

welcome your suggestions for the kind of program you would like to see, call me if you have any suggestions. Look for our special mailer later on for details of the meeting.

Every month when I sit down to write this little letter, one item continues to come to my mind when I'm searching for ideas to write about. This month is no exception. I must continue to thank all those people who contributed their time to things like sanding our truck, baking for the bake sale at the Olympic Training center, and spending time at the Springspreet Booth. As always, thanks to those who have directed or helped work many of our races. Your support is super.

Take care of yourself and have a good month of running.

AL GRIMME

As of June 29th our membership is 959 members strong!!!

ONE MORE TIME--- THE 2 Mile handicap has moved to NORTH Monument Valley Park. The starting point is at the Ball Diamond near the end of FontaneroSt.

The Diet Pepsi Race in Palmer Park is this month. July 17th at 8 AM. It starts at Maizeland and Academy. Entrants get a T-Shirt, and a free-four month subscription to The RUNNER magazine. Entry forms at Y, Runners Roost, and B&H.

The All American Sports Shop now offers PPRR 10 % discount on equipment. They are located at 3940 W. Carefree Circle in Village Seven.

Recent inquires concerning free runs prompt me to announce that I try to designate this type of run by underlining the word FUN in our running schedule in this newsletter. Please note that the FUN RUN classification indicates a no cost race, the atmosphere is one of casual running, with the emphasis away from competition. Dave Smith handles most of our runs in this category. He can be reached at 495-4067.

NOTE THE CHANGE IN TIME FOR THE USAFA 10K RUN to 11 AM, 11 Sept.

10% DISCOUNT



THE RUNNERS ROOST, 26 E. KIOWA, GIVES A 10% DISCOUNT TO PIKES PEAK ROAD RUNNERS!!
 JUST PRESENT YOUR CURRENT PPRR MEMBERSHIP CARD AT THE REGISTER TO RECIEVE YOUR
 DISCOUNT. IF YOUR CARD IS EXPIRED YOU CAN RENEW AT THE ROOST TOO! YOU CAN ALSO
 JOIN THE CLUB AT THE ROOST!

OUT OF TOWN TRACK MEETS

- July 20 All Comers 6PM Metro State (Brian Janssen 238-5593) F..
- July 22 All Comers 5PM Boulder HS (Chuck Downey, 499-5272/John Zamora 444-4116)
- July 24 TAG Championships Aurora Central (Steve Kasuper 388-8180) 9AM
- Aug 5 All Comers 5PM Boulder HS (Same as above)
- Sept 5 National Masters Triangular 341-2980/388-8180

SATCHEL PAGE'S HULE BOOK

1. Avoid fried meats which angry up the blood.
- 2.If you stomach disputes you, lie down and pacify it with cool thoughts.
- 3.Keep the juices flowing by jangling around gently as you move.
4. Go easy on the vices, such as carrying on in society. The social ramble ain't restful.
- 5.Avoid running at all times.
6. Don't look back. Something may be gaining on you.

2-MILE HANDICAP

NORTH MONUMENT VALLEY PARK

SAT. 3 JUL 82--8 A

Thirty-eight runners helped initiate the new course in North Monument Valley Park. The best improvement went to Connie Schenk with -1:27.2. George Fleeson was second with -1:46.6. Fastest time was clocked by Danny Rojas with 10:16.4; Gary Droze was a close second with 10:19.8. August 7th at 8AM is the time for the next handicap - same location in North Monument Valley Park.

