



Editor: Ron Dehn

FOOTPRINTS

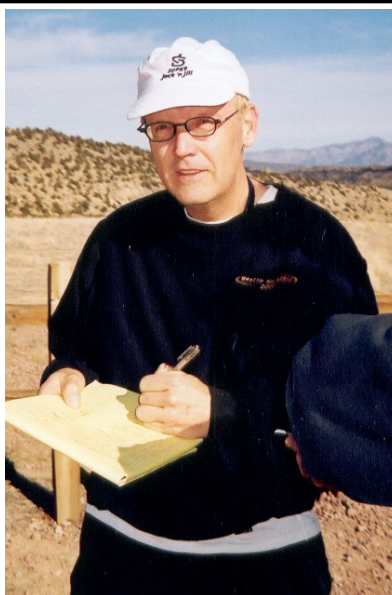
Contains Some Element of Truth



January Made Me Shiver - With Every Newsletter I'd Deliver

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Ross is #1

Ross Barnhart won the 2002 Predict Series with a score of 441 points and some change. Ben Valdez finished a mere 7.91 points behind. Nick Leyva was a close third in "Best 5" of the 9 race series. See the complete story & results on pages 10 & 11.

Footprints is #1

See the *Best in the West* Story on page 8



Mystery Photo

Does this face look familiar?
See *SCR Members in the News* on page 8.

For racing schedules, results, contact info, etc—see the SCR website: www.socorunners.org

The next SCR meeting will be held at 7 pm Tuesday, February 4 at the Pueblo YMCA. All SCR members are welcome



SCR Notes

Alphabet Soup

What's happening with RRCA, AARC, and SCR? Here's a capsulated update. RRCA stands for the Road Runners Club of America. Southern Colorado Runners (SCR) has been a member of RRCA for many years. RRCA provides clubs with insurance, conferences, assistance with runs, and a national network of running clubs and support. Individual club members have been receiving the *FootNotes* publication through RRCA. As of a few months ago, national membership in RRCA included over 700 clubs and over 200,000 runners. Clubs pay membership dues and insurance premiums to RRCA.

Over the last several months there has been some controversy surrounding the RRCA, especially its leadership and financial situation. In the fall, RRCA issued an appeal for financial help. They were requesting that clubs pay some of their 2003 membership dues early to assist with cash flow. In addition, there was word that there would be a significant increase in the cost of insurance and membership dues. According to SCR Treasurer, Dave Diaz, the financial impact on SCR is described below:

I. MEMBERSHIP DUES:

Paid in 2002: \$380.25. The 2003 bill is: \$787.50 (350 members X \$2.25)

II. GENERAL LIABILITY INSURANCE PREMIUM:

Paid in 2002: \$267.02. The 2003 premium is: \$553.00 (350 X \$1.58)

III. DIRECTORS & OFFICERS INSURANCE PREMIUM:

2002 fees: \$100.00. 2003: \$150.

TOTAL DUE: 2002: \$747.27. 2003 total is: \$1,147.88. An increase of \$400.61 or about 54%.

A portion of the increase is related to the method of counting members. SCR members often list all family members on the SCR registration form so family members can be recognized for birthdays, included at the picnic, etc during the year. Often these family members are not runners and do not participate in actual running events. RRCA wished to charge for individual members instead of households, thus increasing the amount due.

Several other running clubs experienced the same sort of increases. Because of the controversy, a splinter group (AARC) has been formed. As of early January, 36 clubs representing 24,000 members have joined AARC. This number is expected to grow.



The SCR has been a member of the Road Runners Club of America for many years.
see: www.rrca.org

Cold Outside?

Come inside and have a burger while you warm up.



At the Gold Dust
217 South Union

At least one posting to the RRCA Forum web site indicated that there is definitely an interest in merging the two clubs, if and when the difficulties get ironed out.

SCR's board recently decided to join AARC. Hopefully the issues between the organizations can be resolved fairly quickly and SCR could be back under the RRCA umbrella.

For information regarding AARC, see: <http://www.huntsvilletrackclub.org/RRCAForum/info.html>

RRCA's web site is: www.rrca.org



Southern Colorado Runners
www.socorunners.org

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. 252

"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-Dvorsky	549-2236
Vice President	Diana Reno	676-7343
Secretary	Gary Franchi	676-4100
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

Membership Chair	Ken Raich	564-0847
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, George De Mestral*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Marijane Martinez, Pat Berndt, 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.

* George De Mestral, the Swiss inventor of Velcro ("Vel" for velvet, "cro" for crochet) in 1957 after nearly one decade of research.



Great (& so-so) Stuff

By Gary Franchi



Would You Rate Pueblo Fit or Fat?

Thought for today's lunch, compliments of actress Amy Adams: "If I wasn't me and not in the position I'm in, I would probably annoy myself."

Musings on running, fitness, life, etc.:

Which of these descriptions do you think best describes Pueblo:

- Fit City
- Fat City
- Doughnut Haven
- One or more of the above
- Ask me after I've finished this Slopper

This is a concept I've been tossing around in my mind since I read the article that appears in the current issue of *Men's Fitness* magazine about the fittest and fattest cities in America.

Pertinent to our state, the article rates both Colorado Springs (No. 4) and Denver (No. 7) in the top 10 fittest cities in the country, while Houston gets the honor of being able to print bumper stickers that say "Biggest Guts in the U.S" because it is ranked as the country's Fattest City. (Hey Bradley, why don't you pick up one of those stickers for me while you're running that HP Houston Marathon this month?)

Criteria included such things as percentage of overweight people, mortality rates, climate, fruit and vegetable consumption, propensity for snarfing down junk food, number of exercise facilities, etc. I think they also should consider such factors as percentage of people who can't fit into theater seats and ratio of women who wear moo-moos while sweeping off the front porch, but they overlooked these factors.

Pueblo isn't a big enough city population-wise to be included in this report, since it was based on the largest 50 cities in the U.S. But that doesn't mean we can't rate our fair city ourselves, does it?

Now, I have my own idea of what describes Pueblo the best, based on all the NFL offensive tackle look-alikes, male and female, that I see in Wal-Mart and the grocery stores whenever I shop there. In fact, if there were an "F" choice in the multiple choice quiz at the beginning of this, it probably could be "All of the above except 'a'."

