

## Letters to the Club/Editor

### Hot To Trot

Gary Franchi

Prez, Southern Colorado Runners

After a one-year hiatus, the Hot to Trot road race is being brought back to the Pueblo running calendar this fall in a huge way.

The Sunday, Sept. 25, race includes a 5-kilometer run and 2-mile walk, has a new race director, a beautiful and unique new course, cool T-shirts, and a few special perks. It will start and finish in front of the Gold Dust Saloon on Union Avenue.

One thing that remains constant from its historical roots is the Hot to Trot is held in conjunction with Pueblo's Chile & Frijoles Festival. In its 11th year, the festival has surged in popularity to become what is now a 3-day event, Sept. 23-25, in the Union Avenue Historical District area at the foot of downtown Pueblo.

Thus, race participants have access to a full schedule of festival activities and entertainment before and on the day of the Sunday race, making it especially attractive to visitors from out of town. For information on Chile & Frijoles weekend activities, check the Greater Pueblo Chamber of Commerce website at [pueblochamber.org/](http://pueblochamber.org/) or call the Chamber office at 542-1704.

Previously a Chamber race that was produced by the Southern Colorado Runners, the Hot to Trot has been taken over completely by the SCR. Ruth McDonald, co-owner of the Gold Dust Saloon on Union Avenue, is the new race director with help from an SCR committee.

"Having such a great course and being held in conjunction with all of the activities that will be taking place on Union Avenue that weekend, this race could really grow," said McDonald, who is excited about finally getting a race based at her business establishment after dreaming about it for years.

The walk will begin at 7:45 a.m. and the run at 8:00 a.m. The running course will include the Union Avenue Historic District, the Riverwalk and the Arkansas River Trail. The majority of the walk will be around the Riverwalk.

Entry forms are available at the Gold Dust, YMCA, and other fitness center locations in Pueblo as well as in running shoe stores in the downtown Colorado Springs area. Online registration is available through [www.active.com](http://www.active.com), which is accessible from the Southern Colorado Runners website ([www.socorunners.org](http://www.socorunners.org)).

After the race, a breakfast that will be FREE for participants (and \$5 for others) will take place in the Gold Dust's back patio, where the awards ceremony also will take place. Diners will have a breakfast choice of French toast, pancakes or huevos rancheros.

The top overall male and female run winners will receive special prizes, and the top three finishers in seven age divisions of the run also will receive awards. All walkers will receive customized finisher's medallions. In addition to a T-shirt and a free breakfast coupon, race packets will contain a discount coupon book good at Historic District restaurants during the festival.

### From William in Plano TX

August is always miserably hot in Plano, so we use it for our annual relay race. This is a 3x3K race, and the course is certified by our equipment manager, who is qualified and documented to do such things. There are many categories, and virtually everyone gets a prize.

Overall winners were from Team Azteca. The White Rock Marathon found an extraordinary interest from Mexican runners who wanted to race at White Rock a few years ago. They sent brochures to various places in Mexico, and got a large turnout. A local group formed to help these runners while they were in Dallas, and Team Azteca was born. These people provide many necessary services for Mexican nationals running in Dallas, and now operate all year long. The Team Azteca time was 31:23.

The informal nature of the race has some people running two legs of the three, and a few hardy souls that will solo all three legs. This year Melissa Gonzales was the only hardy soul, placing 48 out of 50 teams, with a 1:01:25.

I enjoy your history stories. My first visit to Colorado Springs was in 1951. Father was familiar with the area from his railroad days, and took us as far as the Cog Railway station. We saw the Manitou Incline train in operation.

Time and money were too short for a family railroad ride to Pikes Peak, and Father flatly refused to risk the family car on the Pikes Peak road.

He had a bit of railroad trivia for us. Texas at one time had a Stephenville, Hamilton, and Indian Territory railroad. Then it became fashionable to put the railroad initials on the locomotive, like B&O, NYC, and even AT&SF. The railroad considered the consequences of this and changed their name to Denver and Rio Grande Western.

Regards

### 2005 International Blind Sports Association World Youth Championships

Aaron Sever

THANK YOU! The 2005 International Blind Sports Association World Youth Championships were held in Colorado Springs on August 6 and 7 at Garry Berry Stadium. I would like to thank the following people for supporting this event and USABA by volunteering their time to serve as guide runners.



Dean Black, Lile Budden, Ryan Hafer, Jennifer Hockman, Doug Hugill, Curtis Larimer, Jeff Prata, Andy Rinne, Andrea Wagner, Randy Ward, Shea Wilfong and Robert Yara.

