



Editor: Ron Dehn

FOOTPRINTS

Will the Real Turkey Please Stand Up?

Thanksgiving Edition

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Check out the SCR website for race results, schedules, contact info, etc. www.socorunners.org

The next SCR meeting will be held at 7 pm Tuesday, December 3 (ho ho ho) at the Pueblo YMCA. All SCR members are welcome.



The Soaring Eagles 5K

The inaugural version of the Soaring Eagles 5K was a hit! Kristen Inman did her homework and put on a great race with handmade pottery for prizes. Sixty-one people participated in the walk / run which Kristen organized with help from the USC Speech Club and SCR.

Shawn Borton (left) and Katherine Frank took first overall honors in the run, while David Inman and Angie Keefer took 1st overall honors in the walking division.

The event raised funds to benefit the Pueblo Autism Clinic. Several sponsors assisted in this effort.

Angie Keefer (far right) pumps her arms at the finish line to edge Bill Inman by a second in the walking division. As with many recent races, the number of walkers slightly exceeded the number of runners. For complete results, see page 7.



THANKS

This whole thing we call SCR works because of the tremendous dedication of our volunteers. We don't always remember to say thanks but we try. We thank the SCR volunteers for the Soaring Eagles 5K: Race Director: Kristen Inman, Finish Line/Tear-down: Ron Dehn, Dave Diaz, Gary Franchi, Katherine Frank, Nick Levya, Results: Marijane Martinez, Chief Reno. And, for the Harvest Poker Predict: Race Director: Dave Diaz, Co-Race Director: Stacey Diaz, Finish Line: Chief Reno, Tiffany Reno, Registration and Refreshments: Michelle Olson, Jill Montera, Robin Krueger, Aid Station: George Slaughter, Chuck Moore, Dave Foster, 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

SCR Notes

SCR Mini Minutes November 5, 2002

As of November 5th, SCR membership consists of 186 households. There are an additional 163 household members – though most of the household members listed do not participate in races. In 2003, we will try to include names only for those household members that participate. The reason for this is that RRCA (though whom we are insured) is increasing the rates per individual and including all persons listed, regardless of their participation status.

Relating to charges – in spite of the increase in RRCA costs for 2003, the SCR members present at the meeting, felt it desirable to maintain the membership dues to \$15 for individuals and \$20 for households. It may be necessary to raise membership dues in 2004 due to increased RRCA costs.

Volunteers are needed for the Rock Canyon Half Marathon. Contact Dave Diaz if you can help.

Plans for the SCR annual banquet are underway. The banquet will be held in January.

Terry Cathcart is planning another organizational meeting for the Spring Runoff. With this being the silver anniversary for the run, increased participation is expected. Contact Terry or any SCR officer if you wish to help.



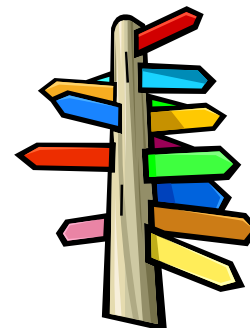
Southeast Colorado Area Health Education Center (SECAHEC) will again conduct a health and fitness symposium the weekend of the Runoff. A performance track is being added this time.

**Make my Thanksgiving a Happy One.
Fast on the 28th.
Then on Friday —
have a burger and fries at
the Gold Dust - 217 South
Union. Thanks! I'll be
forever grateful. -Tom**



Several SCR members participated in the Main Street Mosey recently held in Canon City. The list includes: Dave Diaz (1st), Hector Leyba (2nd), Katherine Frank (1st overall), Bob Gassen (3rd), Misti Frey (2nd), Jane Gebhart (1st), Laurie Wertzbaugher (2nd), and Carla Braddy. My apologies if I missed your name while scanning results.

Main Street Mosey



**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. 250

"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 & Marla Runyan*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Katherine Frank Paul Vorndam

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.

* Marla Runyan—first American finisher in the 2002 NY City Marathon with a 2:27:10. Marla is legally blind.



The Greenhorn 50 by Paul Vorndam

I am reminded of a quote by the European climber, Percy Thomas, in 1890, upon climbing in the San Juan Mountains. He said "There are many untrodden peaks, and, I will venture to say, many an interesting rock scramble, while if any member of the [Alpine] club wishes to cover himself with glory, let him climb, if he can, the Lizard Head." (The Lizard Head is a pile of rotten steep rock at the top of Lizard Head Pass over by Telluride). What reminded me of the quote was an entry into the Bartlett Trailhead register that I saw last weekend. It simply said "9/30 Gogarty Colo City Run 50 miler".

