



Editor: Ron Dehn

FOOTPRINTS

Caution: May contain some facts

Showering You with Words and Wisdom in April, 2002

The Predict Series is Shaping Up

The 2002 SCR Predict Series is 1/3 over, but there is still plenty of time to participate. To be eligible for awards, a runner must complete 5 of the 9 predict races, but SCR members are always welcome to run in any of the events. If nothing else – it will encourage you to get your workout in as well as socialize with fellow runners. So far, forty-four runners have competed in the series. Perhaps the best part is that some (but not all) predict runs also serve as a pot luck gatherings. What a deal – run, fun, and food!

are awarded based upon the accuracy of your prediction. There are no categories of age or gender because all runners are in one division. See page 7 for the current standings. The remaining predict runs for 2002 are listed below. The Nirvana 4 mile run is “floating”, but information will be provided as soon as it is available.

??? Nirvana 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



Larry Volk checks out results at the Don and Lois Pfost's Ramsgate 8 predict run. Don mapped out a great 8k run through the streets of Belmont, then out to the prairie trails near Walking Stick Golf course.



Runners stretch and discuss the course after the Ramsgate 8.

In last month's "Footprints", Ken Raich's article described the details of the predict series. Essentially, you put your watch in the car, predict your finish time, and run the course. Points



SCR Notes

Correction

On page 3 of the March, 2002 edition of "Footprints", there was a quote attributed to Nelson Mandela's inaugural address. The quote began, "Our deepest fear is not that ..." Matt Martin, one of our readers, pointed out that the quote actually belongs to Marianne Williamson from her book, "A Return to Love". My subsequent research indicated that Marianne Williamson did indeed write the passage. Sources were ambiguous about Nelson Mandela's use of Williamson's words, and after my limited search, I was not able to determine if Mandela's use was fact or rumor. Readers comments / contributions are always welcome. Send to: dehn@uscolo.edu.



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

SCR Meeting Mini-Minutes

Following is the "Reader's Digest" version of the SCR meeting on April 2. The "official" version can be obtained from the secretary, Janelle Rodriguez – or feel free to attend on May 7.

In attendance: The usual cast of suspects.



The inclusion of ads into the monthly newsletter was discussed. We have to work inside the framework of the Postal and IRS rules. Ads will be approved on an individual basis and we will try to err in the best interest of the club where there are questions. Prices are provided in the newsletter.

Those runners / walkers who did not get their Spring Runoff shirts should contact Terry Cathcart at 547-7777 or at tvcatchcart@hotmail.com

There are 171 households with SCR memberships.

There was a question about charging non-SCR members for predict races. The decision will be left to each individual race director.

Ben Valdez asked for "lots of help" for the Ordinary Mortals Triathlon on May 18th and

19th. There are approximately 250 registrants as of 4/2/2002 and there is a cap of 216 per day.

The 2003 Spring Runoff was discussed. This will be the 25th event, and the key to success will be more volunteers from both SCR and the Chieftain. Committees are being formed. Contact Terry Cathcart at 547-7777 or at tvcatchcart@hotmail.com if you wish to help.

We're starting to explore the date for the annual SCR picnic. More info later.

The gang of suspects left the meeting and blended with the night.



Southern Colorado Runners

A member of the
Road Runners Club of America

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

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 holds its monthly meetings.

"Footprints" Issue No. 243

"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	
Vice President	Diana Reno	561-3343
Secretary	Janelle Rodriguez	
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

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

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi

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.

*Eddie Mathews Hall of Famer and 3rd basemen and slugger for the Boston, Milwaukee, & Atlanta Braves 1952-66. Had 512 career HR's and teammate of Hank Aaron.

HUNGRY?



Thirsty?

Do the Gold Dust

217 South Union Ave



Great (& so-so) Stuff

By Gary Franchi



For extra endurance, try the Hazelnut gel

Thought for today's lunch, compliments of Jerry Seinfeld: "'If someone is lying, are their pants really on fire?'"