This was a very talented group of runners that participated. You probably recognize all of their names from past race results. This list includes many experienced and accomplished runners, along with some very talented high school and college athletes. Be sure to thank them if you see them at a future race.

I would like to bring further attention to our local high school and college running stars that sacrificed one of their last summer weekends to give back to the running community. These young men and women represented their schools, coaches, and families very well. We are fortunate to have these kinds of young runners in the Pikes Peak region. Join me in wishing them the best of luck in their upcoming seasons:

- ◆ Dean Black (Palmer HS)
- ◆ Ryan Hafer (Harvard)
- ◆ Jennifer Hockman (Western State)
- ◆ Curtis Larimer (Pitt)
- ◆ Shea Wilfong (Liberty HS)

Thanks again to everyone for your help and support.

## Zany Races!

Bob [www.schwartzhumor.com](http://www.schwartzhumor.com)

Dear Runners,

My next running related humor book will be a year long experience of running in some the craziest, wild and different races that are available in North America. From the Denver Gorilla Run (everyone wearing a full gorilla costume) to the Jay Mountain Marathon in Vermont (billed as the toughest marathon) to the race up the Sears Tower in Chicago to the Bare Buns Run in Washington (clothing optional) etc. All author proceeds from the book will go towards charitable causes.

If you know of any races to include then it would be great if you could let me know. Please email me at **bob@schwartzhumor.com**.

Please also pass along this email to friends who may know of such races. Thanks so much! All the best,

Bob [www.schwartzhumor.com](http://www.schwartzhumor.com)

Author of **I Run, Therefore I Am - NUTS!** and **Would Somebody Please Send Me to My Room!** found at **www.amazon.com**.

# Katrina – You Can Help

**Collect your old shoes and take to Colorado Running Company and they will send down to New Orleans, Mississippi, and all other areas needing help. Starting Tuesday, September 6th, CRC will be collecting both running and non-running shoes (decent shape) to send/take to the area. Tie shoe pairs together**

**CRC will also be accepting cash donations to cover shipping and/or gas costs. CRC has made contact with Kristen at Varsity Running in Baton Rouge as a contact point. They are overwhelmed with the need for stuff. Contact John O'Neill at CRC at 635-3833.**

## Boys and Girls Club of America - Fort Collins

Michele Schmidt

Hello my name is Michele Schmidt, I am the Athletic Director at the local Boys and Girls Club of America, located in Fort Collins. We are a nonprofit organization providing a positive environment for our future leaders of tomorrow. Children from six years of age to eighteen attend our club. We provide summer programs as well as after school programs.

I am contacting you because I am running a program, RUN 4 FUN, Run Across America. I am setting short term goals for the participants, and am looking for small prizes along the way, to keep them running. The ultimate goal of this program is to get have children train to develop an aerobic base so in the spring and summer we can run some road races together.

I was thinking if you had old t-shirts from previous races that would be great. If you can assist with any type of donation your contribution of course will be tax deductible. Thank you for your time and consideration of our children. Yours truly,

C/O Boys and Girls Club of Larimer County  
1608 Lancer Drive  
Fort Collins, CO 80521  
(970) 484-5198



# Mt. Olympus of Manitou

Michael C. Shafai

For 50 years now, lunatics from all over the country flock to Manitou Springs to run the Pikes Peak Marathon and/or Pikes Peak Ascent. For one reason or another, they are attracted by some fateful Siren's call to ascend its harsh, rocky slopes. But more often than not, they are victims of one of the many "myths" surrounding this race, which are, of course, propagated by dreadful deviants like me.

While I don't intent to dispel these myths, I do want to draw attention to them. And by doing so, I may ease my guilty conscious by publicly forewarning future Pikes Peak runners of the impending "sufferfest" they are likely to endure.

**Myth #1: "Crossing the finish line will give you a feeling of victory and accomplishment like no other".** In 281 B.C., King Pyrrhus of Epirus defeated the Romans, but the victory was so costly, he was quoted as saying, "One more such victory and I am lost". Today, a *Pyrrhic victory* is considered one that is so costly that it is devastating. I invite anyone to stroll through the finish line area of the Pikes Peak Marathon. Like injured veterans in a military triage, one will notice dilapidated runners lying around, glassy-eyed, bloodied, bruised, and beaten. I think most would agree that their "victory" on the Peak was, indeed, Pyrrhic.

