



the **LONG RUN**

The first time I did this run (PPM), I remember looking up when the peak came into view and thinking, "OH...MY...Gosh, what HAVE I done?!" The feeling of awe remains.

Sally Kennett, Salida CO
 as quoted in Colorado Runner Nov/Dec 2005 regarding PP
 Marathon and Ascent voted best race in 2005

Volume 29 Issue 8 "All the news that's fitness to print" November 2005

Grand Canyon Rim to Rim (R2R)

John Mills

Runners: John Mills, Teresa Taylor, and John Crouse

Support, cheer leaders, & vehicle drivers: Jeanne Mills and Roxann Crouse

In November 2004, while reading an article about hiking across the Grand Canyon, I asked myself, why not run it? Some searching on the Internet quickly revealed it was doable, had been done, but was officially discouraged by the US Forest Service. My wife *volunteered* to do the 190-mile drive around from the north rim to the south rim to pick me up. Now I needed company—I talked two friends, John Crouse, a marathon runner from Monument and Teresa Taylor, one of the current caretakers at Barr Camp, into attempting it with me. A check of the weather on the North Rim indicated that it closes every year in Oct/Nov due to snow. Also, the bottom of the canyon on the Colorado River can be over 100° in the summer months indicating we should run on Columbus Day. We trained, made motel reservations, planned what to carry, planned what not to carry, and waited for October to arrive. And on October 10, 2005 we ran.

After a gorgeous 1 ½ day drive through fall colors and scenery in Colorado and Utah, we arrived at the North Rim. We located the North Kaibab Trailhead, hooked up with John and Roxann, had a last



Table of Contents

Club Information	2-5
New and Renewing Members	5
Letters to the Club/Editor	6-7
Disconnected	8
History Trail Run Map	8-9
Turkey Trot Predict	10
November Nielson Challenge	13
RRCA's Largest Running Club	14
Volunteers 2005 Recognition Program	15
Volunteers Corner	17
Race of the Year	17
2006 PPRR Board Nominations	18
2006 Membership Dinner & Elections	19
Race Results found at www.pprun.org	
Photos	20
PPRR Membership Application	24

continued on page 11

Membership Information:

Memberships are for 12 months. RENEWAL NOTICES ARE NOT SENT OUT. Please check the date on your mailing label for month of expiration--look for the sad face on your mailing label. *the LONG RUN* is mailed bulk rate. IT IS NOT FORWARDED. Please send address changes to Membership.

Mail renewals to:

Pikes Peak Road Runners, Inc.,
Attention: MEMBERSHIP
207 N Nevada
Colorado Springs CO 80903

PPRR Board Members and Other News

Club Officers

President:	Pat Lockhart	598-2953
Vice President:	Larry Miller	590-7086
Secretary:	Robin Satterwhite	471-7613
Treasurer:	Gil Kindt	328-9828

Board Members

Jack Anthony	282-9799
Cymmie Bailey	578-1651
Gordon Barnett	266-5390
Al Grimme	534-0534
Lyn Hale	328-9828
John O'Neill	w 635-3833, h 685-5806
Travis Waldrip	282-1671



Special Committees

Bulk Mailing:	Jim Beckenhaupt	636-2696
Calendar:	Dave Sorenson	davidsorenson@msn.com
Course Marking/Certification		
	Travis Waldrip	282-1671
Equipment:	Larry Miller	590-7086
	Gordon Barnett	266-5390
Insurance:	Pat Lockhart	598-2953
Historian:	Storme Rose	591-6819
Membership:	Pat Lockhart	598-2953
	Stephanie Courson-Olsson	573-8887
Newsletter Editor:	Diane Cahalan	594-9493
	editor@pprrun.org	
Nielson Challenge:	Phil Foster	447-1371
	Al Grimme	534-0534
Race Coordinator:	Don Johnson	291-9712
Training Runs:		
Garden of Gods:	Dave Sorenson	davidsorenson@msn.com
Barr Trail:	Larry Miller	590-7086
Volunteer Coordinator:	Cymmie Bailey	578-1651
Web Page Master:	Dave Sorenson	davidsorenson@msn.com

Monthly Club Meetings

Business meetings are held at 7 p.m. on the first Tuesday of each month at the downtown Pikes Peak YMCA, 207 N Nevada. PPRR members and friends are encouraged to attend.

