 1:15:58
66. ROGER HILL 1:16:00
67. ART JORGENSEN 1:16:06
68. TOM NORMOYLE 1:16:23
69. LARRY ROHRER 1:17:53
70. BOB MC BRIDE 1:18:54
71. MARK SOUTHARD 1:20:46
72. ED CROUCH 1:22:37
73. BOB FORE 1:22:49
74. FRED WATKINS 1:23:02
75. LES SCHLENSKER 1:23:10
76. CHUCK GEHLING 1:23:29
77. ED WINSLOW 1:24:01
78. LARRY STANLEY 1:25:47
79. MICHAEL DAVIDSON 1:26:49
80. MARK VINYARD 1:35:22
81. BILL MEANWELL 1:39:15
82. ERNEST PITTS 1:40:38

LONG SERIES

#3

(15K)

WOMEN:

2/20

1. JOYCE RANKIN 1:04:33.8
2. DEBBIE ADAMS 1:05:59.5
3. ROSIE GEHLING 1:06:07.7
4. JEANNE SOUTHARD 1:09:44.4
5. PATRICIA ARREOLA 1:09:44.4
6. VICKI HILL 1:21:07
7. BARB JORGENSEN 1:24:32
8. KAREN PERRY 1:25:12
9. TERRY KERNS 1:28:25
10. JACQUIE OSTROM 1:32:19
11. TRISH STOLTENBERG 1:45:32

RUNNING DIARY

I WILL PERIODICALLY ASK POPULAR ROAD RUNNERS TO KEEP A DIARY FOR A COUPLE OF WEEKS SO THAT WE CAN SEE HOW THEY TRAIN, LEARN FROM THEM, AND PERHAPS BETTER OUR OWN METHODS OF TRAINING. THIS MONTH OUR DIARY COMES FROM GREG SUTTON. THOSE OF YOU WHO DON'T KNOW GREG NEED TO STOP BY THE RUNNERS ROOST AND INTRODUCE YOURSELVES. GREG WILL BE HAPPY TO JAWBONE WITH YOU FOR A SPELL.

DAY: FEB. 21 - SUN.
TIME: 8AM
WEATHER: 60/CLEAR
SHOES: SAUCONY RAIDERS
DISTANCE: 17 MILES

COMMENTS: FIRST LONG RUN IN 2 MONTHS. FELT COMFORTABLE UP TO 13, THEN FELT DRAINED. RAN WITH 7 OTHERS. WENT THROUGH 7 MILES IN 48 MIN. TOTAL TIME 1.51.

DAY: 22 FEB- MON
TIME: 3:30PM
WEATHER: 65/CLEAR
SHOES: TIGER ULTRA-T
DISTANCE: 7 MILES

SHORT, EASY RECOVERY RUN. ENDED UP TIRED, SHOULD HAVE GONE A LITTLE EASIER. SLOW START, FAST FINISH. PACE 5.40-7.00

DAY: FEB 23-TUE
TIME: 1:20PM
WEATHER: 50/CLEAR
SHOES: TIGER ULTRA-T
DISTANCE: 10 MILES

STILL FEELING SUNDAY. AIMING TOWARD MILE INTERVALS WED. MODERATE PACE 7-7.15

DAY: 24 FEB-WED
TIME: 3:45PM
WEATHER: 35/P-CLOUDY
SHOES: SAUCONY RAIDER
DISTANCE: 8 MILES

STILL A LITTLE STIFF, NO INTERVALS. MODERATE PACE, 50-55 MIN.

DAY: 25 FEB-THU
TIME: 10AM
WEATHER: FOG/22
SHOES: TIGER ULTRA-T
DISTANCE: 7.5 MILES

MOUNTAIN RUN. WALDO CANYON LOOP. FELT STRONG. HARD PACE.

DAY: 26 FEB-FRI

REST DAY

DAY: 27 FEB-SAT
TIME: AM & PM
WEATHER: 45-50/CLEAR
SHOES: TIGER ULTRA-T/NEW BALANCE 990
DISTANCE: 6/4 MILES

MORNING WORKOUT FELT TERRIBLE. MUCH MORE COMFORTABLE IN THE AFTERNOON. MODERATE PACE ON BOTH RUNS.

WEEKLY ANALYSIS: FELT A LOT BETTER AT END OF WEEK. THE LONG RUN LAST SUNDAY AFFECTED THE REST OF THE WEEK. TOTAL DISTANCE--- 59.5 MILES.

