



Editor: Ron Dehn

FOOTPRINTS

For Halloween—I'm going to dress up as a newsletter editor...

A Gastly, Ghostly, Goulsh Issue

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Vidmar Motors, Atlas Pacific, and Parkview Medical Center Rule

Vidmar Motors, Atlas Pacific Engineering, and Parkview Medical Center took first place in their respective divisions of the 2002 Corporate Cup. This is the 18th year for the Corporate Cup—a premier sporting and participation event organized by the YMCA with assistance from company captains, SCR, corporate sponsors, and tons of volunteers. One of the primary goals is to promote a healthy lifestyle. Another goal is participation by athletes and non-athletes alike. It is a great way to boost company morale and have some fun with co-workers away from the workplace. This year 1635 employees from 23 companies took part in a wide variety of events, where competition is secondary to participation. At the awards ceremony held at the Union Depot, teams were already discussing strategy for 2003. Some results and photos are inside this month's *Footprints*. Michael O. has developed a first class Corporate Cup data base which can be accessed on the web. Check it out and get complete results at: corpcup.puebloymca.org



Several members of Vidmar Motors 1st place team celebrate at the Union Depot Awards Ceremony

The next SCR meeting will be held at 7 pm Tuesday, November 5th at the Pueblo YMCA. All SCR members are welcome



SCR Notes

SCR Mini Minutes October 1, 2002

Correction

Jeff Arnold was given credit for the photo of the Rye Area Triathletes in last month's newsletter. Susan DallarGuardia was the real photographer, but we'll give Jeff credit for being the photo courier.

Thanks—Hot to Trot Race Crew!

Race Director: Jeff Arnold
Finish Line: Dave Diaz, Ross Barnhart, Tiffany Reno
Photographer: Ken Raich



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

The October and November upcoming races were discussed. Stan Hren is the ultimate volunteer recruiter. For the November 10 "Dam Run" in Hasty, Stan has 46 volunteers lined up – not counting the SCR finish crew! Stan indicated that because the run is across a dam, he had to get federal and state permissions. He said the views are spectacular and he is hoping to make this a premier fall event in Southern Colorado much like the Spring Runoff in spring.

Katherine Frank reported that the popular tradition of Kathy Arwood mugs for awards at the November 23rd Atalanta race will continue. Pottery by artist Vicky Hansen will be given to the overall winner in both the running and walking divisions.



SCR membership is pretty stable at this point. Persons who join beginning November 1, will be provided with membership for the rest of 2002, and all of 2003.

The Spring Runoff committee recently met. Club members are volunteering to head up the various areas such as Finish, Results, Aid Stations, Field Coordination, etc. Each of these will in turn, recruit a team to assist with that function. There has been some talk about eliminating one of the four races. (2 mile walk, 5K, 10K, 10Mile) –

however a final decision has not been reached. The group is examining the idea of a separate finish chute for the 2 mile walk. The computer program to be used for results will be tested at the Rock Canyon Half Marathon. SECAHEC will be organizing a Fitness Symposium with nationally known speakers held in conjunction with the race. They are working with Dr. George Dallam, Olympic Coach and professor of Exercise Science and Health Promotion at USC.

Ken Raich is developing an initial race calendar for 2003. Race Directors should notify Ken regarding the dates for their runs next year.

All the ghosts and goblins in attendance simply vanished.



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. 249

"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
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Secretary	Janelle Rodriguez	543-8200
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

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Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Ross Barnhart Jeff Arnold

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.

* Elaine Jeffers is the President of the Chamber of Commerce of Sleepy Hollow, New York.

The Spirits Are Friendly



At the Gold Dust 217 South Union



Great (& so-so) Stuff

By Gary Franchi



Fit to be Tied

(from Gary Franchi's Oct. column in the Pueblo Chieftain)

Pueblo's Maddy Tormoen was the overall winner in the female division of the Grand Prix of Running Half-Marathon held Sept. 29 on a tough, hilly Air Force Academy course. Tormoen sped to a 1:29:03 time. Jill Montera of Pueblo was 12th overall among women in 1:52:42. Rich Hadley of Florence was 11th overall among the men in 1:29:03.

Marv Bradley of Cañon City continues his quest to run a marathon in all 50 states. Number 45 for Bradley, 62, was the Stumpy's Marathon in the Delaware city of Newark on Sept. 8. The very difficult trail run, which included a trek through a deep creek, made for slow times, and Marv was happy to settle for a 5:36 time. Marv will run four marathons in the northeast part of the country during the next month, and the 50-state journey will conclude Dec. 8 with the Honolulu Marathon in Hawaii.

