



Editor: Ron Dehn

FOOTPRINTS

Mother May I?

Mayo, 2002 / May, 2002

RFTR / Cinco de Mayo

There were 141 finishers in the inaugural Run for the Rose / Cinco de Mayo run / walk. Two popular races were combined to start a new Pueblo tradition. According to the old tradition, runners from Chihuahua paced the field and took 1st overall in the 10K race in both the male and female divisions, however runners from Pueblo were well represented. The 1.5 mile walk was quite popular with 70 finishers in the walking division. Congrats to Hilbert Navarro, Carlos Rodriguez, and the many hard working members of the RFTR Committee. In the below photo, taken prior to the race, the runners from Chihuahua are pictured in the center, as well as SCR runners Larry Volk and Ben Valdez at the far right.



Kyle Reno (left) and Andrew Hackler (right) were 4th and 6th overall. See pg 11 for complete results



fotos by franchi



SCR Notes

Thanks

Y Bi (April 21st) Race Director, Ben Valdez thanks the race day volunteers including: Matt Sherman, Jan Dudley, Central HS Honor Society, Lois and Don Pfost, Terry Cathcart, Mike Orendorff, Jeff Arnold, Doug Laritzen, Sue Dineen and boyfriend, Eric James, Chastitie Corriveau, Denise Head, the Pueblo West Fire Dept, and any others not on this list.

A Fact?

According to The Best of Uncle John's Bathroom Reader: You burn more calories sleeping than you do watching TV.



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 a very condensed (watered down) version of the SCR meeting on May 7th. If you want the full version, Janelle Rodriguez is the much appreciated SCR secretary and she will have the real scoop.

In attendance: The Motley Crew but not the Mötley Crüe.

Carlos Rodriguez and others on the RFTR / Cinco de Mayo committee thanked SCR for their assistance at the race. They asked for input on how to improve next year's event.

Ken Raich reported the membership stands at 178 paid members. This includes individual as well as household memberships.

Ben Valdez indicated that the female division of the Ordinary Mortals Triathlon was full, and the men's division was nearing full.

Ron Dehn reported that Pride City Printing who has printed the newsletter for years and years has closed its doors. Ron is soliciting bids from two potential printers and will choose one for the May issue. After that, the topic will be re-examined.

Numerous upcoming races were discussed.

Katherine is going to order some short sleeve coolmax shirts to sell to club members.

Gary Franchi will look into reserving the park at Colorado City for the summer picnic.

The Crew dispersed, but did not vanish.

SCR Summer Picnic Set for Aug 11

A picnic site and a ball field at Greenhorn Meadows Park in Colorado City is reserved for Sunday, August 11. This was the preferred date of members at the May SCR meeting.

Our usual "Cottonwood" picnic area has been turned into a playground, so there are only 2 sites now to choose from. Gary picked the site east of that, closer to the restrooms. Also we are closer to the road so Janelle can bring food, beverage containers and other items in. And, this way we'll be closer to the ball field.

THANKS GARY for setting this up!!!



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. 244

"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	676-7343
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 & Margaret Okayo*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty	Dr. Rocky Khosla	Gary Franchi
	Katherine Frank	

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.

* (I wish)—Margaret Okayo from Kenya, 2002 female champion of the Boston Marathon. Margaret set a course record of 2 hours, 20 minutes, 43 seconds.

MAY

we SERVE You?



The Gold Dust - 217 South Union



Great (& so-so) Stuff

By Gary Franchi



This has been one ill wind of a spring

Thought for today's lunch, compliments of Lynn Johnston, creator of the For Better or for Worse comic strip: *"Never take advice from a guy who crushes beer cans with his head."*

Musings on running, fitness, life, etc.:

Today's trivia question: When was the last time the wind wasn't blowing hard enough to pull shingles off the roof?

- A. Mother's Day 2001.
- B. In your dreams.
- C. In the movies.
- D. The last time it really rained hard.
- E. Don't remember.

If you answered "E," at least you're honest. And justified, too, since it's been, like, an eternity and a half since it hasn't been windy and, thus, you would be forgiven for not remembering.

Springtime is always windy in these parts, but Mother Nature has been unusually nasty this year. I know because my hair has been blowing every which way for the past couple of months.

Well, if I HAD hair it would be blowing every which way.

Actually, all of us have been battling the winds virtually daily on our training workouts. One day I would swear I was running against the wind while putting in a couple of miles on the treadmill. On another, it seemed like I was going into a strong headwind while swimming at East High.

A recent TV weather broadcast I heard by Mike Daniels went something like this:

"It was breezy throughout the day today and those winds will pick up considerably later tonight as a cold front moves into our area. Tomorrow it'll be considerably cooler and windy, and we could have wind gusts up to 40 miles an hour. Looking ahead, I think you can expect those winds to stay with us the rest of the week as ... blah, blah, blah."

Anyway, cycling into a stiff 20mph wind recently got me to thinking. And since I doubt that research scientists are going to going to figure out solutions to the wind

(and lack of rain, for that matter) and always wanting to do my part of help others, I've come up with five easy ways to cope with the wind:

Move to another state.

Take up knitting. Despite the treadmill reference above, it generally isn't windy indoors.

Make like a bear and go hibernate in a cave until summer.

Take up sailing at Lake Pueblo.

Just be thankful you're not a roofer.

Ten things I was just wondering:

* How come you never see a \$100 pair of running shoes dangling from a telephone wire?

* Why do whole cashews taste so much better than cashew halves or pieces?

* Concerning people who sit in their cars for minutes at a time waiting for someone to pull out of a close parking spot at the grocery store: Can't they park in an empty space and walk an extra 20 yards?

* How can you "listen to your body" when it doesn't talk loud enough until you are injured?

* How come there aren't any "Paint & Body Piercing" shops?

* How much is a motel hurting for positive qualities when it lists "free outdoor parking" in its promotions?

* When – not "if" – is Mike Tyson going to be back in prison where he belongs? Or a mental hospital?

* How the heck do shoe manufacturers dream up all the new running shoe developments every year?

* Why can't they make a multivitamin that contains exactly 100% of the daily requirements of all vitamins and minerals?

