



Editor: Ron Dehn

# FOOTPRINTS



Caution - produced with a haunted keyboard

## Harvest Moons and Ghostly Tunes

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

Corporate Cup Photos .....	1
Noteworthy SCR Minutes.....	2
Who is Frank Chance? .....	2
Truth in Advertising .....	3
SCR Birthdays .....	4
Fiber, Volcanoes, and Metamucil?.....	4
Notes for the Ladies.....	5
Special Thanks.....	5
Murphy's Other Laws.....	5
To Ponder .....	5
The YMCA Corporate Cup .....	6
The Hot to Trot .....	7
Trail Builders .....	7
Corporate Cup Photo Gallery .....	8
Fit To Be Tied.....	9
Santa Fe Trail Run.....	10
The Dam Run .....	10
Foto Filler .....	10
2003 Pueblo Area Racing Calendar .....	11
Imogene Pass Photos .....	11
Pony Express Photo .....	11
Other Runs .....	11
Upcoming Races.....	12
Thanks to Volunteers .....	12
The Final Thoughts .....	12



Andrew Lang of Eaton Corporation crosses the 5k finish line at the Corporate Cup

Below, Patrick Clarke of CSU-Pueblo is "Feeling Fit" as he completes the 5k course.  
  
For more on the YMCA Corporate Cup See- pages 6 & 8.

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, November 4th at the Pueblo YMCA. All SCR members are welcome



## SCR Notes

### Noteworthy SCR Minutes

By SCR Administrative Assistant Gary Franchi

### Race Recaps

**Harvest Poker Run** – Race Director Dave Diaz noted that we have been given the OK to have our bonfire in association with this Oct. 25 race this year. Last year, we couldn't have the bonfire because of drought conditions. The event is a potluck, and it will again be held at Lovell Park in Pueblo West. Everyone is asked to bring a little wood for the bonfire. A flier on this race should be in this month's newsletter.

**Rock Canyon Half-Marathon** – Because of construction along the River Trail, this Dec. 7 race will drop down to the River Trail from the softball field in City Park, go over the bridge at that point and head west on the trail toward the Nature Center. There is online registration via active.com. Ken mentioned that he wants to add a feature for the Spring Runoff next year in which the real-time results will be projected on a giant screen in a tent. Ken will do a trial run of this at the Rock Canyon Half.

**Atalanta 5K** – Race Director Katherine Dvorsky said everything is set for this race that will be held the Saturday before Thanksgiving. But the course is still being determined because of the River Trail construction. It probably will go straight down from City Park and immediately go over the bridge like the Rock Canyon.

### Other Stuff

**Tax-Exempt Status** – Because of our particular exempt status, our club does not have to file an income tax return but we DO have to pay tax on purchases.

**SCR Banquet** – The club discussed its date and location options for the picnic in January, and Sandy Reinsch said she would check with the availability of Rosario's banquet room in mid to late January.

**SCR Officers** – The SCR is starting to think about officers for 2004. Katherine will check with Ross Barnhart about the President position. The club is now taking applications for officers from the membership, and a screening committee will review the applicants.

### Spring Runoff

Terry Cathcart will again be the race director.

Terry said he'd like to dedicate the 2004 race to the Pueblo Chieftain biker who died in a motorcycle crash. He helped Jeff with the course last year.

We'll need new courses this year because of the River Trail construction.

The water at Dutch Clark Stadium should be turned on this year.

Terry wants to start calling volunteers soon to get them lined up to work the race.

We'd like to have Nick emcee the race again.

We'll need to buy or rent a good sound system.



**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. 261

"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, Frank Chance*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

### Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Jeff Arnold Paul Vorndam D.J. Maestas Joanne Dehn  
Stacey Diaz

**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.

\* Frank Chance was manager of the Chicago Cubs in 1908 when the Cubs last won the World Series. Chance also played 1st base and led all hitters in the Series with a .421 batting average.



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)

**Boil Boil  
Toil & Trouble  
Fly over to the  
Gold Dust  
On the Double  
and  
Check out our brew  
217 South Union**





# Great Stuff

by Gary Franchi



## Truth in Advertising

Thought for today's lunch, compliments of writer Dave Barry: "I'm not a real journalist. I'm a humor columnist."

