



Editor: Ron Dehn

# FOOTPRINTS



Contains Some Element of Truth

## Direct from Cupid to You

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Ross Barnhart (left) accepts the award for 1st Place in the 2002 Predict Series from Ken Raich at the annual SCR banquet. Ken is SCR's Membership Chair, Webmaster, and Super Volunteer. Ken was co-winner of SCR's 2002 Outstanding Club Member. See page 2 for more.

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, March 4 at the Pueblo YMCA. All SCR members are welcome

### NOTICE:

Please look at your address label on this month's newsletter. If in the upper right-hand corner you see: "Exp Dec 31, 2002"...your membership has expired and you will no longer receive this newsletter. If you find yourself in this category, you can get your membership up-to-date by filling out a 2003 Membership Form and returning it within the next two weeks. If you have already returned your 2003 membership form and the label indicates that your membership has expired, please call Membership Chair Ken Raich at 564-0847 so we can make sure you don't miss the next issue of your favorite newsletter.



**SCR Notes**



Diana Reno (far left) gives clues to Dick Greet, Pat Berndt, and Joe Dvorsky (far right) as their team showed their superior skills at "SCR Cranium" during the annual banquet. Other club members look on.

**More on the Banquet**

The annual SCR Banquet was held at the Gold Dust on Sunday, September 19<sup>th</sup>. More than 60 members joined in conversation, great food, entertainment, the annual raffle, awards, and announcement of new officers.

A ton of thanks goes to all those who helped put the banquet together. First, Ruth and Shelly – we hope you know how much we value your many, many contributions. Having the banquet at the Gold Dust was great – and thanks for dessert too. Our compliments to Noodles who supplied the great food, and to Stacey Diaz who made arrangements after about 50 phone calls and 40 e-mails. Stacey arranged for both vegetarian and meat options.

Katherine Frank-Dvorsky put together the evening's agenda. Katherine, Marijane Martinez, and Misti Frey were in charge of entertainment. Four teams were picked at random to play "SCR Cranium". We know that Diana Reno's, Joe Dvorsky's, Dick Greet's, and Pat Berndt's craniums are crowded with facts and information. They easily outdistanced the other 3 teams and each won lunch at the Gold Dust. A few members on other teams showed "flashes of brilliance", but were no match for the "Crowded Cranium Club". My team was a great group, but we had geraniums in our craniums and were the first team eliminated.

Laura Schilf did a great job throughout the year of keeping track of the  
*(Continued on page 8)*



SCR is now associated with AARC, American Association of Running Clubs. See: [www.huntsvilletrackclub.org/AARC/AARC.htm](http://www.huntsvilletrackclub.org/AARC/AARC.htm)

**The Air is Clean**

**At the Gold Dust 217 South Union**



**Southern Colorado Runners**  
[www.socorunners.org](http://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. 253**

"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, Emily Litella*	
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.

\* Emily Litella - a star character during the early days of Saturday Night Live played by the late Gilda Radner. Emily was famous for getting things confused, going on a rant, then saying, "Never mind".



## Great (& so-so) Stuff

By Gary Franchi



### The answer is blowing in the wind

Thought for today's lunch, compliments of actress Oscar Wilde: "I love talking about nothing. It's the only thing I know anything about."

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

Gee, and here I thought Colorado City gets strong winds.

Well, actually, it does. In fact, I'd never seen such hurricane-like gales until I moved out to the Greenhorn Valley nine years ago. If I recall, I started to wonder about this area right off the bat when our project funds were constantly being eaten alive by replacement shingles. Of course, my recollection may be tainted somewhat considering my youth-challenged state.

But let's get serious here – I really don't have to run in Colorado City when it's windy. At least not outside. I mean, God made treadmills for a reason.

Unfortunately, I couldn't run the Las Vegas International Half-Marathon earlier this month on a treadmill. Not that I would have wanted to, but it sure would have beat the 30-to 45-mph headwinds we faced most of the first 10 miles.

It was blowing so hard that runners were trying to draft off each other. Hair was flying. (I observed this happening to others.) Sand was sticking to chap-sticked lips. Running hats had to be tightened for fear that they'd blow to Mexico.

In essence, it wasn't fun. Actually, the dozen or so of us from Pueblo and surrounding cities had it relatively easy compared to those brave souls who signed up for the marathon. They started a half-hour later than the halfers, and the winds accelerated as the morning progressed.

Still, five gluttons for punishment from this area completed the distance. They were Ben Valdez (3:40), Robin Krueger (4:04), Laurie Wertzbaugher from Cañon City (4:57), Laurie McGowan (5:23) and Gerald Puls (6:52). In a couple of years, they'll be telling the story of how they ran the 2003 Las Vegas Marathon in 50 mph winds. Ten years from now, the wind speeds will be 80 mph.

