



Editor: Ron Dehn

# FOOTPRINTS

Caution: May contain some blarney

## A Really Really Big March, 2002 Edition

### Billions and Billions at the Spring Runoff



Record numbers of participants turned out for the 24<sup>th</sup> annual Pueblo Chieftain Spring Runoff. Four races took place including a 2 mile walk, 5K, 10K, and 10 Mile runs, plus kids and toddler runs. Combined there were around 600 finishers. A few registrants opted to stay home on the couch instead of braving the cold, but those who were there enjoyed / endured both the sunshine and a biting

north wind. Sidney Arnold and Jackie Miller paced the walkers as top male and female entrants. First Overall finishers in the other races were: 5K: Phil Castillo and Heather Loseke, 10K: Gerald Romero and Heather Ruhm, 10 Mile: Matt Mossman and Kelly Ryan. Complete results are listed on pages 11-14.



Kelly Ryan, winner in the 10 mile race, is pictured to the upper left and Heather Loseke finishes strong to first place in the 5k (lower left). Below, race director Terry Cathcart and Paulette Stuart from the Pueblo Chieftain confer at the finish line.



#### NOTICE:

Please check the address label on this month's newsletter. If, in the upper right-hand corner you see: "Exp Dec 31, 2001"...your membership has expired and you will no longer receive this newsletter. If you find yourself in this category, you can get your membership up-to-date by filling out a 2002 Membership Form and returning it within the next two weeks. If you have already returned your 2002 membership form and the label indicates that your membership has expired, please call Membership Chair Ken Raich at 564-0847 so we can make sure you don't miss the next issue of your favorite newsletter. THANKS!



## SCR Notes

### Note from Katherine Frank, SCR President

Dear SCR Members,

Some complaints were received regarding the 2002 Spring Runoff, which club members discussed at the monthly SCR meeting. At the meeting, it was suggested that a letter to The Chieftain from the SCR President was in order. Hence, after much input from club members, the letter to the right was sent to The Pueblo Chieftain.

Katherine

Editors Note: Plans for the 2003 Spring Runoff are already being formulated. The kickoff meeting on March 13th was well attended.



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

March 8, 2002

To whom it may concern:

On behalf of the Southern Colorado Runners, I would like to thank all of the runners and walkers who took part in the 2002 Spring Runoff. A record number of people participated this year, and even with the very cold weather, we all enjoyed a wonderful, local event.

SCR regrets that several people were frustrated due to the errors with the finish times and places in the early results that were posted; the club has made every attempt to fix these problems, and correct times and places are now available on the SCR website ([www.socorunners.org](http://www.socorunners.org)). SCR is known for its dedicated club members who generously volunteer their time to ensure a quality race, and these characteristics have been revealed once again through the actions of the members who volunteered their time in order to correct the problems that occurred.

In addition to extending our thanks to the Pueblo community and to The Chieftain for their continued support, we would like to thank publicly all of the volunteers who helped with the race: Steve Cathcart and his team from the Runner's Roost in Ft. Collins for their help with the results; the Gold Dust Saloon for its help with registration; SCR volunteers for their help with set-up, the finish line, refreshments and supplies, course support, and clean-up; the Pueblo Police Department for traffic management; the students from Central, South, Pueblo County, and Rye high schools for their help with various aspects of the race; and Pueblo City Parks and Recreation for their continued support. It takes a lot of people to put together a race as large as the Spring Runoff, and without these volunteers, this race would not have been the great success that it has been for the past twenty-four years.

The Southern Colorado Runners Club and The Chieftain are very happy to present the Spring Runoff to the runners and walkers in our community. Our goal is to make the Spring Runoff the finest race in the area. Of course, we need the support of many volunteers to accomplish this goal. If you are interested in volunteering for next year's race, please join our Steering Committee as we plan for the 2003 running of this event. We are meeting at The Chieftain building (next to Midtown Shopping Center) at 5:00 PM on Wednesday, March 13. At this meeting, we will discuss areas to improve upon, and procedures to implement im-

provements for 2003. The general public is encouraged to attend. We expect that every year we will discover some things that can be done a bit differently, and hence constantly heighten the quality of this race.

Congratulations to all who participated in the event. Good luck in your training during 2002, and we look forward to seeing you all for the 25th Annual Spring Runoff.

Sincerely,

Katherine Frank,

SCR Club President



## 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. 242

"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      | Katherine Frank   | 549-2236 |
| Vice President | Diana Reno        | 561-3343 |
| Secretary      | Janelle Rodriguez | 543-8200 |
| Treasurer      | Dave Diaz         | 564-9303 |

#### Non-Elected Officers

|                       |                           |          |
|-----------------------|---------------------------|----------|
| Membership Chair      | Ken Raich                 | 564-0847 |
| Newsletter Editor     | Ron Dehn                  | 547-9273 |
| Editorial Consultants | Gary Franchi & Pete Best* |          |
| Newsletter Advisor    | Chris Dehn                |          |
| Web Master            | Ken Raich                 | 564-0847 |

#### Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Hilbert Navarro Pat Berndt Ken Raich

**SCR meetings** generally are held the first Tuesday of each month at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend and bring family, relatives, and pets, as long as he/she also brings treats for all members.

**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.

\*Pete Best, the drummer for the Beatles prior to Ringo Starr



## Great (& so-so) Stuff

By Gary Franchi



## To Ponder

### Are runners getting 'soft'?

Thought for today's lunch, compliments of humor writer Dave Barry: *"There is a very fine line between 'hobby' and 'mental illness.'"*

\*

#### Musings on running, fitness, life, etc.:

You know, I'm starting to think that maybe runners are getting a little soft. Not me, of course, but other runners.

I used to remember them going out in all weather conditions, battling the wind, cold, snow, etc., to get in a training run. Also, despite race conditions, you could always count on some idiots, er, hearty souls, to be out there in racing shorts and singlets, undoubtedly being so fast that they generated enough body heat to stave off being cold. I wouldn't know the feeling. And runners would defy any blizzard to show up and compete on race day. They knew no discomfort.

What's happened to all that?

Now, if the weather is less than optimal, some runners stay inside and do their workouts on treadmills while watching TV. Not me, of course, but other runners.

Today, some pre-registered runners don't even bother to show up on race day if the elements aren't that terrific. Need proof? Well, at this year's Spring Runoff, for instance, I think there were something like 70 registered no-shows. Shoot, in the inaugural Spring Runoff 24 years ago, there were probably that many race-day registrants during a blizzard.

Not only that, but I didn't see one singlet in the throng of close to 600 runners at the Runoff. If I remember correctly -- admittedly doubtful at my age -- even the SCR's Rich Hadley was wearing a shirt, an occasion so rare that it should have been photographed and posterized.

So, what does this all mean? Are runners becoming pansies? Have they lost their intestinal fortitude? Are they not as tough when the going gets tough as in years past?

Well, let me just surmise that, if given the choice between getting in the planned

speedwork session on the track during a rainstorm or having a combination plate at Jorge's, most runners today would probably choose the latter.

Not me, of course, but other runners.

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#### Ten things I was just wondering:

- Is there a shoe guide in every issue of Runner's World?

- Ever notice how the ones who whine the most about race production are runners who never serve as race volunteers?

- Who buys boxing pay-per-view? Why?

- In fact, why does anyone really care about pro boxing?

- Is the race field filled yet for the 2003 Walt Disney World Marathon?

- Wouldn't we all be better off if we made "Don't Get Hurt!" the first priority of our training programs?

- How come pro coaches don't have their names on the back of their suit jackets?

- Wouldn't less running shoe models be less confusing?

- Wouldn't less running watch models be less confusing?

- Wouldn't less Great Stuff columns be less confusing?

Until next month and the arrival of springtime winds, let's see how tough you are. I'll be watching from my sofa.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fears, our presence automatically liberates others." Nelson Mandela, Presidential Inaugural Address

"Nobody in the game of football should be called a genius. A genius is somebody like Norman Einstein." -Joe Theisman, Former quarterback



There's  
a Pot  
O'  
Golden



**Fries waitin' for you at  
the Gold Dust. And  
that's no Blarney.  
217 South Union Ave**



## SCR Birthdays March

- 19 Wendy L Lowery
- 21 Gabe Cosyleon
- 23 Loren Neumeister
- 23 Nicholas Martinez  
John Freyta
- 23 Bob Gassen  
Olivia Sherman
- 25 Jordan Montoya  
Nick Ross  
Annie Housman  
Laura Schilf  
Howard Cosell\*
- 26 Marvin L Bradley  
Susan Gebhart  
Teresa Caprioglio
- 29 Sandra Collie  
Dean Q Volk
- 30 Eric Clapton\*
- 31 Dinah Navarette

## April

- 2 Jessica Gogarty
- 3 Gabriel Driscoll  
Sarah Koch  
Tanya M Dreiling
- 4 Gene Arellano  
Emilie Spielmann  
Elizabeth Perkins
- 5 Sarah Gogarty
- 6 Carla Braddy
- 7 Gerald E Puls
- 8 Gwynna Fedde
- 9 Jesse Paul Weaver
- 10 Linda Kelly  
Gil Romero
- 11 Brad Van Buskirk
- 13 Joe Farra  
Thomas Jefferson\*
- 14 Michele Huie
- 15 Traci Dworshak
- 16 Charlie Chaplin\*
- 17 Danielle Perkins  
Robert M Santoyo  
Mae Nezvensky  
School Librarian Day
- 19 Ted Puls
- 21 Beverly J Kochevar
- 22 Earth Day
- 24 Robert S Kelher
- 25 Mark Rickman
- 30 National Honesty Day

\*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Finding New Trail Running Challenges

It is one of those miserable southern Colorado days when small children are hanging horizontally from stop signs at the bus stop. Today, wind has taken away my desire to run on the prairies of Colorado. It would be a great challenge, but some challenges are even too stupid for me to pursue. However, I'm constantly looking for new running challenges to keep it exciting. I mean lets be real – one foot in front of the other isn't exactly taxing anyone's intelligence although you may wonder about their intelligence when they choose to do it 69,168 times in a row, as in a marathon (don't worry that was calculated not counted!!). Which brings us to the point of this article: finding new trail running challenges.

Recently I read another article about preparing for your first ultra. This is the first place to start when looking for new challenges: do NOT read these articles. There is little or no challenge when you have totally prepared yourself. In these articles they talk about training for and knowing the course, running in the shoes and clothing you'll use in the race, and practicing with the same food and drink. I say this is all hogwash and takes away the real challenges of a good hard race. Let me tell you how to really run a race.

The first things is training. The "experts" will tell you that preparing for a long race (say a marathon or ultra) requires you to do many long runs prior to the event. Some will even say that you should run some of your long runs at or near the distance of the race. This is ridiculous! If you have already run that distance prior to the race then where's the challenge in the race? The race distance should be preserved so that the race is the challenge. When I ran my first 50-mile race I hadn't even come close to that distance in training. Imagine the terror, I mean excitement at the starting line with the new distance looming ahead – talk about a pre-race bowel cleansing. If you want a new challenge, go out and sign up for a race twice the distance of any previous race!

Almost every "race preparation"

article will tell you the necessity of knowing the course. They even recommend that you run on the course prior to the race. These same people probably advocate living with someone before you marry them, but that is another issue all together. Anyway, I say if you have run the course prior to the race, then where is the challenge and excitement in running the race (or being married)? I don't even want to know where the course goes, just the location of the starting line. In fact I love knowing nothing more then what can be surmised from a squiggly red line traced through a dense green area on a little map. The best trail is a new trail.