I run many of the trails on Greenhorn Mountain including Bartlett Trail. Bartlett begins near Rye at about 8500 ft. and winds across the south slopes of Greenhorn to come out at the end of the Greenhorn road near Blue Lakes (or, more properly, Blue Lake, since the drought has dried up the lower lake). It gains 3,000 vertical ft. and is around 8 miles long. By the time I get to Blue Lake(s), I'm wasted. Yet, that was just the *warmup* for Shaun on the 30th!

Greenhorn country is rugged. I rarely see anyone else on my runs and usually they say something like "How can you *run* up here?". I guess it depends on how you define running. Obviously some people think it's not running unless you feel so bad while you're doing it that you vow you'll never run another step when you're done! Running *with* Shaun is somewhat less than intelligent (the Darwin Award comes to mind). A friend that I ran with at the Air Force Academy called some of our runs there "Stick Runs". This was short for "Weiner -on-a-Stick" which was what you would get if you weren't careful while running off the trails through scrub oak. Well, some idiot (sorry Gloria) gave Shaun a GPS and you have no idea what a Stick Run is really like until you go out with Shaun and the GPS! The thought process must be something like: "Hey, here I am miles away from any known trail out in the roughest Greenhorn country I can find *and I know where I am*. Cool! Let's run!"

So anyway, back to 9/30 – if any member of the [SCR] club wishes to cover him/herself with glory, let him/her run, if he/she can, the Greenhorn 50!



GREENHORN MTN. WILDERNESS AREA initial de
Bartlett TRAILHEAD
USDA Forest
San Carlos Ranger I
3170 East
Canon City, Col
(719)269

One Person from each group please sign in below.
The information you provide will assist in the management of your trails and forests.

Start Date	Length Of Stay	Number In Party	Name	City And State	Mode Of Travel	Activities	Destination	Comments
9/11	1	1	Smith	Pueblo Co.	FT	Hunt		out
9/18	1	1	Urat	Col Spr.	FT	Hunt		out
9/27	1	6	Marta	Key Biscayne Florida		Walking		Dad
9/29	1	2	Roland	Colo.	FT	working		
9/30	1	1	Gogarty	Colo City	FT	Run	50 miler	Thank you!
9/30	1	1	Bartlett	Rye	"	run	2 m	too far!
10/19	1	4	Cusack	Rye	"	hiked	3 mi.	4 up

Salida Tenderfoot Du/Triathlon By Katherine Frank

The fifth annual Tenderfoot Du/Triathlon took place on Saturday, September 21 in Salida, Colorado. It was a beautiful day, a challenging but well-supported course, and SCR members were out in force. Competitors in the Duathlon (25 mile bike and 10k run) included Joe Dvorsky who placed 1st in his age division with a time of 2:10:03, Katherine Frank who placed 1st in her age division with a time of 2:18:07, Kathy Butler who placed 2nd in her age division with a time of 2:18:24, Tomas Duran who finished in 2:11:50, and Susan Stewart who finished in 3:10:26. Competitors in the Triathlon included John Butler (the fastest swimmer in the *entire* event with 0:15:59 for his .9 mile swim) who finished 10th overall with a time of 2:38:06, Rocky Khosla who finished in 2:59:51, Gerald Puls who finished in 4:40:14 (the oldest competitor in the event), and Jan Dudley who finished in 3:08:48. Competitors in the children's mini-triathlon ages 10-12 included Jerica Khosla who finished the event in 0:12:42 and Jace Khosla who finished in 0:13:28. Congratulations to all the competitors on a job well done!



