



Editor: Ron Dehn

# FOOTPRINTS

Caution: Some fact—some fiction—you choose what to believe

**No Fireworks—but this issue is still HOT!**



Staci Diaz and Jill Montera run stride for stride at the halfway point of the Women's Distance Festival (WDF) held on July 6th. Other races covered in this issue are the Run for Rio and the Little Run on the Prairie. Look inside for race results and more photos beginning on page 7.

## The 2002 Beulah Challenge is CANCELLED!

Due to the extreme drought conditions and fire danger, Race Director Karin Romero made the decision to cancel the race for the good of the Beulah community. The race was previously scheduled for August 3rd and has been a major attraction in previous years. It's a tough call, but the correct one given the circumstances.

The Tunnel Drive Predict Run has been moved to August 3. See the Racing Calendar at the end of this newsletter for more details.



## SCR Notes

### SCR Picnic

**Sunday, Aug 11  
Greenhorn Meadows Park Colorado  
City (by Mr. G)**

Greenhorn Meadows Park is located on Hwy. 165 in Colorado City, 3.5 miles west of I-25. Hence, take I-25 south from Pueblo to Exit 74 (which is Hwy. 165) and turn right (west). There is a rest stop at this exit. Go 3.5 miles on Hwy. 165 to the park, which is about three-fourths of a mile past a Loaf'n Jug store. The park is on the left (south) side of the highway. There are 2 entrances to the park. Turn left at the second or west-most entrance. You'll immediately come to a fork in the road. Take the road that goes to the right and follow it over a little stream and to the big covered gazebo picnic site on the left.



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

**July 9, 2002**

This is the ultra-condensed version of what took place. Janelle Rodriguez, SCR Super Secretary has the complete scoop.

The "normal" gang met in the YMCA hallway. Carlos Rodriguez presented the club with checks for its share of the RFTR / Cinco de Mayo profits.

Kristy Inman a student from USC is exploring the possibility of having a run to support the Autism Clinic which is currently located in Pueblo West. It would be a 5K Run / Walk and is tentatively scheduled for October 12th on the USC Campus.

Race Directors are encouraged to check time, date, and other race information published on the web and in the newsletter. Please alert Ken (web) or Ron (newsletter) if there are any inaccuracies or changes.

There will be no commercial advertisements on the SCR website.

The Beulah Challenge is cancelled for 2002. The Tunnel Drive Predict will move to August 3rd. The Atalanta Run will be held on Saturday, November 23rd. The Temple Canyon run will be rescheduled for November 30th.

It was noted that many people are participating in the walking portion of the events. At the Little Run on the Prairie and the Women's Distance Festival, the walkers slightly outnumbered the runners.



**We want  
You**

**To go to the one and  
only Gold Dust  
217 South Union Ave**

Jeff Arnold mentioned that Race Directors can advertise their races on the Bolder Boulder calendar for a fee of \$25. This seems like an excellent way to get the word out to a lot of runners for a nominal fee.

The Hot to Trot Run could take place on September 22nd, but some issues need to be resolved first.

Discussion was held on storage of SCR equipment. The current location at the Y is somewhat crowded.

The End



**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. 246

"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 & John Hart	
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.

\* John Hart replaced Clayton Moore in 1952 and starred for two seasons as the Lone Ranger



# Great (& so-so) Stuff

By Gary Franchi



## Running and the cerebral advantage

Thought for today's lunch, compliments of Red Green: *"Whatever hits the fan will not be evenly distributed."*

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

So, who feels smart today?

You should. That's because you are runners. And runners, study after study have shown, are smarter. Well, let me rephrase that: Running has been proven to make individuals score better on intellectual tests concerning memory and other mental skills. What I'm reading into that statement is that all runners don't necessarily have 130 IQs, but that they can improve what they've got by being runners.

Meanwhile, the reports also state that when individuals in the studies stop their running routines, their intelligence test scores tend to fall. Hence, if you get that IQ cranked up to, say, a robust 75 by running regularly, it could fall back down if you give up your running.

Now, I don't know about you, but none of this surprises me. By hanging around runners, I can tell they've pretty much got it together intellectually. At the same time, you can tell which people don't run regularly by observing them in the world.

But just to test your mental acumen, I'm listing a couple of situations here to let you gauge whether the perpetrators are runners or non-runners. Here goes:

\* At the grocery store, people (or possibly aliens) who let their three little rugrats run loose while they concentrate deeply on how many bags of potato chips to buy for the kiddies to snack on that evening while watching the "8 Heads in a Duffel Bag" video they just rented for the family. Whatta ya think, runners or non-runners?

\* During a Rockies game on the tube, there's a shot of people right behind the dugout, and one (more like one and a half) guy is wearing a size-42 belt while holding an ice cream bar in one hand and a cotton candy for his kid in the other. Runner or non-runner?

OK, so those were gimmes. But my

other half disagrees with this runners are smarter talk, saying I'm *"a walking violation of that"* and claiming the situation is not that cut and dry. Not only that, but she backs up that claim with some examples of her own:

\* The triathlete who forgets to put on his bib number for the run leg. (Who could THAT be?)

\* The runner who pins his bib number on his back, which happens in just about every race.

\* The triathlete who gets to the end of the transition area, then has to turn around and return to his station and get his hat to avoid getting a sunburned shaved head. (What buffoon would do THAT?)

\* The triathlete who once spent over 7 minutes in transition time during a race. (Someone's getting real picky here!)

If these are true discrepancies in the runners are smarter theory, could it be that those studies are, well, maybe a bit questionable? There are all kinds of possibilities here.

