



Editor: Ron Dehn

FOOTPRINTS

Caution: Do not use as a cage liner—may make your bird sick

The Dog Days of August are Upon Us

My experience of Moonlight Madness by Ross Barnhart



Moonlight Madness Start

Editor's Note:
Yes the photo is dark and grainy—but it was a dark and grainy night!

Probably the most enjoyable race I've done in a while was the Moonlight Madness 5m prediction run hosted by the Reno family. It was a run with many new experiences and firsts for me. I keep catching myself saying "I had a good time", and have to correct myself to say I really enjoyed myself. (My time made Marijane Martinez very happy, which should be a clue as to how well I predicted my race time.)

Though named "Moonlight Madness", a more truthful title for the run would be "Moondark Madness", as it took place a bit late for sunset and too early for moonrise. I overheard a couple runners asking Chief if they should take flashlights during the run, and remember thinking to myself "wimps". Despite the fact that it happens every day, it never dawned on me (no pun intended) that it would get THAT dark!

The run began in fading light as the sun set. Fortunately the wind died down about the same time, and the temperature was very pleasant. The few clouds were illuminated beautifully as the sun set, providing some nice changing scenery in the sky. As it got darker, we could see flashes of lightning way off to the east.

This was a run of many firsts for me. My knee has been bothering me a bit, so I set out to run slower and take it easy. Unfortunately, I succeeded beyond my wildest expectations. There was also a stretch of the run where I had a bat flying around my head; I wasn't sure if I was intrigued and entertained or a bit scared (my feelings varied with how close the bat came to my face). What, I assume, was the Reno's dog was a good companion for me through most of the race. I still don't know who came in first, me or the dog.

Another first for me was to see, on my way out to the second cattle guard (the turn around point), Jeff Arnold with a substantial lead on the pack already heading back. Kyle Reno must've been slacking off, maybe playing the gracious host. Jeff yelled to me that they had ice cream ahead, but I never found it. I don't see Jeff listed among the results; I guess the fact that he started about 30-minutes early might have something to do with his performance.

By the time I'd reached the second cattle guard and the turn around point, it was pretty much pitch black out. Being on

(Continued on page 7)



SCR Notes

Corrections

There are a few (at least) corrections / omissions in the July, 2002 issue of "Footprints". 1. If you save your newsletters in a notebook, (doesn't everybody?) please print July, 2002 in the upper left corner of page 1 of last month's issue. Nowhere in the newsletter is the month and year identified. There are "hints" – but nothing explicit. 2. My apologies to Stacey Diaz for misspelling her name on page one. 3. My apologies to Jeff Arnold and Marijane Martinez for omitting their names under the "Contributing Writers" section in the SCR box on page two. 4. There are probably more, but that's all I can think of at this time. And—it's on to a new month and new mistakes.



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 August 6, 2002

Most of the usual gang of suspects gathered at the YMCA. A couple regulars were irregular. Carlos Rodriguez and another member of the Cinco de Mayo / RFTR were in attendance and went over the financial statement with the club.

Dave Diaz mentioned that if you do a search on your own name in www.google.com, you are likely to find links to some of the SCR activities. You might try this just for fun.

The Moonlight Madness Predict run went well except that the moon did not show up until well after the finish of the race. One would think that Diana Reno would have a bit more "pull" than that – since Diana is the Roman goddess of the Moon. Maybe that is another Diana.

Attendance at the Tunnel Drive Predict was 260% of last years participation. Maybe Alan Green-span should spend some time talking with Rich Hadley.



The Hot to Trot Run is a definite. It will take place at 8am on Sunday, September 22. The start is at the Victoria side of the Vail Hotel in the HARP area. Contact Jeff Arnold at jef-faco@earthlink.net for more information.

Plans for the SCR picnic on August 11 are in place.

Jeff Arnold and Ken Raich will pursue the possibility of placing mile markers on the River Trail.

Ben Valdez indicated via e-mail that the congestion in the storage area will improve after the summer months.

There was discussion about whether the club should endorse the Smoke Free Pueblo initiative. There needs to be a philosophical discussion on how "political" the club wishes to be. Those in attendance felt the need for wider participation of members, so Ken will create a feedback form on the web relating to this specific issue.

That's All Folks! Well - that is at least the "high"lights. For the entire and unabridged version – our legendary secretary Janelle Rodriguez will have the official scoop.



**Southern
Colorado
Runners**
www.socorunners.org

*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. 247

"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 & James Dewar	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Ross Barnhart, George Dallam

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.

* James Dewar—invented Hostess Twinkies in 1931. He was the manager of Continental Bakeries' Chicago factory. Twinkies originally sold for 5 cents.



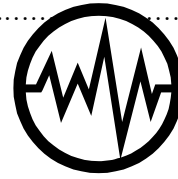
**Stop by the
Gold Dust on
your way to
the State
Fair**

217 South Union Ave



Great (& so-so) Stuff

By Gary Franchi



Why We Run—Reason 4,326

Thought for today's lunch, compliments of Abraham Lincoln: "I'd rather read, tell stories, crack jokes, talk, laugh – anything but work."

Musings on running, fitness, life, etc.:

I was browsing around on the Internet recently – which I do every once in a while just to give my mind a break from the sex education videos on Cinemax – and I decided to do a Yahoo search of the word "pollution." No. 1 on the list of 8,265,789,425 items was a "Fit to be Tied" column written for some newspaper in Colorado by a guy named Franchi.

OK, I'm kidding. Heh, heh! Actually, it was only No. 5. (Google had it No. 3.)

No, seriously, one of the items that was listed was "Noise Pollution." And the first item on that list of links was "The Noise Pollution Clearinghouse."

