



Editor: Ron Dehn

# FOOTPRINTS



September - I remember...

## School is In!

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Wendy Garrison earned breakfast and 100 points at the Tunnel Drive Run. Rich & Deb Hadley put on a great race on a great course. Below the Blues Brothers (aka Bill Veges and Robert Santoyo) pose after the run. See page 9 for the Predict standings.



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, October 7 at the Pueblo YMCA. All SCR members are welcome



## SCR Notes

### Benefits of Including Email Address With Membership Renewal by Ken Raich

We are approaching the time to renew your SCR membership through 2004. Of course, you can wait until December or January, but note that you can renew your membership for 2004 year any time after October 1, 2003. Also, membership forms received after October 1 from "new" members will result in their membership being carried through the end of 2004. Even if you have not received your "official" 2004 SCR membership form, you can print one from the SCR web page.

Note that there is a place on the entry form for your email address. This item is not required for membership. However, 121 of SCR's 165 paid members have provided us with their email address. Your email address will be used by SCR a few times per year to inform you about important events (such as the annual picnic or the SCR banquet) or to let you know if a race has been canceled (or rescheduled) at the last minute. Note that your email address will NEVER be released outside of SCR, so you don't have to worry about receiving SPAM as a result of providing this information in your membership form.

Also note that you need to keep us informed when your email address changes. SCR members are in the habit of letting us know when their mailing address changes (so they will continue to get the monthly newsletter). However, about 10 of the 121 email notification sent to remind members about the SCR picnic bounced back as "undeliverable". If you did not receive your email notice about the picnic...that's why. Please inform the SCR membership chair: Ken Raich at raichk@pobox.com when your email address changes.

### Notes from the September 2<sup>nd</sup> SCR Meeting

Dave Diaz will check to see if we can have a bonfire at the Harvest Poker Run. If not – we'll go to Plan B. (always have a Plan B)

Katherine Frank is again heading up the Atalanta Women's Run this November. It will be her last year as race director – so we need some new Atalanta type person to step forward. What do you think?

Race Directors – please check your race entry forms, and other literature. If you are using the RRCA name or logo – remember that SCR is NOT affiliated with RRCA. We ARE a member of AARC. See the SCR home page or below left on this page of the newsletter for the correct logo.

(Continued on page 10)



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)

College Student?  
21 or Over?  
Homework Done?



Join your friends At  
The Gold Dust  
217 South Union



## From the socorunners electronic mailbag

Hey if you just received the early fall catalog from Colorado Cyclist, look on p 87 picture D2. That's our club member and East High Cross Country coach Rochelle Garcia. She said she was in the Denver store shopping and they asked her if she would model. They even paid her. She modeled bike shorts and tights but you can't tell which pictures are her since you can't see her face.

### Congrats to Larry

Congratulations to Larry Volk for his awesome time today running the American Discovery Trail Marathon in Colorado Springs. Larry ran a 3:07 which qualifies him to run the Boston Marathon!!!!



**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. 260

"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, *Herb Brooks	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

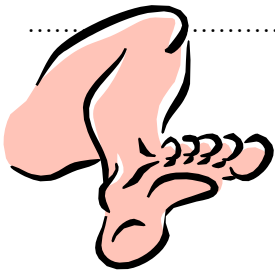
### Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Ken Raich, Katherine Dvorsky, Jill Monterera, Ben Valdez

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.

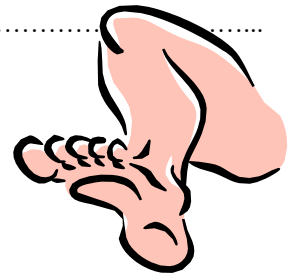
**ADVERTISING POLICY:** The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.

\* Herb Brooks - hockey player and coach who was recently killed in an auto accident. Herb was most famous for coaching the 1980 US Olympic hockey team in the "Miracle on Ice". By beating professionals, the amateur US team pulled off one of the greatest upsets in the history of team sports.



# Ramblin'

by Ron Dehn



## The First Two Legs (of the triple crown)

No, this is not about Seabiscuit, the Kentucky Derby, the Belmont Stakes, or the Preakness. It's about two legs of the local Triple Crown of Running which includes the Garden of the Gods 10 miler, the Summer Roundup 12k Trail Run, and the Pike's Peak Ascent / ascent portion of the Pike's Peak Marathon.

### The Garden

Wow – what a difference a (vertical) mile makes – and some hills. In May's issue I talked about running the 10 mile Cherry Blossom Run in Washington D.C. Remember? I mentioned that it had been years since I'd run a 10 mile race and wasn't sure how to pace myself. I started slow, and mile 10 was my fastest mile and I had plenty left... My breathing was quite relaxed from starting gun to finish line. All that may sound like bragging – but assuming you continue to read – you'll see it really isn't. You see – on June 8<sup>th</sup>, I ran the 10-mile Garden of the God's Run.