John Butler, 35, had the fastest swim time in the entire field as he led the four Puebloans who completed the Tenderfoot Triathlon in Salida on Sept. 21. Butler was 10th overall with a 2:38:06 time over the course that included a 1,000-meter

(Continued on page 5)

Getting Faster is Just a Dream Away

Thought for today's lunch, compliments of Scott Tinley: "Maybe the greatest athlete is the worst player who gives the most encouragement to others and buys the first round at the bar."

Musings on running, fitness, life, etc.:

You know, doesn't it seem like every time you pick up a running magazine that they've discovered some fool-proof way to get faster?

Either they've laid out this great new speedwork program that's guaranteed to work, or there's a way to train faster by giving less effort, or they map out this plan in which the more workouts you replace with naps, the faster your racing times will be.

OK, I just threw that last one in there to see if you were paying attention. Ha, ha. What's that – you fell asleep in the first sentence?

Seriously now, folks, all these articles I've been reading have made me realize that there are two different worlds here – their's and mine. In THEIR world, the sky's the limit and anything is possible. In MY world, let me take a quick inventory of my body and see if I should even bother to lace on the running shoes today.

The only way I'm gonna get any faster is if some genius figures out a way for it to happen through merely reading about speedwork drills in running magazines. Or even in some triathlon magazine, since they often publish articles on how Ironman freaks can improve their marathon run legs.

I call Ironman triathletes freaks because, well, they are freaks. How else do you explain training, say, 25 hours a week? What they do in one Ironman would take me almost two weeks – if I really push the bike mileage.

Besides, somewhere along the way the quest to get faster gave way to the fight to stay healthy.

Gary, talking to himself: "Don't forget to dab on the Biofreeze to help that toe before you head out the door." "Be careful how you stretch or you'll injure a calf." "Let's see, another mile would probably help me, but the bottom of that left foot is starting to bother me."

And so on and so forth.

Now despite the inherent dangers, I've been thinking about this. I'm serious. I gave it at least 20 or 30 seconds. And I've come up with the following strategies for getting faster when living in MY world:

Get Superman to turn back the clock like he did in that first Superman movie. Take it back

about 20 years and there will be some real possibilities.

.Consider getting a gene transplant to replace no talent with talent.

.Hope that technology invents a shoe with infinite and indestructible cushioning.

.Hope that scientists finds a way to artificially alter one's VO2 max.

.Find out who might administer blood doping on a regular basis.

.Take this fall's fantastic weather and bottle it for when needed in races.

.Pay race course markers to mark 'em short.

.Learn how to cheat in races by cutting the course short without getting caught.

.Get to that ice station in Antarctica or wherever and find Superman.

In case these methods aren't available, go back to that nap you were taking after that first sentence. Maybe you'll start dreaming that you're faster. At least dreams are fool-proof.

Ten things I was just wondering:

1. A *Runner's World* magazine pool says 7% of runners call winter their favorite season for running. Why?

2. What did Roy Hobbs in "The Natural" do during those 16 years he was away from baseball?

3. Unless you're familiar with the city or are traveling there soon, does anyone really read those "On the Road" articles in *Runner's World* magazine?

4. Isn't it nice that running doesn't have boorish participants like Barry Bonds?

5. Would people listen to a once-a-week, 30-minute, local radio show devoted to health and fitness including running and other forms of training?

6. Won't it be nice when the election is over and we won't have to put up with political lies anymore?

7. Other than Rosie Ruiz's shenanigans in the Boston Marathon many years ago, wouldn't you say that running is about the purest sport?

8. Wouldn't it be great if everyone in a triathlon had to use the same exact bike, down to the components and wheels?

9. When you are driving on the interstate, why are bugs attracted to your windshield?

10. When it comes to racing, wouldn't it be nice if someone else had your bad days and you had only good days?



SCR Birthdays

October

21 Jody Ottersberg
 25 Marta Stommel
 26 Tadea Braddy
 26 Katherine Frank
 27 Trevor Hadley
 28 Michael Driscoll
 30 Betty Duran

November

01 Ross Barnhart
 Mark J. Robinson
 02 Eric R. Ure
 03 Julie Arellano
 Barbara J. Hadley
 04 Sean Bryan
 Jacqueline Giamp
 Will Rogers*
 Art Carney*
 05 Michael Shellenberger
 Jessie Quintana
 Election Day
 Art Garfunkel*
 06 Lee J Carstensen
 09 Berlin Wall Opened
 10 Sesame Street—1969
 11 George E Balles
 Jed Balestrieri
 Drenda King
 12 Neil Young*
 14 James E Roukema
 16 Robert O'Callaghan
 17 Rocky Khosla M.D.
 Myra C Whitney
 Cynthia A Dreiling
 Thomas Kelecy
 Larry Volk
 18 Thomas Roukema
 Mickey Mouse*
 23 Chris Dehn
 Boris Karloff*
 24 Robin Van Buskirk
 25 Lenore C. Raich
 Rob Huie
 Joe DiMaggio
 26 Mike Borton
 27 Franses Cosyleon
 Gerald J. Ure
 28 Nancie Aguirre
 Thanksgiving
 Andrea Crockenberg
 29 Robert J. Quintana
 30 Dick Clark*
 *honorary SCR member



Trail Notes by Shaun Gogarty

The Greenhorn 50



If the best advice for running a marathon is "go out slow and then back off" then the best advice for an ultra is "don't go out and get back in bed". Ultras are those oddball races that are longer than a marathon and less than infinity.