It intrigued me to think that there actually is a clearinghouse for noise pollution. Now, I don't know about you, but I've always pictured clearinghouses as being these giant houses where all kinds of unrelated items – in this case different kinds of noise – are run through and then filtered back out through different windows in some sort of systematic, logical format.

Actually, I don't really think about clearinghouses at all, other than the Publishers Clearinghouse, which must be a house where publishers gather to work together planning how they're going to destroy the minds of their readers by printing stories that contain a lot of sex education. Sort of like print versions of the flicks on Cinemax.

Then I started reading up on examples of noise pollution, and I recognized some of them as being similar to situations I've faced in my excursions to some of the more elite locations in Pueblo. Like the obnoxiously loud '50s music that is sometimes played in the Wendy's at Sixth St. and Santa Fe in Pueblo. Or the unmuffled auto sounds that can be heard on virtually any city street thanks to the generosity of our brethren who are willing to share the moment. And, of course, let's not forget those delightful, little rugrats who are allowed to run wild – screaming – through the aisles of King Soopers, thanks to the thoughtfulness of their parents.

Anyway, I got to thinking about this whole business of running and why we all love to run so much. Besides being able to enjoy the great smell of a new pair of running shoes, I mean.

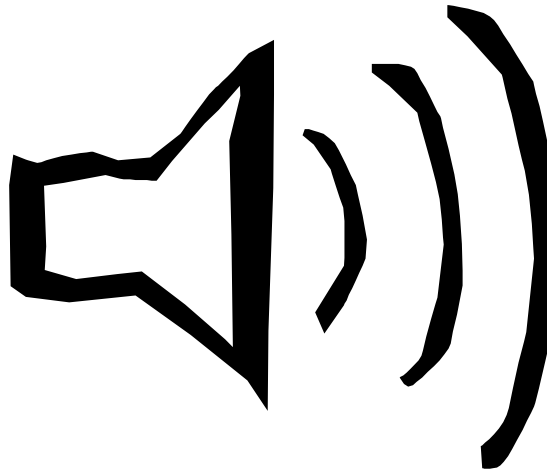
I realized that there is so much more to it than just the obvious health benefits of being fit and able to wear the same sizes of pants or dresses that we wore 10 years ago. More than the great endorphin high we experience on a 10-miler. And more than the chance to experience nature and the great outdoors during our jaunts around and about.

Yes, the peace, tranquility and serenity are real. We can run on the Pueblo River Trail where it's quiet. We can rise early for a jaunt and hit the streets before the rest of civilization has awakened. Like fellow columnist Shaun Gogarty, we can find a remote trail and share the road with only a bear or two.

In essence, we can avoid noise pollution. We can escape from the loud-bass lowriders, the TV sets that are on everywhere from inside post offices to motel lounges, and the constant ringing of telephones in our places of employ.

Now if we can just get rid of those mentally -exhausting sex education videos on Cinemax.

Ten things I was just wondering:



1. If Mother Angelica can, why can't someone start a running and multi-sport cable TV station?

2. Wouldn't it be great if all auto repair shop employees were required to take truth serum when they showed up for work every day?

3. Don't you wish there was instant retribution, like maybe a few good pokes with a branding iron, for people who move your bike in the transition area?

4. Wouldn't it be cool if there was a breakout of "cell phone elbow" for all those clowns

(Continued on page 10)

From RRCA

The Road Runners Club of America (RRCA) recently announced the names of six recipients who each received a \$4,000 grant as part of the 2002 RRCA Roads Scholar® program. These grants are intended to financially assist top American post-collegiate runners who show potential for national and international ranking. For details, see: <http://www.rrca.org/news/596.html>

The recipients of the stipend are chosen by a committee of ten members. Runners interested in applying for 2003 Roads Scholar® grants should contact the RRCA at office@rrca.org and ask to be included on the mailing list. Applications will be ready for distribution in late 2002.

The Quest???

According to the 8/5/02 Morning Edition of NPR News, Peter Holden has a goal to eat at each of the 13,000+ McDonalds restaurants in North America. To date he has eaten at 11,301 restaurants in the fast food chain, and his record is 25 in one day. Peter also keeps notebooks that contain information about each restaurant such as layout, loca-



SCR Birthdays

August

- 24 George D. Slaughter
Cheryl K. McCoy
Neal L. Kinsinger
Lou Huie
- 25 Joanna Driscoll
26 Michael Tearpak
27 Grant Schemmel
29 John C. Vukich
30 Liana Winans
31 Henry Hund
Heather E Loseke

September

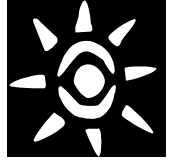
- 1 Robert Bouce Navarro
Conway Twitty*
- 2 Lillian Rivera
Maria Elena Weaver
- 5 Cassie Berndt
6 Jewish New Year
7 Kylie Ottersberg
9 James Martinez
11 Tana A Rocco
Aaron Berndt
12 Trent Braddy
Rachel Ward*
- 14 Tiffany Reno
15 James Allen Loseke
Matthew Diaz
Cory Rose
17 Abby Roukema
18 Brian Cathcart
Chile & Frijoles Fest
21 Stacey Diaz
William Van Buskirk
Tomas L. Duran
Harvest Moon
22 Michael Orendorff
23 Mike Cook
Rodge Rodgers
Gary Franchi
Amy B Wolf
24 Jim Henson*
25 Jennifer Sherman
26 Kelly Hale
Johanna F. Lukezic
Christian G Hulett
27 Stacie Taravella
Debra Hadley
Robin Krueger
29 Susan Dallaguardia
30 Stan Hren

*honorary SCR member



Trail Notes

by Shaun Gogarty



The Summer of my Dreams

As is true, I think, with all runners we are dreamers. We must dream in order to keep running. The daily, weekly, monthly tedium can sometimes only be endured if we have our sights on greater things like winning the Boston Marathon – or maybe just breaking 20 minutes in a 5K or just completing a marathon. To others our dreams may seem foolish, but for those with the dreams they often keep us running. My dream this summer was to make and then run a 50-mile trail course on Greenhorn Mountain. It isn't complete yet, and I've been deterred, but I've tried to look at the positive side of things and overall the dream has kept me going.