DAY: 28 FEB-SUN
TIME: 8AM
WEATHER: 45/WINDY
SHOES: TIGER ULTRA-T
DISTANCE: 17 MILES

LONG RUN FOR WEEK. EASY PACE. FELT REALLY GOOD. HIT ALL THE HILLS REAL STRONG. FINISHED COMFORTABLY. 1.53.

DAY: 1 MAR-MON
TIME: AM/PM
WEATHER: CLOUDY
SHOES: SAUCONY RAIDER/TIGER ULTRA-T
DISTANCE: 5/ 4.5 MILES

EASY MORNING, HARD AFTERNOON. FELT REALLY GOOD. THIS WEEK START MORNING RUNS.

DAY: 2 MAR-TUE
TIME: 3:30PM
WEATHER: WARM AND WINDY
SHOES: SAUCONY RAIDER
DISTANCE: 10 MILES

LSD(LONG SLOW DISTANCE), FELT GOOD UP TO ABOUT SIX MILES, THEN TIRED. 1.15.

DAY: 3 MAR-WED
TIME: 7:45AM
WEATHER: 25/CHILLY
SHOES: NEW BALANCE 990
DISTANCE: 2.5 MILES

SHORT MORNING RUN. FELT PRETTY GOOD. WAS PLANNING ON INTERVALS, BUT DIDN'T GET TO THEM.

DAY: 4 MAR-THU
TIME: 1:30PM
WEATHER: 30/SNOWING
SHOES: TIGER ULTRA-T
DISTANCE: 8 MILES

HARD FARTLEK. DECIDED I NEEDED MORE SPEED TRAINING. IT WAS A VERY GOOD WORK-OUT. 50 MINUTES.

DAY: 5 MAR-FRI
TIME: 7:15AM
WEATHER: 19/COLD-SNOW
SHOES: TIGER ULTRA-T
DISTANCE: 4.5 MILES

STARTING TO TAPER FOR RACE SUNDAY. EASY PACE. RAN IN A FOOT OF SNOW MOST OF THE WAY. FELL ON MY POSTERIOR ONCE(EASY FALL).

DAY: 6 MAR-SAT
TIME: 7:30AM
WEATHER: 18/CLEAR
SHOES: TIGER ULTRA-T
DISTANCE: 7.5 MILES

EASY MORNING GETTING READY FOR RACE. RAN NORTH TO GARDEN OF THE GODS ROAD AND CAME BACK ALONG FOUNTAIN CREEK. ENDED UP WET AND FROZEN. 1 HOUR.

WEEKS ANALYSIS: OVERALL I WAS PRETTY TIRED FOR THE WEEK. I NEVER FELT REALLY GOOD. I WILL TRY TO MAINTAIN AROUND 50-65 MILES PER WEEK FOR A MONTH OR SO. AFTER THAT IT'S DEFINITELY SPEED WORK!! 59 MILES

RACE DAY...MARCH 7
FUELO SPRING RUNOFF 10K
TIME: 9AM
WEATHER: COOL/SUNNY
SHOES: TIGER X-CALIBRE

WARMUP FOLLOWED BY RACE AND THEN WARM DOWN. FELT THAT I WAS RUNNING A LOT FASTER THAN 35:00. I NEEDED TO REALLY WORK ON SPEED. MILE SPLIT: 5.15, 4 MILE SPLIT: 23.00. TOTAL MILEAGE: 9 MILES

*EDITORS NOTE: GREG PLACED 6th.

DAY: 8 MAR-MON
TIME: 1:30PM
WEATHER: 35/WINDY
SHOES: TIGER ULTRA-T
DISTANCE: 4.5 MILES

SHORT EASY RECOVERY RUN. DIDN'T FEEL GOOD AT ALL. LEGS WERE TIRED AND SORE.

DAY: 9 MAR-TUE
TIME: 8AM/1:30PM
WEATHER: WARM/CLEAR
SHOES: TIGER ULTRA-T/ SAUCONY RAIDERS
DISTANCE: 2.5/15 MILES

EASY MORNING RUN. LONG AFTERNOON RUN. FEELING BETTER. WILL TRY INTERVALS TOMMORROW.

