

EDITOR: Gary Franchi



FOOTPRINTS

Purveyor of top-grade fiction.

A holiday-enhancing December 2001 edition

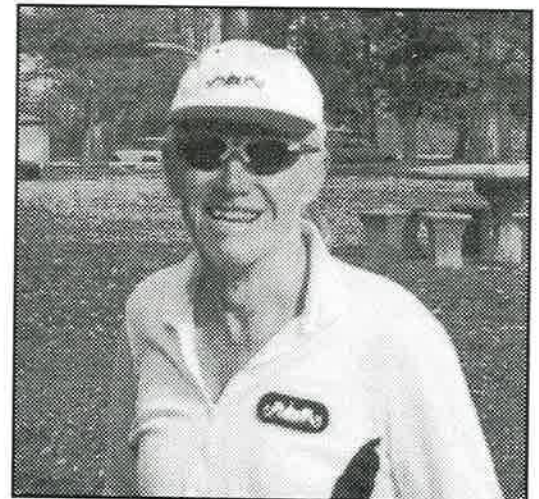


Record field runs Rock Canyon

The ever-growing Rock Canyon Half-Marathon drew a record number of 199 registrants when it was held on Dec. 2 at City Park in Pueblo, although 187 runners actually finished. Among those blasting off at the start in the above photo are Peter Doyle (#225), SCR Prez Matt Sherman (#365) and Lorraine "Chockie" Hoyle (#245). The oldest finisher was 76-year-old Gerald Puls (right) of Pueblo, who was one of three finishers over 70 years old in the race field.

The overall winners were Paul Koch of Colorado Springs, with a time of 1 hours and 16 minutes, and Stella Heffron of Elizabeth in 1:27.

Rock Canyon race coverage can be found on Pages 6 and 7 inside this issue.





Fuzzy sez:

“Like me, the holiday season is a soft and cuddly time, and I’m told the SCR is a warm and cuddly club, too. My owner in Colorado City says it offers much to appreciate such as:

- *Quality races that are produced by experts*
- *The friendship of like-minded people*
- *A Prediction Series of races, some of which include potluck brunches*
- *Weekend group training runs*
- *A summer picnic*
- *A fall race/potluck dinner/bonfire*
- *An annual awards banquet*
- *A nurturing climate for beginning runners*
- *A quality monthly newsletter that contains a list of upcoming races*
- *Positive vibes*

See ya next month.”



The SCR is a member of the Road Runners Club of America. Its membership dues includes \$1.25 per member for them to receive the RRCA’s four quarterly “FootNotes” publications. You can contact the RRCA at:

RRCA

510 N. Washington St.,
Alexandria, VA 22314
or at www.rrca.org

Club News

Nominations sought for SCR’s 2001 awards

The awards committee for the annual SCR Banquet that is scheduled for Saturday, Jan. 26, is seeking nominations for award recipients. Award categories are to recognize members for their efforts in 2001 as:

- Most Valuable Club Member
- Male Runner of the Year
- Female Runner of the Year
- Youth Runner of the Year (18 & under)
- Packard Friendship Trophy for contributions to the sport of running
- Dirty Sock Award for extensive work for the club behind the scenes

If you would like to nominate someone for any of these awards, please call Rich Hadley at 784-6514. The winners will be named at the banquet, which will be held at the St. Francis Xavier Church’s Mediterranean Room.

New officers for 2002 also will be named at

the banquet. Which reminds me that we also are looking for a Secretary for 2002. The main responsibility is to keep minutes at each meeting and distribute copies of those minutes at the following month’s meeting. If you are interested in getting involved in the club by being its Secretary, please contact any SCR officer (below).

In addition, awards will be given to the top finishers in the 2001 Prediction Series, and special SCR logo merchandise will be given to regular volunteers.

The banquet, by the way, will include a meal catered by Pasta Cottage. There also will be entertainment and lots of fun.

Particular details about the banquet (time, cost, etc.) will be mailed to you on a postcard in early January. Please make your plans now to attend.

Please renew SCR membership

The year is almost over, and for those who haven’t renewed their SCR membership yet, it’s about to expire. A 2002 membership form is included in this newsletter, so please take a few moments and renew your membership now. Thank you.

A-1 Rental plays Santa

Do you remember reading in last month’s issue about how our cache of orange cones, which are used at races, had disappeared? Well, trust me, there was a note about it in this exact space. Anyway, after the club had voted to purchase 30 new cones, our friends at A-1 Rental donated 30 cones to the SCR. Is this a great country or what?

Race forms are on our web site

Be aware that most of our race entry forms are included in printable format on the SCR web site. Something like 35 of the Rock Canyon entry forms were accessed from there. The site is: www.socorunners.org/

**Hope to see you
Jan. 26 at the
SCR Banquet!**



The Brewski Sisters at the
GOLD DUST SALOON

About the Editorial consultant – Bobby Savoy is the character’s name who played the batboy in “The Natural.”



Southern Colorado Runners

*A member of the
Road Runners Club of America*

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

The Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it conducts its monthly meetings.

“Footprints” Issue No. 239

“Footprints” is the newsletter produced monthly by, about and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

Current SCR Officers

President	Matt Sherman	564-3170
Vice President	Jeff Arnold	947-3682
Secretary	Diana Reno	561-3343
Treasurer	Dave Diaz	564-9303

Non-elected Officers

Membership Chair	Ken Raich	564-0847
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultants	Nick Nasch, Bobby Savoy*	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty • Dr. Rocky Khosla

SCR meetings generally are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend and bring family, relatives and pets – NOT!

ADVERTISING POLICY: The SCR allows advertising in “Footprints” in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don’t meet its low standards.



Great (& so-so) Stuff

by Gary Franchi



Passing the torch

Thought for today's lunch, compliments of Red Green: "Thinking is good, but don't overdo it."

Musings on running, fitness, life, etc.:

Today's trivia question: How many runners does it take to carry the Olympic torch?

Answer: One, if he or she can run 13,500 miles in 65 days.

Since that isn't likely to happen, a total of 11,500 people have been selected to carry the Olympic torch to its final destination in Utah for the start of the Winter Games in Salt Lake City in early February.

I'm not going to be one of them. I applied to be part of the entourage, but I wasn't selected. About a dozen and a half others were selected from southern Colorado and a ton from Colorado Springs, but not the Gar'.



I figured two things were not in my favor.

One, I'm not a celebrity, despite the national notoriety I've gained by maintaining a nice lawn. But Frank Shorter will carry it. So will Lance Armstrong. And Monica Lewinsky. OK, just kidding about Monica.

Second, I nominated myself. This is a no-no. You HAVE to get someone to nominate you, but I didn't realize that.

There probably is a third reason why I wasn't selected – that I'm not cool – but how could they have known that from the application form? Did you tell them about me? Worse yet, you didn't send them an issue of "Footprints," did you?

Whatever, I was perusing the list of names of people from the Pueblo area who are scheduled to carry the torch as it winds its way through Colorado, and I only recognized one of the five from Pueblo or Pueblo West. How did Ernie Ballotti get selected? Did he bribe the selectors? What about the carriers from Beulah, Penrose, Florence, Cañon City, Fountain, Ordway and Rocky Ford?

And how did the 4,300 support runners, like Brittany Newell of Pueblo, get picked from throughout the nation?

By the way, did you know that the SCR was represented in the last Olympic Torch Relay in 1996 as it weaved its way to Atlanta? It's true! Our own Mike Archuleta was selected, and *The Chieftain* did a big story on him.