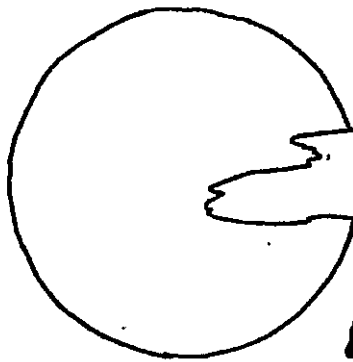
RESULTS

1. CONNIE SCHENK	22:40.5	-1:27.2	14. PAUL LAXSON	13:23.7	+1:21.9
2. GEORGE FLEESON	18:19.2	-1:46.6	15. DON STANEC	13:16.8	+1:26.5
3. JULIE FOSTER	15:40.7	-1:37.2	16. MARTIN BLASER	14:55.2	+1:32.3
4. THERESA DOLEZAL	18:23.2	-1:26.4	17. EVERETT BRINSON	12:39.8	+1:34.0
5. MARK KOURI	12:43.8	-1:23.5	18. HERMAN GATES	19:30.3	+1:57.0
6. LARRY SCHENK	16:49.3	-1:23.2	19. DON WILD	13:56.6	+1:18.6
7. BOB ROYSE	13:39.6	-1:06.5	20. JOHN MAZZELLA	16:52.9	+1:46.5
8. BILL BROWN	12:47.4	-1:04.6	21. MICHAEL DAVIDSON	16:11.2	+1:50.8
9. LARRY NIELSON	13:17.8	-1:03.5	22. ED SARGENT	12:13.7	+1:56.0
10. TOM SCHOTT	10:41.2	+1:08.1	23. JOHN HOFFMAN	17:39.9	+3:07.2
11. JIM BRUMAGE	12:00.1	+1:15.9	24. PAUL HAMILTON	24:29.3	+3:31.1
12. RON GOODMAN	13:01.6	+1:18.0	25. JUDY ULREY	18:16.8	+3:42.4
13. CHUCK HOSKING	10:36.7	+1:18.8			

NEW RUNNERS

1. DANNY ROJAS	10:16.4	8. FRANZ MAY	13:46.2
2. GARY DROZE	10:19.8	9. ERNIE LEYBA	13:53.6
3. BOB WALISZEWSKI	11:49.3	10. BILL BENNETT	14:25.4
4. MARK LEYBA	11:51.3	11. ROGER FREISCHLAG	14:28.7
5. MARKUS MAY	12:24.3	12. MICHELE HOWARD	18:37.8
6. RICK AVILA	12:55.1	13. MARY HOPE	19:29.8
7. JAMES JOYNER	13:25.6		

Our thanks to the following workers: Ed Sargent, Carol Sargent, Margaret Gates, Jim Foster, Dick Sutton, Tammi Howard.



PIKES PEAK
ROAD RUNNERS

MIDNITE RUN

4-mile loop course
Saturday, July 31

Awards to top 3 Men+Women
- No AGE DIVISIONS
T Shirts Optional

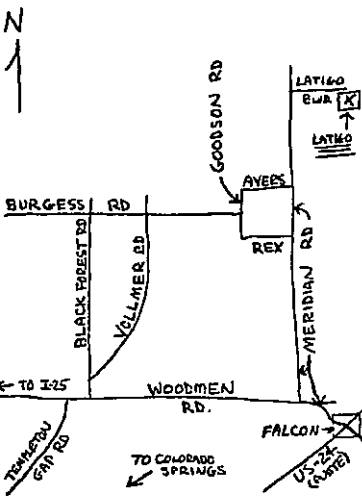
LATIGO EQUESTRIAN
CENTER
- East end of
Black Forest
(See map below)

Entry: PPRR Member 50¢
Non-Member \$1
T-Shirts - \$3.50

All entries will be accepted
from 11:30 - 11:55 pm RACE NIGHT


This course is basically flat, on
the high plains (about 7200').

Our thanks to LATIGO for their
permission to use the course +
their facilities. Their bar will
be open after the race.



SCHEDULE


- | | | | | | |
|--------------------------|---------------|--|-----------------|---------|---------------------------|
| | July 15 | St. Swithens Day <u>Fun Run</u> (Dave Smith) | Noon | 5K | Acacia Park |
| | 17 | Pepsi Challenge (Linda Buffet-471-9790) | 8AM | 10K | Palmer Park |
| | 24 | Women's Distance Festival 1 Mile, 5K, 10K,
Dave Smith(495-4067) | 8AM | | Memorial Park |
| SAT | 31 | Midnight <u>Fun Run</u> (Dave Smith) | 4 Mile | | Latigo |
| Sat
AUG | 7 | 2 Mile Handicap (Phil Foster-488-2670) | 8AM | | NORTH Mon. Val. Pk. |
| SUN | 8 | All Comers Track Meet | Track and Field | 11AM | Olympic Training Ctr. |
| Sat | 14 | Kid's Run | 1Mile, 5K | 9AM | Mon. Val. Pk. |
| TH | 14 | General Membership Meeting | 7-9PM | | Pikes Peak Y/USO |
| WED | 18 | 19th Amendment Freedom Frolic <u>Fun Run</u> | Noon | 5K | Mon. Val. Pk. |
| SAT | 21 | Pikes Peak Marathon--Ascent Only | 14.3 Miles | 7AM | Manitou Spgs. |
| SUN | 22 | Pikes Peak Marathon | 28.2 | 7AM | Manitou Spgs. |
| | 28 | MDA-Love-Run | 1 Mile, 5K | 8AM | North Mon. Val. Pk. |
| Sept | 4 | Handicap | | 8AM | NMVP |
| | 5 | Labor day Picnic and Fun Run | | 1PM | Black Forest |
| | 6 | Dale Martinez Memorial Run | | 5K, 10K | 8AM Metcalf Pk., Fountain |
| | 11 | Run for the Sun | 10K | 11AM | USAFA Field House |
| | 18 | PPCG Charity Run | 5K, 10K | 8AM | Pikes Peak Comm. College |
| | 19 | Pony Express Run | 15Miles | 8AM | Rampart Range Road |
| | 23 | Autumnal Equinox Fall Fiesta <u>Fun Run</u> | 5K | Noon | Palmer Park |
| | 26 | Run for the Gold | 10K | 10AM | Cripple Creek |



