



Editor: Ron Dehn

FOOTPRINTS



Special Spring Runoff Edition

The Answer My Friend, & the March Issue are Blowin' in the Wind

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Richard Ayala crossed the Spring Runoff finish line for the 25th time on March 2nd. The 68 year old has run every race since the inception. Richard placed 1st in his division of the 5K, beating his closest competitor by 4 1/2 minutes.

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, April 1 at the Pueblo YMCA. All SCR members are welcome

Twelve year old Lauren Dorsey-Spitz edges Rebecca Moss by 2 seconds for 1st female overall in the 5K.



SCR Notes

Footprints wins National Award

SCR's *Footprints* is now officially the best in the West, North, South, and East. In December, we got word that *Footprints* received 1st place in the Western Region competition. A few weeks ago, we were notified that *Footprints* was picked to be the top RRCA small club newsletter in the nation for 2002. This is nothing new to SCR. Under Editor Gary Franchi, the publication was awarded 4 regional awards, and 2 national awards. Gary established a winning style and we simply do our best to carry on the tradition.

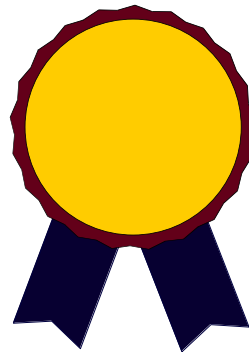
It is quite important to note that many, many people contribute to the success of our newsletter. We have the "regular" crew who provide monthly articles, information, advice, and guidance. This list includes Gary Franchi, Shaun Gogarty, Rocky Khosla, Ken Raich, Chris Dehn, and Melissa Babcock. In addition, several SCR members have submitted articles and photos throughout the year. This list includes Jeff Arnold, Marijane Martinez, Ross Barnhart, Katherine Frank, Paul Vorndam, Pat Berndt, Michelle Olson, George Dallam, Don Pfost, Hilbert Navarro, Stacey Diaz, Dave Anderson, and my apologies to those others who I forgot. Sam & Tressa (at PaperWork) are a tremendous help in the printing process. Thanks also to the "Stuffing Crew". This group of dedicated SCR members meets each month to stuff inserts, put on labels, and get the publication ready to mail. Many SCR members take part in this activity, and nobody keeps an official list of "stuffers". Some of the stuffing crew includes: Ken (who also provides labels), Nick, Marijane, Dave, Stacey, Ben, Bill, Ross, Gary, Katherine, Pat, Cindy, and numerous others. We also extend appreciation to Don and Deb at the Post Office for helping us sort through postal regulations and for helping this publication get to your mailbox. This newsletter takes lots of work from lots of people. Congrats to ALL – We did it!

Other SCR Notes

Membership: Right now we our membership stands at 131 members, with renewals still coming in for 2003.

SCR Clinic: The free clinic is being offered by Personal Trainer Joe Alvarez, and Chad Clark a Physical Therapist. Both Joe and Chad were presenters in the recent SECAHEC Health and Fitness Symposium. The clinic will take place at the PCC College Center at 900 W. Orman Ave from 7 – 9pm on April 9th. Wear comfortable workout clothes.

BYOWB (Bring Your Own Water Bottle) to Ben & Matt's Trail Mix on March 23rd. It is a 10.5 mile predict run.



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. 254

"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
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Secretary	Gary Franchi	676-4100
Treasurer	Dave Diaz	564-9303

Non-Elected Officers

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Paul Vorndam Marijane Martinez
Jennie Jorgensen Hannah Smyth Laura Schilf

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.

* John Archibald Wheeler Scientist, Philosopher, Teacher, Cosmologist and coiner of the term: Black Hole



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

It Will Bring You Luck

To visit the Gold Dust 217 South Union





Great (& so-so) Stuff

By Gary Franchi



The Syrup Is Starting To Get Thick

Thought for today's lunch, compliments of Red Green: "Whatever hits the fan will not be evenly distributed."

Some things never change.

Musings on running, fitness, life, etc.:

Gads, I must be getting old 'cause I'm starting to have these awful, syrupy thoughts about running being the magic elixir of life like I always lament reading in the running magazines. Does that mean I'm getting as boring as the rest of those thimble minds? I mean more boring than I used to be.

Well, it sure seems like it. Ah, but I guess there's a reason. Since slipping past 50 four years ago, I've been dealing with injuries more than I've been healthy. Getting in the training has been more of a test of perseverance and will than logical reasoning. I'm personally keeping the shoe insole companies and metatarsal pad manufacturers in business. Muscle pain ointments are a staple in my gym bag. I'm beginning to realize that the clunky, heavy running shoes that I shunned in the past actually are kinder to my feet than those lighter-weight models I used to seek.

It's getting crazy. During my runs, I never seem to reach that fatigue point where I have thoughts about wishing it were over and instead am enjoying each step of the journeys, even when maxed out. Those solitary jaunts in beautiful, quiet Colorado City have truly become nirvana, and even workouts on the treadmill are much anticipated.

That monster half-marathon last month in Las Vegas, with those hellacious winds in our faces for the first 10 miles, hardly bothered me because I was so happy just to be out there. In the recent Frostbite Five, the strained calf muscle suffered going down Reservoir Road two miles into the race hardly threw a dent into my quest, only seriously affecting me when I tried climbing back up to City Park during the last leg to the finish line.

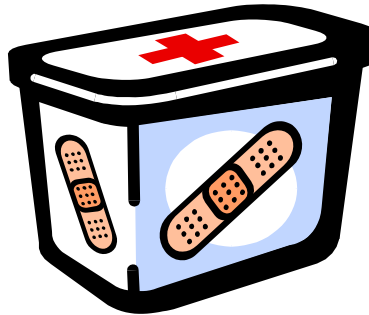
But it has gotten ridiculous. In that same Las Vegas Half, a battery snafu on my arm radio caused the preset stations, which I had programmed the previous day, to get wiped out, and three minutes before the race I was scrambling to find 5 stations to program in for the race. Being 13 miles out in the hinterlands, all I could find was a rap station, a soft rock station, a modern hip-hop station and a talk show. That was it -- 4 stations, none with the hard rock that is my running staple.

So that's what I programmed in and then listened to for 13.1 miles. Just imagine listening to a talk show on weight loss while you're running a half-marathon. And, yeah, I hate to admit it but I even listened to a little rap. It still sucks, too. But to show how warped I've gotten, instead of cursing my luck, I just laughed at the ridiculousness of the moment, tried to make sense of the bombastic lyrics and sauntered on.

But don't worry. The biting sarcasm is still there, flowing in waterfall-like torrents, and it remains another great service that I offer the world.

Chatter from the winding road:

If you ever want to see a thing of beauty, check out **Maddy Tormoen's** training log, which she has meticulously kept for years and years. Maddy, by the way, ran a 2:49 at the Austin Motorola Marathon last month ... The current issue of *Runner's World* says 7% of marathoners polled recently have run 11 or more marathons ... **Khalid Khannouchi** averaged 4:47 a mile during his 2:05:38 world-record marathon ... The number of **marathon finishers** increased from 347,000 in 1995 to 451,000 last year ... The number of **USA Triathlon members** grew from 21,000 in 2000 to 40,000 in 2002 ... In a study, 13% of the 2,311 competitors polled **got sick** in the weeks after running the Los Angeles Marathon ... The **Ordinary Mortals Triathlon** brochure is out and it refers to the 3-mile run as having "very fun hills." Oh, I didn't realize that ... The field for the OM, by the way, filled by May 1 last year. Not that I'm hinting or anything ... Stan Hren is thinking about adding a triathlon to his **Dam Race** in the summer, with the 10K run being one day and the triathlon the next.



Ten things I was just wondering:

1. Why did Bobby Hatfield and Bill Medley name themselves The Righteous Brothers?
2. Why do runners complain about the weather so much when treadmills have multiplied like loaves and fishes?
3. When a study claims that "research indicates that something may be beneficial" to whatever, why don't they also say that it may NOT be beneficial?
4. Why are soups always referred to as being "hearty"?
5. Why doesn't a negative times a negative equal negative squared?
6. Do we really need opening acts at concerts?
7. Do we really need personalized, so-called "signature shoes" in which you choose the color, midsole density and outsole style as Nike and Adidas are now offering?
8. M. Might this be a better world if there were less energy bars to choose from?
9. Might this be a better world if there were less shoe models to choose from?
10. Might this be a better world if there were less running newsletter columns?

Until next month, enjoy the runner's high; just don't get syrupy about it.