Newsletter Information

the LONG RUN is the official monthly publication of the Pikes Peak Road Runners. We welcome all written contributions and photographs. You send it, we'll run it.

Please save your article in MS Word. Send via e-mail to editor@pprrun.org or through the mail to Pikes Peak Road Runners, Attention: Newsletter Editor, 207 N Nevada, CS, CO 80903. If you do not have electronic means, just mail to the Editor.

Items for the newsletter are welcomed at any time. You can mail them to the above address or drop your articles off at the downtown YMCA. Ask someone at the reception desk to place materials in the Road Runner's mailbox.

Deadline for time sensitive information

It's the weekend before the first Tuesday of the month.

Credits

Editor:	Diane Cahalan	594-9493
Race Results:	Dave Sorenson	davidsorenson@msn.com
Contributors:	All are welcome to contribute.	
Printing:	Centennial Reproduction Center 635-4453	

Stuffing Sessions

Newsletter parties are held the **2nd Wednesday** of each month at **6:30 p.m.** Everyone is welcome to join the fun!

Colorado Running Company has graciously offered to host the stuffings. PPRR will provide the food and CRC will provide the beverages.

Dec 14	CRC	833 N Tejon	635-3833
Jan 11	CRC	833 N Tejon	635-3833
Feb 15	CRC	833 N Tejon	635-3833
Mar 15	CRC	833 N Tejon	635-3833

Please call for directions & confirmation.

*Photos in this edition compliments of
Dee, Diane, and Tom Dewane. Thank YOU!*

Advertising in *the LONG RUN*

Business cards : \$15/month

Mail your card/ad and check to:
PPRR Advertising - Attn: Editor
207 N. Nevada, CS, CO 80903

Full page inserts - DUE on 2nd Tues of the month:

1. Print **750** copies of your insert on 8½X11 paper.
2. Do NOT fold or staple--8.5 x 11!
3. Deliver to PPRR Editor c/o Colorado Running Company at 833 N Tejon, Colo Spgs, CO 80903.
4. Deliver check for **\$50.00** made payable to PPRR Advertising with the flyers.



President's Letter

November 19th is our Annual Membership Dinner/Elections and Fall Series Awards. You can still RSVP for the spaghetti dinner or just show up around 7:00pm for the elections and awards. More information in the newsletter.

Did you know:

- I wimped out at Fall Series 3. I left my rain gear at home thinking... nah. I worked registration and we ended up backing two trucks together, opening the tailgates and working from inside the trucks. Well, I stood with my back to the wind and rain, and was soaked and chilled to the bone. I didn't wait around for the end of the race. Larry, I am sorry.
- Congratulations to all of the participants at the State High School Cross Country Track Meet. Tremendous turnout.
- The Summer Series is still being discussed at our board meetings.
- That there was a TURKEY/BANDIT at the Barr Mountain Trail Run this year? Ran the whole course then ducked out right at the finish line. His picture was on BMTR's website. Reward.
- That there was a TURKEY/BANDIT at the Pikes Peak Ascent this year. Ran the whole course and even had the audacity to stand in line for a finisher's jacket, wearing a Bolder Boulder race bib?
- That Larry Miller, who is an insurance adjuster for Shelter Insurance, is now doing his stint of duty in Louisiana. We wish him well and extend to him that Fall Series 4 and the awards ceremony will be in good hands.
- Race results are no longer being printed in the newsletter because they are found our website.

Our potential new board members were at our November meeting. Even though we will miss Al Grimme, Gordon Barnett and Cymmie Bailey, the new three are excited about being part of the organization and we are just as excited about having them work with us. You are able to read about them in this newsletter.