Good selection of
running shoes & clothes
by
NIKE SAUCONY ETONIC
CONVERSE SPORTCO

10% discount
for
PIKES PEAK ROAD RUNNERS
on all merchandise!

4727 N. Academy Mon-Fri 10-7
598-6766 Sat 10-5:30



Don't forget your membership card!!

1982 "CREEK TO SPRINGS" RELAY RACE

June 6th was a day of many new records for the "Creek to Springs" relay race. The third annual running of the 62-plus mile relay for six-runner teams from Denver to Colorado Springs started with a record field of 48 teams. The "Fleet Feet" team of Bob Snyder, Jim Brown, John Cable, Chris Chambers, Andy Gale, and Mike Montano set a new course record of 6:31:53 to win the Open division. Good pressure all day from the "East-West Connection", the second place team, helped. Mike Montano now holds the record of being the only runner on the winning team all three years of the race.

The most amazing record of the day came in the Co-Ed division which requires three women runners on a team. The "Rams and Ewes" 6:51:26 broke the old Co-Ed record by over 50 minutes. This time was also good for a third place in the over-all finish beating 44 other teams, many of which were all male. Congratulations to Sharon Niblock, Steve Flanagan, Cheryl Flanagan, Cindy Pickering, Jim Guesk, and Pat McGuire. The "Sheepherders A" team from Martin Marietta own a new Corporation division record of 6:55:25 and a fourth place over-all. The runners were Hector Paz, Jeff Findle, John Huleatt, Todd Steinberg, Luke Sanchez, and Mike Kelly. Both teams were organized by Glen Greisz.

The new Women's division record belongs to the "Primo-donna" team who beat the "Colorado Columbine I" and the old record with a time of 9 hours even. Nice job, Trish Filley, Jacque Premoe, Nancy Steele, Sharon Woodard, Marla Ofstad, and Jenni Heisler. In the Master's division the one entering team had a 7:32:48 time which was not a record but was good for a 12th over-all finish for Ed Kintz, Frank Clanton, Bill Kenworthy, Darl Bien, Andy Price, and Ken Simons of the "Oldies". The new Running Club division was won by the "Sorry Soles" from The Sporting Club in 7:14:07. Their runners were Tom Darwin, Frank Dovas, Don Bowlin, Ken Cool, Jerry Brady, and Brian Keys.

To complete the record setting day, the record for the slowest finishing team was also shattered and now stands at 10:23:18. Congratulations to all teams that battled dust, heat, cars, wind, hills, beer, and junk food to the finish. Thanks goes to the timers and other volunteers who made it all possible.

Larry Miller
Race Director

Division	Finish	10.4 miles Over-all Finish	20.5 miles Exchange Point 1	20.5 miles Exchange Point 2	31.0 miles Exchange Point 3	41.8 miles Exchange Point 4	52.3 miles Exchange Point 5	63.4 miles Finish Line
RUNNING CLUB								
1	6	Brady 1:04:13	Dovas 2:21:42	Bowlin 3:38:19	Cool 4:55:00	Darwin 6:10:18	Keys 7:14:07	
2	18	Mrtu 1:16:16	Allison 2:35:14	Robison 3:58:54	Whipple 5:21:09	Baker 6:38:30	Steinweg 7:53:28	
3	45	Rea 1:24:11	LaPoint 2:43:01	D.Martinez 4:23:21	Buffus 6:18:08	Hall 8:05:32	Hentchel 9:48:39	
4	46	Valdes 1:26:08	Spinelli 2:51:07	Vasquez 4:45:20	Huska 6:28:41	Phillips 8:14:33	B.Martinez 9:49:55	
WOMEN								
1	39	Filley 1:15:20	Premoe 2:39:04	Steele 4:08:16	Woodard 5:46:19	Ofstad 7:26:15	Heisler 9:00:00	
2	41	Lash 1:32:31	Ramus 2:50:18	Hoskins 4:29:44	Cornelius 6:11:43	March 7:44:05	Morris 9:16:30	
MASTERS								
1	12	Kintz 1:09:26	Clanton 2:30:58	Kenworthy 3:42:30	Bien 5:04:23	Price 6:24:06	Simons 7:32:48	