According to a reliable source (an Internet web site), the altitude of Washington D.C. ranges from sea level at its lowest point to 420 feet at the highest point. The start line at the Garden of the Gods is somewhere in the neighborhood of 6450 feet. The finish is around 6320. But – it is anything but a gentle slope from start to finish. There isn't a level spot longer than 20 yards. At about 2 ¾ miles and again at about 9 ¼ you are at 6550. At about 6 ¼ the altitude is a little over 6200. And again – in between you are headed either up or down, and quite often it was steep. And don't be fooled by the downhill. By the time you run some of the demanding uphill, your legs begin to get that "Jello" feeling and the steep downhills were sometimes a bit scary. And – it doesn't take a PhD from MIT to figure out that after running a downhill – an uphill was just around the bend. Although the spots were brief – I seemed to prefer those slightly uphill portions and can't remember any slightly downhill portions.

In short – compared to Washington DC, the Garden is considerably higher in altitude, and in the 10 miles between start and finish the word "flat" never enters your mind. Being the guy who always looks at the glass as half-full – the temperature was wonderful. At the starting gun it was 48 degrees. Two hours later, it was close to 60. The sun was bright, the sky was blue, the rocks were red, and there was no wind. But – it is a tough race.

### The Summer Roundup

I registered for the Ascent in early spring, and ran the Garden in June – so it made sense that I might as well do the Triple Crown. I figured the Summer Roundup 12K had to be the easiest leg. I'd never run it, and was a little leery after the Garden beat me up a month before, and I was not familiar with the

course. July 6<sup>th</sup> was another beautiful Colorado day, the temperature in the 60's at the starting gun and no wind. I started out cautious and - yes there were hills. The good news is that the hills were dirt and not asphalt and not near as steep or as long as the Garden. I like trail running and was still being cautious. I didn't push too hard and was able to enjoy quite a bit of the scenery. (When I push too hard and all my energy is focused on taking the next breath). Toward the end of the run, I did not see one of the mile markers, and was expecting a longer race, so I was still holding a little reserve. I was so surprised to turn a corner and see the finish line just ahead. What a nice feeling to be near the finish when I wasn't expecting it quite "so soon". There is some asphalt, but the bulk of the race is on a well-groomed dirt trail, and the scenery is great. I really enjoyed this run. The surface was great, the day was great, and my pace was relaxed. I worked hard but did not trash myself. It was just plain fun. And afterwards, MoJo convinced me and a few others, that running a couple more miles at a relatively slow pace would help prevent soreness. It may have been the truth or the power of suggestion – but I felt good that day and the next too.

Two legs of the triple crown done. Only one to go. Only one. But somehow having two out of three legs complete does not translate to being two thirds done. And I suspect that sometime in the next few months, I will recover enough to write about the "final third".

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## Poetry Corner

Yes – the staff here at *Footprints* is highly sophisticated and rich in culture. Therefore we present **Poetry Corner** to give the reader the opportunity to reach for higher levels and develop their intellect. You may wish to cut this poem out and take it on a run with you. When you have reached the halfway point – take it out for a brief meditation... Yes – we definitely have culture. So for your enjoyment – our first edition of "Poetry Corner" No - we did not write this gem, but give our appreciation to poet OGDEN NASH.

To keep your marriage brimming,  
 With love in the loving cup,  
 Whenever you're wrong, admit it,  
 Whenever you're right, shut up.



## SCR Birthdays (& other events)

### September

- 22 Michael Orendoff
- 23 Rodge Rodgers  
Gary Franchi  
Mike Cook  
Amy Wolf
- 24 Walt Dehn
- 25 Jennifer Sherman  
Randi Comden
- 26 Johanna Lukezic  
Kelly Hale
- 27 Robin Krueger  
Debra Hadley
- 29 Susan Dallaguardia  
Rylan Dehn
- 30 Stanley Hren

### October

- 1 Crystal Berndt  
Jimmy Carter\*
  - 2 Desiree Dallaguardia  
Groucho Marx\*
  - 8 Rosa Navarro  
Matt Damon\*
  - 9 Nick Leyva  
John Lennon\*
  - 10 Tom McKenna  
Dale Earnhardt Jr\*
  - 12 Laura Engleman  
Chris Wallace\*
  - 14 Cecil Townsend  
Dwight Eisenhower\*
  - 16 Dan Comden  
Terri Tibbs  
Katherine Butler  
Suzanne Somers\*
  - 18 Brandon Van Buskirk  
Mike Ditka\*
  - 19 Stephanie Van Buskirk  
Jane Chess  
Robert Reed\*
  - 24 Ariel Caprioglio  
"Big Bopper"\*
  - 26 Katherine Dvorsky  
Tadea Braddy  
Jaclyn Smith\*
  - 27 Trevor Hadley  
Dylan Thomas\*
  - 30 Betty Duran  
Henry Winkler\*
- \*honorary SCR member



# Trail Notes

by Shaun Gogarty



## A Word about the Herd

One of the more amazing things about human behavior is their seeming desire to run in packs. I don't really mean that literally – because generally humans don't run. In fact most of the United States is looking more and more like they will never be able to run and if they did California would fall into the ocean from the resulting earthquake. Of course I really shouldn't be making fun of the weight of America because I seem to be having trouble squeezing into my shorts lately. And what I really meant to make fun of this month is the herd mentality of humans. Which, when you think about herds (cows grazing in the field) kind of goes along with their eating mentality. However, the herd mentality I'm talking about is the seeming illogical desire to do what everyone else is doing. It doesn't even seem to matter what it is just as long as everyone else is doing it.