SCR Birthdays

March

- 18 Laura Clark
Jonathan Huie
- 22 Stephen Hruby
- 24 Bob Gassen
- 25 Laura Schilf
- 26 Teresa Caprioglio
Marvin Bradley
Susan Gebhart
- 29 Dean Volk

April

- 2 Jessica Gogarty
Kathy Hruby
Dana Carvey*
Buddy Ebsen*
- 3 Sarah Koch
Jane Goodall*
- 4 Eueña Arellano
Muddy Waters*
- 5 Sarah Gogarty
Colin Powell*
- 7 Gerald Puls
Jackie Chan*
- 8 Kathleen Rogers
Sonja Henie*
- 9 Jesse Weaver
Dennis Quaid*
- 11 Brad Van Buskirk
Steven Seagal*
- 13 Joe Farra Jr
Thomas Jefferson*
- 15 Traci Dworshak
Leonardo da Vinci*
- 17 Robert Santoyo
Harry Reasoner*
- 19 Ted Puls
Al Unser Jr.*
- 24 Robert Kelher
Barbara Streisand*
- 25 Mark Rickman
Renee Zellweger*
Meadowlark Lemon*
- 27 Jenna Dorsey-Spitz
Casey Kasem*

*honorary SCR member



Trail Notes

by Shaun Gogarty



Cross Training & Related Attire

When I failed to write a Trail Notes for last month's publication (many of you cheered) I told Ron that I would go out and do something crazy so I'd have a topic for this month. Fortunately I've done some crazy things. Unfortunately none of them had anything to do with running because I think I have a stress fracture. This is of course my self-diagnosis and cause and affect have not been worked out (i.e. did I run so much I developed a stress fracture or did I diagnose a stress fracture to explain why I've been running so little). In any case my ankle hurts and I haven't been able to run much.

There usually isn't a bright side to being injured as a runner. However being an optimist at heart (what other kind of person thinks running all day is good) I've tried to find some upsides to the downside of my injury. Basically I've come up with two: cross training and cross-dressing. Trying to avoid the pain with running I've looked for other exercises that didn't hurt my ankle - cross training. Of course cross-training requires different clothing thus - cross-dressing (what else were you thinking?).

First I headed for the swimming pool. Not surprisingly I kept hitting my head on the bottom of the pool. Apparently my 2 inch circumference, runners biceps were no match for my 24 inch circumference (ok a little exaggeration) runners thighs. The back of my body was powering forward with my good thighs, while the front of my body sunk quickly as I struggled to stroke with my two little tooth picks. The end result looked something like a whale going up and down for air. As for the swimming attire I have to say that a Speedo is definitely a cross-dressing experience.

The next thing I tried that spared my an-

kle but allowed me to exercise was an elliptical machine at the YMCA: no pounding, but a running like movement. Unfortunately, by the time I figured out how to use all the buttons, adjust the "incline", control the "RPM's" and not make a complete spectacle of my self - my time was up. In fact as I tried to look smooth and cool some young girl let me know it was over for the old man. Of course the upside was that cross-dressing for this activity required little change from my running attire. However for future reference I did notice that everyone else using the elliptical trainer appeared to be wearing jog bras.

Finally, with the weather sort of changing I pulled out the bicycle for my final cross training activity. The ankle felt fine with a few pedals so I figured a little 30-mile jaunt home after work (Pueblo to Colorado City) would be a perfect work out. Somehow I failed to remember spring in Colorado is synonymous with wind. As I neared the edge of town the buildings no longer shielded me. I should have noticed the shingles flying overhead, but I was just happy to exercise. As I hit Burnt Mill Road and the cross wind became a gale force headwind my 30 mile ride looked like it would take me about a week to 10 days. I struggled forward trying to maintain enough speed to keep from tipping over. At mile 20 my wife dutifully rescued me from further punishment. And as for the clothing - tight shorts and bright flowered, stretch shirts is about as cross dressed as a guy can get without people asking some very personal questions.

I do hope it isn't really a stress fracture, but even if it is at least I'll be able to continue to cross train and cross dress to maintain my girlish figure.

The Pikes Peak Road Runners Winter Series

by Marijane Martinez

A number of Pueblo runners recently competed in the Pikes Peak Road Runners Winter Series in Colorado Springs. It was a series of 4 races and consisted of both a short and long series.

The following participated in the Short Series. Their place in their respective divisions follows their name. Chief Reno - 4th, Nick Leyva - 2nd, Jill Montera - 1st (3rd Female Overall), Deb Hadley - 2nd, MoJo (Marijane Martinez) - 1st.

Several SCR runners ran the Long Series including: Matt Sherman - 5th (1st Clydesdale division), Mark Koch - 3rd, Rich Hadley - 1st, Sam McClure - 4th, Dave Diaz - 4th, Katherine Frank-Dvorsky—1st. Eight out of eleven who did the entire series medalled. Other SCR members who ran but didn't complete all four races were Ben Valdez, Joe Dvorsky, and Sandy Reinsch.



Rocky on Fitness

By Rocky Khosla, M.D.



Plantar Fasciitis Part II

This is part 2 of the column I started on plantar fasciitis last month. Last month we discussed the anatomy and typical symptoms of plantar fasciitis. Now, let's take a look at the treatments available if you have this condition.

The traditional approach has been to prescribe anti-inflammatories, do stretching exercises along with icing, and to use heel pads, and this approach seems to work for most cases that aren't chronic. The rationale for using anti-inflammatory medications is that these agents provide pain relief, and may cut down inflammation at the site of the attachment of the plantar fascia to the heel. The heel pads seem to help because they decrease the distance that the heel has to travel to the floor when walking.

Orthotics may have a place in the treatment of plantar fasciitis. These devices can help to correct arch problems, which are common in patients with this condition. One study found that the off the shelf orthotics were just as effective as custom made orthotics, but the former were a lot cheaper.

Night splinting seems to help because it allows the plantar fascia to stretch while you sleep, whereas without the splint, the fascia tends to contract all night. You can buy these splints through the catalogs or get them at the medical supply stores. A small study with 32 patients did find that the addition of night splinting to the above approach statistically showed greater improvement.

Another approach is to use corticosteroids, either by injecting this into the foot or by using electrical current to drive these molecules into the tissue

(ionophoresis). I would throw in a big caution against the injection because this can cause some complications: the steroid can weaken the fascia and increase the risk of rupture of the fascia, the steroid can cause atrophy (thinning out) of the fat pad which can lead to worsening heel pain, it can lead to infection, etc. So, as you can gather, I am not wild about the steroid approach. In several studies that have looked at injection and ionophoresis for plantar fasciitis, there appeared to be improvement over placebo for both in the first month, but this advantage disappeared by 3 months.

An approach that has been touted as a leading edge technology is lithotripsy for plantar fasciitis. The idea is to use sound waves to impart energy to the fascia, but, unfortunately, this approach has really not panned out.

For patients who have chronic plantar fasciitis that has not responded to splinting, heel pads, orthotics, anti-inflammatories, icing and stretching, surgery is often the last resort. The surgical approach has a 90% success rate, but requires quite a bit of time off from the usual activities.

Till next time, enjoy the beautiful springtime in the Rockies, and use a sensible, gradual training schedule to avoid developing overuse syndromes such as plantar fasciitis.

Sincerely,

Rocky Khosla, M.D.

Potpourri

The world record for the 1 mile run for 80 year old men is 6 minutes 40 seconds. Source: NPR

Warning label on a Halloween Batman costume: "Caution: Cape does not enable user to fly."

Albert Einstein said:

If people are good only because they fear punishment, and hope for reward, then we are a sorry lot indeed.

Great spirits have always encountered violent opposition from mediocre minds.

The hardest thing in the world to understand is the income tax.

The Pike's Peak Ascent is nearly full. If you are thinking about registering, it may be too late.

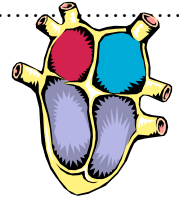
The name of the food SPAM was coined as a combination of SP from spice and AM from ham.





Ramblin'

by Ron Dehn



The SECAHEC Health & Fitness Symposium

On February 28 and March 1, the second annual SECAHEC Health, Sports and Fitness Symposium was held at the University of Southern Colorado. Beth Kirkpatrick and Brian Luke Seaward were keynote speakers. Ms. Kirkpatrick is an educator and is considered the pioneer of heart rate monitor use in education. Dr. Seaward is a noted sports and health psychologist and author of several books including best sellers, *Stand Like a Mountain, Flow Like Water* and *Stressed is Desserts Spelled Backward*. Four tracks (Health, Performance, Fitness, and Applied Classes) were provided for most of the conference. In addition, thirteen exhibitors shared literature, products and ideas. SCR members George Dallam, Gary Franchi, and Pat Berndt were on the Conference Planning Committee, and SCR was well represented by speakers Rocky Khosla, George Dallam, and Maddy Tormoen.



Beth Kirkpatrick was an extremely gifted and passionate presenter whose goal is to revolutionize health and fitness education in the public schools. She pointed out that traditional physical educational models create situations where many students are humiliated. Her goal is “physical education without humiliation”. In the traditional environment, differences in abilities are not considered and the few measurements that are taken have little to do with progress

that a student is making. Most students do not like physical education classes, parents do not support the classes, and consequently many P.E. programs are being dropped or reduced. Children spend less time exercising, and more time watching TV and playing video games. Obesity and juvenile diabetes are on the rise. Unless something changes, for the first time in the history of America, those born in our country today will have a shorter life expectancy than their parents. Nine out of ten persons who are inactive during their teenage years will remain inactive all their lives. Ms. Kirkpatrick emphasized prevention and lifestyle education. We must get away from the “jock culture” and focus on fitness.