DAY: 10 MAR-WED
TIME: 7:30/3PM
WEATHER: WARM/WINDY
SHOES: TIGER ULTRA-T
DISTANCE: 10MILE TOTAL

EASY MORNING RUN. AFTERNOON INTERVAL. LADDER: 1-220, 1-440, 1-880, 1-880, 1-440, 1-220. FELT SLOW IN MORNING. INTERVALS WERE REALLY HARD.

THANKS, GREG, FOR THE TIME AND EFFORT PUT IN TO YOUR DIARY. I KNOW THAT I LEARNED A FEW THINGS THAT I'M GOING TO TRY OUT.

2-MILE HANDICAP

MONUMENT VALLEY PARK

SAT., 6 MAR 82--9AM

Eight hardy souls ran the March handicap on ice and snow and in cold temperatures. Jason Hammond had the best improvement with -4:44.9. George Fleeeson was second with -1:03.9. Gene McKerlie had the fastest time with 11:44.9.

RESULTS

1. JASON HAMMOND	18:54.0	-4:44.9	5. BOB MUTU	13:44.6	+1:24.7
2. GEORGE FLEEESON	19:39.4	-1:03.9	6. TOM SCHOTT	12:01.8	+1:31.5
3. GENE MC KERLIE	11:44.9	+1:42.9	7. EVERETT BRINSON	13:45.4	+1:39.6
4. RONALD HALL	13:27.1	+1:55.8	8. MARK MC KERLIE	18:46.9	+3:11.6

Workers for this run were: Al Grimme, Margaret Gates, Sid Steinweg. There were no new runners. Next month (April 3) start time changes to 8 a.m. See you then!

CUMULATIVE RESULTS - BLACK FOREST SERIES

LONG SERIES: MEN	#1 (5K)	#2 (10K)	#3 (15K)	#4 (20K)	#5 (25K)	TOTALS
1. AL GRIMME	17:50.9	33:55	50:59.0	69:18		172:02.9
2. ROGER CALDWELL	18:12.6	35:07	52:49.5	70:26		176:35.1
3. RICHARD MATA	19:13.4	37:47	54:58.4	73:40		185:38.8
4. HAROLD JONES	19:17.0	36:41	54:58.8	77:18		188:14.8
5. RAY QUINONES	19:53.8	38:37	58:07.8	79:10		195:48.6
6. SKIP WITHROW	21:10.2	38:58	58:21.4	77:35		196:04.6
7. RICHARD JOHNSON	20:16	39:16	59:41.5	81:23		200:36.5
8. SCOTT LANGHUS	20:11.3	39:07	59:26.8	81:58		200:43.1
9. BOB HEATON	19:21.6	38:46	58:30.6	84:21		200:59.2
10. DAN JOHNSON	20:49.6	40:46	62:20.4	81:54		205:50
11. GROFF MILLER	20:48.3	40:33	62:05	84:53		208:19.3
12. RANDY LINDSEY	20:09.4	38:56	63:35.5	88:16		211:06.9
13. STEVE MANDRACCIA	21:53	42:17	64:41.4	85:12		214:03.4
14. DAVID FROSTMAN	21:35.1	42:26	63:52.4	86:54		214:47.5
15. TOM DE CLUE	22:13.6	42:48	64:53.1	85:25		215:19.7
16. MARK SCHNEIDER	20:50.6	42:13	64:23.1	88:30		215:56.7
17. JIM HAMMER	22:26	42:58	66:01.8	89:47		221:12.8
18. JEFF SMITH	22:29.1	42:52	65:11.6	91:32		222:04.2
19. MATTHEW BEDEL	25:01.8	44:48	67:19.7	90:25		227:34.5
20. JIM FOSTER	22:41.6	43:15	68:20.0	94:12		228:28.6
21. ROGER ALLISON	23:05.9	45:17	68:01.3	95:49		232:13.2
22. RICHARD GEHLING	22:54.8	46:09	70:40.8	93:25		233:09.6
23. TIM GEHLING	27:04.4	45:55	67:38.8	94:33		235:11.2
24. JOHN SHAW	22:56.6	46:16	70:02.6	97:42		236:57.2
25. DUNCAN JACKS	23:59.2	46:53	71:45	101:35		244:12.2
26. ROBERT GEHLING	22:33.3	47:23	67:30.4	107:50		244:16.7
27. PHIL FOSTER	23:50.2	48:48	72:42	100:04		245:24.2
28. BILL BORDERS	24:07.7	48:31	75:29	100:04		248:11.7
29. DAN GEHLING	24:19.1	44:58	74:18	107:50		251:15.1
30. ROGER HILL	24:28.9	49:32	76:00	101:25		251:25.1
31. ART JORGENSEN	26:41.6	50:37	76:06	108:03		261:27.6
32. ED CROUCH	24:45.2	50:57	82:37	105:22		263:41.2
33. ROBERT MC BRIDE	27:26.2	51:24	78:54	107:53		265:37.2
34. TOM NORMOYLE	24:06.5	52:19	76:23	111:23		266:23.5
35. LES SCHLENSKER	26:02.1	50:59	83:10	111:43		271:54.1
36. LARRY ROHR	24:24.9	50:22	77:53	120:44		273:23.9
37. CHUCK GEHLING	27:33	53:40	83:29	113:43		278:25
38. BOB FORE	26:58.3	53:35	82:49	115:08		278:30.3
39. LARRY STANLEY	27:37.1	53:10	85:47	113:48		280:22.1
40. ED WINSLOW	26:30.5	53:05	84:01	117:26		281:02.5

