



Editor: Ron Dehn

# FOOTPRINTS

Caution: Do not discard this issue—it may be valuable in 1,000 yrs

## Come September \*

### In This Month's Issue...

Get Dirty!.....	1
Survey Results.....	2
SCR Annual Picnic.....	2
Officers, Writers, Advisors, Consultants... (who is "Spud" Melin?)	2
Thanks from Ed.....	2
Taking a Relaxed Approach to Running.....	3
Fit to be Tied.....	3
Shoe Shopping with Shaun.....	4
SCR Birthdays.....	4
The West Nile Virus.....	5
Pikes Peak Ascent & Marathon.....	5
Wow!.....	5
To Ponder.....	5
Planes, Trains, Automobiles, Running, Life..	6
Mini Rambles.....	6
EIS (Exercise Induced Stupidity).....	7
Scenes from Georgetown.....	7
Predict Standings.....	8
Pueblo & Nearby Racing Calendar.....	9
Who Are These Guys?.....	9
Upcoming Marathons.....	9
Area Runners in the ADT Marathon.....	9
Upcoming Events.....	10
Rye Area Triathletes.....	10
The Final Thoughts.....	10

### Get Dirty!

By Michelle Olson and Katherine Frank

Just imagine - you and a friend embark on a trail running and biking adventure that takes you through ten kilometers of some of the trickiest obstacles including the infamous mud pit! This is Muddy Buddy -the ultimate in multi-sport competition. On August 24<sup>th</sup> over 1000 people showed up for the Brooks Muddy Buddy Ride and Run Series at Bear Creek Park in Denver. Katherine Frank and Joe Dvorsky competed in the co-ed division placing 41<sup>st</sup> out of 214 teams with a time of 47:59 while Michelle Olson and Sandy Reinsch finished 55<sup>th</sup> out of 138 teams in the female division with a time of 54:43. Other divisions included the Beast Division (team weight must equal at least 400 lbs.) and the Elite division – those looking to compete at the national competition.

*(Continued on page 8)*



Joe, Katherine, Michelle and Sandy enjoying a cold one after the race

\* "Come September" was the title of a movie released in 1961 starring Rock Hudson, Gina Lollobrigida, Sandra Dee, and Bobby Darin. The theme song for the movie was also appropriately named "Come September".



**Survey Results**

On Page 8 of the August *Footprints*, readers were invited to express their opinion about SCR as an organization endorsing a smoke free environment ad as requested by Clean Indoor Air Pueblo (CIAP). (The ad to be paid for by CIAP.) Voting took place on the SCR website. As of 9/12, 11 people voted, 10:Yes, 1:No.

**Thanks from Ed**  
 Many people make behind the scenes contributions to *Footprints*. We thank the regular and contributing writers & photographers through the months — Gary, Rocky, Shaun, Marijane, Katherine F, Michelle O, Jeff A, Ross B, Ken R, Pat B, George D, & Paul V. Gary, Chris D, & Melissa B also provide much support. Thanks also to the monthly stuffers and all others who make this possible.



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

**Scenes from the Annual Picnic on August 11**



The Shermans above and the Renos below—chowin' down



Photos courtesy of Katherine Frank

A thank you note from the Montero boys

*Thank you for the fun picnic, we had a wonderful time. Special thanks to Marijane for all the fun and games and prizes.*  
*Sincerely,*  
*Jordan and*  
*Montera*



**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. 248**

"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 & Arthur "Spud" Melin	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

**Contributing Writers**

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
 Katherine Frank, Michelle Olson, Marijane Martinez

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.

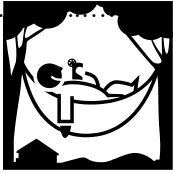
**ADVERTISING POLICY:** The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.

\* Arthur "Spud" Melin and Richard Knerr were co-founders of Wham-O, manufacturer of Frisbees and Hula Hoops. The original name of the Frisbee was the "Pluto Platter".