But let me keep the hounds away from the door by refraining from just throwing a comment like that on the table without substantiating it. Let me be democratic about this and rate Pueblo fittingly ... or fattingly, whichever applies -- by examining a number of scenarios.

The test

So, are you ready? OK, let's give these situations a "FIT" or "FAT" rating:

First, how does Pueblo rate in the doughnut shop category? Well, we added a LaMar's Donuts not too long ago, and any day now I expect Krispy Kreme delights to be available in government offices and public restrooms in addition to just about every busy street corner, so I'd say that rates a big FAT.

Second, do more people fight for the right to smoke in bars and restaurants or to have runner-friendly surfaces on the River Trail? Just ask those four City Council members, and ring up another FAT.

Third, if given the choice, would Puebloans rather get in a workout after a long day at the office or pick up a Whopper on the way home and suck down a cold one while watching reality shows on TV? Man, this isn't even fair. FAT 3, FIT 0.

Fourth, when you ask people at work if they like to exercise, do they nod their heads "yes" or ask if you have any Halloween candy left in your desk drawer? FAT wins again.

Fifth, in the summer, do Puebloans go to city pools to swim some laps or to lap down ice cream, schmooze and attack their picnic baskets? Guess that makes it FAT 5, FIT 0. Etc.

Well, I think you can see where this is leading. Despite all the fit people we hang around with in our running and multi-sport routines, I wouldn't exactly call Pueblo the Fit Capital of the World. Actually,

that someone had the vision for such a wonderful River Trail System makes me want to pinch myself to see if that is all a dream.

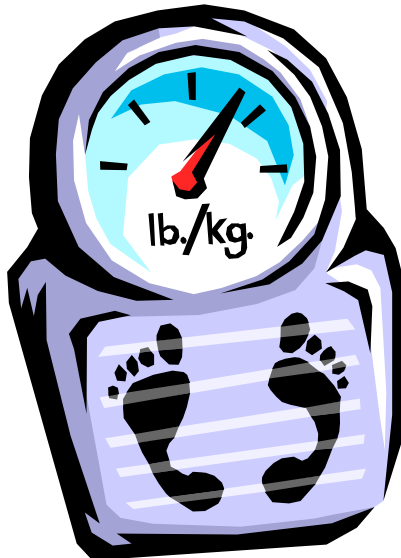
Judge for yourself. The next time you go to a restaurant, grocery store, Tinseltown, wherever -- take a look around and make your own assessment. Are the majority of populace wide bodies or in-shape folks?

I have a good idea what your answer will be. And, again, it's probably does NOT correspond to "a" in the multiple choice quiz.

Ten things I was just wondering:

- Are any runners ever excited about going for a jaunt through an area that, in any city, is referred to as "dog patch?"
- Why is it that you can never get your hands dried with just one push of a hand dryer button only to have them become dry about 2 seconds after the second time you push the button?
- Why aren't looking and feeling better and having a

(Continued on page 4)





SCR Birthdays

January

- 24 Ruth McDonald
Rochelle Garcia
Amy Robinson
- 25 Monica Diaz
- 27 Mike Messick
- 28 Chris Willumstad
- 29 Tammy Stone
- 30 Coby Gogarty
Greg Atkinson

February

- 1 Chinese New Year
- 2 Groundhog Day
Ryan Merrion
- 4 Michelle Riddock
Rosa Parks*
Charles Lindbergh*
- 11 Judy Navarro
Diana Quattlebaum
- 12 John Butler
Abraham Lincoln*
- 13 Jerry Lopez
Chuck Yeager*
- 14 Allen Weaver
Judy Tucker
Jack Benny*
Valentine's Day
- 15 Lora Ure
Paige Atkinson
Jane Seymour*
Galileo Galilei*
- 18 Pluto Discovered
in 1930
- 19 Paul McWhorter
Lee Marvin*
- 20 Bev Skroch
Sidney Poitier*
- 21 Martin Ottersberg
Erma Bombeck*
- 22 Aaron Diaz
Diana Johnson
George Washington*
- 24 Daniel Caprioglio
Eddie Murray*
- 25 Alyssa Navarro
George Harrison*
- 26 Johnny Cash*
- 27 Vicki Williams
Ralph Nader*
- 28 Sandra Messick
Linus Pauling*
- 29 Robin Dabney-
Valdez
Herman Hollerith*

*honorary SCR member



Trail Notes

by Shaun Gogarty



Sweet Dreams

Winter is a tough time to be a runner. However, winter and the New Year make a great time to be a dreaming runner. During the cold, dark winter I can sit in front of the TV on a big soft sofa and think about the great running I will be doing this year. My running feats this year are going to be truly incredible and undoubtedly I will be running leaner, further and faster than ever before – at least in my mind.

My first dream of the New Year is that I will be losing weight and finally obtain a runner's physique - tall, thin, lean and fast. No doubt this year I'll finally be able to get rid of that last 15 pounds. No doubt this year I'll finally tighten up that blob that hides my belt buckle. And surely I'll be able to do it with more running. Of course it is really cold outside right now, so eating a bowl of ice cream is the best exercise and it will help prepare me for cold weather running.

Running dream number two is in the form of distance - yes I'm thinking of very long runs, even the ones longer than a 10K. In fact I'm thinking of the Appalachian Trail!! Ok, I have run some 50's so I'm not completely nuts about how far I can run (or does that prove that I am?). I can't run the whole 1800 miles, but I understand that the best 100 miles of the whole trail is the Shenandoah National Park. There isn't a race there, but I'm

going to be in the area in April, so why not run the length of the Park? It will take some serious daily training and committed effort from now till then. Of course it is snowing right now - and it won't be in the Shenandoah Park - so I'll just do some computer research about the trail and maybe tomorrow run outside.

My final dream is for speed. Once I qualified for Boston, beating the qualifying time by a whopping

27seconds. Of course it was also the closest I'd ever come to dieing while running. Another time I came within 10 seconds of breaking the 20-minute mark in a 5K. I'm sure the rottweiler at mile 2 had something to do with that, but I did run fast. This year I'm not setting any specific race goals, but I am going to work really hard and learn what each of the following are: fartleks, tempo runs and intervals. Once I know what they are I'll be able to

actually do them later in the year when it isn't dark after work every night.