Rocky, Jerica, Jace, and the other Khosla siblings. Starting out young! (left)

Kathy Butler, her son Owen, Katherine Frank, and Joe Dvorsky (below)





SCR Birthdays

November

- 18 Thomas Roukema
- 23 Chris Dehn
- 24 Robin Van Buskirk
- 25 Lenore Raich
Rob Huie
- 26 Mike Borton
- 27 Gerald Ure
- 28 Andrea Crockenberg
Nancie Aguirre
Giving Thanks Day
Robert Quintana

December

- 3 Karin Romero
- 4 Pat Berndt
Laurie Wertzbaugher
- 5 Peter McCarthy
Walt Disney*
- 8 Ted Taylor
Joshua Davenport
Richard Greet
- 9 Sandra McKenna
Nicole Lopez
Donny Osmond*
Dick Butkus*
- 10 Jacob Hough
- 12 Kathy Stommel
Anthony Diaz
Frank Sinatra*
- 13 Carrie Slover
- 15 Catherine Perkins
- 17 Craig Roukema
- 18 Mark Wilkinson
Tom Willumstad
Brad Pitt*
- 19 Kathleen Spencer
Terry Cathcart
- 20 Charles Hall
John Holiman
- 21 National Humbug Day
- 22 Brandt Bradbury
- 23 Susan Dallam
Rick Hough
Carol Kinzy
- 25 Jimmy Buffett*
- 24 Rich Hadley
- 27 Debbie Pugh
- 28 Wayne Whitney
- 29 Maddy Tormoen
- 30 Karen Driscoll
Jennifer Crockenberg
Jared Navarro
- 31 Calley Till
John Noleen

*honorary SCR member



Trail Notes

by Shaun Gogarty



To Gadget Or Not To Gadget

Some people might think that running is a sport for macho people - strong bodies, great cardiovascular systems and total determination. This may be true for some, but the real reason I run is because it doesn't involve any equipment. Ok, it does take shoes, but since I added a cinch to my laces I can even handle those without help. Equipment and me just don't seem to mix. Hopefully my experiences will help you avoid the headache of "running gadgets".

My first piece of running equipment was the famous cardiac monitor. Boston was my goal and I knew I had to train hard. What is the best way to train hard? Buy new shoes, buy new clothes, buy equipment, but just buy something!! With the cardiac monitor I knew that I would easily qualify for Boston. I strapped it on and off I ran. Only problem was the squeezing sensation around my chest. I tried to ignore the squeeze but listening to the beep as it went faster and faster made me start worrying if the squeeze was the strap or my heart!! I ran home, tore off the monitor and have happily run many miles since without ever knowing what my heart was really doing.

The next gadget should have been a trail runner's best friend: a GPS. I was going to scout out a 50-mile route on Greenhorn Mountain. Surely a GPS would be invaluable. I spent about a weeks worth of running sitting at the computer figuring out how to use the thing. One of my routes was a scouting run cross-country (sin trail) from 12-mile road to Lion's Park trail. It was a perfect opportunity to put in weigh points and avoid getting lost. I set out and dutifully followed the weigh points even bypassing a dirt road to stick with the GPS coordinates. Finally I was off in the deep woods tracking

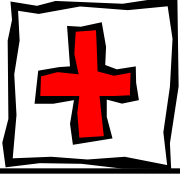
toward the next critical weigh point which marked a major directional change. I checked my GPS, ran forward and then checked it again only to see a blank screen - dead batteries. The GPS had successfully taken me half way through the route to the center of the trickiest terrain with no trail in sight - thank you Mr. Gadget.

Some people are smart enough to stop after a few failures, but remember I'm the only one to have run the GM 50. I had to try one last gizmo - an MP3. It would be perfect for my long runs. I could download all sorts of music even language CD's (I'm learning Spanish). I anxiously waited a week for the order to arrive. Another week was spent trying to get it work. A third week was wasted trying to get its replacement to work. Finally after one more week of throwing things against the wall it was working. I had my favorite songs and some language CD's loaded. Of course I was now out of shape from not running for four weeks and it was 25 degrees outside but I had to try it so off I went.

It was wonderful, the sound quality excellent, the music to my choosing and totally selectable. I was cruising through the miles with a new lift to my run. It was freezing, but I was really enjoying the run. Then the battery died. If it hadn't cost so dang much it would have been in the lake. I finished the run alone, cold and certain that I would never again buy anything for running except shoes, shorts and maybe a water bottle.

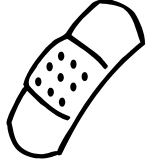
Renew Your SCR Membership

Yes, 2003 is just around the corner. Get a membership form at the SCR Website and send it in. Before you forget.



Rocky on Fitness

By Rocky Khosla, M.D.