Drought was my first obstacle. Just my luck I picked the year when Greenhorn Mountain became Dusthill Oven. Most years the upper parts of Greenhorn are regular bogs – sadly I've crossed most of this without a single squish this year. The drought has also meant that even at 11,000 feet the days are hot! Carrying 300 ounces of water has helped. However strapping Camelbacks on my back, front and each thigh has slowed me a bit. The up side of the heat is that 1) I'm now thinking of doing the Badwater Ultra in Death Valley; 2) My roll of fat around my gut seems like nothing after taking off my Camelbacks and 3) my shoes are just dusty not musty and muddy

My dream has been interrupted frequently this summer by bears. I never have deluded myself in believing I could outrun them, but now I wonder if they might think I'm an injured animal as I waddle and jiggle down the trail with my extra water and weight. Perhaps it is the drought or the number of mountain runs I've done this summer, but I've set a new record for running into bears. It has given me pause in my pursuit of the dream but I've turned it to positive by thinking 1) who else has run into 10 bears in one summer; 2) what a great cardiovascular workout each time I look up from my plodding feet and see a bear rooting around 50 feet in front of me; and 3) how spectacular to have a bear stand on its hind feet (at least 20 feet tall!!) and stare at you.

Perhaps the biggest obstacle to fulfilling my dream this summer has been just plain old distance. It doesn't really matter how far you are going, if it is longer than usual or a new length

then it's a challenge. I haven't run 50 miles since last year. Is there really any chance I can do that again? There is always a chance and that is why some people buy lottery tickets and why I prefer to go run. I figure my odds of running 50 miles, although bad, still aren't as bad as those to win the lottery – so I'm betting on running.

And so as the summer closes I reconsider my dream - a 50-mile trail run on Greenhorn Mountain. I've bushwhacked through brush so thick I'm still bleeding, crossed private property waiting to hear gun shots, ate dust because it was wetter than my mouth and had to clean my shorts after a few bear encounters. But I have also found incredible new areas, run beautiful trails feeling like a deer (even though I looked like a walrus), and been part of nature in a way that can only be felt as I've sought my dream on the trails of Greenhorn Mountain. For me, because of my dream, it has been a great summer. Keep dreaming and keep running and if your interested the first Greenhorn Mountain 50 mile trail run will be the last Saturday in September: email me at wsgogarty@hotmail.com.



“Those who dream by day are cognizant of many things which escape those who dream only by night.” -Edgar Allan Poe, poet and short-story writer (1809-1849)



Rocky on Fitness

By Rocky Khosla, M.D.



Be Cool Daddy-O

With all of this drought and dry weather, I thought that maybe it would be useful to write a column on fluids, hydration and heat related illnesses.

We have had a scorching summer so far, and it doesn't look like the heat is going to let up anytime soon, so I think it behooves us to adjust our mindsets a bit to prevent problems. If you can do so, please try to do your workouts away from the hottest part of the day. For myself, I have made a habit of starting work a little later during June, July and August so that I can get the bulk of my workouts done in the cooler morning temperatures.

As far as fluids are concerned, don't depend upon your thirst to be an accurate predictor of how much fluid you need, because lots of studies have shown that even when we are not thirsty, most of us are running at least a quart low.

Which fluid type is the best for you? I think the answer is water for most folks is the best fluid to prevent dehydration during exercise. For folks who are animals like Mike Orendorff, fluids with electrolyte replacement is probably a good idea because athletes who routinely compete in events more than 4 hours duration may become low on sodium. Also, fluids with about 5-7% carbohydrate content may also give a boost in energy. There is some research that suggest that fluids with the above mentioned carbo content along with some protein may enhance performance, but the jury is still out on these yet.

How can you tell that you are getting into trouble with dehydration and/or heat illness? Usually, dehydration leads to an increased risk

of heat illness. The best way to think of this is to imagine that your body needs fluid just as your car's radiator needs fluid to cool off. The general signs of early heat illness may be subtle such as a little fatigue, mild muscle cramping and slight confusion. As heat illness progresses, there can be intense muscle spasms, cramping, nausea, disorientation, cardiac arrhythmias, seizures, coma and death.

So remember, it's cool to stay well hydrated! (I know, couldn't ya just gag me with a spoon!!!)

Sincerely,

Rocky Khosla, M. D.



SCR Members in the News

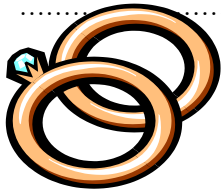
In addition to being a race director extraordinaire, gourmet cook, artist, and really nice lady, Karin Kyte Romero is also a writer. The Sunday, August 4 edition of the Pueblo Chieftain included a guest editorial Karin wrote on water conservation entitled, "We Can Make Do With Much Less Water."



Tomas Duran recently placed 2nd overall in the Mile High Duathlon series held East of Denver. There were 3 races in the series starting with the Barking Dog Duathlon in Keenesburg on May 11th, the Big Sky Duathlon in Bennet on June 15th, and the Cabbage Head Duathlon in Wiggins on June 29th. Other Puebloans competing in the series included Mike Archuleta, Kristen Sapp, and Gerald Puls.