* What if no one remembered to unlock the gate into Folsom Stadium at the Bolder Boulder 10K?

Until next month, remember: They don't ask how hard the wind was blowing; they ask how far the ball went.

Tabloid Headlines (really)

I was Bigfoot's love slave!

Phone Psychic's Head Explodes!
Seer kept giving wrong answers and then KABOOM!

Safety With Meats

Keep raw meats cold: Carry an insulated bag in your car, so you can use it to transport meat from the store to home. Always put fresh meat and poultry into the refrigerator as soon as you arrive home. Prevent contamination: Keep different types of meat separate during storage. Always wash your hands, counter, and utensils after handling each type of raw meat and before preparing other types of meat or food. Store in covered containers so that the meat cannot drip onto other foods. Refreezing? Always use any thawed meat or poultry quickly, and do not be tempted to refreeze it, since this will increase the risk of food poisoning when the meat is eaten. Source: 10,001 Hints & Tips for the Home, DK Publishing Inc.



SCR Birthdays

May

- 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*

June

- 1 Ryan Romero
- Debby Rose
- 4 Gina M Benfatti
- Steve C Rutledge
- Matt Sherman
- 5 David W Crockenberg
- Martha J. Kinsinger
- 6 Maria Appenzeller
- 7 Jennie L. Shaydak
- 8 James S. Robinson
- 9 Samantha Davenport
- 10 Laura Kelecy
- Rebecca Stringer
- 11 Margaret E Vorndam
- 12 Anne Frank*
- 14 Jan Huie
- 15 Melina Hernandez
- 16 Traci Tafoya
- Father's Day
- 17 Helen Caprioglio
- 18 Hilbert Navarro
- 19 Mike Archuleta
- Paul Dallaguardia
- 20 Donna Nicholas-Griesel
- Melissa Babcock
- 22 Lorraine Hoyle
- Meryl Streep*
- 24 Laurice Lopez-Cepero
- 24 Rick Ruggles
- 26 Jesse Stommel
- 27 Emily Gogarty
- Robert Hamilton
- Tracy W. Gunn
- 30 Todd Hund
- Barry Benjamin Loseke
- Leap second adjustment day

*honorary SCR member

Trail Notes

by Shaun Gogarty



You're going to like the way you look, I guarantee it.

My daily dress up attire is a race t-shirt and pants. Of course I haven't bought a t-shirt for years, unless you want to count race entry fees. When I put my shirt on this morning I realized that most of my shirts are looking pretty torn and tattered if not down right grungy. It doesn't bother me to look grungy (I grew up in the 60's) but it sure made me worry it had been too long since I entered a race!! And I need the motivation of a race.



It would be nice to be a self-motivated runner, but my self-motivation helped me to look like the Michelin man a few years back. This year I've already put a "roll" back on because I haven't been working toward anything in particular. Part of the problem may be that as I get older and more experienced (i.e. I know how really painful a marathon can be) I'm less likely to throw my body into a place it could really get hurt.

On the other hand I have this really sick trait in which I'm unable to extrapolate. I'm able to remember how hard a particular race was, but a new place, length or type of race seems just wonderful. Most people would realize that if a marathon were hard then running 50 miles would be at least twice as hard. Not so with me - if it is different it must be better. Accordingly I'm usually able to find something different to sign up for and be motivated about each year.

In my quest to find something different this year I've been thinking about some pretty crazy things - don't worry, I'm not signing up for any of the nude runs. But it is nice to look on the Internet at things like iron man triathlons and the race across America. If nothing else it gets my blood running faster for a few minutes. Sometimes I even get excited enough about a particular race website that my stomach cramps and I have to run to the bathroom, just like before a race (I have a pretty vivid imagination). But of course none of the looking does much to improve my physical shape.

There just hasn't been a race yet that has struck my fancy this year - so to keep in shape I'm thinking of lipo-suction. Actually between looking for just the right race and fitting it in with my schedule nothing seems to be working. So I've decided to invent a new challenge. Through the summer I'm going to run all over Greenhorn Mountain until I have found 50 miles of interconnecting routes. The interconnecting is going to be left poorly defined because sometimes they won't actually connect except cross-country. I'm going to mark these routes and by the fall of this year I will have a 50-mile course. I'll then announce it in this publication and anyone crazy enough can come and do part or all of it with me. It will be my little challenge for the summer. Of course the only downside is I'll have to buy my own t-shirt.





Rocky on Fitness

By Rocky Khosla, M.D.



Easy Rider

Since a fair number of us runners are also bicyclists, I thought that it would be a good idea to write something on bicycle related injuries, and how to decrease the chance of having some of these. Bike related injuries lead to 900 deaths, 23,000 hospital admissions, 580,000 E.R. visits and more than 1.2 million physician visits in the U.S. per year. The group with the highest rate of bike related injuries and fatalities is the 9 to 15 year old age group, with a male to female ratio of 2-3:1. The following are risk factors for bike related injuries:

1. Being male
2. Aged 9 to 14 yrs. Old
3. Cycling in the summer
4. Cycling in late afternoon or early evening
5. Not wearing a helmet
6. Motor vehicle involved
7. Being drunk
8. Unsafe riding environment (i.e. riding to Beulah!)

The majority of bike related injuries occur to the upper or lower extremities, followed by head, face, abdomen or thorax and neck. Most of these injuries are superficial such as contusions and abrasions ("road rash"). Head injuries occur in 22 to 47% of bike accidents, and these are most often due to collisions with motor vehicles, and these are responsible for 60% of all bike related deaths and for the majority of long-term disabilities. Overall, off road cyclists have a 40% lower chance of head, facial and dental injuries compared to on-road cyclists, this primarily being because the former group is separated from traffic and tends to have a higher rate of helmet use.

As far as non-traumatic overuse injuries are concerned, making sure that the bike is properly adjusted for the rider can make a big difference. Here are some tips:

1. Frame size: while standing astride the frame, you should have 1-2 inches of clearance between the frame and the crotch for road bikes and 3-6 in for mountain bikes.

