



Editor: Ron Dehn

# FOOTPRINTS



Fiction sprinkled with facts - or is it the other way around?

## Mae West, May Day, May Pole, May Flowers, May-be?

### In This Month's Issue...

The Y-Bi Classic .....	1
SCR Minutes .....	2
Wanted - Web Helper .....	2
Who is Robert Kipkoech Cheruiyot? .....	2
Looking for Speed in So Many Places .....	3
SCR Birthdays .....	4
SVU Graduation & the Appalachian Trail .....	4
Achilles Tendon Disorders .....	5
Footnotes .....	5
Speaking of On-Line.....	5
Bad Puns.....	5
The Credit Union Cherry Blossom 10 Mi .....	6
RFTR / Cinco de Mayo .....	7
TAYDR Update.....	8
TAYDR & Predict Standings .....	9
Congrats to Jessica Gogarty .....	9
Y - Bi Results .....	10
RFTR / Cinco Results .....	11
Survival Run .....	11
Little Run on the Prairie .....	12
Y - Bi Photo Op.....	12
Pueblo Racing Calendar.....	13
Thank You to Volunteers.....	13
Scratches (from race calendar) .....	13
I Felt Pain.....	13
Upcoming Races.....	14
TAYDR Volunteers .....	14
Strange Moment .....	14
The Final Thoughts .....	14



Race Director Ben Valdez was wearing a big smile on April 13th at the Y-Bi Classic. The weather for the duathlon has traditionally been - shall we say sub-standard. But this year, the sky was blue, and the sun was bright as 114 finishers crossed the finish line. The top photo is of the race start, and to the left, Joe Stommel transitions to the bike. See page 10 for results.

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, June 3 at the Pueblo YMCA. All SCR members are welcome



## SCR Notes

### SCR Meeting Minutes - May 6, 2003

Carmen Peralta from the RFTR / Cinco de Mayo planning committee thanked SCR for its support. The race went well, and several runners from Chihuahua participated including the Mayor of Chihuahua.

The Survival Run was postponed by a week from its original date because of weather.

The Y-Bi had a record number of participants and finally great weather.

Several runners commented on the great course at the Tarantula and Yappy Dog Run. Ross had plenty of water and even a "surprise" water station set up by Mark Koch.

Tim Barnes of Therafit Personalized Fitness gave a presentation on his company.

Katherine Frank reported that the Beulah Challenge is cancelled indefinitely.

Ron Dehn thanked members for their many contributions to the newsletter.

Ken Raich will be sharing his software with a New Mexico club for the Santa Fe Trail 5k & Half Marathon.

NOTE: if you pick up bib numbers from the Gold Dust – they do not have holes for the spindle. While drilling holes seems like a good idea (at first) – the tyvek melts with the heat – and well... punching holes is probably better.

Ben Valdez reported that the Ordinary Mortals registration was closed for women and nearly closed for men.

In addition to the Beulah Challenge, the Caring Pregnancy Center and Nirvana Runs have been scratched for 2003.

Janelle Rodriguez (Gary's predecessor as SCR's administrative assistant) was visiting from out of town and graced us with her presence at the meeting and at the post meeting meeting.

### \*\*\*WANTED: WEB PAGE HELPER\*\*\*

SCR is looking for a volunteer to keep our "Race Calendar" up-to-date. No prior experience in web page design is required (but you must have the ability to send and receive email). The SCR webmaster will provide on-the-job training so you can maintain the Race Calendar on SCR's web page. If interested please send a message to Ken Raich at raichk@pobox.com.



**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, Robert Kipkoech Cheruiyot*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

### Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Ross Barnhart, Jeff Arnold, Terri Barnhart, Mel Druelinger

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.

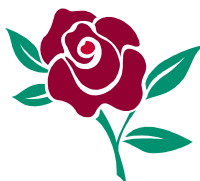
\* Robert Kipkoech Cheruiyot - 24 year old from Kenya and winner of the 2003 Boston Marathon. Incidentally, 8 of the first 10 male finishers were from Kenya.



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)

**Treat Mom to some  
flowers & curly fries**

**Curly fries from  
The Gold Dust  
217 South Union**





## Great (& so-so) Stuff

By Gary Franchi



### Looking For Speed In So Many Places

Thought for today's lunch, compliments of author Norman Mailer: *"It's very good to get rid of the notion that because you've accumulated some facts that you therefore are factual."*

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

It's around this time each year that I start thinking about running speed. In particular, getting faster.

Or maybe I should say getting a little less slow. By the way, wouldn't this be a great teaser on the cover of a running magazine: "Get less slow – follow our proven training program." Now THAT would get some attention.

Anyway, these are the types of delusions we can have as another racing season approaches high gear:

We're gonna start doing all kinds of speedwork.

We're gonna lower our 5K and 10K times.

We're gonna shave gobs of time off our run leg in triathlons.

We're gonna beat some folks we've never beaten before in a race.

(Well, I don't know about you but I'm 0-for-4 so far.)

My quest for speed was stoked when, after the Run for Rose Cinco 10K race, I had a brief chat with my other half that went something like this:

Cak: "So how'd you do?"

Gar': "Kinda died. I should have worn a lighter pair of shoes."

Cak: "How many years have you been running now?"

Gar': "Oh, since about 1976."

The Astute One: "So I guess your shoes have been too heavy for 27 years."

So I'm looking for some speed and I'm wondering if anyone out there has any that you can give me. Your donations will be tax-deductible. Actually, I originally had a few folks in mind to send some speed my way:

Those guys from Chihuahua should have been hit up when they were here for the Cinco 10K, but I was so wasted after the race that I didn't have the energy to ask them. Blew that chance.

How about Alan Webb? This is the guy who ran a 3:53.43 mile in 2001 and, although now in college, runs professionally with a six-figure Nike contract. Should have made a point to meet him when I was in Michigan last year and we could have talked about him giving me some of his fast-twitch muscles. So it goes.

Let's see, Peter de la Cerda is pretty close by, living in Alamosa and training like a madman for the next U.S. Olympic Marathon Trials, which he has qualified to run. Well, shoot, I want him to do well in the Trials so I can't really ask him to give me some of his ability. Besides, since he runs about 20 miles a day, I'd never be able to track him down.

What about Joe Blow sitting on the LazyBoy in front of the tube tonight? Ah, no thanks. That's probably what I was in a past life, which is the reason for this "slowfootedness" in the first place.

After a careful analysis of the situation, I've come to realize that 1, I can't do the required speedwork. 2, Thinking of speedwork causes me to have injuries. 3, I can't acquire talent from another source. 4, I ain't getting any younger. 5, I probably ain't getting any faster, unless I can find a point-to-point race that's downhill with the wind at my back.

One thing I CAN do is daydream (pipedream?) about being fast.

Oh, you mean that's what I've been doing all along?

#### Ten things I was just wondering:

1. Don't you wish the inside collars of all running shirts were black?
2. If an attendant is one who attends, is a tenant one who tens?
3. Why do great songs always start on your headphones just as you finish your run? – *(from this month's guest contributor, Jill Montera).*
4. If you have a lead biker for a road race, why don't you have a lead runner for a bike race?
5. If serious cyclists read all the biking magazines that are on the newsstands, would they ever have time to train on their bikes?
6. What if they discovered that the ozone layer is actually affected more by cigarette smoke than fossil fuels?
7. I heard a sportscaster refer to the Kentucky Derby as "the most exciting two minutes in sports." Huh? Anybody out there share that feeling?
8. What were the Greeley Triathlon officials thinking when they included a "witness signature" line on their registration waivers?
9. Does anyone buy used lingerie?
10. To those radio talk show callers who preface their comments by saying they are "a first-time caller," who really gives a rats?

