



Editor: Ron Dehn

# FOOTPRINTS



Season's Greetings!

**Happy Holidays to You and Yours!**

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For racing schedules, results, contact info, etc—see the SCR website: [www.socorunners.org](http://www.socorunners.org)

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

### The Atalanta 5K



Maddy Tormoen ran an 18:06 and Kristin Inman race-walked a 37:02 to take 1st overall honors in the Atalanta 5K on a "just right" November day in City Park. Race Director Katherine Frank (1st in her division, and 2nd overall) and gaggle of guy volunteers did a super job organizing the event. Almost 70 ladies took part in the classic all-female race named after the stunningly beautiful athlete Atalanta from Greek mythology. Atalanta would not marry until a suitor would beat her in a race. Hippomenes finally beat Atalanta with help from Aphrodite. See pg 8 for story.



## SCR Member in the News



The Pueblo Chieftain recently ran an article about Dr. Shaun Gogarty's humanitarian trips to Central America. Shaun led a few outings last year and has six trips planned for 2003. Because medical facilities and medications are not available to many in the remote areas that Shaun visits, his emphasis on these trips is to help improve living conditions in other ways, such as installing plumbing or the clearing of roads. These small construction projects have a bigger impact on the quality of life for the residents than four or five days of medical assistance, because medical follow up is simply not available. Shaun has established an organization to support these trips entitled: Family to Family Humanitarian Expeditions. Shaun can be reached at P.O. Box 19722, Colorado City, CO 81019. Check out the web site: [www.ffhe.org](http://www.ffhe.org)

If you want to see the entire article, go to [www.chieftain.org](http://www.chieftain.org) and do a site search for: gogarty

## SCR Notes

### SCR News

**SCR Officers for 2003:** Katherine Frank-Dvorsky agreed to stay on as Pres, Diana Reno will continue as Vice-Pres, Gary Franchi will fill Janelle Rodriguez' secretarial shoes, and Dave Diaz will again be Treasurer. Dave did volunteer to relinquish his duties if another club member would like to take on the treasurer role.

**Membership Dues:** The 2003 membership dues will remain \$15 per individual and \$20 per family. The RRCA dues have increased significantly, therefore the 2004 dues will likely increase. JOIN NOW and avoid the rush!

**BANQUET:** This year's SCR banquet will be held at 4pm January 19<sup>th</sup> at the Gold Dust Saloon 217 South Union.

**Annual Awards:** Several nominations were made, but nominations do not close. Nominations / Voting will take place in two ways: Send an e-mail to Ken Raich with your nomination / vote. Simply include the category and the name of the person. Ken's e-mail address is: [raichk@pobox.com](mailto:raichk@pobox.com) The second way to vote is at the banquet. Nominees at this point are: Most Valuable Club Member: Ken Raich, Terry Cathcart, Ron Dehn. Female Runner of the Year: Misti Frey, Jill Montera, Katherine Frank-Dvorsky. Male Runner of the Year: Gerald Puls, Paul DallaGuardia, Larry Volk, Chief Reno, Marv Bradley. Dirty Sock Award: Don & Lois Pfost, Dave Diaz. Packard Award: Rich Hadley. Female Youth Runner: Jessica Driscoll, Heather Loseke, Tiffany Reno, Lauren Dorsey-Spitz, Desiree DallaGuardia. Male Youth Runner: Aaron Lopez, Shawn Borton, Kyle Reno.

**The Spring Runoff Committee** is meeting and looking for volunteers. If you are available, please contact one of the club officers.

**Send in your 2003 Membership Form**

**Season's Greetings**  
from Ruth, Shelly,  
and the Gold Dust Staff. Stop by  
and see us while you are out  
and about.  
217 South Union



### To Ponder

"The best index to a person's character is how he treats people who can't do him any good, and how he treats people who can't fight back."

Abigail Van Buren



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  
or at [www.rrca.org](http://www.rrca.org)



**Southern Colorado Runners**  
[www.socorunners.org](http://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. 251

"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, Joseph Franz Mohr and Franz Xaver Gruber*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

#### Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Jeff Arnold, Jeff Arnold, Jeff Arnold, Pat Berndt

**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.

\* Mohr and Gruber wrote lyrics and music to *Silent Night*



## Great (& so-so) Stuff

By Gary Franchi

### T'is the Season to Think of Others

Thought for today's lunch, compliments of John Stuart Mill: *"That so few dare to be eccentric marks the chief danger of our time."*

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

Let's see, this is the season to be jolly, jubilant and downright joyous, is it not? Well, yeah, now that I think about it, I haven't had to deal with snow and icy roads while Christmas shopping yet so I guess it has been pretty joyous. Of course, while I'm writing this it's not three days before Christmas yet either, so I haven't actually started my shopping. Wouldn't want to rush into this stuff, you know.

But even though I haven't been out at the mall trading elbow jabs with the rest of the populace yet doesn't mean I haven't started looking for gifts. In fact, I've been looking and gathering all kinds of great ideas by doing my research in the important places -- in Road Runner Sports catalogs and *Runner's World*, *Running Times*, *Inside Triathlon* and *Triathletes* magazines.

I've also been on the Internet, where you seemingly can't open a fitness-related web site without getting bombarded to death with pulsating visual ads for treadmills, Beverly Hills-priced running apparel and other nonsensical things that you didn't even know you needed. Someday, I suppose, the Internet geeks are going to figure out how to make these ads just jump out of the computer monitor and reach right into our wallets and pluck a couple of \$20 bills.

Returning to earth, the problem with this kind of gift researching is that I don't get any ideas about what to buy for my family members. Instead, all I'm really doing is creating personal wants.

But, hey, am I not really doing a service for and helping out my family members by generating ideas on what they can get me? If you think about it, I am actually making their job easier by solving their shopping problems. In essence, I am being a good humanitarian.

Hence, I am making this a jolly, jubilant and downright joyous season for the rest of my family. As usual, I am thinking of others instead of myself.

How did so many people around these parts get so, ah, mature?

In looking at a printout of the Rock Canyon Half-Marathon results, and assuming my finger

counting is correct (probably unlikely given the Michelob Ultra within striking distance), I've counted eight runners in their 60s and another three in their 70s finished the race. Some of them were quite quick, too. One -- Ken Whitney, who is 73 -- ran a 2:04 half, which is pretty salty.

Also, I saw good buddy Mark Brockie at the race. He once rented a house next to us in Belmont while attending USC, and he was the one who introduced headphones into my running life, which brought a whole new dimension of pleasure to my jaunts. Mark was always a great runner, so I wasn't too surprised by his 1:36 time in the Rock Canyon. But on the results line it said Mark, who now lives in Colorado Springs, is 46. How did he go from being 20-something to 46 overnight?

Then the other evening at a Pueblo Masters swim workout I ran across Paul Reyes, who I remember being a stud runner, swimmer and overall great athlete a few years back at East High. Found out that Paul is now 41 years old. How did THAT happen? How did he go from being 18 years old to 41 while I pretty much stayed the same age?

Then there's the SCR's Marv Bradley of Cañon City, who at 63 years young ran the Honolulu Marathon on Dec. 8 and finished in 4:02 plus change. With that finish, Marv has now run a marathon or ultramarathon in all 50 states. Like the battery, his indestructible body just keeps going and going.

(Hint: Look for *The Pueblo Chieftain* to run a big spread on Marv sometime in January.)

#### Ten things I was just wondering:

1. OK now, before Paula Radcliffe of England set the women's world marathon in record in Chicago in October, how many of you had even heard of her?