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

A funny thing happened recently while I was browsing through the October issue of *Runner's World* magazine. Well, it wasn't really a "ha-ha" type of funny or anything like that. It was more amusing, actually, sort of like when you study some of the personalities in a convenience store on any given day.

So there I was, looking on Page 27 at a full-page ad for an energy bar named *Detour*. It was referred to as a "whey protein energy bar."

Now, I don't know about you, but I don't look at the advertisements in magazines very much or for very long. Unless, of course, they're using one of man's more primate desires in life to sell their wares. Then, depending on the quality/appeal of the subject of my interest, I might take a second look. Or third. Or tenth.

Anyway, the point of all this – and I'm sure a point will evolve if I can just keep typing words – isn't that this was an ad for a whey protein energy bar, although I think whey protein probably has many valuable traits worthy of health food store display. The notable aspect of this particular print ad was in the choice of words that the promoting company used.

Now -- and I'm not making up this stuff -- the *Detour* bar was referred to as a "protein candy bar." That's right – candy bar!

Finally, I thought as the realization hit me, someone is actually telling the truth. All this time we've been eating these Power Harvest Bars dipped in chocolate, these Meso-Tech bars, Zone bars and seemingly dozens of other chocolate and caramel concoctions that you can typically find on the shelf of your local Wal-Mart "health" and vitamins aisle. And, if you're like me (now is that really possible?), you've wondered about whether that energy bar is really any better for you than the Snickers bar near the cash register.

I find this "truth" approach so refreshing and bold yet so un-American. Product pushers in this country usually weave gobs of advertising gobbledygook in order to reel in attention to what they are peddling. It's sheer nonsense, wrapped in cosmetic buttockery. You know, bull(bleep)!

And it's so plentiful. Just for analysis purposes, I leafed through some of my most recent issues of *Runner's World*, *Running Times*, *Men's Fitness*, *Men's Health* and *Rocky Mountain Sports* magazines to glean a better "feel" for the type of advertising falsehoods that are projected our way in the ads in these slick publications. Here is a nice, tidy sample of subterfuge:

Balance Bar: Its claim is that you'll "outlast your competition." And I suppose training has nothing to do with it.

Subaru Forester: "Feel safe and you can attack any road." But does it have guns mounted in the headlights?

Centrum Performance vitamins: "It's your energy. Unleash it." What if someone else takes these vitamins – is it still my energy?

PowerBar: "Be great." Yeah, right.

Tylenol 8-Hour: "Not playing is not an option." Heck with the torn leg muscle.

Zantrex 3 diet pill: "Rapid weight loss -- Incredible energy." Funny they didn't mention the resulting dehydration.

Protein Ice protein drink: "Clearly the coolest protein on earth." Clear as mud.

Meso-Tech meal-replacement energy bar: "The Rocky Road to Muscle." Isn't Rocky Road an ice cream flavor?

Ford Explorer: "It's a bit of a control freak." Never have cared much for freaks.

Sports Rack vehicle outfitters referring to its bike and sports equipment toters: "Nice rack." Clever, aren't they?

So, the lesson to be learned from all of this? I don't know. But maybe if I keep typing one will come to mind. First, though, pass me a Snickers bar.

### Ten things I was just wondering:

1. Mind over matter is fine, but what if the "matter" sucks?
2. Why can't a negative times a positive be a positive half the time and a negative half the time?
3. Do we ever really know we're overtraining until it's too late and we get injured?
4. Why can't the State Fair be held all summer so we could get more rain?
5. Why is it that your favorite running shoe doesn't come in widths?
6. Why is it that your favorite running shoe becomes an entirely different shoe when the new models come out?
7. Don't you love crowd shots at NFL games so you can see how drunkards act?
8. Will the SCR's Gerald Puls still be doing triathlons when he's 85?
9. Really now, how do you "cut the mustard?"
10. Do magazine companies really need to send out renewal notices 7 months before your subscription will expire?

Until next month, I've got this great ocean-front house available in Colorado City and it's currently available to the highest offer, with the bidding starting at \$1 million. Call now!