I first "discovered" this absurdity among the human race when I was a teenager. Aside from the usual activities of teens that bring into question the intelligence of the human race, there were other activities that "everyone" did. At that time in Colorado it was skiing. Basically everyone in Denver, about 1.2 million people at that time, would get up Saturday morning at 6:00 am, get in their cars, and drive up Hwy 70. At that time Hwy 70 was mostly a 2-lane road. One point two million people fit in about 300,000 cars but 300,000 cars didn't fit on Hwy 70. If you like parking lots I guess you might have liked the trip. If you survived that ordeal and got to a ski area, then instead of sitting you could stand in a parking lot - they called it a lift line. Being human I foolishly ski'd with the herd for a while but finally got smart and learned to cross country ski. Amazingly enough we could find endless trails, trackless powder and no people.

Unfortunately, when I started running I fell back into the herd mentality again for a brief time. Perhaps I was afraid of being seen alone running down the road and have someone call animal control for an escaped hippo. Maybe I just needed someone to share the pain of those first runs. Or perhaps having crippled, 70 year old women run past me in races helped to keep me moving and motivated. Whatever the reason I ran with the herd race after race or at least ran after the herd.

Eventually my attitude began to change. In the big races I ran (crawled) I began to notice the downsides. At Boston the crowd was so big I was tired by the time my group reached the starting line. The port-a-stinks were never a highlight. Running in a crowd with people that eat gas-producing carbs may offset the health benefits of running. Or maybe it was get-

ting up at 6 am for races – running in the morning should be outlawed! Having lost a little weight I also became less afraid of running alone and having animal control catch me. I began looking for alternatives to running in the herd.

Trail races seemed to be a good place to avoid the herd. At first there weren't many people running them. I also learned in one of my first trail races other advantages of trail running. It was a race in which a late-spring snowstorm reaked havoc. People were falling on the ice. Where there wasn't ice it was mud and shoes weighed 10 pounds each. Some runners were lost in the blowing snow and wandered off course. Others, anorexic runners, were freezing in their skimpy singlets and had to quit the race. I ran my usual slow slog so didn't slip, there was always someone ahead of me so I was never lost, I was already used to running with extra weight and my fat kept me warm. It was obvious to me that the worse the conditions the better chance I had of actually beating someone – it didn't bother me that they were crippled and in ambulances. I looked for the worse trail races at the most miserable time of the year. However, eventually the thrill of running over fallen comrades began to wear off as more people ran the trail races and they kept starting them early in the morning. The herd had again found new pastures.

Now I run a lot of "races" alone. I can start whenever I want and I always seem to place well. As the herd stamps on together I find myself frequently alone in beautiful, quiet, clean smelling places. Recently, while in Maryland I was reminded once again of the mistake of herding and the joy of making your own path. My wife and I had the good fortune of being in Ocean City for a couple of days. It is a crowded area on a beautiful beach. The city has a boardwalk that runs for miles along the beach. On one side there are hundreds of hotels, businesses and restaurants. On the other side there is a 300 foot wide sandy beach and then the ocean waves. In the evening thousands of vacationers walk together down the boardwalk. It was packed with the herd wandering past the same T-shirt shops every 100 feet. In the cool evening my wife and I walked across the sand and ran quietly, and nearly alone down a moonlit beach. Once again proving – the herd doesn't always know best.



# Rocky on Fitness

By Rocky Khosla, M.D.



## Nightmare on Ruxton Avenue

Since I wrote the last month's column about strategies to help prepare you ideally for the big up coming event, I thought this month I would write a column about how not to prepare and run the Pikes Peak Ascent (this is a true story!)

My Nightmare on Ruxton Avenue started off like most horror genres peacefully enough. I had been going up the Barr trail about once a week for about 10 weeks in training. So far so good. But then, because we had a change of plans for the family road trip to the week before the race (because the big biker's rally in Stugis, South Dakota was in the same week as our originally planned vacation), things started going wrong!

For the whole week prior to the race, I tapered my mileage by about 30 to 60%, but all of this was now at 1000 to 2000 feet. This was not good, as you really want to acclimate to a higher elevation than a lower one as you get closer to the altitude events

Two days prior to the race, we stayed in Scottsbluff, Nebraska, which is a quaint little town with the claim to fame of having the Scottsbluff National Monument in its domain. This is a beautiful raised bluff with panoramic vistas, and there is a 2 mile trail that goes from the base to the top. Yup, you guessed it, yours truly couldn't resist, and so I ran up and down the trail. The day prior to a trial race, it is probably not a great idea to the any significant trial running (unless you are Matt Carpenter).