If a new distance or a new course isn't challenging enough then I suggest you throw all caution (and "expert" recommendations) to the wind and run in new shoes, new clothes and carry new food and drink. A lot of people will think this foolish, but blisters, crotch rot and intestinal cramps will challenge you like nothing else. When I ran over 13,000' Mosquito Pass (twice) in the Leadville Marathon, the real challenge wasn't the fact that my head was going to explode and my legs were like lead – it was trying to figure out how to stop the blisters on my feet from bleeding on my new shoes. If you are really looking for pain, I mean a challenge – buy new and go long!

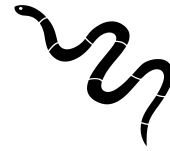
Hopefully, you will now recognize that there are endless challenges and excitement in trail running – it can be as simple as changing shoes. With the spring approaching it is the perfect time for a new, exciting and challenging trail run. I recommend that at the end of a long, lazy winter you put on your dress shoes, jeans and a t-shirt. Buy a can of soda pop and Snickers candy bar. And run straight into the woods without a trail or map. It will be a great adventure. Just remember the flare gun!!





# Rocky on Fitness

By Rocky Khosla, M.D.



## Bears, Snakes, Avalanches, and Viagra

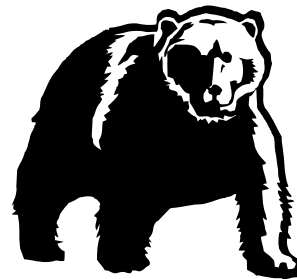
I just got back from a great medical conference this past week and thought that I would share some of the pearls and factoids that I picked up. The meeting was the annual meeting of the National Wilderness Medicine Society, and it was held in Steamboat Springs, Colorado from Feb. 20-24, 2002. And, yes, I did ski quite a bit, but I made it to about 85% of the talks!

One of the first talks was on altitude medicine, and the newest topics of study include Ginkgo Biloba and Viagra, believe it or not! The lecturer, Dr. Peter Hackett, presented some data that suggests taking Ginkgo Biloba twice a day starting 2 to 3 days before going to altitude and continuing on it while at altitude may significantly decrease the risk of developing acute mountain illness. This was a small study, so I am not sure that I would do this yet, especially because there have been reports of blood clotting problems in some patients taking the Ginkgo. As far as the Viagra is concerned, it looks like high altitude pulmonary edema (getting fluid in the lungs as a consequence of being at high altitude) may be mediated by certain chemical substances whose production may be decreased by Viagra. So in the future, you could breathe easier and ... well, you get the idea. This is all investigational stuff yet, so please don't try this yourself.



Another topic was avalanche medicine, and it looks like Colorado leads the nation in avalanche deaths, and the group with the most deaths per year tends to be snowmobilers. There were two interesting things

mentioned regarding avalanches that I did not realize and these are: avalanches can go up to 66% out compared to down. So if an avalanche roars down 3 miles, it can go across by about 2 miles, so don't assume you are safe if you aren't quite a ways away. Second, the winds in front of a rushing avalanche can reach 120 to 200 miles/hour, and this tends to cause lots of structural damage to buildings, trees, etc before the snow actually hits!



Another cool topic was animal attacks, and the group that gets most attacked by bears are hikers who unexpectedly surprise a bear. I also learned that most bears have twin or triplet cubs, so if you happen across a bear with one cub, there may be another cub or two between you and the mother, which is a bad place to be. The recommendation for this type of encounter is to not look the bear in the eye, but to talk softly, and back away slowly without running. Of course I am not sure that I would be in any state of mind to think any of this through, but that is what you are supposed to do.

Another cool topic was snakebites, and the presenter stated the rule of T's which predicts who gets bit most often by snakes: Testosterone, tequila, missing teeth and lots of tattoos. In other words, it's usually drunk guys, trying to be macho who aren't "the sharpest tools in the shed" who get the snakes ticked off and get bit the most!

Till next time, here's hoping that all your wilderness experiences are good. Sincerely,

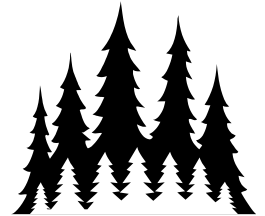
Rocky Khosla, M.D.

## Musical Notes

I'd rather be a forest  
than a street  
Yes I would  
If I could  
I surely would

I'd rather feel the  
earth  
beneath my feet  
Yes I would  
If I only could  
I surely would

From El Condor  
Pasa by Paul Simon  
and Art Garfunkel,  
Columbia Records



## More to Ponder

"There is no such thing as a 'self-made' man. We are made up of thousands of others. Everyone who has ever done a kind deed for us, or spoken one word of encouragement to us, has entered into the make-up of our character and of our thoughts." -George Matthew Adams



# Ramblin'

by Ron Dehn



## Just Put Me in the Wedding Party

You've heard the expression, "Always the bridesmaid and never the bride". Well – I'm not even shooting for the bridesmaid spot. I'd just be thrilled every once in a while just to be in the wedding party!

Let me explain, then we'll get back to the wedding. In February's "Footprints", Shaun wrote about why he runs in "Trail Notes". About a week before the Spring Runoff, I re-read his article, and made a mental list of why I run. First, running makes me feel good. Simple as that - before, during (usually) and after. Next, I run to maintain health. I love life and the healthier I am, the more opportunity I have to enjoy it. I run also for the camaraderie. In last month's "Ramblin'", I mentioned the great lunchtime workouts with my friends on the prairies near USC. I love being outside. Running gets me out in all kinds of weather. Sometimes I run alone and meditate. This helps me "get in touch". I could go on, but you get the idea. Like Shaun, I don't run for glory. I'm not an elite runner and never will be. It makes sense to improve, but elite is not in the picture for lots of reasons, and I'm content with that.

What does this have to do with bridesmaids, and wedding party? Remember – all of the previous paragraph is true. However, once in a while, I do a Walter Mitty impersonation. It sure would feel great to hear my name over the loudspeaker, walk up to the podium, get a medal placed around my neck, have the crowd erupt in a standing ovation, and watch the U.S. flag being raised as they play the Star Spangled Banner. Do you think the camera man will get a close up of me clutching my bronze medal? Yes, bronze. I don't care about gold and silver. I would congratulate those who stood higher on the podium. No problem. Like I said earlier. I'd just like to be in the wedding party. Yes, in my dreams.

One reason I'm not standing on the podium in real life is that I'm part of the "post war baby boom of runners". There are simply so many good runners in my age bracket. I remember milling around prior to a race in 1988. I had turned 40 just days earlier and was excited to be in a new bracket. Marijane and I were chatting before the gun went off, and I told her about my "new and improved" odds. She said something like, "That's cool. Dave Diaz just turned 40 too." Did you ever see all the air rush out of a balloon? Dave is a great runner and a real nice guy, but couldn't he be just a little older or just a little younger? Later I found that Ron Betz and Gary Franchi are also my age. Paul Vorndam is almost exactly one year older than me. And, if things

didn't seem hopeless enough, Jim Robinson and Michael Orendorff have had birthdays recently. Yes – I have more company. The list goes on, but I'm running out of room. I must point out that these runners are not only gifted, but they train hard to be good. They deserve every medal they get.

I ask you at this point to re-read the paragraph about why I run. I did just to remind myself. The picture is not totally bleak. I have placed in some races through the years when there are multiple distances. The last time was 3<sup>rd</sup> in the '96 Spring Runoff 5K. With three races, my odds do improve. In the 2001 Runoff, I ran the 5K and took 4<sup>th</sup>. This year I filled out my entry form, checked the 5K box, and sealed the envelope. Before walking out the door, I got curious. I wondered if my chances of getting hardware would be better in the 10K. I checked last year's results on the web. I was still 4<sup>th</sup> in the 5K, (that didn't change) but the third place 10K time looked beatable. I thought for a while, opened the envelope and changed my entry form to 10K. Still a long shot, but at least a chance.

Race day 2002 came and I saw Jim Robinson in the same line as me. Well, there is still 2<sup>nd</sup> and 3<sup>rd</sup>, I thought to myself. The race went well, and my time was good (for me). I waited around in the cold. There is a chance, there is a chance. I spotted Dave Diaz walking across the infield. He too has a green bib. The odds went down again. I stood near the announcer so I could hear better. Just a bronze – that would make me happy. I heard lots of familiar names for the various divisions, but mine was not one of them. Later I checked the SCR homepage for results – 4<sup>th</sup> place. Oh well. I run for other reasons. And I am truly not disappointed. Those who finished ahead of me are excellent, dedicated runners, - and they are nice people too! I'm content. Then, I wondered about the 5K, so I checked those results. To make a long story short - had I entered and run the 5K at the exact same pace that I ran the 10K, I would have placed 2<sup>nd</sup>. I thought for a few minutes. And, to tell you the truth, I'm still not all that disappointed. The race was fun, I saw lots of friends, felt good, and was part of a premier running event. Not too bad! But, like the Beach Boys once sang, "Wouldn't it Be Nice?"

Recently I saw a production of "Fiddler on the Roof" (one of my favorite musicals). I can picture Tevye saying, (read this with a Russian / Jewish accent) "On the other hand -- if I had gotten a medal, what would I have written about this month?"



# Recap on SECAHEC Fitness Symposium

By Pat Berndt



SECAHEC decided to begin this sports and fitness program after reading a number of major reports on the appalling state of inactivity of today's adults and children. The numbers are stunning:

The number of overweight kids was relatively stable before 1980, but the percentage of young people who are overweight has *doubled* since then. A recent report in the Journal of the American Medical Association indicated that there was a 6% increase in obesity rates in just one year. The percentage of overweight adults has also risen 50% in the past decade. The authors report that the continuing trend in obesity is a critical public health threat in the United States.

A recent study of US children found that overweight children had a bloodstream inflammation marker called C-reactive protein that has been linked to heart disease in adults. Type two diabetes, formerly known only to occur in older adults, is now being seen in children. In Pueblo, well known as a hot spot for diabetes, one diabetes educator has seen four children with type two diabetes in the last four months. Poor nutrition and inactivity with it's resultant obesity, is estimated to cost society as much as \$100 billion a year.

SECAHEC hopes the Sports and Fitness symposium will help to provide education and resources to impact these numbers in Southeastern Colorado.

SECAHEC considers the symposium a success even though we did not meet our direct expenses. We had over 110 people attend on the first day and over 50 on the second day and the evaluations were overwhelmingly good. We had almost 50% from out of town who registered and we had a fair number from far away who registered, but didn't come due to the weather. .

Although we might have an easier time establishing this

symposium if we held it in Colorado Springs, we would like to see if we can make it work here. We believe that we must be able to pull an audience from across the entire state in order to support this symposium and that they will come to Pueblo if we can bring well known, popular, and respected speakers.

The advantage to Pueblo and Southeastern Colorado is that we get not only the speakers but the side benefits of having the speakers here. For instance, this year we were able to set up two school assemblies for the "It's Funnier to be a Runner" program, and one community program (The Courage to Start with John "The Penguin" Bingham). We had a number of high school students who were invited to attend specific topics at the symposium or the entire event. We were also able to donate a number of books on fitness and sports medicine to the Pueblo library. Triathlete Mike Pigg and Pete Saccone and his students were also able to join us for the Spring RunOff. (Unfortunately John Bingham was suffering from an abscessed tooth probably triggered by the altitude. He had offered to come and at least help with the kid's race in spite of being in pain, and of course we told him to rest and take care of himself. Mark Plaatjes decided not to run due to the cold and a hamstring concern).

We do want to continue doing the program and see if we can build it, and so will be looking for money, grants, partnerships and sponsors to help us do that. Next year we would like to expand to three tracks, and strengthen the medical track/CME. We will be meeting with the American College of Sports Medicine this month to discuss how we might work together. If you have suggestions or would like to help with planning please contact Pat Berndt at SECAHEC 544-7833.