**Watch the Game  
 Eat a Burger  
 Have a Cold One**

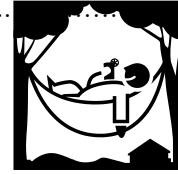


**At the Gold Dust  
 217 South Union Ave**



## Great (& so-so) Stuff

By Gary Franchi



Fit to be Tied

### Taking a Relaxed Approach to Running

Thought for today's lunch, compliments of George Carlin: *"My heroes are John Wayne, Babe Ruth, Roy Rogers and whoever canceled Jerry Springer."*

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

Zzzzzzz! Zzzzzzz!

Huh? Hmmm. What?

Oh, man, did I fall asleep? Sorry about that. I didn't mean to. Guess I've been burning the candle at both ends a bit too much lately. Either that or I must have gotten out and read an old "Great Stuff" column, the runner's natural cure for insomnia.

Actually, the truth be told, I'm been trying to adopt a more relaxed mode to my running these days, and sometimes this approach spills over into my regular life. This has resulted in such positive things as my having a more tolerant attitude when dealing with bozos and a greater overall feeling of serenity. On the other hand, there have been a few less-positive reactions such as an indifference toward house-related chores and the tendency to nod off a bit at my desk at work and, yes, even while churning out literary pieces.

It wasn't my idea to relax more. But in all the volumes of fitness reading material I'm constantly plowing through, the same theme seems to emerge – "Take it easy."

For example, articles in the past couple of issues of Runner's World have said to "Stop stress now," "Learn to relax," and "Calm down with scenic runs." An article in this month's Triathlete magazine on long-distance runs says to "Do plenty of easy runs," "Keep the easy runs easy," and "The balance of your week's running should be at a low-intensity clip."

Now, sure, they also might have talked some about such nonsense as "doing one track workout per week" or about doing "short, high-intensity workouts." But, let's face it, select reading is an important part of life, right? So, let's just gloss over those statements and act like they never said them.

Besides, I was ready for a change in my running routine anyway. Despite all my efforts, my race times have gotten slower over the years anyway as the race distances have gotten mysteriously longer. And all my past hard training and speedwork have led to nothing but injuries to the legs and feet. I'm certainly not getting a whole lot smarter either, but hey, let's not get too per-

sonal about this.

So, in summary, what should you make of all this?

Well, as I hinted at a couple of paragraphs ago, you don't have to be too smart to know that life – including running – is a heckuva lot more fun when you take it easy.

Just don't fall asleep on the job. Or when writing a running column.

\*\*\*

# 10

#### Ten things I was just wondering:

1. How come you never hear about runners setting a strike deadline?

2. How come there's never a recall on running shoes?

3. If the cement plant that is coming to Pueblo is as safe as it claims, how come it needs an environmental manager?

4. Whenever an "expert" advises people to walk instead of run, don't you think we can pretty much assume that the "expert" isn't a runner?

5. Does anyone actually feel sorry for triathletes who have "Ironman stress?"

6. Wouldn't it be nice if the high school cross country coaches in this area would consistently call in their results to the Pueblo newspaper so we could keep tabs on local runners?

7. How do triathletes who live in big cities ever get in the bike training they need?

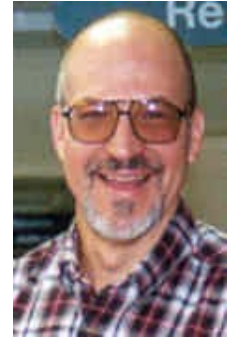
8. How come there's never a recall on bicycle tires?

9. Is it really fair that elite runners can finish a 10K faster than some of us can finish a 5K?

10. Is it really fair that the president of the United States can run a 5K faster than most of us can?

\*\*\*

Until next month, remember to follow the old racing adage: Start off easy and then back off.



From Gary Franchi's September, 2002 *Fit to be Tied* column in the *Pueblo Chieftain*. See: [www.socorunners.org/garycols.htm](http://www.socorunners.org/garycols.htm) for the complete scoop

Rick Hough, 37, was the top-finishing Pueblo runner in the American Discovery Trail Marathon held on Labor Day. Rick's 3:43:07 time placed him 27th overall and eighth out of 28 in his age division.

Puebloans Mark Koch and Maddy Tormoen took fifth place overall in their respective male and female divisions of the challenging Triple Crown of Running. Koch, 43, was first in his age division while Tormoen, 40, was second in hers.