**Myth #2: "Getting a friend to run the race with you will result in a stronger friendship and an overall better experience with training and finishing the race".** Just as Julius Caesar (or as I like to say, "Julius Seizure", because that's what happens to my legs just above A-Frame) muttered the words, "et tu, Brute?", so will your friend ponder the willful treachery you employed in conning him or her into signing up for this run. Friends, Romans, Coloradans, lend me your ears. Good friends are hard to find. Don't drag them down with you.

**Myth #3: "It's only 13 miles up, and the rest is downhill... It can't be THAT bad".** Try running up 8,000 feet of rocky shale while somebody sticks a finger down your throat thus eliminating your ability to take in some much-needed oxygen. Consider Sisyphus who, by offending Zeus, was punished in Hades by being made to roll an enormous stone to the top of a steep hill. And every time he got the boulder near the top of the hill, it would roll back down. For me, Pikes Peak is that hill. My rear end is the stone. And I'm "Sissy-fuss".

**Myth #4: "Once I get above A-Frame, the peak is only three miles away. That's less than a 5K distance. It can't be that bad!"** In classical mythology, King Tantalus, as punishment for offending the gods, was tortured with eternal thirst and hunger. He was made to stand up to his chin in water and each time he lowered his head to drink, the water would recede. Above his head hung heavy boughs of fruit, and each time he tried to pull off a juicy morsel, the wind would blow the branches out of his reach. So remember, Pikes Peak runner: when you clear the trees, you are Tantalus, and the top is the fruit and water. It's further away

than it looks. And by the way, if it makes you feel any better, think of that pounding hail as the wind knocking the branches out of your reach.

**Myth #5: "The weather in Colorado is always nice in the summer, which makes it a great time of year to do this race".** As runners in the 2005 Ascent and Marathon would agree, the *Barr River* was flowing malevolently deep and cold that weekend after a vicious storm, complete with hail, sleet, rain, lightning and thunder, attacked the mountain on Saturday morning. Like the River Styx that ran through Hades, the impromptu stream, ankle deep and ever so frigid, effectively stripped away the hearts and souls of many a weary climber. It was as if Pandora was sitting on top of the mountain waiting for the perfect time to expose the contents of her box bursting with evil and misery.

**Myth #6: "I run a lot in Arkansas, so I should be able to finish this race".** Epimetheus, whose name means *after-thought* comes to mind as I listened to stories told by race volunteers of runners who, at the first aid station on Ruxton, decided to turn around because they were exhausted. Hmmm. Good choice to turn around, but isn't that a waste of eighty bucks, not to mention an entry for someone with a fighting chance to earn a really cool fleece jacket?

*About the author: Michael is a recreational runner who runs solely for the sake of general fitness, happiness, and enjoying the company of fellow runners. He enjoys writing about his running and cycling experiences and is constantly on the prowl to convert non-runners (and non-cyclists) to his way of life. Michael lives in Colorado Springs with his wife, Dianna, 6-year-old daughter, Alexandra, and 3-year-old son, Benjamin. Comments regarding his articles can be directed via email to him at [michael.c.shafai@smithbarney.com](mailto:michael.c.shafai@smithbarney.com).*

## Colorado Runner Magazine Looking for Your Favorite Race

Hello Colorado Runners!

Do you have a favorite race that you think is high above the rest? Maybe it has the best volunteers, the best post-race party or the greatest race course. Well, we'd love to hear about it!

In the year end issue of Colorado Runner Magazine, the editorial staff will give awards to Colorado's best races. We will reveal a race of the year, as well as rank everything from the top 5K to the best marathon.

If you know of a race that you think deserves recognition, tell us about it. Just send an email to [Jessica@coloradorunnermag.com](mailto:Jessica@coloradorunnermag.com).



# Our Great Race

*celebrating our club's 30th anniversary*



Saturday, September 24, 2005  
8:00am  
5K and Family 1M

*Presented to you by the Board of Directors of the Pikes Peak Road Runners*



**Location:**

America The Beautiful Park  
(formerly known as Confluence Park)

<http://www.springsgov.com/Page.asp?NavID=5138>

**Registration:**

Race Day only – starting at 7:00am  
Main Pavilion

**Course:**

Course is an out and back trail run – north to North Monument  
Valley (central)

**Cost:**

- ✓ FREE – to Members
- ✓ New Memberships Welcome
- ✓ No shirts

**Refreshments:**

Birthday cake and drinks

Recognition: (adults): M/F-LOTP, M/F-MOTP, M/F-EOTP

*The Board cordially invites all members to this event, either as a runner or a volunteer. We appreciate all of our members and all of their contributions to the club over the past 30 years. We have organized thousands of events and provided wonderful experiences for thousands of more runners. We thank everyone for joining our club and making it the largest in the state of Colorado.*

*For more information contact*

*Patricia Lockhart – 719.598.2953 – patLOCKHART@worldnet.att.net*

# History Trail Run - Pring, Dirty Woman, and the Great Santa Fe Railroad Train Wreck

Jack Anthony

From the site of the Husted train wreck of August 14, 1909, we proceed north and cross over Baptist Road and arrive at the Baptist Road trailhead for the New Santa Fe Regional Trail. This trailhead is the site of the 5 and 10 mile Pikes Peak Road Runners Winter Series Race. In this article I will share three tidbits of history along the trail from here north to Monument.