Maybe those conducting these studies are "dummying down" the tests and are in cohorts with each other? (Dontcha just love the word "cohoots?"). Or they could have been paid off by running magazines needing a story. Maybe some columnist for a little running club newsletter somewhere made up such a story and distributed it to media across the country. Etc., etc.

Think about it. But only after running, when your mental skills are much more focused and your thoughts are sharper and clearer.

You know, when you're so much smarter.

\*\*\*

### Ten things I was just wondering:

1. Wouldn't it be cool if a formula could be developed to give runners a time handicap based on race course altitude and hill configuration?
2. How many fans would show up if they

(Continued on page 12)

## A Reader Wrote

One of our readers (initials R. B.) writes: Enquiring minds want to know, when Gary is with another family member, are they called Franchises?

### Tabloid Headlines

One of the items below was taken from a supermarket tabloid. Can you pick out the "real" story?

Did you read in the paper about the psychic midget who escaped from jail? The headline read, "SMALL MEDIUM AT LARGE!"

Or... choice two: Did you see the headline: "Two headed man runs for mayor of small town - against himself!"

Or... choice three: The article said that Bill Clinton was spotted at a recent UFO Rally in Roswell New Mexico. He was disguised with sunglasses and a red wig and was passing out leaflets with the claim that an alien body was kept on ice in the basement of the White House.





## SCR Birthdays

### July

- 20 Bill Jr. Veges Jr.  
Matt Stommel  
Marcia Hughes  
Kayla Shellenberger  
21 Michelle L. Olson  
Ernest Hemminway\*  
27 Hector Leyba  
28 Richard T Hogan  
Kendra Snow  
29 Diana Reno  
Roy Hughes

### August

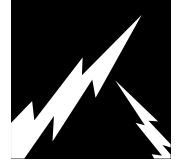
- 1 Jim Brumage  
3 David Sorenson  
4 Aaron Lopez  
Jim Schwartzberger  
Sister's Day  
5 Mike Bauserman  
6 Melissa Van Buskirk  
8 Jeff Cleaver  
9 Dave Diaz  
10 Cathryn L. Sanchez  
11 Helen Moore  
Ron Dehn  
12 Adena C. Hidy  
Bill L. DeMoss  
Ross Westley  
14 Gus Appenzeller  
Frank Lopez-Cepero  
16 Jeff Arnold  
17 Len Gregory  
Carol A Nies  
Paul E. Vorndam  
18 Robert Redford\*  
20 Dan Driscoll  
21 Misti Frey  
Poet's Day  
22 Diane Archuleta  
Richard B. Joy  
24 George D. Slaughter  
Cheryl K. McCoy  
Neal L. Kinsinger  
Lou Huie  
25 Joanna Driscoll  
Sean Connery\*  
26 Michael Tearpak  
27 Grant Schemmel  
27 Mother Theresa\*  
28 Shania Twain\*  
29 John C. Vukich  
30 Liana Winans  
31 Henry Hund  
Heather E Loseke

\*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Blazing a New Trail (again)

Most people would think that heading to the Sangre's on a summer afternoon would be foolish considering the frequent thunderstorms. Most would also conclude that running above 12,000 feet in a thunderstorm would not only be foolish but dangerous. I'm not like most people and so I carry a large life insurance policy and left at 1 pm for the Sanger's. I wasn't worried about a thunderstorm: we're in a drought. I knew the air was thinner at 12,000 feet but its much cleaner.

The road to the start was a little rough, but thanks to a son that likes to use his 4-wheel drive I was able to get to 12,000 feet on Hermit Pass without much sweat, in fact no sweat. My son parked and hiked the last ½-mile to the top with me and we peered into the Rito Alto lake basin, but then he retreated to the Jeep while I made my descent.

The Sangre's are steep, magnificence rocky peaks with a fringe of forest and dots of blue alpine lakes. They are beautiful and rugged. Much of the trail system goes straight up and down and the rest either wanders along the base of the mountains (the Rainbow Trail) or along ridges and peaks above 12,000 feet. So even though I cheated with the ride up Hermit after my descent into the Rito Alto basin I still faced 3 passes ranging from 12,200 - 12,800 feet high before I would descend back to the Westcliffe valley via the Venable Trail.

The first leg was easy: drop to Rito Alto Lake. Just as I touched tree line and neared the lake I swung south heading up and over the first pass, only 12, 200 feet, into the San Isabel Lake basin. This leg was especially beautiful and runnable. I dropped into the basin at the south and then gradually lost elevation as I contoured around the entire basin just above tree line. I watched elk and deer while viewing the water falls, lakes and peaks, stumbling frequently because I was looking around so much. The end of that leg

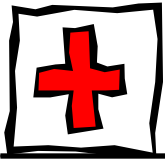
was pass number two, 12,400 feet, which dropped me into the drainage basin of the North Fork of North Crestone Creek.

After dropping off of pass two down to about 11,500 I again looked up to the final pass: Venable Pass at 12,800 feet. Unfortunately I was about an hour from my pick up time and the clouds and thunder were rolling up the valley behind me as I struggled to ascend on weakening legs and thinning air. I knew being on a barren ridge at almost 13,000 feet in a thunderstorm wasn't a good idea, but there wasn't much choice since the pick up was on the other side. The climb was tough, but the views incredible. However, I didn't spend long as the thunder echoed off the jagged peaks around me and rain began to fly past me.

To save my life insurance company from a large expense and to stay warm, I quickly ran down the other side of the pass and entered the Venable basin. The first couple of miles were quite steep as I descended past the lakes on my left and right. Once into the trees I was able to keep a pretty good pace and stay warm as I descended the remaining miles to the trailhead.

Miraculously, although I was a few minutes late, my son had just arrived and as the rain continued to come down I hopped in the jeep tired, but happy and headed toward home. Once again I'd wasted my money on that stupid insurance premium.