Puebloan Gerald Puls, won his 75-79 age division at the Boulder Peaks Triathlon with a 4:46:33 time over the course that included a 1.5K swim, 42K bike and 10K run. College student Patricia Orendorff of Pueblo, competing in the 20-24 age division, finished with a 3:01:39 time.



## SCR Birthdays

### September

- 23 Rodge Rodgers  
 Mike Cook  
 Amy B Wolf  
 Gary Franchi  
 25 Jennifer Sherman  
 26 Johanna F. Lukevic  
 Kelly Hale  
 Christian G. Hulett  
 27 Robin Krueger  
 Debra Hadley  
 Stacie Taravella  
 29 Susan Dallaguardia  
 30 Stan Hren

### October

- 1 Crystal Berndt  
 Jimmy Carter\*  
 2 Vickie Cathcart  
 Desiree Dallaguardia  
 4 Joe Stommel  
 Cannon Game  
 8 Rosa Bouce Navarro  
 Chevy Chase8  
 Great Chicago Fire  
 9 Nick Leyva  
 10 Tom McKenna  
 12 Laura Engleman  
 13 Joan Harrell  
 Susan Crockenberg  
 Michael Pugh  
 Paul Simon\*  
 14 Cecil Townsend  
 16 Terri Tibbs  
 Dan Comden  
 Katherine A. Butler  
 18 Brandon Van Buskirk  
 Mike Ditka\*  
 Bell Game  
 19 Samantha DeMoss  
 Jane L Gebhart  
 Susan M. Campbell  
 Stephanie Van Buskirk  
 20 Mickey Mantle\*  
 21 Jody Ottersberg  
 Hunter's Moon (full)  
 25 Marta Stommel  
 26 Tadea Braddy  
 Katherine Frank  
 27 Trevor Hadley  
 28 Michael Driscoll  
 30 Betty Duran  
 War of the Worlds  
 Broadcast—1938  
 31 Halloween  
 \*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Shoe Shopping with Shaun

Do you shop at "running stores" for your clothes and shoes? I try to avoid them. The "attitudes" are often so thick that by comparison an ultra feels good. My latest

"running store" experience was in an un-named store in Colorado Springs. The other running store (name similar to a male chicken) I had long since sworn never to re-enter. But my race packet for the "American Discovery Trail Marathon" was at the store.

On entering I was greeted by a young lady that I quickly diagnosed as anorexic. Her disdain for her own health was only slightly less than her disdain for any life form – especially me. After being greeted with the warmth of a frozen fish she dutifully led me to the shoes where the fun really began.

Personally I like to try various shoes. I don't run in the same type of shoe over and over. Unfortunately the anorexia had weakened the poor sales girl. Trips to the back were accompanied by long sighs. My questions were answered with exacerbated comments that made it clear the ONLY shoes I should buy were the ones she always wore. Obviously I'd be crazy to buy something different.

In the end it didn't really matter how many shoes I tried on because they only have them in smaller or larger sizes: except for the size 11 purple spikes. How many male runners have shoe size 7 or 14? I almost asked Ms. Vegan if they only stock shoes for tinker bell and the Shaq because they sure didn't stock any shoe sizes for average runners.

The ever-pleasant Ms. Spindlarm was willing to order a pair of shoes for me. It would only be about two weeks and I could then drive back from Colorado City to see if I like them and if we had ordered the right size since they didn't have any that size in the store. This of course begs the question - why would I come to a running store in the first place if I wanted to order shoes?

The final straw was placed on my back at the checkout stand. I'd purchased some socks that were in the wrong rack and so they miraculously had my size. When I asked about what food they would have at the aid stations on the run I get the look like I'm crazy. "What have you been training with" they queried? "Whatever I find on the floor of my closet by my running shoes" I answer. It was clear from the "look" and comments it would now be impossible for me to make the time cut-off for the Olympic team: I had trained with the wrong energy gel. And most likely I would probably just DNF.

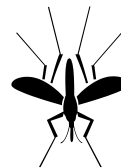
Crestfallen I paused only long enough to sign the receipt and leave a prescription for Prozac and a referral to an eating disorder clinic. I sprinted my fastest time ever for the door. Ms. Iamwomen still wasn't impressed, but then she probably never would be: I was just a jogger while she was obviously a real runner.