2. Saddle height: 25 to 30% of knee flexion of the extended leg when the pedal is in the most downward position.
3. Saddle position: with the pedals at 3 and 9 o'clock, the front of the knee cap should be directly in line with the front of the crank arm. Also, the tilt angle of the seat should be level or slightly elevated in the front.
4. Handlebar height: this should be 1-2 inches below the top of the saddle.
5. Foot position: the foot should be in neutral position, with toes not pointing up or down, and the ball of the foot should it over the pedal axis.

As far as equipment is concerned, the following can make a big difference:

1. Helmets: these should sit snug with the straps forming a V around the ears.
2. Padded gloves: there is a structure called Guyon's tunnel through which the deep palmar branch of the ulnar nerve passes that can get compressed which can lead to numbness and tingling in the ring and little fingers. Also, compression of the median nerve in the carpal tunnel can occur, which can lead to numbness in the thumb, index, middle and part of the ring finger, though this is less common. Both of these problems may be diminished by wearing well padded cycling gloves and changing hand position frequently in long rides
3. Cycling shorts: well-padded shorts can decrease saddle irritation and chaffing.
4. Shoes: cleats that float and release easily can prevent problems with foot alignment
5. Eye protection: wearing polycarbonate lens glasses can help prevent bugs, dirt, rocks, etc from causing trauma to the eyes.
6. Camelback or similar devices may be safer than water bottles mounted on the bike frame, though there are no studies that I am aware of regarding this yet.
7. Seats: I am a big fan of the newer seats with a narrower front, and split middle. This takes the pressure of the pudendal nerve, because prolonged pressure on this nerve can lead to numbness over the crotch and impotence.

Potpourri

Hair grows at the rate of .00000001 miles per hour.

Attitudes are contagious. Is yours worth catching?

Elvis' favorite amusement park ride was the bumper cars.

From Paul Simon

Hello darkness my old friend
I've come to talk with you again
Because a vision softly creeping
Left its seeds while I was sleeping
And the vision that was planted in my brain
Still remains
Within the sounds of silence

Paul Simon, The Sound of Silence, Columbia Records



In a phone booth in some local bar & grille
rehearsing what I'll say
my coin returns
how the heart approaches what it yearns
how the heart approaches what it yearns

Paul Simon, How the Heart Approaches What it Yearns, Warner Brothers



Ramblin'

by Ron Dehn



Meeting the X Challenge

USC's X Challenge is a relatively new event in Pueblo, 2002 being its third year. On April, 27, seven 4-person teams competed for 5 hours in about a dozen different activities. The event requires a combination of athletic skills and teamwork problem solving. It is demanding and lots, lots, lots of fun. Our team was named Maggie and the Dehn Boys. Maggie is my future daughter-in-law (July, 2002). The Dehn Boys included Dave (my brother), Jeremy (Maggie's husband to be), and me (easily one of the oldest "boys" in the X Challenge). Yes, a challenge, but well worth the effort. We worked hard, but took time to laugh and even giggle as we twisted and challenged our bodies and minds to perform various activities that required balance, coordination, teamwork, strength, agility, determination, strategy, and a sense of humor.

The day began on the low ropes course at USC. There were 8 elements of the course, and the teams started with a "shotgun start" (each team was assigned a different element, then we rotated until all elements were completed). Fifteen minutes was allocated to each element – 5 minutes to strategize, and 10 to complete the task. You could make as many attempts as you wanted, and the timing started over with each attempt. The object being, to accomplish the task as quickly as possible. The events were the Wild Woozy, the Looking Glass, the Spider's Web, the Stilt Log, the Nitro River, the Swinging Log, Island Hopping, and simply the Wall. The Wall is supposedly a 12 foot vertical wall, but it seems like 15 feet. Of course – I have a vertical leap of 4 inches on a good day, but I digress.

Maggie & the Dehn Boys excelled at the Stilt Log – two 8 foot long 4x4's with rope "handles". The boards were parallel on the ground – each team member stood with one foot on each board, grabbed a rope from each board, and attempted to walk in unison from point A to point B. We also did well at the Nitro River. Each member swung across a "river" Tarzan style to a small wooden platform on the other side. Then after getting everybody to the platform, each had to swing back. Not as easy as it sounds. Dave could not quit laughing on the Wild Woozy, but we had a great score on that event. Island Hopping was not our thing. We just couldn't get hopped from one island (wooden platform) to another using two boards that together spanned the gap, but individually were far short. We got to the second island, but "drowned" before reaching the third.

Next came the Climbing Wall. Maggie and Jeremy were our ringers. They have been climbers for the last few years, and easily handled the 2 difficult courses, complete with overhangs. Dave and I were respectable on the two easier courses. Then came the mile run – kayak relay. (No you do not have to carry a kayak while you run). One person runs, the next does 6 pool laps in a kayak, and so on. The X Challenge ended with a mountain bike relay race. All four team members rode the 2+ mile course on the prairie east of USC. A good course – some hills, some soft dirt, some wind. The overall team average was approximately 50 minutes. It was a tough ride after completing all the other events of the day. It truly felt good to cross the finish line. I felt like the anchor in any sense of the word you want to use.

The "Aftermath". When I got home I sat in the recliner. Not too long after sitting in the recliner, I was sleeping in the recliner. Sunday morning when I woke up, there were parts of my body which were "giving notice". My shoulders felt like I had done 3 sets of 10,000 shoulder shrugs with 300 pounds. But, it was my triceps that "talked the loudest". The way they felt – they must have expanded by 10 or 15 inches. Surely they were huge, surely my arms must be the size of Arnold's. So I quickly rushed to look in the bathroom mirror – no Arnold – just a very sore me.

The X Challenge is put together by students in the Exercise Science and Health Promotion program under the guidance of Professor George Dallam and Jay Zarr, Director of the Experiential Learning Center. It was extremely well organized. There was a huge number of volunteers who were well versed in their various roles. Timing was down to a science. There was adequate time for all events, but no lulls. **HATS OFF TO GEORGE, JAY, AND ESPECIALLY THE STUDENTS** who put on such a great event.

And – even though my body does not look like Arnold's – I'll borrow one of his lines. "We'll be back".