Crazy, ain't it? We do most of our long training runs on these beautiful, sunny, calm weekend mornings, when everything's easy and the world is wonderful, and we never imagine the challenges we will face when we go into real battle.

Well, some can imagine. They were the ones who opted to skip the race. For them, the biggest challenge was whether to stay in bed or hit the casinos.

Or to run on their hotel's treadmill.

Here it is in mid-February and the Pikes Peak Ascent and Marathon are already filling up fast, proving once again that a fool either easily forgets the pain of past woes during this trek or refuses to believe the tales of others. Well, we're runners aren't we?

To register, access the Triple Crown web site at [www.pikespeakmarathon.org/](http://www.pikespeakmarathon.org/). The other Triple Crown legs – the Garden of the Gods 10-Mile Run in June and Summer Roundup Trail 12K in July – have no restrictions on numbers.

The route for this year's Ride the Rockies bicycle tour, a week-long legs and lungs challenge that each year traverses several mountain passes, will be from Cortez to Copper Mountain and will cover 404 miles. Registration will continue through Feb. 21, and the fee is \$225. The 2,000 cyclists will be determined by lottery, and you can register at [www.ridetherockies.com/](http://www.ridetherockies.com/).

Eerily plagued by lousy weather for much of its history, the Y-Bi Classic duathlon might attempt to exorcise its demons and get a new home when it is held on April 13. There has been some talk about moving the bike-run-bike event to the Pueblo Industrial Park from its long-time location in Pueblo West, but at this point it's just talk. Stay tuned.

#### Ten things I was just wondering:

1. Wouldn't "strongening" exercises be a more descriptive word than "strengthening" exercises?
2. Wouldn't you like to get all those "expert" Super Bowl prognosticators on TV together to explain how stupid they were to pick the Raiders?
3. Are the smart runners the ones with the best excuses?
4. Don't you wish grocery stores had magnifying glasses at the end of the aisles so you could read the labels?
5. Don't you hate it when magazines don't print the page numbers on every page?
6. How many staples are wasted each year in the stapler re-loading process?
7. How come they haven't come up with a "Idiot's History of the Future" book?
8. Has anyone ever put down false ID information on a raffle ticket stub?
9. Remember when people used to make grocery lists instead of deciding what to get via cell phone chats once they get there?
10. How come there isn't a cable TV pirating company?

Until next month, just think: Vegas may have been windy, but just wait until springtime in the Rockies.







## SCR Birthdays

### February

- 25 Alyssa Navarro  
27 Vicki Williams  
28 Sandra Messick  
29 Robin Dabney-Valdez

### March

- 2 Kristen Inman  
Andrew Jobe  
Priscilla Portillos  
Dr. Seuss\*  
3 Larry Rogers  
Jackie  
Joyner-Kersee\*  
4 Mardi Gras  
5 Brianna Diaz  
Andy Gibb\*  
6 Sarah Clapp  
Rob Reiner\*  
7 Debra Haverfield  
8 Nancy Martinez  
Kenneth Raich  
Micky Dolenz\*  
10 Michael  
Crockenberg  
Chuck Norris\*  
Telephone invented  
1876  
12 Paul Barela  
Paul Koch  
James Taylor\*  
13 Craig Lopez  
14 Albert Einstein\*  
15 Chester Haddan III  
Andrew Jackson\*  
18 Jonathan Huie  
Laura Clark  
Vanessa Williams\*  
19 Wendy Lowery  
20 First Day of Spring  
23 Nicholas Martinez  
John Freyta  
Wernher Von Braun\*  
24 Bob Gassen  
Olivia Sherman  
Harry Houdini\*  
25 Laura Schilf  
Nick Ross  
26 Teresa Caprioglio  
Susan Gebhart  
Marvin Bradley  
29 Sandra Collie  
Dean Volk  
31 Dinah Navarette  
Caesar Chavez\*

\*honorary SCR member



# Ramblin'

by Ron Dehn



## Valentines Stories & More

One cannot think about February without conjuring up images of Cupid, Hearts, and Valentine's Day. Even SCR has a Valentines Twosome run. Walk into any supermarket or discount store and you will be inundated with boxes of chocolates, heart balloons, Valentine's cards, and other red or pink paraphernalia.

Warning – now my mind is going to *Ramble*. This month's column contains a couple stories from the past, and some thoughts about love. These have no direct relationship to running but are part of that Spirit Mind Body triad. (I warned you that you will find thoughts on nearly anything in this column.) First – a couple stories.

