



Editor: Ron Dehn

# FOOTPRINTS



Believe some of what you are about to read

## Hoping for April Showers Edition

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

The next SCR meeting will be held at 7 pm Tuesday, May 6 at the Pueblo YMCA. All SCR members are welcome



Terry Cathcart, on behalf of SCR, surprised Paulette Stuart of the Pueblo Chieftain with a special award in honor of her work and dedication in heading up the Spring Runoff.

Paulette attended the April 1st SCR meeting for a wrap-up session on this year's event. On hand from The Chieftain for the presentation were: Managing Editor Steve Henson, General Manager Marvin Laut Jr., and Advertising Director Lou Braden. SCR members in attendance gave Paulette a well deserved ovation. THANKS PAULETTE! *foto by Franchi*



## SCR Notes

### SCR Meeting Minutes - April 1, 2003

*Editor's note: I was off goofing around in Washington DC so I "borrowed" the minutes from Gary Franchi - SCR's everpresent and usually reliable Administrative Assistant. Hope somebody remembers Gary on April 23rd (National Secretary's Day) The minutes below reflect the "slightly condensed" version. THANKS Gary!*

#### Runoff Recap

Prior to the start of the regular meeting, a Spring Runoff recap took place. It was led by Paulette Stuart, who was the Chair of the Spring Runoff Committee this year for the sponsoring Pueblo Chieftain. Paulette said she has received mostly good comments about the race. Some possible improvements for next year's race were mentioned.

After all the discussions, Terry Cathcart, the race director of the Runoff, presented Paulette with a specially made plaque that contained a "winner's medal," including part of the silver ribbon used to signify the 25th anniversary of the race. On hand from The Chieftain to witness the presentation were Lou Braden, Advertising Director; Marvin Laut, General Manager; and Steve Henson, Managing Editor.

#### Upcoming Races

**Survivor's Run:** Mike Archuleta of Parkview Medical Center and Chris Ortiz of the Rape Crisis Center were on hand to discuss this 5K run/walk that is scheduled for 8 a.m. Saturday, April 19. There will be awards for both runners and walkers.

**Run for the Rose Cinco de Mayo:** Carmen Rodriguez Peralta thanked the club for helping her gain race-planning experience. Carlos Maldonado said the runners from Chihuahua, Mexico will be participating in the race for the 10th consecutive year. He added that a sponsorship donation will allow cash prizes of \$250 to the top overall finishers (male and female), \$200 for second, \$100 for third and \$100 for the top male and female walkers. In addition, there will be eight \$25 cash drawings.

**Y-Bi:** Ben said about 50 are registered and about 7 volunteers are lined up so far.

**Ordinary Mortals Tri:** Ben needs tons of volunteers for this 2-day gig. Mike O. and others will handle the results. The women's field should be filled by the end of the month. Men's entries also are arriving.

**Trail Mix:** There was a good turnout of about 21 for this and all went well.

**Run for Rio:** This year's 5K run/walk is scheduled for May 31 and will again be a fundraiser for a college scholarship for a Rye High graduate.

**Membership:** So far about 150 members have renewed for 2003. To fill out the 200 names needed for the last newsletter mailing, Ken included labels that noted expired memberships and had those placed on the newsletters sent to members who haven't renewed.



**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. 255

"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, Jim Mayne Freeheart*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

#### Contributing Writers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Steve Willman Lois Pfof & American Dietetic Assoc.

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.

\* Jim Mayne Freeheart is the artist who created the poster for the 2003 Bolder Boulder.

See: <http://store.yahoo.com/bolder-boulder/posters.html> to view the poster.



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)

**Where's the Pot of Golden Fries?**

**At the Gold Dust 217 South Union**





## Great (& so-so) Stuff

By Gary Franchi



### The reminders are everywhere

Thought for today's lunch, compliments of Abe Lemons: "I don't jog. If I die, I want to be sick."

\*

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

There usually are some telltale signs that tell you someone isn't a runner.

- 1, They normally don't limp much.
- 2, They don't keep ibuprofen on the dashboard of their cars.
- 3, They don't talk about injuries 90 percent of the day.

In essence, they don't have a life. They foolishly spend their weekend mornings leisurely reading the newspaper and having a cup of joe while thinking about doing some big project around the house or taking the kids to the park to feed the ducks and play on the swingsets. Really useless stuff.