Yes, looking forward to the year ahead is exciting. I'm anticipating great things and great improvements in my running. Undoubtedly these goals will be reached as soon as the weather warms, the snows stop, and I'm "allowed" to do the great things that I'm dreaming about.



(Continued from page 3)

better quality of life enough incentive for some people to exercise regularly?

What's in a name:

4. Would you go to a physician named Dr. Illman?

5. Would you join a Weight Watchers group headed by John Waite?

6. Would you go to a dentist named Ron Payne?

7. Would you take hydration advice from a coach named Jack Daniels?

8. Would you take meal advice from a nutritionist named Irma Pounds?

9. Would you want a running partner named Hal Sleau?

10. Would you want to run up the "Peak" with

Uwana Tripp?

Until next month, remember the words of Luc Bonneux of the Erasmus Medical Center in Rotterdam: *"If you want to live a healthy life, just think about two things: Don't get fat and don't smoke."*

Pun Time

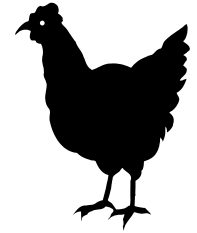
Evidence has been found that William Tell and his family were avid bowlers. However, all the league records were unfortunately destroyed in a fire. Thus we'll never know for whom the Tells bowled.

(courtesy Paul Vorndam)



Rocky on Fitness

By Rocky Khosla, M.D.



Winter Cycling

I have started doing something about twice a week that leaves me invigorated and refreshed, and thought that some of you may want to think about trying it too: riding your bike to work even in the winter!

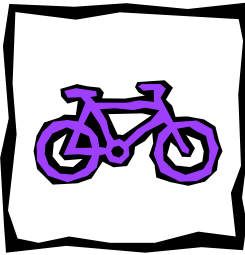
Now if you are like me, around Thanksgiving you start winding up the biking for the year, even though you really enjoy it. This past year I decided to see if I could keep riding as the winter came on, and so far it is really working out well. This is not for everyone, but that's what makes it kind of cool. If you are going to do this, you may want to consider the following:

First, be prepared for the cold and wet environment. What has worked for me is layering up with polypropylene as my inner layer, then two or three layers of acrylic micro fleece, and finally, a Gortex wind and waterproof jacket. For my feet, wearing waterproof yet breathable Stormsox with double layer blister free sox has worked well. For my hands, polypropylene liners inside waterproof gloves has kept out the cold and wet just great. For my head and face, I am wearing a heavy micro fiber Balaclava (no, this is not a Greek desert, but a covering for the head with a hole cut out for the eyes)! I top this off with my helmet and am good to go.

Second, be prepared for the dark. Initially I got a head mounted LED light called the Zipka made by Petzl. However, this by itself really didn't give me enough light, so I also ride with a rechargeable bike mounted system that has a high beam, a low beam and combo, with plenty of illumination. The head mounted light cost about \$35 and the bike system ran me about \$90, and I use them

both. I like the idea of being able to look down at my gears with the head mounted light while still being able to keep the road in front of me well lighted. I also have a taillight that can either stay on continuously or can pulse in different patterns. Also, the outer jacket I wear has reflective piping for better visibility.

Lastly, be safe. Remember that wet and cold surfaces can get slick, so keep it slow and steady.



Carry a cell phone and try to avoid as much traffic as possible. I am lucky in that my route has me exposed to the least amount of car traffic. I essentially hop on the River Trail behind City Park and then cruise by Runyan Lake and right on up to my office. I cannot describe how beautiful a ride this can be with a full moon and a light dusting of snow on the trail. Another tip I want to pass on is that I have replaced my regular tubes with solid rubber tubes in my mountain bike, and have been happy with the decision. This makes the bike ride a little harder, but it eliminates the possibility of flats, so for me that was a no brainer.

The way I figure it, if you are well prepared, you shouldn't let the dark and the cold keep you from doing what you love. Happy New Year guys and gals, and see you in the great outdoors!

Sincerely,
Rocky Khosla

P.S. If any of you guys have any other tips that you have discovered, pass 'em on to me!

The Chicken is Back

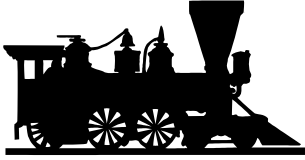
On page 7 of the December, 2002 issue, Pat Berndt provided suggestions on answers to the question, "Why Did the Chicken Cross the Road?" Readers were asked to provide answers for themselves, or for someone else. Marijane Martinez did her "Gary Franchi Impersonation" and submitted the following:

"Gary Franchi's" response:

The chicken did not cross the road. The chicken which I have named "Omelet" is perched outside my window at PCC where I feed it daily, 3 times a day.... why would it cross the road???



We think we know why Gary is feeding Omelet. -Ed



Ramblin'

by Ron Dehn



The Train in the Distance

The name of this column is Ramblin'. This column from time to time will reflect the rambling nature of my mind. (kinda scary isn't it?) Anyway – sometimes I do like to just let my mind wander where it will. It is something like free association – or stream of consciousness - where one idea triggers another and it triggers another, and you may or may not get back to the starting point... But – that's ok, because when you ramble – there aren't many rules. Kinda' like floating down the stream. You just go where the current takes you. Today is one of those days –hope you enjoy the ride...

December 30 was a beautiful day. Sun shining, temperature not quite 50 – no wind.