Two days later I pulled up to the start 3 minutes before the gun. I ran to the bathroom and then the lineup. Somehow I finished the ADT Marathon even eating "whatever" at the aid stations. It was a pretty course, but next time I'll pick up the packet at the start.



# Rocky on Fitness

By Rocky Khosla, M.D.



**Wow!**

For 9 ½ weeks this summer, marathon swimmer Martin Strel was a busy man. On July 4<sup>th</sup>, Strel started at lake Itaska in Minnesota and swam the entire length (2,300 miles) of the Mississippi River. He reached the Gulf of Mexico on September 9<sup>th</sup>. During his trip he was guided by 3 kayakers. One of the kayakers said that the most difficult part of the journey was going through the commercial traffic of barges and ships. The greatest scare came when Strel was nearly struck by lightning. The feat was accomplished once before by American Fred Newton in 1930. Strel is from Slovenia. In case you are curious (and I know you are), the Nile, Amazon, and Yangtze Rivers are all longer, and my limited research indicates that there is still time to be the first to swim one of these. You may wish to stock up on crocodile repellent.

## To Ponder

“One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man.” Elbert Hubbard, author, editor, printer (1856-1915)

“You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.” Mohandas K. Gandhi (1869-1948)

## The West Nile Virus

I have been getting a lot of questions recently about West Nile virus and so I thought that it might be a good topic for this month's column.

West Nile virus is a virus that has really caused a lot of commotion recently, and for good reason. This virus is spread by mosquitos and cannot be spread directly from human to human or from animals to humans. It seems to prefer birds as a host. Typically, a mosquito carrying the virus will infect a host and will then command the host to then replicate millions of it's particles, and the mosquito will then bite the host again, and now the mosquito can spread the virus to other birds, horses, and rarely, humans. The chance of a human dying from this virus is extremely low, and the very young or the very old are at the greatest risk. And unfortunately, we do not have any anti-viral compounds yet that can do anything against this virus. Our care for patients who we suspect have this viral infection is, therefore, largely supportive. There are some early studies suggesting that interferon may help mitigate some of this virus's effects in humans, but these are very preliminary findings.

The best way to protect yourself from getting the virus is to stay away from the places where mosquitos hang out and to cover your

bare skin with clothing and/or mosquito repellent. Also, if you can avoid doing stuff outdoors at dusk, that would be a good thing since mosquitos feed at dusk. Mosquitos love to hang around standing water, and, at least there is one good thing about our water situation this year, and that is that standing water has been a rare thing for us. As far as mosquito repellants are concerned, DEET appears to be the most potent repellent. However, at high concentrations, this may have some central nervous system effects, especially in children. So aren't us medical professionals great? We tell you to use DEET to protect against West Nile virus, but then not too much, or else you fry your brains! I guess I would recommend Grandma's rule in this case: everything in moderation!

Anyhow, it looks like the West Nile virus spread is tailing off, so I don't think that it'll be a big deal for too long. Here's hoping that you don't get bugged on your runs!

Sincerely,

Rocky Khosla, M. D.

## The Pikes Peak Ascent & Marathon

Maddy Tormoen was 17<sup>th</sup> out of 113 in her division at the Pikes Peak Ascent which gave her an impressive 2<sup>nd</sup> in Triple Crown of Running series. There was great representation from Pueblo and the surrounding area. The following list indicates the respective place, runner's name and their time.

### Ascent

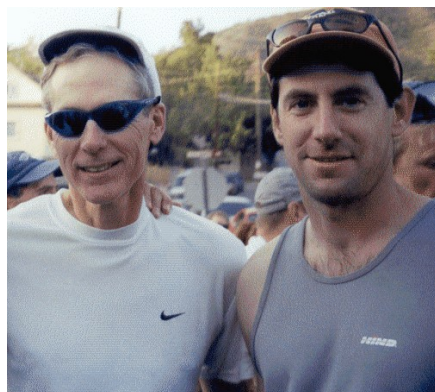
19/132 STEVEN W BANG	3:24:23
36/201 JAY GOODMAN	3:30:18
3/52 PAUL E VORNDAM	3:39:55
48/187 KEN W HUFF	3:43:52
47/132 PHIL R KNOWLES	3:58:24
63/163 HUGH G PARKER	4:03:50
54/81 DREW S TURNER	4:06:51
65/132 JOSEPH D BOWER	4:13:51
29/52 DAVID CROCKENBERG	4:43:07
122/187 ROGER L CAIN	4:44:11
146/201 RICK D MARTINEZ	4:46:42
92/132 BROOK HATHAWAY	4:49:31