Most of you are aware that I've been working on making a 50-mile route through the Greenhorn Mountains this summer. It was a great goal and while keeping me running also helped expose me to all sorts of new areas on the mountain - I know trails the forest service doesn't even know about. Unfortunately as is the case with all good goals there comes a time to put up or shut up. Put up for me came this last week.

In spite of extensive advertising (this column all summer) I hadn't received a single inquiry about the race. Obviously my reputation for epics had overshadowed the beautiful course. However, 5 days before the race I awoke with a sore throat and an email from Gallop NM requesting information about the race. In my brutally honest fashion I returned an email with pertinent information. The poor New Mexican was bright enough to realize that this was probably more a crazy Don Quiote quest than an actual race and quickly lost interest.

Going 50 miles in a day requires a few loose screws. Going it alone takes serious determination or just plain anti-social personality. A fifty also takes a fair amount of training. Well, at least I had the first two qualifications and 2 out of 3 ain't bad.

Being the race director and only race participant does have its advantages. After being sick all week and not having anyone to disappoint I postponed the race from Saturday to Monday. The day dawned beautifully and I headed to the start: Bartlett Trail. After registering at the trailhead and collecting my commemorative "Race Pinecone" I checked my watch to start the "race". When I saw what time it was I almost fainted: 7:25. I was out of bed way too early!

Bartlett trail deserves its own column. It is absolutely my favorite way to the top of Greenhorn Mountain. Every couple of miles the terrain and view change as the trail meanders all around the south end of the mountain. This is the real wilderness area of Greenhorn Mountain. When I finally broke out of treeline onto the south shoulder I had to put on hat, gloves and a coat before continuing to my first check point: Blue Lakes.

My wife is a trooper and also a worrier. My origi-

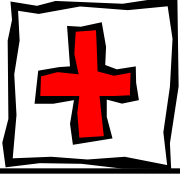
nal plan was to have left supplies along the route a couple days before my run. However, she couldn't stand the thought of me wandering around the mountain all day alone. Probably correctly, she figured that I could get into some serious trouble and maybe another state, running alone for 12 hours. Accordingly, she decided to be my crew and roving aid station. In spite of missing a turn and heading to Gardner she was waiting at Blue Lakes with water, Gatorade and Boost.

The next leg took me semi-cross country down the west side of the mountain. Between Blue Lakes there is a drainage to the west. If you follow it down a few miles it becomes one of the most beautiful streams on the mountain and one that no one ever visits. Surprisingly it was running quite full this year. After running a couple more miles along this lovely stream the reality of lost elevation suddenly sets in and I stumbled onto what I call West Cisneros. Over the next few miles I made another ascent up to Blue Lakes road where I encountered aid station number two: surprisingly staffed with the same people and same food.

At aid station two I made the near fatal mistake of sitting in the front seat of the support vehicle. Sitting during a race is a bad thing if your looking to win, but I was way ahead of any competition. However the really bad thing is - when your at about 20 miles, the wind is cold and howling and your sitting in a nice warm car with your wife telling you that no one cares if you actually run 50 miles and in fact she'll even lie and say you did run 50 miles if you'll just come home - chances are slim that you'll leave the car. Somehow, after rebuking the "devil" I struggled out of the jeep and down the "East Cisneros" trail toward San Isabel.

East Cisneros is a run everyone should do each Fall. The aspen trees are thick and the yellow leaves make the entire area feel warm and golden. The trail is a bit shredded from stinking motorcycles, but the view is still worth the run. I didn't descend all the way to San Isabel only to a stream called Amethyst Creek with a faint trail along its side which "allowed me" once again to climb back toward Blue Lakes Road. Aid station three's location was a little sketchy so when I finally saw the Jeep it was a welcome relief. The next leg was on some of the best, and least known, running trails on Greenhorn Mountain. This was also my favorite leg because Gloria actually accompanied me. Cutting off to the east once again allowed us to descend through beautiful meadows at a perfect

(Continued on page 8)



Rocky on Fitness

By Rocky Khosla, M.D.



Ouch! Groin Injuries—Part 1

I have seeing a lot of runners in the clinic recently with complaints of groin pain, no doubt as a result of a grueling summer of hard and long runs, so I thought that this would be a good topic for a column or two.