*Clark Kent Comes Through.* Back when my son Jeremy was a little guy in grade school, about 8pm on February 13<sup>th</sup>, he suddenly remembered that he needed Valentine cards for school the next day. This was several years ago and most stores closed at 9pm. We lived on the south side and immediately he and I jumped into the truck and headed for K-Mart, Wal-Mart, King Soopers, and the south side Safeway looking for a package of cards to exchange with his classmates. We were quite surprised – by this time at night – not only were the shelves picked over – they were picked clean. The hour was getting late, and Jeremy's cherub face was beginning to get pretty long and tears were not far off. We headed down Northern to catch the freeway and hoped somewhere on the north side there was a cellophane packet of Valentines cards tucked away on somebody's shelf, but time was running out. While going down Northern, I realized that Bollinger's was only a few blocks away. I hadn't been there in years, but last I remembered – they had just about everything packed into that store, and I thought just maybe... Sure enough – they had cards – they were probably left over from some previous year. We gladly would have paid triple the price. The day was saved! This was one of those moments that a father dreams of. A little face looking up at me as if I was wearing a blue suit, red cape, and had an "S" on my chest.

*Women are From Venus and Who Knows Where Men are From.* Sometimes we males try to prove we are truly from another planet. Several years ago, I thought about being romantic and sending flowers to Chris at work. I even went to the

flower shop a several days early to avoid the last minute stampede. Well... here's the part where the male mind truly took a vacation. I'm not sure where it went – but it definitely traveled to a place never seen by a female mind. While I was at the flower shop – I had a "great" idea. What about balloons? Everybody will send roses, what if I send a balloon bouquet? Well it would have probably been ok if I had sent the balloons and stopped "thinking". But – my mind was just beginning its journey. Just by "luck" (all luck is not necessarily good), I happened to spot a red mylar chili pepper balloon on the wall – and it was HUGE. It sported the words "Hot Stuff" in great big yellow letters, and with a few red and white helium balloons around it – my mind thought this would be a unique and perfect way to say "I love you" to my wife. Well – I was right about one thing. Chris was the only one at work to receive a chili pepper bouquet. My wife works in surgery at Parkview hospital, and when a "flower" delivery is made – probably 50 or 60 people get to see it. My wife's co-workers did not help my cause. The females were stunned, (jaws dropped and speechless – you know the look) and the guys made fun, and made fun, and made fun - all day long. Well – I did get a few points for "intent".

Now some ramblin' about love.

This is not the romantic or mushy kind of love – but something more philosophical. I once read a book in which the author stated that there are only two basic emotions: Love and Fear. Everything else follows from these two root emotions. In college, I had a year of psychology, and that was a long long time ago in a faraway galaxy. The point is, that I don't know how close to Jungian or Freudian theory this is, but the "Love Fear Model" has been extremely useful to me. Often in life when little things happen – we tend to get our feelings hurt and then we start to "thinking" about how this person or that person shouldn't have said what they said or how I'm now going to respond this way or that. Then we go another step down the ladder and think about how we were insulted, and you get the picture. By responding in this way, we set off a chain reaction of mental dominos that keep knocking the next one over until we are in what is often called a "tizzy". The ripples of a relatively minor act (and maybe an accidental act)

(Continued on page 7)



# Rocky on Fitness

By Rocky Khosla, M.D.



## Plantar Fasciitis

I thought that I would write about plantar fasciitis which is one of the most common conditions in runners, and ways to possibly prevent it from developing.

Plantar fasciitis is a condition where pain develops gradually over the heel and seems to be centered over where the tight band called the plantar fascia inserts onto the heel bone called the calcaneus. About 10% of runners will develop this condition, and about 2 million Americans have this treated every year.

The symptoms of plantar fasciitis include pain as mentioned above, and the worst pain is usually either with the first few steps in the morning or when one goes to walk after having been sitting for a while.

So what causes this condition to develop? Most experts in the field feel that there are microtears that develop in this band of tissue, and then there may be inflammation and degeneration that occurs. The most common cause of this developing is probably due to training errors: trying to do too much too soon. Also, people who have either a flat foot or who have a high arch are at increased risk of developing this condition.

What can you do to prevent getting this condition? I would strongly encourage runners to make sure that the running shoes are comfortable and don't have more than 450-500 miles on them, I would set a reasonable training schedule (meaning gradually increasing mileage, hills or speed work), and would stretch the Achilles regularly before and after running. The last factor seems very important as 70% of patients who

develop plantar fasciitis are felt to have tight heel cords.

What about heel spurs? I don't think that getting X-rays looking for heel spurs is the right thing to do in most cases, because in one study of 1000 patients 13.2% were found to have heel spurs yet only 5.2% had any symptoms.