2. Funny, isn't it, how when a business can make a buck, principle goes out the window?

3. How could a college student enrolled in a health program be a smoker?

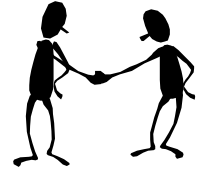
4. What would you say about a shop that sells sandals and spells "sandals" wrong (sandels) in its outdoor sign?

5. How come *Consumer Reports* has never done an article that rates road races?

6. What does it say about a country that goes crazy over Krispy Kreme doughnuts like they were filet mignons?

(Continued on page 15)

### Thanks from Ed



I wish to extend a special thanks to all the people who help make this newsletter possible. We have the "regular" crew who provide monthly articles, information, advice, and guidance. This list includes Gary Franchi, Shaun Gogarty, Rocky Khosla, Ken Raich, my wife Chris, and daughter Melissa. In addition, several SCR members have submitted articles and photos throughout the year to help make this a quality publication. This list includes Jeff Arnold, Marijane Martinez, Ross Barnhart, Katherine Frank, Paul Vorndam, Pat Berndt, Michelle Olson, George Dallam, Don Pfof, Hilbert Navarro, Stacey Diaz, Dave Anderson, and my apologies to those others who I forgot. Sam (at PaperWork) is a tremendous help in the printing process. Thanks also to the "Stuffing Crew". This group of dedicated SCR members meets each month to stuff inserts, put on labels, and get the publication ready to mail. Many SCR members take part in this activity, and nobody keeps an official list of "stuffers". Some of

(Continued on page 5)



## SCR Birthdays

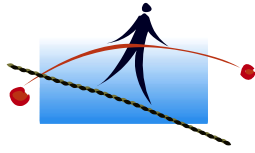
### December

- 23 Carol Kinzy  
Susan Dallam  
Rick Hough
- 24 Rich Hadley
- 25 Jesus\*
- 27 Debbie Pugh
- 28 Wayne Whitney
- 29 Maddy Tormoen
- 30 Jared Navarro  
Jennifer Crockenberg  
Karen Driscoll
- 31 Calley Till  
John Noleen

### January

- 1 Paul Revere\*
- 3 JR Tolkien\*
- 4 Jeremy Dehn
- 5 Wendy Garrison  
Kayla Romero
- 6 Janelle Rodriguez  
Edward Johnson  
Nancy Lopez\*  
Kahlil Gibran\*
- 8 Heather Perkins  
Elvis Presley\*
- 9 Joan Baez\*
- 10 Kyle Snow
- 11 Michael Sanchez
- 12 Anthony Caprioglio  
Kyle Reno
- 13 Chuck Moore  
Julia Louis-Dreyfus\*
- 14 Logan Gogarty
- 15 Jim Hale
- 16 Chief Reno  
A.J. Foyt\*
- 17 Muhammad Ali\*
- 18 Gloria Montoya  
Glenn Frelove  
Cary Grant\*
- 19 Jan Dudley  
Janis Joplin\*
- 24 Amy Robinson  
Ruth McDonald  
Rochelle Garcia  
John Belushi\*
- 25 Monica Diaz
- 27 Mike Messick
- 28 Chris Willumstad
- 29 Tammy Stone
- 30 Coby Gogarty  
Greg Atkinson

\*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Adventures in Utah

We don't need to get into a debate over road running verses trail running. Undoubtedly road running can be exciting, but it is more a function of who is driving while you are running. Trail running on the other hand can provide adventure on every run. In fact adventure is still readily available for anyone even those that cannot afford a \$65,000 guided trip up Everest. It just takes a proper frame of mind when planning a trip.

Southern Utah puts one in the proper frame of mind with endless opportunities for adventure. With my parents living in St. George I have two excuses to visit that wonderful area. During a visit last spring our adventure was with two wheels rather than two feet. It was meant to be a fun adventure but approached an epic level when the search and rescue people got involved. Basically a little 15- mile mountain bike trip turned into a two-day desert survival trip in t-shirts and bike shorts. With poor planning and preparation any trip can become an adventure.

My son had accompanied me on the spring trip and could still remember sleeping out on a rock with sagebrush for a blanket and a few raindrops for water. Needless to say he wasn't really interested in going with me on my next Utah adventure. But being in Utah to visit the parents led me to concoct a Thanksgiving adventure: the Virgin River Narrows. Fortunately my wife and oldest daughter said they would join me – my wife muttering something about preferring to die with me then worrying about me.

With our previous adventure involving a little bit of navigation problems I thought our best bet would be something with minimal navigation requirements: a 17 mile trail, 10 – feet wide, with rock-walls rising 1000 – 2000 feet high on either side. Add to that water running down the “trail” in the direction of travel and there wasn't much room for error.

Of course we wanted adventure and since navigation wasn't going to provide it we had to look elsewhere. When we were obtaining the permit in Zion National Park the day before our hike the ranger said we'd be the only ones hiking and there was no way during winter to make it in a day. Some would take pause with that knowledge, but I just said: adventure!

Being just days shy of December it was basically winter, but somehow “Dixie” (local term for Southern Utah) makes you think you are in a warmer climate. Jumping out of the car at the trailhead at 7:30 am quickly reminded us it was winter and we were in the mountains. As my younger daughter drove off with the car we turned down stream committed to complete the trek ahead (basically because it was shorter than hiking the road back to the park). Accordingly we stepped forward and INTO the trail.

After our first 8 miles of breaking through ice on the edge of the stream to meander deeper into the canyon we stopped for some food and to see if any toes had fallen off. It was after this that we really started to run hard. Up to that point we had done more hiking than running. Of course most of the running was more just to ward off frostbite – in general the water was deep enough that walking was the only choice.

But in spite of the cold, for 17 marvelous miles the three of us moved forward while looking upward. Alone we were exploring the Virgin River Narrows as if for the first time. Frequently we stumbled as we gazed at incredible rock formations towering above us on both sides. Sometimes the rock walls literally curved up and over our heads darkening the sky above. Sure the water was cold, the trip was long, and there was no way out but forward – but that's all part of making a real trail adventure.

### Golf Talk



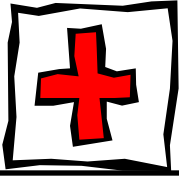
Golfer: I'd move heaven & earth to break 100 on this course.

Caddie: You better try to move heaven, you've already moved most of the earth.

Golfer: You must be the worst caddie in the world.

Caddie: Probably not, that would be too much of a coincidence.

From Car Talk, NPR Radio



# Rocky on Fitness

By Rocky Khosla, M.D.



## Volunteers at Recent Races

Rock Canon Half Marathon Race Director Dave Diaz extends his appreciation to the SCR volunteers who helped make this race a success. This illustrious crew includes: Results: Ken Raich, Pixie Raich. Finish Line: Gary Franchi, Terry Cathcart, Pat Berndt, Dan Pfof, Lois Pfof, Kathy Stommel, Ross Barnhart. Lead Bicycle: Joe Dvorsky. Registration: Ruth McDonald, Shelly Riddock. Photographer: Ron Dehn. Awards Presentation: Stacy Diaz.

Temple Canyon Race Director: Rich Hadley had help from the following: Finish Line/Results: Deb Hadley, Lois Pfof, Roy Plumisto, Arlonna Bruzek

## Stretching & CPR

Last week, I had two patients ask me two interesting and unrelated questions: does stretching before exercise make you less sore after exercise and would it be smarter to get more automatic defibrillators or would it be smarter to train more people to do CPR? I told these folks that I didn't really know the answer to either of these questions for sure, but I would find out. Imagine my surprise when I opened up the latest edition of the British Medical Journal-USA (Volume 2, Nov. 2002) yesterday, and both of these questions were addressed. Isn't that weird?

