



Editor: Ron Dehn

FOOTPRINTS



Read Me - Please

August Means the State Fair is Here!

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The Leaders - Larry Volk and Gina Benfatti are sitting in 1st and 2nd places in the 2003 Predict Series. See page 9 for the whole scoop. Below: Runners line up on Verde Road for the Moonlight Madness Predict Run.

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, September 2 at the Pueblo YMCA. All SCR members are welcome



SCR Notes

Minutes from the Aug 5 meeting provided by G. Franchi, Admin Assistant

* Stan Hren and Russell Smith of the Las Animas Chamber of Commerce attended to provide information on the Dam Run and to ask for some help from the SCR. The race (10K race and 2K fun run) is scheduled for Sunday, Sept. 7, this year, having been moved up from its coolish November date of last year. The organizers are stepping up their race promotion to the east of the race site at John Martin Reservoir State Park, hitting Lamar and even into Kansas. They hope to build up the race to what it was in the 1990s (about 400 runners) before it was discontinued in the late '90s only to be resurrected last year.

We pledged our support, and Jeff Arnold will be our race liaison. Race flyers are included in this month's issue of "Footprints," and extra flyers are at the YMCA.

* The SCR used the invoice from the most recent purchase of race bibs to formulate a pricing structure for bibs supplied to outside organizations that solicit the club's support of their races. The club will charge groups \$17 for each set of 50 bibs and an accompanying 200 safety pins (4 per bib). The bibs and safety pins will continue to be available through the Gold Dust Saloon, which handles race registrations. Groups will purchase the bibs in denominations of 50, and they will not be able to return unused bibs (and pins).

* The Hot to Trot race is scheduled for Sunday, Sept. 21, and it will have a cool, new course that encompasses the HARP Riverwalk and goes around Runyon Lake before returning. Jeff Arnold is the Race Director for this.

* The club currently has 290 members from 160 households and sends out 204 monthly newsletters.

* The club picnic is scheduled for Sunday, Aug. 24, beginning at noon at Greenhorn Meadows Park. The food will be provided by Pasta Cottage, and it includes a variety of food items that can satisfy the palates of both meat eaters and vegetarians. The event is free to SCR members. The specific picnic site will be at the Cottonwood Central location in front, near the ball-fields. All members are invited. There will be games for the kids. There will be softball for those who want to play. Volleyball also is available. Lots of great schmoozing and chowing will take place.

* With a temporary lull in local races, the SCR has sent in its big race clock for repairs. Things to be repaired, replaced or checked are the top platform, the tripod legs, the battery and charging system and various wires. We expect to have it back by Sept. 1.

Another Scoop Please?

According to the Center for Science in the Public Interest, a health advocacy group – an ice cream sundae can have as much fat and calories as a T-bone steak dinner. The center did a study that looked at saturated fat and calories in treats from Baskin-Robbins, Cold Stone Creamery, Friendly's, Ben & Jerry's, and TCBY



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. 259

"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 |
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Non-Elected Officers

| | | |
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| Newsletter Advisor | Chris Dehn | |
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Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Stacey Diaz, Pete Saccone

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.

* Rex Allen was a singing cowboy who performed at the Colorado State Fair in the late 50's or early 60's. (He was also in several movies, and was a recording artist.) Rex was a contemporary of Roy Rogers and Gene Autry. In case you were wondering - Rex's horse was named Koko.

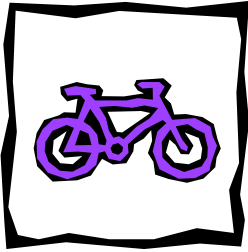


SCR is now associated with AARC, American Association of Running Clubs. See: www.huntsvilletrackclub.org/AARC/AARC.htm

**Hey Buckaroo...
Park your horse & order
up a cool one**

**At
The Gold Dust
217 South Union**





Great (& so-so) Stuff

By Gary Franchi



Sports World Could Learn from Cyclists

Thought for today's lunch, compliments of Rockies Manager Clint Hurdle: *"Expect bad, you get bad. Expect good, you get good."*

Musings on running, fitness, life, etc.:

So, like, where did all the bikers go, man?

I heard a bunch of them were congregating in this Sturgis place. What's going on up there? Are they gonna have some races and show them on that OLN channel pretty soon? Sure hope so.

Oh, those are another kind of bikes, eh? Shucks.

In case you were wondering, the withdrawal symptoms have set in.

Didn't take long either. Exactly one day after Lance wrapped up his 5th consecutive Tour de France championship, I started missing it. I guess that's probably natural since I spent almost as many hours watching the Tour on the Outdoor Life Network (that's the OLN above) as Armstrong took to complete it (83+ hours officially for him).

OLN does such a great job, both in its pre-race studio chat and during the stage races themselves. Instead of the usual inane, pseudo-analysis banter between partners of pomposity that we are accustomed to getting on most pro sports telecasts, OLN brought us Paul Sherwen and analyst Phil Liggett, unpretentious providers of pertinent information.

For those with "extreme focus," OLN's format was custom made. You could either watch each stage early in the morning or, if pre-disposed then, you could catch a 2.5-hour replay at different times of the day and evening. For certain stages, the above-mentioned "extreme focus" group, possibly missing a few gears, could watch it unfold several times.

A simple long, flat stage – which initially might have seemed to be fairly monotonous and lacking in drama because of the similar talents of the participants – often took on attributes of a chess game. Thanks to Sherwen and Liggett, we knew what might happen, what was happening and how it all fit together while playing out.

Maybe these things are easier to predict in cycling but maybe not. I know one thing: the analysis gurus in the professional sports we're normally fed don't have the ability to break things down like Sherwen and Liggett.