Until next month, please e-mail fast-twitch muscle fibers to [gfranchi@daeo.net](mailto:gfranchi@daeo.net). You'll be rewarded by a greater being.





## SCR Birthdays

### May

- 23 Sidney Arnold
- 25 Mary Davenport
- 26 Lois Pfof  
Carrie Hadley
- 29 Mark Shipe

### June

- 1 Debby Rose  
Andy Griffith\*
- 4 Molly Hadley  
Gina Benfatti  
Dr. Ruth Westheimer\*
- 5 Martha Kinsinger  
David Crockenberg  
Kenny G\*
- 6 Maria Appenzeller  
Bjorn Borg\*
- 7 Jill Townsend  
Liam Neeson\*
- 8 James Robinson  
Shawn Borton  
Nancy Sinatra\*
- 9 Samantha Davenport
- 10 Laura Kelecy
- 11 Margaret Vorndam
- 14 Janice Huie
- 15 Jim Montera
- 17 Helen Caprioglio
- 18 Hilbert Navarro  
Kenneth Price
- 19 Paul Dallaguardia  
Kathleen Turner\*
- 20 Donna Nicholas-Griesel  
Melissa Babcock  
Nicole Kidman\*
- 22 Lorraine Hoyle  
Johannes Gutenberg\*
- 24 Laurice Lopez-Cepero  
Rick Ruggles  
Kevin O'Hara
- 26 Joe Dvorsky  
Pearl S. Buck\*
- 27 Emily Gogarty  
Tracy Gunn  
Helen Keller\*
- 30 Todd Hund  
Barry Loseke  
Brendan Dorsey-Spitz  
Harry Blackstone Jr.\*

\*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Graduation from SVU & the Appalachian Trail

### PART ONE – Ulterior Motives

Several months ago I realized that this spring marked the final days of my daughter's days in Virginia. She's been attending Southern Virginia University (SVU) and was graduating. For me, graduations are like yearly physical exams – you tolerate some discomfort now to hopefully avoid future problems. In other words you survive a prostate exam now (graduation) in hopes of avoiding cancer in the future (divorce). I've been able to avoid 2 of my own 3 graduations, but I knew my wife and daughter would make this graduation a must go. The prostate exam was unavoidable, but I would make the best of it. I began secretly planning for the Shenandoah 100!

There really isn't a Shenandoah 100 mile race. But not having a route has never stopped me before. I've always been enthralled with the 1800 mile Appalachian Trail, but realized I might be a little short on time to do the entire length and still make the graduation. However not far from SVU, there is a 100- mile stretch of the Appalachian Trail (AT) running the length of Shenandoah National Park (SNP). One hundred, of what some would say are the best miles of the AT, might just be doable. Fortunately, the road from the Baltimore airport to SVU "sort of" passed through SNP near the AT. And thus was born my answer to the graduation blues - run the AT through Shenandoah National Park "on our way" to the graduation. It became my 2003 goal of the year.

Goals are wonderful things. No one has to approve, review or accept them unless you make them public. Goals can give meaning and hope to life. Another day of hard work is tolerated in anticipation of attaining a good goal. Goals give you a sense of power because you can create them anyway you want. Fantastic goals can be made without any cost. The poorest man can make a goal to be the richest man. The weakest runner can make a goal of running 100 miles. Goals have just one downside: reality. My goal was great, but reality kept getting in the way.

### PART TWO – Preparation H

Planning and preparation are as much a part of a big run as training. I spent considerable time with airline schedules, hotel reservations and calendars trying to make everyone happy and still get me to the North end of Shenandoah Valley rested, prepared and ready to run. Unfortunately my goal ran right into reality. Reality came in

many forms: a mean wife, an ornery daughter, a broken ankle (ok, maybe it was just sore), miserable jet lag, hateful winds, HUGE mountains, stinky old socks, ugly shoes, and the sun in my eyes and a day shorter than it should have been. In other words, yes my goal was 100 miles. No I didn't make it. But obviously it wasn't my fault!

The plan seemed simple enough when I proposed it to myself several months ago. Of course as I began discussing it with others who did not share my enthusiasm the plan immediately began to crumble. My first opponents were my wife and daughter. I have a large life insurance policy, but my wife was worried that in the dense eastern woods they might not recover my body and thus delay the insurance pay out. My daughter thought I was actually coming for her graduation and to see her so she couldn't understand why I wanted to run for two days. Knowing they would be my support crew I realized the second day would be tough without them - not to mention the rest of my life. I "voluntarily" cut out one of the days making it the Shenandoah 50. Still a worthy goal, but I want to sound disappointed so everyone believes I wanted to run 100 miles.

As is the case with most "lofty" goals it takes a lot of advance planning and training to pull it all together. So, on the plane to Washington DC I began planning my route. My early stage planning had consisted of buying some maps and trail guides which had been stuffed in a draw until departure. Anyway, how hard could the course be? You got on the AT in the north end of the park and run south for 50 miles. As I studied the maps while flying over Texas I began to realize that even though the elevations were low (below 5000 feet), there were A LOT of elevation changes. To be precise I would have over 9200 feet of climbing and a similar amount of descending. Even the 50-mile run was beginning to look a little long. But I had done a lot of training. In fact, in spite of my ankle injury, I had still logged well over 13 miles in the past 6 weeks. Besides, the run was still far enough in the future (tomorrow) that I held onto my dream, my hopes and my quads believing I could still do it

In order to have plenty of time in Virginia the night before the run we took the "early" flight to Baltimore Airport (BWI). Unfortunately early got later as we drove around and around the Houston airport in a 737 for over an hour. Finally

*(Continued on page 9)*



# Rocky on Fitness

By Rocky Khosla, M.D.



## Achilles Tendon Disorders

I thought that I would write about a common, and potential disastrous set of conditions that can develop in runners: Achilles tendon disorders. The Achilles tendon is the largest tendon in the body, and connects the calf muscles to the heel bone. The tendon is prone to injury because it has a limited blood supply, and it faces tremendous forces as we walk or run. But before launching into the technicalities of this tendon, I thought it would be cool to throw in some mythology about Achilles and his tendon. According to Greek mythology, Achilles was a mighty warrior, and was considered invulnerable to any weapon anywhere over his whole body except for; you guessed it, his heels. This was supposedly because as a child he had been dipped in the river Styx while being held by his heels. So now when you hear an expression like “Rocky Khosla’s Achilles heel in the triathlon is the bicycling” (which it is not true since I am lousy at all three events), you know the story behind the expression! Anyhow, back to the topic at hand

There are basically three conditions that we runners may face involving the Achilles tendon: tendonitis, rupture, and bursitis.