If you or a fellow SCR member is in the news—let us know! Send an e-mail to dehn@uscolo.edu



Ramblin'

by Ron Dehn



A New Daughter

When I started this column last January, I indicated that the topic could be anything related to the Spirit, Mind, or Body Triad of life. That pretty much gives license to write about anything and this month's article is about the spiritual journey of a having a new daughter in the family. No – Chris and I are not painting the spare room pink. Although a biological daughter at this stage of our life is perhaps theoretically possible – it would border on the miraculous, and it's not in the forecast.

Our new daughter is technically our daughter-in-law. On July 27th, our son Jeremy married a beautiful young lady named Maggie. (If you still have your May issue of Footprints, look on page 9. Our team for the X-Challenge was named "Maggie and the Dehn Boys")

The wedding day was definitely an "East meets West" occasion. Maggie is Chinese-American, with the United States becoming her home when she was four. The path that her and her family took to get here is a fascinating story filled with incredible courage, faith, determination, hard work, and love, but that story is not the focus of today's writing. Today's article is about a family celebration.

Two primary ceremonies took place on the wedding day. The Chinese Tea Ceremony took place in early afternoon. There was some great fun prior to the actual ceremony. The groom and the groomsmen had to "bargain" for the bride. This tradition has ancient roots where a family really made compensation for the bride. The modern day / Americanized version consists of the bridesmaids making the groom and groomsmen go through a negotiation process before they can enter the home of the parents. In addition to singing some Chinese opera, the groom and the groomsmen did the "chicken dance", ring-around-the-rosie, sang "You've Lost that Lovin' Feeling", and haggled over the "price" of the bride which turned out to be \$99.99. (The number nine is considered lucky) The ladies truly had the upper hand, but everybody knew that the groom, and his entourage would eventually be allowed in the home. They definitely had to prove their "worthiness" first.

Once inside the home, greetings took place, then the ceremony turned more formal. Jeremy and Maggie gave devotion to a female Deity. The best I could tell, this Deity was something like the "patron saint" of their family, and the respect given was similar to that which Westerners give to Mary, the mother of Jesus. Then the actual Tea Ceremony took place. The bride and the groom served tea to all elder couples. There was a prescribed order that depended upon relationship and age. Couples were seated, one couple at a time. The bride served tea to one of the elders, then the other. The groom did the same thing. Each elder couple had their special moment with the couple to be wed. After the tea was served – the eld-

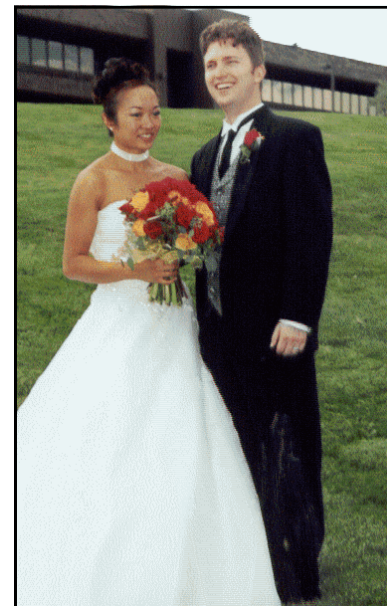
ers then gave a gift and / or advice to the bride and the groom. It was a time for "passing the torch" and a time of unity. It was a time where four people showed respect and love for each other. It was a time when Jeremy and Maggie recognized that they are part of the chain of life, and paid respect to those who have prepared the path. It was definitely a rite of passage, and I'll treasure our moments in my heart. The ceremony continued until all the elders had their turn.

Then it was on to the traditional Western Christian ceremony. I suspect all readers are familiar with this. Suffice it to say that the bride, the groom, and the rest of us were glowing, and the ceremony was beautiful. (In addition to being a parent, I'm a completely objective and unbiased.) The minister did a wonderful job and again emphasized the spiritual aspect of the union.

Then came the party. We ate with chopsticks, forks, or both. Instead of a receiving line, the bridal party and parents went from table to table and toasted their guests. Then we danced, and danced, and danced. It was truly a celebration.

It was a busy and wonderful day, but what we did is secondary to what we felt. We were part of a union that focused on two beautiful individuals, but proliferated among all present. Their love for each other and for the rest of us became more than an event, it was an experience. It was more than a reminder of how things can be, it was the very act itself.

So, Chris and I have a new daughter, and Muoi and Xuan have a new son. We were part of an extraordinary experience. It was a time when the beauty in people was all you could see. Jeremy and Maggie – thanks – and you have our blessings!



Guest Editorial by George Dallam

It was with great dismay that I read Dr. "Rocky" Khosla's editorial in the June issue of Footprints. As he has already so eloquently done, I cannot emphasize enough the need for both required swimming and physical education in the public schools. This just as physical education is starting to "catch up" and move away from the Kennedy era sports model to one focused on personal fitness and health promotion. At the same time I read in the Colorado Springs roadrunner newsletter that the Successful Spring series will no longer support the incredibly successful (in my view) children's races that drew hundreds last spring. The evidence of our Nations gradual fall into obesity and its related complications has now hit the "steep part of the curve" whereby it can no longer be effectively disputed. The increase in daily calories from fast-food meal size up scaling (not coincidentally fast foods are a primary food provider in more and more schools), the reduction in daily activity resulting from increasing TV and computer time, and the general lack of opportunity by parents to effectively role model an active lifestyle as a direct consequence of increasing financial pressure to adopt the two wage earner family structure, are all major contributing factors. All these trends underscore the need for daily physical activity occurring both inside and out of the schools. Of course this is hard to understand by those of us who have adopted the "fitness" lifestyle - our kids do the same. Yet national data shows that we are still not increasing the fraction of Americans pursuing active lifestyle in spite of the surgeons general recommendations to do so - we've really just diversified the activities in which the 20-25 percent of Americans who have always been active participate. By contrast the approximately 60% of Americans who are largely sedentary seems to be increasing. Should we only be accountable for ourselves? In the end we all pay for a gen-