Technology is used in all other disciplines, but the only technology used by traditional physical education teachers is the stopwatch. 161 Division I athletes died in the last 10 years. When students exercise in the traditional environment, students perform as a group with no regard to individual thresholds, recovery periods, etc. Technology – specifically the use of heart rate monitors and collection and analysis of individual data can help bring safety and effectiveness into the conditioning process. Ms. Kirkpatrick recommended 20-30 minutes daily (or at least every other day) in our target heart range. A

simple way to calculate your target heart rate is $175 - \text{AGE}$, then plus or minus 15. For a 45 year old, your range would be 115 to 145.

Brian Luke Seaward’s presentation was entitled “Stand Like a Mountain, Flow Like Water”. When strong and rugged mountains combine with soft and fluid water – we have wholeness. Dr. Seaward presented a wellness paradigm which includes Spiritual, Mental, Emotional, and Physical well being. He also stated that the whole is always greater than the sum of its parts. This concept of wholeness is known and aspired to by many cultures, but typically is not sought after by Americans.

Dr. Seaward spoke about good and bad stress. He said that from bad stress flowed two primary emotions: anger (fight) and fear (flight). These are good and healthy emotions and their purpose is to allow us to survive. However, they are designed to last only for moments – long enough to get us out of danger. When stress lasts for weeks or months, it can have some devastating effects. He claimed that 85% of disease is related to stress.

Dr. Seaward introduced the concept of “Muscles of the Soul”. These muscles include: Optimism, Humor, Curiosity, Patience, Faith, Compassion, Will Power, Creativity, Confidence, Humbleness, Courage, Intuition, and Love. These “muscles” are like physical muscles. If not used – they will not go away, but they will atrophy.

Dr. Seaward said that arrogance is a form of anger and can often affect performance.

He offered some quotes to consider.

“Be humble, for you are made of earth. Be noble, for you are made of stars.” -Serbian Proverb

“Faith is not belief without proof, but trust without reservation”. –Nelson Mandela



Cody Hill gave a presentation entitled, “Does the Shoe Make a Difference?”

Cody said that 92% of women and 87% of men have varying degrees of pronation or inward rotation of the foot. Supination is outward rotation from the midline of your body. He described the portions of a running shoe. The upper shoe provides the majority of support

(Continued on page 15)



Speaking from Experience

by Paul Vorndam



Altitude and Running*

* No, not Attitude & Running – for that, see Shaun’s columns. Also, this article contains terms that seem almost medical – so refer any questions to Rocky!

You’ve undoubtedly heard a horror story from a sub-20 5K’er that decided to do the Pike’s Peak Ascent race and took an hour and a half to do the last 3 miles. That’s 30 minutes/mile! You could *crawl* that fast (well, what do you think *they* were doing?). Most people born on earth that attempt mountain races have a similar humbling experience at some point. We can only speculate about what solar system those that don’t (Matt Carpenter, Paul Koch, etc.) come from. But it’s not just a “lack of air” – there’s a little more to it than that.

We live at the bottom of an ocean of air. This ocean presses down on us, but if we ascend, the pressure decreases. Air is about 21% oxygen, whether at sea level or on top of Mt. Everest. However, the pressure of oxygen is less on mountain tops. For instance, at the top of Pike’s Peak the pressure of oxygen is only about 3/5’s of that at sea level – that’s a 40% decrease! Muscles use oxygen to burn food and provide energy. Our bodies provide oxygen to muscle cells through what is called an oxygen cascade. The oxygen in the air we breathe into our lungs diffuses across a tissue barrier (from small sacs in the lungs called alveoli) into the pulmonary artery where it is picked up by hemoglobin in red blood cells. The oxygenated-red blood cells travel through arteries to very small blood vessels called capillaries. From the capillaries, the oxygen diffuses across another tissue barrier into the muscle cells. As the oxygen cascades from the lungs to the muscle cells its pressure drops from what it was in the lungs to a very small value in the tissues. Any decrease in pressure in the lungs lowers the small pressure in the tissues even more. Less pressure means less oxygen for the muscles to produce energy for us to traverse those last 3 agonizing miles on the Peak.

We know climbers have attained the summit of Mt. Everest without breathing supplemental oxygen. So the body must be capable of acclimatizing to the drop in oxygen pressure as we ascend. How does this happen and what lessons are there for the would-be Pike’s Peak runner? There are a number of physiological changes that can occur in response to hypoxia (reduced oxygen pressure). Some are short term (days to weeks) and some are longer term (months to years). Sherpas and other peoples that are born and live at altitude have adaptations that distinguish them from “lowlanders”. If you moved into a stone hut in Tibet for a few years, you’d probably be less bothered by the altitude on the Peak (you’d probably be less bothered by a lot of things, but that’s another matter). Some elite runners that do well on Pike’s Peak spend a couple of weeks at Barr Camp immediately prior to the race and use the time to train higher on the mountain. If that was all one needed to become a Peak “elite”, then Barr Camp would probably have town homes, SUV parking and a Wild Oats

Market!

The body’s response to hypoxia depends to some extent on whether the exposure is sudden (aircraft decompression) or gradual (base camp at Everest for a month). A Peak Ascent race is closer to sudden than gradual especially since most runners are close to maximal work output during the race (unless they’ve stopped to puke). The body’s near term physiological responses to altitude include:

- an increased heart rate that returns near normal after a few days
- an increase in the rate of breathing (HVR, hypoxic ventilatory response) which returns to near normal after weeks. This is associated with a decrease in carbon dioxide pressure in the blood because CO₂ is exhaled by the increased HVR. Increased HVR also results in more fluid loss.
- an increase in the concentration of 2,3-BPG, a chemical that modifies hemoglobin’s ability to pick up oxygen

Longer term responses include:

- an increased concentration of red blood cells (and corresponding thickening of the blood)
- an increase in the density of the capillaries in the tissues
- an increase in the density of mitochondria in the muscles (these are the “powerplants” in cells that actually produce energy)
- more efficient cellular machinery for metabolism (energy production)

You’ll notice that some of the long term responses are the same as the responses to endurance exercise, so on that basis at least, runners should be better able to handle altitude than sedentary individuals. However, we know that fitness, by itself, does not protect one from altitude sickness – so fitness probably helps, but is not a total solution. What are the effects of the responses that aren’t also related to endurance training? The HVR or increased breathing rate is the body’s attempt to get more oxygen into the lungs to make up for the reduced pressure. The downside (so to speak) of this is that fluid loss is increased and carbon dioxide is lost. When carbon dioxide is lost, the blood becomes less acidic (more basic). Hemoglobin responds to basic conditions by hanging onto oxygen more tightly. This is good in the lungs – the hemoglobin picks up the oxygen easier, but bad at the tissue level because it makes it harder for the oxygen to be unloaded where it’s needed. 2,3-BPG levels increase and this makes it easier for hemoglobin to offload oxygen at the tissue level, but harder for it to be picked up in the lungs. At moderate altitudes (e.g., Pike’s Peak) these effects offset one another to some extent for a few days. An altitude sickness medicine called Diamox fiddles

(Continued on page 14)

25th

The Spring Runoff



Steve Cathcart did his dad proud on March 2nd. Steve's dad (Terry) was the race director of Pueblo's biggest race, the Spring Runoff. In addition to helping his dad with several last minute details of this huge undertaking, Steve was shoveling snow from the trail not too long before the starting gun. The snow shoveling must have been a good warm up because a short time later, Steve was the first of 165 finishers in the 5K with a time of 17:02. Twelve-year old Lauren Dorsey-Spitz was the first overall female in the 5K with a time of 22:02. Given that she is only 12 years old, does Lauren have potential or what?



Gerald Romero of Colorado Springs led the males in the 10 K with a 39:06. Ronda De La Cerda with a 41:49 was the first lady 10 K finisher. Ronda's hubby Peter ran a 54:20 to take the 10 mile crown.

The De La Cerdas live in Alamosa and generally don't train together because they trade off baby-sitting. If genetics has anything to do with it, their kids will be in the Olympics. Maddy Tormoen of Colorado Springs was the 10 mile lady champion with a 1:02:56.

Maddy also served as the celebrity runner in the "Funner to be a Runner" one mile run. Cassie Berndt led the pack with a 7:54.

Eighty-one walkers took part in the 2 mile walk. Fifty-Nine year old Nicholas Rodriguez paced the men with a 19:23 and Catherine Gill was first overall female with a 23:12. In addition to all this – there was a toddler run on the Dutch Clark track. What a day!

Indeed – what an event! Our hats go off to Paulette Stuart of the Pueblo Chieftain. Paulette has spearheaded the effort to make the Spring Runoff a premier Pueblo event. And, with over 470 participants in the 25th annual Runoff – she succeeded. There are an incredible amount of details that have to go right for an event of this size to be successful. Paulette has given tremendous leadership over this effort. Kudos also to Race Director Terry Cathcart. Besides being proud of son Steve, (see the first paragraph) Terry's buttons should be bursting. He ate and slept Spring Runoff details for months. And it all paid off.