Achilles tendonitis is felt to occur in about 10% of runners, but can also be seen in gymnasts, dancers and tennis players. Runners are at particular risk because running places forces of up to 5 to 8 times the body weight on the tendon for prolonged periods. The symptoms are generally a gradual onset of dull aching pain that starts about 3 to 4 inches above the heel. Often the pain occurs with activity only initially, but as the condition gets worse, the pain may start occurring even at rest. The treatment is to use icing, anti-inflammatories, gentle stretching, and relative rest till the condition resolves. I generally will have my runners switch to swimming so they don’t lose their cardiovascular conditioning while we are waiting for the tendon to heal. You can decrease your chance of getting this condition by making sure that you don’t get too aggressive with your training program (don’t increase your mileage by more than 10% per week at most, don’t do too many hills or jump into too much interval speed work), and make sure that your shoes are in good shape. I can’t show you any studies to support this, but I feel that stretching the calf gently before running may decrease the risk of Achilles tendon injuries.

Achilles tendon ruptures can be disastrous! The

typical scenario is where a middle aged man (I define middle aged as being 10 years older than I am at any age!) lunges forward to return a tennis serve and hears a loud pop, and then feels a sharp twinge of pain by the back of the heel. Most patients who have this happen have had Achilles tendonitis that has not healed completely. The scary thing about this condition is that in one study, 20 to 30% of patients with ruptured Achilles tendons were not diagnosed initially by the examining physician. A cool trick that I will pass on to you if you suspect that your doctor is in the above mentioned 20 to 30% of folks is to put the blood pressure cuff on the calf and pump it up to about 100mm Hg, then have the patient dorsiflex the foot (bring the foot up towards the head at the ankle). The blood pressure cuff should register 140+ if the Achilles tendon is not ruptured, and it will not have any significant change if it is ruptured. The treatment of this condition is controversial, but most authorities feel that active patients should be taken to surgery promptly, whereas couch potato types may be treated by casting. Either way, you are looking at immobilization for a good 8 to 12 weeks. Once again, I think stretching the calves before exercise is a good preventative idea.

Retrocalcaneal bursitis is where there is swelling that develops right where the top of the heel and the Achilles tendon meet. The bursa is actually a normal, fluid filled structure that provides lubrication and padding, but overactivity can cause it to get inflamed. Generally, patients who develop this notice gradual onset of pain that may get better temporarily with activity, but then gets worse. I saw a lot of this in the late 70s and early 80s because running shoes used to have high backs, which caused pinching of this area, whereas most running shoes now have a notch to prevent that pinching. Some-time patients will get chronic thickening of this area and may even get calcium deposition into the Achilles tendon (called a Haglund abnormality), and these folks may have to get this surgically resected. If you get retrocalcaneal bursitis, it is best to use ice, anti-inflammatories, and never have a steroid injected here because having steroids injected in this location is associated with a huge risk of developing a ruptured Achilles tendon.

Till next time, keep on truckin’ and don’t let the Achilles tendon become your Achilles heel!

Sincerely, Rocky Khosla, M. D.

## Potpourri

### Footnotes

*Footnotes* (not *Footprints* – but *Footnotes*) magazine used to be sent to RRCA members in hard copy form. It is now available in electronic form at: <http://rrca.org/>

It is a Pdf file and will take a bit of time to load if you are dialing in, but the price is right.

### Speaking of On-line

Have you visited the SCR website lately? Lots of goodies – check it out at [www.socorunners.org](http://www.socorunners.org)

### Bad Puns

A chicken crossing the road is poultry in motion.

If you don't pay your exorcist you get repossessed.

Those who get too big for their britches will be exposed in the end.

When you've seen one shopping center you've seen a mall.

courtesy of Mel



# Ramblin'

by Ron Dehn



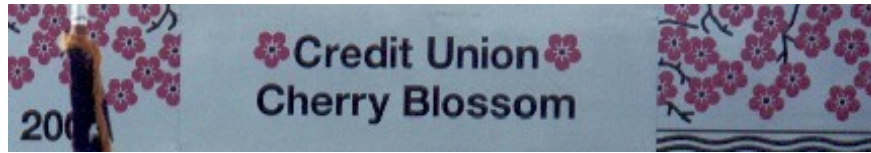
The national RRCA Convention (see last month's issue) was scheduled to coincide with the 31<sup>st</sup> running

of the Cherry Blossom Ten Mile Run in Washington D.C. Over 7,000 runners were registered. A little background: I know many readers are serious runners. I do not remember the last time that I ran 10 miles. (The Peak doesn't count. It's more than 10 miles, and quite grueling, but once I hit timber line, I don't use the words running and Peak in the same sentence.) Anyway – my training consists of mostly 4 and 5 milers, but I wasn't going to pass up the opportunity to run what promised to be not only a run, but an experience. I decided in the beginning, it would be a fun run.

Sleepy conference attendees filed into two buses and arrived at the race an hour and a quarter before start time. We were next to the Potomac River, there was a breeze, and the sun was hiding. I wore my long sleeved SCR "cool-max" shirt over my short sleeved SCR "cool-max" shirt and was quite under-dressed. A group of us found a tent and went in. About 30 seconds later, someone chased us out because it was a volunteer tent. We wandered through a large field to another tent. A few minutes later a man announced that this was a club tent, and non-club members would have to leave. We just looked at each other and nobody moved. After about a half hour and several repeated announcements, we wandered outside. The sun was breaking through the clouds, and the wind was dying. I was now only barely shivering.

A short time later, the announcer was calling runners to the start line. It is a mass start. Since I'm the newsletter guy, I brought my camera in my fanny pack and got out of the group to take a photo of the start line. I snapped a photo and went back to the crowd, which was packed real tight. When the starting horn sounded, nothing happened. About 45 seconds later – we took a few steps. And about 20 seconds later, we took a few more, then started walking slowly. Then I could see heads bobbing and almost 3 minutes after the start, I was crossing the start line. We were all issued timing chips, so our time was not affected by the delay. Most of the race was quite crowded, especially the first 4 or 5 miles. I decided that accelerating to try to squeeze between tight openings was not worthwhile. I wanted to enjoy the race, the sights, and have a good time.

The course was beautiful. There were thousands of cherry trees – all in full bloom. We ran by the Potomac, the Wash-



ington Monument, the Lincoln Memorial, and the sights of our nation's capital. I kept thinking – how did they

get permission to stop traffic in downtown D.C.? Plus there were 7,000 runners. It was really quite a high and I was having fun. I really didn't have a finish time goal because enjoying the race was my first priority. My first mile was a 9:05. At that point, I thought that a 90 minute time would be great, but it didn't matter. The course consisted of several loops and while in the center of one loop, I looked to my right. On the street there were runners as far ahead and behind as I could

see. The Washington Monument was in the distance and the Lincoln Memorial was in also within view. It was an incredible, awesome view, and I figured you readers would want to see this truly moving sight. I ran off the course to the grass and took a photo. Unfortunately the photo was taken almost directly into the sun. It turned out, but not well. – So... close your eyes and use your imagination. A while later, I was still thinking about the newsletter and stopped to take another photo. Similar results – so use your imagination again. Finally, the photo to the left works especially if you imagine the cherry blossoms to be a light pink. The next few miles were fun. My splits were running in the (9:05 to 9:10 range). Between miles 5 and 6 there was an optical illusion. Two other runners that I talked to after the race had the same observation. The roads going and coming back were on two different levels and again you could see the runners in front of you coming toward you after the turn around. That is fun, because you are part of an even larger crowd. Anyway – it appeared that I was heading down hill while those who had already rounded the loop were running uphill. Soon, I rounded the loop, and it still seemed like I was still going downhill, and those coming toward me were running uphill. Strange, but fun.