## SCR Birthdays (& other events)

### October

- 24 Ariel Caprioglio
- 26 Katherine Dvorsky  
Tadea Braddy
- 27 Trevor Hadley
- 30 Betty Duran

### November

- 1 Ross Barnhart  
Lyle Lovett\*
  - 2 Eric Ure  
NY City Marathon  
Daniel Boone\*
  - 3 Barbara Hadley  
Julie Arellano  
Charles Bronson\*
  - 4 Sean Bryan  
Election Day
  - 5 Jessie Quintana  
Roy Rogers\*
  - 8 Lunar Eclipse
  - 13 Michael Phillips  
Whoopi Goldberg\*
  - 14 Lauren Dorsey-Spitz  
Ryan Dorsey-Spitz  
Yanni\*
  - 16 Robert O'Callaghan  
Burgess Meredith\*
  - 17 Lawrence Volk  
Cole Ratzlaff  
Rocky Khosla  
Chad Clark  
Thomas Kelecy  
Danny DeVito\*
  - 19 Carolyn Dickinson  
Meg Ryan\*
  - 20 Timothy Boilard  
Robert F Kennedy\*
  - 23 Chris Dehn  
Robin Van Buskirk  
Boris Karloff\*
  - 25 Lenore Raich  
Rob Huie  
Donovan McNabb\*
  - 26 Mike Borton  
Eric Sevareid\*
  - 27 Gerald Ure  
Bruce Lee\*
  - 28 Nancie Biery  
Randy Newman\*
- \*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Fiber, Volcanoes, and Metamucil?

Most of you haven't heard of it and the younger ones among you probably couldn't care less about it. But in over processed America where food is being milled into dust - there is NO fiber. Having no fiber produces an even bigger problem figuratively and literally - constipation. Most people don't like to talk about it, but some may even be suffering from it as they "sit" and read this article! Now what does constipation have to do with trail running? Trail running offers multiple solutions to the processed plug and it tastes much better than the orange flavored sand in a cup.

The easiest way to start replacing Metamucil with trail running is with my plan instead of bran program. Get out a map, or better still get out a computer topo program of Colorado. Then find a trail that looks inviting and using the "trail marker" make a new route. Make it something, enticing, exciting and challenging by choosing someplace you haven't been, across remote areas and throw in some real mountains. (A recent favorite for me was the lengthwise traverse of the Sangre de Cristo range. I have a big imagination.) Then switch to the "elevation" format on the topo program and look at the ridiculously preposterous route you have chosen. Just thinking about running it can get "things" moving and before long you will literally be ready to run - but not on a trail.

If things don't "work out" with the plan instead of bran then I suggest my next level of intervention: the partner plan. This is simple in its instigation, but powerful in its output. Don't panic this is a non-contact plan. In fact it is exactly the opposite. Decide on a trail run that is a point-to-point route. Make the starting point someplace remote and the ending point a local trailhead or town. Also chose a challenging distance, say 50% further than you have ever run before. (My all time favorite was

being dropped off on the edge of the Haleakela Volcano rim and having to run down into it, across it and then up and out of it before getting a ride home.) The partner's involvement in this run is simple - they drive you to the remote starting area and drop you off. A partner that doesn't like you is actually best because they have no problem leaving you. Standing alone in the wilds, with no way out but to run a greater distance than you have ever run before through trackless miles in order to reach safety and civilization is a great intestinal motivator. In fact as you ponder your fate you will probably lighten your load before you ever begin to run.

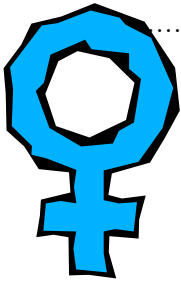
If all else fails and you are still carrying an extra burden then I offer the final blast: the no plan, plan. This one is actually my favorite "friend". I run solo a lot because I like this plan so much. Perhaps its effectiveness keeps others away. It is infinitely simple and implemental although not always successfully, or safely executable. Basically you just go into the mountains: sans plan. Run whichever way you feel. Run down trails, up trails and on no trails. Run towards something you've seen off in the distance and wanted to see up close. Just don't run downwind. Once you've got yourself thoroughly misplaced (lost has such negative connotations - and really you meant to be where you are, you just don't know where that is, so really you aren't lost) in the wilds without properly planning for food, water, clothing or route you will realize how effective this plan can be in breaking down you and your plug.

Because of my own all American diet I have frequently used this plan. Finding myself up to my bare knees in snow, looking out across endless forest with ended energy, and frequently running out of water way before trail has been a winning combination. In fact following this plan has basically made me unstoppable - of course not in a running sense.