# Rocky on Fitness

By Rocky Khosla, M.D.



## To Biff or not to Biff

I was having a tough time coming up with a topic for this month's column, when it suddenly hit me! And in this case, the it was the road. So I thought, hey, I'll write about what to do if and when you biff if and are on your way to a nasty case of the road rash!

First of all, try not to biff it! In my case most recently, I was on my way back from Beulah on my bike. About 2 miles out of town, where the road is really rough, I thought that the bike was being a little noisier than usual. But hey, only 2 miles to go and I couldn't see any major structural problems, so why worry? This was a mistake! I had started losing tire pressure, and as I made a sweeping right handed turn onto Encino drive, my bike and I parted company unexpectedly. I should not have been lazy and should have gotten off the bike and checked things out! As it turns out, I now know entirely too well that a flat front tire will not let you make a turn under any sort of control.

Secondly, once you know you are going to bite the biscuit, aim for something soft, and roll with it! Believe it or not, in the microseconds between starting the turn and knowing I wasn't going to finish the turn without meeting Mr. Asphalt, I actually had time to think, "I am going to land on my clavicle and am going to break it!". So I remember rolling my shoulder in and landing on the back of it. And guess what, I didn't break my clavicle, though I tore the skin off a large part of my shoulder. Hey, scars make

you look tough, don't they?

Third, after the biff, let the dust settle and take inventory. If you are like me, the first thought you will probably have after the fall is "did anyone see me?" We all feel embarrassed and will try to jump right up, even if major body parts are where they shouldn't be. My advice is to not let a little embarrassment make a bad thing worse. Just lay there and listen to your body. If your neck or head hurt (and I hope at this point that if you are a cyclist, you were wearing a helmet), please don't move. Wait and see if help will come. If there is absolutely no one around and you are in a remote locale, then you may have to take a chance and get yourself to help. Otherwise, let people help you, and try to lay still. Most of the time, as the dust settles, you will have pain but nothing excruciating. I would take an inventory by looking yourself over, and if nothing is grossly out of place, then see if you can move everything. If so, then slowly get up and once again take an inventory. At any time if you don't feel so good, or something doesn't feel right, don't be macho and please get help. Finally, once you have taken an inventory of yourself, it's time to check your equipment. Often, this is the time where a lot of people will go into shock as they realize that their carbon fiber-liquid metal bike frame that cost about a million dollars is broken!

Next, most people who bike can expect to have road rashes on a fairly regular basis. In

*(Continued on page 12)*

## Potpourri

The deadline for 2002 nominations to the Pueblo Greater Sports Association Hall of Fame is August 1. Nomination forms are available at Herb's Sport Shop on 8th St.

Thirst is a poor indicator of the body's hydration status. You may be 1—2% dehydrated before you experience thirst.

Herbert Hoover was the first president to have an asteroid named after him.

The word migraine, derived from the Greek, means "half a skull," an apt introduction of the pain which usually occurs in only one side of the head.

The second annual American Discovery Trail Marathon (ADTM) will take place on Sept, 2, 2002 (Labor Day). The course is run on the New Santa Fe and Pikes Peak Greenway trail systems. The course is also USATF certified, the only certified trail marathon in the United States. For more information, see [www.adtmarathon.com](http://www.adtmarathon.com), or call (719) 635-3833.

"I almost had a psychic girlfriend but she left me before we met."

"OK, so what's the speed of dark?"

"When everything is coming your way, you're in the wrong lane."

Steven Wright



# Ramblin'

by Ron Dehn



## Race Directing 101

The Little Run on the Prairie on June 29<sup>th</sup> marked my second time as a race director. I'd like to share my experiences for a few reasons. 1. Some of my lessons learned may be helpful to you if you ever find yourself wearing a race director's hat. 2. You may have some suggestions for me. I've only done this twice. Some of you are real veterans. 3. I figured leaving this page of the newsletter blank would not be a good idea. But – a disclaimer first. Directing a race is not a one-size-fits-all endeavor, but the basic ideas will be transferable.

First, as with most things in life, determine your objective. This will lead to some answers and more questions. What are you trying to accomplish? Are you trying to raise funds for an organization or cause? Are you putting on an activity that is primarily social in nature? What is your participant pool? Are you planning a club run, or do you want to attract participants from outside the club? Are you trying to appeal to runners, walkers, or both?

Secondly, start early. Several months ahead is generally a good idea. How many months? It depends, but laying the groundwork 6 or 8 months ahead is not too early. If you are planning a new race – you probably want to start earlier. You can do it quicker, but depending upon the size of the race, etc – it may be difficult. Without adequate preparation, the event will flop – and a flop may very well mean the end of your race directing days.

Third - Obtain the "Easy Does It" Race Director Kit. It is about 3 pages long and will help guide you through the whole process. A copy is posted on the SCR web site.

Think about it. Do you still want to do this? Just kidding (sort of). But actually at this point you must be willing to make a fairly substantial commitment. Depending upon the scope of the race – it could involve commitments on the part of other family members, other club members, and friends and acquaintances.

If you are in the Pueblo area – work with SCR. Contact one of the officers listed on page 2 of the newsletter or on the web site. Ask to be put on the agenda of a monthly meeting. The club cannot support every race that comes their way, but will at least provide feedback. Most club members are busy people, so don't expect SCR to take on the task of directing the race. On the other hand, there is a lot of collective experience in the membership. Draw from that.