OPEN

1	1	Snyder 1:01:50	Brown 2:02:48	Cable 3:14:38	Chambers 4:17:50	Gale 5:26:30	Montano 6:31:53
2	2	Keppelmann 1:01:18	Lilienthal 2:03:48	Wolfe 3:07:07	MacPhillyoy 4:22:28	Tesarek 5:29:00	Budd 6:35:18
3	8	J.Bax 1:10:17	Jennings 2:21:17	Ligrani 3:36:30	LeMaire 4:55:34	Trujillo 6:11:20	K.Bax 7:17:46
4	9	R.Miller 1:07:45	Kelson 2:35:57	Frushour 3:41:57	Montgomery 4:54:12	Oliver 6:20:00	Thomas 7:23:40
5	11	Heidt 1:01:14	Schwarz 2:16:29	Sutton 3:37:16	Jones 4:47:33	Dunning 6:16:40	Tudor 7:29:18
6	13	Dykstra 1:08:49	Wacha 2:25:08	Ramsay 3:47:11	Bryant 5:13:40	Landis 6:29:20	Fossum 7:37:55
7	14	Jones 1:10:52	Brooks 2:37:35	Fiedler 3:51:29	LaBoon 5:04:57	Goss 6:25:38	Dice 7:44:40
8	15	Clark 1:24:46	Zimmerman 2:35:53	DeLay 3:54:10	Sjostron 5:11:39	Elease 6:30:00	Doggett 7:50:21
9	22	Corrigan 1:14:15	Cardenas 2:35:31	Arman 3:53:35	Caldwell 5:17:13	Fox 6:43:16	Kamins 7:57:13
10	23	L.Miller 1:09:53	Unks 2:25:50	Miotke 3:56:00	Barton 5:17:12	Freeman 6:38:02	Hersey 8:05:06
11	25	Northan 1:22:44	Vaden 2:42:13	Sampson 4:15:46	Jackson 5:40:14	Watson 6:58:59	Ellison 8:14:17
12	26	Smith 1:19:10	Pana 2:33:14	Smart 4:15:41	Charnes 5:35:22	Senwell 6:58:05	Dann 8:14:41
13	27	Cull 1:07:45	Cameron 2:17:04	Lehnert 3:42:22	Babyak 5:25:18	Ryan 7:00:00	Hersey 8:20:00
14	31	Brown 1:17:06	Kirkpatrick 2:51:07	McCarthy 4:26:01	Holmes 5:56:47	Stidger 7:15:40	Praisner 8:36:26
15	34	Eddy 1:29:34	Murphy 2:46:40	Zimmerman 4:21:44	Anderson 5:56:53	Richardson 7:31:42	Dume 8:42:39
16	36	Hanser 1:22:57	Norwoyle 2:58:14	Goodman 4:19:00	Rough 5:46:48	Roohr 7:16:37	Winget 8:47:07
17	37	RosaGehling 1:18:51	D.Gehling 2:42:01	T.Gehling 4:18:23	Rob.Gehling 5:49:08	C.Gehling 7:33:00	Ric.Gehling 8:51:00
INF		Hope 1:14:38	McNamara 2:22:02	G.Patten 3:39:07	Jacobs 5:22:18	T.Patten 7:02:46	-----
CO-ED							
1	3	Nyblock 1:11:53	S.Flanagan 2:09:46	C.Flanagan 3:25:48	Pickering 4:46:34	Gusek 5:49:00	McGuire 6:51:26
2	10	Sutton 1:04:12	Ferguson 2:02:34	Waskiewicz 3:30:33	Horton 4:59:16	Mazik 6:21:22	Drose 7:24:19
3	24	Manning 1:22:08	Mallette 2:42:35	Kieseling 4:03:31	Freburg 5:30:35	McCarthy 6:56:10	Schilly 8:11:06
4	28	Keller 1:29:16	Martin 2:50:10	Goster 4:19:21	Morr 5:46:25	Wingo 7:11:05	Parent 8:25:30
5	30	Reynolds 1:19:43	Lorenz 2:38:57	Barton 4:09:37	Yoshimura 5:44:14	VanDusen 7:13:40	Hamilton 8:33:42
6	33	S.Saunders 1:27:02	B.Saunders 2:46:58	Newton 4:11:06	Urbhart 5:57:10	Johnson 7:24:45	Erdenberger 8:42:06
7	38	Condos 1:26:00	Suits 2:50:18	Smith 4:21:52	Weihmiller 6:08:51	Kripakov 7:46:22	Accardi 8:59:33
8	40	M.Anderson 1:41:00	R.Anderson 2:53:09	Fennington 4:47:17	Schmucker 6:13:12	Miller 7:45:07	Flores 9:06:32
9	42	J.Graham 1:29:28	S.Graham 2:59:58	Guenther 4:22:55	McGee 6:12:26	V.Radice 7:46:50	L.Radice 9:25:50
10	43	Snodgrass 1:38:05	Hansen 3:10:56	Maher 4:48:12	Miller 6:25:02	Jubb 8:09:10	Prochaska 9:36:42

