



### Ortiz Wins Beaver Creek Vertical Ascent

Anita Ortiz says she ran the entire way. The Eagle resident ascended Beaver Creek's Overlook Trail seven times to win the women's division of the Beaver Creek Vertical Ascent, and she earned second place overall in the grueling mountain climb on September 2.

The race features a 3.3-mile uphill course that climbs 2,100 feet. Participants race up the ski mountain as many times as possible. There isn't much rest involved for the competitors because at the top of the mountain, they take a chairlift straight down.

Ortiz, a 180's sponsored athlete, led the race until Scott Oberbreckling passed her on the final ascent. Oberbreckling's winning time was six hours, 30 minutes, 37 seconds. Ortiz ran a total of 23.1 miles in six hours, 33 minutes. Silt's Bernie Boettcher placed third. The race participants completed the equivalent of running from sea level to the top of a 14'er, for a total of 14,700 feet.

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### Denver Men Run a Marathon in Every State

In 1998, friends and running partners Jim Lynch of Denver and David Zonker of Centennial committed to run at least one marathon in every American state. Both kept that commitment and completed their goal at the Breakers Marathon in Newport, RI on October 21.

They are only the 5th and 6th Coloradans and among 100 nationally that are certified by the 50 States Marathon Club. Some estimates are that 300 people have unofficially completed a marathon in all 50 states.

"It has been an incredible journey and we both have gone through several changes in our lives throughout this adventure" said Lynch.

Lynch, 49, and Zonker, 52, have been involved in the cable industry for over 25 years and met while employed at Jones Intercable. They started running during the lunch hour for fun and fitness in 1997.

Lynch had to overcome a severe back injury that required surgery but recovered to run 19 marathons since. "It was devastating and I thought it was over," said Lynch, "but the support of my wife Debbie, David, and the help of the running community pulled me through."

Lynch has finished a total of 65 marathons and Zonker has finished 56.

"I will be sad to see it end, but I will continue to run with my running group, Runners Edge of the Rockies," said Lynch.

Zonker added "It has been very inspirational to see people overcome their own challenges and mental and physical limitations to run a marathon. I have enjoyed that part of the journey as much as accomplishing my own goal."



Zonker and Lynch (l-r) celebrate after running a marathon in Portland, Maine.

### U.S. Mountain Running Women Take Gold in Turkey, Men Earn 5th

The Teva US Mountain Running Team had its most successful day in the 22 year history of the World Mountain Running Trophy. The women's team finished first with 35 points, turning back challenges from the Czech Republic and Italy with 37 and 39 points respectively. A record 36 countries competed to determine the top mountain runners in the World.

The team was led by Montana's Nicole Hunt who finished in 9th place overall in 50:13. Nederland's own Lisa Goldsmith ran 53:22 to finish 30th in a field of 83 runners. The women traversed an 8.5K (5.2 mile) course which climbed 3,000 feet. The overall winner was Andrea Mayr of Austria in 47:11.

The men's team was led by Alamosa's Simon Gutierrez in 59:21, good enough for a 10th place finish. Boulder's Ricky Gates placed 25th in 1:01:08.

The team finished with 113 points, which is the lowest (best) point total ever, topping the 143 point total from 2002. The 5th place finish was also a U.S. best. The team competition was fierce with Eritrea ending Italy's 16 year streak of victories taking the win with 37 points to Italy's 44. The host country took bronze with 62 points. The 12K (7.5 mile) race climbed 4,300' from Bursa to the small mountain settlement of Sarialan. Five-time Mountain Champion Jonathan Wyatt was unseated by Colombian Rolando Ortiz in a sprint finish. Ortiz took the victory in 56:16. Wyatt may have been affected by dog bites he sustained from an attack two days earlier while previewing the course.

### Colorado is Still the Skinniest State

According to a report from Trust for America's Health, Colorado is once again the skinniest state in the nation with just 16.9 percent of the population classified as obese. In nationwide rankings, Mississippi was the heaviest state, with an adult obesity rate of 29.5 percent. Other key findings in the report include that West Virginia has the highest rate of type 2 diabetes among adults at 10.4 percent; Alaska has the lowest rate at 4.5 percent. Mississippi has the highest rate of hypertension among adults at 23.7 percent; Utah has the lowest rate at 19.8 percent. Here is a list of how each state stacks up with one being the highest rate of obesity.

- 1: Mississippi; 2: Alabama; 3: West Virginia; 4: Louisiana; 5: Kentucky; 6: Tennessee; 7: Arkansas; 8 (tie): Indiana, South Carolina; 10: Texas; 11: Michigan; 12: Georgia; 13: Oklahoma; 14: Missouri; 15 (tie): Ohio, Alaska; 17: North Carolina; 18: North Dakota; 19: Pennsylvania; 20: Nebraska; 21: Iowa; 22: South Dakota; 23: Illinois; 24: Maryland; 25: Virginia; 26: Kansas; 27: Minnesota; 28: Wisconsin; 29: Delaware; 30 California; 31 (tie): Idaho, Washington; 33: Oregon; 34: Maine; 35: Florida; 36 (tie): Wyoming, New Hampshire, New York; 39: D.C.; 40 (tie): New Mexico, New Jersey; 42: Nevada; 43 (tie): Utah, Arizona; 45: Montana; 46: Connecticut; 47 (tie): Rhode Island, Vermont; 49: Massachusetts; 50: Hawaii; 51: Colorado.

### SkirtSports Wins 2006 Boulder IQ Award

Following in the mighty footsteps of Crocs, IZZE beverages, Nautilus and Noodles & Company, Boulder-born SkirtSports Inc. has won the 2006 Boulder IQ award for its leadership in creating an entirely new category in the marketplace for running skirts. "All I wanted was to look cute while I was working out," joked SkirtSports founder Nicole DeBoom. In reality, DeBoom has parlayed her pro triathlete career and Yale education into one of the country's most innovative and energetic sports apparel companies. SkirtSports Inc., founded just over a year ago in 2005, has led the industry in the development of and subsequent craze for fitness skirts by creating divinely fashion-friendly and supremely technical fitness skirts that can be worn from gym to java.

### The Worlds Largest Timed Races in 2005

1. 52,393 Peachtree 10K USA
2. 52,000 JPMorgan Corp Challenge GERR
3. 50,336 Sun-Herald City to Surf 14K AUS
4. 50,158 Cursa El Corte Ingles 11K ESP
5. 44,000 HSBC Round the Bays 8.4K NZL
6. 42,391 Bolder Boulder 10K USA
7. 40,012 Lilac Bloomsday Run 12K USA

Compiled by Running USA RRIC