Next time, I will discuss the various treatment options for patients with plantar fasciitis. Till then, happy trails!

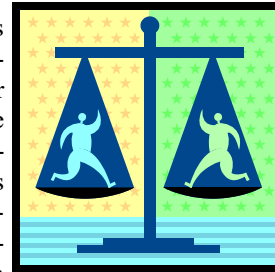
Sincerely,

Rocky Khosla, M.D.

## SCR Clinic is being formulated

Joe Alvarez, Personal Trainer, and Chad Clark, Physical Therapist have offered to put on a clinic for SCR members. Some potential topics are: Injury prevention, Nutrition, Flexibility, etc. The tentative date is April 9th at 7 pm. Bring Workout Clothing.

Check next month's *Footprints* for confirmation of date, time, & for more information. Joe and Chad will be presenting at SECAHEC's Health and Fitness Symposium at USC on February 28th and March



## The Mercury Track Club Needs U



The Mercury Track Club was established in 1990 and is a sanctioned member of U.S.A. Track and Field (USAT&F). Last year, over 300 Colorado youngsters (aged 8 to 18) including Mercury Track Club members participated in the Mercury Invitational at Dutch Clark Stadium. This year's Invitational will be held on May 24<sup>th</sup>. The Club is seeking volunteers for the all day event. Experience is a plus but not necessary. Some of the jobs include: Starters, Referees, Head Field Judge, Clerk of Course, Head Finish Judge, Head Timer, Runners, Lap Counters, Timers, PC People, Announcer Helpers, Hurdle Crew, Awards, and officials in the Field Events. If you can help, please contact Josh Martinez at 360-1503. Donations to the Mercury Track Club are also appreciated. THANKS!

### Trail Notes Note

Shaun Gogarty's *Trail Notes* will return next month. (after he does something "nutty")







# The Valentine's Twosome

by Jeff Arnold



I love the Valentine's Twosome. While many participants undoubtedly run hard, there's at least as much fun as competition. Nineteen couples, all remarkably cheerful, ran the 2003 edition in temperatures not much above 15 degrees. Each partner ran a loop of City Park on roads that were icy and snow-packed in places. And every couple won some kind of award.

Larry Volk who did not have a partner as of Friday evening wisely selected Jill Montera. Jill, remarkably fresh from her 3:39 marathon in Houston, was the third runner to the exchange zone after the first leg. Larry brought the baton across first in 21:01. South High teammates Liz Wallin and Shawn Borton were second in 21:44.

My favorite story from the race involves the baton used by Kathy and Jim Hruby of Rye. The baton was a small basket woven in the shape of a cradle containing a small stuffed bear which Kathy got at a baby shower about 15 years ago. The baby, now a six-foot tall freshman named Stephen, partnered with Craver eighth grader Samantha Davenport to win the 30 and under (combined ages) division.



Above: Jill & Larry relax after taking top honors in the run.



Left: Cheryl & Marv were awarded most "Romantic" baton.



Jan, Ron, and the most creative baton

Jan Dudley came up with a clever serving tray and champagne flute carried by a hidden handle. The tray was selected as the most creative baton. She and partner Ron Dehn also won the 100 and over division. Marv Bradley, who also ran the Houston marathon, and Cheryl Cook-McCoy had multiple strings of small hearts attached to a stick. That baton was judged most romantic. A four-foot tall rod wrapped with ribbons, carried by Connie & Jay Goodman easily won the award for the biggest baton. Kristi Gifford & Dave Elliot's baton wasn't really ugly but it was the plainest is a field of flowers and hearts so it was chosen for the ugliest award.

This low key race provides a small but reliable source of funds to the SCR youth fund and we should add another \$150 or so after this one. See you next year.



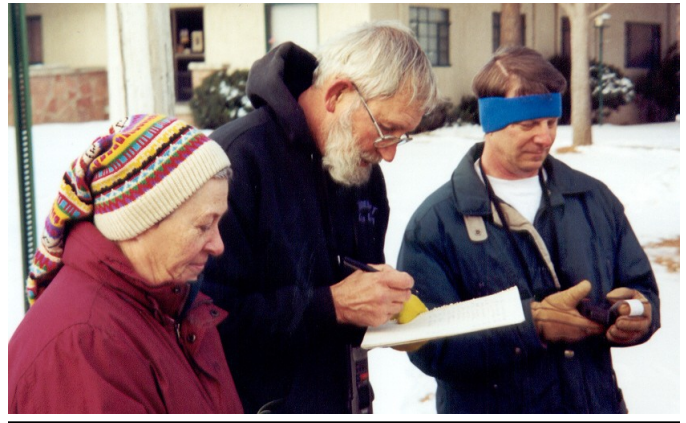
Below: Dave & Kristi won chocolate for the "Ugliest" baton.