CORPORATION

1	4	Pas	Findle	Ruleatt	Steinberg	Sanches	Kelly
		1:09:42	2:15:46	3:27:02	4:40:47	5:49:30	6:55:25
2	5	Abt	Quinones	Dessert	Casey	Caldwell	Hanson
		1:06:04	2:11:13	3:27:58	4:47:45	6:02:35	7:14:04
3	7	Shroyer	Grace	Withrow	Lenard	Mandracia	Supino
		1:16:24	2:23:39	3:31:40	4:49:53	6:06:34	7:15:57
4	16	Croteau	Miller	Young	Griss	Domahne	Padgett
		1:08:48	2:24:22	3:48:16	5:13:56	6:37:10	7:51:50
5	17	Stine	Elden	Butler	Messerschmitt	Recon	Cox
		1:26:52	2:47:01	4:07:36	5:24:48	6:38:35	7:51:50
6	19	Campos	Boyd	Rankin	Ramey	Foster	Bryan
		1:27:47	2:41:28	4:06:06	5:28:17	6:49:34	7:53:55
7	20	VanWinkle	Davis	Smith	Kinnett	Taliaferro	Ames
		1:23:05	2:37:26	3:58:14	5:36:17	6:53:33	7:56:08
8	21	Royse	Adams	Tilander	Bashore	Scheevel	Cumella
		1:17:16	2:33:42	3:52:24	5:09:56	6:39:06	7:56:50
9	29	Roberts	Cortez	Tabor	Miller	Singletary	Yardt
		1:05:33	2:27:44	3:53:04	5:21:42	6:58:20	8:26:57
10	32	Theriot	White	Bryan	Anderson	Stensland	Signaw
		1:21:49	2:33:16	4:06:24	6:03:59	7:29:30	8:41:20
11	35	Shatwell	Weisgerber	Gary	Gregory	Clark	Kaufmann
		1:14:17	2:31:31	4:05:10	5:39:15	7:14:45	8:43:17
12	44	Roach	Hlosson	Deaton-Vean	Sims	Williams	Booley
		1:27:18	2:53:31	4:49:12	6:29:08	8:16:42	9:47:03
13	47	Brown	Gaither	Mill	Kohnert	Bupkalvis	Suidzinsky
		1:17:45	3:25:05	5:19:06	6:54:15	8:44:38	10:23:18

FLASHBACKS

ZMile Cold Weather Quickie
January 13, 1979 Mon. Val.

1. Al Grimme	10.54
2. Phil Hauser	10.59
5. Terry Leeper	12.23
7. Tim Ladewig	12.38
8. Gene McKerlie	12.41
9. Scott Sutton	12.58
10. Harold Jones	13.00
13. Lynn Miller	13.38
14. Sharon Foster	13.54
15. Bob Royse	14.02
19. Greg Sutton	15.17
20. Dick Sutton	15.18
21. Margaret Gates	15.23
22. John Hoffman	15.55
26. Bobby Royse	21.02
27. Rita Leeper	22.24

(27 Runners)

Cold Weather Quickie-5K
January 27, 1979 Memorial Pk.

