



Editor: Ron Dehn

FOOTPRINTS



Happy Birthday to US

Every Day's the Fourth of July

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

The next SCR meeting will be held at 7 pm Tuesday, August 5 at the Pueblo YMCA. All SCR members are welcome



The above photo depicts some of the SCR members who ran the 10 mile Garden of the Gods on June 8th. Left to right (with their respective place in () are: (14/66) Dave Diaz, (35/52) Rochelle Garcia, (24/64) Jeannie Arrell, (13/52) Robin Krueger, (17/52) Amy Braune, (12/23) Carrie Slover, and (56/87) Stacey Diaz. See page 10 for more.



Left: Six year old Jace Montera walked the 2k course at the Little Run on the Prairie with Mom (Jill). See page 6 for results and more photos.



SCR Notes

SCR Annual Picnic

The annual SCR picnic will be held at Greenhorn Meadows Park in Colorado City on Sunday, August 24th. This is the date originally picked by a large group in attendance at newsletter stuffing a month ago. The possibility of changing to July 27th was looked into, but this was filled with many schedule conflicts so at the July SCR meeting, the original date was re-selected. We will have the Cottonwood Central picnic site in the front, near the ballfields. Pasta Cottage will be the provider of goodies.

Race Bibs

Attention Race Directors. There is a slight change in the procedure to purchase race bibs. For your convenience you may continue to purchase race bibs through the Gold Dust Saloon. They will be priced based upon the most recent invoice rounded up slightly for the sake of even numbers. They will be sold in groups of 50 with no return. This will greatly aid in bookkeeping and keeping things simple. This is a great deal for race directors because the club purchases bibs in large quantities and consequently this means low prices all of us. Pins will not be sold by the Gold Dust, so please put "Obtain Pins" on your list of Race Director To Do's.

Correction

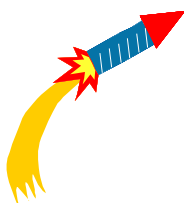
In the June edition of *Footprints*, there was a photo of some of the SCR gang at the Bolder Boulder. In the caption, Ben Valdez was misidentified as Ben Martinez. From the day the newsletter hit the newsstands, rumors have been flying and we're going to unravel the mystery. One theory is that Ben spent a week in the Bahamas with one of MoJo's cousins and changed his name. Twelve of MoJo's relatives have hired a lawyer and are threatening to shut down our presses, so we vigorously deny any validity to this vicious gossip. A second theory is that Ben is in the witness protection program and that changing his name is the first step. According to this theory, plastic surgery will take place in August. Naaaaa! The truth is, that the *Footprints* staff has been so busy that we farmed out this story to the New York Times. They assigned the job to some guy named Jayson Blair. And...in case you don't buy that - another possibility is that our reporter knows both Ben Valdez and the real Ben Martinez. The reporter's mind simply disengaged and he didn't check his work. We apologize to both Bens. Management has revoked the reporter's water cooler privileges and put him on unpaid administrative leave. It's Ben embarrassing to say the least. (bad pun intended)



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

**Celebrate the 4th,
5th, 6th, 7th,... and
every day**

**At
The Gold Dust
217 South Union**



That Tan Looks so Healthy?

According to ABC News, women between the ages of 18 and 25 who utilize tanning beds at least 10 times per year, are 7 times more likely to develop skin cancer than those who do not. This practice also increases the likelihood of age spots and wrinkles.



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

"Footprints" Issue No. 258

"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, *Charles Carroll of Carrollton	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Jeff Arnold, Jeff Arnold

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.

* Charles Carroll of Carrollton, signer of the Declaration of Independence. He died, the last survivor of the signers of the Declaration, in 1832 at the age of ninety six.



Great (& so-so) Stuff

By Gary Franchi



Us and Them

Thought for today's lunch, compliments of George Carlin: *"A crazy person doesn't really lose his mind. It just becomes something more entertaining."*

Musings on running, fitness, life, etc.:

The real problem for most of us are the few of them. We're human; they're not.

Our performances – if you can call them that – always need to be viewed in a different perspective. They are put on this earth to humble us, while we are here as mere mortals, working as hard as our bodies will allow us to make slight, human, physical gains.

I'm reminded of this infinitely as I study the results from various road races and triathlons, both locally and globally. There are other reminders everywhere, like at the recent Little Run on the Prairie 5K in Pueblo West, when Race Director Ron Dehn was recounting Bill Rodgers' many victories in the Boston and New York City marathons. This guy wasn't just a runner; he was a machine.

There are plenty of other examples to choose from.

They can run sub-5:10 miles for an entire marathon as Paula Radcliffe did when she lowered the women's world record to 2:15:25. More than anything else, we just want to finish our marathons.

They can run a 17:28 split on that brutal 3-mile course in the Ordinary Mortals Triathlon as Michael Hagen of Colorado Springs did en route to a 2nd-place overall finish. We just want to survive that run.