## The Valentine's Twosome Continued



Left: Jay and Connie Goodman carried the largest baton.



Right: Lois Pfost, Jeff Arnold, and Ken Raich work the re-sults.

Below: Darcy Mount (left) and Keith Flowerdew cross the finish line.

### Valentine's Twosome Results

1 Jill Montera & Larry Volk	75	21:01
2 Elizabeth Wallin & Shawn Borton	36	21:44
3 Katherine Frank-Dvorsky & Joe Dvorsky	62	22:22
4 Ashlee Withrow & Seth Withrow	34	22:34
5 Samantha Davenport & Stephen Hruby	28	22:57
6 Stacey Diaz & Dave Diaz	96	23:19
7 Kathy Hruby & Jim Hruby	79	23:40
8 Tiffany Reno & Nathan Comden	34	23:44
9 Sarah Koch & Mark Koch	58	24:01
10 Diana Reno & Chief Reno	81	24:57
11 Susan & Paul DallaGuardia	88	25:35
12 Connie Goodman & Jay Goodman	77	26:09
13 Kimly Wilson & Jeff Savak	50	26:26
14 Kristi Gifford & Dave Elliot	51	27:23
15 Jan Dudley & Ron Dehn	102	27:57
16 Jacqueline Wau & Steven Wau	70	28:32
17 Cheryl Cook-McCoy & Marv Bradley	121	29:26
18 Sheryl Flowerdew & Keith Flowerdew	95	41:59
19 Darcy Mount & Ed Aguirre	89	43:10



*(Continued from page 4)*

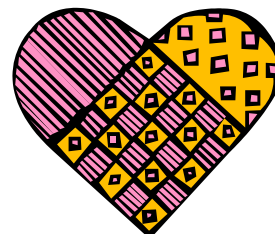
turn into tidal waves in our heads, and we essentially make mountains out of molehills. Some of the time – repeat – some of the time, during these situations, I try to ask myself if I am responding out of Love or Fear. Asking the question is all I have to do to realize that I am unnecessarily allowing something small to become something large, and the cycle has ended. Whew! (Again, it is important to note that sometimes I certainly do not follow my own advice)

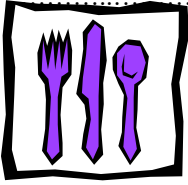
This model also helps me have more understanding when someone else starts down that path. If I'm paying attention, I realize that the person is responding out of fear, and that a chain reaction has begun. Often by not adding fuel to the fire, the chain can be broken or at least slowed down. So – the model helps both ways.

Now – the disclaimer. There are certainly times in life when Fear is the proper response. These are typically few and far between. There may also be times even when Love is the answer, but we must still take actions to keep ourselves healthy in body, mind, and spirit. In short – “love of self” and protection of self can sometimes be the proper course. (emphasis on “can sometimes”) In other words, protecting ourselves from a real threat is proper. Protecting ourselves from some threat that we conjure up by overreacting is unnecessary.

However, I've found the above disclaimer necessary to have for those extreme circumstances, but not invoked very often. In typical, everyday life – the “Love / Fear” model (when applied) seems to work pretty well for me. See what you think.

Happy Valentines Day!





## SCR Banquet Continued

*(Continued from page 2)*

2002 volunteer points. There were an incredible 112 volunteers for the year. That is what keeps SCR the top notch organization that it is. Twenty of these were awarded Cool Max SCR long sleeved running shirts for earning 50 or more volunteer points.

There were door prize drawings including a ticket to the 2 day SECAHEC Health and Fitness Symposium. Lois Pfof was the happy winner of that prize. Other prizes were free entries to several 2003 races and a 2003 SCR membership.

Ken Raich created some novel and fun awards for the predict series. The top 12 "Predictors" were awarded a Snow Globe containing their photo and the SCR logo along with their finish place. Award winners from 1 to 12 were: Ross Barnhart, Ben Valdez, Nick Leyva, Marijane Martinez, Ron Dehn, Larry Volk, Paul DallaGuardia, Toby Doub, Don Pfof, Matt Sherman, Rich Hadley, and Chief Reno.



Katherine Frank-Dvorsky and Misti Frey were two of the nominees for SCR Female Runner of the Year. Katherine is on the phone with Jill Montera in Houston who was the winner of this year's honor.