I'm fortunate to live in a relatively open area of Pueblo West. We still have a fair amount of wildlife around. Great horned owls, deer, coyotes, a ton of rabbits, and a slithery friend now and then. There are houses around, and paved streets, but not too many, and I'm close to miles and miles of trails. The nearest being a quarter mile from my front door. Sometimes I take that trail, but usually opt for the "Valley Trail" that is about ¾ mile away. It leads to a whole network of trails. I like it because it opens up into a valley, which just seems to invite me in. Once my foot or bike tire hits the dirt, I have accepted the invitation, and become part of the beauty and serenity. Not all days are the same, and much depends on my frame of mind and my own openness. On some days, it is like going through a curtain where the troubles and heaviness are not allowed to penetrate. The first part of the Valley Trail is downhill, which helps propel me beyond the curtain and into the valley. The Wet Mountains to the west, the Spanish Peaks to the South, Pikes Peak to the north. They appear and disappear depending on where I am on the trails. The sunlight and shadows are painted differently every time, so each run has its own unique landscape. It's like running into a painting – painted by a Master. I suppose it is. There are dry creek beds, rocky bluffs, chollas, prickly pear cactus, yuccas, twisted juniper trees, and tufts of blue gamma grass. I've heard the twisted junipers (sometimes called red cedars) can be hundreds of years old. Their trunks and branches are full of lines and twists and curves. They have so much character – like the face of an old person. They are silent witnesses to many days, years, and changes. They are survivors.

The Valley Trail leads to wherever you want to go. There are hills if I want to do hills. I often follow a shale road to the rocky bluffs. Sometimes I approach the bluffs from the west, sometimes from the east. There is a great view of the reservoir from on top. To the west of the bluffs, I can cross the railroad tracks to meet up with the River Trail. Sometimes I run along the tracks for a ways. On a long run or a bike ride, I follow the trail west to the North Marina. Sometimes I go east toward the Nature Center, but most of the time, I stay some-

where on the dirt and shale.

Winter running offers some advantages. You can go nearly any time in the day. In the summer heat, you can't go mid-day, unless you carry about 5 gallons of water. In the winter, the grasses and brush are dormant, so you can see some of the minor trails. I suppose the deer make most of these. Not being as adventurous as Shaun Gogarty, I usually stick to trails that have a reasonable amount of visibility during snake season. I'm not afraid of snakes – and sometimes think of myself as being "one with nature". But I'm still a little cautious. But (again), it's winter and I can't imagine a snake being awake on the Colorado desert / plains in winter. So this day I strayed from familiar trails and when the trail vanished, would continue to run looking for the start of a new trail.

As I ran, I thought I heard the rumble of the train to the east. There are lots of rocky bluffs in the area, and the train rumble echos for miles. There is something fascinating about trains. When I was a kid, my dad bought me a great train set for Christmas. I loved it and my brother Dave and I collected more track and trestles, cars, a train station, and switches through the years. There were cartridges to put in the engine to make it smoke, and it made a realistic chuga chuga sound. We set up tracks from one room, through the hall, to another room and back. And the neat thing that I remember is that Mom and Dad never ever gave us any static about the train ramblin' through the house. (We were supposed to pick it up and put it away when we finished.) Dad and Uncle John would join us at times. Uncle John bought a train set for my cousin P.J. (Phyllis) – but I'm not sure if she even wanted one, but obviously he did.

Anyway – back to the run. I heard the rumble and then couldn't hear it... I looked to the east and saw what looked to be just a little bit of black smoke in the distance. I thought it might be. So I ran a little closer to the ridge and the sound picked up again. I decided to wait and enjoy the blue sky, the twisted juniper trees, the fresh air, and maybe the train.

Eventually the sound grew louder and the train appeared. As it came closer, I wondered if the engineer could see me on the ridge. I watched, moved closer to the edge, stood there and waived. Then I saw his arm sticking out the window – waving back. Neither of us had a clue who the other person was – but we were out in the middle of nature on a beautiful day – and both glad to be there. Out in the middle of nature on a beautiful day – and made a connection. I watched and listened as the train passed, and soon became just a small dot in the west. It reminded me of setting up train tracks with Dave. It also reminded me of the lines in a Paul Simon song, "Everybody loves the sound of the train in the distance. Everybody thinks it's true." And today for me it was...



SECAHEC's Health & Fitness Symposium

SECA-
HEC's
annual
symposium,

For the Health of It: Health, Sports and Fitness in the New Millennium, will be held at USC on February 28 and March 1st. Keynote speakers include Randall Wilber, Senior Sports Physiologist with the US Olympic Training Center; heart rate monitoring expert, author and consultant; Beth Kirkpatrick, a nationally known speaker and health educator; and health psychologist and internationally known speaker Brian Luke Seaward. There will be a plethora of excellent speakers on a variety of topics under the headings of health, performance and fitness. Friday will feature an exhibits hall with the opportunity to see how fit you really are, along with the lectures. On Saturday, hands-on classes will be added to the lineup and attendees will be able to participate in a variety of classes, including improving stroke technique in the pool with exercise physiologist and former national teams coach for USA Triathlon, George Dallam (who is also the coach of the 2000 Olympic Trials Champion Hunter Kemper), a ropes course (weather permitting), weight training for performance and others. Runners will be interested in participating in an injury reduction/running performance class also conducted by George Dallam, utilizing the principles espoused by the USAT Coaching Certification program and Nicholas Romanov (bring your running shoes). There will be several other speakers including Lynn Prebble, a team member of the first all-woman expedition to Everest. The symposium is designed to appeal to a variety of folks: athletes, teachers, coaches, medical staff, students and anyone with an interest in health, sports or fitness. A special topic within the health track will be diabetes and obesity prevention. SECAHEC is again partnering with the Pueblo Chieftain's Spring Runoff to combine these two events, and encourages participants to take part in both the symposium and the Runoff. Information on Credits available, cost etc may be obtained by calling SECAHEC at 544-7833, toll-free 866 330-7100 or visit their website at www.secahec.org.



Brian Luke Seaward in front of Maroon Bells

We've included a short bio for our keynote speakers.

Brian Luke Seaward, Ph.D. served as medical director and sports psychologist for the Olympic biathlon team for the four years leading to the Calgary games in 1988. He has also worked with several Olympic swimmers for the Barcelona games in 1992. As a health psychologist with international renown, Dr. Seaward serves on the faculty of the University of Colorado-Boulder and is Executive Director of Inspiration Unlimited, a health promotion / consulting firm located in Boulder, Colorado. He is the author of several books including the popular best sellers, *Stand Like Mountain, Flow Like Water* and *Stressed is Desserts Spelled Backward*.