Ouch! Groin Injuries—Part 2

Before I proceed with part 2 of groin injuries, I wanted to say a few things about EIS (exercise induced stupidity) that Marijane brought up two issues ago, but dang it... I forgot what I was going to say (see, here's an example right now!) All kidding aside, I think you are on to something Marijane, because I too have done the weirdest things like look for sunglasses after a long run when I am actually wearing them on my face! There has been a lot of research done on the long-term effects on memory and cognition of chronic exercise, but I am not aware of any good studies on the short-term effects on brain function. The long-term studies show that there are all sorts of benefits to the brain and it's functioning, but I suspect that us long distance folks may be frying a bunch of neurons in the short term!

Moving on to groin injuries, I want to write about iliopsoas strains/bursitis, sports hernias, stress fractures and avulsion fractures.

The iliopsoas muscle is formed by the union of the iliacus muscle and the psoas muscle. The iliacus attaches to and fans out from the iliac, which is the bone that makes up the top of the pelvis lying on either side about 3 inches above the hip, and the psoas muscle arises from the deep back and comes forward. The iliopsoas bursa is the largest bursa in the body, and serves to allow easier movement of the iliopsoas muscle and tendon. In patients who overuse the hip flexors such as hurdlers, uphill runners, soccer players, etc., the iliopsoas muscle and bursa can get inflamed. When this happens, there is usually deep groin pain, and often the person will complain of a snapping sensation over the front of the hip. The treatment of this condition involves rest, followed by stretching and strengthening the hip flexors.

Sports hernias are disruptions to the posterior abdominal wall, and differ from the usual inguinal hernias in the fact that these aren't very obvious since the anterior wall is usually not disrupted, which is usually disrupted in the traditional non-sports inguinal hernia. These may be caused by direct or indirect trauma to the groin, and usually the athlete with a sports hernia will complain of gradually increasing pain that is deep, and the discomfort may go up to the front of the belly or down to the testicle in men or vulva in women (yes, women can also develop sports hernias!). The treatment of these is usually surgical.

The most common location of stress fractures in the groin is femoral neck and pubic ramus. Stress fractures occur when excessive load is placed chronically on bone and these start as areas of cortical microfractures that then increase in size. Usually the person at risk for these has changed their training regimen (usually by increasing mileage/week), and these are particularly common in women who may have relative osteoporosis. Women who have the female athlete triad (loss of menstrual periods from exercise, eating disorder, loss of bone

mass) have the highest risk of developing stress fractures. Patients with stress fractures usually will have gradual onset of hip or groin pain that is worsened by activity and improved with rest, but as the condition worsens, the pain can become almost constant. Often, patients will have sudden worsening of their pain after a long run, and often the pain may awaken these folks at night. The treatment of these is usually rest, but superior femoral neck stress fractures often need surgical repair because these can lead to complete fractures.

Avulsion fractures are seen in young people where a tendon pulls with excessive force across a growth plate in the bone. So, for example, young 100 meter sprinters can generate so much force in the sartorius and rectus femoris muscles that they can actually get avulsion fractures of the anterior superior iliac spine (ASIS) or the anterior inferior iliac spine (AIIS), respectively. Patients with this type of injury (called a sprinter's fracture) will usually have abrupt onset of pain over the front of the hip or pelvis, and X-rays will usually show the bony piece that has been pulled loose. The treatment for these is usually not surgical.

I hope all of the above has not been too technical, but you can see how groin injuries can often be very frustrating for both the patient and the physician since they can be tricky to diagnose and treat. I think you can minimize the chance of getting some of these problems by pursuing a reasonable training schedule, making sure that your athletic shoes are in good shape, and by maintaining good strength and flexibility overall.

Till next time, enjoy the beautiful fall and THINK SNOW!

Sincerely,

Rocky Khosla, M. D.

EIS Revisited

Editor's Note: Yes, MoJo—I thought you were just being funny with your treatise on EIS. Now—Rocky, one of our medical experts, not only understands what you said, but corroborates it as well. Who knows—maybe someday SCR's very own Dr. MoJo will be published in the "New England Journal of Medicine". Looks like hanging around USC's Biology Department all those years has paid off.



Ramblin'

by Ron Dehn

The Corporate Cup Revisited

Note: This column was originally written for the October issue, but due to the birth of our grandson Rylan, the column was set-aside for a month while I bragged about being a brand new grandpa. (See last month's Ramblin' in case you missed it. If you want to see photos (doesn't everybody?) – go to: <http://zedmelon.org/Rylan> .