As for the first question, two Australian researchers did a meta analysis (where a bunch of studies are pooled to look for answers), and have concluded that stretching before exercise didn't seem to decrease muscle soreness after exercise. In fact, they went further and concluded that their analysis suggests that stretching before or after exercise did not decrease muscle soreness after exercise, and the pre and post exercise stretching did not decrease injury rates either. I don't like the results of the study because it goes against what I like to do and to tell patients to do, but one of the neat things about medicine is that sometimes what we have done and said for years may

be proven wrong.

As for the second question, a Scottish study concluded that it would be smarter to spend money to teach bystanders how to do CPR rather than spend the money on public access defibrillators. The rationale for this was that most cardiac arrests occur in sites unsuitable for locating public access defibrillators, and cardiac arrests that do occur in sites that could have access to public defibrillators already have good profiles in terms of ambulance response times, and of use of defibrillators by the first responders in these ambulances. Once again, I like the idea of having public access defibrillators, but maybe we need to spend a little more time and money on doing the basic bystander teaching first.

I would not accept either of the above studies as gospel, and more studies will be forth coming on both topics I am sure, but I thought you'd enjoy the latest news.



Till next year, wishing you all the happiest of Holidays and Seasons Greetings,

Rocky Khosla, M.D.

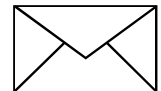
*(Thanks—Continued from page 3)*

the stuffing crew includes: Ken (who also provides labels), Nick, Marijane, Dave, Stacey, Ben, Bill, Ross, Gary, Katherine, Pat, Cindy, and numerous others. We also extend appreciation to Don and Deb at the Post Office for helping us sort through postal regulations and for helping this publication get to your mailbox. A special thanks to Gary Franchi. Gary served as the *Footprints* editor for 17 years. Since I took over last Janu-

ary, Gary has provided tons of help and advice behind the scenes. He has stepped forward on numerous occasions to provide information, an extra article, photos, advice and encouragement. This newsletter takes lots of work from lots of people. THANKS TO ALL!



## Join the SCR Electronic



## Mailing List

Go to the SCR Home Page

Click Contacts

Scroll to bottom of page, enter your e-mail address in the box, and click the purple button. (the directions are also on the page)





# Ramblin'

by Ron Dehn

# 2002

## Reflecting on 2002

Yes, 2002 is just about “wrapped up”. (pun intended . - If I make a pun – I’ll take credit. Someone (probably Paul Vordam) once said, “There is no such thing as a bad pun”. But I digress.) So – I’ll start over. By the time you read this, most of 2002 will be history and the good, the bad, and the ugly of 2002 will be part of the past. In some ways the past is frozen. Actions and events cannot be changed. (unless you happen to be Superman who can reverse time by flying really really fast) However, our understanding and interpretation of the past is potentially never complete. This means that even though the past events remain unchanged, our response can change / improve / evolve with time.

That is a long way of saying that the end of the calendar year is time to reflect. Why? Reflecting on history (personal and otherwise) provides the opportunity to learn. To learn - what works and what doesn't. To learn - what leads to fulfillment and what doesn't. To learn - what makes us, and those around us happy and what doesn't. And finally, sometimes it's just fun to reminisce. So I encourage you to reflect on this past year, what it means to you and yours, and what that means about the choices you will make today and tomorrow.

This does sound like a rather heavy undertaking. (kids – ask your parents the meaning of the word “heavy” in this context). However all our reminiscing does not have to be about momentous issues. A future column will deal with some of the more serious issues of life. But for now, I've chosen to reflect on running in 2002. (I do write about running sometimes.)

### “Highlights” and Ponderings on Running in 2002.

Janelle Rodriguez and I were talking at the Atlanta Run. She told me she was not ready to run the race and that she was trying to get back into her running routine. I told her – that had been my story for the last 20 years. Sure – there have been several extended periods where I was running on a regular basis and into a running “groove”, but it seems like there are lots of “in between” periods too. 2002 was to a large degree – an “in between” year.

On Jan 1st, while on a trail run, I decided to do the Pike's Peak Ascent. You commit early because the race fills and it takes a long time to prepare for race day. My memory had faded since the last time. I could still remember how good it felt to finish, but could not quite remember why. More later.

Jan Dudley and I ran the Valentines Twosome. Let's not start any rumors. We are both happily married to other people, but our spouses are not runners. So – we teamed up and actually won some chocolate. Our prizes were quickly a memory.

Brrrr – was it cold at the Spring Runoff. It was so cold that

my goosebumps were huddling together just to stay warm.

I ran my first SCR predicts and got lucky at the Runoff Tune-up and the Ramsgate 8. Unfortunately I was out of town for several of the runs, but still plan to get 5 in.

The drought and the fires affected running. I had an unusual experience while running trails in Pueblo West. There had been a fire in the area, and a week later, I ran through some of the burned area. I got to a place on the trail where everything I could see in front of me was burnt. About a half mile later, I started feeling claustrophobic. The smell of smoke filled my lungs and the sight of the burnt grass, chollas, yuccas, and junipers filled my eyes. I could feel the burnt vegetation closing in behind me, the smell got stronger, and the claustrophobic feeling intensified. “Pre-panic” was setting in. Finally, I turned around and ran hard until I was out of the burned area. It gave me just a small idea of the impact of the fires. The fires also affected training for the Peak. I drove to Manitou one day only to find that the Barr Trail had been closed. I trained a couple times in the Sangres, and later on the Barr Trail when it re-opened. I trained enough to have the illusion of being (reasonably) ready.

In June, Chris and I were race directors for the Little Run on the Prairie. Lots of work – lots of fun.

In August – the Peak. In a word – brutal. It was great for the first 8 miles. And good for mile 9. I actually thought that I might improve on my time from 5 years ago. Something happened during mile 10. (Ben Valdez told me – “Yeah, it's called altitude.”) I had trained very little above timberline and it showed. But, I did finish. Chris, Jeremy, and Melissa were waiting for me at the top. I was never so glad to see them. Will I do it again? You bet!

In September – the Corporate Cup – always a great event. I ran the 5K, the Mile, and the “Old People Relay” (400 meter relay for those over 40). I planned to ride the bike predict, but that was the day Rylan was born. (See October *Footprints*)

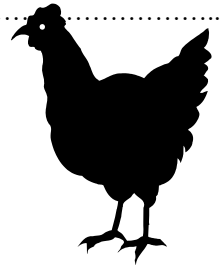
And mixed around and in-between – training runs – mostly on the trails in Pueblo West – some with my running buddies in the prairies northeast of USC.

And now the reflection part – what have I learned from the “History of Dehn Running – 2002”? Bottom line: Keep doing it and be more consistent in 2003.

Finally – I wish to extend Holiday Greetings from our home to yours. Wrapping paper, decorations, and Christmas trees are only part of the picture. Our holiday wish is for warmth in your heart and your home.



## The Dam Run by Jeff Arnold



For those Coloradans who have never noticed the beauty of prairie and long views, the Dam Run was an eye opener. This reinvention of a traditional 10K held at the new John Martin State Park drew raves from runners for the views and superb organization. In spite of the course having to be modified three times in the week before race day due to construction, Stan Hren and his small army of volunteers laid out an accurate, well marked venue. The race started with a fairly steep hill but was mostly flat and downhill from there and finished at the starting line.

