



An affiliate of the Road Runners Club of America



Inside This Issue

- 1 President's Corner
- 1 Race Recap: !RunJOSHRun!
- 2 Race Recap: Jackalope 5k
- 3 Runner Spotlights: HPH Board
- 4 Spring Race Calendar
- 4 About the High Plains Harriers
- 5 Membership Application

Find us on the web:



www.highplainsharriers.org

President's Corner

Welcome to HPH News - the newsletter for the High Plains Harriers running club! We are excited to bring you the first issue of this brand-new newsletter, which will be published quarterly. Laramie has a small but vibrant running community; this newsletter will highlight activities of our club and its members. Each issue will recap recent races and events that HPH members have participated in, and will spotlight members of the club so you can get to know your fellow Harriers. This issue profiles your new HPH board members. Future issues of HPH News will also include training and injury prevention tips.

We want to hear from you!

For this newsletter to be successful and interesting, we need to hear from you! If you have done a race recently and would like your recap and/or pictures included in this newsletter, please send them to membership@highplainsharriers.org. We are interested in reports from races of all distances, local and far away, from beginning to experienced runners. In this issue, Josh Fuller, a University of Wyoming engineering student, provides a first-hand account of his 100 mile fundraising attempt for Engineers Without Borders.

Recent Club Activities

Spring racing season has started, and the High Plains Harriers have been gearing up with trail runs, group long runs, and weekly workouts. Runners of all experience levels have been enjoying the company of their fellow Harriers while fighting the Wyoming wind. Come out and join us! Upcoming events are sent out regularly on the club listserv, events@highplainsharriers.org.

Race Recap: !RunJOSHRun!

Running Fundraising Extravaganza - March 27-28, 2010

By Josh Fuller, jfuller@uwyo.edu

Saturday, March 27 was a day where most should have been inside with a cup of hot chocolate cuddled in front of a warm fire. For a select few, however, the inclement weather only provided an opportunity to make men out of boys. The blizzard on Saturday proved this point.

Over 60 different people joined me on the University of Wyoming track to support Engineers Without Borders and my personal quest to log 100 miles in 24 hours. The runners flocked to the (cont'd on p. 2)



Josh running laps in the snow during his fundraising run with some support from HPH members.

When the dust – no, snow – settled we had raised over \$5000 in our pursuit to provide clean water to a village in rural Kenya and over 510 miles had been covered by some 60 people in a mere 24 hours.

Race Recap: !RunJOSHRun! (cont'd from p. 1)

track from all corners of the state providing me with much needed accompaniment and several setting personal distance records in the process. While I fell short of my 100 mile goal, only managing 71.25 miles (285 laps), it was one of the most enjoyable experiences of my life. There is nothing quite akin to getting a like-minded group of crazies together to see what happens!

When the dust – no, snow – settled we had raised over \$5000 in our pursuit to provide clean water to a village in rural Kenya and over 510 miles had been covered by some 60 people in a mere 24 hours. With not one, but two, articles in the local newspaper the event was a huge success in creating awareness of this specific challenge facing over one billion people in existence today.

As Confucius said, "A journey of a thousand miles begins with a single step." And step we did. The first one is always the hardest, but now the ball is rolling. With this single event, we not only changed lives here, but we now have the means to change lives in Kenya as well. A sincere thanks to all of those who helped put on the event, and after your fingers and toes thaw out from this snowy Wyoming spring, maybe we'll see you out on the trails.

Editor's note: Be sure to further support the cause by participating in the Engineers Without Borders 5k for Kenya on April 24 at Washington Park.



All proceeds from the Jackalope 5k went towards the Downtown Clinic in Laramie. Above, HPH board members Jeff French, Christiane Dechert, and Tina Willson present a check to Downtown Clinic staff.

Race Recap: Jackalope 5k

We recently kicked off the spring racing season with the first High Plains Harriers race of the year: the 9th annual Jackalope 5K road race. All proceeds from the race benefited the Downtown Clinic in Laramie. A turnout of 60 runners braved the strong winds that graced the greenbelt on the morning of April 3. Carl Legleiter finished first overall in a time of 18:03. Annie Toth was the first female runner, finishing second overall in 18:29. While it was windy and cold, the brief but intense snow storm that blew through waited until all finishers had crossed the line.

Complete results are available at:

<http://www.highplainsharriers.org/Jackalope/results.shtml>

Race photos are available at:

http://www.highplainsharriers.org/Jackalope/images/pix_2010/

Runner Spotlights: HPH Board Members

Carrie Murthy, President

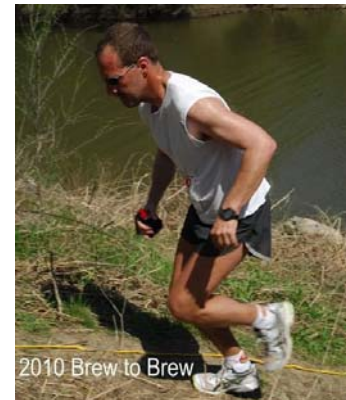
Carrie moved to Laramie on New Year's Eve 2007, just in time to ring in 2008 as a new Laramie resident. Born into a family of runners, she has been running since she was a kid. With both parents and all three older brothers blazing the way for her, she ran in junior strider programs, on her high school team in Maryland, and all four years at Winthrop University in South Carolina. Her specialty in college was the 3000m steeplechase, but she is now focusing on a new challenge: qualifying for the Boston Marathon. Carrie loves to run on the long, rolling dirt roads around Laramie, and still loves to step on the track for some speed workouts whenever she gets the chance. She is finishing up her Master's degree in Political Science from the University of Wyoming. Carrie's husband Sid is an active High Plains Harriers runner as well.