Next – Pick a date and time. This may not be as easy as you think – again depending upon the scope of the race. You must avoid scheduling conflicts with some activities, especially other races in your locality. This is the right thing to do as well as practical. Then think about other major events in your

area. Some of these may complement your run. The Pioneer run is held in conjunction with Greenhorn Valley Days, and the Beulah Challenge is held at the same time as the Beulah Valley Arts Show. (The Beulah Challenge is cancelled this year – see front cover). However, sometimes other activities can conflict with your race. The first annual Little Run on the Prairie went head to head with the State Fair Parade. This cost us some participation. Race time depends on lots of factors with temperature being quite important. Do NOT schedule a July run to begin at 9am.

Find a location. Think safety first. Then think about availability, access for participants, etc. If you expect participants of all ages, be considerate of the young and the elderly. Make appropriate arrangements with the local authorities. You probably want a police car at busy intersections.

Think about getting sponsors. This will help defray the cost of t-shirts and prizes. T-shirts and prizes are not requirements, but are the "norm". My experience is that getting several sponsors to provide a nominal contribution is easier than finding one or two sponsors to carry the whole load. Remember to thank your sponsors and give them recognition. Including their name / logo on race registration forms is a good idea. You must start early to do that.

Line up lots of volunteers, more than you think you need, and make sure they know how to do their job. We had approximately 40 race day registrations at the Little Run on the Prairie as well as packet pickup for all 118 participants. Without people who knew what to do, this would have been chaos. Caution – unfortunately some volunteers do not show, or show up late, so make sure you have a few extras.

Make sure you have an accurate course and are ready to provide accurate finish times. Not all, but many runners and walkers are quite interested in getting accurate times.

Provide water, orange slices, bananas, and whatever else at the beginning and end. Think about water needs on the course.

Have fun. Play music, have a spirited announcer, inject energy before, during, and after the race.

Go back to the Race Director's Kit. Look it over again. This article is by no means a substitute. It only serves to augment.

Ask for feedback after the race. Get it from participants, volunteers, etc. Then start planning for next year's event. It's never too early.

## Run For Rio by Jeff Arnold

The 2002 Run for Rio was held at the high school Saturday morning June 22. A total of 65 runners and walkers finished the 5K course that started at the Post Office, went generally south to a keyhole loop that finished at the high school.

Rio Martinez was accidentally shot and killed by a friend in August of 1997, just before the start of his senior year at Rye. In the interest of reportorial honesty I want to say that Rio was my son-in-law's cousin.

Many of Rio's organs were harvested and donated to people who might not be alive now if it weren't for his untimely death and the generosity of his parents, Jim and Nancy. Also, in Rio's memory, his late uncle, Bill Bright, donated money to be used for a scholarship for a Rye High senior. One of the scholarship winners, Aaron Franchi, ran Saturday and placed second in the 20-29 age division in 27:46.

The participants seemed to fall into three groups: people from the Greenhorn Valley who knew or at least knew about Rio, family members and their friends, and runners just looking for a good race.

Kyle Reno continues his impressive summer road racing, finishing first in 18:30. Rich Hadley, 46, a Rye High graduate was second in 18:37. Shane Ewing, a Rye senior to be, was third in 21:36. Another senior, Crystal Berndt, was first female for the second straight year, though her 22:32 was more than a minute faster than last year. Kelly Hale was second in 24:37 followed by Jennifer Alvarado in 25:35. Both Kelly and Jennifer live in Colorado City. The first male youth (10 & under) runner was David Burghardt in 30:11. Cassie Berndt was the first youth female runner in 34:42. Mary Jane and Ed Rogan were the first walkers in 40:40 and 40:42 respectively. Lillian Bumgardner, 74, Rio's grandmother, was the oldest participant. Her great granddaughter and my granddaughter, Morgan Hurtado, 3, was the youngest.

The Lion's Club put on a wonderful pan-

cake breakfast and all the proceeds went to the scholarship fund. In spite of the drought and fire danger, it was another good day in the Greenhorn Valley.

Jeff Arnold

### Race Results

Pl	Name	Age	Time	
1	Kyle Reno	20	18:30	1st Male
2	Rich Hadley*	46	18:37	
3	Shane Ewing*	17	21:36	
4	Aaron Gonzales**	15	21:39	
5	Crystal Berndt	17	22:32	1st Fem
6	Chief Reno**	40	22:44	
7	Ed Griego*	50	22:58	
8	Bob Gassen**	55	23:25	
9	Ross Barnhart*	38	23:35	
10	Dave Schmaltz	52	23:41	
11	Ryan Hurtado*	24	24:08	
12	Tim Hurtado**	30	24:29	
13	Aaron Berndt	13	24:35	
14	Kelly Hale*	34	24:37	
15	Jennifer Alvarado**	31	25:35	
16	Rob Redwine	53	25:38	
17	Constance Arnsbrak*62		25:38	
18	Ben Slane	17	26:16	
19	Mike Archuleta	42	26:20	
20	Greg Johnson	47	26:52	
21	John Neumeister	58	27:15	
22	Katie Couch*	17	27:32	
23	Barbara Hadley*	48	27:34	
24	Gary Franchi	53	27:45	
25	Aaron Franchi**	21	27:46	
26	Gloria Gogarty**	45	28:12	
27	Mary Simmons	49	28:26	
28	David Burghardt	10	30:11	1st Yth M
29	Dick Greet*	63	30:15	
30	Greg Thurlow	11	30:16	
31	James Martinez	57	30:17	
32	Katie Engquist	32	30:18	
33	Carolyn Engquist	43	30:19	
34	Jack Stachler	53	31:53	
35	James King	57	32:00	
36	Frankie Wolhwend	36	32:24	
37	Bruce Lindeke	53	32:38	
38	Angelique Espinoza38		33:39	
39	Cassie Berndt	10	34:42	1st Yth F
40	Katie Basquez	10	34:42	
41	Alex Lindeke	13	38:39	
42	Kristin Sapp	34	38:45	
43	Ty Van Oort	8	38:46	
44	Abe Borja	47	38:59	
45	Mick Stachler	12	39:41	
46	Dalton Jordan	8	40:02	
47	Jessica Stachler	11	40:05	
48	Tom Jones	63	40:09	
49	Trinity Otten	21	43:55	
50	Lillian Bumgardner	74	51:40	Oldest Runner
51	Morgan Hurtado	3	62:24	Youngest Runner