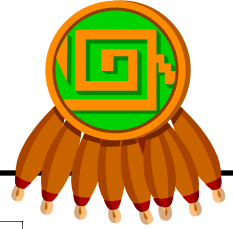
Most of my training is on dirt. At mile 6, I my legs were really hurting. At mile 7, I checked my time, and my pace had picked up a little. At this point, I started thinking about how I felt. The legs still hurt, but my breathing was so relaxed that it was almost casual. I didn't remember my lungs ever feeling that good in a run. Was it the lack of altitude? I picked up the pace to see if I could come in under 90 minutes. By mile 8 the legs were almost numb. But since they didn't hurt anymore, so I pushed it a bit more. At mile 9 – I was still feeling good. The breathing was so relaxed. What a sensation! I picked up the pace again, and the crowd was thinning

*(Continued on page 12)*

# May 5

## RFTR / Cinco de Mayo

By Jeff Arnold



Pueblo City Council President Bill Sovo (right) welcomes runners to the RFTR / Cinco Run while Carlos Maldonado, one of the event organizers looks on just before race start.

steeplechase before the world Championships in August. Scot Peter Fleming, 42, now living in Colorado Springs was third in 32:28. Phil Castillo of Ft. Collins, a many time winner at the Spring Runoff, was fourth in 32:53, followed by the first runner from

The most recent edition of the Cinco de Mayo Run for the Rose 10K may have been the most intense and competitive in the long history of that race. It was certainly the most international. For many years a select group of runners from Chihuahua has come to Pueblo for the race and these runners have tended to dominate. In 2003 the Mexican cement company which will be located near the old railroad town of Lime south of Pueblo made prize money available. Strong runners, originally from England, Scotland, and South Africa, all now living and training in Colorado Springs, came to Pueblo to race another good field from Chihuahua for the cash.

My job at the race was to judge the walk from my bicycle because there was prize money for walkers too. Jan Huie dominated the walk. She led by a significant margin until she followed the 10K arrows for at least a 100 meters onto Amherst before realizing that she had gone off course. She walked back onto the Prairie sidewalk not far behind Dale Boone. Jan soon repassed and was the first walker across the line in 28:12. Dale was the male winner in 28:17.

I then rode my bike backwards on the 10K course intending to see what I could of the battle between Maddy Tormoen and Kelly Ryan of Littleton who won the 2001 and 2002 Spring Runoff 10 miles. I almost turned around when I saw a lead group of three male runners tightly packed near the 5 mile mark. I rode on, amazed as I met one good runner after another before meeting Maddy and saw Kelly perhaps 100 meters behind her and a third woman whom I didn't know about the same distance behind Kelly.

I turned then and it took me several blocks to catch Maddy who seemed to be gaining on the man ahead. I pushed to see as much of the final stage of the men's race as I could but before I got back into the fairgrounds, the battle was resolved. Andy Robinson from England crossed the line in 32:12 ahead of Josephus LeRoux, South Africa, 32:16. Robinson is hoping to qualify for the British national team in the 3000 meter

Chihuahua, 19 year old Ramon Dominguez, 33:01. In spite of the strong wind that must have slowed runners, eighth finisher Jesus Villalobos finished in 34:11; last year's winning time was 34:10.

A similar story occurred on the women's side. Maddy, 41, also first master, extended her lead to the finish where she crossed in 37:45. Kelly, an assistant cross country coach at Dakota Ridge High School, was the next finisher in 38:25. Alison Holinka was third woman in 38:45. Ronda de la Cerda was seventh woman in 42:23; last year's winner was 44:06. Dave Diaz' finish crew working with Ken Raich and his computer program provided quick, accurate results. 97 runners, including the mayor of Chihuahua, finished the 10K and 24 walkers. Sangre de Cristo Hospice were the designated beneficiaries of the profits from the race, which again commemorates Rose Samora Rodriguez, a tireless worker for youth before her untimely death from cancer.



Harvey Herzog, (foreground) is a familiar face in the Pueblo race walking scene. Harvey, at 75 was the oldest of the walkers and showed the younger crowd a thing or two with his middle of the pack finish. Twenty-four walkers and ninety-seven runners took part. See page 11 for results.



# TAYDR Update

by Ross Barnhart



Well, it's not many races where there are more volunteers than runners, but the weather was too perfect for the volunteers to stay away. Or, perhaps the prospect of seeing runners fleeing the yappy dogs nipping at their heels was too good to pass up. Whatever the reason, TAYDR was blessed with great weather, 15 pounds of flour marking the course, great runners, fabulous volunteers, terrible prediction times, and best of all, amazing food!

While the drought continues, the longest dirt stretch of the race (Cortner Road) was inexplicably muddy from one end to the next. Everywhere else was dry as a bone, but that part was wet the whole way, leading runners to invariably ask how much I'd paid the fire department to hose it down. (I'll never tell!)

Yappy dogs were out in force, as anticipated, but all were well behaved. Gary Franchi reports that he counted 16 yappy dogs (almost 2/mile) and 2 quiet ones. It's not clear if the quiet ones were the stuffed dogs at the "Official Yappy Dog Water Station". This station was the only unsanctioned water stop on the course; voluntarily set up and staffed by Mark Koch, with no knowledge of the race staff. Rumor has it that he sat beside the road in his lawn chair, handing out water to any runners going by. He had a stuffed dog on a box, with a sign on the box saying "Official Yappy Dog Water Station". This led Dave Diaz to suggest that I couldn't count, as I'd announced that there would be two water stations along the course, and Mark Koch's made for three.

Amazingly, despite the fact that all runners came in faster than predicted, no one accused me of not knowing how to count when it came to the distance of the course. Marijane, who came in well under her predicted time, said that the course did NOT feel short to her, and that she was definitely ready to be done when she spotted the finish line.

One report came in that Gary was seen, with headphones on, running down the middle of South Road (as Gary himself reports, he was singing off-key: "Baby, Baby, where did our love go? Don't you want me? (background: "Baby, Baby") Don't you want me no more? (background: "Baby, Baby") Ooo baby, baby!") oblivious to the semi-truck barreling down on him from behind. Another car was coming toward him, so the truck slowed to a crawl until Marijane finally yelled at him to get out of the road.

My brother Rooster ran this race also. Some of you may recall him from the Temple Canyon run last year. He came in last place at Temple Canyon, which put him in last place for the whole prediction series last year (no one had fewer points than he did). Well, this year he's back, proudly defending his title. Despite stopping at all three water stations to visit, plus being seen in at least one field visiting with a farmer during the race, he still managed to come in over 10 minutes early,

thus securing his last place status. Now he can only hope that those who come in last place in larger races will do multiple races so that they end up with more points than him.

In my opinion, the prediction runs are the ultimate in running just for fun: no entry fee, no t-shirts or prizes, interesting courses, good food... So, why is it that at these runs, almost universally the racers complain about their times? They cross the finish line, find out they were fast (or slow), and the expletives start flowing. And to think, we do this for fun!

Finally, I'd like to thank the amazing set of volunteers that helped with this race. It was quite an array of helpers, from age 7 to 85, coming from such diverse places as Pueblo, Denver, Delta, and even England (thank goodness for family ties). My niece and nephew were quite thrilled to be helping, though my niece was a bit traumatized when Larry Volk didn't take any water ("Mom, he didn't take any water-what do I do now??"). As they drove to the water stop, the kids also were quite amazed at how far everyone was going to run. So, a fine job one and all-it's not always easy to impress my nephlings.