eration of obesity as the current spiraling and nearly out of control costs of health care insurance should surely illustrate. If you don't believe me just study the impact an increased daily calorie intake and a less active lifestyle has had on the Pima Native Americans in Arizona and Mexico.. Interestingly some of the most noted and or progressive schools, as viewed in the current "meet the standards" educational environment seem to be the ones that have maintained daily physical education, in spite of an increased emphasis on reading writing and arithmetic. The interaction between fitness level, intellectual development and academic achievement is undeniable. The Greeks understood this concept thousands of years ago and but we seem to have forgotten. How does the saying go? "Those who fail to learn from history are doomed to repeat it?"

A last word on swimming - the requirements for public school swimming surfaced decades ago in response to the nearly epidemic national drowning rate. Of course it is tough to get teachers certified in aquatics, however it had its intended effect. This is analogous to the vaccination concept. Once it works and the problem largely disappears we tend to forget why we adopted the procedure in the first place.

George Dallam, Ph.D.

Editors note: George Dallam is a highly respected Professor of Exercise Science and Health Promotion at the University of Southern Colorado. Among other academic honors, he has received the prestigious Provost's Award for Excellence in Teaching. In addition to being a triathlete, his coaching skills have earned him a national reputation and coaching positions with the U.S. Olympic team, USA Triathlon, and with several other teams and individual athletes.

We will be glad to print responsible replies to this letter. -Ed.

(Continued from page 1)

Verde Road, there really aren't any houses or lights other than what nature provides. While I've run in the dark before, I've always had a headlamp, and it's been in more fading light.



During this run, I could always tell where the road was, but not much more. At one point, I saw something ahead, wondering if it was a runner, a fence post, or my imagination. When I caught up with it, it turned out to be another runner. Occasionally, I'd hear voices say something like "way to go", "keep it up",

and other encouraging words, but I never saw anyone around me. I meet with the psychiatrist next week.

Did you ever wonder why deer freeze in car headlights? After this run, I understand. When the few cars came by during the darkest part of the run, I would've expected their headlights to illuminate my path and make it easier to run. Instead, I felt like that 'deer in headlights', and couldn't see a thing. Fortunately, they missed me.

Other than ending at the wonderful smell of hamburgers on the bbq grill, the invisible finish line was the other new experience for me. It was an odd feeling to know I'd ended the race not because I saw and crossed the finish line, but rather because someone stopped me, stuffed a popsicle stick in my hand, and said "hold on to this". I can manage that.

The run ended with a great feast enjoyed by all, by moonlight no less. It was a most memorable evening, and one that Marijane won't let me forget. I definitely recommend this run to everyone next year, and offer one bit of advice: wear white clothing.

Pioneer Run Results

According to Shaun Gogarty, the Pioneer Run took place on the best 5K course in Southern Colorado. (Who could argue—it was on Hollydot Golf Course.) The run was held in conjunction with Greenhorn Valley Days and a few runners were spotted practicing carbo loading at the Pancake Breakfast after the run. Scout troop 95 really benefited from the race. With the proceeds, they were able to pay for and go on a 4 day mountain bike trip the following week over Greenhorn Mountain and then up along the Sangre's. Nine boys and 3 adults took part in a great trip of about 100 miles.

Race Directors Gloria and Shaun Gogarty are grateful for all the volunteer help including: Pat Berndt: Registration, Chief Reno and Debbie Rose: Finish Line, Logan Gogarty and Aaron Berndt, Course, Jeff Arnold: Results, and those others who worked behind the scenes doing all those other jobs. THANKS!



Results

	Runner	Age	Time
1	Kyle Reno	20	17:52
2	Brad Winn	18	18:18
3	Rich Hadley	45	18:46
4	Matt Sherman	30	21:03
5	Nathan Comden	16	21:19
6	Nicholas Martinez	19	21:45
7	Chief Reno	40	21:56
8	Aaron Stewart	16	22:27
9	Stan Hren	60	22:34
10	Shaun Gogarty	43	22:37
11	Jim Hale	38	22:39
12	Katherine Frank	30	22:48
13	Bob Gassen	55	22:58
14	Jonathan Ambler	39	23:06
15	Crystal Berndt	17	23:07
16	Kelly Hale	34	23:34