Anyway, I'm missing this year's Tour de France and so many things about it, such as:

Tyler Hamilton's determination in finishing 4th overall in the individual standings despite suffering a broken collarbone in the first stage of the Tour.

The sprints to the finish as cyclists bid to be king for a day by winning a stage race.

The memory of Lance being felled by a spectator's handbag only to ride back in the pack and outclimb everyone to the top of a Pyrenees peak to forge his eventual winning margin.

But mostly, I miss the Tour because it has something that is lacking in the most of the rest of the professional sports world – good sportsmanship.

That's right, genuine old-fashioned good sportsmanship. It's so unusual in the sports telecasts we see the rest of the year.

In Major League Baseball, every other day some batter charges the mound after being hit by a pitch. In cycling, you have the lead pack slowing down for Lance to catch up after that handbag incident caused him to crash.

In the NFL, you have players under contract holding out from training camp because another player recently signed for more money. In cycling, you have Lance giving his \$3 million Tour de France winner's purse to his U.S. Postal Service teammates, since it was their work that enabled him to conserve his energy and win the Tour. Yeah, he doesn't need the money, but that's not the point.

In boxing, you have decadent boors like Mike Tyson biting off part of an opponent's ear during a bout. In cycling, you have Lance patting a stage leader on the back while passing him on the steep ascent during the last few kilometers of a mountain peak.

In the NBA, you have players trash-talking an opponent after slamma-jamming over him. In cycling, you have Lance hugging former U.S. Postal Service teammate Hamilton after Tyler had forged his first stage victory ever in seven years of Tour de France competition.

Professional athletes in America could learn plenty by watching the cyclists and adopting some of their code. Unfortunately, we're not going to live to see that day.

Turn on OLN. Maybe there's another tour of some kind starting.

Ten things I was just wondering:

1. What's the distance on the Running of the Bulls course and does that event require more aerobic or anaerobic training?
2. Wouldn't it be cool if Tour de France riders were required to make Porta-Potty stops as needed rather than just extending a leg while riding and, ah, letting it flow?
3. Wouldn't it be fun to have Porta-Potty "pit stop" areas dotting the Tour de France courses?
4. Why don't Tour de France riders get fined for littering when they toss their empty water bottles?
5. Isn't it fun trying to open the plastic bags inside cereal boxes?
6. Isn't it great to hear pro tennis players grunt when they hit a return?
7. Who are all those "Unavailable" people who keep appearing on my Caller ID and why don't they leave messages?

(Continued on page 4)



SCR Birthdays (& other events)

August

- 26 Michael Tearpak
Becky Beard
- 27 Grant Schemmel
- 29 Brett Lagerblade
John Vukich
- 31 Heather Loseke
Henry Hund

September

- 2 Maria Weaver
Lillian Rivera
Salma Hayek*
- 5 Cassie Berndt
Raquel Welch*
- 9 James Martinez
Sarah Beard
Col. Sanders*
- 11 Aaron Berndt
Tana Rocco
O. Henry*
- 12 Trent Braddy
Yao Ming*
- 14 Tiffany Reno
Clayton Moore*
- 15 Matthew Diaz
James Loseke
Cory Rose
Dan Marino*
- 17 Connie Goodman
John Ritter*
- 19 Chile & Frejole Festival
- 21 Stacey Diaz
Tomas Duran
William Van Buskirk
Faith Hill*
- 22 Michael Orendorff
Tommy Lasorda*
- 23 Rodge Rodgers
Gary Franchi
Mike Cook
Amy Wolf
Ray Charles*
- 25 Jennifer Sherman
Randi Comden
Christopher Reeve*
- 26 Johanna Lukezic
Kelly Hale
Ivan Pavlov*
- 27 Robin Krueger
Debra Hadley
Rosh Hashanah
- 29 Susan Dallaguardia
Gene Autry*
- 30 Stanley Hren
Johnny Mathis*

*honorary SCR member



Trail Notes

by Shaun Gogarty



Dear Abby (aka Shaun)

Gary has been writing so much lately about triathlons that I've started doing more running, biking and swimming. But since Gary has already covered the tri issue and me being an expert on cross-dressing, I thought an article on bi's would be appropriate. Plus, why write about swimming when each of you could just stare at the floor for 45 minutes and basically have experienced all that swimming has to offer. The other reason I felt like I should write about the bi issue is to warn you. I confess my fall into the bi culture and regrettably know first hand its disastrous consequences. I now consider it my duty as a friend to warn all of you against this peril. I implore you to stick to a uni-style life and run (literally) away from the disasters of a second love like biking!

Biking is an attractive mistress. It first lures you away from running with its sexy equipment. Everything about it is shiny, new, sleek and fast. Walk into a bike store and you immediately begin dreaming of a relationship. But don't fall for it! If you do, within minutes you'll be pulling a card to pay for your little affair. Where else do you have to lay down \$1000 - \$2500 before you even get to date. Granted a bike can be your friend for a long time, but with that kind of cost you better be with it when they bury you! Stay strong if you stray into a bike shop and remember – running shoes are cheap! If you have to spend money to be happy in a relationship then buy the latest, greatest shoe, throw in some spiffy new shorts and you're still talking less than \$150.

The next thing to remember when trying to remain monogamous is your physical health. Straying from your true love is dangerous. There are all sorts of bad things that you can catch – asphalt being at the top of the list of diseases associated with bicycle riding. Yes, stray onto forbidden paths, namely bikes, and eventually your mistake will catch up with you in a very hard way. Sure you might trip and fall while running, but your face isn't moving 40 miles per hour when it meets the pavement. A scraped knee hurts, but a flat face is not only painful it is ugly – and then see if your new lover cares. It will just want more money for a facelift at the repair shop! When was the last time you took your running shoes in for a repair or your water bottle in for a tune up?