### Wanted: Articles, Photos, and Information

If you or one of your buddies has been in a race, triathlon, or any other event / activity of interest, please write a short (or long) article, send a photo, (with names of photographees on back) or provide results, information, or anything else that would be of likely interest to our readers. You will get published, and those who actually write an article (not just a few sentences, but a real live article) will earn 5 volunteer points. What a deal... Please get your contribution to me by the first Tuesday of each month (earlier is even better), and you will be published and thanked.

Articles should be in electronic form. Photos can be hard copy or electronic. You can send to: ron.dehn@colostate-pueblo.edu Or, call me at 547-9273 and we'll make arrangements. THANKS! -



# Rocky on Fitness

By Rocky Khosla, M.D.



## Notes for the Ladies

There were a couple of neat articles in the September 10<sup>th</sup> issue of the Journal of the American Medical Association (JAMA) which pertained to women's health, so I thought that I would summarize the pertinent points.

The first article is entitled "Effect of exercise duration and intensity on weight loss in overweight, sedentary women". I don't think this article applies to any women in the SCR since none of them are overweight and certainly none are sedentary, but maybe we can pass the information on to non-SCR types. Anyway, the study included 184 women who went through a 12 month program which randomly assigned them to one of four subgroups: one group did high intensity of exercise for high duration, another group did moderate intensity for high duration, another group did moderate intensity for moderate duration, and finally, the last group did vigorous exercise for moderate duration. In this study, moderate intensity was defined by the participant's own rate of perceived exertion on something called the Borg scale as being moderate versus women in the high intensity group who rated their own rate of perceived exertion as high. As far as duration of exercise was concerned, the women in the high duration group exercised for an average of 190 minutes per week, whereas the women in the moderate duration group exercised for an average of 160 minutes per week. All of the exercise was done on treadmills that were monitored. All of the women were instructed to reduce their caloric intake to between 1200 to 1500 kcal/day and to decrease their fat intake to between 20 to 30% of total caloric intake. The authors of the study then looked at body weight, fitness level and rate of exercise participation within the four groups.

The bottom line was that all four groups showed significant weight loss and improved fitness, and there was no statistically significant difference between the four groups. **So this means that if you know any overweight, sedentary women, they will do just as well exercising at moderate intensity for moderate duration than by trying to kill themselves at high intensity and high duration!**

The second article is entitled "Recreational physical activity and the risk of breast cancer

in postmenopausal women", and this looked at a group of 74,171 women aged 50 to 79 who were studied from 1993 through 1998. The authors wanted to know if exercise in the past and currently was associated with a lowered risk of developing breast cancer.

They found that women who exercised strenuously at least 3 times per week at age 35 had a 14% reduction in the risk of developing breast cancer compared to women who did not exercise. Also, in all age groups, women who did the equivalent of 1.25 to 2.5 hours per week of brisk walking had an 18% decreased risk of breast cancer compared with inactive women. **The bottom line is that exercise in women seems to be associated with a reduction in the risk of developing breast cancer.**

Till next time, enjoy the beautiful fall colors and keep on movin'.

Sincerely,  
Rocky Khosla, M.D.

## Special Thanks

A special thanks to Gary Franchi for his work on this month's *Footprints*. Not only did Gary write his monthly *Great Stuff* column, he put together the minutes from the monthly meeting that I was unable to attend, wrote the Trail Builders article, and "donated" his *Fit to Be Tied*, Pueblo Chieftain column for our use. Give that man a hand! -Ed

## Murphy's Other Laws

Courtesy Mel Druelinger

Everyone has a photographic memory. Some don't have film.

He who laughs last, thinks slowest.

If the shoe fits, get another one just like it.

## To Ponder

We are products of our past, but we don't have to be prisoners of it. - Rick Warren





# Ramblin'

by Ron Dehn



## The YMCA Corporate Cup

The 19<sup>th</sup> annual YMCA Corporate Cup took place in late September. Twenty companies / organizations competed for the “Cup”, but the primary goals of promoting employee wellness, encouraging team spirit, and just plain having fun were highly evident at all the events. Through the years, the Corporate Cup has evolved, a few events have been eliminated, but several have been added. The first several were completed in one day – including passing out of awards. Now – it takes a very busy week and a half to complete the bulk of the activities.