Groin injuries make up about 2 to 5% of all athletic injuries, and are often tough to diagnose and treat. Before going any further, let me state that the below assumes that common conditions such as appendicitis, diverticulitis, urinary tract infections, etc. have been ruled out. There are a variety of causes of groin pain in athletic populations, and the two most common causes are adductor strains and osteitis pubis. Other less common causes include sports hernias, iliopsoas bursitis, stress fractures, nerve compression and snapping hip syndrome. Let me discuss the first two of these conditions in this month's column, and we will touch on the others in next month's column.

Adductor strains are probably the most common cause of groin pain in athletes, and soccer players are the group that gets the majority of these, with 10 to 18 per 100 players in some studies. The adductor muscles are involved in allowing you to move your thigh inward towards your midline. For example, when a soccer player hits the ball with the inside of his/her foot, he/she is using the adductor muscles to generate most of this action. Usually the athlete with adductor strain will complain of pain on the inside of the thigh close to the groin, and the pain is made worse by resisted adduction (meaning that if the athlete tries to bring the leg in against a hand that is trying to push the leg to the outside, it

hurts). The treatment of these injuries is usually rest, ice, anti-inflammatories, and gradual stretching and strengthening exercises.

Osteitis pubis is a condition where there is inflammation and, in severe cases, separation of the joint that makes up the front of the pelvis. This joint is called the symphysis pubis, and has to absorb a fair amount of shock in distance runners, especially trail runners. Patients with osteitis pubis usually notice gradually worsening pain over the lower abdomen and mid pelvis, which gets worse with increased mileage. On examination, these patients have pain on pushing over the front and middle of the pelvis. X-rays and bone scans may be abnormal in these patients, but not always. The treatment of these is usually conservative, and it may take up to a year for these to completely heal. A bit of trivia to pass on to you: did you know that in sub-Saharan Africa, the operation of choice to deliver a baby if it couldn't be delivered vaginally has till recently been to so a symphysectomy (sawing the symphysis apart)! After the delivery, stainless steel suture would be used to pull the symphysis together! Needless to say, these poor women had incredible amount of pain and almost all of them ended up with osteitis pubis. Thank goodness that the Caesarian section has now become practical for most of these situations!

Next month we will cover part 2 of groin injuries. Till then, lets all THINK SNOW!!!

Sincerely,

Rocky Khosla, M.D.



(Continued from page 3)

swim (his split was 15:59), 40K (24.8M) bike and 10K (6.2M) run. Other Puebloans were Rocky Khosla, 43, 28th overall with a 2:59:51 time; Jan Dudley, 47, 22nd overall in the women's division with a 3:08:48; and 76-year-old immortal Gerald Puls, the lone septuagenarian in the field, who finished in 4:40:14.

In the duathlon that included a 40K bike and a 10K run, three Puebloans were among the top five women and were seventh and eighth among all males. On the women's side, Katherine Frank was second in 2:18:07, Katherine Butler third in 2:18:24 and Susan Stewart fifth in 3:10:26. For the males, Joe Dvorsky was seventh in 2:10:03 and Tomas Duran eighth in 2:11:50.

Nick Leyva turned in a 3:50 and Marijane Martinez ran a 4:03 at the St George marathon in Utah. With this time, MoJo qualified for the Boston. Congrats MoJo!

Potpourri

At the Alaska State Fair, they have a competition for largest vegetables. Quality is not an issue – just size. Because of the long summer days, and the fertile valleys outside Anchorage, they are able to grow some really big vegetables. This year's first place cabbage weighed it at 89 pounds.

The first air conditioner was invented by Willis Carrier. It was installed on July 17, 1902 at a Brooklyn printing press.



Ramblin'

by Ron Dehn



Wow - What a Day!

STOP the Ramblin' presses. This month's article was to be about the Corporate Cup and of my impressions and experiences over the last 16 years. The article is about 95% complete – just needs a bit of editing...

But – that has been interrupted by the appearance of Rylan Edward Gunnar Dehn. At 3:22 pm, September 29, 2002 – our grandson Rylan decided that he'd been in the secure, tiny, dark, watery world of Nikki's womb long enough. So, he experienced his first breath, and saw light, and shadowy, blurry images for the first time.

And – what does that have to do with running? Actually, quite a few things. First – I have one more reason (and a good one) to stay healthy. I want to see Rylan grow and be a part of that growth process. The healthier I am – the more time I can spend with him. Second - a three wheeler running stroller sounds like a good idea about next spring. Anyone have a used one they want to sell? And I've already thought about the day when he and I can enter a 1 mile fun run at one of the local races – maybe about age 5 or 6.