5K	Walk	Pl	Name	Age	Time	
1			Mary Jo Rogan	43	40:40	1st Fem
2			Ed Rogan	46	40:42	1st Male
3			Connie Jones	53	45:56	
4			Linden Stachler	51	45:57	
5			Jamie Dalzanee	16	51:05	
6			Jennifer Gonzales	36	51:05	
7			Tammy Van Oort	33	52:35	
8			Peggy L. Jordan	39	52:36	
9			Jane Swift	51	52:38	
10			Beth Burns	41	52:39	
11			Keyva Heady	18	53:02	
12			Patti Bright	54	53:05	
13			Don Cunningham	61	53:07	
14			Shirley Hurtado	52	62:27	



Morgan Hurtado (Jeff's granddaughter) crosses the finish line (above), while Gary and Aaron Franchi relax after the finish at the Run for Rio.



## WDF by Marijane Martinez

The 2002 WDF was a successful event once again due to the sponsorships of Dr. Rocky Khosla, Dr. Tomas Duran, Dr. Richard Rivera, Byerly & Cosyleon, Inc., Paul Willumstad, Attorney at Law and Sam McClure, Attorney at Law. There were a total of 92 females registered for the event and a total of 89 finishers. Of the 89 finishers, 48 participated in the walk. This is the first year the number of walkers exceeded the number of runners. **YEA WALKERS!!** Of those 48 walkers, 17 were immediate family members. All five of my sisters participated, as did their daughters and also my aunt. **Thanks** to all of you who participated and **special** thanks to the volunteers who under the direction of Nick Leyva did an excellent job. Unfortunately I had no control over the mosquitoes and received at least one threat of being sued!!

Some of you may have noticed there were no medals from RRCA this year and no outfit for the overall winners. I can only tell you there were some changes at the RRCA office and I was told they hope be back in full swing for the 2003 WDF.

Last but not least, if anyone out there is interested in assisting me with this race next year as “co-race director” please contact me (564-6043). I think it is time to pass the baton and would like to work with anyone interested at next year’s race with the plan of that individual taking over completely in 2004. I can assure you it is a fun job and I have developed great working relationships with the sponsors as well as the local businesses that donate the prizes for the drawing following the event. Anyone who elects to take over will find it a fun and rewarding experience ... honest!

So until next year..... Keep running and/or walking ladies! Remember healthy body, healthy mind!



Janelle Rodriguez flashes a smile at the finish, and MoJo's whole family showed up at the WDF. Results are on the next page.





# WDF Results

Name	Age	Time
1 Ronda DeLaCerde	30	19:51
2 Jessica Driscoll	15	20:10
3 Ann Yaeger	23	22:12
4 Robin Kruger	33	22:14
5 Sydney Mondragon	19	22:33
6 Jill Montera	35	23:07
7 Stacey Diaz	41	23:27
8 Jennifer Alvarado	31	23:52
9 Jamie Bonney	37	24:17
10 Rita Vigil	35	24:21
11 Misti Frey	34	24:39
12 Liz Garcia	40	24:42
13 Marijane Martinez	50	25:20
14 Sara Ropp	13	25:52
15 Nadine Garcia	30	26:12
16 Suzanne Hough	34	26:18
17 Jessie Quintanna	58	26:42
18 Anne Wilbar	24	26:49
19 Wendy Garrison	35	27:13
20 Gloria Montoya	54	28:20
21 Julie Arellano	49	28:36
22 Bethany Vigil	10	28:39
23 Lynne Mraovich	35	28:44
24 Andrea Hickman	20	28:52
25 Stephanie Roque	29	28:58
26 Trisha Ferguson	50	28:59
27 Kathy Spencer	51	29:13
28 Janelle Rodriguez	32	29:36
29 Jennifer Caldwell	16	29:54
30 Valentiana King	26	30:04
31 Kayla Shellenberger	10	30:21
32 Marissa Moreschini	10	30:26
33 Tiffany Reno	16	30:44
34 Angelique Espinosza	31	31:04
35 Margaret Abeyta	60	31:25
36 Carla Braddy	35	31:48
37 Laurie Wertzbaugher	43	31:48
38 Barb Yaeger	50	33:52
39 Kathy Howard	53	33:53
40 Jerica Khosla	10	39:39
41 Natasha Waii	11	52:20

28 Deborah Hurtado	49	49:36
29 Michelle Salazar	21	50:30
30 Traci Tafoya	29	50:47
31 Renee Cordova	36	50:49
32 Maribee Mensoza	41	51:53
33 Kayleigh Mraovich	15	52:17
34 Linda Lambert	54	52:18
35 Carolyn Rhoades	40	52:42
36 Marilyn Foelske	54	52:44
37 Pam Alber	55	52:46
38 Carol Montoya	48	52:50
39 Barbara Gonzales	42	57:14
40 Julie Martinez	41	58:34
41 Irene Grilley	54	58:37
42 Linda Martinez	46	58:39
43 Vanessa Martinez	16	1:02:49
44 Breanna Cordova	9	1:02:51
45 Erin Waii	8	1:13:43
46 Kayla Medina	5	1:13:59
47 Cierra Reeves	5	1:14:00
48 Becky Medina	32	1:14:02

A special thanks goes out to Race Director Marijane Martinez and the volunteer crew including: Ruth McDonald, Don Pfost, Nick Leyva, Dave Diaz, Ross Barnhart, Gary Franchi, Chief Reno, Ken Raich, Jeff Arnold, Ron Dehn, and Larry



Lois Pfost (above) is one of Pueblo's Pioneer Walkers. Misti Frey (left) sets the pace for other runners half way through. Shelly and Megan Moreschini (below) enjoy a mother-daughter walk at the WDF.