Musings on running, fitness, life, etc.:

The fitness world is finally following my lead.

For years now I've been a regular drinker of coffee. I usually have a half-cup first thing in the morning so I'll be awake enough to find the cats a can of their Friskies Oceanfish Dinner instead of our Sunkist Tuna Fish. The next half-cup generally begins while I'm making the 30-mile commute from Colorado City to Pueblo so I'll be alert enough to look for and spot cops before they can catch me driving 85 or 90 mph on the Interstate.

I'll have another half-cup or less two or three times during the day at work because I figure that, since I make the stuff for our department, then, heck, I might as well drink some of it. Plus, I sweeten it with honey, and I've been reading stuff that says honey does great things for one's endurance. Being one who likes to train incessantly in order to get out of doing less desirable activities, I figure I can use all the help I can get with my endurance.

Oh, and I might have a half-cup on the way home at night, which is generally around 8 p.m. after a grand workout to burn off the hostilities of the workday. This java usually is what's left over from the morning drive. True lovers of coffee do not mind cold coffee. Plus I need to be alert enough to spot cops before they can catch me driving 80 or 85 mph on the Interstate (I slow down at night in order to be safer).

Now I don't drink just ANY coffee. Oh sure, I'll put up with the crud that Loaf 'n Jug passes off as "coffee" since they have to honor my 10-cent refill cup that I've had since the Great Depression. Hey, a deal is a deal, even if it tastes like bitter liquified plant stems.

But I'm picky with my own home brew. My formula consists of gourmet beans

(usually Vanilla Nut Cream or Hazelnut Cream) that I grind and mix with a tad of French Roast and a dollop of Decaf. I figure the French Roast helps me remember some of the French I took in high school, which might come in hand some day, while the word "decaf" itself reminds me to do some work on my calves whenever I'm pumping iron. All, as noted, are sweetened with honey, which I now keep at home, on my desk at work and in my car between the two front seats.

You're probably wondering what the heck all this has to do with the world of fitness. Actually, I am, too, and I'm kind of curious to see where this is all going.

No, seriously, I've been reading all sorts of articles in fitness-related magazines lately about the performance benefits of coffee. *Runner's World* had a piece recently, *Muscle & Fitness* published something a month ago, and now the new *Triathlete* magazine has a big report that talks about caffeine like it's the Holy Grail of endurance athletes, although it explains that you have to be real careful about how much and when you consume the stuff. Oddly, it doesn't even mention any possible benefits of ingesting Loaf 'n Jug coffee.

Anyway, all this talk about coffee being beneficial to endurance athletes interests me greatly, as most coffee-related concepts do. Now, I know that most of the energy gels have tons of caffeine (not to mention tasty stuff like brown sugar syrup, etc.) in order to give athletes the kick they need, but I figure there's gotta be something better.

We need some better product lines and marketing here. Why can't manufacturers just "gellify" coffee and market that to athletes? Hazelnut would be my flavor of choice. They can add, of course, all their usual sugar, sugary syrup and other forms of sweetener.

And for that matter, why don't they just solidify coffee into the form of energy bars, and push what would be a fine product.

(Continued on page 8)

Great (and so -so)

Puns

Provided by Pat Berndt

Energizer Bunny arrested - charged with battery.

A man's home is his castle, in a manor of speaking.

A pessimist's blood type is always b-negative.

My wife really likes to make pottery, but to me it's just kiln time.

Dijon vu - the same mustard as before.

I fired my masseuse today. She just rubbed me the wrong way.

A Freudian slip is when you say one thing but mean your mother.

Shotgun wedding - A case of wife or death.

I used to work in a blanket factory, but it folded.

I used to be a lumberjack, but I just couldn't hack it, so they gave me the axe.

A hangover is the wrath of grapes.

Corduroy pillows are making headlines.

Sea captains don't like crew cuts.

Does the name Pavlov ring a bell?