In addition to the dynamic duo of Paulette and Terry, thanks go to many other individuals and groups who helped make this event a success. We apologize if we accidentally left someone off the list, but we wish to acknowledge the following: Mike Spence, Honored Guest, Jay Cornils, District #60 AD, Dave Garcia, Dutch Clark Stadium Caretaker, Mike Smedley and Pacific Health Labs, Pueblo Police Department, Cellular One, Pueblo Tent and Awning, Barry Jansen from DeHerrera Sound, Brian Cathcart, Steve Cathcart, Marsha

Dunn, Maddy Tormoen, Jim Stuart, Rye HS Cross Country Team, Rye HS Students & Parents, Pueblo County HS Students & Parents, Central HS Girls' Soccer team, South HS Track / Cross Country Teams, The Pistons Boys' City League Basketball Team, the many, many unnamed Pueblo Chieftain Staffers and Family Members, and SCR volunteers including: Results: Ken & Pixie Raich, Mike Orendorff, Announcer: Nick Leyva, Setup: Ben Valdez, Field Setup: Matt & Jenny Sherman, Robin Krueger, Course: Jeff Arnold, Chief Reno, 2-Mile Finish Line: Rich & Deb Hadley, Finish Line: Dave Diaz, Don & Lois Pfof, Gary Franchi, Diana Reno, Ron Dehn, Anthony Diaz, Mike Messick, Don Learned, Course Marshals: Jennifer Huskin, Brenda Koch, Sarah Koch, Desiree DallaGuardia, Lee Tiffany, Marsha Dunn, Diane Lopez, Cindy Drieling, Maureen Litton, Aid Stations: Marijane Martinez, Kid's Race: Katherine Frank-Dvorsky & Joe Dvorsky, 1-Mile Youth Race: Pat Berndt, Maddy Tormoen, Aaron Berndt, and other unnamed, yet appreciated volunteers. Mark your calendars for March 7th, 2004! We're going to do this all again! See the next page for results.



Paulette and Terry go over details



The Spring Runoff

continued



Steve Cathcart, an SRO veteran displays winning style in the 5K



Brett Lagerblade was 13th overall and 2nd in his division of the 5K. Brett was one of several Trinidad runners.

2 Mile Results

OA	Place	Name	Time	Sx	Ag	Pl
	1	Rodriquez, Nicholas	19:23	M	59	1
	2	Johnson, Dennis Trujillo	23:10	M	50	1
	3	Milligan, Steven L	23:11	M	44	1
	4	Gill, Catherine Flores	23:12	F	46	1
	5	Boone, Dale L	23:16	M	50	2
	6	Riem, Mary	23:20	F	38	1
	7	Greer, Patrick	23:21	M	51	3
	8	Ramirez, Jamie L	23:22	F	27	1
	9	Swank, Patrick K	23:24	M	55	1
	10	Spinuzzi, Daniel	23:25	M	44	2
	11	Milligan, Colin	23:32	M	10	1
	12	Arnold, Sidney	23:35	M	58	2
	13	Ray, Jim	23:43	M	61	1
	14	Rogers, Kathleen	23:45	F	40	1
	15	Miller, Duane J	23:48	M	48	1
	16	Strasner, Marc	24:09	M	27	1
	17	King, Tina	24:10	F	26	2
	18	Ropp, Levi E	24:11	M	9	2
	19	Pacheco, Cynthia L	24:15	F	36	2
	20	Bodmer, Valerie J	24:16	F	41	2
	21	Strasner, Teresa	24:20	F	43	3
	22	Casida, Ginny A	24:30	F	53	1
	23	Duncan, Jane	24:32	F	62	1
	24	Rocco, Tana A	24:38	F	56	1
	25	Strange, Lynn M	25:10	F	45	1
	26	Woodall, Kaylee	25:18	F	16	1
	27	Woodall, Lenora	25:19	F	51	2
	28	Espinoza, Angelique	25:22	F	31	1
	29	Spinuzzi, Bernadette	25:24	F	42	4
	30	Spinuzzi, Alyssa J	25:26	F	15	2

31	Montoya, Tracy	26:05	F	41	5
32	Hupp, Debbie D	26:05	F	48	2
33	Ayala, Lanai N	26:07	F	20	1
34	Arnott, Tonya	26:20	F	36	3
35	Kurtz, George W	26:29	M	79	1
36	Lest, Karen	26:47	F	30	2
37	Lest, Jon A	26:48	M	31	1
38	Howell, Jerry W	26:49	M	54	4
39	Veget, Natalie	26:51	F	75	1
40	Howell, Kris	26:55	F	54	3
41	Markusfeld, Joyce	26:56	F	52	4
42	Hill, Frank S	27:11	M	49	2
43	Hill, Betsy A	27:11	F	49	3
44	Ropp, Leanne E	27:42	F	39	4
45	Kurtz, Matt	27:44	M	7	3
46	Kurtz, Mike	27:45	M	37	1
47	Portillos, Priscilla	27:47	F	66	1
48	Law, Cheryl	27:47	F	43	6
49	Stevenson, Diane M	28:02	F	51	5
50	Casper, Maurita J	28:13	F	41	7
51	Greer, Janet E	28:14	F	50	6
52	Marino, Brenda L	28:16	F	41	8
53	Fowler, Tana M	28:16	F	42	9
54	Watson, Jeanine N	28:29	F	32	3
55	Montoya, Karen R	28:30	F	42	10
56	Baca, Esther L	28:34	F	52	7
57	Heath, Amy	28:39	F	29	3
58	Heath, Brad W	28:41	M	31	2
59	Davis, Rebecca S	29:00	F	41	11
60	Fredregill, Katryna Van D	29:01	F	57	2
61	Kennedy, Kristi S	29:20	F	38	5
62	Lambert, Heather	29:21	F	17	3
63	Puls, Laura	29:22	F	16	4
64	Dickinson, Taylor	31:28	F	9	1
65	Dickinson, Carolyn R	31:42	F	38	6
66	Fuller, Naomi J	31:52	F	52	8
67	Trujillo, Fred T	32:14	M	56	3
68	Trujillo, Bernice	32:26	F	48	4
69	Davis, Charles J	32:30	M	51	5
70	Fredregill, Bob A	32:46	M	61	2
71	Porter, Julie Ann	33:30	F	44	12
72	Bradburn, Sheila W	33:31	F	53	9
73	Fair, Nadine	33:50	F	33	4
74	Nesbit, Jochebed	34:16	F	26	4
75	Nesbit, Javon L	34:17	M	30	3
76	Wilkinson, Mark	36:53	M	52	6
77	Ayala, Kathleen	36:58	F	37	7
78	Watson, Andrew C	37:01	M	30	4
79	Addis, Kimberly	42:19	F	5	2
80	Baca, Janet	42:20	F	39	8
81	Segura, Rebecca	42:22	F	37	9

5 K Results

OA	Place	Name	Time	Sx	Ag	Pl
	1	Cathcart, Steve	17:02	M	38	1
	2	Rich, Adam	17:20	M	22	1
	3	Marquez, Regis M	18:06	M	26	1
	4	Smead, Chuck	18:37	M	51	1
	5	Roybal, Jeff S	18:55	M	26	2
	6	Howell, Ryan	19:14	M	21	2
	7	Garcia, Johnny Ray	19:28	M	46	1
	8	Doub, Toby Lee	19:42	M	32	1

9	Withrow, Seth	20:06	M	17	1
10	Herzog, Thomas A	20:55	M	38	1
11	Montoya, Scot	21:12	M	22	3
12	Naccarato, Benny	21:26	M	27	3
13	Lagerblade, Brett	21:30	M	30	2

14	Bradley, Marvin L	21:32	M	63	1
15	Veget, Bill	21:37	M	45	2
16	Sarek, Jeff	21:54	M	13	2
17	Fredregill, Davis	21:56	M	17	3
18	Mares, Eugene	21:58	M	40	1
19	Dorsey-Spitz, Lauren	22:02	F	12	1
20	Moss, Rebecca S	22:04	F	31	1
21	Farra Jr, Joe W	22:06	M	56	1
22	Mares, Bill	22:09	M	37	2
23	Montoya, Robert	22:45	M	23	4
24	Morales, Don	22:51	M	38	3
25	Hall, Charles	22:54	M	47	3
26	Macias, Rick J	22:55	M	42	2
27	Bustillos, William E	22:59	M	49	4
28	Hren, Stanley E	23:01	M	61	2
29	Gurule, Mark W	23:04	M	40	3
30	Hernandez-Cosyleon, Sergio	23:08	M	17	4
31	Withrow, Ashlee	23:13	F	16	1
32	Milligan, Ian	23:27	M	13	5
33	Maes, Alexis	23:29	F	14	2
34	Tabeling-Garcia, Liz	23:30	F	41	1
35	Yaeger, Ann	23:31	F	24	1
36	Clark, Chad	23:37	M	31	3

(Continued on page 10)



The Spring Runoff

continued



(Continued from page 9)