Because of their silly lifestyles, they have no idea how we can live ours. They probably don't understand the true value of dealing with shinsplints, neuromas, knee pain, iliotibial band problems, etc. They are not on a first-name basis with a sports medicine doctor who also happens to be a fellow multi-sporter.

And they certainly don't understand this injury plague that infests our world. But those of you who are over a certain undefined age know what it's all about.

The latest reminders came via the runners clinic that personal trainer Joe Alvarez and physical therapist Chad Clark conducted on April 9 at Pueblo Community College. (Had to mention my place of employ.)

At one point early in the clinic, Joe tested the waters by asking how many of those in attendance (there were 14 of us) were injured. He seemed to be serious, too. With the exception of the two young kids there, the response, of course, was unanimous.

As is her forte, Marijane was quickest with a quip: "Why don't you ask how many aren't?"

Then Chad, who looks like he's still in high school, did what looked like a rubber chicken imitation, bounding around doing stretches, one-legged rotations and twists and turns. While he was demonstrating to us how easy it was, I could see people's knees, back, shoulders and just about every other body part hurt.

You can find real subtle injury reminders like these everywhere.

Running magazines are always touting how to "Run Harder Without Injuries," but reading their training programs makes you hurt.

Getting out of bed the wrong way can cause you muscle strains.

Ice in your glass of soda pop reminds you of the last time you used an ice pack.

Sure am glad those things never happens to me.

#### Mind Wanderings:

Condolences are extended to Jan Dudley, who broke a leg bone just after learning she had been one of the lottery picks selected to be in this year's Ride the Rockies. Jan (with her doctor's blessing) is still planning to Ride the Rockies... The SCR's Maddy Tormoen, who runs with an implanted defibrillator, has been the subject of pieces in this month's issues of "Runner's World" and "Inside Triathlon" magazines. Maddy, 41, has qualified for the next U.S. Women's Olympic Marathon Trials ... Not that any of us had such a dream, but the World Triathlon Corporation partnered with eBay recently to have a charity auction for 20 spots in this year's Hawaii Ironman. The minimum bid was a paltry \$10,000, pocket change for us ... Marv Bradley of Cañon City continues to roll up the marathon count. Marv's latest was the Hog Eye in Fayetteville, Arkansas, which he ran in 4:05:54 in rainy and cold weather to win the 60-64 division (there were 40 in that age bracket) ... While Marv now has run 70-something marathons or ultramarathons, Vicki Williams of Cañon City will be doing her 3rd and first Boston Marathon on April 21 ... I like the way convenience stores will stoop to any depths to make a buck. Besides putting those racks of Krispy Kreme fat pills prominent in the doorways, they also sell ephedra pills right at the counter. Real nice!

#### Ten things I was just wondering:

1. When people attend public events or meetings, why do they leave their cell phones on?
2. If we really listened to our bodies like the "experts" tell us, wouldn't some of us just give up running altogether?
3. Regarding gang graffiti on public restroom walls, why don't they just paint all the walls and ceiling black?
4. Sure, stretching is good for us. But who really wants to read about it in magazines?
5. If a negative times a negative equals a positive, why doesn't a positive times a positive equal a negative?
6. Why do people carry cell phones with them when they work out in health centers?
7. Isn't it hard to believe that an American once won the Boston Marathon? (Greg Meyer was the last to do it in 1983.)
8. How come you never see anyone walking around wearing a Bubby Brister jersey?
9. Did they have running shoes when the Boston Marathon began 107 years ago?
10. So just how did Kelsey Learned hit her predicted time of 49:00 on the nose in the Ramsgate 8?

Until next month, keep the ice pack and ibuprofen handy.



## SCR Birthdays

### April

- 11 Brad Van Buskirk
- 13 Joe Farra Jr
- 15 Traci Dworshak
- 17 Robert Santoyo
- 19 Ted Puls
- 24 Robert Kelher
- 25 Mark Rickman
- 27 Jenna Dorsey-Spitz

### May

- 2 Ben Valdez
- Dr. Benjamin Spock\*
- 4 Paul Dallaguardia
- Lance Bass\*
- 5 Troy Davenport
- George Dominguez
- Tammy Wynette\*
- 6 John Stiehl
- Willie Mays\*
- 8 Taylor Townsend
- Harry S. Truman\*
- 10 Melinda Orendorff
- Fred Astaire\*
- 11 Shaun Gogarty
- Salvador Dali\*
- 12 Carol Ratzlaff
- Yogi Berra\*
- 13 Steven Lamy
- Ritchie Valens\*
- 14 Bonifacio Cosyleon
- Bobby Darin\*
- 17 LaDonna Gunn
- Dennis Hopper\*
- 18 Mark Koch
- George Strait\*
- 20 Diane Lopez
- Lori Gregory
- Cher\*
- 21 Trena Johnson
- Raymond Burr\*
- 23 Sidney Arnold
- Drew Carey\*
- 25 Mary Davenport
- Ralph W Emerson\*
- 26 Carrie Hadley
- Lois Pfost
- Sally Ride\*
- 29 Mark Shipe
- John F Kennedy\*