CUMULATIVE RESULTS - BLACK FOREST SERIES

LONG SERIES: WOMEN	#1 (5K)	#2 (10K)	#3 (15K)	#4 (20K)	TOTALS
1. JOYCE HANKIN	22:04.6	43:08	64:33.8	87:38	217:24.4
2. ROSIE GEHLING	22:45.4	43:01	66:07.7	88:47	220:41.1
3. PATRICIA ARREOLA	24:04.6	46:32	69:44.4	95:34	235:55
4. BARB JORGENSEN	28:11.6	53:46	84:32	114:00	280:29.6
5. VICKIE HILL	26:29.5	50:03	81:07	127:38	285:17.5
6. JACQUIE OSTROM	30:57.8	65:18	92:19	154:04	342:38.8
7. TRISH STOLTENBERG	32:28.0	65:38	105:32	155:43	359:21

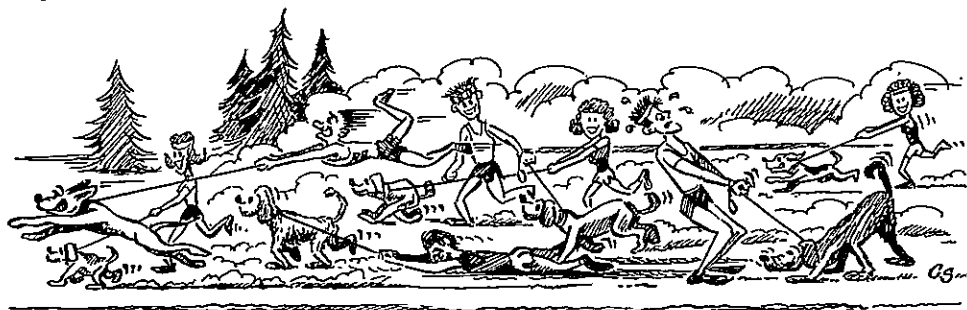
SHORT SERIES: MEN	#1 (1 mi.)	#2 (2 mi.)	#3 (3 mi.)	#4 (4 mi.)	TOTALS
1. LOU SUPINO	6:05.0	12:28	18:04	24:39.7	61:16.7
2. BRUCE GIVEN	6:36.3	12:50	19:24	26:52.7	65:43
3. TOM GILLETTE	8:00.7	15:58	23:02	31:29.1	78:29.8
4. SHAWN SCHLENSKE	7:59.3	15:21	22:36	34:25.9	80:22.2
5. LARRY NIELSON	9:03.3	16:13	24:18	32:28.7	82:03
6. RODGE RODGERS	8:41.6	16:40	24:51	33:06.0	83:18.5
7. LANCE WHITLOCK	9:33.1	18:16	26:58	37:23.8	92:10.9
8. JAMES AUSTIN	10:07.0	20:22	29:55	43:57.8	104:21.8

SHORT SERIES: WOMEN	#1 (1 mi.)	#2 (2 mi.)	#3 (3 mi.)	#4 (4 mi.)	TOTALS
1. DEBBIE ANDERSON	6:42.8	12:44	19:32	27:16.2	66:15
2. MICHELLE SMITH	7:35.2	14:54	23:20	33:02.6	78:51.8
3. DIANE ERICKSON	9:08.4	17:51	26:08	36:15.7	89:23.1
4. TRACY FORD	9:53.6	19:15	29:42	42:57.7	101:48.3

If you have any questions about results of the Black Forest series, call Julie Foster at 488-2670.