Now – one could argue that the Corporate Cup is old news by now. But – it is such a huge event, and so many people participate – one more mention is appropriate. And – if your company has not taken part – you may want to get started early in 2003 if you wish to form a team. This article may provide enough incentive to give you that jump-start. And finally - the most important reason for this article - it was 95% complete.

I've been a part of the Corporate Cup a long time. And I plan to continue as long as I can “attach” myself to a team. I thoroughly enjoy this event.

The first year of the “Cup” in Pueblo was 1985, but it was 1987 when USC was first considering participation. I was a member of the USC Employee Development Committee. One of our goals was promoting employee wellness on campus and we asked Cathy Dehn and Ben Valdez from the Y to give a presentation to our committee on the Corporate Cup. Yes, 1987 was a long time ago. Here are a few reminders of events that took place the first year that USC participated in the “Cup”. Indiana beat Syracuse in the NCAA Tourney in the last five seconds – 74 to 73. “Les Miserables” was opening on Broadway, Gary Hart took his infamous sailboat ride on the yacht appropriately named “Monkey Business”, Danny Harris beat Edwin Moses in the 400 meter hurdles ending Moses 10 year unbeaten streak, the Lakers beat the Celtics 4 – 2 in the NBA finals, Martina Navratilova and Pat Cash were the Wimbledon champs, the Edmonton Oilers beat the Philadelphia Flyers 4 – 3 to win the Stanley Cup, Oliver North was testifying before a congressional panel, Canadian sprinter Ben Johnson ran the 100 meters in 9.83 seconds, On October 20, the DOW plummeted to 1,739, and “Fatal Attraction” and “Good Morning Vietnam” were showing at the movies.

The committee agreed that USC should enter a team, and not knowing any better, Marijane Martinez and I anxiously volunteered to be team co-captains. Over the next several weeks, we put together a team of somewhere around 45 people and USC made its debut appearance in the Corporate Cup. USC has fielded a team every year since.

In some ways the 2002 Corporate Cup was very much the same as the 1987 version. Its purpose is still to promote a healthy lifestyle while building team spirit and pride. It is still a tremendous amount of fun. Participation is still more impor-

tant than winning. And, the Corporate Cup was then, and is now, a model for great organization.

On the other hand, the 1987 version was a one-day event. On that one day, all events took place, the results were tabulated, and awards were presented. The whole thing was over by three in the afternoon. Some of the 1987 events were killers. The running relays consisted of alternating ¼ and ½ mile legs. (try recruiting non-runners to run a ½ mile leg of a relay race.) One event was called the pyramid relay. The five person team members ran ¼ mile, ½ mile, ¾ mile, 1 mile, and 1 ¼ mile legs. Ouch!!!

In 1987 there were somewhere around eight teams (my memory is a bit “fuzzy”), and the 5K predict was held in City Park. Parkview Medical Center and the Colorado Lottery were the strongest teams and there was only one division.

Through the years, the number of divisions grew to two and then three. The number of teams in some years has been near thirty, and in peak years, somewhere around 2,500 people participated in a whole “slug” of events. The 1 mile run, golf, bowling, softball, volleyball, executive events, basketball shoot, the t-shirt competition, the bike ride predict, and the duathlon were added. The running relays were changed to ¼ mile per leg, then 200 meters, and finally 100 meter legs. Spirit Awards were added for both individuals and teams. The awards are now passed out at a “party” at the Union Depot where teams have one more chance to hoot and holler and show team spirit.

Andy Ballou was a pioneer in the use of computer technology and developed a method to computerize the 5k results. He later automated the process of entering the registrations. This was a major breakthrough because the task became quite unwieldy as hundreds of participants competed in one to five events each. In the last couple years, with the advances in database and web technology, Michael Orendorff has created state-of-the-art methods for collecting registration data, and distributing results via the web. Both Andy and Michael have made major contributions to the quality of the event by their work.

Some things came and went. One year we ran the “Co-Ed Ice Cream Cone Relay”. Four participants ran a relay race while balancing a tennis ball on top of an ice cream cone. There were a few years that we had a dance in the Y parking lot after the Friday night basketball shoot. For a while, we had a “Corporate Cup 5K Tune-up” event – a practice 5K designed to get people interested. And, the dreaded pyramid relay met its demise a long time ago. I can't imagine anyone missing that event! The 5K was held at City Park until the number of

(Continued on page 8)



Soaring Eagles Results



Ron Darby looks too happy at the finish line.