A successful diet is the triumph of mind over platter.

Time flies like an arrow. Fruit flies like a banana.

A gossip is someone with a great sense of rumor.

Without geometry, life is pointless.

When you dream in color, it's a pigment of your imagination.

When two egotists meet, it's an I for an I.



SCR Birthdays

April

- 18 Bryan Dehn
George Dallam
- 19 Ted Puls
- 21 Beverly J. Kochevar
- 22 Earth Day
- 24 Robert S Kelher
- 25 Mark Rickman
Emily Roukema
- 27 James Beckenhaupt

May

- 2 Brianna Cathcart
Ben Valdez
 - 3 Vincent Hough
Andrea Hough
Hug Your Cat Day
 - 4 Butch Nezvensky
Paul Dallaguardia
 - 5 Troy D Davenport
Marcus Stinchcomb
Nicole Leyva
Scott Reno
Blake Ottersberg
 - 6 Roberta Lopez
 - 7 Eva Cosyleon
 - 8 Shawn A. Wertzbaugher
 - 9 Billy Joel*
 - 10 Melinda Orendorff
 - 11 Shaun Gogarty
David B Seley
John Neumeister
 - 12 Connie Gravelle
Mother's Day
 - 13 Steven L Lamy
Stevie Wonder*
 - 14 Bonifacio A. Cosyleon
Helen L. Robinson
 - 16 Sarah A. Dembrosky
 - 17 LaDonna L. Gunn
 - 18 Mark Koch
Matthew Martin
 - 20 Diane Lopez
Lori Gregory
Michael Archuleta
Nancy Welch
 - 23 Sidney Arnold
 - 24 Alec Romero
Bob Dylan*
 - 25 Mary Davenport
 - 26 Lois Pfost
Ann M. Hulett
 - 29 Bob Hope*
- *honorary SCR member

Trail Notes

by Shaun Gogarty



The Greenhorn Mountain Masochist Run

Living at the base of Greenhorn Mountain keeps it constantly on my mind. Generally I run each of the trails on Greenhorn, at least partially, every year. Every couple of years I get the big itch and want to experience it on a “grander” scale so I do the Bartlett Trail to Greenhorn Trail Traverse. Also known as the Greenhorn Mountain Masochist Run (GMMR). There is something unexplainably grand about looking across a wide, open space of land. It is even grander if that view includes a mountain. And it is grandest, in my opinion, if that wide, sweeping view is something you just ran across. That is what the GMMR is all about. And it is a good thing it is all so “grand” because otherwise I might cringe at the pain associated with obtaining those views.

This year’s GMMR was not well attended. Maybe it is the idea of running up to 12,000 feet in April. Or perhaps it is the fact it was only publicized (in my mind) 30 minutes before the start of the race. In any case I happened to be the only race participant.

The southeast facing Bartlett Trail gets a lot of sun so there is little snow. However, the first couple of miles are tough for me in the early spring as the trail climbs steeply through scrub oak, aspens and a few pines. Finally, at “windy point” (my name) I break out of the trees and realize (again) that there is an incredible amount of mountain rolling southward and upward – most of which I will cross. The next several miles is a grand traverse and climb through barely touched forest. The trail provides me with frequent, sweeping views helping me feel I have crossed hundreds of miles. Finally as I near a high point on the south ridge, I’m greeted with incredible views of the Spanish Peaks and Sangre de Cristo’s.

The next stage is a long, slowly ascending traverse across the back of the mountain. I could take the road to Blue Lakes and then climb the Greenhorn Trail up to the ridge

and begin my descent, but I prefer the direct line. There is no trail, but surely my body will be easily seen lying above tree line on barren, tundra-like terrain. Soon I find myself scrambling through a talus slope and then through a grassy pass that brings me to the summit ridge. I can rapidly drop down to the Greenhorn Trail or climb a bit further to the summit. I throw caution to the wind, in fact a 40 miles per hour wind, and head for the summit. The summit is broad and flat with several different rock cairns – I can’t tell which is the true summit. After looking in two cairns and finding no summit register, I wander further off and build another cairn just to bother the next person.