\*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Beckwith Challenge

The starting line wasn't too exciting, but it was at least exciting to be running and racing again. It had been a long time since my last race the ADT marathon in springs. The winter wasn't without running, but way too much time had been spent on the treadmill. Just as I was getting back into the swing of things my ankle started hurting. And being an ok doctor, but a very pathetic patient I decided to examine, diagnose, and treat myself. The result was basically a lot of cross training (and dressing – see previous article) with no running for several weeks. Now, not only would the self-administered treatment come to the test, so would the alternative training.

For a trail run this would be quite a challenge. Off the starting blocks (actually they were just cement parking blocks) the first part of the course climbed a steep hill to the south. At this point it wasn't actually a trail because it used to be paved, but it was still pretty tricky avoiding the potholes and chunks of asphalt as we made the difficult climb to the high point of the course. I huffed and puffed but kept up a reasonable pace right to the top. My ankle felt pretty good and my heart rate was still under 200 as I took some water from my fanny pack and anticipated the next stretch of the course.

Route finding would be the biggest challenge on the second leg. Across the top of the ridge I headed North. Pikes Peak glimmered in the distance but I had to keep my eyes on my feet because of the cactus, holes and vines trying to trip and maim me. At least it wasn't up hill. The course wandered slightly downhill through stands of scrub oak. One wrong turn and it could be a long side trip or possibly even disaster. I navigated carefully, kept checking my bearings and thankfully found myself on the dirt road marking the beginning of the third leg.

The dirt roads greatest difficulty lay in not being hit by some yahoo from Rye with a cracked windshield from his last victim. I stuck to the far edge of the road and kept my ears perked as I struggled through the next stretch. The dust and heat were taking their toll, but I pushed on after refreshment from my roving aid station (also known as a fanny pack). Much of the running was downhill and before too long my quads were cooked, but fortunately I was also coming up on the lake stretch of the race.

Coming to the edge of the lake gave me my second wind. Something about the water, the

shade trees along the shore and it just felt cooler. The course was relative flat and easy to follow at this point. Might have had something to do with the cement walkway nearby. With the location and conditions it was actually pleasant to run even though it was the longest leg as I circled the lake. Finally the home stretch came into view.

It was close enough that I could sprint to the finish and complete the course. The only thing keeping me from an incredible course time were the fishing lines flying across the course. One snag from a casting fisherman and my race could end in an ugly scar or worse. I dodged the lines, sprinted around the fishermen's trucks and sailed into the finish of the course. It wasn't a PR but, after so much time off and having a serious injury, I felt pretty good doing the entire 2 mile loop in under 20 minutes.

Remember – Challenge is in the eye of the beholder.

## Is BIGGER better?

The trend is to more-and-bigger according to the December, 2002 issue of Wired magazine. They think the new economy, low-cost of manufacturing and increased productivity have made "supersizing" the new norm. Here's some examples. In 1957, a medium sized movie theatre popcorn was 3 cups. Today it is 16. In 1980, the largest available 7-Eleven soda was 32 oz. Today's is 64. In 1980, the largest serving of McDonald's French fries was 4 oz, and the largest Butterfinger bar was 2.3 oz. Today's sizes are 7.1 and 5. The largest Starbucks coffee went from 16 oz. in 1990 to 24 in 2002. The median size of a new super-market went from 24,038 square feet in 1972 to over 44,000 in 2000. New homes are similar going from an average of 1,525 square feet in 1973 to 2,103 in 2001. Now – let's talk players weights on the winning Superbowl teams. Left tackles went from 260 lbs in 1974 to 340 lbs in 2001. Right tackles are a tad smaller going from 245 to only 300 lbs. The list goes on – but you get the idea.



# Rocky on Fitness

By Rocky Khosla, M.D.



## Race Notes

### SARS

I have been asked by a lot of folks to write about SARS because there has been a lot of attention focused on this topic.