## 5K Walk

1 Donna Hickman	48	36:23
2 Cathryn Sanchez	40	38:22
3 Ida Mae Martin	63	38:26
4 Beatrice Grebence	47	38:37
5 Pearl Chavez	55	38:59
6 Tana Rocco	55	39:52
7 Eva Rodriguez	31	41:11
8 Theresa Martinez	51	41:13
9 Wilma King	50	41:15
10 Jane Duncan	61	41:17
11 Theresa McCain	52	42:50
12 Lauren Martinez	7	43:42
13 Julie Portillos	16	43:45
14 Lois Pfost	60	43:56
15 Jean Martinez	41	45:32
16 Bernie Mattson	47	45:34
17 Geri Davis	50	45:35
18 Pam Barton	39	46:09
19 Norma Salazar	47	46:10
20 Priscilla Portillos	65	47:41
21 Shirley Gonzales	15	47:54
22 Erlinda Figuero	10	47:54
23 Myra Cordova	26	48:33
24 Lisa Vallejos	23	48:35
25 Christie Martinez	18	48:38
26 Meagan Moreschini	12	48:58
27 Shelly Moreschini	42	48:59

Walking has become quite popular at recent events. At 2 of the 3 races covered in this month's Footprints, the walkers have outnumbered the runners.

Walkers are invited to participate at the monthly SCR meetings. Your input and representation will be appreciated.



## Little Run on the Prairie

The 2nd annual Little Run on the Prairie took place in Pueblo West on June 20th. 118 people took part in the 5K run / 2K walk which kicks off St Paul the Apostle's parish festival. Some of area's top runners took part including Maddy Tormoen (19:08) and Kyle Reno (17:16) who paced all other runners for top female and top male finishers. Tana Rocco (16:21) and Mike Cook (14:03) showed some serious speed on the 2K walk and took 1st overall honors. All age groups were well represented. There were 12 entrants in the 70 and over walk division! Many racers were seen feasting on breakfast burritos after the run. Some even stuck around for Bingo and karaoke.

### Little Run on the Prairie Results

5K Run	Name	Age	Time
1	Kyle Reno(oa)	20	17:16
2	Rich Hadley (1)	46	18:04
3	Brad Winn (1)	18	18:21
4	Larry Volk (1)	38	18:33
5	Maddy Tormoen(oa)	40	19:08
6	Rudy Baca(2)	42	19:30
7	Lavon Shelton(2)	37	19:47
8	Matt Sherman (3)	30	20:12
9	Calley Till (1)	30	20:32
10	Mark DeMartine(2)	15	20:34
11	Mark Rickman (3)	41	21:09
12	Dale Papineau	36	21:25
13	Humberto Paredes	45	21:46
14	Robert Santoyo	40	22:04
15	Dominic Califano(3)	15	22:10
16	Jonathan Dehn	19	22:16
17	Ross Barnhart	38	22:17
18	Bob Gassen(1)	55	22:18
19	Robin Krueger(2)	33	22:24
20	Steve Clough	40	22:38
21	Matthew Califano	16	22:41
22	Len Horan Jr.	33	22:58
23	Jill Montera(3)	35	23:09
24	Amy Wolf(1)	40	23:12
25	Dean Volk	37	23:13
26	Greg Gauna	32	23:30
27	Chief Reno	40	23:31
28	Cindy Geimah(2)	45	23:46
29	Wynter Ackerman(1)	17	23:48
30	Dave Dehn	49	24:46
31	Auston Shelton	14	24:36
32	Chester Haddan	35	24:47
33	Hilbert Navarro(1)	61	25:08
34	Kathy Butler	35	25:26
35	Trin Sanchez(2)	62	25:33

36	Marijane Martinez(3)	49	25:50	40	Darlene Lovelace	71	21:47
37	Misti Frey	34	26:01	41	Emily Vencius	40	21:47
38	Leslie Lazerri(2)	17	26:33	42	Connie Wood(2)	52	21:53
39	David Linkowski(1)	10	27:09	43	Adele Anderson(3)	50	21:53
40	Jeff Leyva	31	27:54	44	Louise Rouch	67	21:54
41	Diane Lopez	44	28:14	45	Robert Trujillo(2)	31	21:56
42	Wendy Garrison	35	28:22	46	Mariel Trujillo(2)	29	21:56
43	Pat Greer(2)	51	28:41	47	Sandy Papineau	36	21:57
44	Trent Braddy	13	29:00	48	Teri Peralta	40	22:01
45	Annie Strang(3)	18	30:07	49	LJ Horan III(3)	6	23:32
46	Lynn Mraovich	35	30:12	50	Mariana Horan	30	23:25
47	Carla Braddy	35	30:18	51	Nina Douglass	36	23:28
48	Robin Miller	45	30:41	52	Zach Anderson(1)	9	23:31
49	Ron Looney III(2)	11	32:06	53	Michaela Gallina(2)	14	24:22
50	Marissa Moreschini(1)	10	32:20	54	Kelly Britt	14	24:22
51	Dana Lambert	32	32:55	55	Kay Vincent	59	25:08
52	Salvador Sanchez(3)	60	34:40	56	Jean Belding	79	25:12
53	Becky Vieau	37	36:20	57	Rita McDonald	70	25:12
54	Byron Beard	49	36:31	58	Wilber Parker(3)	71	25:25
55	Carmella Aragon(1)	69	38:24	59	Birdie Parker	71	25:27
56	Ryan Vincent	14	39:31	60	Virginia Chamberlain	78	25:48
57	Aaron Drake(3)	10	39:56	61	Rosemary Williams	74	25:51