Always following my motto of “the quickest way to adventure is the least amount of planning” I ran up to the top without really knowing what the trail down would be like. The last time I did this I brought skis, but there had been so little snow this year.... After post-holing through snow up to my thighs in my tennis shoes and tights for two miles, I was kind of missing my skis. However, it was nice not to carry them up and finally I broke out onto the last 4 miles of trail that others had kindly packed for me. It was icy, but much easier to run. I ended the day 6 hours after the start, a little wet, very worn, and again grateful to live by such an incredible wilderness.

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.
-George Washington Carver (1864?-1943)



Rocky on Fitness

By Rocky Khosla, M.D.



Musical Notes

Is It Just Me, Or Are We Getting Older?

After this years brutal Spring Run-off race, I was shooting the breeze (which was still blowing cold and hard) with a couple of fellow runners, and someone said, "is it just me getting older, or is the race getting harder each year?". This made me think that perhaps a column about the geriatric athlete would be a good idea.

Did you know that people over age 65 make up 12.5% of the population, and that this group will make up 25% of the population by 2050? Which means that I will still be running in the toughest dang age group! Also, persons over 85 make up the fastest growing part of the population. Clearly, more of us are going to be aging, and hopefully still active in recreational athletics. So what happens to us physically as we age? The following is a partial list:

1. our maximal heart rate drops by about one beat/yr of age
2. our cardiac output drops by 8%/decade starting at age 25.
3. our resting metabolic rate declines by about 3-4%/yr after age 40 for men, and by 3-4%/yr after age 50 for women.
4. our muscles lose about 3-5% of their mass/decade between age 30 to 80

I think I will stop cataloging the bad news, because it's dog gone depressing isn't it? But wait, the good news is that exercise can soften the decline as we age. Some of the benefits of exercise for the aging are:

1. Though our maximal heart rate will still drop, people who exercise regularly will only have a quarter to a half of the decline compared to sedentary people.
2. By increasing the amount of exercise as we age, we can also maintain active metabolic rates.
3. By adding resistance exercise, older persons who have not previously done these exercises can show similar rates of muscle hypertrophy as younger persons who have not been doing resistance training.
4. Exercise may increase tensile strength in collagen as we age.

So in summary, I believe that most of us can look forward to staying active and healthy for a long time to come. And one day, I hope to be able to beat Marvin Bradley at something, anything, please!

Sincerely,
Rocky Khosla, M.D.

don't carry the world
upon your shoulder
well you know that
it's a fool
who plays it cool
by making his world a
little colder

"Hey Jude" by The
Beatles, Capitol Re-
cords Inc.

whisper words of wis-
dom
let it be
and when the night is
cloudy
there is still a light
that shines on me

"Let it Be" by the
Beatles, Capitol Re-
cords Inc.

It's not enough
Just to stand outside
the fire

... We call them weak
Who are unable to
resist
The slightest chance
that might exist
And for that forsake it
all

They're so hell bent
on giving
Walking a wire
Convinced it's not
living
If you stand outside
the fire

... Life is not tried
It is merely survived
If you're standing
outside the fire

"Standing Outside the
Fire" by Garth
Brooks, Pearl Records
Inc.



Ramblin'

by Ron Dehn



I Believe in Music

“Take a music bath once or twice a week for a few seasons, and you will find that it is to the soul what the water bath is to the body.” -Oliver Wendell Holmes, Jr., US Supreme Court Justice (1841-1935)

You may recall the January “Ramblin” article. It discussed the broad approach to health and the idea of wholeness as symbolized by the YMCA triangle, Spirit, Mind, and Body. Thus, “Ramblin” can be about anything that deals with life. This month’s topic is music.