The day before the race, I drove the big Suburban some 6 hours back to Pueblo, and we got in late, barely able to pick up the race packet as we zipped through Manitou. I didn't get to bed till about midnight. It is probably a good idea to get a good 7-9 hours of sleep before a big race ordinarily!

On the day of the race, I managed to oversleep by about 25 minutes, so already things were off to a bad start: I threw my Camelback and other junk in the car and hit the road, only to get stopped on I-25 behind a wreck by the 1<sup>st</sup> street exit. The traffic gradually started to move, and I was on the road again. I made the exit into Manitou at 7:01 (the race officially started at 7

am!). As I drove up Ruxton, there were cars parked along the road on both sides, with no spots visible to park. In desperation, I turned into the driveway of Manitou Motors and left the car (abandoned the car would be more accurate), and started my race 3 minutes 47 seconds after the official start! I believe I ran the first mile at about 6 minutes 45 seconds. Generally, it is best to try to not run like an idiot but to pace yourself, but hey, why not try to rearrange the furniture on the deck of the Titanic at this point?

In the end, I finished the Ascent, and though it wasn't the type of PR that I wanted, I felt good. Thanks for letting me share my woeful tale, for as I am reading this back it sure reads like a list of lame excuses, but I think the old saying that you learn more from your mistakes than from your successes is true, and maybe I will never have to repeat my Nightmare on Ruxton Avenue again! Till next time, enjoy the cooler fall temperatures!

Sincerely,

Rocky  
Khosla, M. D.



### Congrats to Tomas

On Aug. 23<sup>rd</sup>, Tomas Duran competed in the 11th annual Aspen High Country Duathlon/Triathlon in the duathlon division. Tomas placed 2nd in the 50-59 age group with an overall time of 1:34:39. The duathlon consisted of a 17 mile bike up to the Maroon Bells and back and a 4 mile run.

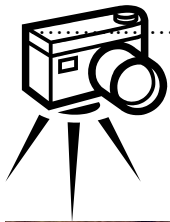
### The underdog wins - Again!

This is the year of the underdog in professional golf. On August 17<sup>th</sup>, Shaun Micheel won the 85<sup>th</sup> PGA Championship. It was his first PGA Tour victory in 164 tries. Before the tournament, Micheel was world-ranked 169<sup>th</sup> and in an interview, said he was just hoping to make the cut.

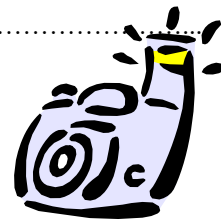
### Pikes Peak Archives

If you ran the Peak years ago and want to look up your time, you can do it on the web. For results back to 1991, see  
h t t p : / /  
www.pikespeakmarathon.org/results.htm

And... if you want to go back into the archives (results dating back into the 1950's, click on:  
h t t p : / /  
www.skyrunner.com/ppresults/ppresults.htm



# Photo Gallery



Clockwise from top left: Sandy Reinsch, Emmy, and Ben Valdez, Don Pfost, Stacey Diaz and Wendy Garrison all at the Tunnel Drive Run.

Larry Volk, Katherine Dvorsky, and Jill Montera bundle up at the summit after the Ascent, lower left, Katherine (white cap) navigates the boulder field near the finish.

Finally, four guys (Bill Veges, Rick-Vonschweinitz, Paul Barela, and Dave Diaz guard the keg at the SCR Picnic





# "Dirty" Pictures

aka Partners in Grime



SCR members fielded 3 coed teams for the Muddy Buddy. Team Yeti or Not (Joe and Katherine Dvorsky - 45:25), Team La Vida Loca (Jill Montero and Larry Volk - 47:03), and Team Misfits (Sandy Reinsch and Ben Valdez - 54:08) Pictured above are Teams Yeti or Not and La Vida Loca before (left) and after (right). To the right the Misfits are up to their helmets in mud. Photos courtesy of Katherine and Ben.



## Bronco Quiz

Are you a Bronco fan? How well do you know your players? The following is a list of some of the Bronco team records. Name the player who owns each record as of the end of the 2002 season.

1. Best average for punt returns and kickoff returns in same year.
2. Most single game rushing yards.
3. Most career passing yards. (If you don't know this one – quit now.)
4. Most career interceptions.
5. Most single season receiving yards.
6. Most career tackles.
7. Most single season sacks.
8. Longest field goal (also an NFL record).
9. Most single game receiving yards.
10. Most single season rushing yards.