Nick Leyva acted as MC while the traditional club awards were presented. Jill Montera had a pretty good day. Earlier she had run a 3:39 at the Houston Marathon, which qualified her for the Boston. Jill was on the phone from Houston during the awards presentation and was named SCR female runner of the year. Chief Reno was given the honor of SCR male runner of the year. The youth female runner award went to Tiffany Reno and Aaron Lopez won the male counterpart. The Dirty Sock award for many contributions behind the scenes went to Don and Lois Pfof. Another club duo, Deb and Rich Hadley were given the Packard Friendship Award. Ken Raich and Ron Dehn were honored as the 2002 Outstanding Club Members. Thanks goes to Diana Reno for mak-



Paul Dalla Guardia, Larry Volk, and Chief Reno were three of the nominees for SCR Male Runner of the Year.

ing arrangements for awards.

At one point in the evening, the entire audience erupted in applause when it was announced that the Gold Dust Saloon would remain smoke free, even after the ordinance banning smoking in public places was suspended. Thanks Ruth and Shelly!

The club paid tribute to Marv Bradley who recently completed his quest to run a marathon in all 50 states plus Washington D.C. It was fitting that Marv was not present, because he was in Houston for the marathon.

SCR's 2003 officers were announced. They are: Katherine Frank-Dvorsky, President; Diana Reno, Vice-President; Dave Diaz, Treasurer, and Gary Franchi, Secretary. Thanks goes to Janelle Rodriguez for filling the secretarial shoes during 2002 and THANKS TO ALL FOR A GREAT TIME.

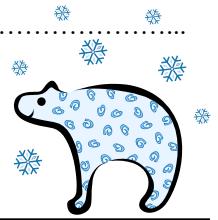


Sarah Koch and Tiffany Reno are two of SCR's youth runners nominated for awards.





# The Frostbite Five



It was borderline frosty, and the temperature was in the friendly thirties with no wind, as 86 runners crossed the finish line at the annual YMCA Frostbite Five. Lots of runners were in tights and Rich Hadley even kept his shirt on the whole race. (sleeveless of course). The event drew several visitors to Pueblo including runners from Colorado Springs, Coal-dale, Salida, Wiley, Lamar, Las Animas, and Boulder; as well as several from nearby neighbors Rye, Colorado City, Canon City, Pueblo West, and Florence. Kudos to Ben Valdez and his crew including: Lois Pfof, Ken Raich, Jeff Arnold, Don Learned, Gwen Monroe, Josh Martinez, Dave Diaz, Terry Cathcart, Kathy Stommel, Peggy Summers, Sue Eddy, Carl Burgess, Nicole Means, Joe Dvorsky, Ron Dehn and the Boys & Girls Club for another 1<sup>st</sup> class production! Paul Koch was first to cross the finish line with a 29:30 and Connilee Walter was the first lady to finish with a 32:55. Great day for a run!



Robert Santoyo, 13th overall finisher edges Roy Hughes by a second at the finish line.

## Results

1 Koch, Paul L	29:30	M 34
2 Minter, David	29:54	M 42
3 Hadley, Rich	30:40	M 47
4 Koch, Mark	31:08	M 43
5 Hund, Todd	31:23	M 23
6 Volk, Lawrence	32:29	M 39
7 Walter, Connilee	32:55	F 29
8 Till, Calley	33:20	F 31
9 Sherman, Matt	33:30	M 30
10 Comden, Nathan	33:44	M 17
11 Dvorsky, Katherine Frank	34:54	F 31
12 Bradley, Marvin L	35:00	M 63
13 Santoyo, Robert	35:55	M 40
14 Hughes, Roy	35:56	M 50
15 Stommel, Joe	36:08	M 53
16 Veges Jr., Bill	36:25	M 45
17 Thompson, Dean	36:31	M 30
18 Rivera, Carlos	36:37	M 29
19 Mares, Eugene	36:44	M 40
20 Reno, Chief	36:52	M 41
21 Till, Mike	37:21	M 31
22 Hough, Rick D	37:28	M 38
23 Leyva, Nick	37:31	M 49
24 Dennis, Patrick	37:47	M 42
25 Mares, Bill	37:53	M 37
26 Lyndell, Carol	37:59	F 55
27 Williams, Vicki L	38:15	F 33
28 Meier, Kerry	38:20	M 37
29 Hren, Stanley E	38:32	M 61
30 Lyons, Rob	39:08	M 36
31 Van Buskirk, Brad	39:14	M 41
32 Dallaguardia, Paul	39:28	M 44
33 Hale, Kelly	39:36	F 35
34 Franchi, Gary	39:43	M 54
35 Berends, Russell	40:18	M 19
36 Hund, Hank	40:25	M 61
37 Alvarado, Jennifer	40:26	F 31
38 Martinez, Marijane	40:34	F 50
39 Dehn, Ron	40:34	M 54
40 Cordova, Patrick	41:15	M 35
41 Freyta, John	41:19	M 35
42 Kinzy, Carol A	41:38	F 55
43 Weinhold, Joel	42:15	M 45
44 Sanchez, Michael	42:31	M 42
45 Crockenberg, David	42:49	M 55
46 Davenport, Troy	43:01	M 37
47 Hughes, Marcia	43:42	F 44
48 Reid, Michael	43:45	M 34
49 Duran, Tomas L	43:51	M 57
50 Rose, Phil	44:08	M 65
51 Semmens, Christina	44:13	F 34
52 Law, David	44:35	M 32
53 Archuleta, Mike	44:52	M 42
54 Borton, Francine	44:54	F 56
55 Rudolf, Mary	45:00	F 47
56 Quintana, Jessie	45:06	F 59