.....Walkers.....

Place	Name	Time
1	David Inman	39:29
2	Angie Keefer	42:09
3	William Inman	42:10
4	Kelli Barris	44:31
5	Janet Wren	44:32
6	Cathryn Sanchez	44:49
7	Bernie Mattson	44:51
8	Cassidy Hopman	46:22
9	Casey Hopman	46:40
10	Nelda Smith	46:41
11	Alicia Sanchez	51:28
12	Marlaina Romero	51:35
13	Gloria Romero	51:38
14	Debbie Pruitt	52:23
15	Jeff Pruitt	52:26
16	Arlene Gallegos	53:43
17	Cynthia Pacheco	53:44
18	Amanda Cordova	54:19
19	Evan Lopez	54:20
20	Jill Landis	54:41
21	Rebecca Diemer	54:42
22	JoAnn Barris	57:05
23	Carole Kadorli	57:06
24	Renese Webb	1:01:15
25	Jessi Jones	1:01:16
26	Mark McCluskey	1:02:20
27	Marilyn McCluskey	1:08:16
28	Jack McCluskey	1:08:17
29	Kristen Colvin	1:09:18
30	Karen Colvin	1:09:19
31	Matthew Colvin	1:09:26
32	Iris Hawkins	1:09:27

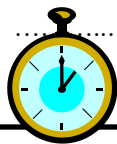


Some good times were turned in by Dick Greet (above), Diane Lopez, Misty Frey, and Bob Gas-sen (lower, left to right)

.....Runners.....

Place	Name	Time
1	Shawn Borton	18:07
2	Nick Martinez	19:51
3	Robert Santoyo	20:47
4	Dave Diaz	20:57
5	Mark Shipe	21:18
6	Katherine Frank	21:31
7	Bill Mares	21:40
8	Eugene Mares	21:45
9	Jack Janney	22:27
10	Bob Gassen	22:39
11	Sandra Collie	23:31
12	Mike Borton	23:43
13	Misti Frey	23:56
14	Terri Tibbs	24:44
15	Adam Pierce	24:51
16	Andy Fieth	24:52
17	Michael Sanchez	25:41
18	Diane Lopez	25:43
19	Diana Reno	26:53
20	Jaclyn McCluskey	27:31
21	Dick Greet	27:35
22	Angela Montgomery	28:13
23	Chad Arguello	28:29
24	Phil Mondragon	29:09
25	Linda Crawford	30:13
26	Nathan Mutz	30:33
27	Sean Higgins	33:55
28	James Higgins	33:56
29	Ron Darby	36:14





The 7th Game of the World Series ? / OK - Predict Series

	Srof	Ben M	R8	MM	TD	Nirv	Harv	Tot	Best 5
Nick Leyva	92.31	66.67	71.43	100.00	80.77		72.22	483.39	416.73
Ben Valdez	34.62	95.83		53.57	88.46	72.73	83.33	428.54	393.93
Marijane Martinez	69.23	70.83	85.71	67.86	61.54	18.18	100.00	473.36	393.64
Ross Barnhart	88.46	87.50	80.95	21.43	100.00		22.22	400.56	379.14
Toby Doub	96.15		57.14	78.57	69.23	63.64		364.74	364.74
Matt Sherman	46.15	79.17		50.00		90.91	66.67	332.90	332.90
Larry Volk	61.54	100.00	14.29	60.71	46.15		50.00	332.69	318.41
Chief Reno	57.69	83.33		32.14	65.38	45.45		284.01	284.01
Robert Santoyo	30.77		9.52	75.00	30.77		88.89	234.95	234.95
Paul Dallaguardia				42.86	96.43		100.00	61.11	300.40
Ron Dehn	100.00		100.00		96.15				296.15
Don Pfost			28.57	85.71	84.62	81.82			280.72
Misti Frey		62.50	95.24		76.92				234.66
Rich Hadley		91.67	33.33		53.85	54.55			233.39
Bill Veges	42.31	75.00		28.57			77.78		232.66
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
Jill Montero			61.90		73.08				134.98
Michael Orendorff	19.23	54.17		57.14					130.54
Diana Reno		25.00		10.71		27.27	44.44		107.43
Cecil Townsend	11.54	20.83		71.43					103.80
Dave Diaz	23.08	33.33	19.05		23.08				98.53
Gary Franchi							94.44		94.44
Crystal Berndt				92.86					92.86
Susan DallaGuardia						36.36	55.56		91.92
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-Cepero			76.19						76.19
Maria Elena Weaver					34.62		38.89		73.50
Kevin Slaughter	73.08								73.08
Brian Ropp		29.17		35.71					64.88
Joe Dvorsky				64.29					64.29
Al Weaver					50.00		11.11		61.11
Chris Oberudoyer		58.33							58.33
Donna Nicholas Griesel					57.69				57.69
Gary Weston	53.85								53.85
Mark Koch				46.43			5.56		51.98
Gina Benfatti		50.00							50.00
Stacie Taravella	50.00								50.00
Richard Joy					42.31				42.31
Katherine Frank				39.29					39.29
Karen Hurley			38.10						38.10
Sandy Reinsch						33.33	33.33		33.33
Laura Schilf						27.78	27.78		27.78
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
Ron Reynolds							16.67		16.67
Laurie Wertzbauer					15.38				15.38
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