IMPRESSIONS OF THE Canine Classic

(A MAN IS DOG'S BEST FRIEND ~ IF HE ISN'T TOO HEAVY TO PULL!)



CANINE CLASSIC

February 28, 1982

<u>Dog</u>	<u>"master"</u>	<u>Time</u>
1. Susie Lockwood	Barry Lockwood	12:29
2. Jenny Smith	Ron Smith	12:29
3. Slick Gunty	Kevin Gunty	12:29
4. Tess Hammer	Jim Hammer	12:43
5. Tasha Southard	Dan Gehling	13:14
6. Zebulon Bailey	Deb/Bill Bailey	13:15
7. Casey Smith	Libby Smith	13:49
8. Teddy Gisler	Craig Schafer	13:59
9. Kenai Thompson	Bob Thompson	14:10
10. Nugget Smith	Billy Smith	14:17
11. Benji Gehling	Tim Gehling	14:23
12. Snowbear Hill	Roger Hill	14:56
13. Mandy Baughman	Gary Baughman	15:11
14. Barley Harman	Sis Harman	15:17
15. Daisey Clark	Bill Clark	15:26
16. Fletcher Baker	Lynda Baker	15:36
17. Boomer Erickson	Diane Erickson	16:19
18. Tucker Barker	Liz Barker	16:33
19. Farah Smith	Al Grimme	16:48
20. Mukluk Smith	Dave Smith	17:27
21. Falstaff Hill	Vicki Hill	18:35
22. Lucy Nielson	Larry Nielson	18:56
23. Cayenne Barker	Penny Barker	19:45
24. Fleesa Barker	Crista Barker	19:46
25. Dongara Smith	Judy Fuller	22:48
26. Bogie Fuller	Doris Blackwell	23:28

Question: What kind of race has 26 entries and 156 feet involved? Answer: The same unique kind that finds speedy Al Grimme (and partner) finishing 19th of 26. Namely, the Canine Classic. The rules were simple enough. Each dog had to find a willing human partner who had to be kept on a leash and was willing to be tugged along for 2 miles at (hopefully) breakneck speed.

When the official starting flag dropped, my partner Teddy Gisler and I were still having a friendly argument about which direction we should be facing. My first impression was how much dust was immediately raised. Apparently, doggie claws are more effective than rubber cleats where dirt-throwing acceleration is desired. Another impression was that this had to be the noisiest race ever. All 26 dogs were barking in full voice and apparently trying to generate a bit more speed in their partners. My first big thrill came when we crossed Cache La Poudre Street -- you know the place -- where you have to run through narrow spaces between stone pillars. I suddenly realized that Teddy was going to the right, I was going to the left, the leash was going to catch on the pillar, and Teddy and I were going to have a sudden encounter on the other side. Frantic footwork avoided disaster.

We were still closely grouped, and Teddy had diverted his attention to a fierce barking dual with a big red racer running to our right. Teddy swerved, I stepped on him, he yelped in protest, and I banged my knees together. I tried to fall down, but Teddy yanked me upright, and we roared on down the path. Crossing Uintah Street bridge (the narrows) was great sport. Teddy was gleefully changing sides and testing me out to see how fast I could change the leash from hand to hand.

Now the teams were spreading out and Teddy really turned on the steam. We caught the aristocratic Farah Smith (an Afghan) pulling along a failing Al Grimme and blew by them approaching the bridge. They valiantly fought back and re-passed, neck and neck through the parking lot, and then we blasted by them for good! By this time Farah looked as if she had decided this nonsense was beneath her aristocratic dignity, and Al was doing the pulling. Teddy and I ignored this and revelled in the thrill of passing Al Grimme in a race regardless of circumstances!

We were flying through the park now and passing teams, although Teddy seemed to be giving longing glances at nearby trees. "Come on, Teddy, keep your mind on the race." Coming north on the home stretch, Teddy seemed to sense the finish line, and he was soon receiving well-deserved cheers. The Smiths had thoughtfully provided big drinking containers with cool water for the shaggy heroes. Teddy received admiring hugs 'n pats from his owner Pam and myself, and he seemed proud of himself.