The Boston Experience

by Katherine Frank



On April 15, I ran the Boston Marathon for the second time. The first time I ran Boston was in 2000, and even with all of the worries of being just eight weeks beyond a diagnosed stress fracture in my left tibia, the race (except for my finishing time) was everything that I had ever imagined it would be. This year, probably because I was healthy and the weather cooperated, the race was even better. However, running Boston is not just about the race itself; rather, the Boston experience begins once you qualify for the race and extends way beyond the finish line.

I qualified for Boston 2002 at the Mile High Marathon in November 2001. Once I decided to run Boston, which for me was about five minutes *before* I crossed the finish line in Denver, I had five long months ahead of me to train, dream about the race, and worry incessantly about getting injured. As is likely the case with all runners, once the plane ticket is purchased, the hotel reservations are made, the entry fee is paid, and the rental car is reserved any activity that might lead to an injury (that is, any activity besides running) is off limits, and any ache or pain is a potential stress fracture. As the race day grows closer, not only are you thinking constantly about the race, it seems like everyone around you is thinking about the race as well. Before you know it, your bags are packed—non-essentials in a bag to be checked of course, and running clothes and shoes in your carry-on—your friends and family are ready to log on to the Boston website to chart your progress on race day, and you are off.

Since the Boston Marathon always takes place on a Monday (Patriot's Day), most people arrive in Boston on the Saturday preceding the race. For me, the excitement begins to build when I am waiting to board the plane to Boston. It is at this point when you can begin to pick out the people who are going to run the race—typically running watches, running shoes, Adidas and Nike carry-on bags, and multiple bottles of water give them away—and already you feel that you are part of an extraordinary event. However, it is the next day when you go to the Marathon Expo. and see the finish line construction that you realize that you are actually going to run this famous race (and then remember that it is 26.2 miles long).

The Boston Marathon Expo. consists of about four banquet size rooms, three of which are filled with over one hundred vendors. It is a runner's paradise; if you are looking for deals, the newest gear and gadgets, food, official marathon paraphernalia, it is all at the

Expo. People who have run the race before know how important it is to get to the Expo. early. By noon on Sunday, the four rooms are packed (people standing shoulder to shoulder) and if you need to use the restroom (along with everyone else), forget it—find a nearby McDonald's. But you just cannot beat an Expo. when the presence of people such as Bill Rodgers and Joan Samuelson are being confirmed over the loud speaker, and people are smiling even when they are standing shoulder to shoulder or waiting desperately for a restroom opening.

Although the day before a race should be spent relaxing, my day is spent obsessing about the race. I mean, it is hard not to do so when everywhere you look there are reminders of the race: the grandstand and enormous finish line construction downtown, the banners, the billboards, the TV cameras, and the sea of bright yellow race bags. The number of race bags and the absolute impossibility of driving in a city where driving is impossible anyway serve as reminders that it is important to plan for the next day, to make sure that you have everything that you will need for the three hours that you will spend in Hopkington before the race starts and that you have carefully planned where friends and family will be on the race course. Once organized, all that there is left to do is to carbo load (forget about dinner in the North End; unless you made reservations about the same time that you qualified there is no way that you will be eating in the Italian District the night before the race) and to get a good night's rest.

Race day starts by catching one of the hundreds of busses leaving from downtown Boston and going to Hopkington. Your qualifying time determines which wave of busses you will take, and I needed to be on a bus between 8:00 and 8:30 A.M. I got on my bus at about 8:00 A.M., and although the bus ride to Hopkington should have taken about thirty minutes, our bus ride took about two hours. The bus driver, unfamiliar with the route, missed the exit off of the Massachusetts Turnpike for Hopkington. Now, it is important to keep in mind that this bus was filled with runners who had all been hydrating for about two days. About forty-five minutes into the ride, those of us who had run Boston before (and were starting to feel a bit uncomfortable due to the fact that we had planned our water consumption around a thirty minute bus ride) noticed that we had been on the road for a while. After learning from the bus driver that we would continue to be on the road for

(Continued on page 8)

The Boston Experience (continued)

(Continued from page 7)

quite some time due to the fact that exits are few and far between on the Turnpike, there was a minor uprising on the bus. I quickly found out that I was not the only person just about ready to use an empty water bottle to hold something besides water, when everyone insisted that the bus driver pull over for a bathroom stop. Although very reluctant to do so at first, the bus driver was soon “convinced” that it was probably in his best interest if he did pull over. So, on the side of the Mass. Turnpike, with no cover in sight, an entire busload of runners ran into an open field to take care of business, serenaded by the supportive sound of honking car horns as we were cheered on by our first group of spectators.

We finally made it to Hopkington around 10:00 A.M. The next hour and a half was spent in “Athlete’s Village”—a school parking lot and field filled with tents, phones, motivational speakers, and port-a-potties—trying to relax and to bond with other runners. I met a woman from Montana on the bus and we found a strategic spot for ourselves in the parking lot near the toilets. There was a light drizzle that morning, but nothing uncomfortable. People were discussing strategies, describing the course to new participants, and sharing stories of previous Boston Marathons. As the start time grew closer, nervous excitement began to build, and on the walk, first to the busses to load extra gear and then to the starting corrals, the stomach butterflies commenced fluttering.

At the start, runners are organized based on their qualifying times. There were fifteen official waves this year (and keep in mind that there are usually several thousand bandit runners who run without a number). This is when you first see the people with whom you will be running for most of the race. But, at this point, it is not the runners that you notice, but the spectators. This year, at the start, the spectators were about thirty to thirty-five deep. And, if you think that the crowds lessen as the race progresses, you are wrong. There are crowds of spectators for the *entire* 26.2 miles; there is not one foot of the course that does not have a spectator on it. Memorable places on the course include Wellesley College—right at the halfway mark—where the female students (it is an all women’s college) come out in screaming droves to support the runners, and Heartbreak Hill which is lined with people and TV cameras. The crowd deepens and grows (even) louder as you approach Boston. At Boston College, about mile twenty-two, drunk college students who think “you rock” generously offer you beer! My own massive support team of one was at mile twenty-two, and although small in number it was huge in support (next year we will remember to

pick a side of the road to be on along with the mile marker—live and learn). The spectators really contribute to this race. They make everyone feel like an elite runner; they cheer on everyone, not only their own runner(s). I saw a runner start to walk at about mile twenty-four, and a spectator jumped out of the crowd and said, “Come on, you can do it,” started running alongside the man, and did not stop until the man started to run again. This is the spirit of comradery that pervades the entire race.