They can run marathons four weekends in a row as our own Marv "Mr. Indestructible" Bradley did last fall in his "50 States" quest. We run a marathon and need a month – at least – to recover.

They can complete an Ironman triathlon in 8 hours plus change. We could never survive the training needed to even attempt an Ironman.

They can average 30+ miles per hour cycling on a tough mountain stage in the Tour de France. We can't average 20 mph on the relatively easy Ordinary Mortals bike course.

They can be like Scott Jurek and win four straight Western States 100-Mile Endurance Runs, including a 69-minute victory in 2002 with a time of 16 hours and 19 minutes. We wonder how.

They can swim the English Channel. We are humbled at each Pueblo Masters Swim Team workout in East High's pool.

Their workout schedules, as chronicled in national magazines, fatigue us when we read them. Our own modest workout schedules, a fraction of what the elite athletes tackle regularly, fatigue us when we try to execute them.

They can ride 100-milers day after day in world competition. We have nothing left in our legs if we try to cycle the day following a long or hard ride.

The litany goes on and on. If nothing else, perhaps the

elite provide us with the inspiration we need to continue on in our training. We sometimes marvel at what they can accomplish, and that probably gives us a boost as we make our own little gains in our own little athletic lives.

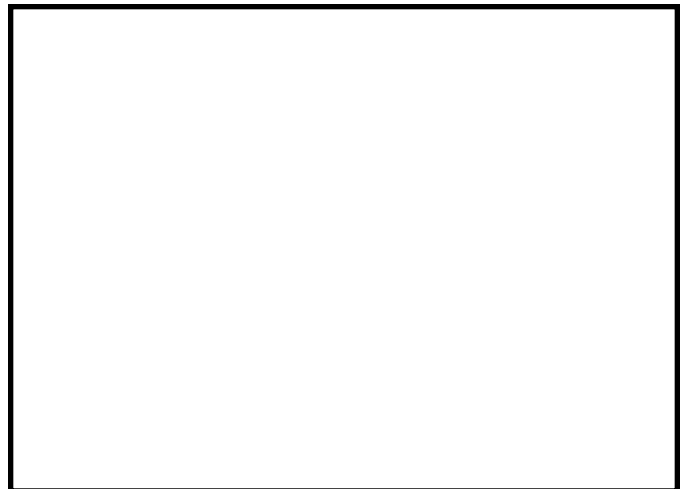
So we strive on, work hard to improve, enjoy our high points, learn from our low points, gain humility through competition, endure injuries and – most of all – enjoy the camaraderie that is so rich in our athletic world.

After all, we are human. Who would have it any other way?

Ten things I was just wondering:

1. Do squirrels like peanuts with or without salt?
2. Is there a worse time to run with headphones than on a weekday morning when all the radio clowns are entertaining themselves?
3. How stupid is it to have a business named "29th Street Sub Shop" at the corner of Lake Avenue and Jones St.?
4. What does it say about your running ability when a walker beats you?
5. How could there possibly be a better sports movie than "Hoosiers"?
6. What would Steve Prefontaine have accomplished had he not died in that car accident?
7. How dumb is it to drive a car fast through a busy parking lot?
8. Since it's so hard to stay on course, wouldn't it be nice to have a "stroke-ometer" that could tell you what distance you actually cover in the open-water swim of a triathlon?
9. Who really wants to hear professional sports event sound bites on the radio?
10. Couldn't we do without Paul Harvey on the radio?

Until next month, stay humble. On second thought, the world will see that you do.





SCR Birthdays

July

29 Diana Reno

31 David Clapp

August

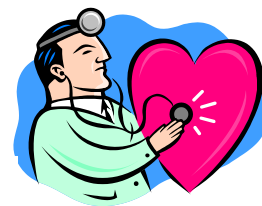
- 1 Larry Dorsey-Spitz
Zach Heesaker
Francis Scott Key*
- 2 Jay Goodman
Carroll O'Conner*
- 3 David Sorenson
Tom Ratzlaff
Martin Sheen*
- 4 Aaron Lopez
James Schwartzenberger
Louis Armstrong*
- 5 Mike Bauseman
Jerica Khosla
Jace Khosla
Neil Armstrong*
- 6 Kerry Meier
Melissa Van Buskirk
Mary Rudolf
Lucille Ball*
- 9 Dave Diaz
Whitney Houston*
- 10 Cathryn Sanchez
- 11 Ron Dehn
- 12 Ross Westley
- 13 Don Learned
- 14 Gus Appenzeller
Frank Lopez-Cepero
Steve Martin*
- 16 Jeff Arnold
Gilbert Madrid Jr.
Fess Parker*
- 17 Paul Vorndam
Len Gregory
Lori Martinez
Jim Hadley
- 19 Jordan Montera
- 21 Misti Frey
Kenny Rogers*
- 24 Lou Huie
Cheryl Cook-McCoy
George Slaughter
Neal Kinsinger
Cal Ripken Jr.*
- 26 Michael Tearpak
Becky Beard
Macaulay Culkin*
- 27 Grant Schemmel
- 29 Brett Lagerblade
John Vukich
Elliot Gould*
- 31 Henry Hund
Heather Loseke
Richard Gere*

*honorary SCR member



Fitness Notes

by Jeff Arnold



Therafit

As many of you know, I have an arthritic hip which seems to be degenerating. Over the past several years, I have become less fit. Even before my hip problems made running noticeably painful, I had begun to do less. Worse, I had done little to try to find something else, partly because I was in denial, and partly because I had never found any exercise I liked as well as running.