Judy Fuller told me that shortly after the start, her partner Dongara Smith was attacked by family member Mukluk and she (Judy) almost fell. Judy claims this delay plus five minutes of laughter caused their leisurely finish. Besides, they wanted to stay back away from all that nasty noise and dust.

Other highlights: Handsome sheep dogs Falstaff and Snowbear Hill dressed in "Official Running T-Shirts" pulling owners Vicki

and Roger Hill; Tasha Southard helped Dan Gehling to a P.R. 2-miler; our ex-President Bill Bailey and wife Debbie brought Zebulen all the way from Castle Rock to race; Race Director Dave Smith forgot to register Mukluk and himself (saved by registrar Sue Smith who recognized them at the finish line); Larry Nielson brought Lucy who weighs in at about two pounds (wet); the teams of "Susie" and Barry Lockwood, "Jenny" and Ron Smith, and "Slick" and Kevin Gunty finished in a three-way tie for first place in a thundering 12:29!; Lastly, our President Al Grimme's answer to my post-race question: "Did your dog get tired, Al?" Al's straight faced answer: "No, I did."

After the dust had settled, there were drawings for prizes which were squeaky, rubber running shoes for the doggies to chew on while reflecting on a great event. Teddy won a shoe, thus ending a perfect day for us.

We all thank Sue and Dave Smith, their helpers, and the 26 shaggy racers who made this another unique and truly FUN run!

by Teddy Gisler and Craig Schafer

A big THANK YOU to workers Hermann and Margaret Gates, Rosie Gehling, Gloria Baker, Phil Foster, and, of course, Sue and Dave Smith.

twenty-six dogs
all colors, all shapes,
stand at the start
ready to go
a six foot leash
their only limit,
attached to a master,
who will lead who
once they've begun?
and then they are off;
it's the First Canine Classic
two miles in the park
red tongues are hanging
as they make their way,
the crowd cheers them on,
cameras are clicking,
proud families are calling
beloved pets' names,
every dog wins
as he crosses the line,
it's a banner day
in a very small way.

Pam Gisler



SAFETY TIPS FOR RUNNERS

1. Whenever possible, run on roads with wide shoulders, thereby avoiding running in the street.
2. The runner should make the first move when a car is coming toward him—he should not expect the car to make the first move.
3. Always wear reflective or light-colored garments at night so drivers can see you easily.
4. Try to run on smooth surfaces—this will help prevent foot injuries.
5. Run single file when there is a lot of traffic.
6. Be cautious on blind curves.
7. When running toward traffic, be extremely careful of cars stopped waiting to make a right turn into traffic.
8. Do not run in front of cars at stop signs—between the first and second car is safer. You are more likely to be seen by the driver of the second car, since the first driver is concentrating on the traffic and not you.
9. Do not "challenge" cars. You may not lose, but the next runner will pay.
10. When running with a group or partner, do not hesitate to "push them aside" to avoid being hit by a car. It is easier to go back and pick up your fellow runner off the side of the road than to have him "scrape" you off the fender of a car.
11. A toot of the horn should be acknowledged with a wave of the hand and not with "derision".
12. When snow accumulation leaves no clear path alongside the road, and there is only a narrow, cleared lane for cars, runners should not claim the cleared part of the road. Instead, they should find an alternate place for their running activity.

RUNNERS' RIGHTS AND DUTIES

1. Runners are subject to traffic-control signals.
2. Whenever practical, runners should move upon the right half of crosswalks.
3. Runners should not cross a roadway in any way other than by a route at right angles to the curb.
4. Runners crossing a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right-of-way to all vehicles on the roadway.
5. Runners crossing roadways where tunnels or overhead crossings have been provided must yield the right-of-way to all vehicles upon the roadway.
6. Between adjacent intersections at which traffic-control signals are in operation, runners should not cross at any place except in a crosswalk.
7. Runners should not pass through, around, under, or over any crossing gate or barrier at a railroad grade-crossing or bridge while the gate or barrier is closed or is being opened or closed.
8. Where sidewalks are provided, runners should not run along and upon an adjacent roadway.
9. Where sidewalks are not provided, runners running along and upon a highway should, when practical, run only on the left side of the roadway, or facing traffic which may approach from the opposite direction.

*****:*****



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*****:*****

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SOME FURTHER INFORMATION ON IT. CALL ME FOR DETAILS.