Paul Vorndam & Jay Goodman just before the starting gun at the Ascent

64/109 RON DEHN	4:52:03
79/109 BONEY COSYLEON	5:08:53
42/52 JESS COSYLEON	5:42:39
17/113 MADDY TORMOEN	3:51:54
9/16 JESSIE M QUINTANA	4:51:16

### Marathon

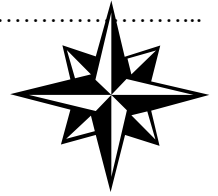
2/69 PAUL L KOCH	4:13:36
1/92 MARK KOCH	4:44:09
29/42 HANK R HUMPHREYS	7:50:18
84/88 WILLIAM L LANE	9:24:33





# Ramblin'

by Ron Dehn



## Planes, Trains, Automobiles, Running, & Life

To live for some future goal is shallow. It's the sides of the mountain that sustain life, not the top. -Robert M. Pirsig, author *Zen and the Art of Motorcycle Maintenance*

Sometimes it's a little better to travel than to arrive. -Also Robert Pirsig, same book.

Vacation. Often we think of a vacation as a time when we travel by planes, trains, or automobiles to a destination, have fun when we are there, then trek back home. The "vacation" part is what we do when we are at Disneyland, the lake, the mountains, the Grand Canyon, our sister's house, or wherever else "there" happens to be. People even ask us, "Where did you go on vacation?"

In early September, Chris and I took a vacation – but it was quite different than the above definition. In this case, getting somewhere was not near as important as being somewhere, so our vacation officially began when the garage door opened and didn't end until it closed 11 days later. Sure, we had dots on the map that we would eventually get to, but the experience between dots was as important as the dots themselves. And – for the most part, the dots were subject to change on a whim.

We first went south to Farmington, New Mexico to see my sister, brother-in-law, and their family. We then traveled through Utah, Idaho, Montana, Canada (Alberta & British Columbia), visited Chris' sister, then headed to Montana, Wyoming, Colorado, then to good old Pueblo West. 3,085 miles in all. We stopped anytime we wanted. We went to bookstores, antique shops, museums, historical points of interest, malls, mini-malls, roadside rest stops, lakes, parks, coffee shops, Glacier National Park, Head Smashed In Buffalo Jump, Lucky Lil's Casino / convenience store / self-serve gas station, and wherever else we wanted. We traveled on interstates, two lane highways, dirt roads, and mountain trails. While in the car, we talked, listened to CD's, local radio stations, an entire Tony Hillerman novel, and sometimes just the sound of the wind blowing across the sunroof.

At one of our stops, I picked up a CD of an old Simon and Garfunkle album. (I have the LP but haven't played it for 20 years. – Kids, ask your parents what an LP is.) Paul Simon is a genius, and the lyrics to one of his songs (*The Only Living Boy in New York*) seemed to sum up our experience.

*I get the news I need on the weather report  
I can gather all the news I need on the weather report  
Hey – I got nothing to do today but smile*

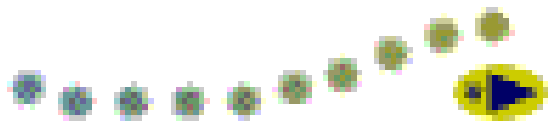
Often in life, we focus all our energy on what we are going to do, or how we are going to feel when a certain event takes place. I'll be happy when "fill-in-the-blank". By doing this,

we tend to postpone happiness. Examples include: when I get a car, when I graduate, when I turn 21, when I get a job, when I get promoted, when I retire, and so on. These are dots on the map, but life is taking place in between the dots. When we focus only on the dots, we miss out on most of what life has to offer. Even the routine and seemingly mundane have value and beauty.

The dots on the map provide a framework for life. These are goals, and we figure out how we are going to get from point A to point B. How we get there is as important as actually achieving the goal. The WorldCom executives achieved their goal of making money, but arrived at the destination without due consideration as to how they would get there. In actuality, journey is partner to destination.