According to the National Sleep Foundation, each weekday night, Americans average one hour and six minutes less than the eight hours that sleep experts recommend. During the weekends, we average almost one half hour less. The Foundation also found that in the year 2000, 17% of adults dozed off at the wheel.



# More on the Fitness Symposium

by Ron Dehn



The first annual SECAHEC sports and fitness symposium held March 1<sup>st</sup> and 2<sup>nd</sup> at the Sangre de Cristo Arts and Conference Center was a success. Topics ranged from technical talks about injury prevention and training in altitude, to high performance thinking. The highly credentialed speaker list included: Dr. Phil Maffetone, Bob Seebohar, Steve Gladbach, Monica Smith, Janet Lightburn, Darlene Herfurt, Dr. Gig Leadbetter, Pete Saccone, Dr. Rocky Khosla, Dr. Gayle Davis, Mark Plaatjes, Dr. George Dallam, John “The Penguin” Bingham, and two-time Triathlete of the Year Mike Pigg. Planning for the next year’s conference has already started.

Dr. Phil Maffetone spoke about the spoke about inflammation. He estimated that 95% of the audience had some type of injury. He stressed the idea of self health-management. Health care professionals can augment our care, but health is ultimately up to the individual. He said inflammation is normal. Activity produces it, then the body recovers or repairs itself. The problem comes in when we have abnormal or chronic inflammation. It is the first stage of many serious conditions including cancer, heart disease, stroke, asthma, arthritis, Alzheimer’s, allergies, and so on. He explained that inflammation is regulated by eicosanoids which are formed by dietary fats. There are three major groups of fats, and each is important. The key is to balance the three groups. The word balance was used several times. When we balance these groups, our bodies recover from workouts, stress, etc.

Dr Maffetone listed some factors that promote inflammation:

- High carbohydrate diets
- High glycemic foods – bread, pasta, cereal, potatoes, sugar containing foods
- Physical, chemical, mental stress
- High saturated fat intake
- High vegetable oil intake - primrose oil, etc
- Hydrogenated oils (margarine)
- Hard exercise & competition
- Repetitive activity

Some factors that reduce inflammation include:

- Omega-3 fats – especially EPA
- Raw sesame seed oil (it is unstable – buy a small bottle and keep refrigerated, do not use for cooking)
- Ginger – slice and make a hot tea with honey
- Turmeric
- Citrus peel. Start by eating the white layer
- Extra Virgin Olive Oil

Again, Dr. Maffetone stressed that we balance our fat intake.



Dr. Gig Leadbetter from Mesa State spoke about hi altitude training.



Dr. George Dallam, professor of Exercise Science and Health Promotion at USC gave a presentation entitled “Running Techniques and Performance”. He discussed technique as relating to efficiency, speed, injury reduction, and enjoyment. Dr. Dallam is a former National Teams Coach for the USA Triathlon, and current independent coach of a number of elite triathletes. He is also an accomplished triathlete himself.



*See page 15 for more photos of the fitness symposium*

Dr. Rocky Khosla, athlete and physician, spoke about “Over-Use” injuries. He warned that training errors are the most common cause of injury. He advised changing of running shoes every 400—500 miles.



## Valentines Twosome

Twenty-Seven couples ran for the gold (actually chocolate) in SCR's annual Valentines Twosome race on February 10 at City Park. Runners donned boxers with red hearts, hospital scrubs with red hearts and anything else red in the closet. They carried some unusual batons as each partner ran a 1.6 mile leg of the relay. Canaan Vallejo knows how to pick a partner. Canaan and state cross country champ Jenna Bimbi took overall honors with a time of 18:57. Cupid may or may not have shown up, however young runners did. There were 6 running pairs whose combined ages were in the 20's. Youth! Some runners with more "experience" also took part. There were some couples in their 90's and some whose age exceeded a century! (combined ages of course) Thanks goes to race director Jeff Arnold and his crew of volunteers. Finish Line - Larry Volk, Crystal Berndt, Pat Berndt, Ken Raich, Photographer - Ron Dehn, Results - Janelle Rodriguez Registration - Shelley Riddock.

The Dudley / Dehn Duo were Delighted with their Daring Dash for second place in their age division along with "Lucy" the baton (in the middle). Lucy (Jan's creation) placed 1<sup>st</sup> in the largest baton category. Other winners in the baton contest were: Ugliest: Carla Braddy & Mike Cook, Most Romantic: Kathy & Jim Hruby, Most Creative: James Roukema & Norma Salazar (below).



### Valentines Twosome Results

| Oall | Grp  | Name                               | Comb Ages | Comb Times |
|------|------|------------------------------------|-----------|------------|
| 1    | OAll | Jenna Bimbi & Canaan Vallejo       | 32        | 18:57      |
| 2    | 2    | Crystal Berndt & Kyle Reno         | 37        | 19:16      |
| 3    | 1    | Larry & Sherie Caffey              | 50        | 20:46      |
| 4    | 1    | Katheine Frank & Joe Dvorsky       | 60        | 21:03      |
| 5    | 3    | Elizabeth Wallin & Shawn Borton    | 34        | 21:16      |
| 6    | 1    | Michelle Olson & Larry Volk        | 70        | 21:24      |
| 7    | 1    | Kathy & Jim Hruby                  | 77        | 21:26      |
| 8    | 1    | Stacey & Dave Diaz                 | 94        | 21:33      |
| 9    | 1    | Jenna & Lauren Dorsey-Spitz        | 28        | 22:34      |
| 10   | 4    | Shane Ewing & Carrie Hadley        | 33        | 22:39      |
| 11   | 2    | Samantha Davenport & Stephen Hruby | 26        | 22:41      |
| 12   | 2    | Janelle Rodriguez & Regis Marquez  | 57        | 22:59      |
| 13   | 3    | Sarah Sheehan & Aaron Berndt       | 27        | 23:32      |
| 14   | 2    | Chief & Diana Reno                 | 79        | 24:43:00   |
| 15   | 4    | Levi Ballejos & Brittany Bimbi     | 29        | 24:56:00   |
| 16   | 2    | Jan Dudley & Ron Dehn              | 100       | 25:59:00   |
| 17   | 3    | Laurie Wertzbaugher & John Freyta  | 76        | 25:59:00   |
| 18   | 2    | Kim Wilson & Jeff Sarek            | 48        | 26:14:00   |
| 19   | 1    | Larry Anderson & Elizabeth Torres  | 89        | 26:18:00   |
| 20   | 5    | Chris Dobson & Tiffany Reno        | 31        | 26:59:00   |
| 21   | 6    | Emili Talmich & Jake Korinek       | 36        | 29:01:00   |
| 22   | 3    | Jamie & Joe Bonney                 | 47        | 29:56:00   |
| 23   | 3    | James Roukema & Norma Salazar      | 95        | 30:01:00   |
| 24   | 2    | Carla Braddy & Mike Cook           | 89        | 31:38:00   |
| 25   | 1    | Tom & Sandra McKenna               | 115       | 32:12:00   |
| 26   | 5    | Kyle & Kendra Snow                 | 24        | 33:21:00   |
| 27   | 6    | Trent & Jadea Braddy               | 24        | 34:36:00   |



Katherine Frank & Joe Dvorsky (left) sailed to 1st place in their division.

Sarah Sheehan & Aaron Berndt (below) took 3rd in a very tough bracket. Sarah was the winner in the recent Southern Colorado MathCounts competition, a contest is sponsored by a local Engineers Association. A good runner and smart too!



See next page for more photos

## SCR Prediction Series Begins by Ken Raich

The first race of the 2002 SCR Prediction Series, "The Spring Runoff Tuneup", was held on February 17th. Runners in this prediction race were able to run the actual 10K course of the real Spring Runoff two weeks before the official Spring Runoff was held. In fact, each of the prediction races has a "quality" that makes it unique (and fun).

If you missed "The Spring Runoff Tuneup"...don't fret...you only need to complete 5 of the 9 races in the prediction series to be eligible for the awards. Of course, you can run in as many of the SCR series races as you wish, however, only your best 5 finishes will be considered for the series awards.

"Golly, that all sounds well and good." you ask, "But what the heck is a prediction series and how does SCR determine who gets the awards?" Well, I'm glad you asked (You DID ask, didn't you?). Here's the concept (in a nutshell):

All runners are equal during a prediction race. It does not matter how fast or how slow a participant runs! The winner of each race is the runner who finishes closest to his or her predicted time.

Before every race, each runner is required to predict his or her finishing time. This prediction is written down and no runner is allowed to wear a watch during the event. A runner's "adjusted finishing place" will be determined by how close that runner's "prediction" comes to his or her "actual finishing time." Every runner in a prediction race is awarded "points" during that race. More points will be awarded to those whose "adjusted finishing place" is lower than to those whose "adjusted finishing place" is higher. For example: the runner in a prediction race who comes closest to his or her predicted time earns 1st place and gets 100 points...everyone else

earns a higher place and gets fewer points (depending on how far they are from their predicted time). You can read precisely how points are awarded on the SCR web site.

At the end of the series, the points from each runner's five best races will be totaled and SCR will present "Prediction Series" awards to those with the highest point totals. The awards will not be categorized by sex or age group because every runner has an equal chance of getting an award (according to how accurately they predict their actual finishing time). The awards will be presented in January during the SCR Banquet.

Below is the prediction race schedule for the 2002 series:

Feb 17 Spring Runoff Tuneup 10K  
 Mar 24 Ben & Matt's 6.1 Mi. Trail Mix  
 Apr 6 Ramsgate 8K  
 Jun ?? Nirvana 4-Mile Run  
 Jul 27 Moonlight Madness 5-Mile Run  
 Aug 18 Tunnel Drive 5-Miler  
 Oct 26 Harvest 5-Mile Run  
 Nov 23 Temple Canyon 4-Miler  
 Dec 15 Marijane & Nick's 8-Mile Excellent Adventure

This month's issue of Footprints shows the results of the Spring Runoff Tuneup. Congratulations to Ron Dehn for taking first place (and earning the 100 points). Ron's predicted finishing time was only 2 seconds off from his predict.

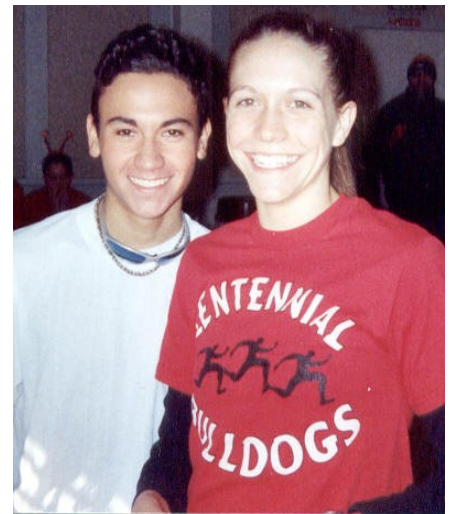
If you're tired of always seeing the fastest runners win every race. Join us for the prediction series. We honestly don't have a clue who the 2002 winners will be!

Thanks Ken, for being race director and writing this article. Thanks also to the volunteers: Finish Line: Gary Franchi, Aid Station: Pixie Raich, Course Monitors: Steve & Cindy Rutledge, Course Layout: Jeff Arnold -Ed.

## Valentines Twosome Photos continued from previous page



Tom & Sandra McKenna (above) ran to a 1st place finish in their bracket.



Jenna Bimbi & Canaan Vallejo (above) led the field.

Jan Dudley (right) models Lucy the baton (also right). Jan never ran with Lucy until race day. She said she was a bit concerned what her neighbors might think if she ran with Lucy in the neighborhood.