Our Dear Zane Meredith's last day as Director of the Nielson Challenge was the 5th. We surprised her with an award and jacket to commemorate her longevity and commitment to being this event's director. Al Grimme and Phil Foster are our new directors. Best Wishes Always, Zane.

Note that our Events Calendar is well into June of 2006. Still waiting for confirmations from the organizers—the calendar is full already.

REMEMBER... WINTER SERIES!

Pat Lockhart

Articles and photos for the Long Run may be submitted via e-mail to editor@pprrun.org or drop at downtown YMCA. Hey Members—I want your running stories! I know you are out there and have stories, send them to me!

As I continue to say—you members are AWESOME—keep the articles and photos coming!

October Stuffing Volunteers

Colorado Running Company, Host

**Carla Augenstein
Marie Baughman
Jim Beckenhaupt
Diane Cahalan
Matt Carpenter Family
John Cornick
Alicia Diaz
Heather & Briana Evans
Tina Gray
Al Grimme
Kim Kelleher
Paul Mann
Kelly McKenny
Larry Miller
John O'Neill
Micky Simpson
Jeff Smith
Jeff Tarbert
Tracy Winterbottom**

**Trail clean-up will
be held on Sat
Dec 3 and Jan 7
@ 9a.m.**

**Southwest parking lot
of Walmart on 8th Street**



Attendance: Al Grimme, Cymmie Bailey, Bob Mutu, Pat Lockhart, Phil Foster, Dave Sorenson, Jim Beckenhaupt, Larry Miller, Gordon Barnett, Robin Satterwhite, Travis Waldrip, Don Johnson, John O'Neill

Excused: Gil Kindt, Lyn Hale, Jack Anthony, Diane Cahalan excused

Not present: Chris Tuttle

Meeting Minutes Review/Approval: The minutes for September were approved as corrected.

Old Business:

- Discussion about American Discovery Trail Marathon - There probably does not need to be a contract between ADTM and PPRR. The race is a club race and should probably be a subcommittee with no need for a contract. Bob read from the original agreement that says, the agreement continues until ADTM committee terminates. Bob Mutu will consult with the ADTM committee and he will continue as Race Director. Bob also gave a report on the ADTM financials, which was accepted and is on file with the club. The profits will be disbursed between TOPS and the PPRR/Kids Series
- 2006 VA Run (Jim) Nothing new.
- Nominating Committee (update)- The committee met once and corresponded with e-mail. They have many suggested names to call.

New Business:

- Club members discussed a possible club running series in the summer, which could include 4 races - Panoramic, Women's Distance Festival, Neilson, and Great Race. There could be incentives for beginners and shorter distances than Triple Crown.

Treasurer's Report: (Gil) - The financial statements were received and are on file.

Certifications/Measuring: (Travis) No activity this month.

Newsletter: (Diane) No news on prospects for replacement newsletter editor.

Calendar: Dave accepted corrections.

Equipment: (Larry/Gordon) Larry ordered two new Chronos. The club has applied for the insurance policy covering items in the storage unit.

Equipment repair - The race clock had a thingamabob replaced for approx. \$130 plus shipping. One of the Chronos has a bad battery. It was suggested that we try finding a battery at Battery Plus first before we send it in to be replaced.

Webmaster: (Dave) Pat and Don working on 2006 calendar.

Volunteer Coordinator: (Cymmie) Cymmie's hours are up to date and ready for the Oct. newsletter.

Race Coordinator: (Don) MS Mayor's cup is going on with assistance from the Barr Trail Mountain Race and Colorado Running Company.

Race request letters will be sent to this year's races to begin confirming next year's race calendar.

Membership: (Pat/Stephanie) Pat is ready to reprint membership forms in the near future and suggested that we keep the fees the same.