I know this because I saved the article in my "Used SCR Stuff" folder and have it in front of me right now. Accompanying the article is a picture of Mike from a race he was in, wearing both a bandana on his head and a big smile. What a lucky dude!

I write about the torch relay this month because I am about to pass on a different torch of sorts to

another runner in the next month. For after 17 years of producing this newsletter for the Southern Colorado Runners, I am stepping down as editor and handing the torch to Ron Dehn.

It's been a great ride. Some would say grate ride, but I never claimed to be perfect. Anyway, the time constraints of producing the newsletter in the manner to which I aspire have pretty much drained me and told me it's time to move on.

While I seriously talked about giving up this job two years ago, the deciding factor for me now was this toe problem I've had for the past year. It's caused me to realize that I'm not going to be on this earth forever, and that I'd better start doing some of the things I haven't had time for.

Fortunately, Ron stepped in, and I feel very good about that. I just know he's going to do a great job. Please give him your support, and let him know you appreciate his work.

You aren't out of the woods completely, though, as I'll still be filing these "Great Stuff" columns each month. Now stop that moaning!

This being my last issue as editor reminds me of the lyrics to one of my favorite Moody Blues songs, *Ride My See-Saw*:

Run, run my last race.

Take my place,

Take this number of mine.

My relay leg is over. Keep the torch lit, Ron!

Ten things I was just wondering:

- What if all the runners scheduled to carry the Olympic torch on a particular day decided not to show up?
- Does anyone get excited when they check the Sports on TV listings for a particular day and sees that luge competition is scheduled?
- Is it possible to eat a sopapilla with honey without getting honey on your fingers?
- Why is Clif Bar spelled with one "f"?
- Wouldn't it be fun if 10 people in every movie at Tinseltown were given a remote control switch to use while watching the movie?
- What if the lead bicyclist in a race got lost?
- Has anyone who is human ever used the geometric theorem that the hypotenuse of a right angle equals the sum of the squares of the two sides?
- What if you could artificially alter your VO2 Max?
- What if the Loch Ness Monster appeared in the water of an outdoor swim leg of a triathlon?
- Think they'll ever create a new cable TV station that is totally devoted to coverage of the Olympic torch relay?



Ultimate in idiocy item of the month

Earlier this month, the triathlon event was approved for the 2004 Olympic Games in Athens, Greece, but not before some bonehead infighting among officials of the International Olympic Committee almost caused it to be axed. This took place despite the event's tremendous popularity at the 2000 Games, where it lured 500,000 spectators. Hence, the winner of this month's *Lights are Dim Award* are those IOC officials, who never would have been forgiven had the event been canceled.



Movie Line of the month:

"I'm still waiting for reports from some of you people. Hey, I'm not joking. This is my job."

A madcap flick from the 1970s, and I think it was the first one by the National Lampoon gang. Totally outrageous, which is why I still love it. The teacher in the movie came up with the above verbiage. Guess who and in what.

Answers below.

Donald Sutherland in "Animal House"
Answers:



Trail Notes

by Shaun Gogarty



A resolve to live life the way it should be

SCR birthdays

DECEMBER

- 20 Charlie Hall
John Holiman
- 22 Brandt Bradbury
- 23 Rick D. Hough
Carol Kinzy
Mark Stinchcomb
- 24 Rich Hadley
Brooke Dockter
Kevin Donaldson
- 25 Brian Housman
- 28 Wayne Whitney
- 29 Maddy Tormoen
- 30 Jennifer Crockenberg
- 31 Woody Noleen

JANUARY

- 1 Josh Miller
Anthony Valdez
Penny Trujillo
- 6 Dominic Bellino III
Janelle Rodriguez
Edward A. Johnson
Chance Dockter
- 7 Ronda Neumeister
- 8 Heather Perkins
- 11 Michael D. Sanchez
- 12 Kyle Reno
Anthony Caprioglio
- 13 Chuck Moore
- 14 Logan Gogarty
Jim Hale
- 16 Chief Reno
- 18 Gloria J. Montoya
Julia Martin
Glenn Freeloove
- 19 Jan Dudley
- 24 Ruth McDonald
Amy J. Robinson
Rochelle Garcia
- 25 Monica M. Diaz
- 27 Mike Messick
- 31 Steve Cathcart

On Monday morning I was sitting in front of the computer with my wife, trying to balance our checking account. Each month that experience is usually an exercise in testing the theory "what doesn't kill your marriage can only make it stronger." The phone ringer for once provided me with a blessed relief from the present. It was my co-worker Jay Bailey - local guide extraordinaire. He invited me to run with him and friend John on Wednesday in a place I had never been. Immediately I agreed to go. In that setting I would have agreed to run down I-25 during rush hour.

When Wednesday came, I had about a million different things that had to be done that day. Taking a long run with Jay and John really had no place to fit amongst the multitude of daily duties. But I jumped out of bed and raced to Pueblo expecting a great run and was not disappointed.

Now, I'm sure that you would like to read about the incredible place that we ran; the amazing rock formations towering over a beautiful stream ringed in ice; the perfect winter trail with almost no snow; the bighorn sheep and elk habitats; the 7-mile, canyon-to-canyon loop with panoramic vistas of snow-capped peaks - but I can't tell you about that. Every time I run with Jay he takes me to hidden locations with perfect trail runs and then makes me take a blood oath (usually blood from some damaged body part) that I will not tell anyone and especially that I will not write about it in this column. He says I can take other people there but I cannot tell where it is. But that isn't really why I'm writing about this trip anyway.

When I returned home later that day, I took a nap on the couch. By the time I finished the run and my nap, I realized that the day was

about shot. All the absolute necessities on my "to do" list had been neglected and ignored. There wasn't even close to enough time to complete even a part of what needed to be done. But you know what? I felt good and didn't care.

I had just been on an incredible run. The location was fantastic, weather perfect and the company wonderful. As I rested on the couch, I wondered why we spend so much time on the work of each day. I wondered why we spend so much time on things that have so little real value. I wondered why we spend so little time with our friends and family.

It was much more than contentment that I felt lying there after the run. It was a feeling of reassessment. Thinking of the time of the year further encouraged my musing about my life and how I spend my time.

At first, I concluded that I would become a professional runner and live off the earnings of my winnings. Then I woke up from my nap and dream. But even back in reality I realized that my life should be more like that trip: putting the important things first. It isn't that I live to run. It is just that more of my life should revolve around being with good people, in wonderful places, doing active things.

My New Year's resolution isn't to just run more. I still have delusions of grandeur and unrealistic expectations for my body. I even still hope to do Wasatch this coming year. But, most importantly, I want to make my life more valuable and livable by spending much more time with good people, in beautiful places, doing wonderful things like trail running. I may not be the "good people" part of that equation, but thanks to Jay I'd be happy to provide you with the other two parts of the equation whenever you are ready to run. Have a great Christmas!



Colorado to host off-road Ironman

The world's first off-road Ironman-distance triathlon is coming to our state and will be held July 20-21 in Rifle. The swim will take place at Rifle Gap State Park, the mountain bike in the Road Cliffs area, and the marathon on Hubbard Mesa.

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Rocky on Fitness

by Rocky Khosla, M.D.



Be cautious when starting an exercise program

A lot of people are going to be making resolutions over the next month, and a lot of these resolutions are going to involve losing weight by dieting and starting an exercise program. So how do you know how much to exercise and at what intensity? Maybe you will get a heart rate monitor for Christmas; but if you get this fancy gizmo, what heart rate do you shoot for?