# Spring Runoff photos by Gary Franchi, Pat Berndt, Ron Dehn



**Jane Duncan looks happy as she nears the finish in the 2 mi. walk**

## 2 Mile Walk Results

|                          |                     |
|--------------------------|---------------------|
| 1 Sidney Arnold          | 57 M OA 55-59 22:55 |
| 2 Sergio Hernandez       | 16 M 1 13-19 22:59  |
| 3 Dale Boone             | 49 M 1 45-49 22:59  |
| 4 Mike Cook              | 55 M 1 55-59 23:04  |
| 5 Johnny Garcia          | 12 M 1 12- 24:58    |
| 6 Patrick Greer          | 50 M 1 50-54 25:16  |
| 7 Scott Patrick          | 9 M 2 12- 25:20     |
| 8 Gerald Miller          | 60 M 1 60-64 25:22  |
| 9 Jackie Miller          | 59 F OA 55-59 25:24 |
| 10 Cathryn Sanchez       | 40 F 1 40-44 25:28  |
| 11 Donna Caporicci       | 48 F 1 45-49 25:41  |
| 12 Jim Ritchey           | 56 M 2 55-59 25:42  |
| 13 Vicky Janos           | 50 F 1 50-54 25:57  |
| 14 Alyce Gangaware       | 51 F 2 50-54 25:58  |
| 15 Londa Curry           | 38 F 1 35-39 25:59  |
| 16 Tina Rocco            | 55 F 1 55-59 26:13  |
| 17 Jamie Patrick         | 14 F 1 13-19 26:20  |
| 18 Karen Patrick         | 37 F 2 35-39 26:21  |
| 19 Efrin Hernandez       | 12 M 3 12- 26:24    |
| 20 Nick Rodriguez        | 58 M 3 55-59 26:25  |
| 21 Lorraine Rodriguez    | 52 F 3 50-54 26:34  |
| 22 Jose Hernandez        | 45 M 2 45-49 26:50  |
| 23 Jane Duncan           | 61 F 1 60-64 27:03  |
| 24 John Hunter           | 57 M 4 55-59 27:14  |
| 25 George Montoya        | 16 M 2 13-19 27:20  |
| 26 Stephen Ruthledge     | 49 M 3 45-49 27:21  |
| 27 Angela Mock           | 49 F 2 45-49 27:29  |
| 28 Lora Ure              | 51 F 4 50-54 27:40  |
| 29 Barbara Greenwood     | 52 F 5 50-54 27:41  |
| 30 Joe Miller            | 43 M 1 40-44 27:42  |
| 31 Diane Stevenson       | 50 F 6 50-54 27:43  |
| 32 Katy Woods            | 19 F 2 13-19 27:44  |
| 33 Randy Comden          | 49 F 3 45-49 27:44  |
| 34 Chris Nevin-Woods     | 49 F 4 45-49 27:45  |
| 35 George Kurtz          | 78 M 1 70- 27:45    |
| 36 Mike Kurtz            | 36 M 1 35-39 27:49  |
| 37 Patrice Pate          | 50 F 7 50-54 27:53  |
| 38 Valerie Bodmer        | 40 F 2 40-44 27:54  |
| 39 Pam Barton            | 39 F 3 35-39 28:02  |
| 40 Natalie Veges         | 74 F 1 70+ 28:17    |
| 41 Stephanie Wyatt       | 12 F 1 12- 28:18    |
| 42 Rochelle Beier-Kemmet | 43 F 3 40-44 28:21  |
| 43 Jean Beier            | 66 F 1 65-69 28:22  |
| 44 Tara Benegas          | 11 F 2 12- 28:39    |
| 45 Eugena Gersick 4      | 2 F 4 40-44 28:40   |

|                        |                     |
|------------------------|---------------------|
| 46 Megan Greenwood     | 18 F 3 13-19 28:40  |
| 47 Yonya Benegas       | 36 F 4 35-39 28:41  |
| 48 Kris Howell         | 53 F 8 50-54 28:43  |
| 49 Jerry Howell        | 53 M 2 50-54 28:47  |
| 50 Geri Davis          | 50 F 9 50-54 29:01  |
| 51 Heidi Chandler      | 28 F 1 25-29 29:01  |
| 52 Karen Lest          | 29 F 2 25-29 29:02  |
| 53 Priscilla Portillos | 65 F 2 65-69 29:10  |
| 54 Patricia Cosyleon   | 41 F 5 40-44 29:31  |
| 55 Ashlie Davenport    | 12 F 3 12- 29:52    |
| 56 Mark Eldred         | 40 M 2 40-44 29:57  |
| 57 Fran Cosyleon       | 52 F 10 50-54 30:14 |
| 58 Inge Millet         | 72 F 2 70+ 30:16    |
| 59 Herb Soto           | 52 M 3 50-54 30:17  |
| 60 Alice Soto          | 51 F 11 50-54 30:17 |
| 61 Kim Davenport       | 33 F 1 30-34 30:19  |
| 62 Normy Salazar       | 46 F 5 45-49 30:21  |
| 63 Cheryl Ammeter      | 38 F 5 35-39 30:22  |
| 64 Amy Heath           | 28 F 3 25-29 30:26  |
| 65 Janet Tienda        | 42 F 6 40-44 30:27  |
| 66 Rose Guerrero       | 51 F 12 50-54 30:27 |
| 67 Janet Greer         | 49 F 6 45-49 30:29  |
| 68 Mark Balsick        | 47 M 4 45-49 30:33  |
| 69 Dondi "Dee" Brown   | 35 F 6 35-39 30:54  |
| 70 Tiffanie Krupka     | 22 F 1 20-24 31:20  |
| 71 Jane Rawlings       | 53 F 13 50-54 31:24 |
| 72 Lenore Raich        | 52 F 14 50-54 31:31 |
| 73 Alicia Sanchez      | 21 F 2 20-24 31:34  |
| 74 Cindy Pacheco       | 35 F 7 35-39 31:35  |
| 75 Kristy Puls         | 13 F 4 13-19 31:44  |
| 76 Laura Puls          | 15 F 5 13-19 31:45  |
| 77 Beverly Ropp        | 47 F 7 45-49 31:46  |
| 78 Sue Martinez        | 36 F 8 35-39 31:56  |
| 79 Gary Samberson      | 40 M 3 40-44 31:58  |
| 80 Nadine Samberson    | 59 F 2 55-59 32:00  |
| 81 Lisa Atterberry     | 32 F 2 30-34 32:01  |
| 82 Shelby Mathis       | 9 F 4 12- 32:03     |
| 83 Cathy Mathis        | 40 F 7 40-44 32:07  |
| 84 Paula Wyatt         | 33 F 3 30-34 32:08  |
| 85 Jeanne Tallman      | 66 F 3 65-69 32:53  |
| 86 Kristin Knowles     | 32 F 4 30-34 32:53  |
| 87 Pattee Williams     | 69 F 4 65-69 32:59  |
| 88 Jo Glover 61 F 2    | 60-64 33:00         |
| 89 Nancy Baker         | 67 F 5 65-69 33:04  |
| 90 Katryna Fredregill  | 56 F 3 55-59 33:09  |
| 91 Mary Lou Jones      | 52 F 15 50-54 33:09 |
| 92 Aron Jones          | 24 M 1 20-24 33:10  |
| 93 Bob Fredregill      | 60 M 2 60-64 33:40  |
| 94 Tana Fowler         | 41 F 8 40-44 34:09  |
| 95 Brenda Marino       | 40 F 9 40-44 34:16  |
| 96 Lawrence Algiene    | 51 M 4 50-54 34:17  |
| 97 Yolanda Dronkers    | 42 F 10 40-44 34:17 |
| 98 Eric Dronkers       | 43 M 4 40-44 34:30  |
| 99 Joe Lippincott      | 11 M 4 12- 34:45    |
| 100 Melody Lippincott  | 45 F 8 45-49 35:04  |
| 101 Sandra Carver      | 57 F 4 55-59 35:38  |
| 102 Tracy Long         | 40 F 11 40-44 35:48 |
| 103 Heather Batterton  | 22 F 3 20-24 35:48  |
| 104 Jerri Larrick      | 20 F 4 20-24 35:48  |
| 105 Janet Pullin       | 51 F 16 50-54 36:25 |
| 106 Kimberly Sparks    | 28 F 4 25-29 36:25  |
| 107 Phylis Sparks      | 51 F 17 50-54 36:26 |
| 108 Mark Wilkinson     | 51 M 5 50-54 37:54  |
| 109 Debbie Gurule      | 37 F 9 35-39 37:56  |
| 110 Merrilee Rhodes    | 59 F 5 55-59 38:37  |
| 111 Kay Brown          | 63 F 3 60-64 38:37  |
| 112 Dawn DiPrince      | 28 F 5 25-29 38:54  |
| 113 Liz DiPrince       | 25 F 6 25-29 38:55  |
| 114 Chris Markuson     | 27 M 1 25-29 40:12  |
| 115 Jim Markuson       | 54 M 6 50-54 40:12  |
| 116 Debbie Roman       | 31 F 5 30-34 40:28  |
| 117 Naomi Fuller       | 51 F 18 50-54 40:30 |

118 Amy Arnold 80 F 3 70+ 48:33



**Luke Duncan of Beulah took home a gold medal in the 12 and under division of the 5k with a 24:04 run**

## 5K Run Results

|                         |                       |
|-------------------------|-----------------------|
| 1 Phil Castillo         | 29 M OAll 25-29 15:57 |
| 2 Doug Hugil            | 41 M 1 40-44 16:23    |
| 3 Jeff Prada            | 29 M 1 25-29 17:15    |
| 4 Jonathan Skloven-Gill | 18 M 1 13-19 18:28    |
| 5 Brett Pierce          | 30 M 1 30-34 18:36    |
| 6 Regie Marquez         | 25 M 2 25-29 18:56    |
| 7 Johnny Ray Garcia     | 45 M 1 45-49 19:08    |
| 8 Jason Ramos           | 28 M 3 25-29 19:33    |
| 9 Jeff Roybal           | 25 M 4 25-29 19:37    |
| 10 Toby Doub            | 31 M 2 30-34 19:54    |
| 11 Heather Loseke       | 16 F OAll 13-19 21:07 |
| 12 Thomas Herzog        | 37 M 1 35-39 21:13    |
| 13 Nick Ross            | 14 M 2 13-19 21:14    |
| 14 Clint W Zundel       | 24 M 1 20-24 21:25    |
| 15 Bill Veges           | 44 M 2 40-44 21:27    |
| 16 Mark Gurule          | 39 M 2 35-39 21:28    |
| 17 Marv Bradley         | 62 M 1 60-64 21:31    |
| 18 Joe Farra            | 55 M 1 55-59 21:44    |
| 19 Gene Mares           | 39 M 3 35-39 21:56    |
| 20 Gary Martino         | 37 M 4 35-39 22:01    |
| 21 Scott Beauvias       | 42 M 3 40-44 22:02    |
| 22 Crystal Berndt       | 17 F 1 13-19 22:06    |
| 23 Rebecca Moss         | 30 F 1 30-34 22:12    |
| 24 Bob Gassen           | 54 M 1 50-54 22:14    |
| 25 Ryan Hannigan        | 17 M 3 13-19 22:18    |
| 26 Brian Ropp           | 38 M 5 35-39 22:19    |
| 27 Bill Bustillos       | 48 M 2 45-49 22:20    |
| 28 Paul Vialpando       | 20 M 2 20-24 22:23    |
| 29 Chris Vialpando      | 24 M 3 20-24 22:24    |
| 30 Mark Stinchcomb      | 46 M 3 45-49 22:30    |
| 31 Robert M Ruiz        | 33 M 3 30-34 22:51    |
| 32 Paul Silver          | 17 M 4 13-19 22:57    |
| 33 Aaron Berndt         | 13 M 5 13-19 23:11    |
| 34 Jim Brunelli         | 44 M 4 40-44 23:19    |
| 35 Gerald Ure           | 44 M 5 40-44 23:26    |
| 36 Joe Wyatt            | 46 M 4 45-49 23:30    |
| 37 Michael Ramirez      | 33 M 4 30-34 23:41    |
| 38 Gregory Gauna        | 31 M 5 30-34 23:51    |
| 39 Joe Vigil            | 45 M 5 45-49 23:51    |
| 40 Rocky Khosla         | 43 M 6 40-44 23:55    |