37	Gauna, Greg	23:50	M	32	4	101	Koncilja, Tallie	29:20	F	43	5
38	Johnson, Gary M	23:53	M	41	4	102	Ayala, Richard	29:21	M	68	1
39	Berndt, Aaron	24:22	M	14	6	103	Caywood, Shelley	29:31	F	35	3
40	Meier, Greg A	24:38	M	39	4	104	Walls, Larry D	29:33	M	63	5
41	Shelton, Shawn T	24:39	M	40	5	105	Dash, Janet H	29:38	F	46	1
42	Ramirez, Michael	24:47	M	34	5	106	Van Buskirk, Robin	29:50	F	39	4
43	Kastner, Steve J	24:59	M	40	6	107	Thomas, Chad A	29:56	M	31	6
44	Wilbar, Anne E	25:00	F	24	2	108	Wilson, Kimly D	29:58	F	37	5
45	Wall, Steve	25:01	M	39	5	109	Prestipino, Betty Ann	30:08	F	46	2
46	Guasta, Robert	25:02	M	55	2	110	Koncilja, George	30:13	M	11	2
47	Tafoya, James R	25:07	M	52	2	111	Wall, Jacqueline	30:13	F	31	5
48	San Miguel, Raul	25:17	M	52	3	112	Wilbar, Connie L	30:14	F	57	2
49	Rael, Joe	25:17	M	49	5	113	Schilf, Laura	30:41	F	40	6
50	Couch, Katie	25:21	F	17	3	114	Clark, Tammie	30:54	F	41	7
51	Lopez, Jerry A	25:29	M	52	4	115	Peterson, Michael	30:55	M	12	3
52	Cathcart, Emily	25:34	F	28	1	116	Golob, Nicki	31:03	F	31	6
53	Arteaga, Adriana M	25:35	F	21	3	117	De Long, Pat E	31:07	F	41	8
54	Aspedon, Sean	25:37	M	35	6	118	Martinez, Adrian M	31:13	M	55	5
55	Jones, Lacey A	25:39	F	24	4	119	Morris, Arvenia L	31:27	F	46	3
56	Lowe, Jessica Lynn	25:47	F	17	4	120	Divelbiss, Thomas	31:27	M	10	4
57	Martinez, Rick	25:51	M	39	7	121	Trachern, Sheri	31:41	F	39	6
58	Cervone, Gianna	25:54	F	18	5	122	Puls, T J	31:56	M	12	5
59	Simmons, Mary K	26:00	F	50	1	123	Maes-Johnson, Mellisa Denise	31:59	F	31	7
60	Jessen, John	26:01	M	52	5	124	Reyher, Hilda	32:03	F	66	1
61	Hernandez-Cosyleon, Efrain	26:08	M	13	7	125	Clark, Amy	32:08	F	31	8
62	Divelbiss, Susanne	26:21	F	37	1	126	King, James G	32:10	M	58	6
63	Anderson, Deb L	26:22	F	53	2	127	Smith, Leslie	32:11	M	48	7
64	Bachicha, Kathleen	26:34	F	30	2	128	Fedde, Gwynna	32:19	F	55	3
65	Montera, Joey A	26:38	M	44	7	129	Messick, Sandy	32:40	F	44	9
66	Thompson-Florez, Eliza	26:39	F	12	1	130	Minor, Dan L	32:48	M	54	7
67	Milligan, Caitlin	26:41	F	15	6	131	Minor, Mary S	32:48	F	52	4
68	Cavalli, Cheryl	26:48	F	41	2	132	Furman, Christy	32:49	F	54	5
69	Gonzales, Joe J	26:53	M	27	4	133	Richter, Wendy A	32:58	F	41	10
70	Willumstad, Thomas	26:56	M	17	8	134	Keefer, Angela M	32:58	F	34	9
71	Wright, James Curtis	26:57	M	61	3	135	Mattarocci, Kathleen	33:01	F	55	4
72	Archuleta, Mike	27:08	M	42	8	136	Fitzgerald, Alice	33:10	F	41	11
73	Borton, Francine C	27:13	F	56	1	137	Rastrelli, Karen	33:24	F	43	12
74	Johnsen, John C	27:14	M	39	8	138	Lobato, John B	33:30	M	49	8
75	Gregory, Len	27:17	M	60	4	139	McGowan, Logan	33:42	M	11	6
76	Dougherty, Chesney	27:18	F	21	5	140	Reyher, Paul	33:52	M	67	2
77	Lonnberg, Kerri L	27:22	F	23	6	141	Dash, Russ	34:16	M	45	9
78	Dreiling, Tanya M	27:27	F	14	7	142	Bonney, Josef	34:16	M	12	7
79	Williams, Amy S	27:42	F	25	2	143	Kelly, John R	34:51	M	61	6
80	Anderson, Amy	27:43	F	17	8	144	Shellenberger, Kayla	34:59	F	11	2
81	Garcia, Charles E	27:52	M	42	9	145	Lopez, David L	35:08	M	49	10
82	Comden, Dan	28:01	M	49	6	146	Mitrick, Nancy	35:17	F	60	1
83	Robinson, Mitch C	28:03	M	51	6	147	Flieder, Ken	35:20	M	44	10
84	Koncilja, Joe	28:18	M	13	9	148	Tanner, Nancy	35:28	F	55	5
85	Feedback, Jesse	28:18	M	9	1	149	Feeback, Robb	35:34	M	35	9
86	Franklin, Leroy	28:21	M	17	10	150	Montoya, George	35:35	M	17	13
87	Richter, Amanda	28:23	F	18	9	151	Ayala, Marcus S	35:36	M	15	14
88	Lepetsos, Debbie J	28:24	F	34	3	152	Foster, David R	36:30	M	66	3
89	Hall, Tracy	28:32	F	23	7	153	Geddes, Audrey	36:41	F	22	8
90	Hootman, Alison	28:43	F	32	4	154	Sanchez, Gerald	36:42	M	33	7
91	Gregory, Lori	28:44	F	52	3	155	DeMoss, Bill L	37:00	M	60	7
92	Patrick, Karen	28:55	F	38	2	156	Gonzales, Christina	37:06	F	30	10
93	Parrack, Cecil T	29:01	M	59	3	157	Cowan, Cindy L	37:28	F	33	11
94	Archuleta, Rosalind S	29:05	F	29	3	158	Stiehl, John A	37:33	M	54	8
95	Robinson, Helen L	29:11	F	44	3	159	Van Buskirk, Melissa	37:48	F	13	11
96	Martinez, Eric	29:13	M	13	11	160	Puls, Kate	38:37	F	49	4
97	Ayala, Joseph A	29:15	M	17	12	161	McGuire, John	38:57	M	55	7
98	Van Buskirk, Stephanie	29:17	F	15	10	162	Ayala, Johnathon	39:02	M	18	15
99	Navarro-Bruce, Rosa	29:18	F	40	4	163	Regalado, Ralph	41:25	M	66	4
100	Furuto, Robert	29:19	M	56	4	164	Roman, Debbie A	41:52	F	32	12
						165	Martinez, Sue	44:08	F	37	7

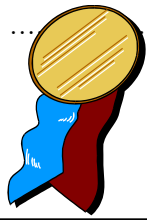
10 K Results



Gerald Romero of Colorado Springs was 1st in the 10K

Place	Name	Time	Sx	Ag	Pl
1	Romero, Gerald	39:06	M	31	1
2	Bieda, David J	39:25	M	40	1
3	Shoulberg, Rick	39:50	M	42	2
4	Hund, Todd	40:54	M	23	1
5	LeDoux, Thom	41:27	M	28	1
6	De La Cerda, Ronda R	41:49	F	31	1
7	Robinson, James S	42:53	M	51	1
8	Hubbard, Sandie R	42:59	F	35	1
9	Sweeney, Brian	43:10	M	48	1
10	Ramos, Jason	43:15	M	29	2
11	Mobley, James	43:43	M	46	2
12	Baca, Rudy	43:55	M	43	3
13	Ropp, Brian W	43:56	M	39	1
14	Grego II, George R	44:22	M	55	1
15	Rivera, Carlos	45:59	M	30	1
16	Shepherd, Stuart	46:13	M	15	1
17	Sandoval, Pablo A	46:15	M	45	3
18	Roldan, John M	46:20	M	35	2
19	Laney, Greg	46:30	M	45	4
20	Berndt, Crystal	46:34	F	18	1
21	Kosciusko-Eggert, Kimmy	47:21	F	41	1
22	Drayton, Pat	47:29	M	54	2
23	Griego, Edward L	48:14	M	51	3
24	Hruby, Stephen	48:19	M	14	2
25	Rael, Gary L	48:49	M	37	3
26	Clark, Brett	48:52	M	43	4
27	Clough, Steve	49:07	M	40	5
28	Van Buskirk, Brad	49:09	M	41	6
29	Lepetsos, Nick	49:19	M	35	4
30	Smith, Michelle Miranda	49:20	F	36	2
31	Keilers, Marcia	49:39	F	29	1
32	Ratzlaff, Cole	49:40	M	16	3
33	Weesner, Jesse	49:52	M	17	4
34	Espinoza, Wayne	49:55	M	33	2
35	Weaver, Allen S	50:17	M	50	4
36	Bueno, Claire	50:32	F	38	3
37	Fox, Teri	50:55	F	29	2
38	Hale, Kelly	51:03	F	35	4