As far as how often to exercise, the American College of Sports Medicine recommends that we all shoot to exercise for at least 30 minutes most days of the week. The first thing to make sure you do is to check with your physician before beginning any exercise program. Then, it would probably be a good idea to start at 10 to 20 minutes 3 to 4 times a week if you have not been exercising regularly, and then increase the time by 10% per week.

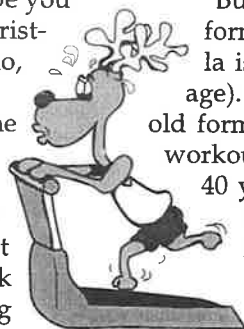
As far as what intensity or heart rate to

shoot for, the traditional approach was to figure out your maximal predicted heart rate and then shoot for 60 - 80% of this. And the traditional formula for figuring out the maximal predicted heart rate was $220 - \text{your age}$.

But, no more is this considered the best formula. The new and improved formula is $\text{Max heart rate} = 208 - (0.7 \times \text{your age})$. The reason for the change is that the old formula didn't really give a hard enough workout to the older patient. So if you are 40 years old, both the old and the new formula give the max predicted heart rate of 180, but if you are 80 years old, the old formula gave 140, but the new formula gives 152 as the maximal predicted heart rate.

So as if it wasn't bad enough getting older, you now have to work out harder!

Till next time, Seasons Greetings, Happy New Year, and may 2002 be a great PR year for you all!



May 2-5 in Norfolk, Virginia

You are invited to the 45th RRCA Convention

You are invited to join runners from all over the country who will be gathering for a few fun and informative days as the RRCA takes its 45th annual National Convention to one of the most notable cities along the Chesapeake Bay -- Norfolk, Virginia -- from May 2-5, 2002. Located along Norfolk's beautiful waterfront, the Sheraton Norfolk Waterside Hotel will be the official convention hotel.

Norfolk is home to the Tidewater Striders, a long-time RRCA member and host club of the 2992 convention. The Tidewater Striders is one of the nation's largest running clubs and presents over 50 running events annually.

The RRCA has already started making plans for another batch of exciting workshops, social events, luncheons, and fun runs. This is a unique and terrific opportunity to learn more about the sport of running

RRCA
ROAD RUNNERS CLUB
OF AMERICA



and get to know some of its most dedicated professionals and volunteers. You'll find answers to your tough questions as well as take home enough excitement to last the year.

The Elizabeth River Run 10K is the official race for the 2002 convention. The race has been in existence for over 20 years and is one of Virginia's finest. It is a relatively flat and fast course. More information will be available in the coming months.

Registration packets will be sent to all RRCA clubs early next year. Registration forms also will be posted on the RRCA's web site when they become available.

For more information about this year's convention and other RRCA news, just go to the RRCA web site, which is accessible as a link on the SCR web page.

The 2003 RRCA Convention will take place in Washington, D.C., with the dates to be announced.

Training to do your best

Running traction

If you do a lot of winter running on snow-packed roads or trails and could use some extra traction, try wearing a pair of one of the more traction-oriented trail shoes such as the Adidas Trediac or Incision or Nike's Winter Waffle. If those don't work well, try the Sure Foot Ice Jogger or the Atlas Snow Tracker.

- Bob Wischnia

Aged to perfection

When many people age, their muscles become more vulnerable to injury and take longer to heal. Not so with runners and other fit people, though, suggests a recent study done on the effects of muscle function in aging animals. Research showed that endurance training made the muscles of energetic rats more resistant to injury than the muscles of sedentary rats. This study indicates that if you stay active, even with moderate exercise, you'll be less likely to suffer age-related aches and pains.

- The study



**SCR meeting
day changed**

Note that, because the first Tuesday in January falls on New Year's Day, the SCR meeting for January will take place on Wednesday, Jan. 2, at 7 p.m. at the Pueblo YMCA.

Rock Canyon Half-Marathon

13.1-mile race held Sunday, Dec. 2, at City Park in Pueblo.
Results provided by Runners Roost of Fort Collins.

Overall winners:
Male - Paul Koch, 1:16:03
Female - Stella Heffron, 1:27:23



Former Puebloan Paul Koch took overall honors in the Rock Canyon Half with a time of 1 hour, 16 minutes, which was more than 2½ minutes than the 2nd finisher.



Katherine Frank was the first Pueblo female to finish as she ran a fine 1:34:15 to win her age division. She was third overall among all females.

Race course

Expect the Rock Canyon to return to its old course next year and head west after dropping down to the River Trail. It's very scenic and has much less cement.



Stella Heffron continued her remarkable 2001 by being the first female finisher in 1:27:23.