Answers on page 8

## Pass the Mustard

In July, Nathan's Famous Hot Dogs sponsored its annual hot dog eating contest at Coney Island in New York. Takeru Kobayashi of Japan three-peated as event winner this year. Takeru, also known as "Tsunami", downed 44 ½ hot dogs and buns in the 12-minute contest. Think about it – that is swallowing the tasty morsels at one every 16 seconds. For 12 minutes!!! The 5 foot 7 "Tsunami" weighs 145 pounds and has a 30-inch waist. He was disappointed however, because he wanted to break his own record of 50 ½ dogs. The Runner-up was Ed "Cookie" Jarvis of Nesconset, N.Y. "Cookie" is 6 foot 6 and 420 pounds, and trailed by 14 dogs. Runners often think about preparing for a race. How does one train for this kind of contest?





# Pikes Peak & Triple Crown

## Results



Several local runners competed in the Pikes Peak Ascent or Marathon. And several did the Triple Crown. Here's the local finishers. Apologies to anybody who was accidentally left off the list.

### Local Pike's Peak Ascent Finishers

Place	Pos/Div	Name	Age	City	State	Time
65	17/194	David Swiderski	38	Pueblo	CO	3:06:32
77	20/194	Brian Ropp	39	Pueblo West	CO	3:11:13
132	33/194	Lawrence Volk	39	Pueblo	CO	3:21:02
150	6/64	Paul Vorndam	55	Rye	CO	3:24:18
170	32/202	Jay Goodman	40	Pueblo	CO	3:29:15
473	65/142	Donall R Smith	34	Pueblo	CO	4:04:01
476	66/142	Joseph D Bower	32	Pueblo West	CO	4:04:09
545	101/194	Jerardo B Reyes	37	Pueblo	CO	4:13:17
558	90/187	Humberto P Paredes	46	Pueblo West	CO	4:14:41
588	114/202	Rocky Khosla	44	Pueblo	CO	4:17:58
589	81/142	Russ L Brown	32	Pueblo	CO	4:18:19
627	117/194	Rick Martinez	39	Pueblo	CO	4:23:31
699	56/100	Bonifacio A Cosyleon	54	Pueblo	CO	4:35:25
730	36/64	Ron Dehn	55	Pueblo West	CO	4:39:12
749	145/202	Roger L Cain	41	Pueblo	CO	4:42:34
809	107/142	Drew Turner	30	Pueblo	CO	4:52:08
881	120/142	Robert J Quintana	34	Pueblo	CO	5:10:14
950	81/89	Rob Plucinski	26	Pueblo	CO	5:23:44
41	5/49	Jon D Moore	23	Canon City	CO	2:57:35
135	20/89	Thom Ledoux	9	Canon City	CO	3:21:25
239	55/194	Thomas McKeen	37	Canon City	CO	3:38:57
753	61/100	Warren T Marshall	54	Canon City	CO	4:43:19
1008	34/40	Melvin Druelinger	62	Colo Spgs	CO	5:38:14
24	9/103	Jill A Montera	37	Pueblo West	CO	3:32:18
52	9/74	Katherine F Dvorsky	31	Pueblo	CO	3:46:26
54	13/115	Nicole E Rosa	43	Pueblo	CO	3:48:04
277	10/16	Jessie M Quintana	59	Pueblo	CO	4:54:32
176	11/43	Julie G Marshall	54	Canon City	CO	4:24:54

### Marathon finishers - includes ascent, descent, and total time

2	2/87	Paul L Koch	35	Colo Spgs	CO	2:26:32	1:41:35	4:08:07
16	4/102	Mark Koch	44	Pueblo	CO	2:51:58	1:51:10	4:43:08
292	69/99	Phil R Knowles	31	Pueblo	CO	4:11:11	2:43:02	6:54:13
554	85/87	William L Lane	37	Pueblo West	CO	5:27:51	3:43:56	9:11:47
141	33/42	Diana L Reno	41	Pueblo	CO	5:16:28	3:15:21	8:31:49
142	18/29	Diane G Lopez	45	Pueblo	CO	5:16:49	3:15:01	8:31:50
175	27/29	Louise Samora	49	Pueblo	CO	6:01:51	3:24:10	9:26:01

SCR was well represented in the Triple Crown consisting of the Garden of the Gods 10 miler, the Summer Roundup 12 K and the Ascent or the ascent portion of the Marathon. Here's some area winners and finishers. Congrats to those who placed and to all who survived. Special kudos go to Paul Koch and Connilee Walter - Overall Winners! Wow!