Randall Wilber, PhD, is a Senior Sport Physiologist at the U.S. Olympic Training Center in Colorado Springs. He oversees the operation of the Athlete Performance Laboratory and works closely with America's best athletes and coaches. Dr. Wilber's research includes the effects of altitude training on athletic performance, exercise-induced asthma (EIA) in elite athletes, and the use of ergogenic aids for the enhancement of athletic performance. He has authored scientific papers on these topics that have been published in *Medicine and Science in Sports and Exercise*, *European Journal of Applied Physiology*, *Sports Medicine*, *International Journal of Sport Nutrition*, and *Journal of Strength and Conditioning Research*. Dr. Wilber was recognized as a Fellow of the American College of Sports Medicine (ACSM) in 1998. In addition to serving as co-editor of *Exercise-Induced Asthma: Pathophysiology and Treatment*, he is writing another book to be published by Human Kinetics titled, *Altitude Training and Athletic Performance*.

Beth Kirkpatrick has 20 years of experience teaching health and physical education at the middle school level, Beth is dedicated to preparing children to live a healthy life. Her renowned teaching methods have earned her many awards including: the Distinguished Leadership Award - Council on School Leadership in PE, NASPE Teacher of the Year, Governor's Cup for Outstanding Secondary Physical Education Program (Iowa), and U.S West Outstanding Teacher of Iowa. In 1988



she became the first physical educator to receive the U.S. Department of Education's Christa McAuliffe Fellowship. Beth's Physical Education program has been featured in *Life Magazine*, *Newsweek*, Arnold Schwarzenegger's *Arnold Fitness for Kids*, and on NBC Nightly News With Tom Brokaw.



SCR Member In the News

The man in the photo on Page 1 is Gus Veges. This photo and an article about Gus and some of his family members was recently featured in the Pueblo Chieftain. Gus was a Hungarian immigrant who became a coal miner in the Walsenburg area. When his father was killed in a mining accident in 1916, the family moved to Pueblo where Gus went to work at CF&I. In 1919, Gus who had been a shoemaker in Hungary, opened up a shoe repair shop in Bessemer. It is still operating in 2003, and is the oldest business in Bessemer and the oldest shoe repair shop in Colorado. Gus retired in 1957 but his son and his son's son continued the business.

What does this have to do with running in Southern Colorado? Look at the photo. Our staff thinks that there is a strong family resemblance to one of SCR's members. Gus's grandson is Bill Veges Jr. Bill is a familiar face at SCR runs and newsletter stuffings. Bill began working in the shop as a kid and is the current proprietor of the 83 year-old family business. Gus passed the business to his son Bill Veges Sr., who taught Jr. the tricks of the trade.



Bill Veges Sr.

In his interview with the Pueblo Chieftain, Bill Jr. describes his dad in the following way. "My dad was the teacher - and he was a good teacher. He taught me everything: how to deal with customers, being polite, having a good work ethic. He stressed the importance of taking time to do quality work, and how if a customer needed something right away, you stopped what you were doing and got on it."

Bill Sr. must have known what he was doing. When he started at the shop in the pre-World War II days, there were nine shoe repair businesses in the area.

(continued next column)

Bill Veges Jr. carries on the family tradition at Veges Shoe Repairing in Bessemer

Footprints Best in the West



SCR's *Footprints* was selected the "Best in the West". *Footprints* was recently awarded 1st place in the 2002 RRCA Western Region Small Club Newsletter competition. The Western Region represents 11 states including California. *Footprints* now goes on to compete at the national level and awards will be presented at the national RRCA conference in April.

Footprints is truly a club effort. Instead of re-listing all those who helped produce this publication in 2002, please refer to the "Thanks from Ed" column on page 3 of the December issue. This list included names of 25+ individuals who have made direct contributions but did not include the numerous individuals who have provided suggestions, encouragement, and guidance.

Colorado had another winner in Jeff Recker from Mesa Monument Striders in Grand Junction. Jeff was honored as the top club writer in the RRCA Western Region Journalism Competition for 2002.

In 2003, only Veges Shoe Repairing remains.

Bill Sr. retired in 1992 and passed away two years ago.

Today, Bill Jr. is behind the same counter, and turns out the same high quality work that has become tradition in the shop. Got a favorite pair of boots or dress shoes that are in need of a little repair? Stop by the little brick building at 412 W. Northern Ave and see if Bill (sole man) Veges can revive them. There's 83 years of tradition and a friendly face behind the counter.

For the complete story and more photos, go to Pueblo Chieftain web site www.chieftain.com, and do a site search for veges. Specify the 2002 archive.





Gary Franchi

This column contains excerpts from Gary's monthly column in the Pueblo Chieftain. For the unabridged version - see www.socorunners.org/garycols.htm

Fit To Be Tied

by Gary Franchi

Marv Bradley is a guy who runs 26.2-mile marathons like they were 5Ks. Who thinks doing ultra-distance races is easier than running marathons. Who ran four marathons in a single month this past October.

This isn't a young gun, either, although Bradley certainly has a body that belies his 63 years of age. Although he isn't immune to occasional aches and pains, Marv seems to be indestructible when it comes to amassing miles.

The numbers tell the story. The Honolulu Marathon that Bradley completed (in a time of 4 hours and 2 minutes) on Dec. 8 was his 18th marathon of 2002 and the 70th marathon or ultramarathon of his career.

What's more, it put Marv in select company as only the 162nd runner to have finished a marathon or ultramarathon in all 50 states plus the District of Columbia, according to a national organization (50&DC Marathon Group USA) that keeps such statistics. Also noteworthy is that he's done them all in the past 10 years.

Little did Marv know what he had started when he did his first marathon in Steamboat Springs on June 7, 1992. Having done that successfully, the Pueblo River Trail and St. Louis marathons followed in the fall that year. The marathon log was relatively normal - for a dedicated distance runner - the first few years, with Bradley following up 1992 with four more in '93, three in '94, three in '95, three in '96 and four in '97.

By then, he had done Boston his first of three times, gone overseas to do the Athens Marathon and made the round trip from Manitou Springs to Pikes Peak and back.

