President's Corner

We are pleased to bring you the Fall 2011 edition of HPH News! In this issue, you’ll find results and race recaps from the Firecracker 5k, All-Comer’s Track & Field Series, Summer Park Series, Adam Towler 5k and Wyoming State Championship 10k, Antelope Dash, Zonta 5k, Jelm Mountain Run, I Love Life 5k, and Silent Trails Memorial Run, as well as an article by LHS graduate Erik Boss on competing in Australia in the Down Under Games (p. 7). You’ll also find a Trail Spotlight on Sheep Mountain (p. 2) and an excerpt detailing the Wind River Crossing, a 50+ mile adventure across glacier and mountain terrain, written by Ragan Driver (p. 8). Runner Spotlights in this issue showcase She’s A Runner Girl participant Amber Shields and new HPH member Mark Lonac on p. 3. A Fall events calendar is on p.10.

High Plains Harriers race pictures available

Say cheese! High Plains Harriers has been working with photographer Wendy Perkins to take pictures for the club during HPH races. Pictures are available from all Summer Park Series races, the Adam Towler 5k and Wyoming State Championship 10k, the Antelope Dash, Jelm Mountain Run, I Love Life 5k, and Silent Trails Memorial Run. You may view the pictures here: [http://www.flickr.com/photos/highplainsharriers/sets/](http://www.flickr.com/photos/highplainsharriers/sets/).

Call for 2012 HPH Committee Members!

HPH is able to offer coffee runs, breakfast runs, pub runs, seasonal weekly workouts, and support to dozens of local races, thanks to the hard work of the HPH committee members and dedicated volunteers. In order to continue to be able to offer the great services local runners have come to expect of the club, we need your help! We are always looking for new volunteers, and are currently looking for a few more folks to serve on the 2012 HPH committee. Positions include President, Vice President, Treasurer, and Secretary. Please contact info@highplainsharriers.org for more information.
Race Recap: The Antelope Dash

August 27, 2011

Over 150 runners registered for the second annual Antelope Dash held Saturday, August 27 at Curt Gowdy State Park. Scott Bedham of Laramie won the 4 mile race and Suzie Livingston of Fort Collins claimed the female title to the 4 miler. In the 8 mile race, Mark Lonac (below, left) of Laramie smoked the field turning in a sub-60 minute time and AJ Hamish-Yager (below, second from left) won the women’s race.

Race Recap: The Adam Towler 5k and Wyoming State Championship 10k

July 16, 2011

Erik Boss, a 2011 Laramie High School, is the 2011 Men’s Wyoming State 10k Champion. Erik ran away from his competition finishing in 37:12. Ted Haskell was crowned top Masters runner in the state. Mike Selmer and Dan Lubkin rounded out the male top finishers winning the Grand Masters and Senior Grand Masters, respectively. Johnna French crushed the female competition, winning by nearly 5 minutes over the second place finisher to become the 2011 Women’s Wyoming State 10k Champion. Donna Fleisman took the Masters category for the women.

In the 5K race, Chris Scahbron ran away with the race, finishing in 17:35. Kyrsa Bresendine won the womens race and finished second place overall. David Bagley and Susan Brown were the top Male and Female Masters runners for the 5K.

Trail Spotlight:
Sheep Mountain

Sheep Mountain is located approximately 30 miles west of Laramie, on the eastern side of the Snowy Range Mountains. The 19,000+ acres of Sheep Mountain were designated a National Game Refuge in 1924, primarily to preserve the elk population. The trail is approximately 15 miles from end to end, with four public access points.

From the Sheep Mountain Trailhead, the first mile climbs past a dry sagebrush hillside (runners should stay alert for posts marking the trail). After the first mile, the trail levels out for another mile before a steep climb where it enters a lodgepole pine forest. Before entering the forest, you’ll enjoy a lovely view of the Snowy Range and the Laramie Plains. The trail then joins Fence Creek and levels out for several miles through the trees, bogs, and streams.

Click here for a trail map.

View of the sun rising over Sheep Mountain, taken from Laramie.
Amber was one of the participants in the inaugural She’s a Runner Girl Program last spring. Amber, a sixth grader whose blond hair is often streaked with red, was the first Runner Girl to cross the line at the Happiness 5k. Amber decided to participate in the Runner Girl program because she loves to run and she really enjoyed meeting and running with the other girls in the program. Amber also participated in the HPH Summer track and field meets and challenged herself in a variety of events ranging from the 4X100 meter relay with her family to the 5000 meters. Although she considers the 800 meter run as her favorite event, Amber participated in the 100 and 200 meter sprints and the softball throw at the Laramie Hershey’s Track and Field Meet. Her performances qualified her for the State meet in Lander, WY where she placed 5th in the softball throw. Although she did not place as well as she had hoped, Amber said the state meet was a lot of fun and she enjoyed competing against other girls from around the state. In addition to running, Amber enjoys school and says math is her favorite subject.