### Triple Crown Overall Winners

Plc Name	Age	City	St	GOG	Roundup	Ascent	Total
1 Paul L Koch	35	Colo Spgs	CO	1:01:22	0:45:47	2:26:32	4:13:41
1 Connilee S Walter	30	Colo Springs	CO	1:11:48	0:52:36	3:05:26	5:09:50
5 Jill A Montera	37	Pueblo West	CO	1:14:09	0:55:13	3:32:18	5:41:40

### Masters Winners

2 Mark Koch	44	Pueblo	CO	1:06:21	0:48:46	2:51:58	4:47:05
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### Age Group Award Winners

1 Gerald B Romero	31	Colo Springs	CO	0:58:55	0:43:42	3:01:13	4:43:50
2 Brian Ropp	39	Pueblo West	CO	1:10:34	0:50:57	3:11:13	5:12:44
3 Lawrence Volk	39	Pueblo	CO	1:12:48	0:51:24	3:21:02	5:25:14
2 Jessie M Quintana	59	Pueblo	CO	1:37:32	1:11:33	4:54:32	7:43:37
3 Julie G Marshall	54	Canon City	CO	1:34:44	1:09:06	4:24:54	7:08:44

### Other Area Finishers

7/12 Ron Dehn	54	Pueblo West	CO	1:29:06	1:04:15	4:39:12	7:12:33
8/12 Warren T Marshall	54	Canon City	CO	1:29:34	1:03:24	4:43:19	7:16:17
5/7 Diane G Lopez	45	Pueblo	CO	1:35:59	1:10:31	5:16:49	8:03:19
14/18 Diana L Reno	41	Pueblo	CO	1:39:23	1:17:00	5:16:28	8:12:51

## Answers to Bronco Quiz

(from page 7)

- Billy Thompson - 11.5 yards punt return & 28.5 yards per kickoff, 1969
- Mike Anderson - 251 yards, 12/3/2000 (NFL Rookie Record)
- John Elway - 51,475 yards, 1983 - 1998 (2<sup>nd</sup> in NFL history)
- Steve Foley - 44 interceptions, 1976 - 1986
- Rod Smith - 1,602 yards, 2000
- Randy Gradishar - 2049 tackles, 1974 - 1984
- Simon Fletcher - 16 sacks in 1992 (97.5 career)
- Jason Elam - 63 yards, 10/25/98 (ties NFL record)
- Shannon Sharpe - 214 yards, 10/20/02 (NFL record for tight ends)
- Terrell Davis - 2008 yards, 1998 (3<sup>rd</sup> in NFL history)

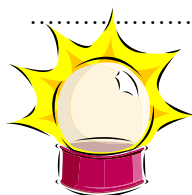
Bonus Quiz: Do you know the jersey numbers for the above players?

Billy Thompson: 36, Mike Anderson: 38, John Elway: 7, Steve Foley: 43, Rod Smith: 80, Randy Gradishar: 53, Simon Fletcher: 73, Jason Elam: 1, Shannon Sharpe: 84, Terrell Davis: 30

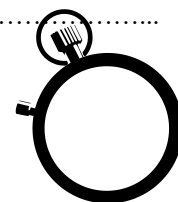
Source: Denver Broncos







# The Predict Series



## Predict 2003

At this point, the 2003 Predict standings look very little like the 2002 final version. The only 2002 “top fiver” who makes the 2003 top five list is Ben Valdez. In 2002, Gina Benfatti had run only 2 predict races and scored 50 and 100 points. Gina is the only runner to run all 7 of this years races.

But - There are 3 races left on the Predict schedule - and anything can happen. Wendy Garrison has run only two races, but has 2 first places and 200 points. She needs to run the remaining races to be eligible. Larry Volk and Gina have been passing the “yellow jersey” back and forth for a few races. One good race puts Larry ahead again. Matt Sherman could easily pick up 60 or 70 points with one good run. Rich Hadley is within striking distance as are several others. And so on, and so on. The top 10 will likely undergo several changes by December.

A special thanks to Rich and Deb Hadley for a great job at the Tunnel Drive run on August 23rd. Thirty runners completed the 5 mile course overlooking the Arkansas River. This is the largest group of predictors since Rich and Deb’s Temple Canyon run last November.

Well - the story resumes in October at the Harvest Poker Run. See you there!