SARS stands for severe acute respiratory syndrome and is a new clinical syndrome that appears to be caused by a member of viruses that belong to the coronavirus family. These viruses were given this name, because when magnified under electron microscopy, they appear to have a crown, or corona at one end. The corona viruses can cause respiratory, gastrointestinal and neurological illness in humans, as well as cats, dogs, pigs, mice and birds. This virus family is also fairly hearty in that it can survive in the external environment for up to 3 hours. The incubation period for developing SARS appears to be 2-7 days, and the mortality rate currently appears to be between 2 to 4%. We believe that the transmission of SARS is most likely by respiratory droplets, though there may be water borne transmission. As of April 4, 2003, there have been 2353 cases of SARS worldwide, with 84 deaths. The majority of cases have been in China with 1220 cases and 48 deaths, and the U.S. has so far had 100 cases with no deaths.

SARS presents with an onset of fever greater than 100 degrees Fahrenheit or 38 degrees Celsius, with cough, shortness of breath, and progressive difficulty in breathing. The history of how SARS developed is fascinating, and all the details have yet to be discovered, but here is what we know:

It appears that the first cases of SARS may have developed in the Guangdong province in China, as early as in November 2002. A semi-retired physician from that province appears to have taken care of some patients with SARS, and he traveled to Hong Kong to attend a medical conference. He stayed on the ninth floor of the Metropole Hotel, and apparently was having fever, chills and coughing quite a bit. He appears to have spread SARS to at least 9 other people at the hotel, who then traveled all over and spread this starting in March 2003. One of these people may have returned to live in a unit of apartments called the Amoy Gardens, which is made up of ten 35 story building that house some 15,000 people. Starting in April of this year, large numbers of people living in these apartments have been coming down with SARS, especially in Block E, where the index case lived. Also, it appears that

around the end of March of this year, there was a sewage line break by these apartments, and this may have lead to water borne transmission.

The World Health Organization is actively investigating and trying to piece all this together, but isn't this a fascinating medical detective story?

So what should we in Pueblo, Colorado do about SARS? First of all, this is not anything to get hysterical about, but I would use some common sense. I would not travel to southeast Asia for now, and I would be very wary of spending any significant time with anyone who had been to or from southeastern China who had cough, fever or flu like symptoms. If you have been exposed, then contact your doctor or go to the emergency room. Treatment of SARS so far involves providing adequate oxygenation and isolation of the patient so further transmission doesn't occur. We do not have any antivirals that have shown any effect against this virus.

Here are some excellent web sites if you are interested in getting more information on SARS:

1. [www.who.int/csr/sars/travel/](http://www.who.int/csr/sars/travel/)
2. [www.cdc.gov/ncidod/sars/](http://www.cdc.gov/ncidod/sars/)

Till next time, wishing you the best of health,

Sincerely,

Rocky Khosla, M. D.

Due to security reasons the 2003 Washington D.C. marathon was cancelled, but you could start training for the eleventh running of the Dead Sea Ultra Marathon on April 16, 2004. The start line is in Jordan, and runners go to the lowest point on earth. There are a few choices: Ultra 50km, Marathon 42km, Half Marathon 21km, Relay 50km (max 4 runners) See: <http://www.deadseamarathon.com> for more details. By the way – there is no shade.

Do you want to run the Peak, but don't want to go through months of training, blood, sweat, tears, altitude sickness, ultra sore muscles, total exhaustion, etc. Run the Pike's Peek 10 K in Rockville, Maryland on April 27<sup>th</sup>. The race day entry fee is \$30, but the plane ticket may set you back a bit more. But – you get a Pike's Peek beach towel and a "Peek" shirt for an additional \$7.50. They expect 3,000 runners.

### Thanks to Volunteers

We'd like to thank the following volunteers for recent races:

Ben & Matt's Trail Mix - Race Directors: Ben Valdez and Matt Sherman, Finish Line Deb Hadley & Ken Raich

Ramsgate 8 - Race Directors: Lois & Don Pfof, Finish Line Deb Hadley & Ken Raich  
Déjà vu on the finish crue?



# Ramblin'

by Ron Dehn



## The RRCA National Convention

Recently I had the honor and pleasure of attending the national RRCA (Road Runners Clubs of America) annual convention in Washington D.C. There are several stories within the story both before and during the convention.