57 Riggs, Daniel	45:07	M 39
58 Caudill, Tim	45:09	M 42
59 Shiflett, Laura	45:23	F 39
60 Comden, Dan	45:36	M 49
61 Martinez, Richard	45:40	M 50
62 Martinez, Jennifer	45:40	F 20
63 Thompson, Amber	45:55	F 27
64 Cosyleon, Bonifacio	46:07	M 53
65 Willumstad, Paul	46:19	M 53
66 Van Buskirk, William	46:19	M 67
67 Willumstad, Tom	46:26	M 17
68 Garrison, Wendy	46:48	F 36
69 Mutz, Jaclyn	46:59	F 23
70 Greet, Richard	47:02	M 64
71 Benfatti, Gina	47:26	F 41
72 Pfof, Don R	47:35	M 62
73 Moore, Mickey	49:17	M 56
74 Voetberg, Gary	49:18	M 44
75 Goldston, Terje	49:35	F 43
76 Davis, Jerry	50:38	M 43
77 Massie, Peggy	51:30	F 45
78 Davis, Maria	51:41	F 40
79 Nicholas-Griesel, Donna	53:00	F 56
80 Sanchez, Cathryn	53:45	F 41
81 Smith, Elizabeth	54:33	F 19
82 Cook-McCoy, Cheryl	55:21	F 58
83 Wright, Denise	56:32	F 19
84 Warsh, Sarah	56:32	F 20
85 Tousky, Jackie	56:44	F 37
86 Stiehl, John A	1:08:54	M 54

Calley Till of Pueblo West was the 2nd Female Finisher with a 33:20





For the Health of It!

## Symposium

## SCR Members In the News



### For the Health of It: Health, Sports and Fitness in the New Millennium provided by Pat Berndt, SECAHEC

This year's symposium will have three classes running concurrently for most of the day. In addition, we also have hands-on (applied) classes. Participation in applied classes is limited. Sign-up sheets will be available at registration and participation will be first come, first serve. Please bring appropriate clothing for applied classes: swimsuit and towel for kayaking and crawl stroke development, shorts/tank top/sports bra or swimming suit for massage, workout or comfortable clothing for weight training/ropes/climbing, running shoes/clothes for Pose method running. Exhibits Available during breaks and lunch on Day 1.

#### Friday Feb 28, 2003

##### Topics:

Solutions for Healthy Lifestyles using Technology, Using Periodization Concepts in Training, Sleep, Fitness and Performance, Lactate Threshold Training, Evaluation and management of overweight and Obese Individuals, Exercise-Induced Asthma, Cooperative Activities That Meet the Needs of Youth, Mission Possible: Colorado's Healthy People 2010, & Stand like Mountain, Flow like Water: Achieving Balance for Peak Performance.

**Hands-on Classes, Day 1:** Kayaking Orientation & Indoor Climbing Orientation

#### Saturday, March 1, 2003

##### Topics

The Female Athlete Triad, Heart-rate Monitoring for Performance, Does the Shoe really Make a Difference?, Designing Communities for Optimum Fitness, Diabetes, Is Good Control Possible-An Awakening Talk, ACL Tears in Women-A Common Problem, The Ultra Shuffle, Bienstar: A school-based Diabetes Prevention Program, Functional Training for Optimal Fitness and Training, Swiss Ball Training, Life Intervention Strategies: Developing and Achieving Goals, Reflections on World Class Competition and Training Techniques, Resilience: Essential to High Performance in Life, & Lactate Threshold Testing for Performance Improvement in Cycling

##### Hands-on Classes, Day 2

Wt training for Performance, Sports Massage, Ropes Course Orientation, Kayaking Orientation, Pose Running Method, Crawl stroke Development, & Kayaking Orientation.

See our web-site [www.secahec.org](http://www.secahec.org) for complete class description and Instructor biographies

Larry Volk's photo was on the front page of a recent Pueblo Chieftain. Larry provided input to the Pueblo City Council regarding the Non Smoking Ordinance. He is a member of the Clean Indoor Air Pueblo committee. See: [smoke-freepueblo.org](http://smoke-freepueblo.org) for more info.

