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For Immediate Release

Runners Brave Cold and Snowy Conditions at Bear Creek Regional Park

Colorado Springs, CO — On Saturday, January 20, there were only three no-shows at the Colorado Running Company Cross Country 5K Caper. Organizers had expected 100 participants in the event, but the weather



dashed those predictions when temperatures dipped into the single digits during race week. Add to that the snow-covered trails that were not showing any signs of melting prior to race day and it was no surprise that the race field was smaller than anticipated.

The weather was an issue for the race course as well when, on a pre-event tour of the course on Thursday, January 18, the route was changed to eliminate some deep-snow sections and a treacherous downhill.

Phone calls began the night before the race from prospective runners wondering if the race had been cancelled. Not surprising since the week before, on January 13, the first race in the Pikes Peak Road Runner Winter

Series (at another El Paso County Park—Fox Run Regional Park) was cancelled due to below-freezing conditions, blowing snow, and limited access to the race course.

Phone calls continued well into race morning. Yes, the snow had begun to fall in the northern and eastern parts of El Paso County, but at Bear Creek Park it was merely overcast and cold with snow intermittently spitting on the race course. Great conditions for an early morning run in the Park!



Plans for marking the course included boxes of devil's food cake purchased on race morning by Colorado Running Company store manager John O'Neill. O'Neill chose the colored cake mix in lieu of white flour for obvious reasons. "I guess people can stop and enjoy some chocolate on the course if they are so inclined," joked O'Neill.

During race registration and runner number pickup all participants had a chance to review the course map and learn about the terrain and footing on course. After careful review, some participants opted to race in cross country spikes, some in trail or road running shoes, while others preferred Yak Trax for better grip on the hard packed snow.



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At 10:00 a.m. runners lined up for the race start and within three minutes a “ready-set-go” command sent runners on their way. The course headed east on a flat section of trail for the first 200 yards and then the first climb began.

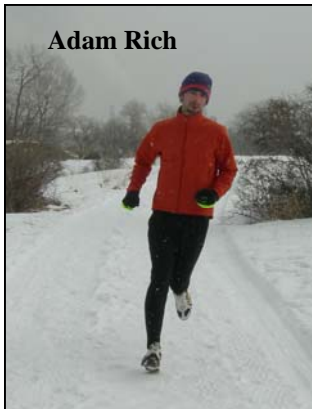


The climb started on an eight foot heavily-tracked trail section and within 800 yards turned uphill on a lightly-traveled single track section. Another 50 yards and the runners were back on an eight foot trail, but continued climbing for 200 yards. Finally, a flat section followed by a nice gentle descent and then another flat section through a snow-covered meadow on the backside of the Park.

Another downhill section on rough single track followed by a short loop on fairly flat terrain, and then another uphill grind. The course then doubled back through a single-track section and runners

were past the halfway point. However, the toughest climb was just ahead. The climb lasted about 200 gut-busting yards, but runners knew that once at the top, the course would be flat for a section and then downhill to the finish.

A pack of speedsters took off quickly from the line running together through the first hilly section. The lead was soon shared by Adam Rich and Logan Wealing with John Victoria and Mike Hagen in close pursuit.



Adam Rich

Rich kept his lead through the finish besting second-place runner Wealing by less than ten seconds. Victoria rounded out the top three places for the men. For the women, it was a decisive victory for Sheila Geere, who with John Victoria, partnered as the top husband-wife finishers.

Geere and Victoria are gearing their racing and training for the USATF Cross Country Nationals slated for February 10 in Boulder. “I had a really hard run yesterday, but felt really good today. I’m looking forward to next month’s cross country race in Boulder,” said Geere.



Doubling back on the single track



Geere



McKelvey leads...

Second for the women was Andrea Stillman, while third-place honors went to Sharon Weatherford. Weatherford and fourth-place finisher Joyce McKelvey traded positions throughout the race with Weatherford passing McKelvey for the final time

after the last single-track section across the dam.



Weatherford surges ahead for third.

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At the finish line runners shared their experience on what was sure to be their slowest five kilometer finish time ever. It was a great morning at Bear Creek Park!

Place	Name	Time	Pace
1	Adam Rich	19:52	6:25
2	Logan Wealign	20:01	6:28
3	John Victoria	22:20	7:13
4	Mike Hagen	22:27	7:15
5	Stephen VanGamblea	24:03	7:46
6	Sheila Geere	24:16	7:50
7	Chad Halsten	24:25	7:53
8	Jon Teisher	25:02	8:05
9	Rich Hadley	25:12	8:08
10	Drew West	26:49	8:40
11	Dennis Collard	27:01	8:43
12	John Keith	27:21	8:50
13	Rick Fredricks	30:55	9:59
14	Michael Olson	31:19	10:07
15	Jason West	31:30	10:10
16	David Flemming	31:36	10:12
17	Josh Chadwick	32:17	10:25
18	Mark Weatherford	32:38	10:32
19	Henri St-Martin	32:57	10:38
20	Moises Gutierrez	33:21	10:46
21	Andrea Stillman	33:29	10:49
22	Bruce Stillman	33:52	10:56
23	John O'Donnell	34:32	11:09
24	Sharon Weatherford	34:37	11:10
25	Joyce McKelvey	34:57	11:17
26	Geni Ligday	35:13	11:22
27	James McKelvey	37:04	11:58
28	David Fay	41:04	13:15
29	Kim Watts	41:32	13:24
30	Lori Koehler	41:32	13:24
31	Rena Yenter	43:10	13:56
32	Lorne MacDonald	43:15	13:58
33	Matt Yenter	43:16	13:58
34	Beth MacDonald	43:26	14:01
35	Lisa Keith	48:56	15:48
36	Sharron Arriaga	49:56	16:07
37	Tristin Burhop	53:48	17:22
38	Zeth Holbert	53:49	17:22
39	Charles Snygg	55:10	17:48
40	Michelle Vela	1:05:34	34:04