**Background:** The RRCA serves as an umbrella organization for local running clubs. In 2002 there were over 700 running clubs representing 200,000 runners associated with RRCA including SCR. SCR's primary reason for belonging is to obtain club insurance. We also received support for the Women's Distance Festival, and individual members received quarterly copies of the RRCA magazine *Footnotes*. During the last couple years, there have been some financial and leadership issues with RRCA. Among other things, support for the WDF was dropped, the hardcopy version of *Footnotes* was discontinued, and annual membership / insurance costs went up considerably. SCR's 2003 cost was scheduled to increase by 54%. Other clubs faced similar increases, and a new national organization AARC (American Association of Running Clubs) was formed. Over 50 clubs representing 29,000 runners joined AARC. SCR joined AARC for financial not political reasons. Shortly after all this, SCR was notified that our newsletter *Footprints* won the 2002 RRCA national award for best small club newsletter. I assumed that they would simply mail us a plaque, since we no longer belonged to RRCA.

**A Class Act:** A short time later, I received an e-mail invitation from Margaret May of MCRR (Montgomery County Road Runners), chairperson of the 2003 RRCA convention. Margaret explained that MCRR was hosting the convention and would cover my registration, hotel, and travel expenses to represent SCR at the convention. I figured Margaret didn't know we were no longer affiliated with RRCA, so I sent a note back explaining our situation. Margaret replied that none of that mattered, and the invite was still good. So – I went to Washington.

**The Convention:** The 3 day agenda consisted of business meetings, lunches, dinners, exhibits, early morning runs, socialization, several workshops, and the annual Cherry Blossom Run.

During the business meeting there was (understandably) much discussion. For 2003 a change was made to the method of counting local club members for billing purposes. Previously, clubs were billed by household. In 2003, RRCA began counting individual members. Many SCR members obtain a family membership, and list their entire family on the membership form, including toddlers and other family members who do not run, but attend the picnic, etc. This was part of the reason for the 54% increase. Again, this affected all 700 member clubs. After considerable discussion, the group voted to revert

to counting by households in 2004. Other significant action included the election of 5 new national board members including Lisa Paige from Littleton as the Western Director, and John Farrow of Albuquerque and David Epstein of Anchorage as At-Large directors.

The workshops included topics such as: Insurance & legal issues, Building club membership, Course measurement & certification, Getting attention of the press, Medical issues for race organizers, Beginning runners, USATF & RRCA cooperation, Effective club communications, Running safety & self defense, Stride clinic, Yoga and Pilates. Several workshops ran concurrently, but I was able to attend three and was quite pleased with the content. I also had the chance to pick up several samples of newsletters from other clubs.

**Sightseeing:** Visiting Washington D.C. is a fascinating experience. I did fly in one day early so I could play tourist. The hotel and convention were in Arlington, and the Metro (area subway system) was only about three blocks away. The Metro has 5 color coded lines, and you can easily transfer from one line to another. You can get no more than a few blocks away from most items of interest on the Metro. I did the typical monument, museum, and mall sightseeing. Security was understandably tight, so the White House and Capitol were not on my list. I took a trolley tour which made 17 stops. You got off at any of the 17 stops, and another trolley would be by in 30 minutes.

**Wrap-up Thoughts:** Before I went, I knew only a couple attendees through e-mail, but one group, which consisted primarily of Southerners, along with a fellow from Wisconsin "adopted" me and made the experience a lot more fun. One lady from Alabama even gave me a t-shirt from her club's major run – the Azalea Trail Run. Most people were at the convention to promote running and runners. RRCA's challenge will be to provide service to its members and keep the egos in check. If they do this – the organization will heal its wounds and regain its strength. If service is not central to their actions RRCA will sputter for a while then fade away. I hope they make it. Finally, I thank Margaret May and MCRR for making my trip possible. THANKS!

Next Month: the Cherry Blossom 10 Miler.





# What are Energy Drinks All About?

submitted by Lois Pfost

with permission from the American Dietetic Association



*A thank you to SCR's Lois Pfost who submitted the following article with permission from the AMERICAN DIETETIC ASSOCIATION. See the note at the end of the article.*

Energy drinks are nonalcoholic beverages with the addition of so-called energy-enhancing ingredients. These additions may include a number of different vitamins, amino acids, caffeine, guarana, carnitine, inositol, ginseng, glutamine, ginkgo biloba, royal jelly, and mate.

Positive effects promised by some energy drink manufacturers include improved muscle tone, increased endurance, and higher mental capacity. The drinks are gaining popularity among athletes and young adults, who often drink them before workouts, at dance clubs (often mixing them with alcohol), as an afternoon pick-me-up, or for all-night study marathons.