(Continued on page 11)



The Spring Runoff

continued

(Continued from page 10)

Place	Name	Time	Sx	Ag	Pl
39	Esquibel, Ben	51:12	M	56	2
40	Dallaguardia, Paul	52:20	M	44	7
41	Sanchez, Michael D	52:20	M	42	8
42	Borton, Mike	52:42	M	47	5
43	Gonzales, Ramon	52:57	M	31	3
44	Hahn, Garth	53:07	M	36	5
45	Marshall, Warren T	53:39	M	54	5
46	Marshall, Julie G	53:54	F	54	1
47	Barbiere, Ethan	54:08	M	14	5
48	Morenz, Justin	54:21	M	33	4
49	Parra, Ernie	54:22	M	41	9
50	Rose, Cory	54:27	M	15	6
51	Bahr, Paolo	54:59	M	35	6
52	McCarthy, Shane E	54:59	F	30	1
53	Markusfeld, Teresa	55:35	F	23	1
54	Garcia, Rochelle	55:40	F	31	2
55	Crockenberg, David W	55:45	M	55	3
56	Davenport, Troy D	56:33	M	37	7
57	Thompson, Amber	56:46	F	27	3
58	Navarro, Hilbert	56:47	M	62	1
59	Welte, Maggie Marie	57:04	F	22	2
60	Beard II, Dennis E	57:24	M	36	8
61	Semmens, Christina	57:40	F	34	3
62	Linscheer, Robert R	57:40	M	37	9
63	Cosyleon, Bonifacio A	57:47	M	53	6
64	Duran, Tomas Leonides	57:53	M	57	4
65	Garrison, Wendy	57:55	F	36	5
66	Van Buskirk, William	58:02	M	67	1
67	Driscoll, Dennis P	58:16	M	43	10
68	Ford, Michael D	58:18	M	29	3
69	Shepherd, Ron D	58:31	M	50	7
70	Osban, Cathy	58:33	F	34	4
71	Benfatti, Gina M	58:43	F	41	2
72	Sisneros, Joe C	58:55	M	50	8
73	Rudolf, Mary	59:02	F	47	1
74	Wright, MD, Laurel E	59:13	F	49	2
75	Wilson, Ashleigh L	59:33	F	24	3
76	Markin, Ric	59:36	M	70	1
77	Wiesner, Hilmar C	1:00:18	M	42	11
78	Johnson, Donald	1:00:25	M	48	6
79	Davenport, Samantha	1:00:42	F	14	2
80	Willumstad, Paul J	1:00:49	M	53	9
81	Hosford, James	1:00:49	M	38	10
82	Ratzlaff, Tom	1:00:54	M	42	12
83	Nordell, Cindy	1:01:48	F	38	6
84	Robinson, Don D	1:02:04	M	70	2
85	Vigil, Jamie L	1:02:13	F	37	7
86	Jackson-Ford, Kinsey M	1:02:16	F	28	4
87	Weaver, Maria Elena	1:02:22	F	43	3
88	Landreth, Robert E	1:02:36	M	52	10
89	Fowler, Robert M	1:03:55	M	53	11
90	Atteberry, Martin K	1:04:31	M	40	13
91	Bonham, Cathie	1:04:59	F	34	5
92	Rice, Erin P	1:05:00	F	38	8
93	Reynolds, Ron J	1:05:01	M	57	5
94	Tafoya, Tom E	1:05:45	M	56	6
95	McGowan, Laurie R	1:05:56	F	36	9
96	Yokley, Carole J	1:06:45	F	50	2
97	Hobby, Jenette	1:06:56	F	35	10
98	Dudley, Jan	1:07:44	F	48	3
99	Vallejo, M Edmund	1:08:34	M	73	3
100	Samora, Louise	1:09:21	F	49	4
101	Sanchez, Cathryn	1:09:41	F	41	4
102	Woodall, Jim	1:09:48	M	54	12
103	Ferguson, Trisha	1:11:04	F	51	3

104	Laney, Joyce Anne	1:11:04	F	54	4
105	Alfonso, George A	1:13:08	M	52	13
106	Cole, David	1:14:08	M	54	14
107	Shepherd, Mary	1:15:43	F	14	3
108	LeDoux, Melanie	1:19:07	F	23	4
109	Kramer, Michelle	1:19:07	F	27	5

10 Mile Results

Name	Time	Sx	Ag	Pl	
1	De La Cerda, Peter	54:20	M	31	1
2	Blake, Eric	54:57	M	24	1
3	Mitchell, Greg	55:02	M	29	1
4	Martin, Eric	59:34	M	23	2
5	Griffiths, Derek	1:01:04	M	27	2
6	Winn, Brad	1:01:51	M	19	1
7	Koch, Paul L	1:02:08	M	34	1
8	Cavalli, P Steve	1:02:44	M	42	1
9	Tormoen, Maddy	1:02:56	F	41	1
10	Meyer, David	1:02:57	M	41	2
11	Koch, Mark	1:03:50	M	43	3
12	Volk, Lawrence R	1:05:43	M	39	1
13	Reno, Kyle	1:07:43	M	21	3
14	Jones, George W	1:08:41	M	52	1
15	Baldrey, Ken	1:09:35	M	50	2
16	Riem, Mark	1:10:46	M	35	2
17	Porter, James	1:12:18	M	24	4
18	Hayden, Alison	1:12:21	F	30	1
19	Walker, Mark F	1:13:09	M	37	3
20	Nalbach, Scott	1:13:33	M	27	3
21	Venegas, Manuel	1:13:39	M	33	2
22	Hough, Rick D	1:14:30	M	38	4
23	Dvorsky, Katherine Frank	1:14:35	F	31	2
24	Cole, Seth	1:14:47	M	23	5
25	Stommel, Joe	1:15:17	M	53	3
26	Papineau, Dale	1:16:12	M	36	5
27	Santoyo, Robert M	1:17:44	M	40	4
28	Philibert, John E	1:17:52	M	33	3
29	Hughes, Roy	1:18:04	M	50	4
30	Austin, Leon E1:	18:26	M	51	5
31	Montera, Jill Ann	1:18:31	F	36	1
32	Parades, Humberto	1:18:45	M	46	1
33	Quatman, Katie	1:19:35	F	22	1
34	Hogan, Richard T	1:20:31	M	29	4
35	Kaufman, Jennifer	1:20:45	F	33	3
36	Norton, Chuck	1:22:29	M	15	2
37	Martinez, Joe	1:22:35	M	43	5
38	Warne, P J	1:22:59	M	39	6
39	Arrell, Jeannie	1:24:40	F	28	1
40	Olson, Michael K	1:25:03	M	46	2
41	Leanos, Ed G	1:25:14	M	55	1
42	Bryan, Sean P	1:25:15	M	43	6
43	Mitchell, Kent B	1:26:13	M	61	1
44	Puls, Ted E	1:27:17	M	43	7
45	Kinzy, Carol A	1:27:51	F	55	1
46	Diaz, Stacey	1:28:13	F	42	1
47	Healer, Don	1:29:19	M	50	6
48	Limberis, Paul N	1:29:42	M	47	3
49	Peterson, Kristine	1:29:55	F	50	1
50	Hadley, Barbara J	1:31:09	F	49	1
51	Rowe, Sara	1:32:02	F	30	4
52	Dallaguardia, Susan	1:32:02	F	44	2
53	Haddan III, Chester Carl	1:32:51	M	35	7
54	Slover, Carrie L	1:33:13	F	50	2
55	Weinhold, Joel	1:33:37	M	45	4
56	Freyta, John C	1:33:47	M	35	8
57	OConnor, Kevin	1:34:04	M	41	8
58	Law, David	1:35:08	M	32	4
59	Riggs, Daniel	1:35:12	M	39	9
60	Quintana, Jessie M	1:35:35	F	59	2
61	Skroch, Beverly S	1:36:03	F	53	3
62	Makris, Nicole	1:36:19	F	28	2
63	Johnson, Ted	1:37:46	M	31	5



Claire Bueno (above) earned a bronze medal and Peter De La Cerda took 1st Overall in the 10 Mile.



OA
Place

(Continued on page 12)



The Spring Runoff

continued



(Continued from page 11)

64	Haverfield, Debra	1:40:24	F	43	3
65	Bailey, Sharon	1:41:01	F	54	4
66	Kramer, Martha K	1:41:02	F	48	2
67	Braddy, Carla	1:43:07	F	35	2
68	Stommel, Kathy	1:46:40	F	46	3
69	Whitney, Wayne T	1:52:01	M	64	2
70	Nicholas-Griesel, Donna A	1:56:20	F	56	3
71	Cook-McCoy, Cheryl K	1:59:07	F	58	4
72	Puls, Gerald E2:	15:02	M	76	1



Edmund Vallejo (left) and Dan Comden (right) are Spring Runoff "Regulars".



Anthony & Dave Diaz (left) worked the finish line.