In fact – there is another great metaphor for life that we are all familiar with – RUNNING. Runners don't really run to get somewhere (although for me the finish line is usually a welcome sight). If we're running for fitness, we run for the time in between tying on our running shoes and taking off our sweaty t-shirt. If we just wanted to get somewhere – we'd drive the car.

There are different kinds of days, weeks, circumstances, and vacations. We don't always have the luxury to "smell every rose" on the way to a destination. However, this vacation was especially enjoyable and it reminded me that life is more than going as fast as I can to get to the next dot on the map.



### Mini Rambles

I received an e-mail from out of the blue the other day advertising the web site: [www.runningintheusa.com](http://www.runningintheusa.com) This site has links to race calendars, race results, and running news. They claimed to have links to results for 336 races between September 1 and September 17. Eighteen of these were from Colorado. There was a link to the SCR home page. Check it out!

While in health food store in Fernie, British Columbia, I started talking to the proprietor, Martha. The conversation turned to running and she told me that she is the race director for the 2<sup>nd</sup> Annual Fernie Half Marathon and 3-Person Relay on October 6. Last year there were 150 participants and this year she was expecting 400. It is short notice for Puebloans, but I told Martha that I would mention it. For more info, see: [www.virtualfernies.com/runaround](http://www.virtualfernies.com/runaround)



## EIS by Marijane Martinez

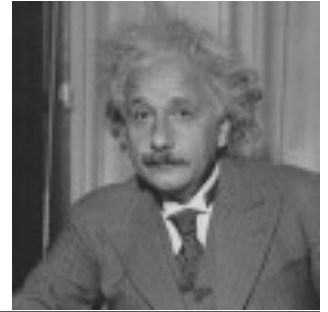


On Saturday, August 31, 2002 Nick and I went out for our long run (20 miles) in preparation for our upcoming marathon in St. George, Utah. Later in the day Nick came upon a very interesting discovery based on our actions and behavior following the run. **EIS** or Exercise Induced Stupidity was running amuck with both Nick and me. We did things like leave the house for breakfast and forget the checkbook at home, go to the bank to cash a check and forget the check, go the Nirvana Predict and forget the dessert, (which may not had been so bad if we hadn't gone to the store earlier to pick up ingredients). I wish I could tell you it ended there but noooooooooooooo I had to continue into the night with my case of **EIS**. Nick was smart enough to stop trying to do more but not me. I decided to run the Nirvana predict easy so I could try to get a few more points in the overall standings. Diana Reno agreed to run the 4 miler with me nice and easy so we predicted a 42:00 which equates to 10:30 per mile. We started easy and were using Don Pfost as our "marker" since he always seems to come within 1 minute of his each time. We were fine until we started talking too much and paying too little attention to where we were going. As a result we ended up running approximately 4 ½ miles rather than 4 and missing our predicts by 3 minutes plus! Our only consolation was that we were not the only ones to do so, thanks to Gerald Ure who also went the wrong direction! I don't know what his excuse is but I am using **EIS**. In another 2 weeks Nick and I will do 22 miles and

I think we will likely be staying at home in order to try to prevent ourselves further embarrassment and worse yet probable injury.

In short, Nick made an interesting discovery but I would be willing to bet we are not the only sufferers of **EIS**. Have you ever suffered from **EIS** or do you know someone who has? More importantly do you know a cure? And please don't suggest cutting down the mileage because that would not be wise when training for a marathon. Perhaps Dr. Rocky Khosla would be willing to address this newly discovered syndrome in one of his upcoming columns. In the meantime Nick and I will continue to train for our marathon and try to be as safe as possible. There is one bright spot in that I discovered **EIS** appears to wear off after about a 24-hour period although I imagine that varies with each individual. Happy Trails!

*Marijane – perhaps you should get a second opinion about EIS wearing off after 24 hours.*  
-Al  
(just kidding!)



### Scenes from the Georgetown Half Marathon



Larry Volk above, "The Gang" above right, and Nick and Marijane to the right. Photos courtesy of Katherine Frank

## Predict Standings

There was a slight shuffling in the standings after the Nirvana. Nick & Ross still have the edge, but Toby closed the gap.