But the main reason for writing about Rylan is that he represents a major, major change in the life of our family. First – a bit of credit (and thanks) to Bryan and Nikki. I'm so proud of both of them. Nikki was so conscientious during pregnancy. Very careful of caffeine, activity, and she did all those things that a loving mom does when she is given the privilege of being the vessel within which a tiny, tiny miracle gets nourishment and safety. She and Bryan went to birthing classes, read books, prepared the house, and generally enjoyed the months leading up to September 29th.

On that morning, several of us relatives joined Nikki, Bryan, and a couple of excellent nurses in the delivery room as preparations took place. Nikki had a great attitude. She joked, hugged each of us time after time, and never complained. Bryan was the model of tenderness. He held Nikki's hand, wiped her face with a washcloth, reassured her when she needed it, and did anything and everything within his power to satisfy her every whim. One of the nurses told me that she wished she had a video of him, tending to Nikki.

Then, after several hours of preparation, all of the non-essential personnel walked down the hall to the waiting room. In twos or threes we would trek to the nurse's station, get the latest news, then provide the progress report to the rest of the family. Finally - the word from one of the nurses – the baby is born and it is a boy. When pressed for details – she said that Bryan and Nikki wanted to tell us, but that they were having a few private moments. When again pressed for how much the baby weighed. She simply said, "He is huge".

The crowd of relatives had swelled to 18 by now (with more of the out of towners still en route.) This announcement by our "spy" nurse appeased us for probably 30 or 40 seconds. Then we wanted to see the baby. And – after a short time that seemed like a long time, we were allowed to go down the hall and into the room – all 18 of us.

There were lots of hugs, smiles, words of praise and love, and definitely some tears – the good kind. Bryan announced the weight at 8 lbs 9oz, which seemed pretty large considering that only 9 months ago, Nikki weighed 95 lbs. They chose the name Rylan over the other leading contender Lucas. Bryan held Rylan the entire time. He did announce at one point that in their classes they learned that passing the baby around to a bunch of people would be too tiring for the baby. That satisfied me temporarily. I told Bryan that I would be back the next day, and implied that the rule for holding the baby would not be in effect after the next sunrise. I am the grandpa!

In addition to being a big boy, Rylan is also quite handsome. Although he didn't solve any word problems about trains leaving Denver and Chicago at various speeds – I could tell that he is definitely intelligent too. Both his parents are blond, and Rylan has a fair amount of thick, slightly curly, blondish hair with maybe a tint of red. I'll have more to say on this subject when I finally get to hold him and spend a little one on one time with my first grandchild.

So, outside of being thrilled about being a grandpa, what else does this special event mean? Carl Sandburg said, "A baby is God's opinion that the world should go on." What a thought! For the last several months, our national news has been dominated by terrorist activities, violence in the Middle East, acts of greed and corruption by corporate executives, financial woes, and many other rather discouraging pieces of news.

But today – at least for me, I'm optimistic. If Carl Sandburg and God think the world should go on, who am I to argue? For today, we have an unwritten script. Rylan represents hope and promise. He represents new life, new ideas, new dreams. He represents the future. He is an innocent and blank slate, and is surrounded by love. The 18 people at the hospital are just the beginning. There are more – a lot more. Rylan's tiny shoulders will not have to bear the whole weight of the world. He'll have lots of help – beginning with his mom and dad, and extending into a rather large circle.

So – today is the beginning of a new era – especially for the Dehn and Fette families. But for all of us – because of what Rylan and all those other newborns represent. Hope!

Wow. What a day!



Hot to Trot by Jeff Arnold

On a cool Sunday morning, September 22, the 8th Annual Hot to Trot 5K was hotter than the jalapeños for sale at the Chile and Frijole Festival next door. Shawn Borton, a recent South High graduate, now training on his own as a USC freshman, ran shoulder to shoulder with former world class runner Chuck Smead for more than two miles. Those two were out of sight of anyone else in the race except 29 year old Connilee Walter from Colorado Springs.

Just before Fay's crossing on the return trip, Borton opened a three meter lead. Smead, 51, a state champion in California, national champion at Humboldt State, second place medallist in the 1975 Pan American Games marathon and formerly eighth ranked Master's runner in the world, is coming back to racing after seven years of serious tennis. He lives near Mosca and trains almost exclusively on mountain trails. He couldn't match Borton's last mile pace and finished 15 seconds behind the winning 18:20. Walter was the third finisher overall, and first female by over a minute, in 20:00.

More than half the runners in the race were 40 or older, led by Smead and 41 year old Anne Marie Weisner, 21:01, whose times would get them on nearly any high school cross country team in Colorado. 60 year old Stan Hren from Las Animas also had an impressive age group win in 21:36.