Dale Papineau, Cross Country coach at Pueblo West HS ran the 10 mile. (right)



Upper Left: Wayne Whitney finishes the 10 mile

Left: Len Gregory, a long time Runoff participant sports an SRO stocking hat from years ago when Andy Ballou directed the race.

Right: Kids are all smiles for the toddler race





The Tarantula & Yappy Dog Run

By Ross Barnhart



Since it's a brand new run and course (and my first time as race director), I thought I'd give an introduction to the "Tarantula and Yappy Dog" prediction race (TAYDR). Others have assured me that April is not the season to see tarantulas on the mesa, though I have considered setting out a few plastic ones on the course just for truth in advertising. I can guarantee, however, that you will see plenty of yappy dogs. So, here's an introduction to the inauguration of TAYDR.

TAYDR will be held on Saturday, April 26th, 8:30 a.m., starting from South Mesa Elementary School. Volunteers are needed and welcomed (those of you who know me know that I don't have any friends, so I can't ask them to help me). My parents live right across the street from the school, on the back half of what used to be the Preston Nursery, so that will be our base for the run, restrooms, and the breakfast potluck after the race. This race is 8.63 miles of moderate hills.



The race will begin from the school, and head through a field toward Preston road. This is where you'll meet your first yappy dog, but it'll be across a little ditch and behind a chain link fence. From there, you'll cross Preston Road, and run East along the Bessemer ditch. Crossing 25th lane, you'll continue along the ditch (lots of goatheads in your shoes by the end of this stretch) as it curves around and turns south. As you are nearing the last house on the left before Nicholson Road and a bridge, you'll meet up with 3 free-range yappy dogs. They'll come out to say "hi", but are not mean, and one is likely to follow some of the runners for a while.

The course turns left (East) at Nicholson road. Here you'll meet a large, hairy, slobbery, and very friendly white dog (about as white as my carpet stays, anyway...). You'll continue on this paved road to 27th Lane. Take 27th Lane South, going down hill and crossing the St. Charles River. What goes down must come up, so you climb on the other side of the river; and avoid taking the long driveway that's a dead end. That's where I went wrong in figuring out this course. Left on Corner Road, which basically follows the river all the way around and back to South Road. This is a dirt road with gentle but long hills. There are plenty of dogs along this stretch, but they all seemed to be chained up.

Once you make it to South Road, you're one turn from home, but about 2.5 or 3 miles from the end. Turn left on South Road, cross the St. Charles, and climb the last long steady hill rising from the river bottom. From there, it's straight ahead, all the way past 25th Lane; right at that field where you started, and speeding up or slowing down (whichever you think appropriate based on your predicted time) as you come to the finish line and breakfast pot-luck.

If you would like to volunteer, have questions, need directions, or need proof of rabies shots for all the dogs along the course, feel free to contact me at 543-6982, barnhart@aculink.net, or on race morning at the host house, 545-7426. Hope to see you all there! Ross Barnhart

The 2003 Predict Series

Yes - we just finished the 2002 predict series and the 2003 version is already underway. Gina Benfatti started 2003 the same way she finished 2002—with a perfect score. Gina was only 2 seconds off her predict at the Spring Runoff Tuneup. Great start Gina!

Sandy Reinsch	43.75
Bill Veges	37.50
Robert Santoyo	31.25
Stacey Diaz	25.00
Rochelle Garcia	18.75
Dave Diaz	12.50
Jim Romero	6.25

Standings after one race:

Gina Benfatti	100.00
Matt Sherman	93.75
Ron Dehn	87.50
MJ Martinez	81.25
Ben Valdez	75.00
Larry Volk	68.75
Jill Montera	62.50
Diana Reno	56.25
Rich Hadley	50.00



Right: Stacey Diaz and Gina Benfatti try to stay warm. It was 17 degrees at the start.



Left: Jeff Arnold and Race Director Ken Raich work the finish line.

The CC Running Clinic & 5K Road Race by Jennie Jorgensen

The Colorado College cross country and track teams are pleased to announce the Second Annual Colorado College Running Clinic and 5k Road Race on April 13th.

The clinic was started last year as a fundraiser for these Colorado College teams which are NCAA Division III programs. For our second year, we will once again be bringing some of the top names in running to the Colorado College campus in Colorado Springs for a weekend full of running events.

On Friday April 11th, Chris Lear (author of "Running with the Buffaloes"), Bob Anderson (author of "Stretching"), and Jeff Galloway (author of "Marathon" and "Galloway's Book of Running") will be participating in a free book signing from 5:00 to 7:00 p.m. at the Boulder Running Company store in Colorado Springs.

Saturday, April 12th, the Colorado College will host their home track invitational. The Colorado College campus is located right off the Uintah exit of I-25. Take Uintah east to Cascade Avenue and turn right. Turn right again at Cache La Poudre and the track is on the north side of the El Pomar Sports Center. The meet begins at 9:00 a.m.

On Sunday, April 13th, a 5k road race for the community begins near the CC track at 9:00 a.m. Awards will begin at 10:30 and the clinic will begin at 1:00 p.m. at Palmer Hall on the CC campus.

The clinic will feature two hour-long talks with a choice of speakers available. Speakers include Jeff Galloway, Bob Anderson, Chris Lear, and Sheila Loar. Following these talks, there will be a keynote panel discussion and question and answer session with several elite athletes, including Adam Goucher, Scott Larson, Lisa Rainsberger, and more.

The \$30 registration fee includes both the road race (includes a t-shirt) and the clinic. There are also discounts available for coaches and students. For details on prices see the insert flyer in this newsletter or go to www.active.com

If you have questions or want more information, please feel free to contact:

Carl Leivers
902 N Cascade, WB 598
Colorado Springs, CO 80946
(719) 389-7859

c_leivers@coloradocollege.edu

Altitude and Running (Continued from page 7)

with blood acidity and helps prevent altitude sickness, but it is also a diuretic and that's not good during the Pike's Peak Ascent when you need every drop of liquid you can get. The physiological responses to altitude AND running at a high effort level show one thing very clearly – and it's one thing you have a fair degree of control over. That's the problem with fluid loss. Your breathing rate is elevated because of both altitude and effort level. You are working hard and sweating profusely. What happens when your blood fluid level decreases because you are dehydrated? The blood becomes thicker and less efficient at carrying oxygen. Your core body temperature goes up and the effect of temperature on hemoglobin oxygen is to make it less available to the muscles. What does this translate into for Peak running strategies?

1. Endurance exercise research has shown that both water AND electrolytes are important to replace, especially potassium. So use a sports-replacement drink like Gatorade – not just water.
2. A small amount of protein helps fluids absorb from the intestines into the blood. Use a sports drink that contains a protein additive.
3. The sensation of thirst is a worthless gage of how much fluid you need on the Peak. Drink early and often – whether you feel like it or not. You should down at least a quart of water/Gatorade a half an hour prior to the start. If you don't like the feeling of all that liquid sloshing around in your stomach at the start, practice getting used to it during your training. A little sloshing is better than the feeling you'll have above treeline if you skip it
4. Down at least a full cup at every aid station and take your own drink with protein in it as a supplement to the aid stations.
5. The Manitou Incline is where all the switchbacks are in the first 3 miles of the race after you leave Manitou Springs. The incline is an east-facing slope. The August sun LOVES to suck you dry as you waste energy passing and stumbling over people on the incline. Let 'em go – you'll see them again at A-frame if not before. **BACK OFF** on the incline – save the hammer for later.

Other tips for Peak training: The higher your VO₂ max, the higher your work output capability at altitude. Matt Carpenter has the highest VO₂ max ever measured in a human (assuming that he IS human). VO₂ max is a measure of your ability to use oxygen efficiently. How to increase your VO₂ max? Hills and/or speedwork. Yes, speedwork WILL help you on the Peak. By the way, the current thinking about altitude training for sea level running is to live/sleep at altitude, but train at sea level. This lets you work on your speed and take advantage of the physiological response effects of altitude. Running the Peak is not the same – you don't need leg speed unless you're in Matt's league, but hill strength and VO₂ max are important. OK, MaryJane – you can register at <http://www.pikespeakmarathon.org>



The Health & Fitness Symposium (continued)



(Continued from page 6)

for your feet. The mid sole provides cushioning and / or stability. The interior of your mid sole is often a different color than the outside. It is usually grey and indicates a harder substance than that on the outside. The harder portion helps address the pronation issue that most people have. The outsole is the tread and the portion that contacts the running surface. There are basically 3 categories of shoes. 1. Cushioning. The mid soles are usually consistent throughout. 2. Stability. The inside portion of the mid sole is usually grey and helps prevent pronation. Stability shoes account for about 90% of sales. Both cushioning and stability shoes are flexible if you try to bend the shoe in half. The third type is motion control. These shoes are quite stiff and will not easily bend. The outsole is usually “flatter” and there is no “cut” to correspond with the arch of your foot. These provide the most support, but can reduce the natural shock absorption of the foot.

And within these three categories, there is a full range.