(Continued on page 12)

# Spring Runoff

(Continued from page 11)

|                          |                     |                         |                     |                           |                     |
|--------------------------|---------------------|-------------------------|---------------------|---------------------------|---------------------|
| 41 Adam Daurio           | 22 M 4 20-24 23:57  | 111 Richard Valdez      | 42 M 16 40-44 28:43 | 183 Myra Whitney          | 63 F 1 60-64 42:38  |
| 42 Brandon Allen         | 26 M 5 25-29 23:59  | 112 Jeff Chamberlain    | 33 M 8 30-34 29:07  | 184 Ed Moya               | 65 M 4 65-69 42:42  |
| 43 Charlie Hall          | 46 M 6 45-49 24:02  | 113 Caitlin Milligan    | 14 F 5 13-19 29:11  | 185 Larry Grade           | 26 M 8 25-29 43:51  |
| 44 Luke Duncan           | 12 M 1 12- 24:04    | 114 Kerri Lonnberg      | 22 F 4 20-24 29:17  | 186 James Ryan Medina     | 34 M 10 30-34 43:52 |
| 45 Kevin Duncan          | 44 M 7 40-44 24:04  | 115 Larry Walls         | 62 M 3 60-64 29:25  | 187 Allen Sparks          | 55 M 8 55-59 44:01  |
| 46 Brian Thielemier      | 29 M 6 25-29 24:09  | 116 Richard Ayala       | 67 M 2 65-69 29:32  | 188 Ruth Bott             | 80 F 1 70+ 45:05    |
| 47 Misti Frey            | 34 F 2 30-34 24:09  | 117 Jesse Feeback       | 8 M 9 12- 29:32     | 189 Monica Diaz           | 14 F 12 13-19 46:11 |
| 48 Michael Aragon        | 15 M 6 13-19 24:18  | 118 Mark Baldwin        | 40 M 17 40-44 29:48 | 190 Mikki-Michelle Halsey | 9 F 7 12- 48:19     |
| 49 Leroy Sandoval        | 41 M 8 40-44 24:20  | 119 Carrie Saccone      | 11 F 3 12- 29:49    |                           |                     |
| 50 Bolivar Newkirk       | 24 M 5 20-24 24:33  | 120 Nikki Innes         | 14 F 6 13-19 29:50  |                           |                     |
| 51 Roland Loveless       | 36 M 6 35-39 24:46  | 121 Jarrod Efird        | 28 M 7 25-29 29:56  |                           |                     |
| 52 Karen Hurley          | 23 F 1 20-24 24:47  | 122 Mallory Norway      | 54 F 2 50-54 29:58  |                           |                     |
| 53 Greg Meier            | 38 M 7 35-39 24:47  | 123 Dave Pate           | 45 M 12 45-49 29:58 |                           |                     |
| 54 Mark Kuhn             | 36 M 8 35-39 24:50  | 124 Laura Saccone       | 13 F 7 13-19 29:59  |                           |                     |
| 55 Gary Johnson          | 40 M 9 40-44 24:55  | 125 Thomas Roukema      | 18 M 11 13-19 30:05 |                           |                     |
| 56 Jeff Sarek            | 12 M 2 12- 24:57    | 126 Tracy Hall          | 22 F 5 20-24 30:12  |                           |                     |
| 57 Teresa Markusfeld     | 22 F 2 20-24 25:04  | 127 Jennie Shaydak      | 24 F 6 20-24 30:13  |                           |                     |
| 58 Trin Sanchez          | 61 M 2 60-64 25:14  | 128 Dick Marian         | 64 M 4 60-64 30:15  |                           |                     |
| 59 Abby Cordova          | 29 F 1 25-29 25:17  | 129 Carolyn Mcguinn     | 53 F 3 50-54 30:27  |                           |                     |
| 60 John Neumeister       | 57 M 2 55-59 25:18  | 130 Peggy Dunn          | 38 F 2 35-39 30:37  |                           |                     |
| 61 Stephan Vialpando     | 48 M 7 45-49 25:19  | 131 Cecil Parrack       | 58 M 5 55-59 30:47  |                           |                     |
| 62 Roger Quintana        | 50 M 2 50-54 25:19  | 132 Tallie Koncilija    | 42 F 2 40-44 30:56  |                           |                     |
| 63 Marty Gersick         | 46 M 8 45-49 25:20  | 133 George Koncilija    | 10 M 10 12- 30:56   |                           |                     |
| 64 Steve Kastner         | 39 M 9 35-39 25:29  | 134 Susanne Divelbiss   | 36 F 3 35-39 31:05  |                           |                     |
| 65 Mark Vialpando        | 41 M 10 40-44 25:32 | 135 Denise Laine        | 36 F 4 35-39 31:08  |                           |                     |
| 66 Craig Lopez           | 36 M 10 35-39 25:33 | 136 Larry Trujillo      | 47 M 13 45-49 31:17 |                           |                     |
| 67 Gina Benfatti         | 40 F 1 40-44 25:35  | 137 Kristen Meier       | 34 F 6 30-34 31:17  |                           |                     |
| 68 William Woods         | 10 M 3 12- 25:40    | 138 Samantha Divelbiss  | 8 F 4 12- 31:25     |                           |                     |
| 69 Suzanne Hough         | 34 F 3 30-34 25:42  | 139 Tanya Dreiling      | 13 F 8 13-19 31:29  |                           |                     |
| 70 Zach Fillmore         | 11 M 4 12- 25:42    | 140 Jim Gonzales        | 61 M 5 60-64 31:30  |                           |                     |
| 71 Valerie Melgoza       | 18 F 2 13-19 25:48  | 141 Jennifer Kovocich   | 28 F 3 25-29 31:32  |                           |                     |
| 72 Dolinda Lucero        | 29 F 2 25-29 25:54  | 142 Courtney Bocim      | 16 F 9 13-19 31:35  |                           |                     |
| 73 John Guzman           | 58 M 3 55-59 26:00  | 143 Kim Hecker          | 34 F 7 30-34 31:49  |                           |                     |
| 74 Laurice Lopez-Depero  | 30 F 4 30-34 26:17  | 144 Nancie Aguirre      | 44 F 3 40-44 31:55  |                           |                     |
| 75 James Roukema         | 49 M 9 45-49 26:21  | 145 Rebecca Garcia      | 48 F 1 45-49 31:56  |                           |                     |
| 76 Brandon Van Buskirk   | 17 M 7 13-19 26:22  | 146 Thomas Willumstad   | 16 M 12 13-19 32:02 |                           |                     |
| 77 Randy Chavez          | 13 M 8 13-19 26:22  | 147 David Dill          | 60 M 6 60-64 32:08  |                           |                     |
| 78 Katie Couch           | 16 F 3 13-19 26:29  | 148 Carolyn Javorsky    | 43 F 4 40-44 32:09  |                           |                     |
| 79 James Martinez        | 57 M 4 55-59 26:29  | 149 Rodney Furuto       | 55 M 6 55-59 32:10  |                           |                     |
| 80 Eliza Thompson-Florez | 11 F 1 12- 26:40    | 150 Rebecca Wright      | 17 F 10 13-19 32:13 |                           |                     |
| 81 Aaron Diaz            | 15 M 9 13-19 26:40  | 151 Bruce Taylor        | 53 M 6 50-54 32:20  |                           |                     |
| 82 Anthony Diaz          | 44 M 11 40-44 26:41 | 152 Melissa Van Buskirk | 12 F 5 12- 32:25    |                           |                     |
| 83 Patrick Swank         | 54 M 3 50-54 26:43  | 153 Kathleen Mattarocci | 55 F 2 55-59 32:29  |                           |                     |
| 84 Fran Borton           | 55 F 1 55-59 26:44  | 154 Arvenia Morris      | 45 F 2 45-49 32:37  |                           |                     |
| 85 Gary Hecker           | 35 M 11 35-39 26:48 | 155 John Kelly          | 60 M 7 60-64 32:44  |                           |                     |
| 86 Dan Comden            | 48 M 10 45-49 26:51 | 156 Pam Gonzales        | 43 F 5 40-44 32:48  |                           |                     |
| 87 Bryan Springfield     | 41 M 12 40-44 26:52 | 157 Kimly Wilson        | 36 F 5 35-39 32:48  |                           |                     |
| 88 Jerry Lopez           | 51 M 4 50-54 26:53  | 158 Nancy Steffy        | 46 F 3 45-49 32:53  |                           |                     |
| 89 Thomas Divelbiss      | 9 M 5 12- 27:04     | 159 Joe Mayoral         | 14 M 13 13-19 33:03 |                           |                     |
| 90 Eric Martinez         | 12 M 6 12- 27:05    | 160 Jenny Newell        | 20 F 7 20-24 33:03  |                           |                     |
| 91 Hannah Radner         | 11 F 2 12- 27:11    | 161 Elizabeth Bemis     | 16 F 11 13-19 33:20 |                           |                     |
| 92 Rick Martinez         | 38 M 12 35-39 27:27 | 162 Carole Yorkley      | 49 F 4 45-49 33:24  |                           |                     |
| 93 Dan Cleaver           | 13 M 10 13-19 27:38 | 163 Adrian Martinez     | 54 M 7 50-54 33:38  |                           |                     |
| 94 John Rawinski         | 48 M 11 45-49 27:39 | 164 Mary Guzman         | 45 F 5 45-49 33:53  |                           |                     |
| 95 Marcella Burg         | 15 F 4 13-19 27:40  | 165 Derek Flores        | 33 M 9 30-34 33:59  |                           |                     |
| 96 Steve Oakes           | 38 M 13 35-39 27:56 | 166 Luann Suarez        | 40 F 6 40-44 34:09  |                           |                     |
| 97 Brook Elkins          | 31 M 6 30-34 27:56  | 167 Dianna Trumble      | 36 F 6 35-39 34:34  |                           |                     |
| 98 Joseph Koncilija      | 12 M 7 12- 27:59    | 168 Christy Furmin      | 53 F 4 50-54 34:44  |                           |                     |
| 99 Ben Comden            | 10 M 8 12- 27:59    | 169 Cindy Miller        | 43 F 7 40-44 35:06  |                           |                     |
| 100 Lance Roberts        | 44 M 13 40-44 28:05 | 170 Candy Masin         | 41 F 8 40-44 35:06  |                           |                     |
| 101 Aaron Ure            | 20 M 6 20-24 28:09  | 171 Angela Keefer       | 33 F 8 30-34 35:07  |                           |                     |
| 102 Gary Voetberg        | 43 M 14 40-44 28:10 | 172 Brenda De Mars      | 50 F 5 50-54 35:24  |                           |                     |
| 103 Mike Torres          | 40 M 15 40-44 28:16 | 173 Neil Kinsinger      | 67 M 3 65-69 35:25  |                           |                     |
| 104 Janelle Rodriguez    | 32 F 5 30-34 28:18  | 174 Bill Demoss         | 59 M 7 55-59 35:33  |                           |                     |
| 105 Deanna Allen         | 22 F 3 20-24 28:24  | 175 Kayla Shellenberger | 10 F 6 12- 35:53    |                           |                     |
| 106 Chico Martinez       | 52 M 5 50-54 28:31  | 176 Lisa Rawinski       | 32 F 9 30-34 35:56  |                           |                     |
| 107 Art Bernal           | 32 M 7 30-34 28:31  | 177 John Mcguire        | 54 M 8 50-54 38:07  |                           |                     |
| 108 Marie G Martinez     | 53 F 1 50-54 28:39  | 178 Bob Cramer          | 47 M 14 45-49 38:14 |                           |                     |
| 109 Ralph Regalado       | 65 M 1 65-69 28:41  | 179 TJ Puls             | 11 M 11 12- 40:47   |                           |                     |
| 110 Robin Van Buskirk    | 38 F 1 35-39 28:42  | 180 Kelly Drotar        | 24 F 8 20-24 40:53  |                           |                     |
|                          |                     | 181 Kate Puls           | 48 F 6 45-49 40:57  |                           |                     |
|                          |                     | 182 Danielle Kish       | 23 F 9 20-24 41:50  |                           |                     |