Carrie with her husband Sid (and dog Taj) on top of Mount Elbert in Colorado.

Jeff French, Vice President

Jeff was a graduate student at the University of Wyoming from 1994 to 1999 and moved back to Laramie in 2006. He started running in 1996 after the birth of his daughter. At that time, the Pilot Hill Trails (although still private) were open for people to run on. Jeff fell in love with those trails and from May to November did all of his running out there. His first LONG race was the Pilot Hill Race, and High Plains Harriers was the first running club Jeff was a member of. He races all distances from 5K to marathon. Although he likes half marathons the best, he really enjoys every distance for what it offers. In addition to running, Jeff is a self-described "beer geek." He brews his own, and also likes to taste test all varieties of beer. He is constantly striving to work out the perfect "formulas" for both running and brewing. Jeff's wife Johnna is also a runner, and they enjoy traveling to races across the country.



Jeff recently completed the Brew to Brew Relay in Kansas.

Tina Willson, Secretary

Tina moved to Laramie from Baton Rouge, LA in August 2009 to begin a post doctoral research position at the university. Originally from northwestern Pennsylvania, she began running in college to lose the "freshman 15." A chance encounter on the roads with her school's cross country coach provided the opportunity to run for her college cross country and track teams at Penn State Behrend in Erie, PA. Tina loves to run on trails and is preparing to run her first 50k this summer. Her favorite local place to run is on the trails at Happy Jack. Tina's husband Nate also runs and they enjoy traveling to trail races around the country.



Tina is training for her first ultra-marathon this year.

Christiane Dechert, Treasurer

Christiane moved to Laramie in 1997 when her husband Roger accepted a position at the university. She is currently the supervisor of clinical services in speech-language pathology in the Division of Communication Disorders at UW. As a teenager Christiane was a sprinter, running the 100m, 200m, and 4x100m relay, once finishing second place in her state, Hessen, in Germany. Christiane started running again following her diagnosis of breast cancer in 2008. On Sunday, July 25th, Christiane will celebrate the second anniversary of the surgery that took her tumor out, and will host a celebration breakfast run at Vedauwoo (more details in the next newsletter!). She enjoys trail running the most and cannot wait until the snow is melted so she can get back to running at Vedauwoo with her husband. While not much of a "race" runner, Christiane occasionally runs shorter races like 5ks, and ran the Always a Cowboy 8k last year. In October 2009, supported by her friend Nancy Brizuela, Christiane put on the first annual I Love Life 5k race for breast cancer awareness.



Christiane with her relay team, 1972.



Christiane with her husband Roger

Spring Race Calendar

| Event | Date | Time | Location |
|---|----------|--------------|-----------------------------|
| Engineers without Borders 5k for Kenya | April 24 | 9:30am | Washington Park |
| Run4Kids 5k run/walk | May 15 | 8:00am | Curt Gowdy State Park |
| Hapi-ness 5k | May 22 | 8:30am | Laramie Junior High School |
| Wyoming Marathon, ½ Marathon/Vedauwoo 5k | May 30 | 6am/8am (5k) | Lincoln Monument Rest Area |
| Pilot Hill 25k Classic | June 5 | 8:00am | Willett & 30th |
| Laramie Duathlon | June 12 | 9:00am | Kiwanis Park |
| Cathedral Home for Children 5k | June 19 | TBA | Cathedral Home for Children |
| Dubois High Country Challenge 5k, 10, 15k | June 19 | 9:00am | Dubois, WY |

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 ultra-marathoners
- Casual joggers to nationally competitive athletes

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

Board Members:

President: Carrie Murthy

Vice President: Jeff French

Treasurer: Christiane Dechert

Secretary: Tina Willson

Interested in joining? Need to renew your membership for 2010? Print this membership application form and mail to: High Plains Harriers, c/o Tina Willson, 1723 Boswell Drive, Laramie, WY 82070

High Plains Harriers Membership Application

| | | | | |
|---|--|---|--|--|
| First Name | MI | Last Name | Gender (M or F) | Birthdate |
| Address (Street, City) | | | State | Zip |
| Preferred Phone | | Email address | | |
| The HPH e-mail list distributes information about upcoming races and events. Would you like to be added to the High Plains Harriers e-mail distribution list? | | | | <input type="checkbox"/> Yes <input type="checkbox"/> No |
| Type of Membership (please check one) | <input type="checkbox"/> Individual (\$20) | <input type="checkbox"/> Student (\$15) | <input type="checkbox"/> 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/blades are not allowed in the events and I will abide by this guideline.

| | |
|-----------|------|
| Signature | Date |
|-----------|------|

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

| Name | Gender | Birthdate | Signature | Date |
|------|--------|-----------|-----------|------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Please make checks payable to: High Plains Harriers
Mail to: High Plains Harriers c/o Tina Willson
1723 Boswell Drive, Laramie, WY 82070