Name	Spring Runoff	Ben & Matt's	Ram 8K	Moon Mad	Tunnel Drive	Nirv Run	Total Points	Best 5 Races
Nick Leyva	92.31	66.67	71.43	100.00	80.77		411.17	411.17
Ross Barnhart	88.46	87.50	80.95	21.43	100.00		378.34	378.34
Toby Doub	96.15		57.14	78.57	69.23	63.64	364.74	364.74
MJ Martinez	69.23	70.83	85.71	67.86	61.54	18.18	373.36	355.17
Ben Valdez	34.62	95.83		53.57	88.46	72.73	345.21	345.21
Chief Reno	57.69	83.33		32.14	65.38	45.45	284.01	284.01
Larry Volk	61.54	100.00	14.29	60.71	46.15		282.69	282.69
Ron Dehn	100.00		100.00		96.15		296.15	
Don Ppost			28.57	85.71	84.62	81.82	280.72	
Matt Sherman	46.15	79.17		50.00		90.91	266.23	
P Dallaguardia			42.86	96.43		100.00	239.29	
Misti Frey		62.50	95.24		76.92		234.66	
Rich Hadley		91.67	33.33		53.85	54.55	233.39	
Stacey Diaz	76.92	41.67	47.62		38.46		204.67	
Gerald Ure	65.38		66.67	42.86		9.09	184.00	
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	
Jill Montera			61.90		73.08		134.98	
M Orendorff	19.23	54.17		57.14			130.54	
C 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	
L Lopez-Cepero			76.19				76.19	
Kevin Slaughter	73.08						73.08	
Brian Ropp		29.17		35.71			64.88	
Joe Dvorsky				64.29			64.29	
Diana Reno		25.00		10.71		27.27	62.99	
C Oberudoyer		58.33					58.33	
D Ni 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	
S DallaGuardia						36.36	36.36	
Maria E Weaver					34.62		34.62	
Angelo Aragon	26.92						26.92	
H 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	
L Wertzbauer					15.38		15.38	
Stan Hren	15.38						15.38	
T 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	

## Muddy Buddy Continued

(Continued from page 1)

Here's how it works: Both partners start at the same time, one running & one biking. The first obstacle is at the one-mile mark. The biker approaches the transition area first. They drop the bike & conquer the obstacle & start running to the 2nd transition/obstacle. The runner then approaches the first transition area, conquers the obstacle, finds the bike & starts riding to the 2nd transition/obstacle area. The team continues to leap frog throughout the course switching from biking & running throughout the course. After completing the last obstacle each team secures the bike in the transition area, waits in the holding pen for their partner & crosses the finish line together.

What kind of obstacles are you talking about? **Obstacle 1:** Over and Under-Participants maneuver saw horses by going under the low ones and over the high ones. **Obstacle 2:** Hay Bale Pyramids-Participants scramble over a series of three hay bale pyramids of varying heights. **Obstacle 3:** Agility Tires-Just like football practice. **Obstacle 4:** The Mud Pit -No explanation needed. **Obstacle 5:** Netting Crawl-Participants belly crawl under a 25-foot long cargo net suspended off of the ground.

This is an annual event so make sure you check it out in 2003. Other sponsors included Specialized, Yakima, Jamba Juice, Red Hook Brewery and Cliff Bar. As an added highlight, Ned Overend, world champion mountain biker, competed in the Elite division and hosted a mountain bike clinic.

The Brooks Muddy Buddy Ride & Run Series. Grab a buddy. Get dirty. It's that simple.





# 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 10	The Dam Run Run / Walk (a)	10K / 1M 9:00 am	John Martin Reservoir, Hasty, Colo Stan Hren (719) 456-1691
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.