1. Al Grimme	16.57
4. Gene McKerlie	19.09
5. Harold Jones	19.19
6. Terry Leeper	20.09
8. Scott Sutton	20.40
9. Lynn Miller	20.56
11. Sharon Foster	21.38
12. Joe Bealis	21.50
14. Dick Sutton	22.44
19. John Mazzella	25.51
20. Pam Jones	26.55
22. Art McClean	29.41
26. Betty McClean	37.24
(26 Runners)	

CONGRATULATIONS TO GARY DROZE FOR HIS VICTORY AT THE ESTES PARK ALPINE

CLASSICS MARATHON IN RECORD TIME!!! HE RAN THE 27 MILE COURSE IN 2:57.32,

BREAKING THE OLD RECORD BY OVER 5 MINUTES! WELL DONE GARY!!!!!!



5000 METER RUN
10000 METER RUN
ONE MILE FUN RUN



**WOMEN'S
DISTANCE
FESTIVAL**

July 24, 1982

WHERE & WHEN: Memorial Park
Pikes Peak & Union
Colorado Springs
(Use Pikes Peak entrance)



5K & 10K start together at 8 a.m.
One Mile Fun Run starts at 9:30 a.m.

<u>ENTRY FEE:</u>	<u>PPRR Member</u>	<u>Non-Member</u>
Age 13-49	\$1	\$2
12 & Under,		
50 & Over	Free	\$1

Memberships will be available on race day. No entry fee or registration for one mile fun run.

- WHAT YOU GET:
1. Ribbon for every finisher
 2. Medals for top three in each age division
 3. Race number for all participants
 4. Race results mailed to all participants
 5. Refreshments at start and finish
- Additional prizes will be awarded randomly-

WHY: The Women's Distance Festival is celebrating the inclusion of the Marathon in the 1984 Los Angeles Olympics. In addition, we are supporting the inclusion of the 5,000 and 10,000 meter events for women in future olympic competitions. The 10,000 meter event has been added to show this support.

PIKES PEAK ROAD RUNNERS

COURSES: The 5,000 meter and one mile are relatively flat with two minor hills and are entirely within the park. The 10,000 meter leaves the park for approximately 1 mile and, in addition to the minor hills, has one major hill at 4 miles.



Running Times

**MOVING
COMFORT™**



NAME _____
ADDRESS _____
ZIP _____
AGE _____ PHONE _____
PPRR Member? _____

Mail entry fee and form to:
Sue + Dave Smith
10565 Burgess Rd.
Colorado Springs, CO 80908
Register ^{OR} before the race

CHECK RACE
\$K _____ 10K _____
Being of legal age, I hereby waive all rights to claims of accidents or injuries received in the Women's Distance Festival run in Memorial Park on July 24, 1982.
Signature (Parent if under 18) _____

FIRST ANNUAL JULY 4TH FUN RUN

On the Fourth of July the towns of Monument and Palmer Lake sponsored a nice little 4-mile run from Palmer Lake to Monument on a gradual down-hill course along an old railroad bed. Most of the runners clocked personal bests and the race director insisted it was an accurately measured course. PPRR member Sharon Foster took first place among the woman entrants. There was team competition too between the communities of Woodmoor, Monument, Palmer Lake, & Black Forest. Some of our club members who participated were Don Wild, Dearn Temple, Joan Jend, Phil & Julie Foster, Craig Schafer.

Father's Day Fun Run-9AM

June 20, 1982 NMVP

<u>1 Mile</u>	<u>3 Mile</u>	
1. Tom Hinkle	1. Tom Schlett	17.07
2. Mark Dean	2. Jim Rice	17.10
3. Dana Shields	3. Craig Schafer	21.02
4. Larry Nielsen	4. Phil Fister	21.45
5. Eric Burton	5. Jim Foster	21.45
6. Lloyd Burton	6. Lorne Hinkle	21.57
7. Juniper Frazier	7. Joyce Rankin	22.04
8. Colby Dean	8. Bob Rankin	22.04
9. Lisa Hinkle	9. Tom Hinkle	22.54
10. Craig Schafer	10. Larry Nielsen	23.29
11. Lorne Hinkle	11. Julie Foster	27.04
12. C. Scofield	12. Sharon Foster	27.04
13. Bob Rankin	13. Marc Dean	28.03
14. Mary Scofield	14. Wally Young	28.47
15. Joyce Rankin	15. Colby Dean	29.15
	16. Lisa Hinkle	29.16

Workers

Al Grimme--Director

Jean Adams

Lloyd Burtan

Julie Foster

Phil Foster

Jim Schofield

A Hormone produced by the brain and the pituary gland may explain why athletes feel less pain than non-exercisers do while exercising. The hormone, beta-endorphin, is a product of strenuous physical activity. It is a natural opiate--producing effects similar to morphine. A recent test showed that regular joggers produce higher levels of beta-endorphin, and they also produced it faster than nonjoggers.