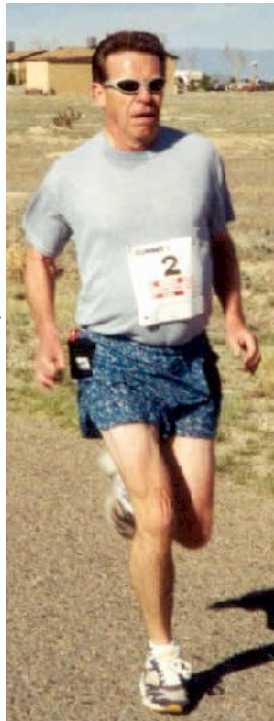
But something else had occurred during this time. Bradley finished the Rocky Mountain 100-Miler in Wyoming in May 1993, did the Colorado Trail 50K (31 miles) in Denver four months later and came back in '94 to complete the High Plains 100K (62 miles) near Denver.

Marv ran eight long races in 2000, 10 in 2001 and the incredible 18 in 2002. Bradley has already set his sights on some additional goals.

"I know I would like to do every marathon in Colorado," he said. "And the 50 Staters club has century members (those

who have run 100 marathons/ultras) and I'd like to reach that level. And I could see doing another 100-miler sometime, maybe Leadville again." Bradley helps himself stay healthy by watching his diet. He eats no red meat, instead opting for fish and some chicken along with ample amounts of fruits and vegetables. Being a distance runner, he takes in a lot of carbohydrates and some proteins but limits his fat intake.

Having done so many marathons and ultramarathons the past couple of years, Marv is always in marathon shape. Still, Bradley runs about six days and 35-40 miles weekly and does an easy run of 3 to 4 hours every couple of weeks or so to maintain his long-distance base and augment his shorter jaunts. His annual goal is to run as many miles as the calendar year; hence, he hopes to run 2,003 miles this year.



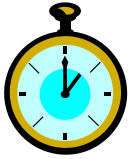
Bradley's regimen also includes working out at the Lincoln Park Fitness Center about five days a week, which includes doing strength training with weights three days and flexibility and "ab" work the other two. It is these workouts that Bradley credits with increasing what he calls his "endurability" (endurance and recovery rate).

This Jan. 19, Bradley will run the HP Houston Marathon for the first time. His globe-trotting odyssey continues.

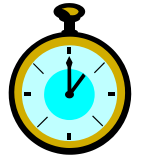
Pikes Peak Pikes Peak Registration has started for both the Pikes Peak Ascent and Pikes Peak Marathon scheduled for Aug. 16-17. You can register online at www.active.com. Information about the entire Triple Crown of Running series, including those races, is available at that web site. There again will be two waves of the Ascent.

Ride the Rockies The route for the week-long 2003 Ride the Rockies bicycle ride and the registration for it will be available starting Feb. 2 on the event's Web site at www.ridetherockies.com/.

Upcoming area races Jan. 11-Winter Series I, 10 a.m., 5K/10K, Fox Run Regional Park in Colorado Springs (719-598-2953); Jan. 25-Winter Series II, 10 a.m., 4M/8M, El Pomar Youth Sports Center in Colorado Springs (719-598-2953); Feb. 8-Winter Series III, 10 a.m., 5M/10M, Baptist Road Trailhead in Colorado Springs (719-598-2953); Feb. 9-Valentine's Twosome partners race, 1.6M each partner, 9 a.m., Pueblo City Park (947-3682); Feb. 15-Frostbite Five, 5M, 10 a.m., Pueblo City Park (543-5151); Feb. 22-Winter Series IV, 10 a.m., Black Forest (719-598-2953); Feb. 23-Spring Runoff Tuneup (Prediction Series race), 10K, 9 a.m., 3912 Goodnight Ave. (564-0847).



The 2002 Predict Series



The 2003 SCR Predict Series is history. Club members agreed to keep final results secret until the banquet. As usual, it was a close one. Ross Barnhart was one of the leaders from the beginning and put together 5 great races in the 9 race series to be crowned the 2002 champ. The best 5 scores for each individual are tallied for the final point total. A perfect score for a race is 100 points.

Ross was the leader after the first 3 races, but after a 21 point score at the Moonlight Madness, Nick Leyva moved into first. Ross then came back strong with a 100 pointer at the Tunnel Drive. Marijane Martinez was close behind. Ben Valdez had not yet made his charge, and was back a few positions. In early fall, Toby Doub was consistently among the leaders. The newsletter guy had a great average of 98.7, but had only three races under his belt. Several other club members showed potential.



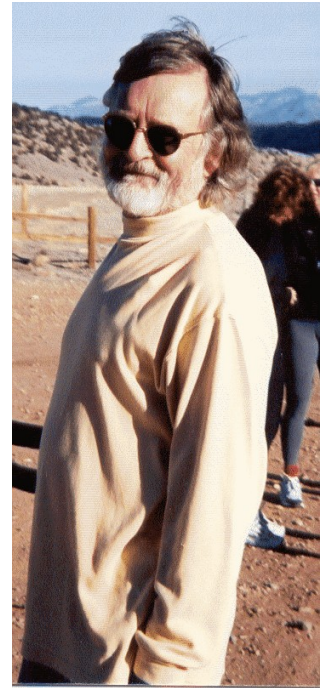
At the Harvest run – Ben began his move and jumped to 2nd place behind Nick. Marijane was a few hundredths of a point behind. Ross was at a good solid 4th but did not help his cause at the Harvest with a 22.22 performance. Matt Sherman, Larry Volk, Chief Reno, Robert Santoyo, and Paul DallaGuardia, Don Pfof, Misti Frey, Rich Hadley, Stacey Diaz, and the newsletter guy were within striking distance, but the season was winding down.

At Temple Canyon – Ross recaptured 1st place with a solid 84 point run - his 5th score over 80 points. Larry Volk's 100 boosted him, but most of the other contenders did not improve their positions. 38 runners took part on a great course.