Jill Montera is definitely in the news. Jill recently qualified for the Boston and on the same day was named SCR's Female Runner of the Year. Then the Pueblo West View ran a great story and photo in the February 6<sup>th</sup> issue.

Maddy Tormoen qualified for the Olympic Trials at the Houston Marathon. This is Maddy's third Olympic Trial qualification. Maddy is also a speaker at the SECAHEC Health and Fitness Symposium. And she will be the celebrity runner at the Spring Runoff 1 Mile Kids Fun Run. We'll follow up on Maddy's Olympic activities in future issues of *Footprints*.

Jeff Arnold wrote a nice piece on the history of the Spring Runoff that was recently published in the Pueblo Chieftain. Got a question on the history of running? Ask Jeff!

Note: Information on the SCR members mentioned above was gleaned from articles that I just happened to see. If you or a fellow SCR member is "in the news", please send the appropriate information to me at: [dehn@uscolo.edu](mailto:dehn@uscolo.edu). We will print what you send, and give you credit for being the "reporter".

## One More Frostbite Foto



Left to Right: Gina Benfatti, Marijane Martinez, and Mary Rudolf are training buddies. And it must be working - all three are sporting medals after the Frostbite Five.



# 2003 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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 Pfof - (719)544-9633
Apr 13	Y-Bi Classic Duathlon (a)	2.5M/11.2M 9:00 am	Pueblo West Information - (719)543-5151
Apr 19	Rape Crisis Awareness Run / Walk	5K 8:00 am???	Mineral Palace Park Mike Archuleta (719)584-4917
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	RFTR / Cinco de Mayo (a)	10K 8:00 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 24	Custer Run in the Valley (a) Run / Walk	6.25K	Westcliffe Rob O'Callaghan
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.

The First Run in the 2003 SCR Predict Series is the Spring Runoff Tune-up on Feb 23rd. It's also a pot luck!

## New Run on April 19th.

The exact name is not yet determined, but it has to do with awareness of sexual assault. It is a 5K Walk / Run and is sponsored by several agencies including the Rape Crisis Center. Mike Archuleta and others are putting this event together and more information including start time will be in the March issue of Footprints. April is Sexual Assault Awareness Month.

## The Run For The Rose/

**Cinco de Mayo** start time is now 8am. If you have an old calendar on your fridge - replace it.

## A parade, a massage, a 6.25 K run, and a 1 mile fun run/walk.

This and more will be on tap at the Custer 2020 Run in the Valley on May 24th. It is a 6.25K on half dirt and half pavement. More info in future issues of *Footprints*.

## Wow - Some great things happened at the Houston Marathon in

January. Jill Montera qualified for the Boston with a 3:39, Maddy Tormoen qualified for the Olympic Trials with a 2:45, Marv Bradley with a 3:34, added one more marathon to his own version of the *Never Ending Story*, and Cheryl McCoy of Salida finished her 2nd marathon in a couple months with a 5:36.

## The X-Challenge

is Coming. News at 11.

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

**Non-Profit  
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U.S. Postage  
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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.



Some of the local runners who were in Las Vegas for the half and full marathon are Joe and Kathy Stommel, Ben Valdez, Chief Reno, Robin Krueger, Nick Leyva, Marijane Martinez, Misti Frey, Gary Franchi, Stella Heffron, and Jesse Stommel.

**The 2003 Spring Runoff**  
The 25th rendition of the Pueblo Chieftain's Spring Runoff will be held at Dutch Clark Stadium on **Sunday, March 2nd**. The Toddler Race starts at 8:45 on the Stadium Field. The 2 mile Walk, the 5K Run, 10K Run, and 10 Mile Run all start at 9:00 am. The "Funner to Be a Runner" One-Mile Youth Race takes place at 10:45 on the track.  
**Race Day registration from 7 to 8:15 am.** (register early & save the trouble)  
This is Pueblo's biggest race. If you are not a volunteer - be a participant. The long sleeved shirts are great, and there are tons of medals. Entry forms are available at the Gold Dust Saloon, the Pueblo YMCA, the Pueblo Chieftain, & [www.active.com](http://www.active.com) See [www.chieftain.com/springrunoff](http://www.chieftain.com/springrunoff) for more information.

**The Final (Valentine) Thoughts:**  
Love is never lost. If not reciprocated, it will flow back and soften and purify the heart. -Washington Irving, writer  
Love does not consist in gazing at each other, but in looking outward together in the same direction. - Antoine de Saint-Exupery, writer, philosopher, pilot