The other disaster of having another lover is that you can't just go out when and where you want. With the new love you have to be discreet. First you want to hide your identity – you don't

want others to know about your indiscretion. So you have to change into a disguise: padded shorts, tight shirt, funny hat and funky shoes. Your friends would never think that was you because they thought you were normal! Then your favorite locations are off limits. You love to go to Bartlett but the rocks and trees make it impassable with your new companion. And if your new companion is the sleek sophisticated type you can't even go to the trails – your stuck going to the lousy roads. If those hindrances aren't enough deterrent, then when tempted just think of how easy it was with your original love – shorts, shoes and go wherever you want. Every trail or road is open and you're proud to have your friends see you.

There are a lot of temptations out there. I hope this talk will help you avoid one of them. Sorry if I have offended you with my plain and straightforward talk of this delicate subject. But sometimes knowing how bad choices have affected one person can help others avoid similar pitfalls and disastrous consequences. Recently, when I finally turned from the evil temptress and ran a long mountain run my legs cramped and threw a fit while screaming bloody murder. I paid a high price for my sin, but thankfully I was accepted back. My original love, always understanding and faithful, survived my little fling with biking and let me come back.

(Great Stuff Continued from page 3)

8. What no-lifers watched the Jets vs. Bucs NFL preseason-opening game in Tokyo when it was broadcast live at 3 a.m.? Why?

9. Regarding Breckenridge being the site of a 24.5-mile "marathon," couldn't they have added 1.7 miles somewhere?

10. Do the bulls have to try out for spots in the Running of the Bulls?

Until next month, bring on the Broncos – and let the trash talking begin!



Rocky on Fitness

By Rocky Khosla, M.D.



Three for the Price of One

I came across three topics in the last month that I thought would be good to mention in this month's column, so here goes:

First, there has been a major change in how a bunch of medical organizations are recommending fluid management in endurance sports. As of May of this year, USA Track and Field now recommends that runners hydrate based on individual needs rather than drinking as much as they can tolerate. The International Marathon Medical Directors Association has also recommended a similar approach. The whole impetus for this change has been the increasing reports of the danger of over hydration causing the sodium level to drop, causing exertional collapse. I think the danger in the newer recommendations is that some runners will truly let themselves become dehydrated, which is not the intent. So the best approach is to drink as much fluid as it takes to replace your losses in sweat, and drink when you are thirsty. Do not try to over hydrate yourself because not only is this not going to help your performance, but it could cause medical problems.

Secondly, for all of you swimmers and triathletes out there, there was an article in the July, 2003 issue of *Medicine & Science in Sports & Exercise* that asked the question: what is the best drafting distance in swimming? The bottom line is that you can decrease your drag by about 20% by staying between 0 to 50 cm (0 to 20 inches) above from the leading swimmer.

Also, if you are to the side of the leading swimmer, stay about 50 to 100 cm (20 to 40 inches) from the lead swimmer to decrease your drag by about 7%.

Lastly, in the same issue of the above-mentioned journal, an article addressed the issue of what is the best way to taper down your workout before competition? The bottom line here is there seemed to be a 3% improvement in performance by tapering optimally. For middle to long distance runners, it was best to taper 6-7 days before the event, and maintaining the intensity of the workouts was important, but cutting the volume of the workout by 60 to 90% seemed to lead to the best results. Lastly, for highly trained athletes, maintaining the high frequency of training seemed to avoid the detraining effect. Remember, the whole point of the taper is to minimize accumulated fatigue. So for all of you that have a big endurance event coming up for which you have been training intensely, give yourselves a 6-7 day taper where you cut down how long you work out by 60 to 90%, but still workout as often as you have been in training, and at the same intensity in your training.

Till next time, hope the above is something you can use in your routine with good results right away!

Sincerely, Rocky Khosla, M.D.

From the SCR Electronic Mailing List

Another first at the Briargate YMCA

Swim, Bike, or Run anyone? Why pick; you can do them all! The Briargate Family YMCA will host its first Triple Trekker Triathlon in late August-- designed with mere mortals in mind.

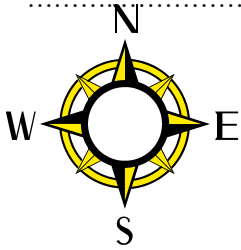
Participants complete a trio of challenges: a 525 meter swim, along with a 12 mile bike ride and a 5K run, both of which start and end in the Y's parking lot. These shorter yet challenging distances provide a great opportunity for first-timers, returning athletes, and seasoned veterans alike.

This very active day will begin at 7 a.m., Sunday August 24. Participants must be at least 14 years old. The cost is \$45 per entry, or \$65 per team. There will be no race day entries and a late fee will be charged after August 16. Registration locations include: Colorado Running Company, Runner's Roost, all YMCA locations (except Tri-Lakes), and active.com http://www.active.com/event_detail.cfm?event_id=1070168
For more info call Lisa Woods at 495-5106



The Gothic to Crested Butte 1/3

Matt Sherman and Stacey Diaz (above) at the 35th Annual July 4th Gothic to Crested Butte Run, Walk or Crawl 1/3 Marathon. The challenging 8.7 mile race winds along a gravel road through aspen woods and meadows from Gothic through Mt. Crested Butte, past the ski resort, ending on Elk Avenue in downtown Crested Butte. This year there were 356 finishers. Matt finished with a 1:07 and Stacey ran a 1:21. Dave Diaz was also listed on the website with the finishers, but no time was recorded.