Course changes were small problems compared having to provide certificates of insurance to both state and federal agencies. And only those who have been race directors can appreciate Stan's being able to provide cash to the top three male and female runners and big plaques to the top three in each age group. Those awards were handed out along with excellent chili at a well attended awards ceremony back at the Las Animas Fire Department.

Steve Hackworth was the first finisher in a remarkable 31:45. The former Californian who left the Lake Tahoe area to run at UNC in Greeley, opened a minute and a half gap on the strong second place of Eric Martin of Colorado Springs. At UNC Hackworth was a 1500 meter and steeplechase specialist. His girlfriend's mother who ranches south of Las Animas convinced him to come down to race his first 10K. He was rewarded with a solid victory, a plaque, and \$100.

The women's winner, Kris Stokke, 45, ran 46:45. The relative newcomer to running, who works in Lamar to prevent bioterrorism, was diagnosed three years ago with Lupus, an autoimmune disease. Her daughter told her that she needed to get healthy. Though she had done some ski touring when she lived in Winter Park, Stokke thought that might not be enough and started running. Stokke still has trouble with heat, and runs in the early morning in summer, but obviously runs well. Look for her in future races, at least in cooler months.

SCR runners won their share of awards. Rich Hadley, 37:38; Chief Reno, 44:49; and Paul Dalla Guardia, 48:08, swept the 40-49 age division. Marijane, 52:11, won the 50-59 division and Matt Sherman's 41:42 led the 30-39 division.

Stan says that the State Parks ranger and the Corps of Engineers leader were happy with the race and want to do it again next year. They were scheduled to meet the week after the race to select a 2003 date. When it shows up in the schedule, you may want to make plans.

Jeff



### Dam Run Results

1	Steve Hackworth	24	31:45
2	Eric Martin	23	33:15
3	B.J. Stone	24	36:58
4	Rich Hadley	46	37:38
5	Edd Collie	26	40:38
6	Will Wieder	23	41:18
7	Matt Sherman	30	41:42
8	Matthew Mata	15	42:36
9	Jim Anderson	16	44:18
10	Chief Reno	40	44:49
11	Kris Stokke	45	46:45
12	Joshua Camacho	17	47:46
13	Kayla Harris	14	47:55
14	Paul Dalla Guardia	44	48:08
15	Jared Murphy	19	48:09
16	Brad Van Buskirk	41	48:20
17	Daniel Stauber	16	48:39
18	Jay Gaines	33	49:35
19	Steven Gallegos	26	50:10
20	Cindy Rundell	43	50:27
21	Whitney Murphy	19	50:50
22	Marijane Martinez	50	52:11
23	Diana Dean	40	52:25
24	Ron Shepherd	49	53:07
25	Chris Rundell	43	53:36
26	Bill O'Dell	44	53:48
27	Ronnie Trujillo	22	54:12
28	Brad Smith	17	54:14
29	Mason Smith	13	54:26
30	Kelli Gaines	31	56:05
31	Bill Van Buskirk	67	56:15
32	Lana Gardner	23	56:35
33	Amber Thompson	27	56:56
34	Rhiannon Smith	19	1:00:16
35	Odessa Tyscka	16	1:05:10
36	Mary Shepherd	13	1:09:11
37	Virginia Freed	42	1:13:53
38	Joe Frausto	42	1:17:50
39	Nancy Biery	44	1:18:43
40	Edward Aguirre	49	1:18:45



### Just Exactly Why Did the Chicken...

Pat Berndt recently ran across an article which answered an age old question from the perspectives of some famous personalities. Then she went on to answer on behalf of some of the SCR clan, and did quite well! Here's the question, and some of the answers.

Just....WHY DID THE  
CHICKEN CROSS  
THE ROAD?

DR. SEUSS

Did the chicken cross  
the road?

Did he cross it with a  
toad?

Yes! The chicken

crossed the road,

But why it crossed, I've  
not been told!

JOHN LENNON

Imagine all the chickens  
crossing roads in peace.

ARISTOTLE

It is the nature of chick-  
ens to cross the road.

CAPTAIN KIRK

To boldly go where no  
chicken has gone be-  
fore.

BILL GATES

I have just released  
eChicken 2003, which  
will not only cross  
roads, but will lay eggs,  
file your important  
documents, and balance

(Continued on page 14)



# The Atalanta Run

by Jeff Arnold



The Atalanta 5K races held at City Park November 23 continued a strong SCR tradition of celebrating women's running and walking. This traditional women's only race is named in honor of the mythical Atalanta, a Greek woman who was a good hunter and a very fast runner.

Atalanta was so fast that she told her father she would not marry any man who could not beat her in a race. If a suitor lost the race, he would have to die. She was apparently quite beautiful as several suitors died trying, before Hippomenes, with the help of three gold apples given by the goddess Aphrodite, managed to trick, not run faster than, Atalanta.

As the race progressed, Hippomenes managed to stay close enough that he caught Atalanta's eye when he threw a gold apple off the running path. Atalanta correctly estimated that she would be able to retrieve the apple and return with a lead. When the girl of his dreams was well ahead again, Hippomenes threw the second apple even farther. Again Atalanta got the apple and retained her lead. Hippomenes waited until they were near the finish line and threw the final apple quite far and as soon as Atalanta ran to retrieve it, put on a burst of speed that carried him across the finish line just ahead of the speeding woman.

On a cool but not bitter morning sixty-seven women and girls gathered in Atalanta's name to celebrate life and fitness, and the special bond of women who run and walk together. Race Director Katherine Frank changed the course to take it down onto the River Trail, but almost second guessed herself when she had to run up the steep hill near the finish. Maddy Tormoen didn't seem to be slowed by the new course as she blazed an 18:06, nearly three minutes faster than Frank's 20:56. Kristin Inman won the walk in 37:02, 1:42 ahead of second place Nancy Biery.

After Tormoen the spaces between runners were much closer. Sixteen year old Desiree Dalla Guardia closed to within three seconds of Frank and twelve year old Lauren Dorsey-Spitz was another 32 seconds behind.

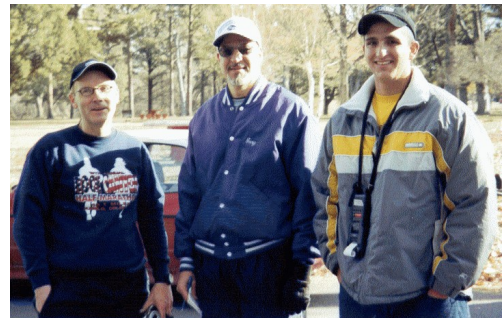
The walkers all moved right along with good form. The slowest had a good 53:00.

Winners were given wonderful pottery mugs made by Kathie Arwood, each adorned with an apple. Later, several valuable gift certificates were given to the lucky ladies whose names were drawn. Ironically twelve year old Lauren Dorsey-Spitz won an expensive anti-wrinkle treatment donated by a Pueblo dermatologist.

The Atalanta volunteers include Race Director: Katherine Frank and Crew: Nick Leyva, Chief Reno, Kyle Reno, Gary Franchi, Ross Barnhart, Don Pfost, Dave Diaz, Larry Volk, Joe Dvorsky, Regis Marquez, Jeff Arnold, Janelle Rodriguez, Ron Dehn, Tiffany Reno, & Ken Raich



Lois Pfost upper left and Nancy Biery upper right



Above, some of the guys "work" at the finish line. Below is Sarah Collie (left) and Lauren Dorsey-Spitz.