Don Pfof (right) explains the finer points of running to Rooster Barnhart - defender of the 2002 Predict Series Title (see article for full explanation)

Meanwhile, a dog (presumably a "Yappy Dog") checks out Rooster's leg.  
photo by Terri Barnhart



# TAYDR & Predict Standings

## Tarantula And Yappy Dog Predict

Misti Frey and Gina Benfatti took first and second at the TAYDR. Gina is becoming the “person to beat” in the Predict Series, but Larry Volk is hanging in at a pretty close second. Since the 2003 Nirvana Predict has been cancelled, the next predict run is the Moonlight Madness on July 12. The current standings are listed to the right.



Sarah Barnhart works one of the many water stops at the TAYDR. G-Man and MoJo hydrate photo by Terri Barnhart

*(Continued from Trail Notes - page 4)*

in BWI we jumped in the rental car and headed to Reagan International Airport in Washington DC. If you’ve driven in Washington DC you know that the highway system is really the best defense the capital has against terrorist attacks – no one could ever find, much less drive to the White House or anywhere else in that city!! With my son navigating, my wife hiding, me driving, everyone yelling and all of Washington DC conspiring to keep us from our destination – we wandered aimlessly around the capital as the hour grew later. Finally at Reagan we picked up my parents who were coming from Utah to see me run, I mean see my daughter graduate. Together we headed to Front Royal, Virginia at the north end of Shenandoah Valley. We checked in at 10 pm.

My pre-run rest day had consisted of flopping around in an aircraft chair or driving through horrendous traffic most of the day. Hydration had come in the form of two 6-ounce cans of cranberry juice on the flights (I was terrified of the aircraft toilet). And of course in Front Royal everything except Wendy's was closed by 10 pm so my carbohydrate loading was a biggie fries and hamburger bun. I was really primed and ready for the big run. The only thing left was to buy supplies at a local grocery store. As we filed past the checkout girl she asked if I was going camping. I replied, "I hope not".

*Ed Note: PART THREE will be published next month.*

Name	Spg Roff	Ben & Ram Matt's 8K	Total TAYD Points
Gina Benfatti	100.00	84.21 35.71	91.67 311.59
Larry Volk	68.75	57.89 92.86	83.33 302.84
Matt Sherman	93.75	26.32 78.57	75.00 273.64
MJ Martinez	81.25	94.74 42.86	16.67 235.51
Rich Hadley	50.00	89.47 64.29	203.76
Ben Valdez	75.00	73.68 50.00	198.68
Stacie Diaz	25.00	42.11 57.14	66.67 190.91
Jill Montera	62.50	71.43	41.67 175.60
Misti Frey	47.37		100.00 147.37
Gary Franchi	100.00		25.00 125.00
Robert Santoyo	31.25	15.79	58.33 105.37
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
Dave Diaz	12.50		21.43 33.33 67.26
Diana Reno	56.25	10.53	63.16 66.78
Chief Reno		63.16	63.16
Don Pfof			7.14 50.00 57.14
Angelo Aragon		52.63	52.63
Brian Ropp		31.58	31.58
Carrie Slover		21.05	21.05
Rochelle Garcia	18.75		18.75
Rooster Barnhart			8.33 8.33
Jim Romero	6.25		6.25
Tiffany Reno		5.26	5.26

## Congrats to Jessica Gogarty !

On April 25 Jessica Gogarty, daughter of club members Shaun and Gloria Gogarty of Colorado City, graduated as Salutatorian from Southern Virginia College in Buena Vista, Virginia. During part of her three years at SVC Jessica ran on the cross country team. Her salutatory address was a blank verse poem which she composed for the occasion.

After vacationing for a week with her family in Costa Rica, Jessica will be on Colorado City for a time and then will go to Provo July 16 to begin learning Mandarin Chinese in preparation for her mission in Taiwan. She is also preparing a collection of her poetry for possible publication,