Ramblin'

by Ron Dehn



Tales from Peru

On the 15th of June, Chris and I, along with Jeremy, Maggie, and Melissa (son, daughter-in-law, daughter) met 10 fellow travelers at DIA and boarded a plane for Lima, Peru. What an adventure! Our little group of 15 was indeed eager and ready. Six of us were over 50 and the rest were under 30. Those over 50 were only over 50 by the calendar. We were as excited as 5 year olds at Christmas at the thought of our upcoming adventures. Of the 15, only 3 had traveled much, so for the majority – we were on our way to places we had only read about or seen on the Discovery Channel – but the tickets had our names and listed an arrival at Lima.

We watched movies (sort of), talked, slept, read, and laughed during the nearly 7 hour flight from Dallas to Lima. Alvaro met us at the airport with a small bus. Alvaro was the guide requested by Cleo Zarr, our trip coordinator. Cleo had met Alvaro on a previous tour. The tour company that Alvaro works for has mapped out travel plans for the next 10 days. I like the way they planned. The major activities were defined, but within these there was great flexibility, which made allowance for spontaneity.

It would take many pages to describe our adventures, so I have picked only a few.

Meeting the “Real” Peruvians

Our travel company has a great approach to guiding you through a country. They did take us to major tourist attractions, but they also introduced us to the people and the culture. We spent considerable time in the villages, not just the cities.

One example of this is a stop we made at a local bar one afternoon. In the villages, a household that wanted to serve drinks would place a red flag on a long stick and hang it outside the door. The bar we visited looked like a home, but had a small room with a couple tables where we were served. We sampled *chicha*, a fermented corn drink. We also played *sapo*. It is a game played at a pub, like we would play darts or pool. A metal *sapo* (toad) is mounted on a large box, and players toss a metal disk as close to it as possible. The toad’s mouth is the “bull’s eye”, and you also score points in various other holes surrounding the *sapo*.

While on our way to visit an elementary school, Alvaro explained that we had the option of taking gifts to the school children, so we stopped in a market place prior to the visit. We bought tons of pencils, markers, stickers, and other items. Several in our group were soccer players from CSU – Pueblo, so we bought all the soccer balls this small shop had. Then we took a bus ride up a winding road of switchbacks to a remote and tiny village. This was Quechua village in the highlands. The Quechuas are descendants of the native people, and the

villagers were dressed in brightly colored native clothing. When I asked Alvaro if they dressed up because we were coming, he smiled and told me this is their everyday attire. Alvaro spoke to one of the teachers, we entered the classroom, and he introduced us to his class. I was struck with the simplicity of the room. There was a blackboard that was full of chips and dents, and nearly nothing else on the walls. No maps, posters, or decorations – just your basic room with tables and chairs. These were very poor people. The children were reserved and appeared shy. We handed out fruit, bread, pencils, and the other treasures to the kids and to the teacher. They accepted our gifts, and ate the fruit on the spot, but did not rush or crowd to get their share. The sat until we approached them individually. The teacher led them in a song in native Quechua. Ann, our retired kindergarten teacher led us in a rendition of “You are My Sunshine”. We clapped, then they clapped. Almost half in our group were teachers or students studying to be teachers. We all took tons of pictures, and did not want to leave the little room. Eventually we had to depart and on our way, stopped briefly by another classroom. As we headed for the bus, one of the village women offered us whole boiled potatoes. These were very poor people. We looked at Alvaro. He explained to us that the woman was honoring us with a gift. It would be proper to receive it. Alvaro took one, peeled it with his fingers and ate it. Several of us followed suit.

The Moonless Night

One night after eating dinner in a local villager’s home, we were on a remote and isolated road on the way back to the hotel. Alvaro had the bus driver stop so we could take in one more marvelous sight. It was a moonless night and pitch dark, and what was to come was like everything else we had experienced – intense! We piled out of the bus into the darkness and there it was – the sky from the southern hemisphere. And it was spectacular! The Milky Way was truly reminiscent of milk. It was white. And our eyes easily found another spectacular sight - the Southern Cross in all its glory. The harmonies of Crosby, Stills, Nash, and Young filled my head

*Spirits are using me, larger voices calling.
What heaven brought you and me cannot be forgotten.*

...

*When you see the Southern Cross for the first time,
you understand now why you came this way.
Cause the truth you might be running from is so small.
But it's as big as the promise, the promise of a coming day.*

Since I was young, when I look up at the night sky, I often think of all those people living and dead that have done the same thing, seen the same moon, Orion the hunter, and so on.

(Continued on page 10)



It's "Funner" to be a Runner

By Pete Saccone



IT'S "FUNNER" TO BE A RUNNER

There's not a day that goes by when something isn't said or written about children (**ADULTS TOO**) and lack of exercise, and all the negative consequences that go with the lack of exercise. Children are more involved with video games, television, junk food etc. than they are with physical activity and healthy eating habits. Youngsters are becoming more and more obese and sick with their lack of physical activity and their terrible eating habits. Their future doesn't look too bright!

We, as adults, can do something to change this horrible and dangerous situation. You need to contact your school administrators and encourage them to incorporate aerobic activity into the school day. Needless to say, the easiest way to accomplish this is to have youngsters and their teachers, at least walk briskly, and perhaps run daily. There would be no cost involved. The youngsters and the teachers would benefit greatly. The youngsters would benefit physically, academically, socially and emotionally ---- what a turnabout!!!

I've been implementing my It's "Funner" to be a Runner program for the past 23 years. It works and it works well. After a week or two of mostly walking and a little running, the youngsters begin to feel good about what is occurring. They truly see the benefits of daily aerobic activity, and they begin to feel special. They become relaxed, less anxious, and much more alert. They become better behaved, they treat each other nicely, and they do a better job with the academics as they become really physically fit.