I’ve been a member of the USC / CSU-Pueblo team since 1987. I usually run the 5k, the 1-mile, the Masters Relay (40 and over), and do the predict bike ride, and thus the duathlon. (5k run predict plus bike ride predict) I’ve also done the Ice Cream Cone Relay (an event that lasted only 1 year), the Basketball Shoot, the Pyramid Relay (a progressive relay that was thankfully dropped several years ago), the Inner Tube Relay (tons of fun – even for a “non-water” person), the Open Men’s Relay (I “ran” while the 20 year olds sprinted right past me – not a pretty sight), and probably another event or two that I’ve forgotten.

Why?

Because the Corporate Cup lives up to its billing. It does encourage people to start / continue healthy lifestyle habits. It is great for developing team spirit because employees at all levels of the organization participate as team members – all pursuing a common goal. And – it a really really really ... really good time. It is FUN!

A special thanks to the YMCA, especially Nicole Means and Ben Valdez, to Michael Orendorff for all his work with the participant data base and results, and to John Borton, a CIS professor at CSU-Pueblo who stepped in as team director to make sure the University would field a team this year. I’ll also thank my sister-in-law, Cathy Dehn. Cathy worked for the Y for several years and headed up the Corporate Cup. In 1985, Cathy and Ben visited the USC Employee Development Committee and made a presentation on the Corporate Cup. And as they say – the rest is history.

Now some notes on the 2003 Edition.

There were 9 teams in Division I. The Kiwanis team took 1<sup>st</sup> place, Agalite Bath Enclosures was 2<sup>nd</sup>, and the Colorado Department of Transportation took 3<sup>rd</sup>. Other Division I teams were Vectra Bank, Eaton Corporation, Housing Authority, SCA, U.S. Bank, and Pueblo Bank and Trust. CDOT was the recipient of the Sportsmanship Award and US Bank won the Team Spirit honors.

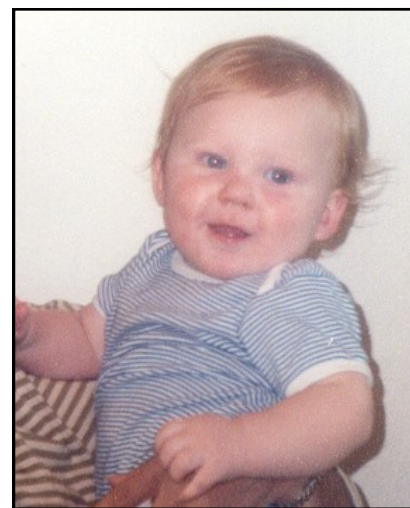
Division II consisted of only 3 teams, Atlas Pacific Engineering (1<sup>st</sup> place), Westwind Campus of Care (2<sup>nd</sup> place), and TTCI (3<sup>rd</sup> place). Westwind was the Team Spirit winner and TTCI was awarded the Sportsmanship plaque. During the parade of athletes, some of the Westwind Village employees were in costume as the Village People. CLEVER!

In Division III, Parkview Medical Center took 1<sup>st</sup> place and Team Sportsmanship honors, School District 60 captured 2<sup>nd</sup> place, and CSU-Pueblo took 3<sup>rd</sup> place as well as the Sportsmanship award. Other Division III teams were Rocky Mountain Steel Mills, Target Distribution Center, Wal-Mart, Saint Mary-Corwin, and Pueblo County Employees.

The Spirit of the Corporate Cup is an award given to an individual who most embodies the ideals of the Corporate Cup. In 2003, this top honor was awarded to Jamie Marrujo of Agalite, D.J. Maestas of Westwind, and Jeanne Graber and Carla Coe of Parkview.

Congrats to all, and if CSU-Pueblo should decide not to participate in the Corporate Cup in 2004 – I’ll be looking for a temporary job next September. I’ll start at Agalite and continue to Westwind.

Complete results will be posted at: [corpcup.puebloymca.org](http://corpcup.puebloymca.org)



Since there’s space left on this page - I figured you would want to see a photo of Rylan (our grandson) on his 1st birthday. He had a good time, got his hands in the cake, and played with some new toys. photo by Great Grandma Joanne Dehn



# The Hot to Trot

by Jeff Arnold



The 2003 version of the Hot to Trot 5K featured a nearly start to finish duel between J.J. Huie and Adam Rich where the two twenty somethings from Colorado Springs battled until the last 200 meters of the race. Huie led nearly all the way, but in the end he found that his summer of hiking and bicycling left him strong, but not quite ready for a blistering sprint. Rich opened a six second gap to win 17:21 to 17:27. Rich was the winner of the Run in the Valley as well as the Rio Run earlier this season.