--- Jeff Arnold



# Y - Bi Results



OA	Age Grp	Name	age	sx	End Bike	Tr2 + Run	Total						
1	1	Seef LeRoux	30	M	41:37	16:47	58:24	59	8	Neal Sargent	50	M	103:17 24:35 1:27:52
2	1	Michael Hagen	40	M	42:32	17:42	1:00:14	60	14	Clint Gaffney	46	M	58:39 29:25 1:28:04
3	2	Cody Hill	30	M	43:44	18:29	1:02:13	61	19	Joe Bulow	33	M	58:17 30:07 1:28:24
4	3	Jim Webber	35	M	43:38	19:34	1:03:12	62	20	Steve Wall	39	M	102:53 25:55 1:28:48
5	2	Dean Maruna	43	M	45:45	20:29	1:06:14	63	8	Julie Jermyn	33	F	100:36 28:14 1:28:50
6	3	B. Herdelin-Doherty	43	M	45:47	20:41	1:06:28	64	15	Sam McClure	49	M	104:31 24:31 1:29:02
7	4	Martin Appenzeller	40	M	45:29	21:12	1:06:41	65	6	Jennifer McGee	29	F	101:19 28:09 1:29:28
8	4	Teddy Holt	30	M	46:28	20:50	1:07:18	66	2	Penny Jo Kitson	42	F	101:45 28:00 1:29:45
9	5	Ed Oliver	34	M	45:42	21:42	1:07:24	67	3	Laurie Wertzbaugher	44	F	100:00 29:50 1:29:50
10	5	Mark Koch	43	M	48:23	19:56	1:08:19	68	9	Rob Redwine	54	M	101:50 28:05 1:29:55
11	6	Tom Berry	39	M	48:00	20:39	1:08:39	69	16	Tom Ratzlaff	42	M	103:42 27:07 1:30:49
12	6	John Noleen	47	M	48:07	20:37	1:08:44	70	17	Chris Gredig	43	M	103:44 27:07 1:30:51
13	8	Matthew Segur	31	M	48:35	21:22	1:09:57	71	9	Stacy Greninger	30	F	102:23 28:57 1:31:20
14	7	Sean Warner	31	M	47:28	22:29	1:09:57	72	1	Marijane Martinez	50	F	104:46 27:12 1:31:58
15	1	Giovanna White	24	F	48:29	21:38	1:10:07	73	21	Patrick Donovan	33	M	102:39 29:36 1:32:15
16	9	Michael O'Neil	34	M	48:31	21:40	1:10:11	74	22	Jim Boatright	32	M	102:13 30:04 1:32:17
17	10	Lawrence Volk	39	M	50:34	21:06	1:11:40	75	4	Mary Rudolf	47	F	101:34 30:46 1:32:20
18	11	David Zybowski	31	M	50:15	21:56	1:12:11	76	23	Butch Faoro	36	M	105:24 27:09 1:32:33
19	1	Russ Howard	29	M	50:09	22:49	1:12:58	77	10	Melanie Galay	33	F	101:53 30:45 1:32:38
20	12	Matt Larson	32	M	50:05	23:43	1:13:48	78	1	Jeff Sarek	13	M	108:46 24:06 1:32:52
21	2	Ian White	20	M	52:37	21:23	1:14:00	79	2	Sharon Bailey	54	F	106:08 27:01 1:33:09
22	3	Nick Thelen	24	M	50:12	23:51	1:14:03	80	5	Naomi Wicker	45	F	103:14 30:31 1:33:45
23	1	Cathi Webber	34	F	52:00	22:31	1:14:31	81	24	Albert Bufmack	35	M	101:14 33:19 1:34:33
24	4	Todd Hund	23	M	50:22	24:25	1:14:47	82	2	Cole Ratzlaff	16	M	104:41 30:22 1:35:03
25	5	Scott Moody	29	M	52:30	22:36	1:15:06	83	25	Pete Santistevan	31	M	108:43 26:50 1:35:33
26	13	Johnny Smith	31	M	52:08	22:59	1:15:07	84	6	Ryan Norton	29	M	101:59 33:40 1:35:39
27	1	Hector Leyba	52	M	51:37	23:38	1:15:15	85	10	Paul Willumstad	53	M	105:17 30:25 1:35:42
28	14	Jason Hall	32	M	52:12	23:56	1:16:08	86	11	John Almon	59	M	103:59 32:03 1:36:02
29	2	David Lemon	51	M	51:22	24:59	1:16:21	87	12	Jerry Lopez	52	M	106:55 29:44 1:36:39
30	2	I. Fatianow-Hibbitts	36	F	51:46	24:43	1:16:29	88	18	Mike Archuleta	42	M	104:21 33:32 1:37:53
31	15	Steve Smith	39	M	52:49	24:10	1:16:59	89	6	Martha Kramer	48	F	105:53 32:25 1:38:18
32	2	Jen Wheeler-Buenger	28	F	55:23	22:27	1:17:50	90	3	Bob Bussey	68	M	108:28 30:05 1:38:33
33	16	Brian Ropp	39	M	58:04	20:04	1:18:08	91	19	Steven Paul	44	M	102:46 36:34 1:39:20
34	7	Rocky Khosla	44	M	57:27	23:09	1:20:36	92	11	Cathie Bonham	34	F	107:23 32:22 1:39:45
35	3	Lauren Finelli	26	F	56:42	24:05	1:20:47	93	13	Steve Fuhrmann	52	M	108:17 31:37 1:39:54
36	3	Vanessa Verrill	32	F	57:51	23:12	1:21:03	94	7	Cynde Light	45	F	109:15 31:32 1:40:47
37	8	Sonny Buczek	47	M	55:56	25:11	1:21:07	95	8	Chirs Fox	46	F	107:26 33:30 1:40:56
38	3	Joe Stommel	53	M	58:49	22:34	1:21:23	96	4	John Sturtevant	69	M	109:20 31:49 1:41:09
39	4	Candice Creecy	20	F	57:04	24:43	1:21:47	97	1	Ken Whitney	73	M	106:40 34:35 1:41:15
40	9	Stephen Miller	42	M	54:44	27:19	1:22:03	98	9	Vicki Gricius	45	F	109:09 32:38 1:41:47
41	10	Steve Gerhardt	49	M	56:55	25:36	1:22:31	99	3	Beverly Skroch	53	F	114:00 27:48 1:41:48
42	4	Mark Elder	56	M	58:36	24:06	1:22:42	100	14	James Beckenhaupt	55	M	108:06 34:01 1:42:07
43	5	David Bolsen	51	M	58:09	24:55	1:23:04	101	10	Andrea Ohde	41	F	114:05 28:44 1:42:49
44	1	Henry Hund	61	M	55:35	27:53	1:23:28	102	3	Trevor Holt	15	M	111:27 32:49 1:44:16
45	1	Cyndi Hollister	40	F	57:01	26:42	1:23:43	103	7	Melissa Pappas	22	F	109:56 34:41 1:44:37
46	6	Pat Drayton	54	M	58:25	25:52	1:24:17	104	11	Sherry Alvares	40	F	114:59 30:33 1:45:32
47	2	Lockett Wood	63	M	100:18	24:35	1:24:53	105	4	Chris Ames	58	F	111:44 35:36 1:47:20
48	17	John Clarke	37	M	57:45	27:21	1:25:06	106	26	Jeff Leyva	32	M	111:09 36:16 1:47:25
49	4	Marianela Trujillo	39	F	59:25	26:08	1:25:33	107	12	Carla Braddy	36	F	112:46 35:41 1:48:27
50	18	Kerry Meier	37	M	101:25	24:21	1:25:46	108	15	Greg Holt	50	M	115:23 34:39 1:50:02
51	7	Doug Freeman	57	M	100:13	25:39	1:25:52	109	12	Jacalyn Grabbert	48	F	113:42 38:09 1:51:51
52	5	Caroline Ermel	39	F	59:00	27:02	1:26:02	110	13	Kimly Wilson	37	F	119:54 35:48 1:55:42
53	11	Paul Dalla Guardia	44	M	59:03	27:14	1:26:17	111	5	Martha Fulford	57	F	124:24 38:33 2:02:57
54	6	Susan Hooks	34	F	57:42	28:40	1:26:22	112	4	Kevin Greenberg	9	M	135:30 35:37 2:11:07
55	12	Charles Daniels	40	M	59:07	27:25	1:26:32	113	20	Kenneth Greenberg	48	M	135:28 35:40 2:11:08
56	7	Sandy Love	37	F	59:34	27:08	1:26:42	114	2	Gerald Puls	77	M	131:04 44:20 2:15:24
57	5	Dara Ono	24	F	101:40	25:06	1:26:46						
58	13	Martin Shepperdson	49	M	100:21	27:14	1:27:35						

*Note: Nick Leyva is doing well after a bicycle crash at the Y-Bi. He had fractured scapula and some rather nasty road rash on his left side. The good news is that his helmet cracked but his head was fine and he is recovering nicely.*