2K Walk	Name	Age	Time
1	Mike Cook(oa)	55	14:03
2	Jerry Cross(1)	49	15:32
3	Tana Rocco(oa)	55	16:21
4	Megan Moreschini(1)	12	17:19
5	Jaime Manzanares(2)	41	17:21
6	Mike Custodio(1)	62	17:31
7	Janet Greer(1)	49	18:15
8	Lindsey Greer(1)	21	18:15
9	Jill Custodio(1)	66	18:31
10	Teri Alpert(2)	44	18:22
11	Ivan Rouch(1)	72	18:22
12	Monica Soto(1)	31	18:36
13	Loretta Vasile(2)	36	18:35
14	Richard Lovelace(2)	72	18:47
15	Martha Drake(3)	48	18:54
16	Kayla Wager(1)	13	19:18
17	Savanna Garcia(2)	8	19:22
18	Frances Garcia(2)	63	19:25
19	Dee Agnello(3)	60	19:26
20	Suzanne Felker	43	19:53
21	Terry Hicks	43	19:56
22	Henrietta Ewing	69	19:58
23	Johnette Sawyer(1)	50	19:58
24	Annette Cyr	65	20:17
25	Don Fair(1)	32	20:28
26	Tamya Fair(3)	30	20:28
27	Rita Welsch(1)	74	20:36
28	Peg Lauther(2)	70	20:36
29	Julie Klenke	44	20:41
30	Jennifer Hernandez	43	50:42
31	Carolyn Osnowitz	64	20:47
32	Maria Davis	42	20:47
33	Maggie Lopez(3)	79	20:49
34	Mike Vencius(3)	49	21:02
35	Zak Vencius(1)	14	21:04
36	Chase Papineau(1)	4	21:38
37	Bonita Garcia	46	21:40
38	Donny Garcia(2)	5	21:41
39	Dennis Garcia	46	21:41

(oa) indicates 1<sup>st</sup> male or female finisher  
 (1) indicates 1<sup>st</sup> place in division  
 (2) indicates 2<sup>nd</sup> place in division  
 (3) indicates 3<sup>rd</sup> place in division



Maddy Tormoen paced all female runners and nearly all male runners too.

## Little Run on the Prairie

A ton of volunteers helped put on the Little Run on the Prairie. Race Directors Chris and Ron Dehn extend their thanks to the following: Jeff Arnold, Dave Diaz, Ben Valdez, Nick Leyva, Matt Sherman, Melissa Babcock, Dave Jobe, Shelly Moreschini, Marissa Moreschini, Megan Moreschini, Shelly Salinas, Nichail Salinas, Elijah Salinas, Megan Townsend, Jay Townsend, Pellee Strang, Don Strang, Annie Strang, David Aragon, Jamie Manzanaras, Don Fair, Dave Anderson, Mary Ann Combs, Rebecca Witkowski, Pueblo County Sheriff's Department, SCR, the numerous event sponsors, and the other volunteers who worked behind the scenes.



Amy Wolf and husband Dean Volk (above) are smiling way too much just before the finish. Amy went home with a 1st place medallion in her division. Ivan Rouch and daughter Teri (below) powerwalked the 2K. Ivan finished 11th out of 61 walkers, was 1st in his division, and was one of 12 walkers in the 70 and over category (total male and female)

Dave Dehn and son Jonathan "Jono" Dehn (above) sprint to the finish. Jono is a long and triple jumper at Univ of Northern Colo. Marissa Moreschini (below left) won her division, and PWHS Cross Country coach Dale Papineau sets a good example for the team.



## Last Month's Contest



The photo to the left is SCR's VP, Diana Reno.

The contest involved putting a caption to the photo.

"Winning" entries are:

Caption #1: Yes Ross, I know everybody else turned around back there, but your turnaround is down the road. Just keep running to the course marshal or to the ocean – whichever you see first. (Suggested (sort of) – by Ross Barnhart and I embellished it a bit.)

Caption #2: That's it Chief – the sofa goes over by that tree. Not that tree – the tree waaay over there.

Caption #3: Under this arm, I use a roll-on.

Caption #4: One anonymous reader actually felt that Diana was too nice of person to make fun of. Tiffany, are you trying to score points?

*(Continued from page 3)*

- had a downtown parade for a pro team that finished last?
3. Given America's fascination with cell phones, how long before we see a runner talking on a cell phone while running?
  4. How come there aren't any food products marked "U.S. Grade B?"
  5. Don't you wish some cyclists would have been on the committee that dreamed up those roadside rumble strips?
  6. Why not develop a Community Betterment Hotline that people can call to report broken glass areas, rotten roads, etc.?
  7. Regarding New Balance's M2000 model, do we really need a \$200 running shoe?
  8. Why not have a mandatory class for expectant parents on how to raise a child to think of others instead of just themselves?
  9. Do you have to be a runner to have the insights to think up the names of all the new running shoe models?
  10. Don't you wish there was instant retribution, like an electric shock, for people who let debris blow out of the back of their pickup trucks on the highway?

\*\*\*

— Until next month, keep on truckin' – and gettin' smarter.

*(Continued from page 5)*

fact, most competitive male cyclists shave their legs since it makes it easier to pick out debris and not get infections when a road rash occurs. Most of the time the best way to treat a road rash is to get about twice as much soap and water as you think it needs right away. Then a light dressing changed regularly after soap and water cleansings two to three times a day is a good idea. If the area feels hot or looks very red or has red streaks going from it towards the center of your body, then get help because you may need to be given antibiotics for a possible infection of the road rash.