The tremendous support of the crowd carries the runners over the last few miles of the course. Yet, it is during the last quarter mile, when you make your final turn and see the tremendous blue and yellow finish line and the huge crowds of people (now probably about forty to fifty people deep) that you feel most incredible. This is the moment that you have dreamed of, and the real moment does not let you down. There is absolutely nothing like crossing the finish line and being greeted by people who understand the magic of this experience. It is amazing!

This, of course, is a description of *my* 2002 Boston experience. My trip to Boston in 2000 was very different, and I am sure that my experience next year will be different as well. Anyone who runs Boston will have his or her own unique running experience and will gain new appreciation for the sport that so many of us love to do.



Joe Dvorsky and Katherine after the race



The X Challenge Results



USC's 3rd annual X Challenge took place on April 27. Several SCR members met (and exceeded) the Challenge. In some ways, it was a competition. In others, it was a challenge to work with minds, bodies, and each other to accomplish goals. The event was run by USC students in the Exercise Science and Health Promotion program under the guidance of Professor George Dallam and Director of Experiential Learning, Jay Zarr. Hats off to the Event Day Director, Sara Grush and her team consisting of: Leigh Ann Trujillo, Dave Roberts, Brian Asanovich, Phil Colletti, Marvin Sandoval, Scott Goheen, Paul Martinez, Michael Trunkenbolz, and a couple dozen more volunteers.

group of local dehns) – another SCR team: Maggie Truong, Jeremy Dehn, Dave Dehn, and Ron Dehn. 5th - Team eXtacy - student team for USC (with some current and former basketball and volleyball players), Emily Christensen, Mike Dasko, Marcos Zorito, and Cory Louther. 6th Place - Trainers - faculty and student athletic trainers/athletes from USC: James Boulware (clinical AT instructor), Ed Woodley, Nikki Hitchcock, and Tuesday Swiger. 7th Place - Parkview ER/Trauma - Parkview employees: Mike Archuleta, Kristen Sapp, Jay Bailey, and Matt Bowles. See this month's Ramblin' article for more on the X Challenge.



John, Katherine, Michael, and George with their awards



Cindy, Steve, Vince, and Chris hold their 3rd place awards

The team earning first place was named "Faculty and Ringer". The team name was a misnomer because every member is an exceptional athlete. The names John Borton, Katherine Frank, Michael Orendorff, and George Dallam probably look familiar to many SCR members. John is known for his many years of sea kayaking, biking, and running. Katherine is the current SCR president and just ran the Boston Marathon (again). Michael is an Ironman, and nationally ranked triathlete, and George is a triathlete and Olympic coach. Pretty impressive qualifications and that is just scratching the surface. Still, first place was not a cake-walk because there was plenty of competition. Other teams were: 2nd Place - TPI.com - The Total Performance Institute an endurance athlete Coaching and Testing company in COS made up of triathletes / cyclists: Phil Hackbarth, Suzanne Walter, Eric Miller, and Matt Larsen. 3rd Place - Misfits - Southern Colorado Runners: Cindy Drieling, Steve Rutledge, Chris Obendorfer, Vince Obendorfer. 4th Place - Maggie and the Dehn Boys – (disreputable



Maggie and one of the Dehn boys (Jeremy) take a moment to pose at the mountain bike race