**Pete Saccone who was a speaker at the SECAHEC Fitness Symposium ran with a group of students. Pete has gained notoriety for his “Funner to be a Runner program**



**Barbara Hadley smiles at the finish line. She took a gold in the 10K**

### 10K Run Results

|                  |                     |
|------------------|---------------------|
| 1 Gerald Romero  | 30 M OA 30-34 35:40 |
| 2 Cody Hill      | 28 M 1 25-29 36:55  |
| 3 Brian Ruhm     | 36 M 1 35-39 37:23  |
| 4 Rick Shoulberg | 41 M 1 40-44 38:42  |
| 5 Woody Noleen   | 46 M 1 45-49 39:09  |
| 6 Chad DiPrince  | 26 M 2 25-29 40:05  |
| 7 Dean Torres    | 47 M 2 45-49 40:21  |
| 8 Rudy Baca      | 42 M 2 40-44 40:42  |
| 9 Eric Hammond   | 17 M 1 13-19 40:52  |

(Continued on page 13)

# Spring Runoff

(Continued from page 12)

|                        |                     |
|------------------------|---------------------|
| 10 Dave Diaz           | 53 M 1 50-54 41:30  |
| 11 Ken Johnson         | 48 M 3 45-49 41:37  |
| 12 Robert Brotherston  | 43 M 3 40-44 42:33  |
| 13 Kevin Slaughter     | 31 M 1 30-34 42:43  |
| 14 John Montoya        | 44 M 4 40-44 42:54  |
| 15 James Robinson      | 50 M 2 50-54 43:01  |
| 16 Marty Garcia        | 41 M 5 40-44 43:43  |
| 17 Ed Shute            | 36 M 2 35-39 44:18  |
| 18 Richard Hogan       | 28 M 3 25-29 44:26  |
| 19 Jonathan Cohen      | 16 M 2 13-19 45:13  |
| 20 Alex Lee            | 16 M 3 13-19 46:03  |
| 21 Gerry Crook         | 31 M 2 30-34 46:17  |
| 22 Chief Reno          | 40 M 6 40-44 46:41  |
| 23 Dale Papineau       | 35 M 3 35-39 47:12  |
| 24 Ross Westly         | 65 M 1 65-69 47:27  |
| 25 Edward Griego       | 50 M 3 50-54 47:45  |
| 26 Stan Hren           | 60 M 160-64 47:51   |
| 27 Heather Ruhm        | 38 F OA 35-39 48:02 |
| 28 Humberto Paredes    | 45 M 4 45-49 48:06  |
| 29 Amy Chamberlain     | 31 F 1 30-34 48:42  |
| 30 Gary Rael           | 36 M 4 35-39 48:54  |
| 31 Teri Fox            | 28 F 1 25-29 49:10  |
| 32 Claire Bueno        | 37 F 1 35-39 49:19  |
| 33 Elizabeth Alfonso   | 17 F 1 13-19 49:30  |
| 34 Amy Wolf            | 40 F 1 40-44 49:31  |
| 35 Dean Volk           | 36 M 5 35-39 49:31  |
| 36 Daniel Johnson      | 27 M 4 25-29 49:34  |
| 37 Mike Borton         | 46 M 5 45-49 49:38  |
| 38 Robin Krueger       | 33 F 2 30-34 49:46  |
| 39 Dave Law            | 31 M 3 30-34 49:51  |
| 40 Sandy Russell       | 17 F 2 13-19 49:51  |
| 41 Phil Knowles        | 29 M 5 25-29 49:57  |
| 42 Ron Dehn            | 53 M 4 50-54 50:25  |
| 43 Brad Van Buskirk    | 40 M 7 40-44 50:33  |
| 44 Kevin Stracuzzi     | 32 M 4 30-34 51:12  |
| 45 Leonard Benegas     | 36 M 6 35-39 51:59  |
| 46 Nick Lepetos        | 34 M 5 30-34 52:10  |
| 47 Jack Rink           | 47 M 6 45-49 52:32  |
| 48 Paul Dalla Guardia  | 43 M 8 40-44 52:35  |
| 49 Jaclyn McCluskey    | 22 F 1 20-24 52:40  |
| 50 Warren Marshall     | 53 M 5 50-54 53:16  |
| 51 Drenda King         | 40 F 2 40-44 53:36  |
| 52 Michael Sanchez     | 41 M 9 40-44 53:43  |
| 53 Marc Lyons          | 33 M 6 30-34 53:49  |
| 54 Lee Carstensen      | 43 M 10 40-44 54:07 |
| 55 John Freyta         | 34 M 7 30-34 54:08  |
| 56 Cathy Osban         | 33 F 3 30-34 54:11  |
| 57 Larry Bowman        | 48 M 7 45-49 54:23  |
| 58 Paolo Bahr          | 34 M 8 30-34 54:23  |
| 59 Laurie Wertzbaugher | 42 F 3 40-44 54:28  |
| 60 Martha Kettlekamp   | 27 F 2 25-29 54:31  |
| 61 Raul San Miguel     | 51 M 6 50-54 54:58  |
| 62 Julie Marshall      | 53 F 1 50-54 54:59  |
| 63 Teri Cassidy        | 28 F 3 25-29 55:18  |
| 64 Chesney Dougherty   | 20 F 2 20-24 55:20  |
| 65 Thomas Duran        | 56 M 1 55-59 55:26  |
| 66 Don Diprince        | 52 M 7 50-54 55:36  |
| 67 Shane Mccarthy      | 29 F 4 25-29 55:43  |
| 68 Sarah Felt          | 29 F 5 25-29 55:44  |
| 69 Cj Schindehette     | 33 M 9 30-34 55:46  |
| 70 Tim Caudill         | 41 M 11 40-44 55:47 |
| 71 Barbara Hadley      | 48 F 1 45-49 55:59  |
| 72 Katie Hajost        | 14 F 3 13-19 56:09  |
| 73 Susan Dalla Guardia | 43 F 4 40-44 56:20  |
| 74 Cecil Townsend      | 54 M 8 50-54 56:45  |
| 75 Dennis Drisell      | 42 M 12 40-44 57:08 |
| 76 Hannah Hahn         | 14 F 4 13-19 57:11  |
| 77 Dennis Beard II     | 35 M 7 35-39 57:20  |
| 78 Annette Martinez    | 37 F 2 35-39 57:27  |
| 79 Deb Hoefler         | 37 F 3 35-39 57:53  |

|                        |                       |
|------------------------|-----------------------|
| 80 George Dominguez    | 61 M 2 60-64 57:58    |
| 81 Bony Cosyleon       | 52 M 9 50-54 58:09    |
| 82 Robert Landreth     | 51 M 10 50-54 58:17   |
| 83 Tina Clarke         | 43 F 5 40-44 58:20    |
| 84 Yuri Rothbaum       | 29 M 6 25-29 59:08    |
| 85 Jess Cosyleon       | 55 M 2 55-59 59:09    |
| 86 William Van Buskirk | 66 M 2 65-69 59:33    |
| 87 Jackie Skinner      | 17 F 5 13-19 59:35    |
| 88 Donald Johnson      | 47 M 8 45-49 59:39    |
| 89 Jeff Cleaver        | 51 M 11 50-54 59:42   |
| 90 Matthew Sparks      | 32 M 10 30-34 59:50   |
| 91 Chuck Moore         | 30 M 11 30-34 59:54   |
| 92 Mickey Moore        | 55 M 3 55-59 59:55    |
| 93 Vanessa Soto        | 25 F 6 25-29 1:00:17  |
| 94 Tom Tafoya          | 55 M 4 55-59 1:00:31  |
| 95 Alyssa Mccoy        | 32 F 4 30-34 1:00:43  |
| 96 Cody Hollowell      | 11 M 1 12- 1:00:51    |
| 97 Bob Erickson        | 58 M 5 55-59 1:01:34  |
| 98 Richard Clayton     | 49 M 9 45-49 1:01:35  |
| 99 Paul Willumstad     | 52 M 12 50-54 1:01:55 |
| 100 Alice Fitzgerald   | 40 F 6 40-44 1:02:03  |
| 101 Stuart Shepard     | 14 M 4 13-19 1:02:10  |
| 102 Samantha Davenport | 13 F 6 13-19 1:02:46  |
| 103 Dustin Stier       | 10 M 2 12- 1:02:49    |
| 104 Rob Lyons          | 35 M 8 35-39 1:02:51  |
| 105 Kelee Dell         | 30 F 5 30-34 1:03:36  |
| 106 Carla Braddy       | 34 F 6 30-34 1:03:50  |
| 107 Martin Atterberry  | 39 M 9 35-39 1:04:45  |
| 108 John Lobato        | 48 M 10 45-49 1:04:48 |
| 109 Zane Meredith      | 50 F 2 50-54 1:06:27  |
| 110 Karen Akers        | 56 F 1 55-59 1:06:47  |
| 111 Tyler J Stewart    | 10 M 3 12- 1:06:57    |
| 112 Peggy Massic       | 44 F 7 40-44 1:08:54  |
| 113 Mieke Davis        | 40 F 8 40-44 1:08:55  |
| 114 Ambrose Solis      | 14 M 5 13-19 1:09:03  |
| 115 Roger Wilcox       | 73 M 1 70+ 1:09:06    |
| 116 Joe A Espino       | 11 M 4 12- 1:09:35    |
| 117 Will Johnson       | 53 M 13 50-54 1:09:57 |
| 118 Jessica L Cameron  | 10 F 1 12- 1:09:58    |
| 119 Cathy Markuson     | 52 F 3 50-54 1:12:45  |
| 120 Alonzetta Mercer   | 47 F 2 45-49 1:24:31  |
| 121 David Fernandez    | 13 M 6 13-19 1:28:54  |
| 122 Alicia Hoegh       | 47 F 3 45-49 1:49:24  |

## 10 Mile Run Results

|                     |                       |
|---------------------|-----------------------|
| 1 Matt Mossman      | 24 M OA 20-24 58:22   |
| 2 Eric Billmeyer    | 32 M 1 30-34 58:51    |
| 3 Stephen Wills     | 17 M 1 13-19 59:10    |
| 4 Brian Kates       | 30 M 2 30-34 59:22    |
| 5 Paul Koch         | 33 M 3 30-34 59:24    |
| 6 Bruce Dewsberry   | 47 M 1 45-49 1:03:47  |
| 7 Vicente Fuentes   | 36 M 1 35-39 1:04:41  |
| 8 Neal Oseland      | 32 M 4 30-34 1:04:50  |
| 9 Mark Koch         | 42 M 1 40-44 1:06:26  |
| 10 Kelly Ryan       | 33 F OA 30-34 1:06:35 |
| 11 Angelo Aragon    | 44 M 2 40-44 1:06:50  |
| 12 Stan Lambros     | 36 M 2 35-39 1:07:37  |
| 13 Rich Hadley      | 46 M 2 45-49 1:07:47  |
| 14 George Jones     | 51 M 1 50-54 1:08:07  |
| 15 Tyler Hedges     | 19 M 2 13-19 1:09:14  |
| 16 Marcus Wehrauch  | 25 M 1 25-29 1:09:23  |
| 17 Andrew Hackler   | 34 M 5 30-34 1:11:01  |
| 18 Larry Volk       | 38 M 3 35-39 1:11:25  |
| 19 Katherine Frank  | 30 F 1 30-34 1:12:07  |
| 20 Kim Grant        | 42 F 1 40-44 1:12:15  |
| 21 Mike Pigg        | 38 M 4 35-39 1:13:06  |
| 22 David Seley      | 31 M 6 30-34 1:13:11  |
| 23 Rick Hough       | 37 M 5 35-39 1:13:50  |
| 24 Matt Sherman     | 29 M 2 25-29 1:15:01  |
| 25 Robert Mcandrews | 62 M 1 60-64 1:15:08  |
| 26 Joe Stommell     | 52 M 2 50-54 1:15:37  |
| 27 John Mathis II   | 37 M 6 35-39 1:15:47  |