Membership statistics:

Single	495	Current	609
Clubs	42	Expiring	183
Life	9	(over the next 3 months)	
Families	142	New	73
Family Members	277	Renew	100
TOTAL	921		

Fall Series - new and renew - 29

Pony Express - new and renew - 31

President's Report: (Pat)

Past Events:

- 09/18 Pony Express (Pat) No problems. 12 more than last year.
- 09/24 Great Race (Pat) 39 - first time. First of the pack, middle of the pack, last of the pack awards are worth a repeat.
- 10/01 Nielson (Al/Phil) Computer instead of stick timing. Back to sticks in November.
- 10/02 Fall Series I (Larry) Lots of kids. A little problem with arrows.

Upcoming Events:

- 10/08 CC Tiger Classic (Robin)
- 10/16 Fall Series II (Larry) Ropes problem.
- 10/30 Fall Series III (Larry) Ute valley.
- 11/05 Nielson (Al/Phil) Use sticks for timing.
- 11/13 Fall Series IV (Larry) Boulders/ Rock wash out.
- 11/19 Turkey Trot Predict (Phil/Bob) Flyer in next month's newsletter.
- 11/19 Membership Meeting/Fall Series Dinner confirmed with Crackers and Y reserved.
- YMCA Thanksgiving. Pat working with Briargate
- 12/03 Nielson Challenge (Al/Phil)
- 12/06 December board meeting
- 12/13 Joint Board dinner. Second Tuesday. December
- July 3 Monday - Instead of Tuesday Board meeting due to July 4th holiday.

Shoes donation for Hurricane victims- The Colorado Running Company trailer is full. 2100 pairs of shoes have been collected. They plan to make 4 runs to deliver the shoes over the next year and they are still working out the distribution channels.

Next meeting: November 1, 2005
8:22 p.m. adjourned

Respectfully submitted,

Robin Satterwhite

New Members

Michelle Cox	Palmer Lake
Jason Doedderlein	Colorado Springs
Lauren Goulding	Colorado Springs
Phil Goulding	Colorado Springs
Debra Hoke	Colorado Springs
Justin Kanop	Colorado Springs
Bret Kort	Colorado Springs
Eric Perramond	Colorado Springs
Mike Porter	Colorado Springs
Kent Vanderploeg	Colorado Springs
Greg Vicars	Monument

Renewing Members

Laura Engleman	Woodland Park
Steve Fuhrmann	Monument
Albert Haupt	Colorado Springs
Douglas Hugill	Colorado Springs
Mary Hurley	Colorado Springs
Korina Lyons	Colorado Springs
Kit McCaffrey	Colorado Springs
Spencer Wood McCaffrey	Colorado Springs
James McKelvey	Colorado Springs
Joyce McKelvey	Colorado Springs
Blaine Miller	Colorado Springs
Lynn Pauley	Larkspur
Philip Prater	Colorado Springs
Laurel Rathbun	Monument
Michael Rathbun	Monument
Rhys Rathbun	Monument
Thomas Rathbun	Monument
Dan Ritt	Colorado Springs
Dan Smoker	Colorado Springs
Michelle Smoker	Colorado Springs
Savannah Smoker	Colorado Springs
Skylar Smoker	Colorado Springs
Robert Spell	Denver
Melissa Waters	Falcon

The happy face on your mailing label means it's time to renew. Use the membership form on the last page of the newsletter. Thanks!



American Discovery Trail Marathon

The American Discovery Trail Marathon splits its proceeds each year after \$5,000 is retained in the race fund.

ADTM then splits any remaining proceeds between Trails and Open Space Coalition (www.trailsandopenspaces.org) and Pikes Peak Road Runners.

At the November 2005 Board meeting, Dan Cleveland of the TOSC presented PPRR President Pat Lockhart with a check from this year's ADTM.



Editor for the LONG RUN Needed

Editor for the Long Run - Beginning January 2006, PPRR will need a new editor. Diane is retiring after the publication of the December 2005 edition. The editor is responsible for the collection of articles, information (club, general running community, and RRCA), photos, and race results compiling this information into a monthly newsletter; submitting it to the printer and webmaster; and, hosting the monthly newsletter stuffings. Knowledge of desktop publishing software is required. Some months require more time than others, average is approximately 30 hours. Diane will work with the new editor. Contact Diane or a Board Member for additional information.