Y-Bi Classic Results

20 to 29 Females				12	APPENZELLER, GUS	39	1:10:30.5
1	WHITE, GIOVANNA	26	1:10:32.9	13	Bergeron, Andy	35	1:11:40.0
2	HANDEL, KELLY	24	1:11:02.4	14	HACKBARTH, PHIL	33	1:11:55.3
3	DOMPIER, SAMANTHA	23	1:14:28.4	15	THURMAN, LON	33	1:12:26.1
4	LEE, JENNIFER	29	1:14:56.1	16	ROMERO, GERALD	30	1:14:17.1
5	MCLEAN, KELLEY	25	1:21:38.0	17	MARTINEZ, STEVE	35	1:14:54.5
6	MOORE, JESSICA	22	1:28:39.3	18	MILTNER, CHARLES	30	1:14:57.6
7	MCGOVERN, MAURA	25	1:29:06.0	19	VELELO, JOHNATHAN	32	1:15:06.7
8	BRUCKMAN, JULIE	27	1:30:36.7	20	NEEDY, TOM	33	1:18:32.0
9	ZIDEL, EVE	27	1:31:29.5	21	BIGGS, JAMIE	32	1:18:33.9
10	NEWLAND, BRIANNA	26	1:34:06.2	22	HESS, DOUG	30	1:19:10.5
11	CORDO, JOAN	25	1:35:46.9	23	CARSON, CRAIG	36	1:22:08.3
12	LOW, TAMMY	26	1:36:06.5	24	ROGERS, STEVE	30	1:24:23.2
13	O'BRIEN, SHELBY	29	1:43:09.5	25	BARNHART, ROSS	38	1:26:23.4
14	MARTINEAU, CARRIE	28	1:43:24.1	26	EDGERTON, CHRIS	30	1:26:28.5
15	DEBOY, KIMBERLY	29	1:52:17.3	27	PARKER, DOUG	36	1:28:31.5
30 to 39 Females				28	PETERSON, MARK	35	1:30:12.8
1	WEBBER, CATHI	33	1:20:59.2	29	MOORE, CHUCK	31	1:40:20.2
2	VERRILL, VANESSA	31	1:23:44.8	30	MAYER, RICHARD	35	1:41:27.0
3	MCCARTHY, MARY	32	1:24:25.8	31	VGOLINI, JO ANN	38	1:48:12.8
4	SHIK, LISA	36	1:30:30.6	32	CRUZ, ED	34	1:48:51.1
5	Gable, Juanita	32	1:35:44.6	33	PATTERSON, ANDRE	35	1:55:58.8
6	MARTINEZ, MELISSA	35	1:41:48.5	40 to 49 Male			
7	ERMEL, CAROLINE	38	1:44:17.9	1	HERDELIN-DOHERTY, BARON	42	1:05:37.6
8	SERRMENS, CHRISTINA	33	1:45:31.0	2	NOLEEN, WOODY	46	1:05:47.2
9	GELLER, LISA	34	1:45:44.4	3	DELMEZ, JOHN	45	1:07:12.2
10	LILLARD, KIMI	35	1:48:23.8	4	KAHKOOKA, JAMES	42	1:09:18.7
11	GILMORE, DANA RACHELLE	36	1:53:56.9	5	SHOULBERG, RICK	41	1:10:22.8
12	POPE, JULIE	36	1:55:23.1	6	MARUNA, DEAN	42	1:10:28.1
13	HERDELIN-DOHERTY, LISA	36	1:56:55.0	7	KOCH, MARK	42	1:11:10.8
14	WILSON, KIM	36	2:09:39.0	8	THOMPSON, GRIFF	44	1:11:14.3
40-49 Females				9	MILLER, BRUCE	40	1:13:01.3
1	QUIZON, KATHY	40	1:27:13.1	10	KNOCHE, RANDY	41	1:14:41.5
2	ABREO, LISA	44	1:27:23.3	11	WASON, DAVID	40	1:14:49.7
3	KELLY, KERRI	40	1:31:47.2	12	GOODLOE, JOHN	40	1:17:52.0
4	YUKAWA, STEPHANIE	49	1:33:43.7	13	IRVING, BOB	47	1:19:53.8
5	MARTINEZ, MARIJANE	49	1:34:33.5	14	TRUJILLO, JAY	43	1:20:44.5
6	DALLAGUARDIA, SUSAN	43	1:42:03.9	15	GERHARCLT, STEVE	48	1:22:33.3
7	GEBHART, SUSAN	47	1:44:37.8	16	KHOSLA, ROCKY	43	1:25:51.6
8	CARLIN, MARIA	40	2:10:40.2	17	SHEPPERDSON, MARTIN	48	1:26:39.2
50-59 Females				18	BUCZEK, SONNY	46	1:27:20.4
1	NOBLE, ANN	54	2:25:06.1	19	LEYVA, NICK	48	1:27:26.3
16 to 19 Male				20	STRINGERT, HOWARD	46	1:29:03.9
1	BECKMAN, BRYEN	19	1:03:43.8	21	GAFFNEY, CLINT	45	1:29:09.6
1	SAREK, JEFF	12	2:02:42.4	22	ROUKEMA, JAMES E.	49	1:29:50.0
20 to 29 Male				23	SARGENT, NEAL	49	1:30:36.1
1	HALLBERG, JIM	24	1:03:32.7	24	ARCHULETA, MIKE	41	1:32:36.3
2	HILL, CODY	29	1:03:38.1	25	DALLAGUARDIA, PAUL	43	1:34:28.6
3	Richardson, Chris	29	1:03:55.2	26	PAUL, STEVEN	43	1:34:50.5
4	MCDONALD, JASON	25	1:06:14.1	27	HOWE, DANA	48	1:39:12.2
5	HOLT, TEDDY	29	1:08:57.6	28	MARTINEZ, RICHARD	49	1:40:13.3
6	SCHUTT, KERRY	25	1:09:04.2	29	STONE, TAMMY	40	1:48:12.2
7	JAY, LUKE	21	1:09:13.1	50 to 59 Male			
8	NITTI, TONY	26	1:17:30.6	1	POITZ, KEN	54	1:14:58.5
9	Barer, Andy	28	1:22:47.1	2	LEYBA, HECTOR	51	1:22:37.5
10	RLYH, NICHOLAS	21	1:26:13.7	3	LEMON, DAVID	50	1:23:03.0
11	GILMORE, BEN	26	1:26:28.7	4	STOMMEL, JOE	52	1:26:26.3
12	CONLEE, JEFF	28	1:27:56.8	5	BECKENHAUPT, JIM	54	1:27:11.8
13	WEEKS, CURTIS L.	28	1:29:01.6	6	FUHRMANN, STEPHEN	51	1:27:37.8
30 to 39 Male				7	FREEMAN, DOUG	56	1:27:49.5
1	SCHUARTZ, ERIC	31	1:00:43.5	8	TOWNSEND, CECIL	54	1:31:24.7
2	FOGARTY, JOSEPH	31	1:01:25.7	9	STAUSS, JIM	52	1:36:54.7
3	SHIMOMURA, LANCE	30	1:02:43.8	10	NORMOYLE, DENNIS	58	1:38:51.3
4	FRYDENLUMD, JEFFREY	30	1:05:05.1	11	WILLUMSTAD, PAUL	52	1:39:40.3
5	BURTON, CHRISTIAN	32	1:05:14.2	12	MOORE, MICKEY	56	1:43:02.0
6	WEBBER, JAMES	34	1:06:33.9	60 to 69 Male			
7	Ruhser, Rich	35	1:07:20.9	1	STURTEVANT, JOHN	68	1:41:51.9
8	BUSH, DOUG	35	1:07:49.4	70 and Older Male			
9	SEIDMAN, LARRY	38	1:08:48.6	1	WHITNEY, KEN	72	1:37:41.1
10	HACKLER, ANDREW	34	1:09:50.9	2	HOLIMAN, JOHN	75	1:56:01.6
11	MCCLEAN, BRAD	31	1:10:17.1	3	PULS, GERALD	76	2:14:48.5