Name	Spring Runoff	Ben & Matt's	Rams 8K	TAYDR	Moon Mad	Mary's Magic	Tunnel Drive	Total Points	Best 5 Races
Gina Benfatti	100.00	84.21	35.71	91.67	11.76	63.64	96.67	483.66	436.18
Larry Volk	68.75	57.89	92.86	83.33	100.00	72.73		475.56	417.67
Matt Sherman	93.75	26.32	78.57	75.00			93.33	366.97	366.97
Rich Hadley	50.00	89.47	64.29		76.47		76.67	356.90	356.90
Ben Valdez	75.00	73.68	50.00		88.24		66.67	353.59	353.59
Stacey Diaz	25.00	42.11	57.14	66.67		27.27	83.33	301.52	276.52
Robert Santoyo	31.25	15.79		58.33	23.53	9.09	50.00	187.99	178.90
Dave Diaz	12.50		21.43		33.33	18.18	90.00	175.44	175.44
Ron Dehn	87.50				41.18	81.82	73.33	283.83	
MJ Martinez	81.25	94.74	42.86	16.67				235.51	
Jill Montera	62.50		71.43	41.67		54.55		230.14	
Wendy Garrison						100.00	100.00	200.00	
Don Pfost			7.14	50.00	29.41		80.00	166.55	
Nick Leyva		78.95	14.29				63.33	156.57	
Michael Orendorff		68.42					86.67	155.09	
Misti Frey		47.37		100.00				147.37	
Emily Borrego					52.94	90.91		143.85	
Chief Reno		63.16				45.45	33.33	141.95	
Mary Rudolf			85.71		47.06			132.77	
Gary Franchi		100.00		25.00				125.00	
Ashlee Withrow					64.71		60.00	124.71	
Bill Veges	37.50	36.84					46.67	121.01	
Kelsey Learned			100.00					100.00	
Kyle Reno					94.12			94.12	
Brad Winn					82.35			82.35	
Sandy Reinsch	43.75		28.57					72.32	
Mark Koch					70.59			70.59	
Troy Schwindt							70.00	70.00	
Diana Reno	56.25	10.53						66.78	
Nathan Comden					58.82			58.82	
Patrick Krumholz							56.67	56.67	
Jim Kony							53.33	53.33	
Angelo Aragon		52.63						52.63	
Melinda Orendorff						36.36	13.33	49.70	
Tammy Stone							43.33	43.33	
Jo Ann Ugolini							40.00	40.00	
Art Long							36.67	36.67	
Aaron Berndt					35.29			35.29	
Brian Ropp		31.58						31.58	
Dusty Winings							30.00	30.00	
Cassie Okken							26.67	26.67	
Daniel Wanlgren							23.33	23.33	
Carrie Slover		21.05						21.05	
Chelsi Tedrow							20.00	20.00	
Rochelle Garcia	18.75							18.75	
Dan Comden					17.65			17.65	
Jorden Hall							16.67	16.67	
Karen Van Haverbeke							10.00	10.00	
Rooster Barnhart				8.33				8.33	
Alex Hall							6.67	6.67	
Jim Romero	6.25							6.25	
Tina Gray					5.88			5.88	
Tiffany Reno		5.26						5.26	
Edward Whitcraft							3.33	3.33	

Jennifer & Olivia Sherman root for Matt at Temple Canyon

# Potpourri

## Fit to be Tied

*Editor's note: This article contains material "borrowed" from Gary Franchi's Fit to be Tied column which ran in the August 13<sup>th</sup> edition of the Pueblo Chieftain. And since it is borrowed material – we do promise to return it. p.s. Gary did give us permission – that is why it is listed as borrowed not stolen.*



SCR's Michael Orendorff placed second in the 50 – 54 age division of the tough Boulder Peak Triathlon held in early August. The event included a 1.5k swim, 42k bike, and 10k run. Mike's daughter Patricia also competed.

Gerald Puls won the 70 - 79 age division in the Colorado State Games Triathlon at the Air Force Academy. Puebloans Mike Archuleta and Dr. Rocky Khosla were other local finishers.

Three young members of the Pueblo Swim Club competed in the IronKids Triathlon in Louisville last month a day after competing in the local City Meet. Brittany Mathews took second among 11-year-old girls, Loren Dorsey-Spitz was third among 12-year-old girls and Tanner Krall was fifth in the 12-year-old boys division. Loren is following in the footsteps of older siblings Ryan and Jenna who did several triathlons just a few years ago, with Ryan competing in the U.S. Junior Nationals in Australia.

## Volunteers Needed

Here are three chances to earn some volunteer points.

The Corporate Cup is a huge undertaking with a couple thousand or so participants. If you can help on September 20<sup>th</sup> (5k), September 25<sup>th</sup> (1 mile), or September 28<sup>th</sup> (bike predict), please give Ben or Nicole a call at the YMCA, 543-5151.

The Boys and Girls Club is hosting a 5k in the early evening of Friday, October 10<sup>th</sup>. Ken Raich is helping and could use a hand at the finish line. Contact Kristen Johnson at 542-4128 if you can help.

The Soaring Eagles 5k will be held at 8am on October 11. Contact Marijane Martinez at 564-6043 if you can assist at the finish line.

## Invite to Chihuahua

Members of Southern Colorado Runners have been invited to participate in a 10k run in Chihuahua, Mexico on October 5<sup>th</sup>. The run is part of a fiesta weekend beginning on Friday, October 3<sup>rd</sup>. The invite is extended through the Sister City Commission. In addition to the invite, the Commission has offered to pay travel expenses (by car), a few days hotel / motel expenses, and race entry fee. So... free travel and stay in Chihuahua, participate in a fiesta, run a 10k race – WHAT A DEAL!

If you are interested – contact Hilbert Navarro at 564-7685 or [hjnavarro1@aol.com](mailto:hjnavarro1@aol.com). Hilbert has a few suggestions. 1. Contact him as soon as possible, so we know how many are participating. – preferably by September 20, but by September 28<sup>th</sup> latest. 2. We should carpool. 3. Drivers should purchase auto insurance after crossing the border. 4. Everybody should take either a passport or birth certificate & driver's license.