Mark Lonac

Mark is one of our newest HPH members. Mark ran cross country and track during his high school years in San Diego, and ran collegiately at UC Davis. He moved from California to Fort Collins for a Master's program in Exercise Physiology at CSU. He also earned a secondary teaching credential and recently landed a position at Laramie High School after teaching in Loveland last year. In terms of recent running accomplishments, Mark ran 2:28 at the 2008 California International Marathon. He is now training mostly for road marathons and hopes to better that time either this spring at Boston or next fall at the same race. He also aims to run some trail 50 milers including Run Rabbit Run in Steamboat and JFK in Maryland. Mark’s favorite race distances are the marathon because it is his best distance and anything in the 8-13 mile range because it doesn’t take as much toll as a marathon. His favorite races include the Avery Brewing Company 4k on July 4th in Boulder and the Bacon Strip races in Fort Collins. Locally, he really enjoyed the Antelope Dash course in Curt Gowdy State Park. Although he has only been in Laramie since August, he enjoys running Jelm Mountain, the Medicine Bow Rail Trail, and any of the Happy Jack Trails. In addition to running and teaching high school biology and chemistry, Mark also enjoys mountain biking, skiing, backpacking, and traveling. After taking some time off to heal a hip injury, he looks forward to participating in more HPH events in the near future.
Race Recap:
Silent Trails Memorial Run

October 8, 2011
Runners at this year's Silent Trails Memorial Race braved the season's first snowfall, making it a true adventure race in blizzard-like conditions. Nearly 100 runners came out in memory of the eight University of Wyoming cross country athletes who were killed by a drunk driver on September 16, 2001. The 2006 winner and course record-holder Jason Delaney (below, bib 69) returned to defeat the snow and the competition, snatching another Silent Trails victory in a time of 1:09:49. He was trailed by Justin Mock (1:10:47; below, bib 32) and previous Silent Trail champions Nick Clark (2010 winner), Master's champion Ted Haskell (2003 winner), and Ragan Driver (2008 winner; below, bib 38) to round out the top five. On the women's side, Nicole Emery (below, in black) dominated in a time of 1:30:26, with Master's champion Sarah Konrad (1:34:55) coming in second overall. Eve Newman (1:35:10), Jess Schueler (1:37:14, below, bib 106), and Rachel Morr (1:41:17) rounded out the top five.

September 24, 2011
For the second year in a row, Sam and Jennifer Malmberg (above) of Eaton, CO took the top Male and Female honors at the Jelm Mountain Run. Sam ran the second fastest time ever at Jelm, just 30 seconds off the course record. Jennifer finished about 30 seconds off her course record time from last year. The top Masters honors went to Ted Haskell of Laramie (below) and Melissa Kinnear of Ft. Collins (below, in yellow).
HPH All-Comer’s Track & Field Series

June 23, 2011

The first ever HPH All-Comer’s Track & Field meet was a great success! Over 40 athletes ran, jumped, threw, and hurdled their way through the meet. Participants ranged from age 5 through adults, and athletes came from Laramie, Cheyenne, Casper, and even Scottsbluff, NE to participate in the event! There were several impressive performances, including Gabe Adams winning the 800m run in 2:07, 11-year-old Amber Shields winning the 400m run in 1:29, and speedy male and female performances in the 3000m run, with Michael Kesy winning the men’s race in 9:59, and Annie Toth winning the women’s race in 11:05. The Stellern family from Cheyenne swept the throws, with Sierra winning the 11-12 girls shot put, Cosette winning the 11-12 girls discus, Sasha winning both events for 13-14 girls, and Lindi (16) and Zach (18) winning their respective age groups in the discus.