RFTR / Cinco de Mayo Results

10K	Runner	Sex	Age	Time	1.5 mi walk	Walker	Sex	Age	Time
1	Jose Alejandro Cabrera	M	24	34:10	1	Mike Cook	M	55	24:18
2	Ramon Arturo Cabrera	M	19	34:12	2	Jerry Cross	M	49	25:31
3	Martin Wenblom	M	23	35:11	3	Jim Ray	M	60	25:35
4	Kyle Reno	M	20	37:17	4	Adrian Serna	M	11	25:38
5	Brian Ruhm	M	37	37:34	5	Nickolas Rodriguez	M	58	25:46
6	Andrew Hackler	M	34	37:54	6	Rico Ramirez	M	9	25:52
7	Regie Marquez	M	25	38:28	7	Tana Rocco	F	7	26:12
8	Francisco Paredes Alemar	M	48	38:33	8	Jane Dunean	F	61	27:03
9	Larry Volk	M	38	38:47	9	Hunter Huffamn	M	12	27:40
10	Mark Koch	M	42	39:13	10	Tony Garcia	M	12	27:40
11	Jesus Guadelup Escude	M	55	39:59	11	Valerie Cunico	F	12	29:12
12	Marty Garcia	M	41	40:33	12	Jade Valdez	F	11	29:12
13	Jason Ramos	M	29	40:36	13	Rachel Bunn	F	11	29:13
14	Ben Valdez	M	42	41:06	14	Antoinette Trujillo	F	11	29:14
15	Tike Maez	M	40	41:22	15	Drew Legan	M	11	29:21
16	Matt Sherman	M	29	41:41	16	Nicole Case	F	12	29:27
17	Nely Anjelica Ramirez	F	24	42:23	17	Erin Musso	F	12	29:28
18	Robert Santoyo	M	40	43:14	18	Kim Chavez	F	25	29:55
19	Ivan Molivar	M	22	43:38	19	Adrian Serna	M	31	29:56
20	Justin Gutierrez	M	27	43:49	20	Phil Gallegos	M	54	29:57
21	Bill Veges	F	44	44:08	21	Cyntha Fuentes	F	51	30:42
22	Katherine Frank	F	30	44:23	22	Tracey Mullis	F	32	31:13
23	Rosario Lopez Montoya	F	24	45:00	23	Mary Ann Novak	F	59	31:18
24	Brian Ropp	M	28	45:07	24	Makenzie Harrison	F	11	32:09
25	Gene Mares	M	39	45:11	25	Kassidy Pieraut	F	12	32:10
26	Edward Griego	M	50	45:19	26	Nancy McDonnell	F	55	32:15
27	Chief Reno	M	40	46:43	27	Kimberly Sparks	F	29	32:21
28	Ed Leanos	M	54	47:04	28	Amy Heath	F	28	32:21
29	Ross Barnhart	M	38	47:19	29	Jan Pullin	F	51	32:22
30	Pat Drayton	M	53	47:31	30	Sally Natividad	F	61	32:26
31	Bolivar Newkirk	M	24	48:02	31	Rae Peters	F	36	32:38
32	Mike Borton	M	29	48:23	32	Jamie Wallace	F	13	32:39
33	Paul DallaGuardia	M	44	48:27	33	Jesus Encino	M	13	32:40
34	Kelly Hale	F	34	48:30	34	Pam Case	F	39	32:44
35	Karen Hurley	F	24	48:48	35	Michelle Hill	F	12	32:49
36	Greg Gauna	M	32	48:58	36	Sylvia Marez-Fransua	F	59	32:50
37	Frieda Parker	F	41	49:04	37	Becky Coffrin	F	41	32:59
38	Bill Mares	M	36	49:08	38	Cyndi Montanari	F	45	33:01
39	Michael Sanchez	M	41	49:10	39	Matt Karn	M	12	33:13
40	Jim Montoya	M	45	49:11	40	Rebekah Blagg	F	12	33:15
41	Rick Macias	M	41	49:15	41	Krissy Wallace	F	12	33:16
42	Cory Rose	M	14	50:34	42	Estevan Encina	M	12	33:25
43	Lee Carstensen	M	43	50:34	43	Eric Goldbberg	M	12	33:25
44	Mickey Moore	M	56	50:42	44	Sherry Schermerhorn	F	30	33:58
45	Blake Fissel	M	42	52:00	45	Maryah Santa Cruz	F	10	34:03
46	Mike Archuleta	M	41	53:03	46	Rose Marie Santos	F	53	34:10
47	DM Gannon	M	43	53:23	47	Anthony Belarde	M	14	34:10
48	John Freyta	M	35	53:38	48	Lupita Quiles Rosa	F	52	34:12
49	Laurie Wertzbaugher	M	43	53:43	49	Kathleen Layva	F	59	34:13
50	Raul San Miguel	M	51	53:44	50	Bobby Marez	M	11	34:14
51	Chuck Norton	M	14	54:02	51	Danell Valdez	F	51	34:33
52	Jessie Quintana	F	58	56:05	52	Tammy Musso	F	42	34:35
53	Mike Hurley	M	32	57:19	53	Alicia Sanchez	F	21	34:36
54	Rudy Martinez	M	14	58:49	54	Cindy Pacheco	F	35	34:36
55	Lynn Crawford	F	40	58:50	55	Pat gallegos	F	5	35:10
56	Tom Tafoya	M	55	59:00	56	Christine Jimenez	F	57	35:12
57	Katy Butler	F	34	59:40	57	Yadiro Orosco	M	7	36:04
58	Tommy Prieto Alvarez	F	51	60:00	58	Gerardo Marquez	M	7	36:05
59	David Santos	M	57	60:23	59	Albert Novak	M	63	37:10
60	Jamie Gannon	F	16	61:34	60	Joe Rodriguez	M	75	37:36
61	Donna Nicholas-Griesel	F	55	61:34	61	Rebecca Ortiz	F	15	47:13
62	John Lobato	M	49	63:24	62	Julnar Issa	F	16	47:11
63	Cathryn Sanchez	F	40	63:38	63	Lauren Howe	F	15	47:13
64	Rosa Ruth Quicles	F	62	63:47	64	Rita Muniz	F	57	47:43
65	Kathleen Spencer	F	51	64:49	65	Jodi Aguelera	F	60	47:45
66	Frank Lopez_Cepero	M	33	69:49	66	Eloisia Martucci	F	57	48:49
67	Gerald Puls	M	76	71:12	67	Margie Montez	F	56	48:50
68	Natalie Martinez	F	16	74:49	68	Tim Owens	M	16	49:38
69	Richard Leyva	M	62	75:33	69	Kara Clark	F	15	49:39
70	Elizabeth Perkina	F	12	77:20	70	Joe Petrick	M	35	49:41
71	Cathy Perkins	F	63	98:08					

THANKS

Thanks goes out to race director: Hilbert Navarro and his cast of volunteers: Tiffany Reno, Diana Reno, Jeff Arnold, Jose Duarte, Edna Duarte, Jed Duarte, Misty Frey, Nick Leyva, Marijane Martinez, Gary Franchi, Joe Dvorsky, Jerry Armijo, Adeline Armijo, Doug Leyva, and many unnamed others.