Yes, music. Webster’s New 20th Century Dictionary says music is “the art or science of combining vocal or instrumental sounds or tones in varying melody, harmony, and timbre, especially so as to form structurally complete and emotionally expressive compositions.” My daughter’s college textbook for Music 118 (Music Appreciation) states that the earliest known reference to music is a cuneiform tablet describing music from the Hittite civilization in the 2nd millennium BC. (the Hittite top 40, no doubt) We play music in elevators, churches, and on our car radios. We sing at birthday parties, during the seventh inning stretch, at weddings, funerals, and in the shower. We even have music on hold, to entertain us while we wait to talk to someone important.

What is so special about music? Why do we, the Hittites and everyone else in between, create it, share it, and seek it? The key to Webster’s definition is the phrase “emotionally expressive”. Music not only expresses our emotions, it creates an emotional state. Music can be romantic, happy, sad, and so on. Alan Jackson’s “Where Were You (When the World Stopped Turning)”, is an extremely emotional song written after the tragedies of September 11. One DJ discussed the fact that Jackson’s song is popular because it focuses on how we felt on that day, and not just what had happened. Jackson tuned into our emotional response. Frank Zappa said “Music, in performance, is a type of sculpture. The air in the performance is sculpted into something.” Do you ever listen to the Blues? The Blues speak of pain, and we’ve all been there at one time or another – so most of us can relate.

I love music, and appreciate most (but not all) variations of the art form. It may be old age, but I have lots of trouble appreciating the screeching sounds made by someone scratching a record. Or it could be that “in my day”, we took such care NOT to scratch those vinyl discs. But I digress. I meditate to the Indian Flute, do the “pretzel” to Garth Brooks, and twist to Chubby Checker. My wife Chris and I even won a twist contest

on New Year’s Eve a few years back. Our two sons and a nephew are musicians and not too long ago the whole family including grandma, endured a smoke filled bar just to hear Bryan sing and play his guitar.

Speaking of great music and our kids – the kids pitched in and bought Chris and I tickets to the recent Crosby, Stills, Nash, and Young concert at the Pepsi Center. Wow! Another Wow! Those guys may be getting older, but that didn’t stop them from putting on a great 3 ½ hour show. Neil Young is gifted with that haunting, mournful voice that often speaks of pain – the kind of pain that one has had to experience first hand. But my favorites are the harmonies. According to one review, the combination of the CSNY voices are like streams coming together to form a river. When Graham Nash and David Crosby did the love song Guinnevere, the entire audience was still and silent, so as not to miss a morsel of the blended voices. CSNY is part folk music and provides social commentary. They sing about feeding the hungry, the Kent State shootings, and of Woodstock. They also sing of the intricate and loving relationship between parents and children. I’ll close the way CSNY did – with the lyrics to “Teach Your Children”. I was a young father when I first heard this song. It caused me to take serious reflection on the issues of fatherhood. Of my code and the codes of my children. Of my dreams and of theirs. Of what I teach them, and what I learn from them. Of my parents, of truth, and on, and on. As with most works of art – the song asks the questions and leaves the job of providing answers to you and me. I invite you to read the words, hear the melody in your mind, and answer whatever questions are asked.

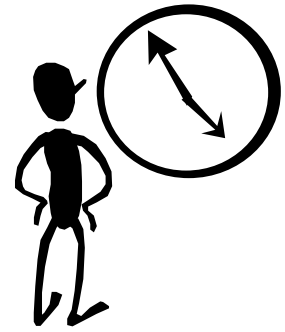
You, who are on the road must have a code that you can live by.
And so become yourself because the past is just a good bye.
Teach your children well, their father's hell did slowly go by,
and feed them on your dreams, the one they picks, the one you'll
know by.
Don't you ever ask them why, if they told you, you will cry,
so just look at them and sigh and know they love you.

And you, of the tender years can't know the fears that your elders
grew by,
and so please help them with your youth, they seek the truth before
they can die.
Teach your parents well, their children's hell will slowly go by,
and feed them on your dreams, the one they picks, the one you'll
know by.
Don't you ever ask them why, if they told you, you will cry,
so just look at them and sigh and know they love you.