Rock Canyon photos by Gary Franchi

Name	Place	Age	Div.	Sex	Group	Time	Pace
1 Paul Koch	33	****	M	30-34	1:16:03.1	5:48	
2 Miguel Flores	32	1	M	30-34	1:18:41.7	6:00	
3 Phil Ware	43	****	M	40-44	1:19:59.4	6:06	
4 Tim Webber	33	2	M	30-34	1:21:18.3	6:12	
5 Bruce Dewberry	47	1	M	45-49	1:21:29.8	6:13	
6 Alan Lind	42	1	M	40-44	1:23:45.2	6:24	
7 Hal Walter	41	2	M	40-44	1:23:51.4	6:24	
8 Paul Sullivan	35	1	M	35-39	1:23:55.3	6:24	
9 Neal Oseland	32	3	M	30-34	1:24:32.9	6:27	
10 Mike Orendoff	50	1	M	50-54	1:24:40.8	6:28	
11 Al Bourgeois	47	2	M	45-49	1:25:32.2	6:32	
12 Steve Harris	35	2	M	35-39	1:26:28.8	6:36	
13 Stella Heffron	34	****	F	30-34	1:27:23.8	6:40	
14 Steve Kandrach	32	4	M	30-34	1:27:30.7	6:41	
15 Rich Hadley	45	3	M	45-49	1:28:01.8	6:43	
16 Lou Johnson	45	4	M	45-49	1:28:15.0	6:44	
17 Scott Sells	45	5	M	45-49	1:28:20.0	6:45	
18 Mark Koch	42	3	M	40-44	1:28:56.2	6:47	
19 Larry Miller	51	2	M	50-54	1:29:31.5	6:50	
20 Mark Koenig	35	3	M	35-39	1:29:36.1	6:50	
21 Dan Steward	41	4	M	40-44	1:30:24.9	6:54	
22 Larry Volk	38	4	M	35-39	1:30:38.2	6:55	
23 Jennie Pierce	29	1	F	25-29	1:30:42.7	6:55	
24 Robert Santoyo	39	5	M	35-39	1:34:12.3	7:11	
25 Katherine Frank	30	1	F	30-34	1:34:15.5	7:12	
26 Gordon Neal	45	6	M	45-49	1:34:18.5	7:12	
27 Matt Sherman	29	1	M	25-29	1:34:22.5	7:12	
28 Ben Valdez	41	5	M	40-44	1:34:34.2	7:13	
29 Rob Ladewig	52	3	M	50-54	1:34:55.1	7:15	
30 Berry Roth	54	4	M	50-54	1:36:02.4	7:20	
31 Kevin Donaldson	37	6	M	35-39	1:36:18.0	7:21	
32 Don Breece	49	7	M	45-49	1:36:23.3	7:21	
33 Jim Romero	61	1	M	60-69	1:36:29.0	7:22	
34 Kevin Slaughter	31	5	M	30-34	1:36:44.9	7:23	
35 Marv Bradley	62	2	M	60-69	1:36:57.6	7:24	
36 Ken Baldrey	49	8	M	45-49	1:37:57.7	7:29	
37 Austin Arensberg	18	1	M	0-19	1:38:25.4	7:31	
38 Dan Jensen	45	9	M	45-49	1:38:49.1	7:33	
39 Bryan Willis	41	6	M	40-44	1:38:51.3	7:33	
40 Victor Olquin	44	7	M	40-44	1:39:13.6	7:34	
41 Sam McClure	48	10	M	45-49	1:39:26.3	7:35	
42 Mike Caslin	36	7	M	35-39	1:39:27.3	7:35	
43 Hector Leyba	51	5	M	50-54	1:39:52.3	7:37	
44 Stan Hren	60	3	M	60-69	1:39:53.5	7:37	
45 Brad Love	38	8	M	35-39	1:40:15.6	7:39	
46 Cathie Webber	32	2	F	30-34	1:40:23.7	7:40	
47 Michele Hartley	31	3	F	30-34	1:40:37.6	7:41	
48 Joe Stommel	52	6	M	50-54	1:40:47.9	7:42	
49 Mark Brockie	45	11	M	45-49	1:41:18.8	7:44	
50 Mary Walter	41	****	F	40-44	1:41:22.6	7:44	
51 Roy Hughes	49	12	M	45-49	1:41:40.6	7:46	
52 Tom Zehringer	47	13	M	45-49	1:41:43.8	7:46	
53 Wayne Palas	47	14	M	45-49	1:42:01.4	7:47	
54 Brandt Bradbury	37	9	M	35-39	1:42:41.3	7:50	
55 Humberto Parades	46	15	M	45-49	1:43:08.0	7:52	
56 Scott Nalbach	25	2	M	25-29	1:43:10.6	7:53	
57 Vicki Williams	32	4	F	30-34	1:43:21.4	7:53	
58 Pete Doyle	55	1	M	55-59	1:44:10.3	7:57	
59 Steve Walls	45	16	M	45-49	1:45:01.0	8:01	
60 Nicholas Martinez	18	2	M	0-19	1:45:57.1	8:05	
61 CrystalBendt	17	1	F	0-19	1:45:58.3	8:05	
62 Ben Joy	29	3	M	25-29	1:45:59.9	8:05	
63 Nancy Bourgeois	45	1	F	45-49	1:46:11.9	8:06	
64 Lorraine Hoyle	54	1	F	50-54	1:46:48.4	8:09	
65 Kevin Houghton	27	4	M	25-29	1:47:10.0	8:11	
66 Damon Rundell	31	6	M	30-34	1:47:28.7	8:12	
67 Dan Shaw	42	8	M	40-44	1:47:37.6	8:13	
68 Nick Leyva	48	17	M	45-49	1:47:39.5	8:13	
69 Lon Vogt	47	18	M	45-49	1:47:51.4	8:14	
70 Chief Reno	39	10	M	35-39	1:47:55.2	8:14	
71 Wendy Lowery	30	5	F	30-34	1:48:00.6	8:15	
72 Mattew Watts	45	19	M	45-49	1:48:34.1	8:17	
73 Bonni Gearhart	41	1	F	40-44	1:48:40.6	8:18	
74 Ross Barnhart	38	11	M	35-39	1:48:41.6	8:18	
75 Kathy Rex	39	1	F	35-39	1:48:44.5	8:18	
76 Steve Payne	40	9	M	40-44	1:48:45.6	8:18	
77 David Frier	42	10	M	40-44	1:48:47.9	8:18	
78 Robert Gulley	31	7	M	30-34	1:49:12.6	8:20	
79 Mark Schultz	27	5	M	25-29	1:49:25.6	8:21	
80 Ben Ware	16	3	M	0-19	1:50:15.0	8:25	
81 Ed Ewing	47	20	M	45-49	1:50:23.3	8:26	
82 Carol Kinzy	53	2	F	50-54	1:50:35.0	8:26	
83 Stacey Diaz	41	2	F	40-44	1:50:41.2	8:27	
84 Mike Borton	46	21	M	45-49	1:50:44.2	8:27	
85 Michelle Olsom	32	6	F	30-34	1:50:49.8	8:28	
86 Carla Flores	43	3	F	40-44	1:50:52.7	8:28	
87 Ted Puls	42	11	M	40-44	1:52:00.0	8:33	
88 John Olson	32	8	M	30-34	1:52:16.4	8:34	
89 Edric Graf	28	6	M	25-29	1:52:33.2	8:35	
90 Jenine Ebersohl	52	3	F	50-54	1:52:44.9	8:36	
91 Michael Duncan	45	22	M	45-49	1:52:46.4	8:36	
92 Lori Dandley	48	2	F	45-49	1:52:48.8	8:37	
93 Marda Hughes	42	4	F	40-44	1:53:03.8	8:38	
94 Brenda King	40	5	F	40-44	1:53:12.2	8:38	
95 Marjane Martinez	49	3	F	45-49	1:53:13.4	8:39	
96 Janice Webb	47	4	F	45-49	1:53:33.9	8:40	
97 Phillip Knowles	29	7	M	25-29	1:53:41.2	8:41	
98 Bill Ebersohl	48	23	M	45-49	1:53:56.9	8:42	
99 Tim Mitros	42	12	M	40-44	1:54:12.9	8:43	
100 Angela Graf	32	7	F	30-34	1:54:44.8	8:45	
101 Bill Totten	59	2	M	55-59	1:55:43.8	8:50	
102 Jackie Allen	33	8	F	30-34	1:55:58.8	8:51	
103 Will Fry	45	24	M	45-49	1:55:59.9	8:51	