# RFTR / Cinco Results



Pl	Name	Time	Sx	Age	Pl	Name	Time	Sx	Age	Pl	Name	Time	Sx	Age
1	Robinson, Andrew	32:12	M	20-29	41	Hren, Stanley E	47:08	M	60-69	83	Page, Sheryl	1:02:25	F	20-29
2	LeRoux, Josephus	32:16	M	30-39	42	Mares, Eugene	47:35	M	40-49	84	Tucci, Elisha	1:04:01	F	20-29
3	Fleming, Peter	32:28	M	40-49	43	Garibay, Guillermo	47:40	M	50-59	85	Mobley, James	1:04:01	M	40-49
4	Castillo, Phil	32:53	M	30-39	44	Weaver, Allen S	47:54	M	50-59	86	Weaver, Maria Elena	1:04:37	F	40-49
5	Dominguez, Ramon	33:01	M	19-	45	Drayton, Pat	48:38	M	50-59	87	Schiif, Laura	1:04:37	F	40-49
6	Banda, Royce	33:21	M	30-39	46	DallaGuardia, Paul M	49:01	M	40-49	88	Lobato, John B	1:05:07	M	50-59
7	Starbeck, Mark	34:01	M	20-29	47	Franchi, Gary	49:09	M	50-59	89	Martinez, Annette	1:05:07	F	30-39
8	Jesus, Villalobos Bueno	34:11	M	30-39	48	Borton, Mike	49:14	M	40-49	90	Sanchez, Cathryn L	1:09:04	F	40-49
9	Rodriguez, Bernabe Navarro	34:33	M	40-49	49	Lyndell, Carol	49:16	F	50-59	91	Galluzzo, Katherine	1:12:34	F	30-39
10	Huie, JJ	35:11	M	20-29	50	Villa, Carlos	49:29	M	40-49	92	Jones, Lillian M	1:13:04	F	40-49
11	Dominguez, Alejandro	35:16	M	20-29	51	Rose, Cory	49:38	M	19-	93	Jones, Danika	1:13:05	F	19-
12	Hill, Cody	35:23	M	30-39	52	Estrada, Maria del Carmen	49:57	F	40-49	94	Stadsvold, Jean	1:15:47	F	50-59
13	Lopez-Baca, Leopoldo	36:19	M	30-39	53	Cordova, Patrick	50:37	M	30-39	95	Stadsvold, John	1:15:47	M	50-59
14	Koch, Paul L	36:55	M	30-39	54	Rael, Joe	51:22	M	40-49	96	Puls, Gerald E	1:19:40	M	70+
15	Judge, Patrick	37:29	M	30-39	55	San Miguel, Raul	51:27	M	50-59	97	Sanchez, Salvador	1:20:19	M	60-69
16	Tormoen, Maddy	37:45	F	40-49	56	Estrada, Leticia Noriegaole	51:56	F	40-49	Walkers				
17	Ryan, Kelly	38:25	F	30-39	57	Fleming, Danielle	51:57	F	20-29	1	Huie, Janice E	28:12	F	50-59
18	Minter, David	38:40	M	40-49	58	Fox, Teri	52:08	F	20-29	2	Boone, Dale L	28:17	M	50-59
19	Holinka, Alison	38:45	F	20-29	59	Haddan III, Chester Carl	52:30	M	30-39	3	Beltran, Robert	29:41	M	60-69
20	Utz, Enrique Akdamo	39:18	M	50-59	60	Martinez, Marijane	52:34	F	50-59	4	Rocco, Tana A	31:38	F	50-59
21	Marquez, Regis M	39:40	M	20-29	61	Gomez, Catherine T	53:21	F	40-49	5	Koski, Sherry K	32:20	F	50-59
22	Martinez, Mirna Nohemy	39:47	F	20-29	62	Wilson, Zach M	53:37	M	19-	6	Marez, Monique	32:27	F	19-
23	Occhi, Amanda	40:11	F	20-29	63	Sanchez, Michael D	53:41	M	40-49	7	Cura, Kim	33:44	F	30-39
24	Escudero, Jesus Gpe	40:46	M	50-59	64	Cano, Alejandro	55:08	M	30-39	8	Groos, Carla	33:50	F	60-69
25	Stewart, Tracy	40:46	F	20-29	65	Wilson, Ashleigh L	55:31	F	20-29	9	Canchola, Mary	33:55	F	60-69
26	De La Cerda, Ronda R	40:49	F	30-39	66	Allard, Bonnie	56:38	F	40-49	10	Canchola, Patti	33:58	F	40-49
27	Aleman, Francisco Paredes	41:02	M	40-49	67	Garrison, Wendy A	56:46	F	30-39	11	Baca, Frank	36:06	M	60-69
28	Koch, Mark	41:16	M	40-49	68	Cordova, Abby	56:50	F	30-39	12	Ramos, Cristina	36:09	F	40-49
29	Baca, Rudy	41:17	M	40-49	69	Reno, Diana	57:05	F	40-49	13	Baca, Stella	36:12	F	40-49
30	Garcia, Johnny Ray	41:51	M	40-49	70	Cosyleon, Bonifacio A	57:19	M	50-59	14	Trujillo, Mary Ellen	36:12	F	50-59
31	Sherman, Matt	42:20	M	30-39	71	Benfatti, Gina M	57:23	F	40-49	15	Herzog, Harvey G	38:11	M	70+
32	Reno, Chief	43:34	M	40-49	72	Quintana, Jessie M	57:50	F	50-59	16	Gallegos, Lara	39:14	F	19-
33	Aguirre, Raquel Adrrana	44:06	F	19-	73	Rodriguez, Fernando	58:41	M	50-59	17	Gallegos, Patricia P	39:48	F	50-59
34	Gutierrez, Justin	44:59	M	20-29	74	Willumstad, Paul J	59:01	M	50-59	18	Jimenez, Christine	39:50	F	50-59
35	Hogan, Richard T	45:23	M	20-29	75	Martinez, Lori	59:30	F	20-29	19	Trujillo, Ramma	39:54	F	50-59
36	Santoyo, Robert M	45:42	M	40-49	76	Gomez, Walter U	59:42	M	60-69	20	Haddan, Doris	42:11	F	70+
37	Morales, Don	46:10	M	30-39	77	Wall, Jacqueline	59:52	F	30-39	21	Vialpando, Becky	43:04	F	50-59
38	Mares, Bill	46:18	M	30-39	78	Samora, Louise	1:00:16	F	40-49	22	Wilkinson, Mark	43:33	M	50-59
39	Griego, Edward L	46:19	M	50-59	79	Alfonso, George A	1:00:27	M	50-59	23	Rosales, Beverly J	44:27	F	30-39
40	Wall, Steve	46:58	M	30-39	80	Prieto, Tomaso	1:00:41	F	50-59	24	Babbitt, Cheryl D	49:12	F	50-59
					81	Regalado, Ralph	1:01:50	M	60-69					
					82	Fitzgerald, Alice	1:02:22	F	40-49					

## Survival Run for Sexual Assault Awareness Month



The inaugural Survival Run for Sexual Assault Awareness Month was held on April 27th at Mineral Palace Park.

The event was originally scheduled for April 19th but, cold and rain caused postponement.

Runners		Time	Sx	Ag	Pl	Name	Time	Sx	Ag
1	Jonathan Huie	17:45	M	23	16	Michael Sanchez	26:10	M	42
2	Ben Valdez	20:40	M	42	17	Thomas Alvarado	26:23	M	40
3	Matt Sherman	20:54	M	30	18	Chad Alvarado	26:23	M	29
4	Chief Reno	21:48	M	41	19	Zach Davenport	26:32	M	18
5	Rocky Khosla	22:02	M	44	20	Robe Quintana	27:41	M	34
6	Terry Kertz	23:10	M	34	21	Wendy Garrison	27:51	F	36
7	Jill Montero	23:13	F	36	22	Kelsey Learned	28:47	F	15
8	Patrick Cordova	24:03	M	35	23	Sandy Reinsch	28:57	F	30
9	John Johnson	24:04	M	39	24	Harry Walls	29:41	M	63
10	Gary Johnson	24:38	M	41	25	Jessie Quintana	29:57	F	59
11	Carlos Villa	25:07	M	41	26	Walt Gomez	30:16	M	60
12	Troy Davenport	25:31	M	37	27	Donald Moore	31:34	M	34
13	Catherine Gomez	25:37	F	46	28	Catherine Sanchez	32:41	F	41
14	S. Davenport	25:46	F	14	29	Nick Bassett	49:49	M	14
15	Patrick Rumholz	25:50	M	30	Walkers				
					Pl	Name	Time	Sx	Ag
					1	Sheila Smith	42:24	F	45
					2	Laura Kelly	43:12	F	34
					3	Lois Pfof	45:30	F	60
					4	Katt Hunt	46:17	F	32
					5	Denise Sanchez	50:12	F	30
					6	Lisa Arellano	50:13	F	31
					7	Kristi Kennedy	50:38	F	38
					8	Fred Zook	52:33	M	55
					9	Nancy Ortiz	53:07	F	55
					10	Theresa Garcia	53:07	F	45
					11	Leigh Spinsor	54:17	F	37
					12	Christine Sabey	54:17	F	29



# The Little Run on the Prairie

June 28



Chris and Ron Dehn have been busy making awards for the race. This year's medallions are hand-made from a porcelain like clay and have been fired in a special wood fired process. Every award is unique. More traditional medals will also be available, and winners will have their pick as long as supplies hold out. Awards will be given to the top 3 walkers and runners in each age category for male and female.