I did some bike racing in the early eighties, and found it to be cutthroat and didn't like the emphasis on equipment and strategy. I enjoy swimming for a few minutes, but looking at the bottom of a pool for half an hour isn't my idea of fun.

So when Tim Barnes came to a club meeting promoting a fitness program, it caught my attention. Tim, who ran at South High in the 70's, was a national class runner at the University of Arizona. Later he became a top level duathlete, but at age 34 he was diagnosed with arthritic hips and at 40 he had both replaced. Tim said that his program is zero impact. It sounded like something I could do.

I did a trial session May 30 and have been attending regularly since then. I have regained the satisfaction we all know after a good workout. The program is based on three ten minute sessions on a spin bike alternating with three ten minute circuits in which one does two minutes each with weights, working arms, abdominals, chest, back and shoulders. Since the bike works legs and butt, it's a pretty complete whole body workout. I'd still rather be running, but I've learned, and relearned, several things from it that almost everyone can apply to his or her training.

The first that comes to mind is alternate day training. For years I've tried to use a hard, easy day schedule while coaching. Tim's program occurs on Monday, Wednesday and Friday. The recovery day between is especially important since half the time is devoted to weight training, but it also helps keep one eager to come back ready to spin. If I knew kids would never miss, and would believe in the program, I'd schedule high school cross country practice on Monday, Wednesday, and Friday. Recovery is important if one wants to run hard.

The second thing I like is the use of heart rate monitors. For me knowing my heart rate is motivational. At least once in three of the first four

sessions, I got my heart rate up to 170 beats per minute(BPM). That's 12 more than my theoretical maximum and you can imagine how good that makes someone who was beginning to think he was getting old feel. I've also tried to do some anaerobic threshold training. The anaerobic threshold is the level of effort, beyond which one can only do the work by using anaerobic energy production and will begin to produce lactic acid. This is the level that runners who are trying for an all out effort try to stay at or just below in a race. Doing AT training while running is very demanding, and likely to produce at least minor injury. If one pushes a bit too hard on a spin bike, one can back off immediately. I., at least, have not noticed any fatigue, and can check the heart monitor frequently to see when I've gotten back below the threshold. For runners another huge benefit of a heart monitor is making sure you don't run too hard on an easy day.

I don't know if biking can extend one's running life, but if I had access to a set of spin bikes, I know I'd try to have my kids do AT work on them. If you can raise your AT by 2%, 3 or 4 BPM, you can probably increase your pace 0.5%. At 40 minute 10K pace that's 12 seconds. I'd also try to teach them to "jump." Imagine cruising along five beats per minute below your AT. For me I think this would be around 150. Suddenly you make a much higher level of effort. If you've never tried this before, your body will be screaming, "NO." The fact is that you can learn to override your body's warnings, at least for twenty or thirty seconds. That can be the last 150 to 200 meters of a race. And you will cut your time by at least ten seconds.

Thank You Little Run on the Prairie Vols

Race Director: Chris & Ron Dehn, Registration: Melissa Babcock, Shelly Moreschini, Marissa Moreschini, Shelly Salinas, Darla Carey, Lori Gregory, Laurie Wach, Results: Jeff Arnold, Finish Line: Dave Diaz, Nick Leyva, Rich Hadley, Larry Volk, Course Marshals: Nichail Salinas, Chief Reno, Deb Hadley, Diana Reno, Dave Jobe, Ross Barnhart, Becky Witkowski, Megan Townsend, Jay Townsend, Michelle Polintan, Sharon Hamilton., Lead & Sweep Bike: Dave Anderson, Refreshments: Darlene & Richard Lovelace, Course Marker: Dale Papineau



Rocky on Fitness

By Rocky Khosla, M.D.



Caution - Soft Shoulder

I have been seeing a rash of patients with shoulder problems recently, so I thought that this would be a good topic for this month's column.

Some basic anatomy first: the shoulder is made up of 3 bones: the humerus (also called the funny bone), the clavicle (the collar bone) and the scapula (the shoulder blade). The shoulder can best be thought of as a ball and plate joint, and head of the humerus sits like an oversized golf ball on the tee made up by the end of the scapula. Holding this whole contraption together are numerous muscles, tendons and ligaments. The shoulder is an inherently unstable joint because only 25-30% of the surface area of the head of the humerus is covered by the shoulder joint. But what makes the joint unstable also makes it incredibly mobile and flexible.