The kids learn to want to come to school. They don't want to miss the running and all that goes with it. The running is inte-

grated into all the curriculum areas, including nutrition. The youngsters in the It's "Funner" to be a Runner program have always performed better than their peers from other classes in their school and their school district in the academic areas. Isn't this what all teachers are constantly being asked to do ---- **RAISE TEST SCORES?**

As teachers are being asked to raise test scores, they are not being asked to keep their students physically active; if anything, fitness activity is the very last priority of the school day. Believe me, they've got it backwards. I assure you that youngsters will perform better with the academics if they are physically, socially, and emotionally fit. I've seen it happen year after year.

You need to get to the responsible people at your schools and ask them to allow their teachers to participate with the children in daily running and/or brisk walking. Once this happens, everyone will know that it truly is "Funner" to be a Runner!

For detailed information on how to implement the It's Funner" to be a Runner program, go to www.kidsrunning.com/columns.

Peter Saccone
EI Cajon, CA ---saccone@gwise.cajon.k12.ca.us

Editor's Note: Apologies to Pete Saccone. Pete submitted this article back in February, but your newsletter editor (me) did not check his mail at the YMCA until June. At that point it seemed best to wait until school is ready to resume.

How Refreshing!

By the time you read this, the Tour de France will be in the history books, but during the 15th stage, something noteworthy took place. Lance Armstrong had the yellow jersey and a slim 15-second lead over rival Jan Ullrich of Germany. During this leg, Armstrong's handlebar got caught in a spectator's bag and Armstrong crashed just as he was accelerating away from Ullrich. Iban Mayo of Spain also fell. Not being a cyclist, the part of this story that amazed me was Ullrich's response. According to the Associated Press story in the Pueblo Chieftain, "Ullrich who had to swerve to avoid Mayo and Armstrong's crash, proved to be a gentleman, waiting with other riders while Armstrong and Mayo caught up." This sentence was not enough for me. I wanted to know more, and wanted collaboration. Did Ullrich really slow down and wait? So – I checked out a copy of the Denver Post, and I quote: "Fortunately for Armstrong, cycling code frowns on riders attacking when the Tour's leader crashes." The Post article went on to explain that Armstrong had done the same for Ullrich two years ago, and that Armstrong expressed gratitude for Ullrich's response.

How Refreshing!!! In cycling, it is considered poor taste to attack when the leader is down due to a crash. Winning the Tour is one of the most prestigious honors in the world, both inside and outside the world of sports. BUT – winning is not as important as doing what's right. WOW! How can we apply that principle to the rest of life?

Check out Mars

During the next few weeks, Mars viewing will be spectacular. On August 27th, Mars and Earth will be closer than at any time in the last 50,000 years. Do a Google search on Mars for more information.



2003 Custer 2020 Run in the Valley

Results

The 2003 Custer 2020 Run in the Valley consisted of a 6.25K Run and 1M Walk. The event was held on Saturday May 24, 2003 in Westcliffe. Seventy-one runners and 5 walkers took part, and because of the unique distance - most if not all runners set a PR.

| Pl | Name | Age | City | Time |
|----|--------------------------|-----|-------------------|-------|
| 1 | Adam Rich | 22 | Colorado Springs | 22:04 |
| 2 | Tom Burnett | 54 | Durango, CO | 23:48 |
| 3 | Rich Hadley | 47 | Florence, CO | 24:03 |
| 4 | Zach Fox | 17 | Westcliffe, CO | 24:32 |
| 5 | Caleb Sharp | 18 | Westcliffe, CO | 26:44 |
| 6 | Shawn Gaide | 31 | Westcliffe, CO | 27:12 |
| 7 | Brian Hall | 17 | Westcliffe, CO | 27:13 |
| 8 | Jennifer Wheeler Buenger | | | |
| | | 28 | Castle Rock, CO | 27:34 |
| 9 | Steve LaRash | 49 | Dallas, TX | 28:34 |
| 10 | Kimberly Snedden | 35 | Baton Rouge, LA | 28:59 |
| 11 | Lewis Chandler | 61 | Salida, CO | 29:26 |
| 12 | Sam McClure | 49 | Canon City, CO | 29:37 |
| 13 | David Hall | 53 | Westcliffe, CO | 29:51 |
| 14 | Stan Hren | 61 | Las Animas, CO | 29:53 |
| 15 | Paul Paschall | 33 | Canon City, CO | 30:09 |
| 16 | Mark Guy | 28 | Westcliffe, CO | 30:18 |
| 17 | Merlin Tomczyk | 40 | Sedalia, CO | 30:53 |
| 18 | Jamie Steele | 25 | Boulder, CO | 31:21 |
| 19 | Karl Musgrave | 44 | Cheyenne, WY | 31:45 |
| 20 | Kathy Aruby | 40 | Rye, CO | 32:22 |
| 21 | Shelly Mockler | 33 | Baton Rouge, LA | 33:17 |
| 22 | Richard Eltzroth | 56 | Cotopaxi, CO | 33:41 |
| 23 | Marty Kirkland | 50 | Panama City, FL | 34:02 |
| 24 | Gary Martin | 52 | Westcliffe, CO | 34:07 |
| 25 | Tyler Cleaver | 16 | Pueblo, CO | 34:23 |
| 26 | Robert Quintana | 34 | Pueblo, CO | 34:25 |
| 27 | Joe Fassler | 45 | Cripple Creek, CO | 34:33 |
| 28 | Baldwin Sanders | 50 | Baton Rouge, LA | 34:48 |
| 29 | Tom Barrow | 63 | Westcliffe, CO | 35:37 |
| 30 | Daniel Cleaver | 14 | Pueblo, CO | 35:41 |
| 31 | Mary Shea | 41 | Denver, CO | 35:45 |
| 32 | Mark Johnson | 52 | Westcliffe, CO | 35:53 |
| 33 | Michael Banz | 49 | Crownsville, MD | 35:54 |
| 34 | Jessie Quintana | 59 | Pueblo, CO | 35:58 |
| 35 | Betsy Taylor Host | 48 | Westcliffe, CO | 36:24 |
| 36 | Andy Bolton | 51 | Littleton, CO | 36:30 |
| 37 | Russell Britton | 27 | Colorado Springs | 36:38 |
| 38 | Lori Fox | 46 | Westcliffe, CO | 36:42 |
| 39 | Dawnielle Weeks | 17 | Westcliffe, CO | 36:49 |
| 40 | Elizabeth LaVoie | 25 | Westcliffe, CO | 36:49 |
| 41 | Alice Fitzgerald | 41 | Trinidad, CO | 37:04 |
| 42 | Jesse Sindler | 14 | Canon City, CO | 37:27 |
| 43 | Joan Sindler | 47 | Canon City, CO | 37:46 |
| 44 | Gene Clay | 61 | Westcliffe, CO | 37:58 |
| 45 | John Sturtevant | 69 | Salida, CO | 38:02 |
| 46 | Carol Brimmeier | 50 | Trinidad, CO | 38:13 |
| 47 | Jeff Cleaver | 52 | Pueblo, CO | 38:26 |
| 48 | Steve Willman | 56 | Westcliffe, CO | 38:51 |
| 49 | Jessica Wilson | 13 | Hillside, CO | 38:56 |
| 50 | Kathy Blaha | 45 | Crownsville, MD | 39:17 |
| 51 | Kim Bolton | 44 | Littleton, CO | 39:28 |
| 52 | Donna Wheeler | 54 | Colorado Springs | 39:34 |