Well—not exactly the World Series—but the SCR Predict series. Some of us are down to the final at bats and there is no game 8. There are two more predict runs in the 2002 series. The 4 mile Temple Canon predict in Canon City on November 30, and Marijane & Nicks Excellent Adventure—an 8 mile predict on December 15th. Even if you are “out of the money” - think about doing these runs. They are low key and lots of fun.

Right now—Nick Leyva has a tenuous lead. Defending champ Ben Valdez is in a virtual tie with Marijane Martinez. Ross Barnhart is mathematically only one good prediction from the lead, and Toby Doub is not far behind. It is still anybody’s race—but the “fat lady” is warming up in the wings.

The race abbreviations in the results table to the above left are: Srof: Spring Runoff, Ben M: Ben and Matt’s, R8: Ramsgate 8, MM: Moonlight Madness, TD: Tunnel Drive, Nirv: Nirvana Run, Harv: Harvest Poker Run.

As always—we extend a great big thanks to Ken Raich who not only maintains the SCR website, posts races results, and does a dozen other things behind the scenes, but keeps track of the predict series as well.

THANKS KEN!!!

(Corporate Cup Revisited—Continued from page 6)

participants outgrew the parking facilities. In one of the early years, the 5K was held at Centennial and we ran multiple laps on a dirt course. Volunteers counted laps.

Bottom line is that after 16 years of participating, and for most of those years, playing a role in helping organize the team, I find the Corporate Cup to be one of the premier participation events in our community. Companies of nearly any size can enter a team. Many events are designed for people of nearly any skill level, while some are aimed at the highly skilled athlete. Most events have divisions based upon age and gender, and there has been at least one participant over 80 years old.

Tons of Y staffers, community sponsors and volunteers, company volunteers, and of course, thousands of participants have made the event a success. If your company has never entered a team – think about 2003. It is great for boosting morale, promoting health, and having lots of fun.

Thanks YMCA! Thanks Sponsors! Thanks Volunteers! Thanks Participants! Thanks for all the fun through the many years. And – think about those thousands of people who have, to one degree or another, participated – and, to one degree or another have improved their lifestyle.

Pueblo (& close by) Racing Calendar *



Gary Franchi

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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 Following excerpts were “borrowed” from Gary’s Nov. *Fit to be Tied* Pueblo Chieftain column “Great Stuff” was not available this month due to a family illness.

Tireless Gerald Puls, 76 years young, didn't qualify for the Hawaii Ironman this year, but he did travel to Kona anyway and won his age division in the Safety Lane 10K Run there. Gerald hopes to gain an Ironman berth in Kona next year.

Pueblo's Marijane Martinez also ran a faster second half a whopping six and a half minutes faster at the St. George Marathon in Utah en route to finishing in 4:03:32 to qualify for next year's Boston Marathon. Marijane, who turned 50 last summer, was 1:28 under the 4:05 qualifying time.

Most would agree that the wide world of athletics includes some unique challenges. Puebloan George Balles usually likes to try an open-water swim in different locales each year. This year, Balles, a pharmacist for King Soopers, sported a wetsuit to swim in the fourth annual RCP Tiburon Mile Open Water Swim in California last month. George completed the nautical mile (that's 1.1508 miles) held in San Francisco Bay in 59 minutes and 40 seconds. Even better, he lived to tell about it.