Continued on Page 7

Rock Canyon Half-Marathon

Continued from Page 6

Name	Age	In Div.	Sex	Group	Time	Pace
104 Joseph Giles	56	3	M	55-59	1:56:01.9	8:51
105 Donna Cole	44	6	F	40-44	1:56:02.9	8:51
106 Penny Jo Kitson	41	7	F	40-44	1:56:27.9	8:53
107 Ron Yun	37	12	M	35-39	1:56:49.7	8:55
108 Steve Kirkman	43	13	M	40-44	1:56:53.5	8:55
109 John Crouse	51	7	M	50-54	1:56:57.7	8:56
110 Jonh Butler	34	9	M	30-34	1:57:02.7	8:56
111 Buzz Borries	48	25	M	45-49	1:57:22.1	8:58
112 Anthony Gettler	36	13	M	35-39	1:57:25.9	8:58
113 Tara Krull	28	2	F	25-29	1:57:40.4	8:59
114 Cathy Osban	33	9	F	30-34	1:57:45.4	8:59
115 Jerry Kemman	59	4	M	55-59	1:57:49.3	9:00
116 Jane gebhart	48	5	F	45-49	1:58:36.2	9:03
117 Kim Kitchen	43	8	F	40-44	1:58:58.1	9:05
118 Bev Skroch	51	4	F	50-54	1:59:00.5	9:05
119 Rick Pearcy	48	26	M	45-49	1:59:35.5	9:08
120 Blake Fissel	42	14	M	40-44	1:59:40.5	9:08
121 PJ Wame	38	14	M	35-39	1:59:42.7	9:08
122 Mark Dembosky	55	5	M	55-59	2:00:27.6	9:12
123 Neal Scheibe	26	8	M	25-29	2:01:15.6	9:15
124 Don Ferrer	52	8	M	50-54	2:01:28.3	9:16
125 Daryll Stevens	50	5	F	50-54	2:01:33.3	9:17
126 Gloria Montoya	53	6	F	50-54	2:01:43.3	9:17
127 Amanda Mallinger	20	1	F	20-24	2:01:50.8	9:18
128 Jerry O'Donnell	55	6	M	55-59	2:02:01.8	9:19
129 Julie Clark	34	10	F	30-34	2:02:15.2	9:20
130 Anne Watts	46	6	F	45-49	2:02:40.0	9:22
131 Steven Eickelman	48	27	M	45-49	2:02:42.5	9:22
132 Roger Sajak	49	28	M	45-49	2:02:56.2	9:23
133 Michael Olson	44	15	M	40-44	2:03:17.9	9:25
134 Bryce Morgan	37	15	M	35-39	2:03:55.9	9:28
135 Fenella Furgerson	46	7	F	45-49	2:04:18.9	9:29
136 Clare Kerr	42	9	F	40-44	2:04:20.8	9:29
137 Dan Briody	45	29	M	45-49	2:04:48.8	9:32
138 Christie Chambers	38	2	F	35-39	2:05:02.4	9:33
139 Hank Humphreys	56	7	M	55-59	2:05:30.4	9:35
140 Jessie Quintana	58	1	F	55-59	2:05:33.2	9:35
141 Theresa Myers	37	3	F	35-39	2:05:55.4	9:37
142 Gil Cruz	58	8	M	55-59	2:05:56.9	9:37
143 Stacie Taravella	36	4	F	35-39	2:06:24.9	9:39
144 Rick Stull	48	30	M	45-49	2:06:29.5	9:39
145 Sue Conroe	48	8	F	45-49	2:06:39.5	9:40
146 Martha Kinsinger	67	1	F	60-69	2:06:49.5	9:41
147 Richard Joy	46	31	M	45-49	2:07:30.4	9:44
148 Konrad Gruca	45	32	M	45-49	2:07:52.9	9:46
149 Sean Bryan	42	16	M	40-44	2:09:16.5	9:52
150 Maria A. Weaver	42	10	F	40-44	2:09:45.3	9:54
151 Laura Enleman	48	9	F	45-49	2:09:58.5	9:55

152 Kyle Whitney	27	9	M	25-29	2:10:18.1	9:57
153 Chuck Fuerman	63	4	M	60-69	2:10:22.8	9:57
154 Ed Mighell	71	1	M	70-99	2:10:29.6	9:58
155 Alan Sirhal	47	33	M	45-49	2:11:20.6	10:02
156 Tamme Buckley	40	11	F	40-44	2:11:23.2	10:02
157 Lori Crystal	38	5	F	35-39	2:11:24.9	10:02
158 Kris Derge	44	12	F	40-44	2:13:05.7	10:10
159 Deb Haverfield	42	13	F	40-44	2:13:12.9	10:10
160 David Anderson	38	16	M	35-39	2:13:16.2	10:10
161 Zane Meredith	50	7	F	50-54	2:13:22.7	10:11
162 Karen Karnuta	38	6	F	35-39	2:13:35.1	10:12
163 D. NicholasGriesel	55	2	F	55-59	2:13:42.4	10:12
164 Bill Kerr	42	17	M	40-44	2:13:43.6	10:12
165 Jeanne Golding	40	14	F	40-44	2:14:45.8	10:17
166 Jan Dudley	46	10	F	45-49	2:15:50.9	10:22
167 Wayne Whitney	62	5	M	60-69	2:16:07.5	10:23
168 Diane Reno	39	7	F	35-39	2:18:45.9	10:35
169 Jeff Wood	42	18	M	40-44	2:19:43.6	10:40
170 Ayn Hanselmann	26	3	F	25-29	2:21:41.4	10:49
171 Pene. O'Donnell	52	8	F	50-54	2:22:11.5	10:51
172 Kim Munger	23	2	F	20-24	2:23:28.6	10:57
173 Carla Braddy	34	11	F	30-34	2:25:10.9	11:05
174 Jaimie Keatingkico	25	4	F	25-29	2:26:20.9	11:10
175 Rob Lyons	35	17	M	35-39	2:26:33.6	11:11
176 Julie Arellano	49	11	F	45-49	2:28:23.6	11:20
177 Eugene Arellano	53	9	M	50-54	2:28:37.2	11:21
178 Alexandra Ruffin	41	15	F	40-44	2:30:13.1	11:28
179 John Holiman	74	2	M	70-99	2:31:31.6	11:34
180 Fred Bender	58	9	M	55-59	2:34:11.0	11:46
181 Dave Sorenson	47	34	M	45-49	2:35:37.4	11:53
182 Jacqueline Giamp	44	16	F	40-44	2:36:11.2	11:55
183 Garry Buckley	60	6	M	60-69	2:36:58.0	11:59
184 Frank Czap	40	19	M	40-44	2:38:55.9	12:08
185 Gerald Puls	75	3	M	70-99	2:39:52.2	12:12
186 Micki Vogt	11	7	F	40-44	2:40:40.6	12:16
187 Linda Boedeker	44	18	F	40-44	2:44:06.1	12:32

Volunteer Support

We'd like to thank the volunteers who helped to make this race possible:

- Race Director: Dave Diaz
- Registration: Ruth McDonald, Shelly Riddock and the Gold Dust crew
- Results: Steve Cathcart, Terry Cathcart, Ken Raich, Ron Dehn, Cindy Dreiling, Tanya Dreiling
- Setup: Stacey Diaz, Matt Sherman
- Turnaround marshall: Tiffany Reno
- Lead Bike: Trisha Ferguson
- Water Stops: Anthony Diaz & family, Tom Diaz, Joe Diaz, Janelle Rodriguez, Dave Foster, Chuck Moore, Bill Veges
- Photography, power schmoozing: Gary Franchi



Joe Stommel, healthy and training well, had a good race and was 48th overall in the field with his 1:40 time.

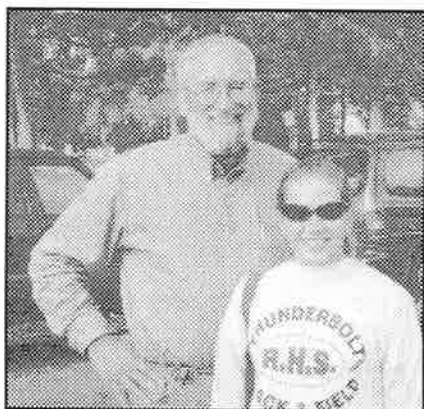
Rock Canyon notes du jour

The Rock Canyon race gave Runners Roost of Fort Collins part owner **Steve Cathcart**, a former Pueblo running ace, the chance to provide a trial run of his computerized race results via his "Time Machine" software program prior to the Spring Runoff in March. It worked like a charm, and we look forward to having Steve & Co. handle the Runoff results in March.

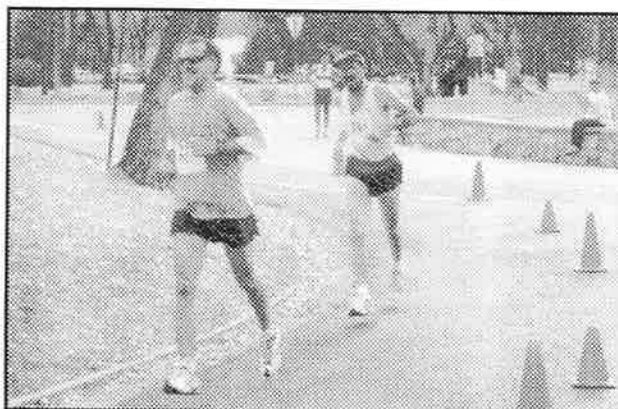
The Rock Canyon had 35 entries that were printed off its web site.