| | | | | |
|----|------------------------|----|-------------------|-------|
| 53 | Monica Young | 52 | Cotopaxi, CO | 39:44 |
| 54 | Eric Eltzroth | 32 | Carson City, NV | 40:02 |
| 55 | Tracy Stoneman | 42 | Westcliffe, CO | 40:05 |
| 56 | Courtney Terrell | 22 | Baton Rouge, LA | 40:11 |
| 57 | Brent Bruser | 55 | Baton Rouge, LA | 40:12 |
| 58 | Camilla Bicknell | 49 | Monument, CO | 40:45 |
| 59 | Laura Towne | 27 | Denver, CO | 40:50 |
| 60 | Donna Nicholas-Griesel | | | |
| | | 56 | Coaldale, CO | 40:55 |
| 61 | Erika Klauk | 31 | Waupaca, WI | 41:28 |
| 62 | Gretchen Adelman | 25 | St Louis Park, MN | 42:29 |
| 63 | Kim Goldberger | 55 | Evergreen, CO | 42:31 |
| 64 | Peggy Willman | 52 | Westcliffe, CO | 43:59 |
| 65 | Monica Backsen | 38 | Silver Cliff, CO | 46:12 |
| 66 | Katherine Knight | 31 | Colorado Springs | 47:53 |
| 67 | Michael Knight | 27 | Colorado Springs | 49:04 |
| 68 | Jaci Martin | 50 | Westcliffe, CO | 53:49 |
| 69 | Joe D'Angelo | 69 | Westcliffe, CO | 58:27 |
| 70 | Frank Hardy | 63 | Westcliffe, CO | 58:28 |
| 71 | Jim Austin | 61 | Westcliffe, CO | 58:29 |

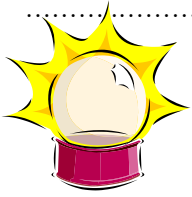
1M Walk

| Pl | Name | From |
|----|----------------|----------------------|
| 1 | Marna Burnett | Durango, CO |
| 2 | Dena Lewsader | Westcliffe, CO |
| 3 | Kathy Musgrave | Cheyenne, WY |
| 4 | Tiffany Malcom | Colorado Springs, CO |
| 5 | Jim Hruby | Rye, CO |

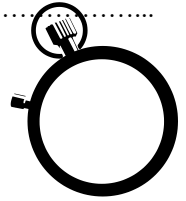
Thanks Much to the Custer 2020 Volunteers!

Race Director: Steve Willman, Timing, Finish and Results: Southern Colorado Road Runners Club, Course Monitors and Aid Stations: Custer County High School students & family, Race Day Volunteer Coordinator, Registration & Packets: Roseanne O'Callaghan, Race Day Set-up: Rob O'Callahan, Treasurer, Awards, Registration, Packets: Mary Gomph., Sheriff Department Coordinator: Stan Bartholomew, Fund Raising, Permits: Pete & Kathy PoPresti





The Predict Series



Emily Borrego scored 90+ points at Mary's Magical Mystery Tour, and Magical Mary herself (below) is all smiles at the run and pot luck.