28 Robert Santoyo 39 M 7 35-39 1:17:12



**Robert Santoyo looks strong at the 10 mile finish**

|                        |                       |
|------------------------|-----------------------|
| 29 Roy Hughes          | 49 M 3 45-49 1:17:15  |
| 30 Pat Dennis          | 41 M 3 40-44 1:17:17  |
| 31 Fay Slattery        | 38 F 1 35-39 1:17:18  |
| 32 Dirk Kettlekamp     | 31 M 7 30-34 1:18:12  |
| 33 Michael Lucero      | 34 M 8 30-34 1:18:48  |
| 34 Brandt Bradbury     | 37 M 8 35-39 1:19:24  |
| 35 Aaron Griffin       | 25 M 3 25-29 1:19:45  |
| 36 Ed Leanos           | 54 M 3 50-54 1:20:08  |
| 37 Paul Von Der Gathen | 60 M 2 60-64 1:21:02  |
| 38 Ross Barnhart       | 38 M 9 35-39 1:21:11  |
| 39 James Newton        | 44 M 4 40-44 1:21:24  |
| 40 Jeff Howes          | 36 M 10 35-39 1:22:02 |
| 41 Sam McClure         | 48 M 4 45-49 1:22:04  |
| 42 Nick Levya          | 48 M 5 45-49 1:22:17  |
| 43 Lorraine Hoyle      | 54 F 1 50-54 1:23:42  |
| 44 Stacy Diaz          | 41 F 2 40-44 1:23:50  |
| 45 Michelle Olson      | 32 F 2 30-34 1:23:56  |
| 46 Ted Puls            | 43 M 5 40-44 1:24:50  |
| 47 Carl Bartecchi      | 62 M 3 60-64 1:25:10  |
| 48 David Crockenberg   | 54 M 4 50-54 1:25:51  |
| 49 Kent Mitchell       | 60 M 4 60-64 1:26:47  |
| 50 Clara Flores        | 43 F 3 40-44 1:26:56  |
| 51 Jill Montera        | 35 F 2 35-39 1:27:09  |
| 52 Michael Olson       | 45 M 6 45-49 1:29:10  |
| 53 Peter P Saccone     | 58 M 1 55-59 1:29:32  |
| 54 Marjane Martinez    | 49 F 1 45-49 1:29:50  |
| 55 Stacie Taravella    | 36 F 3 35-39 1:30:52  |
| 56 Marcia Hughes       | 43 F 4 40-44 1:31:10  |
| 57 Mark Dembosky       | 55 M 2 55-59 1:31:37  |
| 58 Ross Manley         | 21 M 1 20-24 1:32:31  |
| 59 Les Lundin          | 52 M 5 50-54 1:32:59  |
| 60 John Crouse         | 51 M 6 50-54 1:33:23  |
| 61 Charles Fuermann    | 64 M 5 60-64 1:33:37  |
| 62 Bev Croch           | 52 F 2 50-54 1:33:57  |
| 63 Emily Roukema       | 22 F 1 20-24 1:34:38  |
| 64 Teresa A Elias      | 10 F 1 12- 1:35:25    |
| 65 Mike Archuleta      | 43 M 6 40-44 1:35:48  |
| 66 Rich Kennett        | 66 M 1 65-69 1:36:06  |
| 67 Denise Crepeall     | 41 F 5 40-44 1:36:41  |
| 68 Jessie Quintana     | 58 F 1 55-59 1:37:13  |

(Continued on page 14)

# Spring Runoff Photo Gallery

(Continued from page 13)



**Jessie Quintana celebrates her 1st place time of 1:37:13**

- |                           |                       |
|---------------------------|-----------------------|
| 69 Ric Markin             | 69 M 2 65-69 1:39:55  |
| 70 Don Robinson           | 69 M 3 65-69 1:41:23  |
| 71 Julie Klamm            | 29 F 1 25-29 1:41:59  |
| 72 Max Wright             | 29 M 4 25-29 1:42:01  |
| 73 James Fajt             | 39 M 11 35-39 1:42:25 |
| 74 Jack Bilak             | 60 M 6 60-64 1:42:30  |
| 75 Heather Olsen          | 36 F 4 35-39 1:42:37  |
| 76 Sally Kennett          | 59 F 2 55-59 1:42:38  |
| 77 Martha Kramer          | 47 F 2 45-49 1:42:39  |
| 78 Martha Kinsinger       | 67 F 1 65-69 1:42:39  |
| 79 Kristen Sapp           | 34 F 3 30-34 1:46:24  |
| 80 Donna Nicholas-Griesel | 55 F 3 55-59 1:49:20  |
| 81 Kathy Stommell         | 45 F 3 45-49 1:49:35  |
| 82 Mike Saucedo           | 51 M 7 50-54 1:49:36  |
| 83 Wayne Whitney          | 63 M 7 60-64 1:50:04  |
| 84 Michelle Kramer        | 26 F 2 25-29 1:52:53  |
| 85 Susan Campbell         | 57 F 4 55-59 1:53:14  |
| 86 Jan Dudley             | 47 F 4 45-49 1:55:31  |
| 87 Jim Massa              | 49 M 7 45-49 1:57:50  |
| 88 Cheryl McCoy           | 57 F 5 55-59 2:10:01  |
| 89 Gerald Puls            | 75 M 1 70+ 2:19:29    |



**The POW / MIA flag was flapping in the breeze as a dedicated runner carried the flag for the distance**

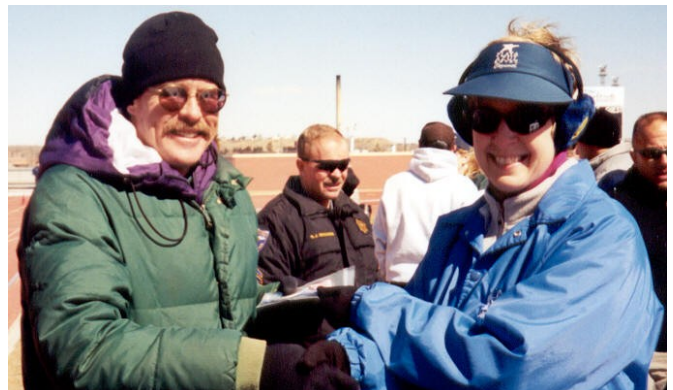
**Finishers from the Pete Saccone run are below. Not all had bibs, we do not have names for all runners.**

- |                      |                   |
|----------------------|-------------------|
| 1 Edward DeHerrera   | Ben Franklin 11 M |
| 2 Deke Goehringer    | Heaton 13 M       |
| 3 Aaron Levinson     | Heaton 13 M       |
| 4 Paul DallaGuardia  | 12 M              |
| 5 Josiah Molina      | Ben Franklin 8 M  |
| 6 Andrea Lipik       | Heaton 12 F       |
| 7 Crista Rogers      | Ben Franklin 9 F  |
| 8 Aaron Montoya      | Ben Franklin 9 M  |
| 9 Adam Martin        | Heaton 13 M       |
| 10 Meral Sarper      | Ben Franklin 10 F |
| 11 Ashley Trujillo   | Ben Franklin 10 F |
| 12 Joe Mayoral       | Heaton 14 M       |
| 13 Cassandra Casias  | Heaton 12 F       |
| 14 Andrea Ellis      | Heaton 11 F       |
| 15 BJ Vigil          | Heaton 12 M       |
| 16 Philip Blea       | Ben Franklin 9 M  |
| 17 Gage Trujillo     | 7 M               |
| 18 Bradey Davenport  | Ben Franklin 9 M  |
| 19 Ashire Davenport  | Heaton 12 F       |
| 20 Mary Martino      | 40 F              |
| 21 John Dineglio     | Heaton 11 M       |
| 22 Bonnie Goehringer | Heaton 39 F       |
| 23 Troy Gavin        | Heaton 34 M       |
| 24 Sabrina Vigil     | Belmont 9 F       |
| 25 Michael Martino   | Heritage 8 M      |
| 26 Jacob Aragon      | Trails West 7 M   |
| 27 Dominick Sema     | Highland Park 6 M |
| 28 Alex Molina       | Ben Franklin 10 M |
| 29 Mylee Vigil       | Belmont 11 F      |
| Teresa Elias         | El Cajon, CA 11   |
| Dustin Stier         | El Cajon, CA 10   |



**Wayne Whitney (above) is all smiles as he finishes the 10 mile.**

**Jim Robinson is congratulated by Jane Rawlings of the Pueblo Chieftain for his 2nd place finish.**



- |                 |                 |
|-----------------|-----------------|
| Tyler Stewart   | El Cajon, CA 10 |
| Angel Espino    | El Cajon, CA 11 |
| Cody Hollowell  | El Cajon, CA 11 |
| Jessica Cameron | El Cajon, CA 10 |
| Carrie Saccone  | El Cajon, CA 11 |
| Laura Saccone   | El Cajon, CA 13 |



**Matt Sherman finished 2nd in his division of the 10 Mile.**



**Dad coaches young runners in the Runoff Toddler race. (above)**

# Dear Ed

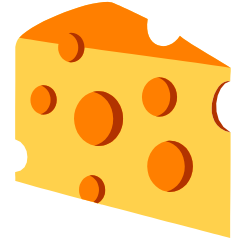
Dear Ed,

I have a dilemma. There is a certain runner who totally used me for the Prediction Series and I'm not sure what to do. I mean I think he deserves some sort of punishment but I'm not sure what. I need your help! Here is my story: This particular individual ran with me for the majority of the race and then "followed" me the last mile or so. As a result, this individual missed his predict by only 2 seconds!!! What's up with that Ed? Was I being used or what? Do I have any recourse? Is this going to be a pattern? I suppose I probably wouldn't be as upset if I had come closer to my predict than he did but needless to say I didn't. Perhaps you can offer me some Cheese with my Whine.....

Signed,

Cheeseless in Pueblo

P.S. I didn't mention any names to protect the innocent (me!)



Dearest Ms. Cheeseless,

First, let me compliment you on your handwriting. Your 3rd grade teacher would be proud! It seems that slapping your hands with a ruler paid off.

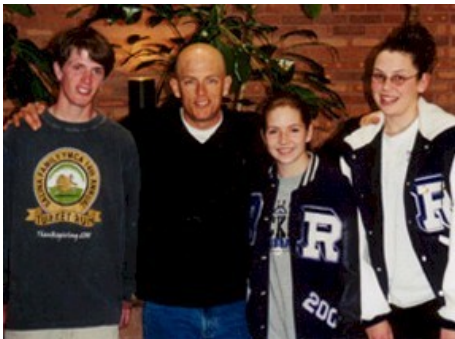
Now, regarding the prediction series, You were indeed being used. My advice is that the rest of the prediction races should be cancelled. If this kind of behavior is going on, there should be no more predict races. Repeat – no more predict races. The current standings would of course become the “Final Standings”. That would be the only logical thing to do. Right? I can also solicit the opinion of a French Judge to support my opinion.