July 7, 2011

The second HPH All-Comer’s Track & Field meet was an even bigger success than the first! Over 61 athletes from four different states competed in the meet, representing ages from 3 years old to Master’s participants, and coming from all over Wyoming (Laramie, Wheatland, Casper, Lander, Riverton), as well as Scottsbluff, NE, Logan, UT, and even a family visiting from Waynesboro, VA! The meet drew the youth track team Wind River Storm from Riverton, making for an exciting showdown in many of the youth events. After an impressive showing at the first track meet, 11-year-old Amber Shields again showed her strength by winning the 11-12 girls 400m run and winning the 5000m run for women. She also teamed with Shell Burns to win the 4x200 parent-child relay. Annie Toth returned to win both the 800m run (2:49) and mile run (5:44), setting meet records in both. Master’s runner Ted Haskell ran an impressive race in the mile, breaking the meet record in a time of 5:25.
Race Recap: Summer Park Series

Summer Park Series #1—Washington Park (July 21)

The first of three Summer Park Series was held on July 21 at Washington Park. Runners could choose between a 3k (two loops) or a 1.5k (one loop). Nick Allington (top right) won the 3k race in 11:58, and Jess Schueler was the top women’s finisher in 13:34. Isaac Greenwald was the top 1.5k finisher.

Summer Park Series #2—LaBonte Park (August 4)

The second Summer Park Series race was held on August 4th at LaBonte Park. The race featured a challenging cross country course that allowed runners to choose one loop (2k) or two loops (4k) around the park. Brian Martisius (middle right) won the 4k in 14:06, and Jess Schueler won her second straight park series race in a time of 16:44. Hanna and Jacob Greenwald were the first 2k finishers in 11:01 and 11:02, respectively.

Summer Park Series #3—LaPrele Park (August 18)

The final of the three Summer Park Series races was held on August 18th at LaPrele Park, and featured a 5k cross country run followed by a BBQ and ice cream floats. Marc Lonac cruised to victory in a blazing 17:48, with Kelly Bergeron (bottom right) winning the women’s race in 22:20.

Race Recap: I Love Life 5k

October 1, 2011

Runners enjoyed beautiful weather at this year’s I Love Life 5k, with a course that meandered through the tree area, starting and finishing at Undine Park. 140 runners and walkers - including Catherine Brown, the 2011 Miss Wyoming - came out to complete the 5k or 1 mile events and support breast cancer awareness. The 5k race had an exciting photo finish at the end with Gabe Adams (16:57.3) barely edging out Nick Allington (16:57.5). On the women’s side, Maya Wilde dominated the competition, beating out second place by over two and a half minutes with a blazing time of 19:36. In the mile race, 8-year-old Rebecca Lyford bested the competition to win in a time of 11:26.
Aussie Adventure: Competing Down Under

By: Erik Boss

This year, thanks to my coach Gil Bradfield, I was able to go on the journey of a lifetime to the land down under. Every year, coaches around the country nominate athletes for the Down Under Sports team. Coach Bradfield put my name into the hat and I received a letter inviting me to compete in the Down Under Games.

To raise money for the event, I organized a number of fundraisers: I collected and recycled aluminum cans for 75¢ a pound, I sold roses for Valentine’s Day, and I sent out letters to family asking for support. The High Plains Harriers got involved too; in exchange for my helping to organize the Jackalope 5k, I was able to use the race as a fundraiser. Organizing the Jackalope 5k was quite the experience and helped out a ton.

My Australian Adventure was like no other experience I’ve ever had before. Not only was it my first time on an airplane, but it was also my first time out of the country! It was a great cultural experience. The meet was pure fun and the competition was plentiful, yet totally laid back. The races I competed in were unusual for me. I ran the 3k, 1500m, and the 2k steeplechase, which were all new to me as I am used to America’s odd mile system. I also took part in the 800m and the 4x400m relay, which are races I have to start getting used to for college.

I made many new friends and best of all, after all the fund raising and plane catching all by myself, I learned that I am capable of taking responsibility and believe I am ready for the upcoming years in college. I struck out on my own to a foreign country, almost got lost in Brisbane, survived nine plane rides, and made it home with new friends, new experiences, AND some hard-wear from my races! Quite the summer experience if you ask me!

One final word to any upcoming Down Under athletes: GO FOR IT! You won’t regret it and you’ll remember this trip forever! Thanks to all the High Plains Harriers for helping to make this happen!
As I lay awake in my tent in the twilight, listening to the hum of a generator belonging to a nearby camper and the whinnying of the group of horses in the public corral at the trailhead, I tried in vain to suppress the myriad of thoughts racing through my mind. All I wanted was a few hours of sleep; I was not sure when I would next catch some shut eye. Three in the morning comes awfully early, especially on the edge of fifty miles of wilderness. And it was those fifty miles of wilderness that excited and frightened me until I finally drifted off to sleep.

I awoke in my tent at the Torry Creek/Glacier trailhead at 3am in order to get dressed, packed, fed, caffeinated, and ready to go for our 4am start. We congregated outside a pungent outhouse, took a group picture, complete with smiling faces, and began our adventure.