There were close to 25 entries received on the day of the race.

Race Director **Dave Diaz** is very appreciative of all the help he received from volunteers, which made his job considerably easier on race day. **Thank you all!**



Crystal Berndt of Rye, shown with her prep coach Jeff Arnold, won her age division with a 1:45 time.



Hector Leyba of Penrose and Sten Hren of Las Animas played "follow the leader," both crossing in 1:39 plus change.

Atlanta 5K Run/Walk

Event held Saturday, Nov. 17, 2001
at City Park in Pueblo.

Results provided by Mike Orendorff
and Ken Raich.



Donna Hickman totally thrashed the field in the Walk division with her superb 35:51 time, over 4 minutes ahead of the next finisher.

Atlanta notes

Thanks to Kathie Arwood for once again producing the great coffee mugs for the age-group leaders in the Atlanta walk and run races.

Stella Heffron's 1st-place time of 18:28 bettered her winning time of 19:31 in 2000 and her 3rd-place time of 22:33 in 1999. Denise Murphy, 2nd this year in 18:39, was 3rd last year with a time of 20:06.

Donna Hickman's super winning time of 35:51 in the walk was just off the 34:51 winning time turned in by Amy Fanning 2 years ago.

The youngest and oldest runners were Nicole Reid (11, 24:16) and Jessie Quintana (58, 25:46).

Walk Division

Walker	Age	Time
1. Donna Hickman	47	35:51
2. Tana Rocco	55	40:05
3. Lora Ure	50	45:09
4. Myra Whitney	63	45:10
5. Priscilla Portillos	64	46:24
6. Teresa Haines	36	48:35
7. Carrie Krajcovic	42	48:36
8. Cindy Frakes	42	50:22
9. Carol Morken	41	50:32
10. Mary Rivas	71	50:34
11. Kathy Witwer	38	52:39
12. Susan Fries	36	52:42
13. Katherine Butler	34	52:47

Run Division

Runner	Age	Time
1. Stella Heffron	34	18:28
2. Denise Murphy	32	18:39
3. Sandie Hubbard	34	20:00
4. Katherine Frank	30	21:04
5. Traci Dworshak	37	21:08
6. Amy Wolf	40	22:28
7. Stacey Diaz	41	22:38
8. Michelle Olson	32	22:44
9. Heather Ruhm	37	22:55
10. Marijane Martinez	49	23:20
11. Jessica Bailey	25	23:21
12. Robin Krueger	33	23:28
13. Wendy Lowery	30	23:28
14. Kelly Hale	34	23:38
15. Nicole Reid	11	24:16
16. Sherie Carey	12	24:28
17. Ann Hulett	42	24:36
18. Tessa Accomasso	19	24:41
19. Trisha Ferguson	50	24:45
20. Diane Rubalcaba-Lopez	43	24:54
21. Gloria Gogarty	45	25:05
22. Diana Reno	39	25:22
23. Misti Frey	34	25:23
24. Stacie Taravella	36	25:33
25. Jessie Quintana	58	25:46
26. Jennifer Egan	28	25:45
27. Gloria Montoya	53	25:48
28. Jaclyn McCluskey	22	26:04
29. Maggie DiMatteo	24	26:08
30. Alice Fitzgerald	40	26:47
31. Susan Dallaguardia	43	26:55
32. Julie Arellano	49	27:17
33. Maria Elena Weaver	42	27:28
34. Laura Schilf	39	27:29
35. Wendy Garrison	34	27:39
36. Joan Harrell	48	27:53
37. Lesley Beldon	18	28:07
38. Berri Cockrell	34	28:13
39. Donna Nicholas-Griesel	55	28:23
40. Lillian Rivera	55	29:11
41. Jennie Shaydak	24	29:23
42. Nancie Aguirre	43	30:32
43. Kari Brantley	45	32:02
44. Laurie Wertzbaugher	42	32:02
45. Carla Braddy	45	32:02
46. Carey Jenkins	32	32:33



Before

Getting ready to start their watches just prior to the starter's gun was this front-row contingent at the Atlanta 5K. Having prime spots were (from left) Marijane Martinez, Katherine Frank, Stacey Diaz, Stella Heffron, Denise Murphy and Tracy Dworshak. Stella went on to take first-place honors by just 11 seconds in front of Denise.

Photo by Gary Franchi

47. Helen Whitener	44	32:38
48. Adena Hidy	16	34:39
49. Jane Gebhart	48	34:40
50. Pam Peters	47	35:37
51. Deborah Conroe	47	36:15

- Assistant Race Director: Katherine Frank
- Traffic & Course Marshalls: Cindy Dreiling, Tanya Dreiling & Gerald Ure
- Water Station: Susan Tormoen
- Lead Bike: Larry Volk
- Equipment: Dave Diaz
- Finish Line: Nick Leyva, Chief Reno, Tiffany Reno, Bill Veges, Gary Franchi
- Course Clocks: Ken Raich
- Photography, spirited wit: Gary Franchi

Volunteer Support

We'd like to thank all of the volunteers who helped to make this race possible:

- Race Director: Maddy Tormoen



After

Happy with their performances after the race were (from left) Robin Krueger, Ann Hulett, Michelle Olson, Donna Hickman, Stacey Diaz, Diane Rubalcaba-Lopez, Marijane Martinez, Trisha Ferguson, Jennifer Egan, Misti Frey, Diana Reno and Stacie Taravella.

Photo by Dave Diaz

Prediction Series racing results

Temple Canyon Run

4-mile race held Nov. 24 in Cañon City.

Results provided by Rich Hadley & Ken Raich.

Name	Predict	Actual	Variance	Pts
1 Dave Diaz	32:00	31:48	0:12	100.00
2 Matt Sherman	29:45	30:05	0:20	96.15
3 Ben Valdez	30:30	30:51	0:21	92.31
4 Jim Robinson	30:45	31:09	0:24	88.46
5 Rich Hadley	26:37	26:13	0:24	84.62
6 Paul Koch	24:40	25:10	0:30	80.77
7 Gerald Ure	34:40	35:32	0:52	76.92
8 Kyle Reno	24:32	25:38	1:06	73.08
9 Diana Reno	43:07	44:21	1:14	69.23
10 Michelle Olson	39:00	37:41	1:19	65.38
11 Robert Santoyo	33:04	31:38	1:26	61.54
12 Stacie Taravella	40:00	38:24	1:36	57.69
13 Marijane Martinez	35:30	37:15	1:45	53.85
14 Nick Leyva	31:15	33:09	1:54	50.00
15 Mark Koch	26:45	28:42	1:57	46.15
16 Brenden Lamde	44:05	46:12	2:07	42.31
17 Katherine Frank	28:30	30:53	2:23	38.46
18 Dan Hickman	27:00	29:23	2:23	34.62
19 Toby Doub	32:20	29:52	2:28	30.77
20 Susan Gebhart	42:00	39:06	2:54	26.92
21 Chief Reno	29:30	32:40	3:10	23.08
22 Jane Gebhart	40:00	44:22	4:22	19.23
23 Jolene Hidy	50:00	45:17	4:43	15.38
24 Jess C	40:13	51:28	11:15	11.54
25 Trisha Ferguson	39:00	50:54	11:54	7.69
26 Stacy Diaz	39:00	50:54	11:54	3.85

Volunteer Support

We'd like to thank the volunteers who helped to make this race possible:

- Race Director – Rich Hadley.
- Finish Line – Deb Bradley, Trever Hadley, Phil Quattlebaum, & Chief Reno.
- Course Sweeper – Marv Bradley

Deb Hadley (with pen and clipboard) was a popular statistician as she compiled the point totals at Marijane & Nick's Excellent Adventure. From left are Ken Raich with chronomix, runners Matt Sherman and Ben Valdez, and finish line helpers Cindy Dreiling and Misti Frey.