The drink names, such as Venom, Blue Ox, Power House, Atomic Energy, Red Bull, reflect the marketing strategies of capturing the younger generation. According to *Beverage Digest*, sales of these products have more than doubled in the past year, making them very profitable.

The main ingredients found in energy drinks are caffeine and sugar.

Caffeine content is equal to a cup of regular brewed coffee. Sugar contributes approximately 25 to 30 grams of carbohydrates (100 to 130 calories) in an 8-oz serving.

Concerns regarding the use of energy drinks are:

- The energy drinks are not regulated by the Food and Drug Administration. The manufacturers can mix a variety of ingredients into the product without any-

one checking out whether it's safe.

- The high caffeine level found in these drinks is not suitable for children or anyone sensitive to caffeine. A high intake of caffeine can boost heart rate and blood pressure. Mixing these drinks with alcohol (a common practice among the young) further increases the risk of heart rhythm problems.
- Drinking these energy drinks before or during exercise may be counterproductive. The caffeine may cause nervousness, light-headedness, and nausea. In addition, caffeine is a diuretic, not a good choice as a fluid replacement for athletes.
- Mixing several different stimulants together can amplify their effects and become dangerous.
- A few of the drinks may contain ephedrine (Ma haung) which, combined with caffeine, can cause deadly heart problems.

***Reprinted from Publication: JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION, V103(1): 54, "What are energy drinks all about?" © 2003 American Dietetic Association, with permission from Nicole McIntyre for Elsevier.***

## 6.25k

## Dress up &amp; Run in the Valley

By Steve Willman



The 4<sup>th</sup> Annual Westcliffe/Silver Cliff Run in the Valley is going to be a little different. There is a new course, a new course length, costumes and a parade. Sound like fun? We hope so.

The revised course is a “regulation” 6.25k. Do you have a PR for 6.25k? Probably not, so this is your chance to get one!

The run starts very near where it has in the past - between Westcliffe and Silver Cliff -meanders through town past the fire department, turns north and the last ½ is on gravel and dirt county roads wandering through the old mining areas. This is a scenic and enjoyable run.

There is a downhill finish where there will be lots of goodies and giveaways. Massages will be available. There will be awards for the first three finishers, male and female, in each age class plus trophies for the first three overall finishers, male and female. There is a separate cash award of \$100 each for the fastest male and female.

We really want to make this fun so we are encouraging costumes. Anything you can think of? Human powered floats are OK too but no entered runners can ride. Dress up your strollers with bunting and run with the kids! There will be separate awards for best costumes.

The overall winners will ride in our float in the Memorial Day parade (starts at 11:00 am) and all runners are invited to accompany the float. Stay in costume and carry your flags! Race photos will be taken and ready immediately after the race so you can see how you look in that clever outfit.

We will have our one-mile fun run/walk starting just after the

6.25k. Completion ribbons are given for the one miler and everyone is eligible for the costume awards.

T-shirts will have an original old west theme design. T-shirts are included in the entry fee for the 6.25k and are available for walkers to purchase.

If you haven’t had enough exercise for the weekend there will be an urban orienteering course (well, as urban as it gets in Custer County) offered Saturday, Sunday and Monday sponsored by the Rocky Mountain Orienteering Club. A special map of the area will be marked with points to visit and participants will visit as many of these points as possible in the 3 hour or optional 1 hour time limits. Each location will have a point value and the goal will be to gather as many points as possible. It will probably not be possible to visit all locations so there will be strategy and route finding involved.

The orienteering can be done individually or in groups. Maps, instructions and start times will be available from 10:00 am to 2:00 pm each day at the Sangre de Cristo Gallery, 114 Main Street in Westcliffe. The cost is \$6 per team or individual (includes the map) and awards and the final results will be mailed after Monday.

You are invited to come and celebrate an old fashioned, old west Memorial Day weekend. The holiday will certainly have great meaning this year. The costumes are optional but we require you to have fun!

For more information see [www.custercountyco.com](http://www.custercountyco.com) and [www.fortnet.org/RMOC/](http://www.fortnet.org/RMOC/) or contact the race director, Steve Willman, at [gallery@ris.net](mailto:gallery@ris.net) -or 719-783-2649.