Runners, bicyclists and triathletes often end up with shoulder problems, either as a result of direct trauma or overuse injuries. Direct trauma can take the form of a fall while running or bicycling. In fact, clavicular fractures are very commonly seen in bicyclists who fall. In general, clavicular fractures heal well and are either treated with a figure of eight splint or a shoulder sling. Other common fractures that may be seen in these kinds of traumatic situations are AC joint disruptions, and scapular fractures. The AC joint (acromioclavicular joint) is the joint at the outermost point of your shoulder, and you can stretch it, partially tear it or completely tear it by landing on it, and once again, unless it is markedly disordered, AC joint injuries tend to respond well to conservative measures and rarely require surgery. As far as scapular fractures are concerned, these are usually caused by high velocity falls, and so one has to make sure that nothing else also got hurt by this force (such as having the lining of the lungs tear and cause a pocket of air to get trapped in the chest: this is called a pneumothorax). One of our SCR members had this happen recently, but fortunately, he is recovering without any problems.

In addition to the direct traumas, often the shoulder gets overuse injuries. Triathletes often pursue too aggressive a swim program, and will often develop shoulder bursitis or rotator cuff tendonitis. Bursae are fluid filled sacs that are present around all of our joint and serve to lubricate and cushion the joints. Doing too much too fast can

cause these structures to get swollen and inflamed, and this is what we mean by bursitis. As far as rotator cuff tendonitis is concerned, there are 4 muscles that make up the rotator cuff: the supraspinatus, the infraspinatus, the subscapularis and the teres minor muscles. All of these must work with other muscles such as the deltoid to allow the shoulder to move up, down, in and out smoothly. Over activity can often cause these muscles to get inflamed, and that is what we mean by tendonitis. If the inflammation becomes persistent, it can lead to these muscles becoming weakened, and then they can often get torn. People with a torn rotator cuff often are unable to lift their arms overhead.

The best way to avoid overuse injuries is to give your body enough of a chance to get used to the particular exercise, and to not increase the volume or intensity of the workout too rapidly. For most people that means not increasing the volume or intensity by more than 10% per week at most. So if you have been swimming 1000 meters a week, it should take you at least 5 weeks to safely work up to 1500 meters per week. Any faster than that could be inviting the rotator cuff fairy for a visit!

Here's hoping that you have a happy and healthy 4th of July.

Sincerely, Rocky Khosla, M.D.



Not only does Rocky give sound medical advice - He is a good sport too.

Rocky, beehive and all - poses with his daughter, Jerica, 11. Jerica ran the 5k at the Women's Distance Festival.

Congrats to Crystal

At the state 2A track meet at Dutch Clark Stadium, May 16 and 17, SCR member Crystal Berndt won two medals. She placed fourth in both the 1600 meter and 3200 meter runs. Both times, 5:37.34 and 12:15.14, are PR's and Rye High School records. Crystal is running regularly this summer in preparation for becoming a member of the Abilene Christian cross-country team this fall. Contributed by Jeff Arnold

Congrats to the Shermans



There's a new Sherman in Pueblo West. On June 29th, the stork brought a baby boy to Jenny & Matt. He weighed in at 7lbs 11oz.

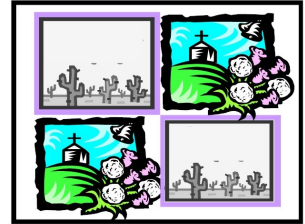
2003

Ramblin'

by Ron Dehn

The Little Run on the Prairie

St. Paul the Apostle Festival



June 28, 2003

3rd Annual Little Run on the Prairie

On June 29th, the 3rd annual Little Run on the Prairie took place at Lovell Park in Pueblo West. The Event included a 5k run and a 2k walk and kicked off the St. Paul the Apostle Parish Festival. There were 103 finishers. 5 year-old Chase Papineau of Pueblo West was the youngest racer, and Puebloan John Holiman, 76, was the senior participant. Top honors went to Tana Rocco and Marc Strasner for the 2k walk, and Maddy Tormoen and Timothy Boilard for the 5k run. Maddy gave a short talk about running after the race. This is the second year Maddy was the 1st overall female runner. This is especially noteworthy since she had surgery the first week of June. Being fit really does pay off.

After the race, a couple t-shirts autographed by runner extraordinaire Bill Rodgers were auctioned off. Several participants were spotted near the food trailer where cooks were whipping up breakfast burritos for a nominal fee.

Many local businesses helped sponsor the event and business logos were included on race t-shirts. (Contact Ron Dehn if you want to be included on next year's shirt) The top three participants in 32 age and gender divisions received their choice of hand made clay medallions or traditional race medals. The Colorado Lottery donated a bunch of door prizes, which were distributed to racers and volunteers. The bull snake reported on the course by some participants in the 2002 race was absent this year. Race Directors Chris and Ron Dehn extend their appreciation to Maddy Tormoen, Bill Rodgers, The Pueblo West View, the race sponsors, the 103 runners and walkers, and the many SCR and St. Paul volunteers who helped pull this off. And - like Arnold, "We'll be back!"