Nick and Marijane's Excellent Adventure was a study of contrasts. The first 4.3 miles of the 8.6 mile run was brutal. The wind was intense and directly out of the west. It was cool but not cold, and I believe Rich Hadley wore a shirt the entire run. But the wind was beating up the runners. In a word – it was miserable. At the turn around – life became wonderful. The wind was directly at our backs, and pushed us home. Unfortunately for me, the first half had zapped most of my energy, but still, the return trip was like a stroll in the park. And the best part of that day – was the great food. WOW! Ross's knee was bothering him, so he decided to perform kitchen duty instead of taking the chance of making the knee worse. SMART MOVE. He avoided the wind, and sampled the food while the rest of us were struggling. Ben Valdez who had run from Pueblo West BEFORE the 8.6 mile run turned in a great race (92 points) to secure 2nd place overall. Nick and Marijane took 3rd and 4th, and the newsletter guy captured 5th place overall.

Defending Champ Ben Valdez (left) took 2nd in 2002. Don Pfof (upper right) and Matt Sherman (right) finished in the top 10.

It was a great series – with a great variety of runs. We're adding the 8+ mile Tarantula and Yappy Dog predict in 2003. And just like Arnold, "I'll be back."





2002 Predict Series

Results

Finishers with 5 races or 200+ points

Name	Runoff	Matt's	Rams	Mad	T. Drive	Nirvana	Poker	T. Can	MJ&Nick	Tot	Best 5
Ross Barnhart	88.46	87.50	80.95	21.43	100.00		22.22	84.21		484.78	441.12
Ben Valdez	34.62	95.83		53.57	88.46	72.73	83.33	52.63	92.86	574.03	433.21
Nick Leyva	92.31	66.67	71.43	100.00	80.77		72.22	50.00	21.43	554.82	416.73
Marijane Martinez	69.23	70.83	85.71	67.86	61.54	18.18	100.00	57.89	85.71	616.96	411.49
Ron Dehn	100.00		100.00		96.15			36.84	64.29	397.28	397.28
Larry Volk	61.54	100.00	14.29	60.71	46.15		50.00	100.00	57.14	489.84	379.40
Paul Dallaguardia			42.86	96.43		100.00	61.11		71.43	371.83	371.83
Toby Doub	96.15		57.14	78.57	69.23	63.64				364.74	364.74
Don Pfof			28.57	85.71	84.62	81.82		60.53	50.00	391.25	362.67
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	28.57	348.81	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
Robert 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	35.71	222.09	211.38
Dave Diaz	23.08	33.33	19.05		23.08			73.68	42.86	215.08	196.03
Misti Frey		62.50	95.24		76.92					234.66	
Bill Veges	42.31	75.00		28.57			77.78			223.66	

Other Finishers

Name	Points	Name	Points
Gerald Ure	184.00	Jane Chess	42.11
Kyle Reno	174.45	Lauri Wertzbaugher	39.47
Gary Franchi	173.02	Karen Hurley	38.10
Michelle Olson	170.65	Paul Koch	34.21
Gina Benfatti	150.00	Sandy Reinsch	33.33
Jill Montera	134.98	T. Greg Merriion	31.58
Michael Orendorff	130.54	Laura Schilf	27.78
Mark Koch	117.77	Angelo Aragon	26.92
Jim Robinson	117.75	Humberto Paredes	26.92
Cecil Townsend	103.80	Nathan Comden	25.00
Grant Schemmel	97.37	Brian Ruhm	23.81
Crystal Berndt	92.86	Jo Ann Ugolini	23.68
Carrie Slover	92.11	J. Lowe	21.05
Susan DallaGuardia	91.92	John Freytag	19.23
Heather Ruhm	90.48	Carla Braddy	18.42
Al Weaver	90.06	Dan Comden	17.86
Antonio Lopez	89.47	Anthony Diaz	16.67
Aaron Lopez	89.29	Ron Reynolds	16.67
Maria Elena Weaver	86.66	Gladie Miller	15.79
Robin Krueger	84.62	Laurie Wertzbauer	15.38
Susan Gebhart	81.58	Stan Hren	15.38
Cindy Stonesmith	76.32	Taylor Townsend	14.29
Laurice Lopez-Ceper	76.19	Regie Marquez	12.50
Kevin Slaughter	73.08	Jane Gebhardt	11.54
Tammy Stone	71.05	Doris Low	10.53
Matt Stonesmith	68.42	Lee Carstensen	8.33
Brian Ropp	64.88	Missy Rogers	7.89
Joe Dvorsky	64.29	Ashlee Withrow	7.69
Chris Oberudoyer	58.33	Jess Cosyleon	7.69
Donna Nicholas Grie	57.69	Diane Lopez	7.14
Joe Wach	55.26	Becky Lowe	5.26
Gary Weston	53.85	Frank Cepero	4.76
Katherine Frank	53.57	Diane LittleEagle	4.17
Stacie Taravella	50.00	David Fernandez	3.85
Sara Sheehan	47.37	Seth Withrow	3.85
Art Long	44.74	Desiree DallaGuardia	3.57
Richard Joy	42.31	Rooster Barnhart	2.63

Want Ads

Wanted: Helpers for the 25th Annual Spring Runoff.

Who: You

What: Several job categories are available. Aid Stations, Set Up, Course Marshals, Finish Line, and Results. Most require no experience.

When: Sunday March 2, 2003.

Where: Dutch Clark Stadium.

Why: This is the largest race in Pueblo, and we definitely want to make this a success.

Contact: Send an e-mail to dehn@uscolo.edu and I will forward your name to the appropriate volunteer coordinator. Put the words "Spring Runoff" in the subject.

Thanks!

Thank you volunteers for your help at the final Predict Race for 2003. Those people are: Race Directors: Marijane Martinez and Nick Leyva Finish Line: Matt Sherman Results: Ken Raich Aid Station: Tiffany Reno and Sarah Koch Kitchen Crew: Ross Barnhart, Lois Pfof, Deb Hadley, Joe Dvorsky



A Little Bit of Everything under the Sun (aka Filler)

Quoteworthy (from Gary Franchi):

"When I was a little girl, I was so angry, I was the meanest kid in the country. Running gets rid of my anger. When I run, I think of all the great things in life." -- Essie Garrett, ultra-marathoner who has run 25,000 miles for charity

Statsworthy (also from Gary):

Twin Cities Marathon stuff:

* The pre-registration entry fee for this year's Twin Cities Marathon held Oct. 5 was \$65. The entry fee for the Chicago Marathon held Oct. 13 was \$80. The Boston Marathon entry fee is \$75, while New York's is \$70.