The First Female Overall was Conilee Walter 20:00, and the First Male was Shawn Borton 18:20. Connilee Walter is the cross country coach at Coronado High School and usually runs longer races.

Women's age group winners: 19 & under none; 20-29 Michelle Hopper 23:54, Marcia Keilers 23:59, Taris Ten Brink 34:20; 30-39 Jill Montera 22:42, Heather Baca 28:11; 40-49 Anne Marie Wiesner 21:01, Diana Reno 25:33, Denise Pfalmer 30:22; 50-59 Carol Brimmeier 27:48, Kath Spencer 31:03. Anne Marie Wiesner is an ultra runner and the Hot to Trot was her second ever 5K.

Men's age group winners: 19 & under Cory Rose 21:57, Brandon Van Buskirk 26:25; 20-29 Clint Zundel 20:57; 30-39 Brian Ropp 21:17, Eugene Mares 22:00, Bill Mares 22:10; 40-49 Mark Rickman 20:39, Chief Reno 20:50, Brian Sweeney 21:11; 50-59 Chuck Smead 18:35, Bob Gassen 22:04, Steve Minnich 23:51; 60 & over Stan Hren 21:36, Larry Heffer 25:27, Bill Van Buskirk 26:25.

Complete Results

1st Overall Male - Shawn Borton, 18:20
1st Overall Female - Conilee Walter, 20:00

Place	Name	Sex	Age	Time
1	Shawn Borton	M	19	18:20
2	Chuck Smead	M	51	18:35
3	Connilee Walter	F	29	20:00
4	Mark Rickman	M	41	20:39
5	Chief Reno	M	40	20:50
6	Clint Zundel	M	25	20:57

7	Mary Anne Wiesner	F	41	21:01
8	Brian Sweeney	M	47	21:11
9	Tim Nitchen	M	41	21:12
10	Brian Ropp	M	39	21:17
11	Stan Hren	M	60	21:36
12	Cory Rose	M	14	21:51
13	Eugene Mares	M	39	22:00
14	Mark Gurule	M	40	22:10
15	Bill Mares	M	36	22:12
16	Derrick Jones	M	31	22:23
17	Greg Atkinson	M	39	22:24
18	Jill Montera	F	36	22:42
19	Bob Gassen	M	55	22:54
20	Brad Van Buskirk	M	42	23:15
21	Mike Borton	M	46	23:30
22	Darryl Gurule	M	39	23:41
23	Steve Minnich	M	53	23:51
24*	Michelle Hopper	F	27	23:54
25	Marcia Keilers	F	29	23:59
26	Chester Haddan	M	36	24:09
27	Larry Heffer	M	61	25:27
28	Diana Reno	F	40	25:33
29	Dan Cumden	M	48	25:47
30	Raul San Miguel	M	52	25:48
31	Brandon Van Buskirk	M	17	26:25
32	Bill Van Buskirk	M	67	27:45
33	Carol Brimmeier	F	50	27:48
34	Heather Baca	F	30	28:11
35	Ron Reynolds	M	56	28:20.4
36	Patrick Greer	M	51	28:20.6
37	Emmett Foster	M	65	29:25
38	Larry Walls	M	63	29:42
39	Debbie Gurule	F	38	29:56
40	Kimberly Hecker	F	35	30:14
41	Denise Pfalmer	F	40	30:22
42	Kath Spencer	F	51	31:03
43	Tarisa Ten Brink	F	28	34:20
44	Beth Griffin	F	33	40:20



Derrick Jones, Jill Montera (far left), Anne Marie Wiesner (942), Conilee Walter (941), and others prepare before the race.

photo by Ross Barnhart



Learning to Trust

by Ross Barnhart



I have a confession. I have a difficult time trusting runners. It's not just runners, but all athletes including myself (though I don't think of myself as an athlete). You see, unlike most of you, I'm pretty new to this whole "exercise thing", and still don't believe that it can be enjoyable or that I'll stick with it.

Though I flirted briefly with running in high school and college, I've been a confirmed obese slug most all of my life. Even in college, I'd wake up early; run; be waiting in line for breakfast when the food service opened; and still have time for a nap before class. (What WAS I thinking??)

I definitely was not an athlete, and I knew that those who exercised were members of some cult. Their method of recruiting new members was to claim "it's fun once you get into it." I was NOT buying it!

Fast forward many years to 1999. My weight had continued to rise until I've achieved my own personal record (PR) of about 210. This was well above what I considered my "normal overweight" of 170, and it was finally time to do something. I joined a weight loss program which had, among its components, the expectation to walk 20 minutes per day. I wasn't sure when I'd find the time, but I gave it a go.