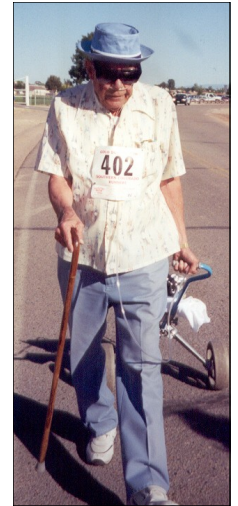
P.S. Some of you know that we recently took a trip to Peru. It was spectacular and I'm working on an article. Maybe next month I'll have "Tales from Peru".

Walk Results

Div Name	Age	Time
Females 2k Walk	1st OA: Tana Rocco	
12 & Under		
Savanna Martinez	10	23:24
13-19		
Sara Klenke	18	18:01
20-29		
Carley Greer	20	17:43
Lindsey Greer	22	17:43
30-39		
Jill Montera	36	17:54
Nancy Lauricella	35	18:14
Karen Parker	37	26:49
Sandy Papineau	37	27:45
40-49		
Teresa Strasner	43	16:07
Boni Garcia	47	17:16
Martha Drake	49	17:27
Shelly Moreschini	42	17:41
Julie Klenke	45	18:01
Emily Rodgers-Ramos	40	21:06
Betty Dorsey	47	21:47
50-59		
Tana Rocco	56	16:05
Janet Greer	51	17:42
Esther Baca	53	19:32
Adele Anderson	54	19:52
60-69		
Liz Miller	65	17:11
Mary Ann Canchola	63	17:44
Carla Groos	64	17:45
Frances Garcia	64	19:09
Mary Garcia	60	20:00
Johnette Sawyer	60	20:00
70-79		
Joan Hentges	70	24:10
Birdie Parker	72	27:00

Males 2k Walk 1st OA: Marc Strasner

12 & Under		
Jordan Montera	10	15:46
Jace Montera	6	17:54
Zachary Anderson	10	19:52
Donny Garcia	6	23:29
Chase Papineau	5	26:25
20-29		
Marc Strasner	27	15:42
40-49		
Dennis Garcia	45	17:10
50-59		
Pat Greer	52	15:48
Ed Dorsey	50	21:48
70-79		
James Ewing	71	16:29
Wilber Parker	72	27:01
Wayne Bard	74	29:47



Left column: Liz Miller, Zachary Anderson, and Jim Ewing.
Right Column: Chase Papineau, Wayne Bard, and Muddy Tormoen



2003

Little Run on the Prairie

continued

St. Paul the Apostle Festival



June 28, 2003

3rd Annual Little Run on the Prairie

Run Results

Div Name Age Time

Females 5k Run 1st OA: Maddy Tormoen

12 & Under

Marissa Moreschin 11 28:50
Lexie Wach 8 45:38

13-19

Ashlee Withrow 16 21:47
Tiffany Reno 17 27:04
Adrian Cooley 15 27:51

20-29

Kerry Dahike 27 24:26
Emily Bomar 22 25:24
Kari King 24 28:47

30-39

Calley Till 31 20:32
Emily Borrego 35 23:51
Misti Frey 35 25:08
Molly Routhph 33 27:17
Carey Moreschinni 34 27:38
Wendy Garrison 36 28:01
Debra Wall 36 28:35
Lisa Clough 37 29:03
Jacqueline Wall 31 29:34
Michelle Erickson 35 30:16
Stacie Taravella 37 30:40

40-49

Maddy Tormoen 41 19:37
Amy Wolf 41 22:15
Jackie Beebe 45 29:17

50-59

Carol Brimmeier 51 29:22
Lori Gregory 53 30:18
Kathleen Spencer 52 30:43

Males 5k Run 1st OA: Timothy Boilard

12 & Under

Michael Schmidt 12 27:02

13-19

Nathan Comden 17 19:55
Mark DeMartine 16 20:35
Jeremy Gregory 19 22:28
Matthew Drake 14 24:42
Jamie Jackson 13 26:45

20-29

Timothy Boilard 28 17:22
Richard Hogan 29 20:09

30-39

LaVon Shelton 38 19:17
Matt Sherman 31 19:53
Dale Papineau 37 21:53
Steve Wall 39 22:13
Dean Volk 38 22:16
Bill Mares 37 22:32
Agustin Ramos 32 23:18
Jeff Leyva 32 27:40
Erik Pierson 33 31:19
Joe Wach 35 45:39