Tentative 2003 Racing Schedule

- * Feb 9 Valentine's Twosome (c)
- * Feb 15 Frostbite Five (a)
- * Feb 23 Spring Runoff Tuneup Prediction Run (c)
- * Mar 2 Spring Runoff (a)
- Mar 23 Ben & Matt's Trail Mix Prediction Run (c)
- * Apr 5 Ramsgate 8 Prediction Run (c)
- * Apr 13 Y-Bi Classic Duathlon (a)
- May 4 Cinco de Mayo (a)
- * May 17 Ordinary Mortals Women's Triathlon(a)
- * May 18 Ordinary Mortals Men's Triathlon(a)
- * Jun 28 Little Run on the Prairie (a)
- * Jul 5 Women's Distance Festival (c)
- * Jul 12 Moonlight Madness Prediction Run (c)
- * Jul 19 Pioneer Run (a)
- Aug 2 Tunnel Drive Prediction Run (c)
- Aug 30 Nirvana Prediction Run (c)
- * Sep 20 Corporate Cup (a)
- * Sep 21 Hot to Trot Run (a)
- * Oct 11 Soaring Eagles Run/Walk (a)
- * Oct 25 Harvest Poker Prediction Run (c)
- * Nov 22 Atalanta Womens' Run (Run/Walk) (c)
- Nov 29 Temple Canyon Prediction Run (c)
- * Dec 7 Rock Canyon Half Marathon (c)
- * Dec 14 Marijane & Nick's Prediction Run (c)

The tentative 2003 racing schedule is shown to the left. Those races with an * have been confirmed by the Race Director. If you have any input regarding the 2003 schedule, please provide that information to Ken Raich at raichk@pobox.com

Don't mark your calendar with any of these yet—we'll be coming out with a more refined version in the next couple months. The racing schedule is just beginning to “evolve” for 2003.

Monopoly Anyone?

The town of Ridgewood, New Jersey planned nothing for last March 26th. Correct – the entire town unplanned (cancelled) all activities such as sporting events, church meetings, and evening classes. School officials even announced a night of amnesty from homework. The idea was that families should take the night to do something together with no competition from outside activities. Marcia Marra, mother of three, formed a committee from the community to discuss the problem of overscheduling. The committee decided to plan a night where noth-

ing is planned. The first one worked, and they hoped to try it again. Perhaps by now, they have.

Speaking of Giving Thanks

“Gratitude is the most exquisite form of courtesy.” Jacques Maritain

“Gratitude is not only the greatest of virtues, but the parent of all others.” Marcus Tullius Cicero (106 AD – 43 AD)

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

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get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming Events

What can be said about the Atalanta 5K except—if you are a female and want to walk or run 5K—be at Pueblo City Park before 9am on November 23rd. There will be ladies participating at every skill level and "the more the merrier". Kathy Arwood mugs have become a tradition for awards, and clay artist Vicky Hansen has made a donation to the event for top overall finishers in both the walking and running divisions. If the weather is good—the course will include some hills, otherwise the run / walk will take place within City Park.

The final two predict races of the year will be the Temple Canyon at 9 am, November 30, and Nick and Marijane's Excellent Adventure at 9 am on December 15th. (See page 8 for more scoop). Directions are as follows:

Temple Canon: From Pueblo, go west on HWY 50 to the west end of Canon City. On 1st Street, go south (left) for approximately 2 miles. Note—this is an approximate distance. At the Temple Canyon sign, turn right and follow the road until you see the SCR gathering place. Rich Hadley says "There are moderate trails, obscure trails, and water hazards. Broken bones and wet shoes are probable." (Rich once broke his hand on the trail)

Nick & MoJo's: In Regency Park on the south side of Pueblo at the corner of Regency and Lehigh.

On December 8th, Dave Diaz puts on one of Pueblo's premier races—the Rock Canyon Half Marathon. A long sleeved sweat shirt will be given to each participant, and Dave always has excellent awards. Most of the course is along the river trail and is a scenic and very enjoyable run.



Larry Volk sprints to the finish at the Harvest Predict Poker Run. Larry is one of several runners within striking distance with two races to go in the series. Gary Franchi and Laura Schilf had the best poker hands at the Run. Photo by Ken Raich.

The Final Thoughts

"If at first you don't succeed, then skydiving definitely isn't for you." Steven Wright

"It is well to remember that the entire universe, with one trifling exception, is composed of others." John Andrew Holmes