# The Atalanta Run

## Results



Runners			
Place	Name	Age	Time
1	Maddy Tormoen	40	18:06
2	Katherine Frank	30	20:56
3	Desiree Dalla Guardia	16	20:59
4	Lauren Dorsey-Spitz	12	21:31
5	Jill Montera	36	22:01
6	Robin Krueger	34	22:29
7	Amy Wolf	41	22:34
8	Sarah Collie	16	22:53
9	Stacey Diaz	42	23:18
10	Kathy Butler	35	23:23
11	Kelly Hale	35	23:31
12	Misti Frey	35	23:49
13	Terri Tibbs	39	23:53
14	Marijane Martinez	50	24:05
15	Jessica Bailey	26	24:08
16	Carla Flores	44	24:14
17	Carrie Slover	49	24:28
18	Maggie Di Mateo	25	25:10
19	Diane Lopez		25:17
20	Susan Dalla Guardia	44	25:52
21	Jamie Bonney	37	26:11
22	Gloria Gogarty	46	26:13
23	Laurie Wertbaugher	43	26:15
24	Laura Schilf	40	26:49
25	Terra Gray	28	26:52
26	Alice Fitzgerald	41	27:08
27	Cheryl Cavalli	40	27:26
28	Maria Weaver	43	27:27
29	Deanna Allen	23	27:27
30	Susan Connor	49	27:30
31	Wendy Garrison	35	27:32
32	Diana Reno	40	27:49
33	Doris Low	33	28:00
34	Carla Braddy	35	28:04
35	Gloria Montoya	54	28:21
36	Mary Rudolph	47	28:30
37	Julie Arellano	50	28:34
38	Stacie Taravella	37	28:46
39	Sandy Reinsch	30	28:53
40	D. Nichols-Griesel	56	29:19
41	Gladie Miller	42	29:57
42	Sarah Koch	15	30:16
43	Tiffany Reno	17	30:17
44	Jessie Quintana	59	30:34
45	Amy Clark	30	30:57
46	Kari Brantley	46	31:20
47	Christine Cruz	34	32:09
48	Cindy Kempe	48	32:06
49	Cheryl McCoy	58	32:17
50	Christy Furman	53	34:55
51	Gretchen Eisenhauer	35	37:12
52	Deborah Conroe	48	38:03

Walkers			
Place	Name	Age	Time
1	Kristin Inman	33	37:02
2	Nancy Biery	44	38:44
3	Jamie Ramirez	27	39:46
4	Catherine Gill	45	39:56
5	Lois Pfof	60	44:01

6	Jo Lukezic	62	44:41
7	Loretta Vasile	36	47:01
8	Carrie Krajcovic	43	47:06
9	Ellyn Koury	38	50:09
10	Odette Buller	48	50:09
11	Zarela Vidal-Paredes	47	50:22
12	Marisa Soto	9	52:53
13	Monica Soto	31	52:57
14	Barbara Medina	51	52:59
15	Meg Gouraud	52	53:00



Jessie Quintana (upper left) pushes grandson Tyler to the finish and Jessie's daughter Chrissy runs with 7 month old Nicholas (lower left). Top right features another mother daughter combo with Susan and Desiree DallaGuardia. To the lower right - Kathy Butler, Amy Wolf, and Misti Frey set a great pace at the 1 mile mark.





# The Rock Canyon Half Marathon

by Jeff Arnold



In spite of an unpromising weather forecast, over forty people registered the morning of the Rock Canyon and 212 finished the race. Many runners wore more clothing than they later found comfortable even though a breeze came up about an hour and a half into the race. You know that the quality of runners was exceptional when Rich Hadley was the seventh runner over 40 and Stan Hren was third in the 60-69 age division. There were three men over 70 who finished. Ken Whitney's 2:04:48 led that group.

Paul Koch led much of the race, but when Campbell Ilfrey pushed the pace, Paul had to let go. Ilfrey won in 1:20:49 with Koch, last year's champion, second in 1:22:18. 54 year old John Custy was the third finisher and first male Masters runner.

Tracy Stewart, a Harrison High School graduate who is now working on her Masters in Physical Therapy at the CU Health Science Center in Denver, was unchallenged by other women. Even though she had some trouble with her footing on the dirt parts of the course, Stewart's winning time of 1:25:30 was nearly two minutes faster than the winning time last year and more than four minutes faster than runner up Sheila Geere's 1:29:41. Susan Schenk was third woman and first female Master with 1:37:12. Stewart, who finished ninth overall, is hoping to qualify for the marathon trials for the 2004 Olympics. Her PR of 3:00:40, was set at the recent New York Marathon. She's planning to run the trials course in St. Louis this coming April.

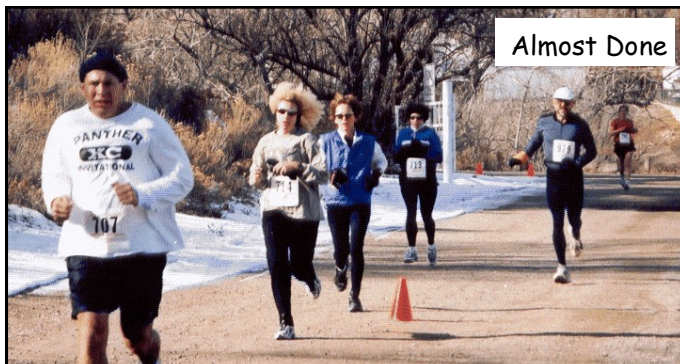
Though few of the two hundred plus runners have such lofty goals or had little chance to win the race, most I talked to were pleased with the course laid out by Dave Diaz. Dave took advantage of the gravel road over the new pipeline and many dirt paths in the state recreation area to make this course something much more interesting than a simple out and back on the river trail. Dave was almost compulsive about marking the trail carefully. Most of those paths will be gorgeous when leaves begin to change next fall. Once again, thanks to Dave Diaz careful planning and organization of many volunteers, The Rock Canyon Half Marathon was one of the finest races of the year.



A bird's eye view of the race start



Paul Koch (left) and Campbell Ilfrey.