The first obstacle of the trip was the nearly 3,500 foot climb, complete with 29 switchbacks, up Arrow Mountain. Around sun-up, we reached the nearly 11,000 foot pass over Arrow Mountain where we stopped for our first food break and watched the sun brighten the peaks around us. As we crested the top and started down toward Burro Flats, we surprised a herd of elk that circled around us before disappearing into a stand of trees. The trail continued down a few miles toward Dinwoody Creek. Most of the trail was extremely rocky and the trekking poles were a welcome necessity. We passed several gorgeous lakes including Double Lake, Star Lake, and the hanging Honeymoon Lake.

Once down along Dinwoody Creek, I was feeling a little anxious. My anxiety was fueled by several things. I was going through my “not feeling so hot” phase. The others warned me that we would all go through highs and lows, and that it would happen at different times for all of us. I felt a little off for a few miles in there. As we moved through the meadows, we could see clouds beginning to form over the tops of the high peaks, the very peaks we were climbing toward. Weather was my number one concern, compounded by the fact that things were taking us a lot longer than I, or any of us, had anticipated. The longer it took us to get to Bonney Pass, the greater the chance of weather causing a problem.

We predicted we would reach Dinwoody Glacier by 10am. We finally got there at 1:30 in the afternoon. At that point, the clouds had staved off and weather was no longer our chief concern. However, one reason we wanted to be on the glacier earlier was that by 1:30, the ice had melted into more of a slush, increasing the difficulty of passage and the potential for weak spots and crevasses. We took things tentatively at first, and then began moving quicker. After well over an hour, we got off the ice and onto a steep, class IV/V boulder field that took us to the top of Bonney Pass, approximately 12,834 feet. We relaxed in a wind break constructed by mountain climbers and munched on food while enjoying a spectacular view of Gannett Peak, the highest point in Wyoming. It was closing in on four in the afternoon, and after thirty miles of feeling less than great, I felt pretty good at that moment. That would all change as we began down the other side of Bonney Pass and into Titcomb Basin...

To read more of the Wind River Crossing adventure, click here.
RESULTS PAGE

High Plains Harrier’s All-Comer’s Track & Field Series:

Results for All-Comer’s Meet 1 (6/23/11)
Results for All-Comer’s Meet 2 (7/7/11)
HPH All-Comer’s Track & Field Series Records

Firecracker 5k and Kid’s Fun Run—July 4, 2011:

5k Overall  5k Age Group  Kid’s Fun Run

Adam Towler Memorial 5k and WY State Championship 10k:

5k Overall  5k Age Group  10k Overall  10k Age Group

High Plains Harrier’s Express Pharmacy Summer Park Series:

Summer Park Series Race #1 (7/21/11, Washington Park)
Summer Park Series Race #2 (8/4/11, LaBonte Park)
Summer Park Series Race #3 (8/18/2011, LaPrele Park)

The Antelope Dash:

4 Mile Overall  4 Mile Age Group
8 Mile Overall  8 Mile Age Group  8 Mile Walk

Zonta 5k:

5k Overall  5k Age Group

Jelm Mountain Run

Jelm Overall  Jelm Age Group

I Love Life 5k and 1 Mile

5k and 1 Mile Overall  5k Age Group

Silent Trails Memorial Race

Silent Trails Overall  Silent Trails Age Group
About the High Plains Harriers

The High Plains Harriers running club is dedicated to promoting fitness through running in Laramie and southeast Wyoming. We encourage running at all levels by supporting competitive racing, fun runs, social runs, and trail running. We are involved in events year-round and aim to provide support to event organizers in addition to providing an avenue for local athletes to meet and train with others in the community.

The High Plains Harriers welcomes all types of runners:
- All ages
- Men and women
- Individuals and families
- Novice to veteran runners
- Milers to ultramarathoners
- Casual joggers to nationally competitive athletes

If you have questions about the High Plains Harriers running club, please contact:
info@highplainsharriers.org

2011 Board Members:
President: Carrie Murthy
Vice President: Jeff French
Treasurer: Peggy McCrackin
Secretary: Tina Wilson

Race Recap: Zonta 5k

September 17, 2011

Nick Allington soared to an impressive win in the Zonta 5k in 17:35, finishing a minute and a half ahead of second place Paige Chamberlain (19:06). Emily Guier led the women's field in a time of 22:50. Two of the more impressive finishes of the day were from the youngest competitors in the field, brother and sister duo Braden and Natalie Six. Nine-year-old Braden beat out all of the older runners in the 19-and-under age category to win in a time of 25:35, with his 7-year-old sister Natalie finishing the 5k in 41:18.