Photo by Gary Franchi



Marijane & Nick's Excellent Adventure

8.6-mile race held Dec. 9 in Pueblo.

Results provided by Deb Hadley & Ken Raich.

Name	Predict	Actual	Variance	Pts
1 Matt Sherman	1:04:00	1:03:52	0:08	100.00
2 Ross Barnhart	1:09:05	1:08:55	0:10	94.44
3 Kevin Slaughter	1:04:00	1:03:44	0:16	88.89
4 Ben Valdez	1:14:30	1:14:04	0:26	83.33
5 Rich Hadley	55:00	55:31	0:31	77.78
6 Jim Robinson	1:02:00	1:01:26	0:34	72.22
7 Diana Reno	1:30:00	1:29:19	0:41	66.67
8 Nick Leyva	1:18:48	1:18:02	0:46	61.11
9 Marijane Martinez	1:15:15	1:16:58	1:43	55.56
10 Bill Veges	1:08:30	1:11:16	2:46	50.00
11 Robert Santoyo	58:13	1:01:45	3:32	44.44
12 Dave Diaz	1:08:00	1:03:47	4:13	38.89
13 Michelle Olson	1:19:00	1:23:26	4:26	33.33
14 Stacie Taravella	1:19:00	1:23:27	4:27	27.78
15 Chief Reno	1:08:15	1:12:58	4:43	22.22
16 Katherine Frank	58:30	1:03:18	4:48	16.67
17 Mike Borton	1:14:00	1:07:25	6:35	11.11
18 Janelle Rodriguez	1:27:00	1:37:39	10:39	5.56

Volunteer Support

We'd like to thank the volunteers who helped to make this race possible:

- Race Directors – Marijane Martinez & Nick Leyva
- Finish Line – Deb Hadley, Tiffany Reno, Gary Franchi, & Ken Raich

Final Prediction Series standings for 2001 are on Page 10.



SCR runners star elsewhere

Crystal takes 31st at national J.O.

Crystal Berndt, standout runner at Rye High, ran to a 20:50 5K time to take 31st place among girls at the national Junior Olympic cross country championships in Lincoln, Nebraska. The race was run in 80-degree temperatures. The winning girls' time was a phenomenal 16:24. By the way, you can find a photo of Crystal on Page 7 in the coverage of the Rock Canyon Half-Marathon, which was her first attempt at that distance.

Marv completes 5,000th marathon

OK, it only SEEMS like he's run that many. But Marv Bradley, at the age of 62 years young, did complete another marathon last month. He ran the Oklahoma Marathon in Tulsa in 3 hours, 53 minutes and 8 seconds and said the twice out-and-back course along the city's Arkansas River walkway was flat and scenic, and the race was well-organized, too. I think that makes 7 marathons this year for Marv and a I think a couple of "ultras." His best marathon time-wise this year was a 3:40 in Mississippi. Let's face it: The guy's an animal.

2001 Prediction Race Series Standings

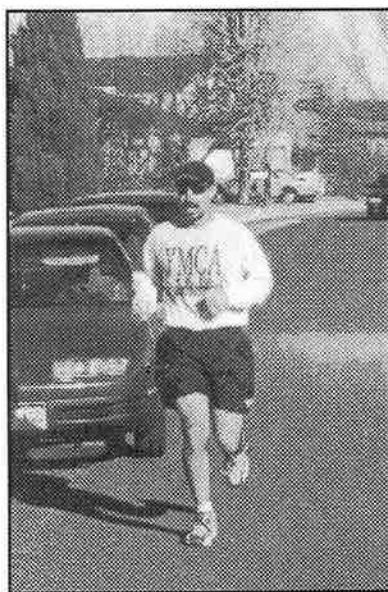
Final Standings – Compiled by Ken Raich

Note: No value appears under the "Best 5 Races" heading if that runner did not complete five of the series races.

Name	Spring Runoff	Ben & Matt's	Ramsgate 8K	Moonlight Madness	Tunnel Drive	Harvest 5M	Temple Canyon	Marijane & Nick's	Total Points	Best 5 Races
Ben Valdez	100.00	37.50	100.00			92.31	92.31	83.33	505.45	467.95
Rich Hadley	91.67	91.67	62.50		100.00		84.62	77.78	508.23	445.73
Matt Sherman	83.33	41.67	43.75			100.00	96.15	100.00	464.90	423.24
Marijane Martinez	75.00	100.00	87.50	31.25	30.00	88.46	53.85	55.56	521.61	406.52
Jim Robinson	66.67	70.83	56.25	93.75	80.00	34.62	88.46	72.22	562.80	405.27
Diana Reno		95.83		18.75	50.00	65.38	69.23	66.67	365.87	347.12
Dave Diaz	8.33	66.67	75.00		60.00		100.00	38.89	348.89	340.56
Robert Santoyo	33.33	54.17	81.25	56.25		80.77	61.54	44.44	411.75	333.97
Bill Veges	58.33	50.00		10.00	96.15		50.00		264.49	264.49
Nick Leyva				25.00	40.00	38.46	50.00	61.11	214.57	214.57
Stacie Taravella		75.00				84.62	57.69	27.78	245.09	
Stacey Diaz	25.00	83.33	68.75				3.85		180.93	
Ross Barnhart						73.08		94.44	167.52	
Chief Reno				37.50		69.23	23.08	22.22	152.03	
Mark Rickman		79.17				42.31			121.47	
Kyle Reno		4.17		12.50		30.77		73.08	120.51	
Michelle Olson						19.23	65.38	33.33	117.95	
Paul DallaGuardia	16.67	12.50	81.25						110.42	
Don Pfost			31.25	75.00					106.25	
Logan Gogarty				100.00					100.00	
Mark Koch						50.00	46.15		96.15	
Jennifer Alvarado			93.75						93.75	
Chuck Moore					90.00				90.00	
Kevin Slaughter								88.89	88.89	
Crystal Berndt				87.50					87.50	
Diane Lopez		87.50							87.50	
Victor Olguin		33.33	50.00						83.33	
Paul Koch							80.77		80.77	
Gerald Ure							76.92		76.92	
Michael Till		76.92		76.92						
Katherine Frank						15.38	38.46	16.67	70.51	

Others scoring points

Phil Quattlebaum	70.00	Todd Duncan	23.08
Aaron Berndt	68.75	Jill Stringer	20.83
Anthony Diaz	62.50	Gil Cruz	20.00
Susan DallaGuardia	62.50	Jane Gebhart	19.23
Jill Montera	61.54	Peggy Dunn	18.75
Rochelle Garcia	58.33	Regie Marquez	16.67
Hector Leyba	57.69	Trisha Ferguson	8.33
Cally Till	53.85	Jolene Hidy	15.38
Gloria Gogarty	50.00	Carla Braddy	12.50
Karl Tameler	50.00	Bob Veges	11.54
Jan Dudley	46.15	Jess C	11.54
Mike Messick	45.83	Mike Borton	11.11
Shaun Gogarty	43.75	Misti Frey	7.69
Brenden Lamde	42.31	Adrian Martinez	6.25
Mike Push	41.67	John Freyta	6.25
Liz Ross	37.50	Janelle Rodriguez	5.56
Dan Hickman	34.62	Al Weaver	3.85
Toby Doub	30.77		
Brian Ropp	29.17		
Laura Schilf	26.92		
Susan Gebhart	26.92		
Richard Hogan	25.00		
Stan Hren	25.00		



Ben Valdez racked up 83.33 points in the final race to capture the Prediction Series title.