40-49

Rich Hadley 47 17:56

Rudy Baca 43 19:39

Eugene Mares 40 21:59

Steve Clough 41 23:06

Brad VanBuskirk 42 23:26

Jim Jackson 47 24:00

Joel Weinhold 45 25:34

George Arrieta 49 25:58

Joe Vigil 44 26:46

Glen Nardin 46 27:25

Gary Voetberg 44 28:12

Dan Comden 49 28:55

David Hopper 40 29:21

50-59

Dave Diaz 54 20:57

Bob Gassen 56 22:08

Gary Franchi 54 22:44

Dave Dehn 50 24:13

60-69

Stan Hren 61 22:04

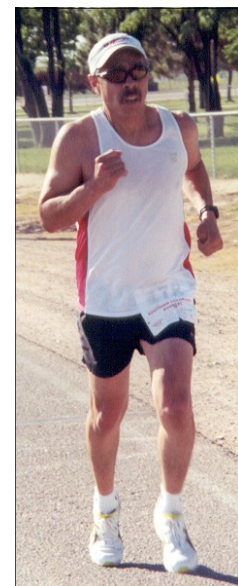
George Dominguez 63 27:37

John Rodgers 68 35:05

70-79

John Holiman 76 37:08

Right: 8 year old Lexie Wach of Longmont and her dad Joe start the 5k Run. This was Lexie's first 5k.



Clockwise—starting to the left: Gary Franchi takes 3rd in a tough bracket, Calley Till sails to gold, Misti Frey earns a bronze, Dave Diaz breaks 21 and takes gold, John Rodgers (#442) a 3rd or 4th cousin of Bill Rodgers earns a bronze and John Holiman at 76 takes gold.





WDF The Women's Distance Festival

By Jeff Arnold

Marijane Martinez' farewell performance as race director was a stellar one as both runner and director. She not only won the tough 50-59 age division with a strong 24:30, but race and results went smoothly. Her time is even more impressive when one considers the heat, especially running into the unshaded sun on Nuckolls. In the cool of the Pavilion after the race was over, there were, once again, more and better drawing prizes than at any other race that I'm aware of, not to mention hand made pottery awards by Kathie Arwood..

This year I rode a bike near the front runners and had a fine view of some fast racing. The field started strongly but in less than half a mile, former WDF champion Stella Heffron and newcomer Tina Gray left everyone else behind. A group of three emerged from the pack twenty seconds back. Then by the sharp turn back onto Goodnight at the western end of the course, Gray, fifth place finisher for UCCS in the NCAA Division II steeplechase, began to pull away and Crystal Berndt moved into fourth, four seconds behind Jill Montera and the finishing order was set, but even the runners didn't know that.

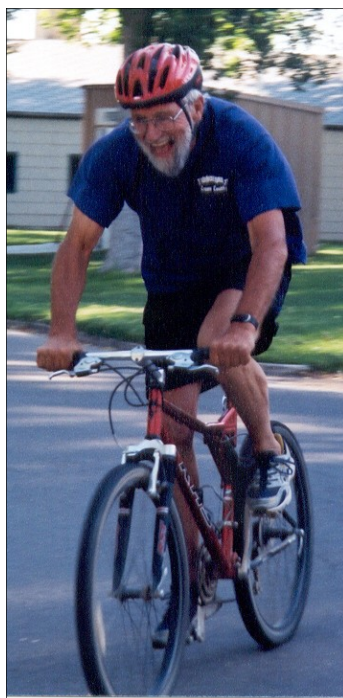
Though she had a fifteen second lead by the turn onto Nuckolls, Gray ran as though Heffron were right on her shoulder, going through the mile in 5:45. Meanwhile well back in third place, Montera was having the 5K race of her 36 year old life. Though Berndt, fourth place medalist at state track in both 1600 meters and 3200 meters, moved to within five meters at one point, Montera never eased. She carried her four second lead to the finish line, where her 21:00 time was 2:07 faster than last year, and almost unbearably close to breaking 21.

Besides Marijane's outstanding run, were lots of superb efforts in the field. Her running buddies, Misti Frey, Diane Lopez, and Diana Reno, ran with MJ for most of a lap, then each pushed to the finish at her own intense pace. Also noticeable were fine performances at the

age extremes. 11 year old Cassie Berndt ran 27:44 and 50 year old Jessie Quintana 26:22.

Marijane's aunt, Ida Mae Martin, completely dominated the walk division in 39:37. Another outstanding performance was given by Natalie Veges, age 75. Her walk time was 43:01.

Diana Reno has volunteered to be race director for next year. Marijane has left a good race in good hands.



Jeff gets some exercise, has some fun, and watches the race from a front row seat.
-Ed



Above: Laura and Paula Schilf both won awards in the walk. Below Shelly Moreschini, Logan Burke, and Marissa and Carey Moreschini are all smiles after the race.