Race Recap: Firecracker 5k

July 4, 2011

UW runner Nick Ekel blew away the field by more than 3 minutes to take the overall male title in a blazing 16:33. Kyrsa Brisendine duked it out with Ashley Lane over the last 1/4 mile, and came out 1 second ahead for the women’s title in 23:02. In the Kid’s 1-mile Fun Run, Raegan Downham was the first finisher across the line and the only runner to break the 8-minute barrier, running a time of 7:36.

Fall 2011 Events Calendar

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<td>Galloping Goose 5k/10k</td>
<td>Oct 22</td>
<td>9am</td>
<td>Quincy Reservoir, Aurora, CO</td>
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<td>As The Crow Flies</td>
<td>Oct 29</td>
<td>9am</td>
<td>Box Canyon Shelter, Vedauwoo</td>
<td>Kathy Muthig <a href="mailto:replacement4_j@hotmail.com">replacement4_j@hotmail.com</a></td>
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<td>Chi Omega Zombie Run</td>
<td>Oct 29</td>
<td>9am</td>
<td>Laramie Plains Civic Center</td>
<td>Aubrey Bertram 303.956.5263 <a href="mailto:abertram@uwyo.edu">abertram@uwyo.edu</a></td>
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<td>11th Annual COMEA House 5k and Kid’s Fun Run</td>
<td>Nov 5</td>
<td>9:00am</td>
<td>1504 Stinson Ave, Cheyenne</td>
<td>Tim Kingston 307-638-8885</td>
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<td>15th Annual Gobble Wobble 5k Run/Walk</td>
<td>Nov 19</td>
<td>9am</td>
<td>Laramie High School</td>
<td><a href="http://www.brookehealth.com/">http://www.brookehealth.com/</a></td>
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<tr>
<td>10th Annual Loveland Turkey Trot 5k</td>
<td>Nov 24</td>
<td>8:30am</td>
<td>McKee Medical Center, 2000 Boise Ave., Loveland, CO</td>
<td>Colorado/McKee-Loveland/</td>
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<td>Christmas Lights Run</td>
<td>Dec 15</td>
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She's A Runner Girl is a new High Plains Harriers running program for elementary school girls in Laramie. In 2011, 45 girls in 3rd thru 6th grades participated in one hour weekly sessions at UW's indoor track for six weeks in the spring. The sessions combined running and self-efficacy activities to foster healthy living and self confidence. The program culminated with the Hapi-ness 5K race on May 14, 2011.

Last year the High Plains Harriers had 45 girls participate in She's A Runner Girl. This year we would like to offer as many as 10 need-based scholarships to girls who require help with the entrance fee and buying running shoes.

For $100, you can sponsor a full scholarship for a Runner Girl. This would cover: running shoes, She’s A Runner Girl T-shirt, the six week sessions, and entrance fee for the Hapi-ness 5K race.

ALL DONATIONS LEVELS ARE ACCEPTED! Any donations less than $100 will be pooled together to support a full scholarship.

To sponsor a Runner Girl, please send this form and check made payable to the High Plains Harriers before December 31, 2011 to: Anne Saffer 1044 Palmer Dr. Laramie, WY 82070

Name:

Address:

Email:

Questions:

Anne Saffer
Day: (307) 766-4354
Evening: (312) 300-0839
asaffer@uwyo.edu
Interested in joining? Print this membership application form and mail to:
High Plains Harriers
c/o Secretary
PO Box 1292
Laramie, WY 82073

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### Membership Application

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Would you like to be added to the High Plains Harriers “Upcoming Events” e-mail list?  ☐ Yes  ☐ No

**Type of Membership (please check one)**

- ☐ Individual ($20)
- ☐ Student ($15)
- ☐ Family ($35)

### WAIVER

Please read and sign

I know that running and volunteering to work in club events are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run safely. I assume all risks associated with running and volunteering to work in club events including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the American Association of Running Clubs, the High Plains Harriers Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all of the foregoing to use photographs, motion pictures, recordings, or any other records of these events for any legitimate purpose. I understand that bicycles, skateboards, and roller skates/ubes are not allowed in the events and I will abide by this guideline.

**Signature**  
**Data**

### Additional Family Members (All members must sign. If under 18, parent or guardian must sign)

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Please make checks payable to: High Plains Harriers
Mail to: High Plains Harriers c/o Secretary
PO Box 1292, Laramie, WY 82073