In a rare occurrence in Pueblo races, the first five runners were all in the 20-29 age division. Then 47 year old Rich Hadley, who not only had a fine race but preregistered as well, came across in 18:15.

Emily Borrego was first female with a sparkling 21:51, well ahead of Stacey Olson's 22:51. First female master was 54 year old Jan Huie, 26:38 in her first race after a long period of walking rehabilitation. Jan's husband Lou, at 57, was the first 50-59 male so the Huie family all won medals.

The last two spots in the 51 runner field were filled by two big guys, Tom Monroe and Kim Haddenham, who call themselves Big Fat Dads. Both Tom and Kim are fathers of Mercury Track Club athletes as well as being considerably larger than most runners. They finished in 36:38 and 36:39 respectively.

## Race Results

Place	Name	Age	Time
1	Adam Rich	22	17:21
2	J.J. Huie	23	17:27
3	Shawn Borton	20	17:36
4	Andy Pinne	28	17:50
5	Reggie Marquez	27	18:06
6	Rich Hadley	47	18:15
7	Larry Volk	39	18:31
8	Brian Ropp	40	20:11
9	Cory Rose	16	21:18
10	Jeremy Gregory	19	21:19
11	Brian Vaniwarden	24	21:30
12	Steve Wall	39	21:48
13	Bill Mares	37	21:51
14	Emily Borrego	35	21:51
15	Lou Huie	57	21:59
16	Stan Hren	61	22:09
17	Rocky Khosla	44	22:21
18	Bob Gassen	56	22:25
19	Tom Durkee	27	22:40
20	Eugene Mares	40	22:50

21	Stacey Olson	20	22:51
22	Chester Haddan	36	23:08
23	Brad Van Buskirk	42	23:28
24	Mike Borton	47	23:55
25	Jesse Sindler	15	24:46
26	Patrick Banker	13	24:46
27	Misti Frey	36	25:02
28	Mike Sanchez	42	25:10
29	Bob Kelher	60	25:16
30	Joe Rael	50	25:32
31	Raul San Miguel	53	25:33
32	Ralph Priebe	58	25:42
33	Lacey Jones	25	25:56
34	Bill Van Buskirk	67	26:10
35	Wendy Garrison	36	26:26
36	David Quigley	58	26:28
37	Jan Huie	54	26:38
38	Dick Greet	64	26:39
39	Randy Comden	49	26:54
40	Megan Hart	24	26:57
41	Joan Sindler	48	27:12
42	Patrick Swank	55	27:15
43	Debra Wall	37	27:53
44	Mike Archuleta	43	29:06
45	Jacquiline Wall	32	29:50
46	Levi Ropp	9	31:04
47	Cathy Sanchez	42	31:10
48	Sheila Banker	46	31:26
49	Nancy Mitrick	60	34:30
50	Tom Monroe	51	36:38
51	Kim Haddenham	48	36:39

## Trail Builders by Gary Franchi

A group of local people have formed the Southern Colorado Trail Builders to work on developing multi-use trails, starting with 22,000 acres of State Park land around the South Shore Marina and, over a long period of time (possibly several decades), extending over a much wider area. The trails are to be developed for use by bikers, runners and horse riders.

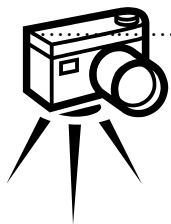
The group began meeting in June and has regular meetings at 6:30 p.m. on the last Tuesday of each month at the State Parks office near the South Shore Marina. Its next meeting will be on Tuesday, Oct. 28, and everyone interested, including members of the Southern Colorado Runners, are invited to attend.

Prior to that, the group has scheduled a Work Day on Sunday, Oct. 26, beginning at 9 a.m. It hopes to mobilize a large contingent of local people to get involved by helping on that day. Volunteers can earn a free parks pass once they have worked a certain number of hours on the project.

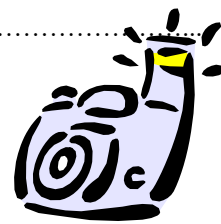
Daryl Jacobs, representing the Trail Builders, attended the SCR's monthly meeting on Oct. 7 to seek support of the organization so that runners will have a voice in how new trails are developed and existing trails upgraded.