This may be an explanation of the runners high that we often encounter. It may also explain why we feel down if we miss a few days of running--we have a drop in beta-endorphin and suffer effects similar to morphine withdrawal!

The Diet Pepsi Run needs volunteers!!! Call Sue Stanec at 576-0527



KNOW THE FACTS ABOUT HEAT:

Hyperthermia (heat stroke, heat exhaustion, muscle cramps) can be deadly. It doesn't take long for a person to die, and a runner can collapse in less than five minutes after the onset of symptoms. The symptoms are:

- a. dizziness
- b. dry skin - no sweating
- c. redness
- d. nausea or cramps
- e. goose bumps on chest and arms
- f. incoherent speech and thoughts

When any of these symptoms occur, do the smart thing. Save your race for a cooler day.

Hyperthermia can affect any runner, in any kind of shape, during a race or hard workout. It's not only the unconditioned, unacclimated runner that will suffer.

Hyperthermia can occur on days when you might not expect it. The rapid rise in body temperature occurs when the body's natural cooling mechanism, evaporation, stops because the body has lost too much of its fluids through sweating. Research has shown that the rate of loss of body fluids is not substantially changed from temperatures of 70° up. A temperature of 60° and high relative humidity can be just as dangerous as 90° and low humidity.

WHAT CAN BE DONE TO MINIMIZE THE EFFECTS OF HEAT ON A RUNNER ?

1. During the hot weather season, keep body contents of magnesium and potassium high. These minerals occur naturally in foods such as muskmelon, watermelon, tomatoes, carrots, and cucumbers.
2. Wear cool clothes. Loose fitting cotton, tank top t-shirts with large breathing holes are best. Avoid nylon shirts, they retain heat.
3. Cool off before the race. You might as well start with a slightly depressed temperature.
4. Before the race drink plenty of fluids. The American College of Sports Medicine suggests 13-17 fluid ounces 10 to 15 minutes before competition.
5. Drink plenty of fluids during the race and afterwards. Drink frequently during the race. Toss water on your body during a race. This aids evaporation and cooling of the body.
6. Most importantly, choose your hard races for times when you'll be most likely to run well. Avoid hard efforts in races that have hot and humid weather. Avoid races that start late in the morning or during the afternoon in the summer and hot weather months of spring and fall.

Distributed as a public service by Connecticut Mutual Life and The Road Runners Club of America.

BEN FRANKLIN KEY RUN

On Tuesday, June 15th at noon, thunder and lightning showed up as promised to celebrate Ben Franklin's proof that lightning is electricity. Larry Nielson won (using 2 short cuts) on the course that never ended. He beat Michael Schenk because Michael got lost twice and was too far ahead to yell directions to. Thanks to Sandy Kieffer and Linda Schenk for getting times and names and to Donna Kring for flying our kite.

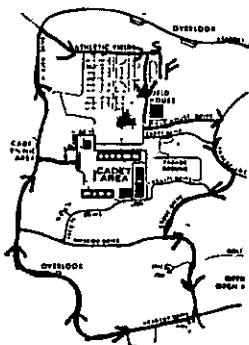
- | | | |
|-------------------|-------|-----------------------|
| 1. Larry Nielsen | 31:30 | (2 short cuts) |
| 2. Michael Schenk | 31:55 | (lost at least twice) |
| 3. Dave Smith | 34:56 | (1 short cut) |
| 4. Lisa Kring | 35:25 | (1 short cut) |
| 5. Roy Osborn | 35:26 | (No short cuts) |
| 6. Fred Kiewin | 36:01 | (lost once) |

See you all on St. Swithens Day!!!

AFA THIRD ANNUAL RUN FOR THE SUN

The 3rd annual Run for the Sun will be held on September 11, 1982, at 11 a.m. at the Field House (outdoor track area). Parking for runners will be in parking lots immediately in front of the field house. Workers will have a special parking lot to the west of the field house and will have a special parking pass. T-shirts will be in the packets. A football ticket will also be in the packet for the football game - AFA vs. San Diego State at 1:30 immediately following the race. If you would like to volunteer to work the race, call Sue Stanec at 576-0527. A course map will be in this newsletter. If you need any information call Race Director Jean Adams at 472-1898. Cost of the race will be \$6.00.

