

Shopping Sales  
Black Friday

Downtown  
Theatre

Wildlife  
Migratory Birds

South

# Ft. Collins Life

The key to your community

November 2012



**GRAND OPENING!**  
**COUNTRY'S FIRST MUSEUM OF ITS KIND**

# Faster Than A Pink Dinosaur

In the Fort Collins Running Club, the Tortoise and Hare Races encourage runners not only to 'beat' other runners, but beat your own personal time.



Participants of the April 2012 Tortoise and Hare race hosted by the Fort Collins Running Club.

Photo by Katie Quatrano

by Felix Wong

**B**y her own admission, Kelly Cook isn't blessed with the fast-twitch muscles of Speedy Gonzales, the Road Runner, or even Wile E. Coyote. Waking her up on a Sunday morning at 7 a.m. usually requires more than the setting of a single alarm clock. Yet she made it out to Tortoise and Hare Series, hurling towards the finishing cones practically dry heaving and ready to bust a lung just so that Melanie Bukartek would not outsprint her across the line.

It was as if Barney the Dinosaur was chasing her, clamoring to take away her blue ribbon.

"Tell Kelly 'good job today,'" race director Nick Clark later said. "Man, she just about killed herself to cross the line before Melanie." Indeed. Nevertheless, the cardiovascular arrest Kelly nearly gave herself was well worth it.

As evidenced by the beaming smile she could not wipe off her face for minutes after the race, she had as much fun as she possibly could have while keeping

her clothes on.

In the Tortoise and Hare races—which feature increasingly longer distances between 4 and 10 kilometers on the first Sunday of seven months of the year starting in October—computer-predicted times allow runners of all levels to compete "on equal footing."

The start times are stagnated for each runner and based on running ability and past results—fastest runners beginning last—so that, in theory, everyone would finish at the same time.

The "winner" would be the one who crossed the finish line first, or, in essence, beat his or her predicted time the most.

This unique formulation enables even new runners to place well, have fun and stay encouraged—even if they normally would be lapped around a track by Michael Johnson running with a 50-lb. sack of potatoes strapped to his back.

## Perks of The Club

After each Tortoise and Hare race, participants are treated to bagels, cream cheese, and delightful conversation courtesy of the Fort Collins Running Club.

The Tortoise and Hare races and post-race breakfasts are free for members of the Fort Collins Running Club.

These are just some of the perks afforded to members of Fort Collins' premier club for running enthusiasts since 1971.

The Fort Collins Running Club hosts weekly training runs, an annual picnic, a holiday party, and occasional "destination events" such as a prom-like limousine ride to a 10k race in Estes Park.

Fort Collins Club members also receive discounts to local running stores such as Runner's Roost and to the club's marquee races, including the Horsetooth Half Marathon and FireKracker 5k.

In addition, funds generated by club dues and proceeds from the Horsetooth Half Marathon and FireKracker 5K help local organizations.

In 2012, the Fort Collins Running Club donated thousands of dollars to High Park Fire relief efforts, the City of Fort Collins' Colorado Association of Recreational Athletics track and field program, and the Rist Canyon Volunteer Fire Department, among others.

### Want to learn more?

You can learn more about the Fort Collins Running Club by visiting [fortcollinsrunningclub.org](http://fortcollinsrunningclub.org). Better yet, join! Membership is \$20 annually and includes a free subscription to Colorado Runner Magazine.

Then don your running shoes, step outside, and commence training. Think about toeing the start line of some races.

Don't despair if right now you feel that the only race you could ever win is the Kindergarten 1/4 Mile Run—and that's only if you cheated by telling the four-year-olds to start running in the other direction..

Remember, in the Fort Collins Running Club, in the Tortoise and Hare Races, even you could beat the kindergarteners as long as you beat your computer-predicted times by more than they did. And that oh-so famous pink dino Barney for that matter!



Kelly Cook finishing first in the April 2012 Tortoise and Hare race just ahead of Melanie Bukartek.  
Photo by Ellen Silva

# 1902

The Year that the Fort Collins Sugar Company began building worker dwellings.

The sugar beet industry was set into motion in 1836, when the United States received a beet seed from France. Looking for an industry to anchor the area, Fort Collins' farmers were influenced by a rising demand for sugar and began building manufacturing plants. The Fort Collins Sugar Company began building housing for the German-Russian families who worked in the fields and factories. These tiny homes became known as "beet shacks." — Danielle Zimmerman

## BENEFITS OF RUNNING

**Want to lower your level of stress?** How about toning up your body?

The benefits of running promote a healthy physique, while helping to prevent diabetes, cardiovascular disease, osteoporosis and possible cancers. Running regularly will help you live longer and have you looking great, in addition to adding pep to your sex life.

Runners often experience a "runners high" where endorphins, the hormone that make you feel good, are released. Running puts you in a better mood, which is found to improve mental health and help to relieve stress. — Caley Tate



Get out with a friend and enjoy a healthy run in the brisk autumn weather!

Courtesy of hibu