2003

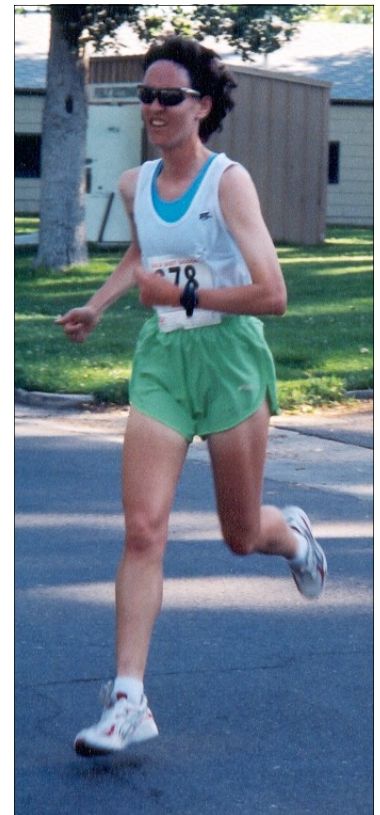
WDF

Results



MoJo's Aunt, Ida Mae Martin was 1st overall in the WDF 5k Walk

Place	Name	Age	Time
1	Ida Mae Martin	64	39:37
2	Peavel Chavez	56	40:29
3	Jamie Ramirez	27	41:12
4	Tana Rocco	56	41:38
5	Jeanna Resse	45	42:40
6	Natalie Veges	75	43:01
7	Shelly Moreschini	43	43:02
8	Lois Pfof	61	44:41
9	Paula Schilf	64	49:54
10	Laura Schilf	41	49:55
11	Erlinda Figueroa	11	53:27
12	Traci Tafoya	30	53:27
13	Jazmyn Stewart	10	54:18
14	Carol French	59	54:20
15	Julie Martinez	42	56:42
16	Irene Grilley	55	1:00:09
17	Barbara Gonzales	44	1:00:12
18	Lydia Martinez	47	1:00:14



Above: Stella Heffron, takes 1st in her division and 2nd overall

5k Run

Place	Name	Age	Time
1	Tina Gray	20	19:09
2	Stella Heffron	36	19:35
3	Jill Montera	36	21:00
4	Crystal Berndt	18	21:04
5	Emily Borrego	35	23:17
6	Ann Yaeger	24	23:25
7	Sheila Eckerson	34	23:29
8	Anne Wilbar	25	23:29
9	Jessica Lowe	17	23:48
10	Misti Frey	35	24:25
11	Marijane Martinez	51	24:30
12	Adriana Arteaga	22	24:57
13	Diane Lopez	45	25:04
14	Diana Reno	40	25:30
15	Samantha Davenport	15	25:45
16	Tiffany Reno	17	25:54
17	Jessie Quintana	59	26:22
18	Carey Moreschini	34	26:55
19	Amy Williams	25	27:11
20	Sarah Koch	16	27:27
21	Gloria Montoya	55	27:29
22	Cassie Berndt	11	27:44
23	Laurice Lopez-Cepero	32	28:02
24	Shyla Brixey	27	28:20
25	Kelsey Learned	15	28:40
26	Susan Chorak	28	28:54
27	Julie Arellano	50	29:09
28	Maria Weaver	43	29:16
29	Donna Nicholas-Gries	57	29:24
30	Kari Gonzales	23	29:44
31	Kathleen Spencer	52	31:00
32	Logan Burke	11	33:51
33	Marissa Moreschini	11	33:52
34	Jerica Khosla	11	36:05
35	Barb Yaeger	51	37:13
36	Susan Stiller	54	37:14
37	Megan Moreschini	13	44:20
38	Vanessa Telfer	13	44:21
39	Priscilla Portillos	66	45:05



Above, Natalie Veges and son Bill. Natalie at 75 years young finished in the top third of the walkers and took first in her division.

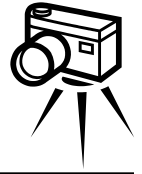
Right: Traci Tafoya and Erlinda Figueroa are having fun at the WDF. Traci is Marijane's daughter.



5k Walk



Photo Gallery



To the left are some of the Garden of Gods finishers. (also see page 1) Respective places are in () before each name. (23/103) Larry Volk, (28/66) Ron Dehn, (20/40) Mary Rudolf, (33/77) Misti J Frey, (55/87) Diana Reno, (4/23) Marijane Martinez, (support crew) Chief Reno, (22/66) Nick Leyva, (2/77) Jill Montera, and (11/114) Ben Valdez. Other Familiar names include: (2/77) Gerald B Romero, (4/103) Paul L Koch, (7/114) Mark Koch, (10/122) Rich Hadley, (21/77) Matt J Sherman (36/122), Humberto P Paredes, (66/122) Mike L Borton, (18/29) George V Dominguez, (54/66) Bonifacio Cosyleon, (12/40) Diane Lopez, (13/40) Barbara J Hadley, (3/8) Jessie M Quintana

Pictured to the right are some of the club members who did the 12k Summer Roundup on July 6 in Colorado Springs. They are with respective place in () before each name: (3/9) Marijane Martinez, (2/23) Jill Montera, (1/1) Tiffany A Reno, (24/30) Diana Reno, (10/16) Diane G Lopez, (support staff) Chief Reno, and (2/4) Jessie M Quintana. Other familiar names include: (1/50) Mark Koch, (8/44) Larry Volk, (1/33) Gerald Romero (2/44) Paul L Koch, (10/28) Ron Dehn, and (4/22) Katherine Frank-Dvorsky.