Photo by Gary Franchi

Prediction Series season wrapup

Well, it came down to the final Prediction Series race of the season as Ben Valdez nudged past defending champion Rich Hadley to capture the season title this year. Ben was 4th in the final race – Marijane & Nick's Excellent Adventure – and only 26 seconds off his predicted time to earn 83.33 points.

Most important was that, using the "top 5 races" scoring system, Ben's last-race point total wiped out his only slipup of the season, that when he scored just 37.50 points in the Ben & Matt's race in March. As you can see by the standings above, Ben had 467.95 points and Rich 445.73.

Top Prediction Series runners will be recognized at the SCR Banquet to be held in January.

2001 Racing Calendar

Pueblo County & nearby locales

February

2	Sat	10:00AM	Frostbite Five, 5M	City Park	(719) 543-5151
10	Sun	9:00AM	Valentine's Twosome, 1.6M each partner...	City Park	(719) 947-3682
17	Sun	9:00AM	Spring Runoff Tuneup, 10K	City Park	(719) 584-0847

March

3	Sun	9:00AM	Spring Runoff, 5K, 10K, 10M & 2M walk ...	Dutch Clark	(719) 547-2777
24	Sun	9:00AM	Ben & Matt's Trail Mix, 6.3M	Nature Center	(719) 543-5151

Other marginally nearby areas

December

22	Sat	Kwanza 5K	Aurora	(303) 739-6470
31	Mon	Resolution Run, 5K	Denver	(303) 635-2815

January

1	Tue	Rescue Run, 5K, 10K & Kids Run	Palmer Park, CO Springs	(719) 473-7848
12	Sat	Winter Series I, 5K or 10K	Fox Run Park, CO Springs	(719) 329-7268
26	Sat	Winter Series II, 4M or 15K	Black Forest	(719) 598-2953

February

9	Sat	Winter Series III, 5M or 10M	Santa Fe Trail, CO Springs	(719) 598-2953
23	Sat	Winter Series IV, 10K or 20K	Black Forest	(719) 598-2953

March

16	Sat	St. Patrick's Day Run, 5K	Old Colorado City	(719) 635-8803
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Regional Marathons (& others of interest)

January

6	Walt Disney World - Florida (filled)	(407) 939-7810
20	Compaq Houston - Texas	(888) 792-2900
20	San Diego, CA	(888) 792-2900
20	Lost Dutchman - Apache Junction, Ariz	(480) 983-1500

February

3	Las Vegas International - Nevada	(702) 876-3870
17	Mardi Gras - New Orleans, LA	(504) 454-8687
17	Motorola Austin - Texas	(877) 601-6686
17	Desert Classic - Scottsdale, AZ	(623) 362-8438
23	Cowtown - Fort Worth, TX	(817) 735-2033

March

3	Los Angeles, CA	(310) 444-5544
10	Valley of the Sun - Phoenix, AZ	(480) 657-5373
16	Marathon of the Great S'west - Abilene, TX	(915) 677-8144

April

6	Rockin' K Trail - Kanopolis St. Pk. - Kansas	(785) 472-5454
15	Boston - Massachusetts	(617) 236-1652
21	New Orleans, Louisiana	(504) 443-2400
28	Big Sur - Carmel, California	(831) 625-6226
28	Oklahoma City Memorial, Okla.	(405) 525-4242



Some known 2002 races

- April 27**
Elbert Reflections
- April 21**
Y-Bi Duathlon Classic
in Pueblo West
- April 28**
Cherry Creek Sneak
- May 11**
Panoramic Run
- CO Springs
- May 18**
Armed Forces Day Run
- Fort Carson
- May 18 & 19**
Ordinary Mortals
- Pueblo West
18th females, 19th males
- May 27**
Bolder Boulder 10K
- June 1**
YMCA's World's Largest
Race in Pueblo
- June 9**
Garden of the Gods
- June 15**
Sailin' Shoes
- CO Springs
- June 22**
USOC Olympic 5K
- CO Springs
- June 29**
Little Run on Prairie
- Pueblo West
- June 29**
Dart for Art 5K -
CO Springs
- July 4**
GP Firecracker 5K, 10K
- CO Springs
- July 7**
Summer Roundup 12K
- CO Springs



Get your out-of-town race results to "Footprints" Editor Gary Franchi at:
e-mail to: gfranchi@fone.net • or Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



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address to the SCR
Membership Chair in
care of the YMCA at the
address listed above.



Stats that rule

- About half of the U.S. population inherits a longer 2nd toe (called Morton's Toe). – *Richard Braver, podiatrist*
- Colorado has had a 94% jump in diabetes cases in the past 5 years. – *Rocky Mountain News*
- Colorado has 34,000 skiable acres. – *Denver Post*
- Colorado ranks 8th in the U.S. for the number of runners per capita. – *Running Times*
- A random sample of Colorado skiers who had both Morton's Toe and diabetes revealed that 98.9% had read an issue of "Footprints." – *Pollsters Unlimited*

Racing info. found near Santa's sleigh

by Mr. Editor

Gads, it's almost Christmas and the 2001 racing season is history. But it sure went out with a bang.

In case you missed them, the Atlanta 5K in November and the Rock Canyon Half-Marathon at the top of this month both had good running weather, attracted nice turnouts, and were filled with positive karma. You like that – karma? That's my '60s word for this issue.

Now all you racers get to kick back, get in some shopping intervals in the malls, and generally fill up on the high-calorie, glucose-laden treats so prevalent in offices during the holiday season in the civilized world. What fun!

The 2002 schedule

You'll notice there is a Pikes Peak Road Runners 2002 calendar enclosed in this issue. Be thankful to the folks up north for that. For SCR members who like to run some of the bigger races in the Springs area, start planning.

It will all start with the Search and Rescue Run in Palmer Park off Academy Blvd. on January 1. The course is uphill most of the way out. Watch your step if there's snow.

Oh, and the Drag'n On In Triathlon is returning. More on that in a little bit.

Winter Series/February races

The 4-race Winter Series dates are Jan. 12, Jan. 26, Feb. 9 and Feb. 23. A Winter Series form also is included in this issue. Memorize it for testing purposes.

You'll notice that the **Frostbite Five** (Feb. 2), **Valentine's Twosome** (Feb. 10), and **Spring Runoff Tuneup** (Feb. 17) were neatly sandwiched around the Winter Series dates. So you have no excuse, buckos, for not getting into racing shape fast before the Runoff in early March.

The Frostbite, by the way, will have a new course this year, heading east on the River Trail because of construction to the west.

Other stuff

While schmoozing with Steve Cathcart at the finish line of the Rock Canyon Half, I learned that Steve and Jon Sinclair will be conducting the inaugural **Fort Collins Old Town Marathon** on May 19. Also, he noted that a different group has scheduled a new marathon, also in Fort Collins, for Oct. 6. So, here's your chance to try a couple of new marathons.

Meanwhile, the second annual **Little Run on the Prairie**, a huge success last August, is being moved to June 29 this year.

Oh, by the way, I was just kidding about the Drag'n On In Triathlon returning.