17	Jennifer Alvarado	31	23:46
18	Gary Franchi	53	23:57
19	Greg Clifton	31	24:45
20	Ross Barnhart	38	24:47
21	Sandra Collie	29	25:00
22	Roberto Luna_Llanes	29	25:10
23	Drenda King	40	25:16
24	Apollo Campbell	15	25:20
25	Logan Gogarty	13	25:26
26	Sarah Collie	16	25:27
27	Marijane Martinez	50	25:28
28	Ed Rogan	46	25:44
29	Greg Johnson	49	26:07
30	Raul San Miguel	51	26:15
31	Troy Davenport	37	26:17
32	Dennis Noonan	59	26:36
33	John Neumeister	58	26:50
34	Larry Belkin	51	27:39
35	Cory Rose	14	27:48
36	Patrick Swank	54	27:52
37	Megan Golly	15	27:54
38	Dick Greet	63	28:06
39	Gloria Gogarty	45	28:12
40	Dan Comden	48	28:42
41	Peter Lohman	59	28:45
42	Rick Brazell	48	28:46
43	Jill Ambler	37	29:25
44	Bruce Batting	65	30:23
45	Jamey Brazell	19	31:28
46	Matt Cox	14	31:28
47	Aaron Berndt	13	31:50
48	Sydni Cox	13	32:54
49	Angelique Espinoza	31	33:05
50	Jodi Crawford	13	34:36
51	Hillary Crawford	11	38:49
52	Kelsi Luna-Llanes	7	40:41
53	Jeff Arnold	60	40:50
54	Justin Forell	11	45:45
55	Jordan Luna-Llanes	5	46:18
56	Emily Luna-Llanes	27	46:20
57	Sariah Chartrand	?	53:46

	Walker	Age	Time
1	Kristie Inman	33	39:39
2	Bill Inman	36	43:00
3	Mary Davenport	45	46:32
4	Romda Neumeister	38	46:32
5	Jim Kirkland	61	47:25
6	Becky Brazell	46	48:32
7	Wynnelle Turner	64	49:03
8	Corey Brazell	11	55:27
9	Phyllis Andreas	36	55:40
10	Betty Golly	49	55:41
11	Tawny Inman	10	55:41
12	Dana Crawford	44	55:44
13	Tom Andreas	44	56:22
14	Zachary Furrow	10	58:11

Seeking Your Opinion, (PLEASE)

According to SCR member Terry Cathcart, the Pueblo Branch of the American Cancer Society (ACS) is seeking support for a smoke free environment in Pueblo public places. Restaurants are a primary area of focus. The Pueblo ACS feels that waitresses may currently be placed in a difficult position while working in smoking sections of restaurants. The group would like to approach City Council and is trying to gather support from the citizens. Do you think SCR should take a stand as an organization? Voice your opinion by filling out a very short on-line form. Go to the SCR website (www.socorunners.org), scroll down to the section *** Please Take Our Online Survey ***, and click the link to access the form. It is quite short and SCR Officers want to know if you feel it is appropriate for the club to take a stand. Thanks!

The SCR Web Page

Do you ever wonder? I do. In fact – that is sometimes what I do best, but I digress – I'll get back to the topic. Here are some things that I wonder about and maybe you do too. What races are on next month's calendar? How about the results of the most recent race? Then, what about last year's Spring Runoff? The Spring Runoff the year before last? Where do I stand in the SCR Predict Series? What was in the unabridged version of Gary Franchi's "Fit to be Tied" monthly Pueblo Chieftain column? Who are the current SCR officers and how can I get hold of them? What hints and tips are in the SCR Race Director's Kit? What is the Pueblo area weather forecast for today? These are but a sample of the things that may keep you awake at night. BUT – the answers are a few keystrokes away. Check out the SCR website: <http://www.socorunners.org> SCR Webmaster Ken Raich does a simply incredible job of providing extensive and timely information related to SCR activities. Check it out!!!

Predict Standings

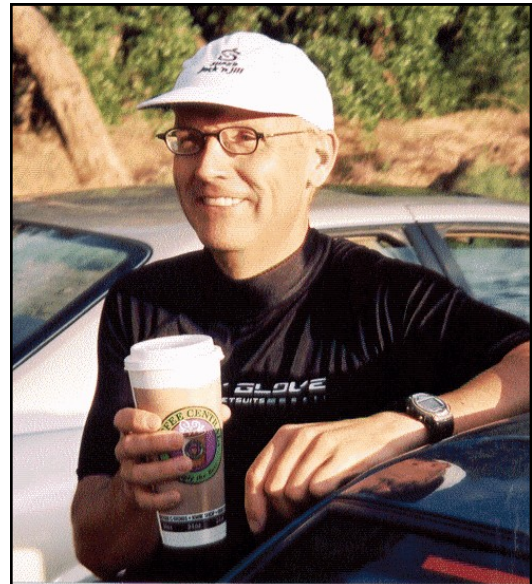
Five of the nine scheduled predict runs have been completed, but there is still plenty of time for things to change. Last year it came down to the final event—just ask Marijane. Don't forget—only the top 5 finishes count in the final tally. With four races to go—anything can happen. All runners are welcome to join in any of the remaining runs—even if you haven't been out yet. Here's the standings at this point.