There will be food (at a nominal cost) after the run. Breakfast burritos and other refreshments will be available. Other activities in the 2 day festival include a softball tournament, BINGO, entertainment, a raffle, a silent auction, a cake walk, games & prizes for the kids, more food, and so on.

St. Paul the Apostle Festival



3rd Annual Little Run on the Prairie

June 28, 2003

Entry forms can be printed from the web. See: [www.saintpaulapostle.org/festival](http://www.saintpaulapostle.org/festival)

The Little Run on the Prairie kicks off the 4<sup>th</sup> annual festival at Saint Paul the Apostle Church in Pueblo West. This is the 3<sup>rd</sup> year for the 5k run and 2k walk. The purpose of the event is to come together as a community, have some fun, eat some food, and raise some money to build a new church. Hope to see you at Lovell Park in Pueblo West on June 28<sup>th</sup>. Race time is 8 am.

By the way – This year's t-shirts will be made using a silk screening process. If you didn't like last year's shirt with the hot & sticky transfer on front – not to worry – we've learned.

*(Ramblin' continued from page 6)*

somewhat so running became even easier. I kept running faster, and was still not breathing hard. I started giving high-fives to some of the cheering spectators. They'd cheer, and I'd cheer back.

It was like I'd gone through a metamorphosis. At 9 ½ miles, my mind began to come up with theories. Maybe – just maybe I'd become a really good runner. Maybe – just maybe I'd changed into Dave Diaz. Yes – that's it. Diaz and Dehn both have 4 letters and sound similar. We both graduated from high school in 1966. Our birthdays are both in August. Our wives are both nurses. Yes – Yes – I'd become Dave Diaz. We both went to SCSC and studied Math. Both of us are good looking? Must be some kind of mathematical space / person warp. So I ran faster. And I still felt good! Then I had another idea. Heck with Dave Diaz – I shook Bill Roger's hand just the day before. I'd become Bill Rodgers! I picked up the pace again. My last mile was a 7:45 and the official chip finish time was 1:27:44. AND – I still felt great! I never did breath hard, and could have easily run another 5 miles picking up the pace with each mile. I drank my water and ate my bananas and thought, "Wow! It feels great to be Bill Rogers."

I couldn't wait to run when I got home, but since my legs did eventually get their feeling back – it seemed best to wait a day. So - I ran one of my 4-mile loops in Pueblo West. A hundred yards into the run, both Bill Rogers and Dave Diaz were nowhere to be seen. But – it wasn't a dream. There's a Cherry Blossom Run t-shirt hanging in my closet.

## Y - Bi Photo Op

Henry Hund leaves the transition area after the bike ride. Henry placed 1st in his age bracket with a very respectable 1:23:28.



# 2003 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
May 24	Custer Run in the Valley (a) Run / Walk	6.25K 8:15 am	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 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 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.

## THANK YOU VOLUNTEERS!

Thanks to the following volunteers: Y-Bi: Race Director: Ben Valdez, Course Measuring: Jeff Arnold, Course Marking: Matt Sherman, Staging Area Setup: Carl Burgess, Jennifer Meyers, Registration: Shelly Moreschini, Peggy Summers, Refreshments: Nicole Means, Sag Wagon: Pueblo West Fire Dept., Chief Reno, Split Times: Kathy Stommel, Sandy Reinsch, Finish Line Don & Lois Pfof, Gary Franchi, Ken Raich, Pricilla Portillos, Results: Mike Orendorff, Jennifer Meyers, Course Marshals: Jill Montera, Jordan Montera, Diana Reno, Tiffany Reno, Scott Reno, Photographer: Ron Dehn.

RFTR / Cinco: Race Director: Carmen Peralta, Registration: Ruth McDonald, Shelley Rid-dock, Jeff Arnold, Jan, Carlos Rodriguez, Finish Line: Dave Diaz, Tiffany Reno, Don & Lois Pfof, Results: Ken & Pixie Raich, Course: Marijane Martinez, Hilbert Navarro, Lead Bikes: Mary Rudolf & Don Learned, Announcer: Nick Leyva, Photographer: Ron Dehn.

Survival Run: Race Director: Mike Archuleta, Results: Nick Leyva, Course Layout: Jeff Arnold, Course Marshal: Jan Huie, Finish Line: Dave Diaz, Ken Raich, Gary Franchi, Tiffany Reno, Mary Rudolph, Don Pfof, Registration/Refreshments: Peggy Summers, Sue Eddy, Carl Burgess, Nicole Means. *Ed note: Thank you Ken Raich for posting the names of the volunteers on the SCR website.*

## SCRATCHES

### (from the SCR Race Calendar)

Please note: There have been a few races scratched from the 2003 SCR Race Calendar.

We do not know the status of the Caring Pregnancy Center Walk / Run originally scheduled for June 7. It has been dropped from SCR's race calendar.

The Nirvana Predict originally scheduled for June 14, will not be held in 2003, but indicators are favorable for 2004.

The Beulah Challenge originally scheduled for August 2 is also cancelled.

## I Felt Pain and I Coped With it.

When Aron Ralston of Aspen was asked about what went through his head as he intentionally broke his wrist, he replied, "I felt pain and I coped with it."

The 27 year old outdoorsman and expert climber was climbing just outside Canyonlands National Park in Utah when an 800 pound boulder rocked and pinned his right hand. After several days and multiple attempts to free himself, Ralston broke his wrist then amputated his arm with his pocket knife to save his own life. He then rappelled down 70 feet then hiked 5 miles before being spotted.

**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**

At 8:15 on May 24, run or walk the 6.25k Custer Run in the Valley. The event starts between Westcliffe and Silver Cliff. There are lots of goodies and giveaways. Costumes are encouraged. There are plenty of awards and a cash prize of \$100 each for the fastest male and female. The overall winners also ride on the float during the parade. For more information, see Steve Willman's article in the April issue of *Footprints*.

The 5k Run for Rio will be held at 8am on May 31st at Rye High School. Proceeds go into a scholarship fund for a Rye High School student.

The third annual Little Run on the Prairie will take place at Lovell Park in Pueblo West on June 28th. See the article on page 12. The shirts and awards are cool! It is a 5k Run / 2k Walk.

Ladies—mark your calendars for the Women's Distance Festival on July 5. Both Runners and Walkers are welcome! Guys - mark your calendars too. Men volunteers are needed.

### **TAYDR Volunteers**

Race Director: Ross Barnhart, Lead Bike: Craig Barnhart, Sweep Vehicle: Robin Barnhart, Aid Stations: Scott & Diane Stevenson, Terri & Sarah & Ben Barnhart, Mark Koch, Finish Line Lois Pfost, Nick Leyva, Mary Rudolph, Kitchen: Nancy & Ivan Martin



**Strange Moment  
Of the Month  
Department**

**A Good Egg  
With Shadow**

### **The Final Thoughts:**

Did you sleep well? No, I made a couple of mistakes.  
-- Steven Wright

Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you. --Carl Sandburg, poet (1878-1967)

How we spend our days is, of course, how we spend our lives. --Annie Dillard