## Seeking Information from Race Directors & Club Members

We are pleased to post information about your event – before and after it takes place. Often, a race is part of a larger celebration. Other activities may include breakfast, a parade, contests, etc. Please tell us about your event. We’re glad to print it. (see Steve Willman’s article above). After your event, we’ll pull results from the SCR web page, but if you want photos and / or an article – please send them. We’ll include as much as we can. which is usually your article and 1 to 5 photos. Your submission doesn’t have to be as extensive as Steve’s - whatever works for you.

If you are in a race out of town, receive an honor, (better if related to fitness – but not necessary), or are involved in some activity that you think other club members would like to hear about – drop us an e-mail. We’ll print your sentence, paragraph, page or photo. We will give you credit for whatever you send us. If you have comments, we’re glad to print your letter to the editor.

Send a text, Word file, or .jpg file to [dehn@uscolo.edu](mailto:dehn@uscolo.edu)



## Potpourri

### High School Track & Field

Heather Loseke of East High recently won both the 3,200 and 1,600-meter races in the restricted division of the third annual Pueblo Challenge Cup at Dutch Clark Stadium. Her time of 11:48:68 in the 3,200 qualified her for state. Another stand-out runner, Jessica Driscoll from Centennial placed 4<sup>th</sup> in these two races. Several other local athletes posted state qualifying marks including: Nashira Mitchel, Central – triple jump, Tiffany Dykstra, Central – shot put, Shanda Crowder, South – pole vault, Vanessa Blauser, Beth Squires, Sofia Monroe, and Jessica Driscoll, Centennial – 3200-meter relay. The Pueblo boys qualifying for state included: Jessie Pierson, South – pole vault, Nate Shoaf, Centennial – 300 intermediate hurdles, and Chris Pershin, Central – long jump.

### RRCA Convention Photo Opportunity



Lisa Paige from Littleton, Colorado (right) presented Po Adams with a bottle of Colorado wine as a thank you to Po for her work as RRCA Western Region Representative the last several years. Lisa is the new Western Region Rep. Lisa was also honored at the awards banquet as the top RRCA state representative for 2002.

## Musical Notes

### Name That Tune

Love is one of the most written about subjects especially in music and poetry. Here are some lines from songs by the Beatles. Can you name the songs?

1. "You know I love you  
I'll always be true"
2. "I got everything that you want  
like a heart that's oh so true"
3. "With a love like that  
You know you should be glad"
4. "Oh please say to me  
You'll let me be your man"
5. "I'll give you all I've got to give  
if you say you love me too"
6. "I'm in love with her  
And I feel fine"
7. "Hope you need my love babe  
Just like I need you"
8. "The girl that's driving me mad  
is goin' away"
9. "And I do appreciate you being 'round"
10. "Why she had to go  
I don't know"
11. "She's a big teaser"
12. "Life is very short  
and there's no time  
for fussing and fighting"
13. "All the lonely people  
where do they all come from?"
14. "Love is all you need"
15. "Remember to let her into your heart  
then you can start to make it better"
16. "You're asking me will my love grow?"

Answers on next page



# The Predict Series

## Or the Story of Gina, Larry, and Mo

Gina Benfatti holds a slim (42/100 of a point) lead over Larry Volk in the 2003 version of the SCR Predict Series. And Mo (Jo) aka Marijane Martinez is just over one point behind Gina. There are 25 others with points – and EVERYONE – including those who have not yet run a 2003 Predict race is within striking distance. There are seven races left in the ten race series and only the top five races are considered in the final standings. If you haven't run one yet – be at South Mesa Elementary School for the inaugural running of the Tarantula and Yappy Dog 8.63 miler. The race starts at 8:30 am. Ross Barnhart makes his debut as a race director, and the TAYD Predict is a POT LUCK. Be there! The more the merrier! In case you are wondering – defending Predict champ Ross Barnhart has been out with a knee injury. Ross – we want you on the course soooooon!

*Editor's note: Any similarity between Gina, Larry, and Mo (Jo) and Curly, Larry, and Moe (kids – ask your parents) is purely coincidental. This article was in no way intended to disparage, mock, belittle, denigrate, or ridicule the image of Curly, Larry, or Moe.*