At about the same time (Oct, 99), I talked with a friend who said he wanted to run the Big Sur International Marathon (BSIM), and described it as 26.2 miles along the California coast and with live musical groups performing at the tops of all the hills. After his description, I was hooked. Here I was, having trouble finding time to walk 20 minutes per day, and suddenly I'd decided to run the BSIM. Since I knew that exercise couldn't be enjoyable, my goal was specifically to run BSIM, not just any marathon. My reasoning (if such a word applies) was that I might enjoy the challenge of being present to the beauty around me during the BSIM. After all, who wouldn't enjoy a pianist in tuxedo playing a grand piano with waves crashing below?

Since I couldn't currently run around the block, doing a marathon by April (6-months later) didn't seem realistic, so I set my sights on April 2001 (18 months later). Then I began running as much as I could of my 20-minute daily walk.

I had a lot of learning to do in the coming months. I was starting to question my training methods (try to run further/faster/longer each day) when I heard of a Seattle Marathon training group. Joining them and working with folks who knew what they were doing, I began to learn about pacing, speed work, short runs, rest, long runs, and fartlek (which sounded like something my brothers would do to me).

Funny thing was, when I wasn't looking, I'd find that I was starting to enjoy myself. Runners are some of the nicest peo-

ple, and the fall colors were stunning during some of those runs. Running made my work more enjoyable, and amidst all of this, my weight dropped below 150 (not that it stayed there, but...). If athletics was a cult, I surely was a member now, though I prefer to think that aliens invaded my body. It seems an easier explanation to believe.

Since I'd trained for it, I did run the Seattle Marathon in 2000; one year from when the running bug bit me. As it turned out, the BSIM sold out 1 or 2 days before I tried to register, so I'm glad I had the chance to do the Seattle Marathon. And, though I've learned what you all told me all those years (yes, exercise IS fun), I still have trouble trusting it. After 36 years of being a slug, it's hard not to think I'll revert back if I miss even one running day. But, I've missed days and still keep going back to it. Gee, maybe it's really just ME that I don't trust, and not so much you... Now that's progress.

(Continued from page 4)

grade on good dirt trail. Eventually we went cross-country and hooked up with the south end of St. Charles trail. But we only stayed on it long enough to catch an unmarked trail back and up once again to Blue Lakes Road. The start and finish of the loop were near enough that Gloria was able to easily return to the jeep while I continued up to the 4WD road that ascends the back of St. Charles Peak.

Where the 4WD road ends and trail begins I met Gloria for the last time on the mountain. She began her drive down while I began my run up and then down the St. Charles trail. My mileage wasn't really accurate, but I was pretty sure I was approaching either 75 or 76 miles. Actually it was less than half of that. Thankfully the next few miles were almost all downhill and I made my best time reaching HWY 165 about an hour later.

It was 5:30 and I knew that I was running out of light faster than I was running out of miles. By my calculations I needed to do about 8 – 10 more miles and at my 50 mile pace that meant I'd be finishing sometime shortly before the next weekend. The original route called for crossing HWY 165 and going down Lion's Park or Squirrel Creek. But being in Lion's Park in the pitch black seemed even less smart than running 50 miles. I climbed up and onto the 12-mile road to Beulah thinking that the dirt road would be the easiest finish.

Unfortunately my brain was getting a little mushy, my stomach was increasingly queezy and my legs shakey. My wife convinced me to head back down to HWY 165 and into San Isabel. It was a painful final few miles as I headed down the highway toward the lake. As the sky blackened, I finished on the far side of San Isabel Lake. I had been at it 12 hours and I'd about had it. I don't know if it was actually 50 miles but it was close enough for me. Now to begin planning next years "goal".



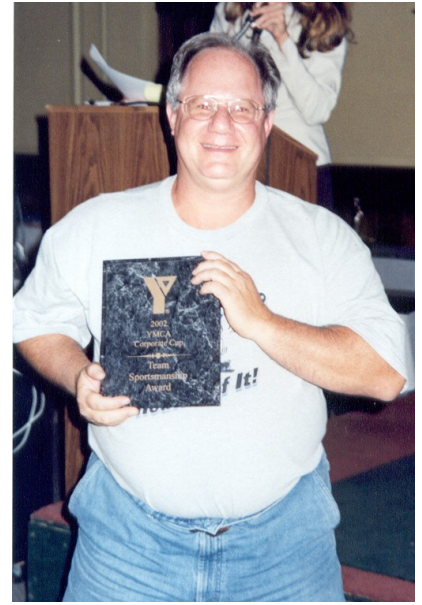
Corporate Cup Photo Gallery—Part 1



Clockwise from upper left: Atlas Pacific, first place team, Division 2, Dick Greet of TTC takes gold in the 1 mile run, Paula Davis accepts the team spirit award for USC, Carol Kinsey and Helen Robinson run stride for stride in the mile run, and center, Anthony Diaz of Target places in his division of the 1 mile run. photos by franchi, barnhart, and dehn



Corporate Cup Photo Gallery—Part 2



Clockwise, PMC, Division 3 champs, Bob Crocker, Target accepts team Sportsmanship award, Jackie Talbot, Library is awarded Division 1 Spirit honor, Paul DallaGuardia, Atlas wins a ton of medals, Pauline Torres, Park-view finishes the relay, DJ Mestas, Westwind village accepts his medal, Shelly Stitt, Atlas receives the Division 2 Spirit Award, and Kathy Stommel volunteers at the one mile finish



Pueblo (& close by) Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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.