Name	Spg	Ben & Ram	Moon	Tun'l	Total
	R'Off	Mad	Drive	Points	
Nick Leyva	92.31	66.67	71.43	100	80.77 411.17
Ross Barnhart	88.46	87.50	80.95	21.43	100 378.34
Marijane Martinez	69.23	70.83	85.71	67.86	61.54 355.17
Toby Doub	96.15	57.14	78.57	69.23	301.10
Ron Dehn	100	100		96.15	296.15
Larry Volk	61.54	100	14.29	60.71	46.15 282.69
Ben Valdez	34.62	95.83		53.57	88.46 272.48
Chief Reno	57.69	83.33		32.14	65.38 238.55
Misti Frey		62.50	95.24		76.92 234.66
Stacey Diaz	76.92	41.67	47.62		38.46 204.67
Don Pfost			28.57	85.71	84.62 198.90
Rich Hadley		91.67	33.33		53.85 178.85
Matt Sherman	46.15	79.17		50.00	175.32
Gerald Ure	65.38		66.67	42.86	174.91
Kyle Reno				82.14	92.31 174.45
Michelle Olson	80.77	37.50	52.38		170.65
Robert Santoyo	30.77		9.52	75.00	30.77 146.06
Bill Veges	42.31	75.00		28.57	145.88
Paul Dallaguardia			42.86	96.43	139.29
Jill Montera			61.90		73.08 134.98
Michael Orendorff	19.23	54.17		57.14	130.54
Cecil Townsend	11.54	20.83		71.43	103.80
Dave Diaz	23.08	33.33	19.05		23.08 98.53
Crystal Berndt				92.86	92.86
Heather Ruhm			90.48		90.48
Aaron Lopez			89.29		89.29
Robin Krueger	84.62				84.62
Jim Robinson	38.46	45.83			84.29
Laurice Lopez-Ceper			76.19		76.19
Kevin Slaughter	73.08				73.08
Brian Ropp		29.17		35.71	64.88
Joe Dvorsky				64.29	64.29
Chris Oberudoyer		58.33			58.33
Donna Nicholas Griesel				57.69	57.69
Gary Weston	53.85				53.85
Al Weaver				50.00	50.00
Gina Benfatti		50.00			50.00
Stacie Taravella	50.00				50.00
Mark Koch			46.43		46.43
Richard Joy				42.31	42.31
Katherine Frank				39.29	39.29
Karen Hurley			38.10		38.10
Diana Reno		25.00		10.71	35.71
Maria Elena Weaver				34.62	34.62
Angelo Aragon	26.92				26.92
Humberto Paredes				26.92	26.92
Nathan Comden			25.00		25.00
Brian Ruhm			23.81		23.81
John Freytag				19.23	19.23
Dan Comden				17.86	17.86
Anthony Diaz		16.67			16.67
Laurie Wertzbauer				15.38	15.38
Spg	Ben & Ram	Moon	Tun'l	Total	

Name	R'Off	Matt's 8K	Mad	Drive	Points
Stan Hren	15.38				15.38
Taylor Townsend			14.29		14.29
Regie Marquez		12.50			12.50
Jane Gebhardt				11.54	11.54
Lee Carstensen		8.33			8.33
Ashlee Withrow			7.69		7.69
Jess Cosyleon	7.69				7.69
Diane Lopez			7.14		7.14
Frank Cepero			4.76		4.76
Diane LittleEagle		4.17			4.17
David Fernandez	3.85				3.85
Seth Withrow				3.85	3.85
Desiree DallaGuardia			3.57		3.57



Ben Valdez, Stacey Diaz, Humberto Paredes, and Dave Diaz hydrate after the Tunnel Drive Run. Ross Barnhart (below) gets in a little caffeine before the race. At this point, Ross and Nick Leyba are running neck and neck for the Predict Series lead with Marijane Martinez a close third.



Potpourri

The Spring Runoff?

Can we be talking about the Spring Runoff in the Dog Days of August? Man, it was sooo cold at Dutch Clark stadium in 2002. And, the answer to the question is yes! Planning for 2003 has begun! An event like this does not take place without lots of planning. The Runoff has grown considerably the last two years, and 2003 will mark its silver anniversary. Terry Cathcart has been doing some preliminary planning and will be on the agenda for the September SCR meeting. The consensus after last year's race was that more help from club members will be needed in 2003. Think about stepping forward. Contact Terry, one of the club officers or come to next SCR meeting on September 3rd.

Definition

fartlek (FART-lek) noun A method of training, originally developed for runners, that involves intense activity interspersed with low effort. For example, sprinting and walking.

[From Swedish fart (speed) + lek (play).]

From: AWAD Website: <http://wordsmith.org/awad>

Other Definitions

Shin - a device for finding furniture in the dark.
 Conclusion: the place where you got tired of thinking
 Experience: Something you don't get until just after you need it.
 From: Steven Wright

The SCR Electronic Mailing List

If you haven't joined the SCR electronic mailing list, you may wish to consider. The list is used for general announcements, questions, announcing last minute changes, or whatever you need. It is quite handy. To join, go to <http://www.socorunners.org/scrcont.htm> (the "Contacts page"), scroll to the bottom of the page, enter your e-mail address in the box, then click "Yahoo!.Groups Join Now!" button.

(Continued from page 3)

who have those things attached to their hands and ears 25 hours a day?

5. Don't you wish there was instant retribution, like maybe having to listen to Anna Nicole Smith talk for a couple of hours, for people who try to take the SCR discount in races when they're not club members?

6. Wouldn't it be fun to force grunting muscle heads at public health clubs to listen to a continuous-reel tape of weightlifters grunting while pumping iron?

7. Don't you wish there was instant retribution, like being forced to watch Beverly Hills Cop III without laughing, for people who sometimes run when they are entered in the

Musical Notes

Paranoia strikes deep in the heartland
 But I think it's all overdone
 Exaggerating this exaggerating that
 They don't have no fun

I don't believe what I read in the papers
 They're just out to capture my dime
 I ain't worrying and I ain't scurrying
 I'm havin' a good time

Paul Simon, "Have a Good Time"

These changes in latitudes, changes in attitudes
 Nothing remains quite the same
 Through all of the islands and all of the highlands
 If we couldn't laugh we would all go insane

Jimmy Buffet, "Changes in Latitudes, Changes in Attitudes"

Questions

Why is it considered necessary to nail down the lid of a coffin?
 Why doesn't glue stick to the inside of the bottle?
 Why is the third hand on the watch called second hand?

Great Movie Line

"Once you've heard the truth – everything else is just cheap whisky." Sheriff Buck Olmstead, from the movie SwitchBack, Paramount Pictures, 1997.

To Ponder

"A man there was, tho' some did count him mad / The more he cast away, the more he had." -John Bunyan, preacher (1628-1688) [Pilgrim's Progress]

"Adults are obsolete children." -Dr. Seuss, humorist, illustrator, and author (1904-1991)

walking division of a race?