See entry form for further details. We expect around 1,000 runners this year. Good running!!!



NUTRITION AND RUNNING

By Helma Hawkins, Health Education Coordinator
(Reprinted from the Peak Health News, Vol. 3, No. 1)

A balanced diet is best for runners, with emphasis on foods that are closest to their natural states. Choose foods from the basic four food groups in planning your diet. Extra carbohydrates, in the form of fresh vegetables, fruits, dried peas and legumes, whole grains and cereals, pastas, rice, potatoes and breads, are highly recommended. Fluid intake is important for runners. Heat exhaustion and heat stroke may result when fluid is restricted. Replace fluid at the rate of about 8 ounces per 6 miles.

Pre-Race Pointers

1. Allow at least 2 hours to digest a meal before running
2. Eat high carbohydrate foods prior to the race; they are an efficient energy source
3. Water or diluted fruit juice is best to drink prior to running, while water is best during the race. Drinks containing sugar are not recommended
4. DO NOT RESTRICT FLUID INTAKE

Remember that enjoyment is essential to maintaining your interest as a runner. Plan your diet carefully, drink plenty of fluids, and ENJOY!

PASTA WITH VEGETABLE SAUCE

In a small amount of oil, saute: 1 diced onion, 1 diced bell pepper, 2 minced garlic cloves. Add: 1-16 oz. can tomato sauce, 1-16 oz. can tomatoes, drained and diced. Simmer for 15 minutes and add: 2 to 3 cups of chopped vegetables (You may use any combination of fresh vegetables, such as broccoli, zucchini, green beans, etc. - or even use leftover vegetables). Simmer 10 minutes more. Serve over 8 oz. of pasta which has been cooked according to package directions. Serves 4.

RUNNERS' SPECIAL!!! A THERAPEUTIC MASSAGE FOR
ONLY \$10.00 (REGULAR PRICE \$18.00)

The therapeutic massage has been utilized as a natural method of healing for thousands of years and plays an important role in restoring and maintaining good health.

Benefits of Therapeutic Massage are:

- Improves circulation while relaxing the heart and toning the vascular system
- Lowers blood pressure and pulse rate
- Prevents and relieves stiffness and soreness following exercise
- Shortens recovery time following injury
- Increases endurance and tones muscles to keep them pliant
- And More....

Susan Rogers, 1460 hours of study in Anatomy, Physiology, Massage, Hydro-therapy, Demonstration and Management, a licensed massage therapist, is offering this \$10.00 special, which takes approximately one hour, to runners who bring in this ad....

CALL SUSAN ROGERS TODAY FOR APPOINTMENT!!!!

*****473-3141*****

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JULY 1982



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HEAR! HEAR! Chariots of fire for all these new members. WELCOME!
WELCOME! We wish you every success and hope you reach your intended
goals. Join us often.

Paul Von Der Gathen
Linda Ring
Ron Bebow
William Bennett
Michael Thompson
Bill Haddock
Diane Ruff
Julie Plylar
Darryl Brown
Michael Burgamy
James Ulma, Sr.
James Ulma, Jr.
Anne-Maria Ulma
Steve Ulma
Carl Harmon
Susan Harmon
Scott Harmon
P. J. Wenham
Richard Wilson
Bret Poole
Keith Trujillo
Harry Fields
Tom Fields
Robert Brown
David Bakehouse
Janet Ryder
Kenneth Jenkins
Bill Evans
Horace Gardner
Marcy Gardner
Karen Gardner
Kristen Gardner
Zane Gardner
James Robbins
Tim Klopfer
Jim Irwin
Jan Irwin
Jill Irwin
Joe Irwin
Mary Irwin

Marilyn Miller
Don Pfister
Philip Perez
Mario Avalos
Bishop Bastien
Dorothy Donley
Michael Beatty
Lindsey Beatty
Martin Lathrop
Joyce Lyn Watson
John Mertens
Mathew Bedel)
Patricia Bedel)
Gerald Bedel) W
George Bedel) O
Pamela Bedel) W
Garrett Bedel) !
Carl Bedel)
Christopher Bedel)
John Bedel)
Georgann Richardson
Gerry Wilson
Carl Fischer
Judy Lovely
Guy Lovely
Nikki Lovely
Laura Reimer
Roxanne Smith
Robert Dunne
Merle Meland ✓
Betsy Meland
Richard Meland
Don Wild
Rod Parsley
Danette Geist
Phil Harris
Bart Harris
Jeniell Harris
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