Think about the 2003 Corporate Cup.

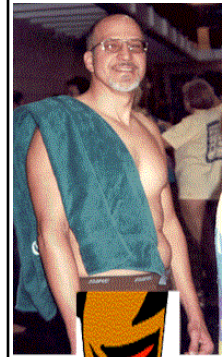
The Corporate Cup is an extremely fun event for individuals with a wide range of abilities. There are multiple divisions based upon company size and most events have age and gender categories. The emphasis is on participation, team building, boosting company morale, team spirit, and having fun. On the other hand – some events can be extremely competitive. Interested? See Ben Valdez or Nicole Means at the YMCA to get more information, then approach your HR Office or CEO.

The 2002 Corporate Cup company standings are: Division 1: Vidmar Motors, Colo Dept of Transportation, Agalite Bath Enclosures, Ashland Chemical, Library, US Bank, Eaton Corp,

SCA Insurance, Pueblo Bank & Trust. Division 2: Atlas Pacific engineering, Transportation Tech Center, Westwind Campus of care, Vectra Bank, Wal-Mart South, Pueblo Regional Center. Division 3: Parkview Medical Center, USC, School Dist 60, Target Dist Center, PCC, Pueblo County, Wal-Mart North, City of Pueblo.

The highest individual honor – the Spirit of the Corporate Cup awards went to: Div. 1 - Donna Meeks, Agalite Bath Enclosures, Div. 2 - Sheeley Stitt, Atlas Pacific Engineering Company, Div. 3 - Ryan Romero, Walmart 842.

A special thanks goes out to the YMCA—especially Ben Valdez and Nicole Means for the 2002 Cup. GREAT JOB!!!



The
PCC
Biol-
ogy
Dept.
has

been performing secret research to assist the Corporate Cup swim team. This photo was snapped by an insider just before the swim event at Centennial Pool. Ben Valdez of the Y was heard to say, “We don’t know who he was – but he swam like a fish”. One source, speaking on the condition of anonymity, said that the model is a prototype, and enhancements are in the works. “The first thing we’re going to do is replace that face”, he stated. He also said that researchers are working on another model so that next year’s basketball shooters would be able to slam dunk from the free throw line. “We’re having trouble finding team t-shirts that fit”, he said. “And Nike just doesn’t make a size 37 shoe.” This reporter can only wonder what the PCC volleyball team will look like. *Editors note: No fish were harmed in the writing of this article.*



The Pony Express Run

Robin Krueger, Stacey Diaz, Carrie Slover, and Jill Montera (pictured left to right) took part in the September 15th Pony Express Run put on by Pikes Peak Road Runners. The 15 + mile course is at 9000 feet on rolling hill trails around Rampart Reservoir. The ladies turned in some pretty impressive times (also left to right) on rather challenging terrain: 2:40, 2:53, 2:57, and 2:45. photo by Michelle Olson.

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.

Upcoming Events

Following more than a year of planning, Stan Hren is realizing his dream. The Dam Run, will take place on Sunday, Nov. 10, at the John Martin Reservoir State Park east of Las Animas. It will include the 10K run at 9 a.m. and a one-mile walk at 9:05

The race will start near the Lake Hasty campground below the John Martin Dam, cross over the dam and return to the start. Thus, it will cover the entire length of the dam.

Note: Avoid a speeding ticket. If you are traveling from Pueblo—allow at least 2 hours. Highway 50 is two lane much of the way, and goes right through several small towns with 30—35 mph speed limits.

The popular Atalanta Women's 5K Run /Walk will take place in City Park at 9 am on November 23rd. Race Director Katherine Frank is altering the course slightly to make it more challenging. Pottery by Kathy Arwood and Vicky Hansen will be used for awards. Be there!



A couple Thunderbolts are pictured at the Central Invitational X- Country Meet. In the foreground of the left photo is Desiree DallaGuardia and to the right, Crystal Berndt is a step ahead of Rachel Reschke of Monte Vista.

The Final Thoughts

"42.7% of all statistics are made up on the spot." Steven Wright
"Sometimes to remain silent is to lie." -Miguel de Unamuno, philosopher and writer (1864-1936)