* The top 5 occupations of Twin Cities Marathon participants were education (11.1%), student (11%), finance (10%), health (9.1%) and sales (9%).

* Of the Twin Cities Marathon field, 50% had an annual income larger than \$70,000.

* Of the Twin Cities Marathon field, 60% were married.

* The average age of Twin Cities Marathon runners was 37. The youngest was 13 and the oldest 79.

-- extracted from the Twin Cities Marathon web site.

Correction

It was pointed out that last month's reference to NPR Radio was redundant redundant.

Soft Drinks in L.A. Schools

The Los Angeles school board which governs the second largest school district in the country recently voted to ban the selling of soft drinks in schools beginning in 2004. The board noted that it is concerned about the epidemic of childhood obesity that exists in our country. There is already a law banning soda sales in elementary schools. The recent school board vote encompasses all schools in the district.

According to a recent study, nearly half the students studied in the district schools are overweight. These kids are at greater risk for asthma, type II diabetes, cardiovascular disease.

One issue is that profits from sales of soda help fund many of the school's activities from music programs to athletic events. One High School's 3 year contract with Coca Cola is worth \$50,000 up front plus a percentage in the sales. (\$25,000 per year in classic coke alone) The district is asking Coke to help provide healthy choices to the students. Some schools will continue to sell bottled water, fruit juices, and sport drinks which are light on sugar.

The actions taken by the school board has prompted questions about the food served in the school cafeterias.

There are 677 schools in the L.A. school district.

Join Now and Avoid the Rush

If you are reading this newsletter and are not yet an SCR member --we have a deal for you. Join us. You will receive the newsletter on a monthly basis, be eligible for discounts for several races, have the opportunity to attend the annual banquet and picnic, and be a part of this fine group of people. Annual Membership fees are only \$15 for individual and \$20 for family. The application form and tons of other good stuff is at the website: www.socorunners.org.

To Ponder

"If you are afraid of being lonely, don't try to be right."
-Jules Renard, writer (1864-1910)

To know the road ahead, ask those coming back. -Chinese Proverb

"Do not praise yourself, not slander others. There are still many days to go and anything could happen." -Kabir

Foot in Mouth Disease

Have you ever said something, and later looked back and realized how stupid your statement was? And, as a result, you feel like the town idiot. Well -- believe it or not, you are not the only one. In fact -- you will have to get in line because we've dug up some gems. Here are a few choice statements made by people who should have known better.

"This 'telephone' has too many shortcomings to be seriously considered as a means of communication. The device is inherently of no value to us." - Western Union Internal Memo, 1876

"I think there is a world market for maybe five computers." - Thomas Watson, Chairman of IBM 1943

"There is no reason anyone would want a computer in their home." - Ken Olson, President, Chairman, Founder of Digital Equipment Corp 1977

"We don't like their sound, and guitar music is on the way out." - Decca Recording Co. Rejecting the Beatles, 1962.

We invite you to share some stupid statements that you have said, or that you know others have said. CAUTIONS: 1. Please do NOT send in statements made by your spouse that you think are stupid. This just could be a little subjective -- and probably not a good idea. And... 2. We try to be apolitical so if you send in a stupid statement made by a Republican -- you must balance that with a stupid statement made by a Democrat. There should be no shortage of either.

2003 Pueblo Area Racing Calendar *

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 14	Nirvana Prediction Run (c)	4M 7:00 pm	Colorado City Gary Franchi - (719)676-4100
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
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.

Other Area Runs

Bolder Boulder

10K
May 26
1st wave 7am
www.bolderboulder.com



Garden of the Gods

10 Mile
Sun, June 08, 2003 7am
Colorado Springs
1st leg of Triple Crown
www.pikespeakmarathon.org

Sailin' Shoes

5K / 10K
Saturday, June 21 7am
Colorado Springs
<http://www.pprun.org/pikespeakroadrunners>
web site

Summer Roundup Trail Run

12 K
Sunday, July 7, 7am
Colorado Springs
2nd leg of Triple Crown
www.pikespeakmarathon.org

Pikes Peak Ascent

Saturday, August 16
3rd leg of Triple Crown



Pikes Peak Marathon

Sunday, August 17
3rd leg of Triple Crown
www.pikespeakmarathon.org

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

**Non-Profit
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Permit # 41**



***If you move,
Let us know!***

Issues of "Footprints"
are not forwarded.

Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming Races

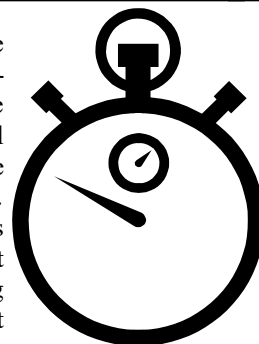
The Valentine's Twosome is scheduled for February 9th at City Park. It is a relay in which each Onesome runs approximately 1.6 miles. There are prizes for the largest, ugliest, most creative, and most romantic batons. I can't say for sure about 2003, but at the 2002 event, prize winners were treated to chocolate. Hmmmmm.



The Frostbite Five will be held on February 15th. It is a 5 miler and sometimes lives up to its name. Bring gloves, a stocking hat, and whatever else sounds warm. Race Director Ben Valdez is looking for volunteers to take care of the finish line and results. Start earning those volunteer points early!

The 2003 SCR Predict Series kicks off with the Spring Runoff Tune-up at 9am on February 23rd. The race is also a Pot Luck.

Think about it. You run the first race in the 2003 Predict Series. You "tune-up" for the Spring Runoff. (Or in the event that you are working the actual Runoff – you can pretend that you are running the Spring Runoff.) AND... you get to participate in one of SCR's famous Pot Luck Breakfasts. Meet at the City Park Swimming Pool Parking lot for the run, and at 3912 Goodnight for the pot luck.



The Final Thoughts:

"Borrow money from pessimists-they don't expect it back."
Steven Wright

"To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not, rich; to listen to stars and birds, babes and sages, with open heart; to study hard; to think quietly, act frankly, talk gently, await occasions, hurry never; in a word, to let the spiritual, unbidden and unconscious, grow up through the common - this is my symphony."
-William Henry Channing, clergyman, reformer (1810-1884)