SCR Prediction Series Standings

Name	Spring Runoff	Ben & Matt's	Ramsgate 8K	Total Points
Ross Barnhart	88.46	87.50	80.95	256.91
Nick Leyva	92.31	66.67	71.43	230.40
Marijane Martinez	69.23	70.83	85.71	225.78
Ron Dehn	100.00		100.00	200.00
Larry Volk	61.54	100.00	14.29	175.82
Michelle Olson	80.77	37.50	52.38	170.65
Stacey Diaz	76.92	41.67	47.62	166.21
Misti Frey		62.50	95.24	157.74
Toby Doub	96.15		57.14	153.30
Chief Reno	57.69	83.33		141.03
Gerald Ure	65.38		66.67	132.05
Ben Valdez	34.62	95.83		130.45
Matt Sherman	46.15	79.17		125.32
Rich Hadley		91.67	33.33	125.00
Bill Veges	42.31	75.00		117.31
Heather Ruhm			90.48	90.48
Robin Krueger	84.62			84.62
Jim Robinson	38.46	45.83		84.29
Laurice Lopez-Cepero			76.19	76.19
Dave Diaz	23.08	33.33	19.05	75.46
Michael Orendorff	19.23	54.17		73.40
Kevin Slaughter	73.08			73.08
Jill Montera			61.90	61.90
Chris Oberudoyer		58.33		58.33
Gary Weston	53.85			53.85
Gina Benfatti		50.00		50.00
Stacie Taravella	50.00			50.00
Paul Dallaguardia			42.86	42.86
Robert Santoyo	30.77		9.52	40.29
Karen Hurley			38.10	38.10
Cecil Townsend	11.54	20.83		32.37
Brian Ropp		29.17		29.17
Don Pfost			28.57	28.57
Angelo Aragon	26.92			26.92
Diana Reno		25.00		25.00
Brian Ruhm			23.81	23.81
Anthony Diaz		16.67		16.67
Stan Hren	15.38			15.38
Regie Marquez		12.50		12.50
Lee Carstensen		8.33		8.33
Jess Cosyleon	7.69			7.69
Frank Cepero			4.76	4.76
Diane LittleEagle		4.17		4.17
David Fernandez	3.85			3.85

Thanks again to Ken Raich for his generous contribution of time in tabulating and maintaining these results. These and all results for SCR affiliated races are available at the SCR web site—courtesy of Ken Raich!



Marijane Martinez, Misti Frey, and Ron Dehn discuss strategy for the next predict race (above). The Hadleys enjoy the cuisine (below)



Dear Ed

Dear Ed,
 How did they make your mouth do “that thing” when you talked? I heard that they fed you peanut butter just before the talking scenes, but my friend says they shocked you with small doses of electricity. If it was peanut butter, do you prefer creamy or chunky? If it was electricity, Woo! Woo! What’s the real scoop?
 Signed, Just Wondering

Dear Mr. Wondering,
 So am I (just wondering), but I think you meant to send this to Mr. Ed. But, I figured – what the hey (get it?) - I’ll just contact Mr. Ed and find out for you. When I

tried to reach him by phone, he did not return my calls. His answering machine said he would call back after returning from his job at the glue factory, and so far I haven’t heard anything. And just so you have some kind of answer – I prefer chunky.



(Continued from page 3)

They could inject some high fructose corn syrup just to give it some added pop, plus that overly sweet taste that consumers love.

We’re onto something here. Buy your stock now because this is gonna be the next really big thing. With the proven benefits of coffee, endurance athletes will be clamoring for this stuff.

And while we’re at it, let’s market it as an athlete’s “jump start” as he/she gets ready for another workday, and promote it as being edible while making the commute to one’s place of employ. You can never be too alert while commuting, you know.

Especially when you’re driving 85 or 90 mph and on the lookout for cops.