BOB MUTU

BLACK FOREST CROSS-COUNTRY SKI FUN RACE

Incomparable excitement! That's the only way to describe the first Black Forest Cross-Country ski fun race. A mass start resulted in in three people moving immediately into a neck-and neck race for the lead. The were SUE SMITH, BILL BOGGS, and DAVE SMITH. The lead changed almost constantly during the long, winding uphill. Part way up, Dave was in the lead and was attacked by a big, black Newfoundland and nearly licked to death, causing him to drop back to third. Passing numerous recreational skiers, the three battled on. Sue led until a disagreement in the race course caused the three to split, Sue off on one trail, Bill and Dave on the other, the pack in hot pursuit. Dodging a few rocks and trees, Bill led further up the hill and then we got lost again. Down the hill dodging some more bare spots and stumps, we see-sawed the lead again. Into the final half-mile, there comes Sue up the trail to meet us. She'd finished already, come back up, turned around, abd started racing again. A dash to the finish and we all crossed in a tie.

- 1. Bill Boggs 58:00
- 1. Sue Smith 43:00(First time) 58:00(Second time)
- 1. Dave Smith 58:00

THE GALLOPING GADFLY

How many of you are aware that the Board of Directors has a fund set aside for a van-actually an old post office jeep-for storage of club equipment? At first this sounds like a good idea- a nice central point to store everything in a set place to send it to and from races. But think about it again. It will cost about \$1500 for starters. It won't be secure enough to keep the digital clock, the chronomix timers, or other expensive equipment in. It will end up being used for jugs and finish line materials. Who's going to drive it? Insurance alone will probably cost as much as the vehicle itself if there are multiple drivers. Being a club vehicle, we would certainly want to get maximum liability for it (clubs are more likely than individuals to get sued). I haven't even talked about the cost of gas and maintenance. Typically, those little jeeps don't get really good gas mileage. They're geared for city driving and may not be useful for longer trips (We sometimes help out in Southern Colorado races.) And remember, those vehicles are being auctioned because they are too old for present-day use-that doesn't sound too good for maintenance.

All-in all, it sounds like \$1500 might just be the top of the iceberg. A better solution might be to have a central point of contact who knows where all the equipment is kept, so a race director can locate what he needs with a couple of phone calls. Let's use that \$1500, \$3000, \$? for something that benefits all the club members. If you agree, contact a board member or come to the next Board meeting (April 6, at 7pm at the YMCA). This topic is on the agenda.

DAVE SMITH

BLACK FOREST SERIES #3

SHORT SERIES	#3
MEN:	(3-MI) 2/20
1. LOU SUPINO	18:04
2. BRUCE GIVEN	19:24
3. EVERITT BRINSON	20:36
4. STU CHRISTENBERRY	20:56
5. KIT GRABBE	21:56
6. SHAWN SCHLENSKER	22:36
7. BOB FOX	22:56
8. TOM GILLETTE	23:02
9. JIM BRINSON	23:57
10. LARRY NIELSON	24:18
11. ROD NODGES	24:51
12. FEED BORTTCHER	25:14
13. LANCE WHITLOCK	26:58
14. DON PERKINS	27:15
15. JIM AUSTIN	29:55
16. JOHNNIE STEWART	30:48
17. BILL LEWIS	33:33

WORKERS

DICK SUTTON--RACE DIRECTOR
BOB MUTU--COURSE DIRECTOR
SID STEINWEG--FINISH LINE DIRECTOR
JULIE FOSTER--REGISTRATION/STATS
BOB RANKIN
JOHN MAZZELLA
KATHY GUNTY
GAYLE YOUNG
SHARI MUTU
COLLEEN WHITLOCK
PAM JONES
RHIANMAN JONES
GLADYS MARTINEZ
DOROTHY JONES
GLORIA BAKER

SHORT SERIES	#3
WOMEN:	(3-MI) 2/20
1. DEBBIE ANDERSON	19:24
2. MICHELLE SMITH	23:20
3. DIANE ERICKSON	26:08
4. TRACY FOLE	29:42
5. TIPPY MAYER	30:47
6. KAREN MC BRIDE	34:55

15th AMENDMENT FROWN RUN

EIGHT HEARTY INDIVIDUALS BRAVED SNOW, ICE, AND SUB-ZERO WIND CHILL FACTORS TO COMPETE IN THIS RUN AT MEMORIAL PARK ON FEBRUARY 3rd. THANKS TO RUSS BAKER(ONE OF THE EIGHT WHO HELPED OUT BY CALLING OUT TIMES. CONGRATULATIONS TO LARRY NIELSON WHO RAN HIS FIRST RACE AS A NEW EPRR MEMBER. ALSO, OUR FAME MUST BE SPREADING---- SECOND PLACE FINISHER BOB GARDELLA FLEW IN FROM ALTON, MASSACHUSETTS JUST FOR THIS RUN(ACTUALLY HE DID HAVE SOME MINOR WORK TO DO FOR HIS COMPANY HERE). DON'T MISS ANY OF THE REST OF THESE TRULY FUN, LOW KEY, FUN RUNS THIS YEAR.