MoJo encourages Paul Dalla-Guardia near the finish

Photos by  
Ross & Ron

1/2

## Rock Canon Half Marathon Results

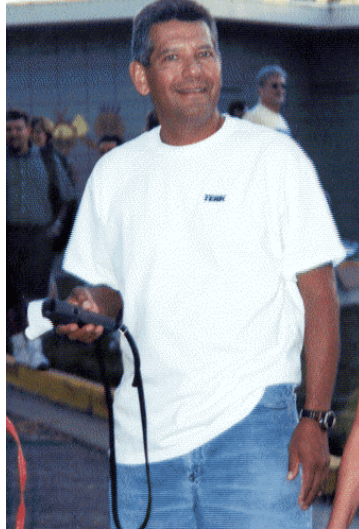
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Pl	Name	Age	Place	Sex	Time	70	Name	43	13	M	1:48:02	141	Jerry Sussman	53	10	M	2:03:42
1	Campbell Ilfrey	29	OA	M	1:20:49	71	Gina Basile	31	3	F	1:48:16	142	Richard Kennett	66	6	M	2:03:52
2	Paul L Koch	34	1	M	1:22:18	72	Werner Vanzyl	32	5	M	1:48:16	143	John C Freyta	35	14	M	2:04:00
3	John Custy	54	OA	M	1:22:41	73	David Mayhew	34	6	M	1:48:52	144	Cheryl Moffett	41	6	F	2:04:19
4	Jim Elwell	42	1	M	1:23:16	74	Rock Cogar	47	12	M	1:48:59	145	Lindy Crawford	38	13	F	2:04:23
5	Thaddeus Noll	46	1	M	1:23:44	75	Robin Krueger	34	4	F	1:49:00	146	Cathy Osban	34	7	F	2:04:24
6	David Swiderski	37	1	M	1:24:15	76	Kathy Pidcock	48	1	F	1:49:06	147	Julie Clark	35	14	F	2:04:44
7	Larry Volk	39	2	M	1:24:53	77	Trena Johnson	26	3	F	1:49:07	148	Brian Moffett	35	15	M	2:04:46
8	Robert Brown	28	1	M	1:25:08	78	Tom Torres	37	7	M	1:49:09	149	Ken Whitney	73	1	M	2:04:47
9	Tracy Stewart	23	OA	F	1:25:30	79	Amy Onanian	27	4	F	1:49:21	150	Susan Selenow	51	5	F	2:05:23
10	Bob VanLangenhoven	40	2	M	1:27:01	80	Rob Lyons	36	8	M	1:50:16	151	Sean Bryan	43	20	M	2:05:47
11	Brad Winn	19	1	M	1:27:21	81	Vicki Williams	33	5	F	1:50:29	152	Stephanie Shober	33	8	F	2:05:55
12	Mark Koch	43	3	M	1:27:29	82	Kerry Meir	37	9	M	1:50:30	153	Diane Lopez	44	7	F	2:06:11
13	Dan Tallon	48	2	M	1:27:57	83	Dave Schouweiler	45	13	M	1:51:07	154	Ron Ross	56	6	M	2:06:23
14	Sean O'Day	27	2	M	1:28:33	84	Gina Quintana	27	5	F	1:51:13	155	Bev Skroch	52	6	F	2:06:48
15	Rich Hadley	46	3	M	1:28:48	85	James Lewis	50	6	M	1:51:14	156	Annie Hamlin	40	8	F	2:08:00
16	Sam McFerran	27	3	M	1:29:20	86	Allen Fry	36	10	M	1:51:16	157	Jeff Cleaver	52	11	M	2:08:20
17	Sheila Geere	39	1	F	1:29:41	87	Terry Kurtz	34	7	M	1:51:22	158	Patrick Van Ryn	46	24	M	2:08:31
18	Fred Creamer	41	4	M	1:29:44	88	Andy Phipps	25	7	M	1:51:23	159	Bill Kerr	43	21	M	2:08:42
19	Lon Johnson	46	4	M	1:31:11	89	Bill Veges	45	14	M	1:51:41	160	Troy Schwindt	40	22	M	2:08:43
20	Mike Mueller	32	2	M	1:31:54	90	Daniel Gannon	43	14	M	1:51:43	161	Kirsten Jarernich	36	15	F	2:09:33
21	Larry Miller	52	1	M	1:32:00	91	Jenine Ebersohl	53	2	F	1:51:54	162	Jessie Quintana	59	2	F	2:09:40
22	Barry Roth	55	1	M	1:32:33	92	Liz Creamer	35	7	F	1:51:56	163	Deb Haverfield	43	9	F	2:10:14
23	Michael Whitney	43	5	M	1:34:02	93	Donna Neer	17	3	F	1:51:58	164	Lizabeth Lynner	39	16	F	2:10:39
24	Victor Selenow	50	2	M	1:34:39	94	Jim Brumage	63	4	M	1:52:32	165	Anne Groves	39	17	F	2:10:40
25	Christopher Lampe	27	4	M	1:34:44	95	Michael Olson	46	15	M	1:52:36	166	Chester Haddan	35	16	M	2:10:50
26	Steve Scholz	38	3	M	1:35:29	96	Bob Palermo	43	15	M	1:52:40	167	Sarah Burnett	24	2	F	2:10:53
27	Mark Brockie	46	5	M	1:36:40	97	Stacey Diaz	42	2	F	1:52:45	168	Sarah Pearce	25	7	F	2:10:54
28	James S Robinson	51	3	M	1:36:47	98	Robert Dennis	40	16	M	1:52:49	169	Ruth A Hiatt	43	10	F	2:11:05
29	Myron Berg	40	6	M	1:36:54	99	Monique Guidry	38	8	F	1:52:57	170	Ed Mighell	72	2	M	2:11:22
30	Scott Nalbach	26	5	M	1:36:59	100	Tonny Van Loij	58	3	M	1:53:14	171	Donald Johnson	48	25	M	2:11:42
31	Susan Schenk	44	OA	F	1:37:12	101	Ted Puls	43	17	M	1:53:20	172	Martha J Kinsinger	68	1	F	2:12:00
32	Vernon M Smith	45	6	M	1:37:19	102	Carla Flores	44	3	F	1:53:47	173	Renee Withrow	45	6	F	2:12:06
33	Matt Sherman	30	3	M	1:37:31	103	Joseph Giles	57	4	M	1:53:48	174	James Roukema	50	12	M	2:12:42
34	Stella Heffron	35	2	F	1:37:42	104	Steve Walls	46	16	M	1:54:12	175	Kyle Whitney	28	9	M	2:13:13
35	Chief Reno	40	7	M	1:37:54	105	Rick Trojanovich	51	7	M	1:54:14	176	Theresa Peterson	57	3	F	2:13:20
36	Brian Ropp	39	4	M	1:37:56	106	Richard Joy	47	17	M	1:54:17	177	Lynn Vance	48	7	F	2:13:29
37	Katherine Frank	31	1	F	1:38:19	107	Marcia Keilers	29	6	F	1:54:30	178	Lisa Paige	44	11	F	2:13:45
38	Wendy Smith	26	1	F	1:38:46	108	Brian Sweeney	47	18	M	1:55:23	179	Melissa Paladino	25	8	F	2:13:50
39	Traci Dworshak	38	3	F	1:39:00	109	Matthew Watts	46	19	M	1:55:24	180	Colleen Badgley	44	12	F	2:13:56
40	Michael Heyka	46	7	M	1:39:40	110	Michael Mullane	30	8	M	1:56:33	181	Robin Satterwhite	51	7	F	2:14:59
41	Matt Cunningham	28	6	M	1:40:05	111	Lonny Garris	35	11	M	1:57:07	182	Anne Watts	47	8	F	2:15:04
42	Bob Whitney	49	8	M	1:40:16	112	Bill Totten	60	5	M	1:57:13	183	Daryll Stevens	51	8	F	2:15:09
43	Cathi Webber	33	2	F	1:40:25	113	Andrew Mauer	35	12	M	1:57:18	184	Sally Kennett	60	2	F	2:15:35
44	Richard Falat	44	8	M	1:40:25	114	Carrie L Slover	49	2	F	1:57:21	185	Rick Martinez	39	17	M	2:15:43
45	Ben Valdez	42	9	M	1:40:40	115	Carol Ann Kinzy	54	3	F	1:57:27	186	Betsy Lucas	27	9	F	2:16:47
46	Jim Romero	62	1	M	1:40:44	116	Diane Brown	39	9	F	1:58:01	187	Paul DallaGuardia	44	23	M	2:16:57
47	Jerry Davis	40	10	M	1:40:55	117	Leigh Singleton	34	6	F	1:58:23	188	Charlie Maclin	43	24	M	2:17:05
48	Linda Staines	38	4	F	1:40:59	118	Elizabeth Rothenberg	36	10	F	1:58:27	189	Kris Derge	45	9	F	2:18:11
49	David Minter	41	11	M	1:41:00	119	Jamie McMillin	59	5	M	1:58:29	190	Cindy Nordell	37	18	F	2:18:19
50	Harry Harcrow	35	5	F	1:41:35	120	Tanya Schwindt	41	4	F	1:58:32	191	Kristin Poteat	27	10	F	2:19:03
51	Joe Stommel	53	4	M	1:41:46	121	Robin Cunningham	49	3	F	1:58:33	192	Robin Post	37	19	F	2:19:04
52	Ken Perry	55	2	M	1:41:56	122	Dennis Howard	49	20	M	1:58:41	193	Don Ferrer	53	13	M	2:19:31
53	Crystal Berndt	18	1	F	1:43:17	123	Marijane Martinez	50	4	F	1:58:43	194	Diana Reno	40	13	F	2:19:33
54	Dan Shaw	43	12	M	1:43:41	124	H. Hendrickson	29	8	M	1:59:13	195	Mikell C Wheeler	26	11	F	2:20:30
55	Meghan Lyle	17	2	F	1:43:49	125	Floyd J Legleiter	53	8	M	1:59:30	196	Jaime Keating-Klco	26	12	F	2:22:06
56	Humberto Paredes	45	9	M	1:43:50	126	Stephen Fischer	23	1	M	1:59:41	197	Gloria Montoya	54	9	F	2:22:43
57	Tom Zchwinger	48	10	M	1:44:26	127	Margrit Trenker	58	1	F	1:59:46	198	Tamme Buckley	41	14	F	2:23:09
58	James May	18	2	M	1:44:32	128	Steve Kirkman	45	21	M	2:00:24	199	Carla Ross	50	10	F	2:24:39
59	Steven Glasoe	47	11	M	1:44:45	129	Jim Lenyo	48	22	M	2:00:28	200	Julie Arellano	50	11	F	2:26:38
60	Leon E Austin	51	5	M	1:44:46	130	Tony Comaskey	43	18	M	2:00:51	201	Gladie Miller	42	15	F	2:27:06
61	Darren McKee	33	4	M	1:44:50	131	Lori Dandley	49	4	F	2:00:52	202	Amy Hulstrom	35	20	F	2:29:14
62	Jill Montera	36	6	F	1:44:54	132	Terri Cogar	37	11	F	2:00:53	203	Laurie McGowan	36	21	F	2:31:47
63	Donn Weipert	60	2	M	1:45:24	133	Byron Beard	50	9	M	2:01:12	204	D NicholasGriese	56	4	F	2:32:34
64	Stephen Smith	39	5	M	1:45:46	134	Ed Gleason	47	23	M	2:01:14	205	Gary Hermes	39	18	M	2:36:02
65	Stan Hren	61	3	M	1:45:58	135	Susan Dallaguardia	44	5	F	2:01:27	206	Carla Braddy	35	22	F	2:37:28
66	Darren McLaughlin	36	6	M	1:46:14	136	Barbara Hadley	49	5	F	2:01:31	207	Carla L Thompson	36	23	F	2:43:17
67	Kimmy Kosciusko-Egge	41	1	F	1:46:52	137	Emily Roukema	23	1	F	2:01:33	208	Jim Massa	50	14	M	2:44:57
68	Laura Leigh	28	2	F	1:47:01	138	Mitch Hight	42	19	M	2:02:19	209	Ginette O'Day	54	12	F	2:45:27
69	Carol Lyndell	54	1	F	1:47:54	139	Troy Davenport	37	13	M	2:03:24	210	Zane Meredith	51	13	F	2:47:04
						140	Kelly Ellis	39	12	F	2:03:27	211	Lauri Cummings	42	16	F	2:47:05
												212	Gerald Puls	76	3	M	3:02:26