Nick Leyva does a good job with the microphone and Cathy Perkins shows a big smile at the finish



Dear Ed

Dear Ed,

What suggestions do you have about how to deal with dogs chasing you when you run or bike? I once heard that you should stop running, face the dog, and firmly say “NO”! I tried that once on a small dog, and it seemed to work. The dog backed off. Do you recommend this technique? What about when you are biking?
Signed,

Not A Dog Hater But Trying To Avoid Being A Doggie Treat

Dear NADHBTTABADT,

We must have read the same book or watched the same talk show. I also heard about the “Just say No” technique. I had occasion to try it too, but with far different results. I once encountered a large watchdog who was growling in a fairly threatening manner. When I tried

the “NO trick”, it was like pouring gasoline on an already raging fire. The dog was even less happy at this point, barked louder, and started coming toward me. I figured it was time for “Plan B”. I continued to face the dog, but spoke softly and slowly, slowly backed away. I tried not to show fear, but I’d never get an Oscar for that performance. It did work, however, because the further away I got, the less aggressive the dog became. He was obviously protecting his territory, and backed off when I was no longer a threat.

Readers—I invite your comments. What is the conventional wisdom for encountering animals while running? What about when you are biking? Send an e-mail with your comments to dehn@uscolo.edu and we will print any reasonable suggestion. We don’t want to aggravate the Humane Society as well as the animals.

Thanks, Ed

Musical Quiz

The titles of fourteen songs are listed below. Identify the artists, and keep track of the number of correct answers. Prizes will be awarded (yeah right). Just for fun a couple of bonus questions are thrown in. If none of these songs sound familiar – you are probably young (or maybe just think you are young). These songs are from the 1950’s. Name the artists.

1. Tequila
 - 1a. How many words are in this song?
2. Rock Around The Clock
3. The Great Pretender
4. Kansas City
5. Rebel Rouser
 - 5a. How many words are in this song?
6. Along Came Jones
7. Tutti Frutti
8. 16 Candles
9. There Goes My Baby
10. Personality
11. Little Darlin’
12. Only You
13. Tom Dooley
14. Whole Lotta Shakin’ Goin On

Answers in the next column NO Cheating!

Answers...

1. The Champs
 - 1a. One - the word “Tequila”
2. Bill Haley and the Comets
3. The Platters
4. Wilbert Harrison
5. Duane Eddy
 - 5a. None – It is an instrumental
6. The Coasters
7. Little Richard
8. The Crests
9. The Drifters
10. Lloyd Price
11. The Diamonds
12. The Platters
13. The Kingston Trio
14. Jerry Lee Lewis

And now for the “prizes”...

Number of Correct Answers is followed by the “Prize”.

0-4 – What Prize? Surely you jest.

5-7 – Give yourself a pat on the back.

8-10 – Really? Congratulations, you certainly know your 50’s music. How old are you? I said – CONGRATULATIONS. Oh sorry – CONGRATULATIONS!

11+ Nobody would get this many right. Did you cheat?. A prize for cheaters? Surely you jest.

Source: CD, The 50’s Decade, Forever Gold, St. Clair Entertainment Group Inc.

The next SCR meeting will be at 7pm Tuesday, June 4 at the Pueblo YMCA. All SCR members are welcome!!!

Pueblo (& close by) Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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.

**Bolder
Boulder 10K**
May 27

**Garden
of the Gods**
June 9

**Summer
Roundup 12K**
July 7

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

Camp Pendleton Mud Run June 22

This is the World Famous Mud Run! 10 Kilometers (6.2 mi.) of Rugged Terrain, Slippery Mud Walls, Straw Obstacles, Knee to Waist-Deep water & Slimy Mud Pits! The Mud Run is the biggest event in the 2002 Camp Pendleton Race Series. This race is such a prime event that it is capped at 3,500 runners. Competitors may race individually, within their age division, or as a member of a 5 person team, which may be all male, all female, or mixed (2 females min). The other racing categories include Military Teams, Corporate Teams, Public Safety Teams, and ROTC Teams. Muddies may choose the Boots and Utes category, which requires regulation 12-eyed boots and camouflage utilities, or the Open category with no restrictions on attire and footwear. (above is direct from the web site)

See <http://www.camppendletonrace.com> for more info

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

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***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

June 1 is the 5K run / 2 mile walk sponsored by A Caring Pregnancy Center. The race begins at 9am and the walk starts at 9:30 at Pueblo City Park. Proceeds go to the Center, which has been serving families since 1984. See the insert in this newsletter for more information.

June 22 at 8am is the 5K Run for Rio. The race is organized each year by Nancy Martinez, Rio's mother. Rio was a Rye High School student and an organ and tissue donor. Proceeds from the race go to a scholarship fund given to a Rye High School senior. At least two SCR affiliated members have benefited from this scholarship. A great chance to run at a bit of altitude in Rye.

June 29 is the 2nd annual Little Run on the Prairie in Pueblo West – a 5K

run and 2K walk. Chris Dehn did another great job on the shirt design this year, and if the firing schedule allows it, ceramic medallions will be given out to winners again. The run is held in conjunction with St. Paul the Apostle Church festival, and rumor has it that breakfast burritos will be available for a nominal price after the race. Last year there were 115 finishers and race organizers are hoping for 150 in 2002. For an entry form, and directions go to: www.saintpaulapostle.org/festival.htm
Coming Soon: The Women's Dis-

tance Festival (A run / walk in City Park) and the Pioneer Run (a 5K at Hollydot Golf Course in Colorado City) are on tap for July. Note the insert for the Pioneer Run in this issue of *Footprints*. More on these traditional events next month!

The Final Thoughts

By three methods we may learn wisdom: First, by reflection, which is noblest; second, by imitation, which is easiest; and third, by experience, which is the bitterest. -Confucius, philosopher and teacher (c. 551-478 BC)

Many people hear voices when no-one is there. Some of them are called mad and are shut up in rooms where they stare at the walls all day. Others are called writers and they do pretty much the same thing. -Margaret Chittenden, writer