### Predict Standings after 3 Races

Runner	Spg Tunup	Matt Ben	Rams	Total
Gina Benfatti	100.00	84.21	35.71	219.92
Larry Volk	68.75	57.89	92.86	219.50
MoJo Martinez	81.25	94.74	42.86	218.84
Rich Hadley	50.00	89.47	64.29	203.76
Ben Valdez	75.00	73.68	50.00	198.68
Matt Sherman	93.75	26.32	78.57	198.64
Jill Montera	62.50		71.43	133.93
Stacie Diaz	25.00	42.11	57.14	124.25
Gary Franchi		100.00		100.00
Kelsey Learned			100.00	100.00
Nick Leyva		78.95	14.29	93.23
Ron Dehn	87.50			87.50
Mary Rudolf			85.71	85.71
Bill Veges	37.50	36.84		74.34
Sandy Reinsch	43.75		28.57	72.32
Michael Orendorff		68.42		68.42
Diana Reno	56.25	10.53		66.78
Chief Reno		63.16		63.16
Angelo Aragon		52.63		52.63
Misti Frey		47.37		47.37
Robert Santoyo	31.25	15.79		47.04
Dave Diaz	12.50		21.43	33.93
Brian Ropp		31.58		31.58
Carrie Slover		21.05		21.05
Rochelle Garcia	18.75			18.75
Don Pfof			7.14	7.14
Jim Romero	6.25			6.25
Tiffany Reno		5.26		5.26

### Answers to Name that Tune

1. Love Me Do
2. From Me to You
3. She Loves You
4. I Want to Hold your Hand
5. Can't Buy Me Love
6. I Feel Fine
7. Eight Days a Week
8. Ticket to Ride
9. Help
10. Yesterday
11. Day Tripper
12. We Can Work it Out
13. Eleanor Rigby
14. All You Need is Love
15. Hey Jude
16. Something

Source: The Beatles #1, Capitol Records



**Cool Photo Department:** Don Learned snapped a great photo that captures the spirit of distance running. Mary Rudolf and Gina Benfatti run stride for stride in a recent race.

# 2003 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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 Steve Willman - (719) 783-2649
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.

## Other Area Runs



### Bolder Boulder

(25th Annual)

10K

May 26th

1st Wave 7 am

[www.bolderboulder.com](http://www.bolderboulder.com)



### Garden of the Gods

10 Mile

Sun, June 8 7 am

Colorado Springs

1st leg of Triple Crown

[www.pikespeakmarathon.org](http://www.pikespeakmarathon.org)

.org



### Pikes Peak Marathon

Up and Down the Peak

Sun, Aug 17

Colorado Springs

3rd leg of Triple Crown

[www.pikespeakmarathon.org](http://www.pikespeakmarathon.org)

.org

As of Apr 3rd, the marathon is 71% full, the ascent is 100% full

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

**Non-Profit  
Organization  
U.S. Postage Paid  
Pueblo, Colorado  
Permit # 41**



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

Issues of "Footprints"  
are not forwarded.

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

## Upcoming Races

Ross has been out on the Mesa dragging sticks across fences to get the dogs yapping. Word is that he quit gathering tarantulas when one got a tad chummy. Anyway – the Tarantula and Yappy Dog run is an 8.63 mile predict and pot luck. My predict is that the food will be good... I hope Larry Volk runs. He makes a mean coffee cake. Be there – 8:30, April 26<sup>th</sup> at South Mesa Elementary School.



Don't forget one of Pueblo's classic races – the RFTR / Cinco de Mayo at the State Fair grounds on May 4<sup>th</sup>. The runners from Chihuahua, Mexico will be there. I enjoy seeing them, but usually only for about 10 seconds at the start. They are fast! (and I'm not). There are cash prizes, and usually lots of festivities. You'll have a good time.

The Ordinary Mortals Women's and Men's triathlons will be held on May 17<sup>th</sup> and 18<sup>th</sup>. If you intend to register but haven't – do it NOW. These events traditionally fill early. This is a premier Pueblo event – please help out if you can! We need a gaggle of volunteers. Call Ben at the Y. (543-5151). Those volunteer points add up.

On May 24<sup>th</sup>, you can get a little altitude training in at the Custer Run in the Valley. The scenery is gorgeous, and the run is only part of the celebration. See Steve Willman's article on page 8 for the whole scoop.

This year's Run for Rio will be held on May 31. Rio Martinez was a Rye High School student before his accidental death. This run is in his memory, and serves as a fund-raiser for a scholarship in Rio's honor. The race starts at 8am at the High School. Some lucky Rye High student will appreciate it.



## The Final Thoughts:

It's a small world, but I wouldn't want to have to paint it  
-Steven Wright

When we are unable to find tranquility within ourselves, it is  
useless to seek it elsewhere. -Francois de La Rochefoucauld

Courage is not the towering oak that sees storms come and  
go; it is the fragile blossom that opens in the snow.  
-Alice M. Swaim