Ten things I was just wondering:

- When a swimmer shaves his head, does he become more aquadynamic?
- Has anyone ever filed a “rightful death” suit?
- Do we really need a “Baseball for Dummies” book?
- Isn’t it a great country when the “World News Weekly” gossip tabloid can put out a swimsuit edition?
- Do any homeless people have their own web sites?
- How many others besides me don’t call when the running magazine shoe ads say “call” for a price of a particular running shoe?
- Don’t you get the feeling sometimes that running magazines publish reviews about shoes that don’t even exist?
- Don’t you get the feeling sometimes that energy bar companies are just making up the ingredients that are listed on their wrappers?

- What sense does it make to do an Ironman in order to qualify to do another Ironman (Hawaii)?

- Wouldn’t you hate to get a tattoo from a tattoo artist working his/her first day?

Until next month, remember that you don’t have to be abundantly talented to drink coffee and ingest energy gels.

Daily Workout - contributed by Pat Berndt

Physical exercise is good for you. I know that I should do it daily, but my body doesn’t want me to do too much, so I have worked out this program of strenuous activities that do not require physical exercise. You are invited to use my program without charge. 01) Beating around the bush 02) Jumping to conclusions 03) Climbing the walls 04) Swallowing my pride 05) Passing the buck 06) Throwing my weight around 07) Dragging my heels 08) Pushing my luck 09) Making mountains out of molehills 10) Hitting the nail on the head 11) Wading through paperwork 12) Bending over backwards 13) Jumping on the bandwagon 14) Balancing the books 15) Running around in circles 16) Eating crow 17) Tooting my own horn 18) Climbing the ladder of success 19) Pulling out the stops 20) Adding fuel to the fire 21) Opening a can of worms 22) Putting my foot in my mouth 23) Starting the ball rolling 24) Going over the edge 25) Picking up the pieces. Whew! What a workout! I think I’ll exercise my caution now, and sit down.

The next SCR meeting will be held at 7pm Tuesday, May 7 at the Pueblo YMCA. All SCR members are wel-

Pueblo (& close by) Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Apr 21	Y-Bi Classic Duathlon(a)	11.2M/5.5M 9:00 am	Pueblo West Information (719)543-5151
Apr 27	USC X Challenge Multiple Events http://ceeps.uscolo.edu/exhpr/xchallenge/index.htm	8am-3pm	USC George Dallam (719) 549-2085
May 5	RFTR/Cinco de Mayo(a)	10K 8:00 am	Fairgrounds, Pueblo Hilbert Navarro 564-7685
May 18	Ordinary Mortals Women's Triathlon(a)	525m/12M/3M 7:00 am	Pueblo Regional Center, Pueblo West Information - (719)543-5151
May 19	Ordinary Mortals Men's Triathlon(a)	525m/12M/3M 7:00 am	Pueblo Regional Center, Pueblo West Information - (719)543-5151
May 25	Run in the Valley	5k 8am	Silver Cliff Robert O'Callaghan (719) 783-0137
Jun 1	A Caring Pregnancy Ctr Run / Walk	5k 9:00	City Park Pete Godinez 561-3032
Jun 22	Run for Rio (a)	5K 8:00 am	Rye High School, Rye Nancy Martinez - (719)859-5136
Jun 29	Little Run on the Prairie (a)	5K/2K 8:00 am	Lovell Park, Pueblo West Ron Dehn - (719)547-9273
Jul 6	Women's Distance Festival (c)	5K Walk/Run 8:00 am	City Park, Pueblo Marijane Martinez - (719)564-6043
Jul 13	Pioneer Run (a)	5K 7:00 am	Hollydot Golf Course, Colorado City Shaun Gogarty - (719)676-3353
Jul 27	Moonlight Madness Prediction Run (c)	5M 8:30 pm	3685 Verde Rd (take exit 87 off I25), south of Pblo Diane Reno - (719)561-3343
Aug 3	Beulah Challenge (a)	10K/5K walk 8:00 am	Beulah School Karin - (719)485-3820
Aug 18	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Sep 21	Corporate Cup (a) (corporate teams only)	5K 8:00 am	USC Library, Pueblo Ben Valdez - (719)543-5151
Oct 26	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 23	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514
Dec 8	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo David Diaz - (719)564-9303
Dec 15	Marijane & Nick's Prediction Run (c)	8M 9:00 am	117 Regency, Pueblo Marijane Martinez - (719)564-6043