Hilbert said that travel time is 15 hours, 12 hours non-stop. So – if you are planning on 12 hours – start practicing your bladder control now.

*(Notes from SCR Meeting Continued from page 2)*

All you writers or wanna-be writers. You will now receive 5 volunteer points for each article published in Footprints. As a point of clarification – an article is more than a few sentences announcing an upcoming event, it is more than a few race results sent in an e-mail, and it is more than submitting a photo of an event. We still want these, but to receive volunteer points, you need to pull together at least a few paragraphs of (relatively) cohesive material that is essentially complete and ready to print. A photo or two is also appreciated. Don't double space or use a huge font like you did in high school just to fill up a page. Anyway – we really do appreciate the contributions of our writers and will give volunteer points going back to January, 2003.

It appears the Parade of Lights run will not take place in 2003. There has been some interest by Parade organizers, but time is running out for this year. We're hoping it happens in 2004.

There is interest in forming a Cross Country Club at CSU-Pueblo. Interested students have been talking with Katherine Dvorsky who will likely be faculty sponsor of the club.

According to an article appearing in the August 31<sup>st</sup> Pueblo Chieftain, parts of the River Trail will be closed for construction. The trail between City Park and Santa Fe Avenue is now closed. The trail between City Park and Dutch Clark Stadium will be repaved. This portion of the project will take an estimated 6 months. Other construction involves the rebuilding of the West Fourth Street bridge, the fish ladder and kayak course, and enhancements to the river trail. These projects are expected to keep parts of the trail closed to the public until June, 2005.

# 2003 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS	LOCATION
Sep 21	Hot to Trot Run (a)	5K 8:00 am	CONTACT - PHONE HARP on Union Ave, Pueblo Jeff Arnold - (719)947-3682
Oct 11	Soaring Eagles Run/Walk (a)	5K 8:00 am	USC, Pueblo Marijane Martinez - (719)564-6043
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.



Georgetown to Idaho Springs  
1/2 Marathon (8/9/03) (above)

Runner	Place	
	In Division	Time
Emily Borrego	24/198	1:51:39
Marijane Martinez	8/68	1:57:57
Tiffany Reno	25/50	2:05:09
(First Half Marathon)!!!		
Stacey Diaz	72/197	2:07:47
Ann Hulett	73/197	2:07:47
Larry Volk	10/188	1:25:26
Mark Kock	13/197	1:25:56
Dave Diaz	8/87	1:35:45
Nick Leyva	69/171	1:53:12
Stella Heffron	2/198	1:31:40

Results courtesy of Marijane Martinez. Photo courtesy of Ben Valdez THANKS MJ & Ben

## A Couple Area Races

At 10 am on Oct 25 is the Manitou Springs Mayor's Cup. It is listed as a 5K/.5K Contact 10:00 am Dave Sorenson - (719) 473-7848

At 10 am on Nov 22, you can run the PPRR Turkey Trot 5K at Prospect Lake, Colo Spgs It is a Predict Contact Phil Foster - (719)447-1371

## Spam, Spam, Spam

Hormel has been producing Spam for 66 years and currently produces 435 cans per minute.

???

A sandwich walks into a bar. The bartender says, "Sorry, we don't serve food in here."

## Endorsements

Basketball player LeBron James has signed endorsement agreements worth an estimated 118 million dollars. The 18 year-old James is the No. 1 draft pick of the Cleveland Cavaliers. As of this writing, James has not yet played an NBA game and since he was drafted right out of high school, has never played a college game. The 90 million dollar deal with Nike is the most lucrative agreement. Other companies who have joined the lineup include Sprite, Juice Batteries, and Upper Deck.

**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**

Mmmmm. Do you smell that wonderful aroma coming from Union Avenue? It's the smell of roasting chilies and the annual Chile Festival in downtown Pueblo. That means it is also time for the HOT to TROT run! This is a 5k race in the scenic HARP area. Jeff Arnold is directing this race and if you don't run you may want to give Jeff a call. He could probably use an extra volunteer or two.



The 2nd annual Soaring Eagles 5k run / walk takes place on October 11th at the CSU Pueblo campus. This run is organized by the CSU Pueblo Speech Club and is a fund-raiser to benefit the Autism Clinic in Pueblo. SCR assists with the finish line.

Gamblers who are runners, or runners who gamble this next run is for you. The Harvest Poker Predict will be held on October 25th in Pueblo West. Yes - runners do collect cards and play a poker hand.

In addition to poker - there will be a bonfire - assuming the fire ban is lifted. At any rate - this is a chance to pick up some points in a predict race.



### **The Final Thoughts...**

You can't have everything. Where would you put it? -- Steven Wright

Doust thou love life? Then do not squander time, for that is the stuff life is made of. -Benjamin Franklin

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. -Dr. Martin Luther King Jr.

You cannot do a kindness too soon, for you never know how soon it will be too late. -Ralph Waldo Emerson, writer and philosopher (1803-1882)