| Name | Spg Roff | Ben & Matt's | Rmsgt 8K | Tardr | Moon Mad | Mary's Magic Points | Total Races | Best 5 |
|-------------------|----------|--------------|----------|--------|----------|---------------------|-------------|--------|
| Larry Volk | 68.75 | 57.89 | 92.86 | 83.33 | 100.00 | 72.73 | 475.56 | 417.67 |
| Gina Benfatti | 100.00 | 84.21 | 35.71 | 91.67 | 11.76 | 63.64 | 386.99 | 375.23 |
| Stacie Diaz | 25.00 | 42.11 | 57.14 | 66.67 | | 27.27 | 218.19 | 218.19 |
| Robt Santoyo | 31.25 | 15.79 | | 58.33 | 23.53 | 9.09 | 137.99 | 137.99 |
| Ben Valdez | 75.00 | 73.68 | 50.00 | | 88.24 | | 286.92 | |
| Rich Hadley | 50.00 | 89.47 | 64.29 | | 76.47 | | 280.23 | |
| Matt Sherman | 93.75 | 26.32 | 78.57 | 75.00 | | | 273.64 | |
| MJ Martinez | 81.25 | 94.74 | 42.86 | 16.67 | | | 235.51 | |
| Jill Montera | 62.50 | | 71.43 | 41.67 | | 54.55 | 230.14 | |
| Ron Dehn | 87.50 | | | | 41.18 | 81.82 | 210.49 | |
| Misti Frey | | 47.37 | | 100.00 | | | 147.37 | |
| Emily Borrego | | | | | 52.94 | 90.91 | 143.85 | |
| Mary Rudolf | | | 85.71 | | 47.06 | | 132.77 | |
| Gary Franchi | 100.00 | | | 25.00 | | | 125.00 | |
| Chief Reno | | 63.16 | | | | 45.45 | 108.61 | |
| Kelsey Learned | | | 100.00 | | | | 100.00 | |
| Wendy Garrison | | | | | | 100.00 | 100.00 | |
| Kyle Reno | | | | | 94.12 | | 94.12 | |
| Nick Leyva | 78.95 | | 14.29 | | | | 93.23 | |
| Don Pfof | | | 7.14 | 50.00 | 29.41 | | 86.55 | |
| Dave Diaz | 12.50 | | 21.43 | 33.33 | | 18.18 | 85.44 | |
| Brad Winn | | | | | 82.35 | | 82.35 | |
| Bill Veges | 37.50 | 36.84 | | | | | 74.34 | |
| Sndy Reinsch | 43.75 | | 28.57 | | | | 72.32 | |
| Mark Koch | | | | | 70.59 | | 70.59 | |
| Mike Orendorff | | 68.42 | | | | | 68.42 | |
| Diana Reno | 56.25 | 10.53 | | | | | 66.78 | |
| Ashlee Withrow | | | | | 64.71 | | 64.71 | |
| Nathan Comden | | | | | 58.82 | | 58.82 | |
| Angelo Aragon | | 52.63 | | | | | 52.63 | |
| Melinda Orendorff | | | | | | 36.36 | 36.36 | |
| Aaron Berndt | | | | | 35.29 | | 35.29 | |
| Brian Ropp | | 31.58 | | | | | 31.58 | |
| Carrie Slover | | 21.05 | | | | | 21.05 | |
| R. Garcia | 18.75 | | | | | | 18.75 | |
| Dan Comden | | | | | 17.65 | | 17.65 | |
| Rooster Barnhart | | | | 8.33 | | | 8.33 | |
| Jim Romero | 6.25 | | | | | | 6.25 | |
| Tina Gray | | | | | 5.88 | | 5.88 | |
| Tiffany Reno | | 5.26 | | | | | 5.26 | |

Larry Volk and Gina Benfatti are enjoying the 1 and 2 spots with six of the 2003 SCR predict races in the books. Four more runs are on the calendar for this year, so the top 10 could change considerably. Ross Barnhart won last year with 441 points, but has been injured in 2003. The moon did show up at the Moonlight Madness hosted by the Reno Family. It was a great night for a run. Don Learned set up an enjoyable course for the inaugural edition of Mary's (Rudolf) Magical Mystery Tour. Both races were also pot lucks - so runners feasted after exercising. Hope to see you on August 23rd for the very enjoyable Tunnel Drive Run.

More Ramblin'

(Ramblin' Continued from page 6)

Somehow, in a very small way, I become connected to these individuals, who undoubtedly are very much like me. Now, I am connected to a whole new hemisphere of individuals. Wow!

Machu Picchu

Macchu Picchu is South America's best known and most spectacular archaeological site. It is at the edge of the jungle and is nestled among some extremely beautiful Andean mountains. Because it is at the edge of the jungle, there is much vegetation. This is part of the reason that white men did not "discover" the ruins until a native led them to it in 1911. The intensity of the colors struck me. The vegetation was so green, the mountains so purple, the sky so blue. It was as if I was looking through a filter that intensified the colors. Much of the region tends toward the vertical. The mountains are steep and "pointy". The Incas built terraces to produce food and decorative gardens and these are now grassy areas where llamas graze. The Urubamba River winds thousands of feet below the steep slopes surrounding Machu Picchu. Wispy clouds floated in the valley above the river. The scene was surreal. At one point, I told Jeremy that I'd never seen anything like this before. He put it in perspective when he answered, "Dad, there is nothing

else like this." One in our group remarked that this reminded him of scenes from the "Lord of the Rings". Yes – it was so spectacular, that it almost seemed not to be real.

In addition to the beauty, there was the history. There was the incredible engineering feat of putting stones together with total precision. The stones, in various sizes, fit perfectly. There were minds that conceived and designed the entire city to be in harmony with the movement of the earth and sun, so that on days of solstice and equinox, alignments take place. Then there were the backs and legs that transported the huge stones, the hands that crafted each one, and the people that lived, and worked, and prayed within the walls.

Fifteen travelers took a journey to a mystical and distant land. These words are but a brief and inadequate description of an incredible and spectacular journey to another land and another culture. It was a journey that I was fortunate to share with family and friends. We discovered a land and people with its own roots, its own beauty, its own dreams. So different, yet so identical. Then there was the hike to Winay Huayna (Forever Young). That is a tale for another day.

Below: Melissa with Quechua children



Congrats to Jerica

Eleven-year-old Jerica Khosla was the middle school winner of the Kids Summer in Southern Colorado Photo Contest sponsored by the Pueblo Chieftain. Jerica's photo was "Hanging Lake by Glenwood Springs."