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

- Mark your calendars. However, keep in mind that some of this could change.

Race Directors The "Footprints staff" is happy to publicize information about your race. Please send promotional information to dehn@uscolo.edu preferably two months prior to the event. If you wish to have fliers inserted in the newsletter, please contact me or one of the SCR officers. We generally stuff newsletters the 2nd or 3rd Wednesday of each month, but this varies from month to month. After the race, if you provide results to Ken Raich, he will post them to the web and I will download results from the web for newsletter publication. I would gladly accept a write-up from Race Directors about your event. Photos are great also. Because of the printing process – I need original photos. Digital photos just do not print up very clearly. Thanks Much!!! -Ed.

Cherry Creek Sneak
April 28

Ogden Marathon
Ogden, Utah
May 4
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

Potpourri

As of 3/2/2002 SCR membership included 171 households for a total of 341 individual members

Don't confuse fame with success. Madonna is one; Helen Keller is the other. -Erma Bombeck, author (1927-1996)

Forty-one percent of full-time workers in the U.S. say they fail to take a "real" lunch break. Source: The National Restaurant Association

According to race director Ben Valdez, an estimated 80% of those registered for the Ordinary Mortals Triathlon by April 2nd used active.com to register.

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.

Upcoming Events

April 27th is USC's "X Challenge". This is an alternative team sports competition consisting of 4 different events: Climbing wall, Run/Kayak relay, Ropes Challenge course, and Mountain bike race. The Ropes Challenge component has 8 individual events including the Wild Woozy, the Looking Glass, the Spider Web and others. There is a 16 team cap. See: <http://ceeps.uscolo.edu/exhpr/xchallenge/index.htm> for more info.

May 25th is the "Run in the Valley". It is a 5K in the Westcliffe / Silver Cliff area. Early entry fee is \$15, late is \$20. The 5K starts at 8am and includes t-shirts. A 1 Mile Fun Run / Walk starts at 8:15 and costs \$5. (no t-shirts). Kids under 6 are free. Awards will be given and there will be free massage therapy, water, fruit, goodie bags, and door

prizes. Funds will help with the building of an intergenerational recreation center for Custer County. Donations are accepted by Robert Lynch at Colorado Mountain Bank 719-783-9211. Mail registrations to Custer 2020, P.O. Box 326, Westcliffe, CO 81252. Contact Robert O'Callaghan 719-783-0137 for more info.

June 22 is the Run for Rio. Rio Martinez was an organ and tissue donor. The Run for Rio is held in his memory and the proceeds go to the Rio Martinez Memorial Award in the form of a \$1,000 scholarship given to a Rye High School senior. Contact Rio's mother, Nancy Martinez at 719 859-5136 for more information.

July 13th is the Pioneer 5K at the Hollydot Golf Course in Colorado City. Note: this is NOT the original date provided in earlier race cal-

endars, so if you need to do so – please change your calendar. The July 13th date coincides with Greenhorn Valley Days. That means in addition to t-shirts and great prizes, there is a pancake breakfast available, craft shows, more food, and the fair to follow. The course is a beautiful golf course route with NO pavement (runner friendly). Contact Shaun Gogarty at 719 676-3353 for more information.



The Final Thought

Death is not extinguishing the light; it is putting out the lamp because the dawn has come. -Rabindranath Tagore, poet, philosopher, author, songwriter, painter, educator, composer, Nobel laureate (1861-1941)