- | | |
|------------------|--|
| 1. GENE MCKERLIE | 5. SUSAN KAISER(BETTER LATE THAN NEVER, RIGHT???) |
| 2. BOB GARDELLA | 6. DAVE SMITH |
| 3. CRAIG SCHAFER | 7. LARRY NIELSON |
| 4. JOYCE RANKIN | |

MAR '82

PIKES PEAK ROAD RUNNERS

P.O. BOX 1694

COLO. SPRINGS., COLO. 80901



NON-PROFIT ORGANIZATION

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NEW MEMBERS

<u>WELCOME</u>	<u>WELCOME</u>	<u>WELCOME</u>	<u>WELCOME</u>
LARRY DAUB		JERAMY SCHLENSKER	
JIM BRINSON		ROBERT JANSSEN	
RICHARD JOHNSON		TOM HOGAN	
WAYNE BOWEN		BARRY GASDEK	
DAVID FROSTMAN		BOBBY HAMMETT	
RAYMOND QUINONES		WILLIAM YOUNG II	
THOMAS DeCLUE		MICHEAL PIET	
LARRY STANELY		JOSE SANDOVAL	
GERALD RAFFERTY		WAYNE KOCINA	
JUDI ULREY		GENE GENOVESE	
SARAH HILLIS		DUANE ELROD	
LARRY SCHENK		ERIK HERSKIND	
CONNIE SCHENK		JAMES FELT	
LORI SCHENK		ROGER FLETCHER	
MIKE SCHENK		KEVIN FLETCHER	
KERRY SCHENK		RUSSEL FLETCHER	
MINDY SCHENK		MARK FLETCHER	
MATT SCHENK		PHILLIP BENNETT	
<u>NOW!!! ? of 'em</u>		GORDON LEONARD	
CRISTINE TYLER		PAULA RODE	
CAMERON WINCHESTER		DAVID JACOBS	

* * * * *

WHAT: Pikes Peak Road Runners General Membership Meeting

WHERE: Pikes Peak Y 207 North Nevada

WHEN: Saturday, April 24th, 1982, from 7 p.m. to 9 p.m.

* * * * *

P R O G R A M

- 7:05 - 7:10 Opening/Short business meeting
- 7:10 - 7:15 Treasurer's Report - Bob Ramey
- 7:15 - 7:20 Membership Report - John Mazzella
- 7:20 - 7:45 Guest Speaker - Dr. Rick Burton
- 7:45 - 8:00 Workers Awards - Sue Stanec
- 8:00 - 8:25 Stories of the 1982 BOSTON MARATHON
 - *Rosie Gehling - Qualified at Denver Marathon in October 3:13
 - *Skip Withrow - Qualified at last year's Bost Marathon 2:45
 - *Roger Caldwell - Qualified at Denver Marathon in October 2:38
 - *Lou Supino - Qualified at Denver Marathon in October 2:37
- 8:25 - 9:00 Black Forest Awards - Dick Sutton/Bob Mutu
- 9:00 Closing

* * * * *

We hope you are able to attend. Bring a friend. It's all FREE. Rick Burton will discuss "Sports Psyching." Rick has run a 2:34 marathon, has done the roundtrip in the Pikes Peak Marathon in 4:13 and was winner of the Cave of the Winds Triathalon.

* * * * *

DON'T FORGET THE UPCOMING RUNS:

- April 25th - One mile runs on the Olympic Track 1:30 to 4:30 p.m. at the Olympic Training Center at Union and Boulder \$1.00 for each one mile heat you enter. Proceeds go to the OTC.
- May 1st - 2-mile handicap 8 a.m. Monument Valley Park Free, as always.
- May 2nd - Denver Marathon

SEE APRIL NEWSLETTER (COMING OUT SOON) FOR MORE.

* * * * *

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

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