Cody emphasized the importance of matching your feet and running style to the correct style of shoe not only for comfort, but to protect against injury. The best way to insure a proper match is to have a video gait analysis done. This service is usually offered at full service running shoe stores.

I must confess – this session was especially enlightening for me. Because of a heel problem, I have a difficulty finding shoes that do not hurt my feet. Years ago, I found a shoe brand that fit well, and since then, I buy almost any shoe of this brand that is on sale. Not a good shoe buying strategy. I checked my closet when I got home and found shoes in the cushioning, stability, and motion control categories. Then I understood why I quit running in the motion control shoes after only a few times because they hurt my feet. Hmmmm.

I attended two “Applied Classes”. The first was Kayaking Orientation. The instructor indicated that the first thing we would learn is how to get out of the kayak if we capsized. I thought for a minute that I might be in the wrong class. But after a brief discussion, and a demonstration, I was upside down in the water, easily slipping out of my kayak. We repeated the exercise just to make sure we had it. Then we learned a couple different strokes and about turning, and just had some fun.

The other applied class was with Professor George Dallam. He introduced us to the Pose method of running. I won’t attempt to describe the technique in a few sentences, but the basic idea is that the best distance runners in the world are the Africans, and many of them grew up running barefoot. When you run barefoot, you strike the ground with the mid foot and not the heel as most American runners do. Striking the ground with the heel, sends the force of the strike through bones.

Striking the ground with the mid foot sends the force through muscle, which is better equipped to handle the impact, thus reducing injuries. Again – to learn this technique one must have proper instruction. It was interesting that George Dallam runs in “water shoes”. He said all he needs is something to protect his feet against the friction of the running surface.

I went to a session by Dr. Carol Foust entitled, “Life Intervention Strategies: Developing and Achieving Goals” She spoke about demands, responsibilities, and prioritization. She talked about the importance of setting and achieving personal goals and various methods for doing so. And... I actually began writing down top level goals, and some shorter range goals too. They need some refinement, but I’ve got a start.

Chad Clark gave a presentation on “Functional Training for Optimal Fitness and Performance”. Chad talked about functional training, anaerobic training, aerobic training, and nutrition. His rules are: safe, pain-free, prevent injury, and enhance performance. And he did some demonstrations. Chad and Joe Alvarez are scheduled to give a clinic to SCR members on April 9th. See page 2 for more details.

Sharon Borton gave a presentation on the techniques of Psych-K. This is a methodology to help us change our belief system into one that better serves our needs. She referred to Ghandi’s model that beliefs become thoughts, thoughts become words, words become actions, actions become habits, habits become values, and values become destiny. Our belief system is at the foundation and all else evolves from it. Ms. Borton introduced us to the idea that we have the power to break loose from negative beliefs, and replace them with healthy ones.

The Conference offered many choices of many topics. The agenda was great, and the speakers were top notch. The event was extremely well organized. Think about attending in 2004. Good job Pat Berndt and the rest of the SECAHEC crew!



Carrie Slover getting ready to “capsize”

SCR Volunteer Points

by Laura Schilf

As we have mentioned before - the runs, the picnics, the banquets, etc. that we all enjoy are put together by SCR volunteers. Volunteers get points for directing or co-directing a race (25 points) or for taking on other jobs (5 points). Examples of these jobs are: working results, finish line, a water stop, as a course marshal, etc. All those volunteers in 2002 who earned 50 points or more were awarded long sleeved cool max shirts. Point totals less than 50 are carried forward to the next year, and those who earned shirts in 2002, start over with 0 points in 2003.

A total of 112 persons volunteered in some capacity in 2002. Those volunteers earning shirts in 2002 are listed below along with their point totals: Jeff Arnold – 170, Pat Berndt – 50, Ron Dehn – 100, Dave Diaz –130, Katharine Frank – 65, Gary Franchi – 80, Gloria Gogarty – 50, Shaun Gogarty – 50, Deb Hadley – 60, Rich Hadley – 65, Nick Leyva – 90, Marijane Martinez – 90, Nancy Martinez – 50, Don Pfof – 75, Lois Pfof – 100, Ken Raich – 110, Diana Reno – 75, Tiffany Reno – 85, Matt Sherman – 50, & Ben Valdez – 185.

Editor's Note: A special thanks goes to Laura Schilf who tallies the volunteer points throughout the year.

The X Challenge

by Hannah Smyth

Whether you're ready or not it is that time again. It is spring time and USC is putting on it's 4th annual X Challenge event April 19,2003. It is prime time to get outdoors and head to University of Southern Colorado to test your abilities at Ropes Challenge Courses, Mountain Biking, Climbing Wall, and Run/Kayak event. It is going to be a grueling event with high competition, many competitors, food, awards, sponsor booths, and fun. It is not to be missed. Not only will getting outdoors be great for you to boost fitness, but outdoor team bonding, adventure, and the fact that you're be having so much fun you will not realize how many mind and body benefits you are reaping. Preparation is the key here all you have to do is see you registration form in your Southern Colorado Road Runners Newsletter and mail in or register on line @ active.com. Hope to see you outdoor at USC X Challenge.

The events are designed to accommodate all ability levels and the competition is open to teams consisting of four adults (over 18) with each gender represented by a minimum of one person. First through third place will receive trophies and apparel donated by Easton's Ceramics and Bubba's Sporting Goods, Pizza will also be donated to participants at the award ceremony compliments of Little Caesar's Pizza. The entry fee is \$50.00 per team and \$30.00 per team with a USC faculty or student participating, with a free t-shirts provided for each team member. **Entries will close Friday April 18th or when the sixteen team limit is reached.** For more information contact George Dallam in the Department of Exercise Science, Health Promotion and Recreation at (719) 549-2619 or gdallam@uscolo.edu.

A couple more SECAHEC photos



Carol Foust (left) discussed the whys and hows of goal setting in our personal lives

Sharon Borton (right) discussed the link between subconscious beliefs and outcomes in life—and how to make changes



2003 Pueblo Area Racing Calendar *

Run Notes

Subtle Changes

There have been a few “subtle changes” to the Pueblo Area Racing Calendar. A few times, a few distances. The calendar to the left takes precedence over the old ones.

BRING A WATER BOTTLE

If you are planning to run Ben & Matt’s Trail Mix Prediction Run—bring your own water bottle! You will want water sometime between start and finish of the 10 1/2 mile run.

New Run on April 19th.

The Survival Run for Sexual Assault Awareness Month 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. It’s a good cause, and a chance to run a 5k at Mineral Palace Park.

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

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Mar 23	Ben & Matt's Trail Mix Prediction Run (c)	10.5 M 9:00 am	Nature Center, Pueblo NOTE: Bring a water bottle 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 19	Survival Run for Sexual Assault Awareness Month Run / Walk	5K 8:00 am	Mineral Palace Park Mike Archuleta (719)584-4917
Apr 26	Tarantula and Yappy Dog Prediction Run (c)	8.63 M 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 7:30am Walk 7:45 am Run	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.

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

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

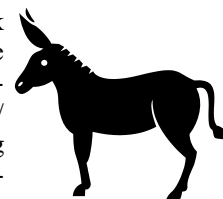
Upcoming Races

The Y-Bi Classic Duathlon On Sunday April 13th, the YMCA will be hosting its annual Y-Bi Duathlon in Pueblo West. The event will start at 9:00 am at Fire Station #2 on Avenida Del Oro. Ben is in need of volunteers of help with the transitions and with results. If you are available, please contact Ben at the YMCA, 543-5151. Remember volunteers get pizza, bananas, oranges and All Sport just like the participants. The event consists of a 2.5 mile run and a 11.2 mile bike ride.

The Run for the Rose / Cinco de Mayo is a 10 K scheduled for May 4 at the State Fair Grounds. This is the second year that the run honoring the late Rose Samora-Rodriguez has been combined with the Cinco run. Rose was involved in civic activities for 29 years and worked with the poor and the disadvantaged. She was an expert in women's issues, human rights, and domestic violence treatment. Between the run and the celebration - you don't want to miss it!

Custer Run in the Valley. According to Steve Willma, the distance of upcoming Custer Run in the Valley (May 24 in Westcliffe) has a logical explanation. The race distance is 6.25 K. According to Steve, "6.246876 k is actually a standard measure in Custer County originally determined by how far a miner and a fully loaded pack mule could travel down hill in

one hour. We have simply chosen to use this measure for the race. An alternative explanation is that we figure pretty much everyone has a PR for a 5 K but only a few for 6.25 K. We also just want to have an enjoyable race and will also have the 1 mile fun run/walk as always." Steve goes on to say, "We are hopeful for costumes and would even accept 'floats' if they can be runner towed/pushed the whole way. We are planning to encourage costumed runners to participate in the Memorial Day parade after the run. There will be awards for best costumes and best float in the run. There are cash awards for the fastest overall male and female." The course has some mild rolling hills, and wanders through the old mining areas. It is similar to the course used for the burro races a few years back.



The Final Thoughts:

"If you must choose between two evils, pick the one you've never tried before." Steven Wright

"And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom." Anais Nin, writer (1903-1977)

"Not all those that wander are lost." J.R.R. Tolkien, novelist (1892-1973)