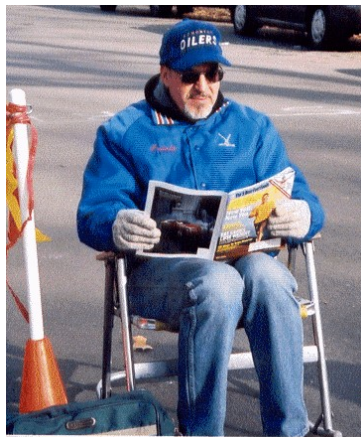


# Volunteers

SCR volunteers put on several races per year, organize a picnic, a banquet, provide a website, a newsletter and promote fitness activities and healthy lifestyles in the region. Some work is visible, but lots of effort behind the scenes is known only to a few. This is a photo salute to volunteers. Note—It is grossly inadequate because it captures only a small sample of SCR volunteers in action.

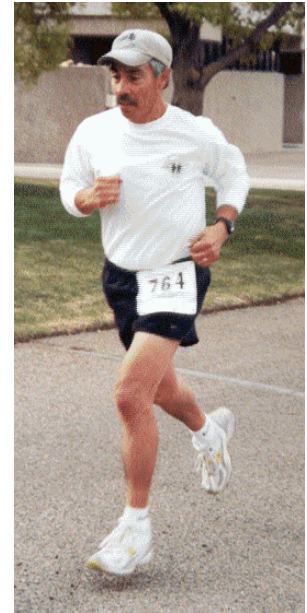
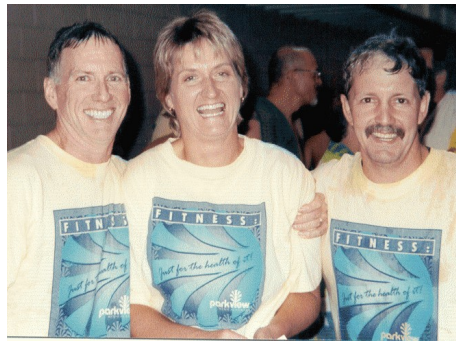


There are some exceptions to every rule. Actually the G-Man is hamming it up a bit at the Rock Canyon Half Marathon between setup and working the finish line. photos by Ross & Ron





# A Few Sights of 2002





# The Predict Series is Just a Matter of Time

Name	Spring Runoff	Ben & Matt's	Rams 8K	Moon Mad	Tunnel Drive	Nirv Run	Harvst Poker	Temple Canyon	Total Points	Best 5 Races
Ross Barnhart	88.46	87.50	80.95	21.43	100.00		22.22	84.21	484.78	441.12
Nick Leyva	92.31	66.67	71.43	100.00	80.77		72.22	50.00	533.39	416.73
Ben Valdez	34.62	95.83		53.57	88.46	72.73	83.33	52.63	481.17	393.93
MJ Martinez	69.23	70.83	85.71	67.86	61.54	18.18	100.00	57.89	531.25	393.64
Larry Volk	61.54	100.00	14.29	60.71	46.15		50.00	100.00	432.69	372.25
Toby Doub	96.15		57.14	78.57	69.23	63.64			364.74	364.74
Don Pfost			28.57	85.71	84.62	81.82		60.53	341.25	341.25
Matt Sherman	46.15	79.17		50.00		90.91	66.67		332.90	332.90
Rich Hadley		91.67	33.33		53.85	54.55		86.84	320.23	320.23
Chief Reno	57.69	83.33		32.14	65.38	45.45		63.16	347.17	315.02
Stacey Diaz	76.92	41.67	47.62		38.46			94.74	299.41	299.41
Robt Santoyo	30.77		9.52	75.00	30.77		88.89		234.95	234.95
Diana Reno		25.00		10.71		27.27	44.44	78.95	186.38	186.38
Dave Diaz	23.08	33.33	19.05		23.08			73.68	172.22	172.22
Ron Dehn	100.00		100.00		96.15			36.84	333.00	
Paul Dallaguardia			42.86	96.43		100.00	61.11		300.40	
Misti Frey	62.50	95.24		76.92					234.66	
Bill Veges	42.31	75.00		28.57			77.78		223.66	

Wow—It seems like just yesterday the 2002 Predict Series was getting underway, and now there is only one race to go. Ross Barnhart is “sitting pretty”, but like Yogi Berra says, “It ain’t over ‘till it’s over.” There are several potential changes in the top 10 positions, and it’s just a matter of time. We’ve included only a portion of the results in *Footprints*. For the complete scoop—go to the SCR website. As for the *Footprints* editor, there’s still a slim chance for top 5. However, many of us are at the point of saying, “Wait ‘till next year.”