Below: Marijane presents the award for 1st Runner Over All in the WDF to Tina Gray.



Below are some locals who "Rode the Rockies". They are: Jim Dudley (Sherpa), Jan Dudley, Mary Rudolf, and Dave Anderson



2003 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Aug 2	Mary's Magical Mystery Tour Predict Run (c)	5M +/- 7:30 am	3406 Devonshire Mary Rudolf 564-9599
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.

Reporters sought

Pat Berndt had a great idea and we're looking for everybody's help in keeping the readership up to date. The board is very interested in obtaining updates on our youth who have gone on to compete at the collegiate level. If you have information about young runners from this area who are now competing away from home – please drop a line to the editor. We'd like to stay connected to these kids who grew up and competed in this area.

And... we're interested in "grownups" too. If you or someone you know competed in a run, a triathlon, or have been involved in some other noteworthy endeavor, please send us an e-mail. If you have a few hours each month to search the web for this type of information on a regular basis – we'll give you your own column. Our address is: ron.dehn@colostate-pueblo.edu

E.V.I.L. Plot Uncovered

Diana Reno's July 29th birthday was omitted from the SCR birthday list in the June issue. We are still investigating, but think that an interna-

tional hacker ring broke into the SCR database in search of corporate secrets. The hacker ring known as E.V.I.L. (make up your own acronym) is also suspected of hacking into the web sites of both Britney Spears and the Pentagon. All three of these violations are considered to be national security issues. Anyway, the entire SCR database has been checked bit-by-bit and byte-by-byte. After days of investigation, Ken Raich has determined that the only piece of information that was missing from the entire SCR database was Diana's birthday. Strange... What E.V.I.L. purpose would that serve, you may ask? We've been asking the same question and won't rest until we find the answer. At a recent press conference, Ken Raich's press secretary announced that the staff is working around the clock, and Ken has raised the SCR security alert level to maroon with a dark blue border. He also stated that such an act was not only a security issue, it is an outrage, and the perpetrators will be caught and severely punished. (What do you think Chief – does this get you off the hook?)



Mary's Magical



Mystery Tour

Mary's Magical Mystery Tour is a new predict run courtesy of Mary Rudolf and Don Learned. Be at 3406 Devonshire (Pueblo's south side) at 7:30 am on August 2nd for a run and a potluck breakfast. The exact distance is part of the magical mystery, but is probably somewhere in the 5 mile range. (They simply haven't measured the course yet). If you haven't been to an SCR potluck – join us – you will be well fed. If you have questions, call 564-9599.

Steamboat Marathon

At the recent Steamboat Marathon, Jill Montera turned in a 1:39:02 in the ½ and Larry Volk ran a 3:23:22. Wow and Wow again!

Thank You WDF Volunteers:

Race Director: Marijane Martinez, Registration: Ruth McDonald, Finish & Results: Chief Reno, Nick Leyva, Mary Rudolf, Gina Benfatti, Don Pfost, Larry Volk, Ron Dehn, Course Marshals: Bill Veges, Mark Koch, Pat Berndt, Lead Bike: Don Learned

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

**Non-Profit
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***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

Predictors, it is time to consult the stars, your horoscope, your training log, or whatever else you use to guesstimate your time in a run. Predict runs are scheduled for August 2, August 23, and September 20 (Corporate teams only). Mary's Magical Mystery Tour is new to the Predict Series and takes place on August 2. There is no t-shirt and no entry fee. Just show up, take your watch off, and make a guess. (Also bring food because the Mystery Tour is also a pot luck).

The Tunnel Drive predict on August 23rd is a beautiful run. You do run through a tunnel or two and part of the run takes place on a road overlooking the Arkansas. It offers some great scenery. Follow these directions to the Tunnel Drive Predict at the Canon City State Highway Barn. From Pueblo, take Highway 50 west to Canon City. Go past Veteran's Park (last chance for a rest room if you need one before the run). Continue past the prison and the power plant. At the state highway barn (located on your right) - be looking for the parking lot located on your left—right about where highway 50 curves to the right. Park in the lot. If you see the PCC extension office or Salida—you have gone too far and much too far.

And in September - the YMCA Corporate Cup. If you have never participated, think about it. It is a company / organization competition and is composed of around 14 separate events. Most events have age and gender divisions and in-

clude golf, bowling, volleyball, swimming, softball, predict running and biking, basketball shoot, running relays, and a gaggle of other events. Call the Y for information. In addition to being lots of fun, it is a great teambuilding activity for your organization. There are three divisions based upon company size.



The Final Thoughts:

My socks DO match. They're the same thickness. - Steven Wright

The principal contributor to loneliness in this country is television. What happens is that the family "gets together" alone. -Ashley Montagu, anthropologist and writer (1905-1999)

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth. -Albert Einstein