## Pring Station

This Baptist Road area was called Pring Station and was named for John W. Pring. John and Mary Jane Pring were originally from Devonshire, England. They came to America and were living in Illinois with their 5 children when in 1876 John Pring purchased 240 acres of Colorado land sight, unseen. John Pring came to Colorado to check out his land investment. He found the area a barren wasteland and felt not even a rabbit could survive on his land. Although he felt he made a terrible investment, he was determined to settle on his land and start to cultivate it and give cattle raising and farming a try. He developed an irrigation system which transported water via a 4 inch iron pipe from the mountains to the Pring community. He also built fences and erected several farm buildings. John Pring's efforts in improving the land, raising cattle, dairying, and farming soon earn him accolades for having one of the best farms in the fast growing El Paso County.

In 1888, the Santa Fe Railroad built the Pring railroad station here. To the west was another train station on the Denver & Rio Grande, it was called Borst Station. From Pring Station, sheep and cattle would be loaded onto trains. You can still see some barely visible evidence of Pring cattle loading today about 300 yards to the southeast of the Baptist Road trailhead building. Much of the railroad bed material and a few wood structures still remain as fingerprints of the past. Back during the thriving Pring dairy business, they would ship milk and 35 pounds of butter weekly to the Antlers Hotel in Colorado Springs. During the Cripple Creek gold excitement, John Pring was one of the first to go to the Cripple Creek area and invest in mining. He owned the Bonnie Nell and Raven Hill mines.

## The Dirty Woman

About 2 miles north of Pring Station we cross over a unassuming creek called Dirty Woman Creek. What a curious name for a creek! Originally named Dirty Woman Gulch in 1861, this branch of Monument Creek gained the name "Dirty Woman Creek" thanks to a lady who lived in a shack along the creek. Many stories exist about this lady who had a lot in common with Charles Schultz Peanut's character Pig Pen. The Dirty Woman received her name from soldiers who traveled back and forth through the region in the 1860's. The 'Dirty Woman' didn't exactly keep herself, her property and children very clean; thus, the name 'Dirty Woman' stuck.

She tended goats, chickens, cats, dogs, and other animals on her ranch and in her house! The 'Dirty Woman' also made butter by trampling the cream with her bare feet! Perhaps 'Dirty Woman' brand butter was wee bit gritty

Lucille Lavelett captures some first hand insight into the Dirty Woman in her book *Through the Years at Monument Colorado*. From the diary of Mrs. Byron N. Sanford, December 27, 1861: "Last night we stopped at what is called 'Dirty Woman Ranch' and really it could have no more appropriate name. Minnie and I go into the house and cook meals when we can. As we entered the door of this place the woman was pelting something with a broomstick. A young pig had wandered into the kitchen and got his head stuck fast in a cream jar. It fitted pretty close and in frantic efforts to get loose, rolled over and over on the floor, while the youngsters who swarmed, it seemed, scampered under the beds as the mother pounded and yelled until, at last, the jar and pig rolled out into the yard. We gave the youngsters some cookies as they gaped at us in wonder, paid the 'Dirty Woman' for her trouble and returned to camp."

Remember the Teachout's stagecoach stop located near the Woodmen trailhead? As stage coaches traveled north to Denver their next stop would be near the "Dirty Woman's" place. The stagecoach drivers called it the 'Dirty Woman' stop. Perhaps you can pause as you cross her creek, look southwest and imagine the 'Dirty Woman' and her kids cheering you on as you trod north.



Dirty Woman Creek today-looking southwest from trail crossing creek (Jack Anthony photo)

## The Great Santa Fe Train Wreck of 1895

From the same spot we gaze upon Dirty Woman Creek, we are standing on a significant earth and rock "trestle". In the early days of the Santa Fe Railroad, this was an elatimber framed trestle structure. It was 300 feet long and 49 feet high at the deepest part of the 'Dirty Woman Creek' channel. On July 17, 1895, at about 11:00 am a terrible train/construction accident occurred at this location. The trestle