Lastly, you can expect to be a little sore over the next several days, but if something is really smarting, get it looked at. One particular area to be really careful with is the wrist. There is a bone called the scaphoid that lives between the thumb and index finger at the base of the wrist, and it has a really touchy blood supply. If you have any pain over this area, please don't horse around and get it looked at!

Hopefully, like me, all that will happen to you after the biff is that you will be a little sorer (is there such a word?) and smarter, but otherwise unhurt. Till next time, may all your rides and runs end peacefully.

Sincerely, Rocky Khosla, M.D.

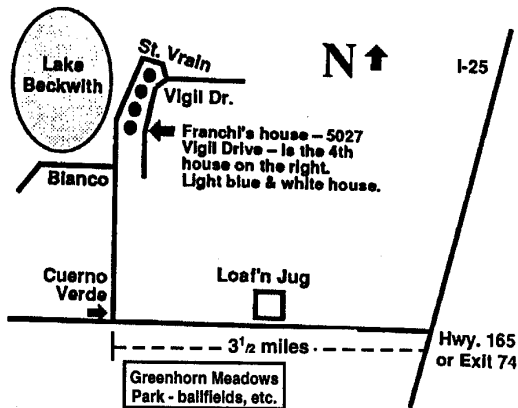
The next SCR meeting will be held at 7pm Tuesday, Aug 6 at the Pueblo YMCA. All SCR members are welcome!!!

# Pueblo (& close by) Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Jul 27	Moonlight Madness Prediction Run (c)	5M 8:30 pm	3685 Verde Rd (take exit 87 off I25), south of Pueblo Diane Reno - (719)561-3343
Aug 3	Beulah Challenge (a)	CANCELLED	CANCELLED Karin - (719)485-3820
Aug 3	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Aug 31	Nirvana Prediction Prediction Run (c)	4M 7:00 pm	The Franchi House Gary Franchi—(719) 676-4100
Sep 21	Corporate Cup (a) (corporate teams only)	5K 8:00 am	USC Library, Pueblo Ben Valdez - (719)543-5151
Oct 12	Autism Benefit ? Run / Walk (a)	5K	USC (tentative) Run is in planning stages and is tentative
Oct 26	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 23	Atalanta Women Run/Walk (c)	5K 9am	City Park Katherine Frank—(719) 549-2236
Nov 30	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.



## The Nirvana Predict

Gary Franchi was kind enough to provide a map to his home (5017 Vigil Dr. in Colorado City) and the 4 mile walk / run Nirvana Predict. It does indeed include a potluck dinner, and the whole show will start at 7 pm on August 31. Those attending are asked to spend some time schmoozing during and after dinner, under the stars at 6,000 feet. The course is rumored to be fairly flat for Colorado City.

## Directions to the Tunnel Drive Predict at the Canon City State Highway Barn

From Pueblo, take Highway 50 west to Canon City. Go past Veteran's Park (last chance for a rest room if you need one before the run). Continue past the prison and the power plant. At the state highway barn (located on your right) - be looking for the parking lot located on your left— right about where highway 50 curves to the right. Park in the lot. If you see the PCC extension office or Salida—you have gone too far and much too far.

**Race Directors** The "Footprints staff" is happy to publicize 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 2<sup>nd</sup> or 3<sup>rd</sup> Wednesday of each month, but this does vary. After the race, if you provide results to Ken Raich, he will post them to the web and I will download results for newsletter publication. I will gladly accept a write-up from Race Directors about your event. Photos are great also. Thanks Much!!! -Ed.

## Pikes Peak Ascent And Marathon

August 17 – 18

As of this writing, these races are still a go. The Barr trail has been closed to training because of the fire danger.

## NOTE Race Calendar Changes

There are some changes to last month's calendar. Please go by the calendar to the left. The Beulah Challenge was cancelled for this year. The Tunnel Drive Prediction has moved to August 3rd. There is a run scheduled to benefit the Autism Clinic. It is not yet named and is tentatively scheduled for October 12th. More later. The Atalanta Run is now on the calendar for November 23rd. The Temple Canyon Run moves to November 30th.

## The Dead Sea Marathon

A grueling, 50km run from the high elevations of the capital Amman (900 m above sea level), down to the lowest point on Earth (400 m below sea level). The Dead Sea Ultra Marathon was started in 1993 by Amman Road Runners (ARR), a group of Jordanians and non-Jordanian residents. There are four categories: Ultra marathon (50 km), marathon (42km), half-marathon (21 km), and relay, which is only allowed for the 50 km category. See [www.deadseamarathon.com](http://www.deadseamarathon.com) for more info.

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

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



Some of the Ride the Rockies cyclists from the Pueblo area are pausing for a "Kodak Moment" at the top of Monarch Pass. From the left are Mark Angel, Sylvia Thompson, and Dave Anderson. The ride was just under 500 miles in seven days. It started in Alamosa and went through Pagosa Springs, Durango, Silverton, Montrose, Gunnison, Salida, and back to Alamosa. Minimal re-routing was done because of smoke from the forest fires. Approximately 4,000 applications were received and 2,000 were selected by lottery. 2002 marked the 17th year for the event. It was exceptionally well organized and participants with a fairly wide range of abilities took part.

A very cute Jerica Khosla (far right) stands next to an unidentified "woman" with red hair, a black beard, and hairy legs at the WDF. Jerica, age 10, ran the 5K. The "woman" would not divulge her age.



**The Final Thoughts**

"Once you have flown, you will walk the earth with your eyes turned skyward; for there you have been, there you long to return." -Leonardo Da Vinci

"Money often costs too much." -Ralph Waldo Emerson