## Who are these Guys?

Puebloan Mark Koch has been simply amazing as a mountain runner. In addition to winning his division in the Pikes Peak Marathon, Mark was 11<sup>th</sup> overall in the extremely difficult Imogene Pass Run. He finished 1<sup>st</sup> out of 94 in his division. Paul Vorndam of Rye finished 3<sup>rd</sup> in his division in the Pikes Peak Ascent and also took 1<sup>st</sup> out of 41 runners at Imogene Pass. We're not done. SCR member Mark Rickman finished in the upper 1/3 of his age bracket at Imogene. In the words of Butch Cassidy, "Who are these guys?" The Imogene Pass Run (IPR) is a 17.1 mile point-to-point mountain race within the western San Juan mountains of Colorado, run along a route which connects the towns of Ouray (7810 ft.) and Telluride (8820 ft.) by way of 13,120 foot Imogene Pass. The first 10 miles are up the mountain and the last 7.1 miles are down the other side. The IPR is held on the first Saturday after the Labor Day holiday, at the seasonal transition from late Summer to early Fall. The weather can be quite unpredictable and ranges from excellent to nearly impossible. It is truly a run of considerable difficulty. For more information, see: [www.imogenerun.com](http://www.imogenerun.com)

Mark Koch (to the left) at the PP finish, courtesy of Ross Barhhardt

**Race Directors** The "Footprints staff" is happy to publicize your race. Please send promotional information to [dehn@uscolo.edu](mailto: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.

## Upcoming Marathons

The Easy Street Marathon in Fort Collins takes place on Oct. 6, and the Durango Marathon on Oct. 13. See <http://www.footoftherockies.com/marathon.htm> and <http://durangomarathon.com> for details. Find out about the October 13<sup>th</sup> Long Beach Marathon at [www.runlongbeach.com](http://www.runlongbeach.com) and checkout the Grand Canyon Marathon (October 20) at [www.GrandCanyonInternationalMarathon.com](http://www.GrandCanyonInternationalMarathon.com) The Lost Dutchman Marathon is set for January 19, 2003 in Apache Junction, Arizona. See <http://www.lostdutchmanmarathon.org> for more information.

## Area Runners in the American Discovery Trail Marathon

Several area runners participated in the American Discovery Trail Marathon held September 2 in Colorado Springs. Finishers from Pueblo include: Rick Hough (7/27) (seventh out of 27 in his division), Ross Manley (3/3), Cathy Osban (14/15). Other area runners were: Julie Clark (15/21) from Pueblo West, Jeff Hundt (8/28), and *Footprints* own Shaun Gogarty (16/38) from Colorado City.

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

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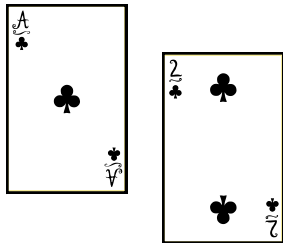


***If you move,  
 Let us know!***  
 Issues of "Footprints"  
 are not forwarded.  
 Hence, if you move, please  
 get your new address to the  
 SCR Membership Chair in  
 care of the YMCA at the  
 address listed above.

**Upcoming Events**

On October 12, the Soaring Eagles 5K Run / Walk will take place at the USC Campus. The fund-raiser will benefit the Autism Clinic in Pueblo and is being organized primarily by USC students.

Why go to Cripple Creek? You can play poker, get some exercise, and be a part of the SCR Predict Series on October 26th. The Harvest Poker Predict starts at 5 pm at Lovell Park in Pueblo West. It is also a potluck. (Bring a side dish) Gambling, Exercise, Fun, and Food! What a deal! (pun intended)



On Sunday, Nov 10 the Las Animas and Bent County Chambers of Commerce present The Dam Run, a 10K Run and 1 Mile Walk. The race takes place on paved roads at 9am (walk at 9:05) at the beautiful John Martin Reservoir State Park, near the Lake Hasty campground. From Pueblo, take Hwy 50 east past La Junta to Hasty. Signs will direct you to John Martin Reservoir State Park. If you reach Lamar – you have gone too far! Race day registration is 7:30am to 8:45. For more information, contact Stan Hren at 719-456-1691

Rye area triathletes at the Colorado State Games. In front are Susan DallaGuardia, Desiree DallaGuardia, & Carrie Hadley who took 1st in the women's division and were known as the Mountain Chicks. The guys are Jim Hale, Paul DallaGuardia, and Gary Franchi. Photo by J Arnold



**The Final Thoughts**

"I intend to live forever— so far, so good." Steven Wright  
 You've got to do your own growing, no matter how tall your grandfather was. -Irish Proverb