8. To save trees, why don't they have newspaper racks at airports where people could recycle the day's papers when they're through with them rather than everyone buying and throwing away the same editions?

9. Does anyone go to a bowling alley just to eat lunch?

10. Does the New Balance shoe company know how many different running shoe models it produces?

Until next month, may you experience the loneliness of the long-distance runner.

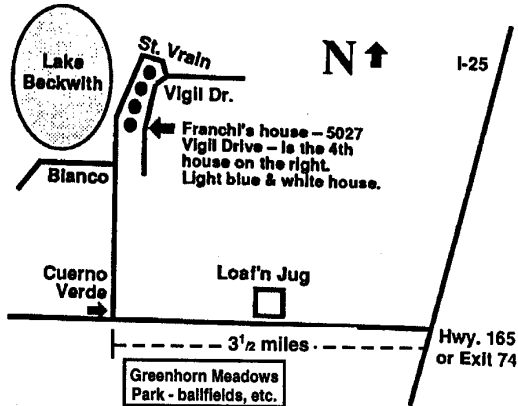
The next SCR meeting will be held at 7pm Tuesday, Sept 3 at the Pueblo YMCA. All SCR members are welcome!!!

Pueblo (& close by) Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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
Sep 22	Hot to Trot Run	5K 8:00 am	HARP, Pueblo Jeff Arnold—jeffaco@earthlink.net
Oct 12	Soaring Eagles Run / Walk (a)	5K 8:00 am	USC Roads, Pueblo Kristie Inman, (719) 489-2605
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. Does this notice look familiar or is it just déjà vu?

Colorado Outward Bound Relay and Rimrock Run

On Sept. 20th and 21st, the Colorado Outward Bound Relay will be held. This is the 5th year for the event which is a 24 hour, 170 mile team relay race. The race begins in Idaho Springs then ascends four mountain passes, and is on a variety of terrains including trails, river paths, dirt, and paved roads. The finish is in Glenwood Springs. For more information, see:

www.cobs.org.

On Saturday, November 9, the Rim Rock Run takes place beginning at the East Entrance of Colorado National Monument, Grand Junction, Colorado. It is a challenging 37 K (22.6 miles) course that takes you from high desert through redrock canyons, majestic mesas, and towering rock monoliths. The proceeds are donated to the Mesa State College Women's Cross Country Scholarship fund. Obtain more information from the website: www.rimrockrun.org.

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 2nd or 3rd 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.

American Discovery Trail Marathon

September 2, 2002 at 7am
Colorado Springs
www.adtmarathon.com

In case you are interested, The American Discovery Trail (ADT) is a new breed of national trail — part city, part small town, part forest, part mountains, part desert — all in one trail. It is 6,300+ miles of adventure, discovery and fun, and stretches from Delaware to California. It reaches across America, linking community to community in the nation's first coast to coast, non-motorized trail. The ADT provides trail users the opportunity to journey into the heart of all that is uniquely American — its culture, heritage, landscape and spirit. The total length of the ADT in Colorado is 1,153 miles. The northern route from Nebraska to Utah is 776 miles long. The southern route from Kansas to Utah is 912 miles. Most of the route east of Denver uses roads; west of Denver it is mostly off road on trails. The trail passes through the following cities and towns in Colorado: Loma, Grand Junction, Redstone, Crested Butte, Buena Vista, Leadville, Georgetown, Evergreen, Denver, Greeley, Fort Morgan, Sterling, Julesburg, Palmer Lake, Colorado Springs, Cripple Creek, Canon City, Pueblo, La Junta, Holly, and a whole bunch of other towns in between. (the above was taken from the American Discovery Trail web site.) For more info see: www.discoverytrail.org

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

**Non-Profit
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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

The Nirvana Predict is a 4 mile club predict and potluck event at the Franchi home on August 31st. Map and details are on the previous page.

The annual YMCA Corporate Cup takes place on September 21st. It is a team building competition where companies participate in approximately fourteen events including swimming and running relays, volleyball, basketball shoot, golf, bowling, cycling and running predicts, and others. Most events have divisions based upon age and gender, and companies compete in one of three divisions depending upon company size. It is lots of fun and a great morale booster for your organization. Contact Ben Valdez at the YMCA for more information.

At 8am on September 22, the Hot to Trot 5K will be held in conjunction with the 8th Annual Chile & Frijoles Festival. The race takes place primarily along the HARP (Historic Arkansas River-walk of Pueblo with the start and finish being on Victoria near Grand. The Festival includes art displays, a jalapeno eating contest, contests for kids, chile competitions,



lots of entertainment, displays, food, shopping, and more. There is no charge for admission to the festival. For more information on the festival and the race, see: <http://www.pueblochamber.org/tourism/chile&frijoles.htm> or contact Jeff Arnold at jeffaco@earthlink.net or 947-3682.

September 28th is the date of Shaun Gogarty's 50 mile Greenhorn Run. (Really!) See this month's Trail Notes on page 4.

The Soaring Eagles 5K run / walk will debut on October 12. It is organized by the USC Speech Club and is a fund-raiser to benefit the Autism Clinic in Pueblo. Information will be forthcoming in the September issue of "Footprints" or you may contact Kristie Inman at inmanart@daeo.net or (719) 489-2605.

Happy Trails!

The Final Thoughts

In the midst of great joy, do not promise anyone anything. In the midst of great anger, do not answer anyone's letter.
Chinese proverb

God gives every bird his worm, but he does not throw it into the nest.

Swedish proverb