Congrats to Tomas

Over the weekend of July 20th, SCR member Tomas Duran competed in the 5430 duathlon in Boulder. It consisted of a 6.5 mile run, a 56 mile bike, followed by a second 6.5 mile run. And it was an extremely hot day in Boulder. Tomas placed 1st in the 55-59 age group with a total time of 5:26.38.

Movie Quote of the Month

"You don't throw a whole life away just 'cause it's banged up a little." Tom Smith, horse trainer – from the movie "Seabiscuit".

The Underdog

American Ben Curtis won the British Open Golf Championship on July 20. His win gives hope to every person or team who is an underdog. Curtis was ranked 396 in the world ranking of golfers and was a 500 – 1 long shot with British bookies.

2003 Pueblo Area Racing Calendar *

| DATE | NAME | EVENTS TIME | LOCATION CONTACT - PHONE |
|--------|---|-------------------|--|
| Aug 23 | Tunnel Drive Prediction Run (c) | 5M 7:30 am | State Hiway Barn, Cañon City Rich Hadley - (719)784-6514 |
| Sep 7 | Dam Run 2K is a fun run | 10K/2K 9:00 am | John Martin Reservoir, Hasty, Colo Russell Smith - (719) 456-0453 |
| 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.

Upcoming Races

Rich & Deb Hadley are again hosting the Tunnel Drive predict on August 23rd. It is a great trail run. Even if you haven't done any of the predict races - think about doing this one - the scenery is worth the trip. The race starts 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.

The American Discovery Trail Marathon will be held on Labor Day, Monday September 1. The course begins in Palmer Lake, winds through the Air Force Academy then follows a beautiful stretch along Monument Creek ending in Colorado Springs. The course has a net descent of approximately 1,260 feet and the surface is 75% hard-packed, sandstone, granite chips dirt and 25% blacktop. It meets the requirements of a Boston Marathon qualifier. See www.adtmarathon.com for more info.

The Dam Race is back, but it is earlier this year. On September 7 be at John Martin Reservoir State Park for the 9am start. The 10K is a race, and the 2K is a free fun run. From Pueblo, take

Hwy 50 east past La Junta to Hasty. Signs will direct you to John Martin Reservoir State Park. If you reach Lamar – you have gone too far! You will like the scenic course. This year the award ceremony will be held at the Dam after the race. There is prize money for top 10K runners and door prizes too. Allow plenty of time to get there. (2 + hours from Pueblo West just to get to the turn-off at Hasty) And – watch your speed through the small towns.

On September 13, there are at least a couple choices.

The 3rd annual Santa Fe Trail Half Marathon and 5k Run/Walk will take place at Ripley Park in Raton, New Mexico. The half marathon course consists of moderate to long rolling hills and at mile 1.5, the course changes to approximately 2 miles of rugged uphill. This takes you to the original Santa Fe Trail (elevation 7,500 feet). The finish is a fast downhill run. There are cash prizes for the half marathon. Call (505) 445-8242 or toll free (877) 684-2055 for additional information.

The other September 13th event is the Walk for Diabetes. This is a 3-mile walk that starts and ends at the Pueblo Greenway and Nature Center.

(Continued on page 12)

Other Races



American Discovery Trail Marathon
September 1
Palmer Lake
www.adtmarathon.com



3rd Annual Santa Fe Trail 1/2 Marathon & 5k Run/Walk
September 13
Ripley Park
Raton, New Mexico



Mt Rushmore International Marathon
October 12
South Dakota
www.mountrushmoremarathon.com

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 - Continued from page 11)

Check in is at 8am, and the walk starts at 9am. See
www.diabetes.org/walk or call 1-888-DIABETES.

If you were busy on September 13, catch the Pony Express Run at 8am on September 14th. The run takes place at Rampart Reservoir and there is Race Day registration only, beginning at 7am. To get to race start, take Hwy 24 to Woodland Park. Take Baldwin St. (the road behind McDonald's in Woodland Park) and head north. Drive until there is a fork in the road, take the right-hand fork onto Loy Gulch Road. At the next intersection turn right onto Rampart Road. Drive to the Rainbow Gulch (left side of the road). The parking area is the staging area. The course will be on the trail that goes around the perimeter of the reservoir. Contact Laura or Tom Kelecy at (719) 528-6590 if you have questions.

If you've always wanted to see the Black Hills of South Dakota, and you'd like to run a marathon – think about the 25th annual Mount Rushmore International Marathon on October 12. It is a Boston Qualifier and is situated in some beautiful country. You can run as an individual or as part of a relay team. Team options are: Corporate, Co-Ed, Women, Men, Military/Law Enforcement, Half-Ton, Minor (under 18), and Master (over 50). Over the course, there is a net decrease in elevation of 2,180 feet. For more information, contact Stacey Sharp, Race Director at (605) 721-1251 or sssharp@rushmore.com. The website is: www.mountrushmoremarathon.com

Thanks to SCR Volunteers

A special thanks to the volunteers at recent races. For the Moonlight Madness Run: Race Directors: Diana and Chief Reno, Finish Line: Lois Pfof and Deb Hadley, Water Stop: Sara Koch and Tiffany Reno. The following volunteered at Mary's Magical Mystery Tour: Race Directors: Mary Rudolf and Don Learned, Water Stop: Kelsey Learned and Tiffany Reno, Results: Ken Raich

The Final Thoughts...

Right now I'm having amnesia and deja vu at the same time.
-Steven Wright

Have patience! In time, even grass becomes milk. -Charan Singh, mystic

A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit. -D. Elton Trueblood

The highest reward for a man's toil is not what he gets for it but what he becomes by it. -John Ruskin