The views at Temple Canyon are spectacular. What a run! 38 runners took part.

T. Greg Merrion from Farmington, NM, and Joe Wach from Longmont, Co (to the right) were visiting the Dehn family at Thanksgiving and ran their first SCR Predict Race.



(Why Did the Chicken... Continued from page 7)

your checkbook--- and Internet Explorer is an inextricable part of eChicken.

COLONEL SANDERS  
I missed one?



Shaun Gogarty:  
Well obviously the chicken knew that the connecting trail was on the other side just a few miles down the ravine through those bushes....OK, maybe it is closer to 10 or 15 miles, but once there the chicken could then cross another mountain, access the Bartlett trail and easily add on another 30 miles or so to it's run....

George Dallam:  
Well, knowing the chicken's VQ and lactate threshold, we have worked out a method of training involving supplemental oxygen concentrations (FI02 26.5% vs. FI02 60%) in conjunction with the "live high-train low" altitude training model. Crossing the road was an integral part of this chicken's training to achieve optimum performance in preparation for it's triathlon.

Jeff Arnold: That chicken ran for me back in 1984. She ran the state meet in 18:00 flat as a Junior. Her brother also ran for me in 86, and once ran a 4:15 mile in a track meet in Lamar. I believe her mother was winner of the state title for the chickens in 1962. She was crossing the road because I marked out the course and in 1974 there was not a road there, just a dirt path used by local teams for practice and nearby is a grave maker for a pet cat named Spunky.

Diana Reno: It's my fault....I was coaching her and was giving her my usual advice, "Drop your wings and Fly!"

Pete Saccone: Missy Cluck is one of the fifth grade students in my class in ElCajon, California. It was a typical beginning of another It's Funner" to be a runner year and crossing the road" was symbolic of the changes that happen in chickens when they become physically, socially, emotionally and mentally fit through running.

Note: if you have a reply either for yourself or one of the other SCR family – send it to [dehn@uscolo.edu](mailto:dehn@uscolo.edu) and we'll print it in next month's issue.

# 2003 Pueblo Area Racing Calendar \*

(Great Stuff,  
Continued from page 3)

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Feb 9	Valentine's Twosome (c) (1.6M each partner)	5K 9:00 am	City Park, Pueblo Information - (719)947-3682
Feb 15	Frostbite Five (a)	5M 10:00 am	City Park Pavilion, Pueblo Information - (719)543-5151
Feb 23	Spring Runoff Tuneup Prediction Run (c)	10K 9:00 am	3912 Goodnight Ave., Pueblo Ken Raich - (719)564-0847
Mar 2	Spring Runoff (a)	10M/10K/5K/2M 9:00 am	Dutch Clark Stadium, Pueblo Information - (719)547-2777
Mar 23	Ben & Matt's Trail Mix Prediction Run (c)	10+M 9:00 am	Nature Center, Pueblo Ben Valdez - (719)543-5151
Apr 5	Ramsgate 8 Prediction Run (c)	8K 8:00 am	8 Ramsgate, Pueblo Lois Pfost - (719)544-9633
Apr 13	Y-Bi Classic Duathlon (a)	2.5M/11.2M 9:00 am	Pueblo West Information - (719)543-5151
Apr 26	Tarantula and Yappy Dog Prediction Run (c)	8M 8:30 am	South Mesa Elementary School (23701 Preston Road) Ross Barnhart - (719)543-6982
May 4	Cinco de Mayo (a)	10K 9:00 am	Fairgrounds, Pueblo Hilbert Navarro - (719)564-7685
May 17	Ordinary Mortals Women's Triathlon(a)	525m/12M/3M 6:45 am	Pueblo Regional Center, Pueblo West Information - (719)543-5151
May 18	Ordinary Mortals Men's Triathlon(a)	525m/12M/3M 7:00 am	Pueblo Regional Center, Pueblo West Information - (719)543-5151
May 31	Run for Rio (a)	5K 8:00 am	Rye High School, Rye Nancy Martinez - (719)859-5136
Jun 7	A Caring Pregnancy Center Run/Walk (a)	5K/2M 9:00 am	City Park, Pueblo Information - 719-561-3032
Jun 28	Little Run on the Prairie Run/Walk (a)	5K/2K 8:00 am	Lovell Park, Pueblo West Ron Dehn - (719)547-9273
Jul 5	Women's Distance Festival (c)	5K Walk/Run 8:00 am	City Park, Pueblo Marijane Martinez - (719)564-6043
Jul 12	Moonlight Madness Prediction Run (c)	5M 8:30 pm	3685 Verde Rd (take exit 87 off I25), south of Pueblo Diane Reno - (719)561-3343
Jul 19	Pioneer Run (a)	5K 7:00 am	Hollydot Gold Course, Colorado City Shaun Gogarty - (719)676-3353
Aug 2	Beulah Challenge (a)	10K/5K walk 8:00 am	Beulah School Karin - (719)485-3820
Aug 23	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Aug 30	Nirvana Prediction Run (c)	4M 7:00 pm	Colorado City Gary Franchi - (719)676-4100
Sep 20	Corporate Cup (a) (corporate teams only)	5K 8:00 am	USC Library, Pueblo Ben Valdez - (719)543-5151
Sep 21	Hot to Trot Run (a)	5K 8:00 am	HARP on Union Ave, Pueblo Jeff Arnold - (719)947-3682
Oct 11	Soaring Eagles Run/Walk (a)	5K 8:00 am	USC, Pueblo Kristie Inman - (719)489-2605
Oct 25	Harvest Poker Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West David Diaz - (719)564-9303
Nov 22	Atalanta Womens' Run (Run/Walk) (c)	5K 9:00 am	City Park, Pueblo Katherine Frank - (719)549-2236
Nov 29	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514
Dec 7	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo Information - (719)564-9303
Dec 14	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

\*Cut this out and put it on your fridge. However, keep in mind that some of this could change. Check *Footprints* or the SCR website again as the event nears.

7. How do some fast food eateries make their salads taste like styrofoam? Do they have to work at it?

8. Wouldn't it be fun if we could "turn on the wolf" during a road race like Michael J. Fox did on the basketball floor in the "Teen Wolf" movie?

9. How the heck do people fall for lottery scams? I mean, how can you just give thousands of dollars in "front money" to total strangers?

10. Has a runner ever been mugged in the Runner's World Midnight Run in New York City's Central Park?

Until next month, may Santa be especially good to you this year.

## Muscial Notes



Broken hearts and dirty windows  
Make life difficult to see

Bowl of oatmeal tried to stare me down... and won

John Prine, From *Souvenirs* and *Illegal Smile*  
from the John Prine Anthology, Rhino Records

**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.



**More Scenes from  
the  
Rock Canyon Half**

**The Final Thoughts:**

"Cross country skiing is great if you live in a small country." -Steven Wright  
"Compassion is the basis of morality." -Arnold Schopenhauer, philosopher (1788-1860)