Now, in the event that the prediction series does continue, what are you going to predict for the Ramsgate 8?

Ed.

p.s. Do you prefer cheddar or swiss?

*(continued from page 8)*



Shane Ewing, Mike Pigg, Crystal Berndt, and Adrian Martinez take a moment to pose at the Fitness Conference. In addition to being a very personable and likable guy, Mike is two-time Triathlete of the year and winner of the prestigious off-road trathlon “Xterra”. Mike shared his thoughts regarding the physical, mental, and emotional aspects of training and being an athlete.

Dr. Gayle Davis, sports psychologist spoke about High Performance Thinking for Business, Sports, and Life. She talked about goal setting, positive thinking, visualization, and other techniques used by top athletes.



Mark Plaates, world-class runner and physical therapist spoke about injury prevention.

**H&R Block**  
New Client Referral Coupon  
\$10.00 off tax prep fees for new clients.



Client Name \_\_\_\_\_  
Referred: Ross Barnhart, Office 6928  
Source: So Co Runners

Good at Pueblo area offices, Ross is at Belmont office. 719-543-4777

The next SCR meeting will be held at 7pm Tuesday, Apr 3 at the Pueblo YMCA. All SCR members are welcome!!!



# Aye CHIHUAHUA!!

by Hilbert Navarro



Potpourri

## The new Run for the Rose / Cinco de Mayo 10K

The Mexicans are coming! The Mexicans are coming! Southern Colorado runners are challenged to compete against runners from Mexico in the Cinco de Mayo 10K Run. The runners from Chihuahua, Mexico generally dominate this run each year. This year, as in years past, approximately 10 runners, male and female, will arrive in Pueblo to run in our Cinco de Mayo run.

The Pueblo/Chihuahua Sister Cities Commission sponsor the runners trip to Pueblo. The runners are selected to travel to Pueblo after they compete in regional races in Mexico. The runners from Mexico enjoy running against Southern Colorado runners and usually do very well here, their top runners often place (win) in each of the age categories - so this is a good opportunity for Southern Colorado Runners to compete against strong competition. This run is also a good time to tune up for the Bolder Boulder.

This year the Run for the Rose Committee will host the Cinco de Mayo Run with all proceeds going to assist Project Respect and La Gente programs. Sponsors for this event include Equity Builders. Inc., New Beginnings and the familia of Pablo and Refugia Rodriguez .

The Run for the Rose Committee is seeking host families to house our guests from Chihuahua during their stay, May 4, 5, 6. Please contact Hilbert at (719) 564-7685.

The "Run for the Rose" was created to honor Rose Samora-Rodriguez. Rose was raised in Pueblo and graduated in 1967 from Centennial High School. She received her Master Degree in Social Work from Denver University. Rose was involved in civic activities for nearly 29 years. Rose's work with the

poor and disadvantaged will always be remembered. She was considered an expert in the areas of women's issues, human rights and domestic violence treatment. Rose was named "Outstanding Women of Pueblo" in 1993 as part of Women's History Week. She truly was an advocate for the equality of all people. Her dedication and strong will continued until her death on April 22, 1995.

In the spirit of Rose, all profits from the run will be used to assist "At Promise" student activities for School District 60 Project Respect and La Gente youth sports. The objective of Project Respect is to reduce School District 60 truancy and expulsion rate, increase attendance and to engage students and families in relevant school and community activities. La Gente Youth Sports sponsor organized sport activities for students throughout the year such as baseball, basketball, football and wrestling.

The 5th Annual Run for the Rose 10K and 1.8 mile walk will be held May 5, 2002 at 8:00 a.m. at the Colorado State Fair Grounds and will be part of other Cinco de Mayo festivities held that day.

Early Registration: The Gold Dust Saloon, 217 South Union in Pueblo or call Carmen at 584-3231.

Cost: \$15 Early Registration (\$13 for Southern Colorado Club Members) \$20 Late Registration (After April 26 and on race day)

Prizes will be awarded to the top 3 runners in each age category. A grand prize to the first place finishers in the 10k run and 1.8 mile walk. All runners and walkers will receive a t-shirt and goodie bag.

GREAT PRIZES - GREAT T-SHIRTS -  
GREAT DOOR PRIZES - GREAT

As of March 14, 2002 the Pikes Peak Ascent First Wave is 78% Full, the Second Wave 91% Full - Marathon is 61% Full

The first Pikes Peak Marathon took place on August 10, 1956 with 13 entrants and 400 onlookers. It is the second oldest marathon in the U.S. Only the Boston is older.

"The real measure of our wealth is how much we'd be worth if we lost all our money." John Henry Jowett

## Greater Denver Road Race named regional championship

The Greater Denver Road Race has been selected the Road Runners Club of America's Western Regional 5K Championship and will be hosted in September by the Rocky Mountain Road Runners, one of the oldest running clubs in the state. This is the first Colorado race to be named a regional championship by the RRCA, meaning that it will attract many top runners from throughout Colorado and surrounding states. It will take place over the Labor Day weekend in Washing-



# Late March —June 2002 Calendar \*

| DATE   | NAME   | EVENTS<br>TIME         | LOCATION<br>CONTACT - PHONE  |
|--------|--|------------------------|--|
| Mar 24 | Ben & Matt's Trail Mix<br>Prediction Run (c) | 6.1M<br>9:00 am        | Nature Center, Pueblo<br>Ben Valdez - (719)543-5151                |
| Apr 6  | Ramsgate 8<br>Prediction Run (c)             | 8K<br>8:00 am          | 8 Ramsgate, Pueblo<br>Lois Pfof - (719)544-9633                    |
| Apr 21 | Y-Bi Classic Duathlon(a)                     | 11.2M/5.5M<br>9:00 am  | Pueblo West<br>Information - (719)543-5151                         |
| May 5  | RFTR/Cinco de Mayo(a)                        | 10K<br>8:00 am         | Fairgrounds, Pueblo<br>Hilbert Navarro 564-7685                    |
| May 18 | Ordinary Mortals<br>Women's Triathlon(a)     | 525m/12M/3M<br>7:00 am | Pueblo Regional Center, Pueblo West<br>Information - (719)543-5151 |
| May 19 | Ordinary Mortals<br>Men's Triathlon(a)       | 525m/12M/3M<br>7:00 am | Pueblo Regional Center, Pueblo West<br>Information - (719)543-5151 |
| Jun 1  | A Caring Pregnancy Ctr<br>Run / Walk         | ?<br>9:00              | City Park<br>Pete Godinez 561-3032.                                |
| Jun 22 | Run for Rio (a)                              | 5K<br>8:00 am          | Rye High School, Rye<br>Nancy Martinez - (719)859-5136             |
| Jun 29 | Little Run on the<br>Prairie (a)             | 5K/2K<br>8:00 am       | Lovell Park, Pueblo West<br>Ron Dehn - (719)547-9273               |

(c) indicates SCR Club event, (a) indicates SCR Club assisted event

\* Re-check dates & times as events get nearer. Keep in mind that some details could change.

## Hodge Podge

The annual MS Walk sponsored by the National Multiple Sclerosis Society will be held at 8am Saturday, May 11 at City Park. This is a 3K to 5K event involving individual and team walkers. It a pledge event designed to help raise money in the fight against MS. Register at the local MS Office at 803 West 4<sup>th</sup>, Suite G (SoCo Mini Mall) or online at [www.fightmscolorado.org](http://www.fightmscolorado.org) For more information, call 545-8663.

A Caring Pregnancy Center will be sponsoring a combined Run/Walk at their annual Walk For Life campaign. The date for this event is June 1, 2002 at Pueblo City Park beginning at 9:00 a.m. Contacts are Pete Godinez at 561-3032 and Lana Rockwell [puebloacpc@mcleodusa.net](mailto:puebloacpc@mcleodusa.net)

The following SCR members participated in the Pikes Peak Road Runners Winter Series in Colorado Springs. Place earned in their respective division is listed in pa-

rentheses. Matt Sherman (1), Ross Barnhart (4), Mark Koch (3), Ben Valdez (4), Rich Hadley (2), Nick Leyva (6), Dave Diaz (4), Katherine Frank (1), Diane Lopez (3), Marijane Martinez (1), Carol Kinzy (2), Chief Reno (3).

The YMCA will be producing two multi-sport events in the next two months. These are the Y-Bi Classic Duathlon April 21st and the Ordinary Mortals Triathlon May 18th (female) and May 19th (male). Enclosed in your SCR newsletter are flyers for each one of these races. I am requesting help and support from SCR members to produce these events. I need six volunteers for the Y-Bi to help with split times and finish line. For the Ordinary Mortals Triathlon I need ten people each day to help with split times, finish line and transition area. If you are not competing in these events and interested in helping please contact me at the YMCA, 543-5151. Your time and support would be very much appreciated. Thanks, Ben Valdez

**Y-Bi Classic Duathlon**  
Pueblo West  
April 21

**Cherry Creek Sneak**  
April 28

**Ogden Marathon**  
Ogden, Utah  
May 4  
[www.ogdenmarathon.com](http://www.ogdenmarathon.com)

**Ordinary Mortals  
Triathlon**  
May 18th: females  
May 19th: males  
Pueblo West

**Bolder  
Boulder 10K**  
May 27

**Garden  
of the Gods**  
June 9

**Summer  
Roundup 12K**  
July 7

**Pikes Peak Ascent  
And Marathon**  
August 17 – 18

Ben and Matt's Trail Mix race was recently mentioned in a Pueblo Chieftain article. The date was correct (March 24) but the time was incorrect. The actual start time is 9:00 am.

There is a change in time for the RFTR / Cinco de Mayo Run from the calendar listed in February Footprints. The race is scheduled for 8am.



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

**Non-Profit  
Organization  
U.S. Postage  
Pueblo, Colorado  
Permit # 41**



***If you move,  
Let us know!***

Issues of "Footprints"  
are not forwarded.

Hence, if you move, please  
get your new address to the  
SCR Membership Chair in  
care of the YMCA at the  
address listed above.

### **The USC X Challenge**

PUEBLO, Colo. – Saturday, April 27<sup>th</sup>, 2002 up to 16 four person co-ed teams will be climbing, cycling, running, kayaking and solving logical ropes course problems as a test of their fitness, daring, creative problem solving and teamwork. The event is called the **USC X Challenge** and is conducted annually by USC Department of Exercise Science, Health Promotion and Recreation students in conjunction with the Experiential Learning Center at USC. Teams compete in a series of events including a climbing wall relay, run/pool kayak relay, mountain bike relay and an eight event ropes course competition. The events are designed to accommodate all ability levels and the competition is open to teams consisting of four adults (over 18) with each gender represented by a minimum of one person. The entry fee is \$50.00 per team with t-shirts pro-

vided for each team member, excepting USC student/staff/faculty teams who can enter for \$30.00. To enter the event contact or drop by the USC Experiential Learning Center office at (719) 549 -2085. **Entries will close Friday April 26<sup>th</sup> or when the sixteen team limit is reached.** For more information contact George Dallam in the Department of Exercise Science, Health Promotion and Recreation at (719) 549-2619 or [gdallam@uscolo.edu](mailto:gdallam@uscolo.edu).

### **SCR Team Supports USC**

SCR was well represented at the University of Southern Colorado's annual Celebrity Waiter's Dinner. The group raised \$465 for the USC Foundation, ate, and had lots of fun. Seated left to right are Reggie Marquez, Stacie Taravella, Michelle Olson, Jan Dudley, Janelle Rodriguez, and Victor Olguin. Standing are Katherine Frank and Joe Dvorsky.