The long-range plan of the group is to develop a corridor that would run from Pueblo West to Colorado Springs. Eventually, the corridor might even extend as far as Trinidad. It will seek grants to fund the project.





# Corporate Cup Photo Gallery



Clockwise from upper left: CSU-Pueblo gold medal swimmers Laura Brandt, Mary Swearingen, Jeff Stuyt, and George Dallah, Debbie Werler of Westwind Village at the 5k, volunteers Gary Franchi and Matt Sherman, a wet Mike Archuleta just before the swim relays, and a group of "bikers" from Westwind Village. Photos by D.J. Maestas and Ron Dehn.

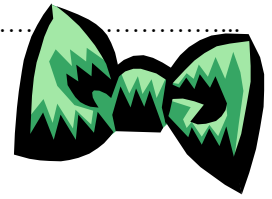






# Fit to be Tied

by Gary Franchi



## October, 2003 *Fit to be Tied* Column

From the Pueblo Chieftain by Gary Franchi

### Orendorff Second at Triathlon Nationals



What a month it has been for Michael Orendorff, Pueblo's premier triathlete!

First, as noted here last month, he was seventh overall in the entire field and won his age division at the off-road True Grit Triathlon in Ridgway on Sept. 7. Although it was a tough race, Mike did this triathlon as a training aid and to experience something new, since he normally doesn't do off-road events and the race location has many intrinsic values.

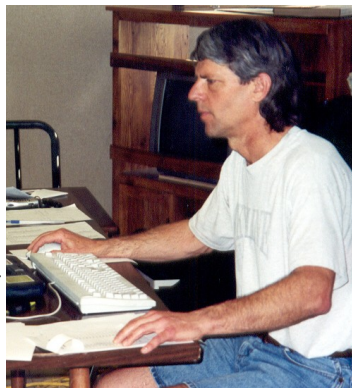
Next came the USA Triathlon Age Group World Championships Qualifier on Sept. 20 in Menomonie, WI. Over an extremely challenging Olympic-distance (1.5K swim, 40K bike and 10K run) course, Orendorff placed third in his age

division with a time of 2 hours and 21 minutes despite incurring a two-minute penalty for making a wrong turn on the run course.

It was a nice early birthday present for Mike since he turned 52 two days later. More importantly, that finish qualified him for the International Triathlon Union world championships to be held in Queensland, New Zealand in December.

The big capper came this past weekend at the USA Triathlon National Age Group Championships in Shreveport, LA. Despite being in the second-last wave when the winds had kicked up, he sped to a 2:08 overall time on the Olympic-distance course and captured second among 57 triathletes in his age division, just a second behind the winner in his division.

Saying Mike finished second doesn't do justice to the battle he waged with division-winning Jim Bruskewitz, resident of Madison, WI and a multiple times national and world age-division champion. The two raced shoulder to shoulder for the majority of the run before Mike had to tuck in behind Bruskewitz in order to cross a chip-recording mat on a narrow stretch of path about 150 yards from the finish.



In addition to his athletic abilities, Mike is a computer guru and is often seen working magic at the keyboard.

Orendorff has dominated his age division in local and state triathlon circles for many years. He also is no stranger to triathlon world competition, having competed in Perth, Australia a couple of years ago.

For a myriad of reasons, Mike has decided to skip the world competition in New Zealand and instead hopes to compete in "worlds" in 2004 when it is held in Madeira, Portugal.

### Running

Because completing any marathon is a notable athletic achievement, I try to at least mention those from this area who complete the 26.2-mile distance, regardless of their finishing times. The problem is that, since Pueblo no longer has a marathon of its own, area runners travel all over the country to compete in them and it's tough to nail down their results.

But I've learned of these recent accomplishments:

- This past weekend, Amy Braune, 30, of Pueblo did the Portland (OR) Marathon in 4:07. Meanwhile, Pueblo's Nick Leyva, 49, finished the St. George (UT) Marathon in 4:07 and fellow Puebloans Marijane Martinez, 51, and training partner Diane Lopez, 45, ran the same marathon together and finished in 4:18. It was Diane's first marathon.
- In September, Marv Bradley, 64, of Canon City and Cheryl Cook-McCoy, 59, finished the Lewis & Clark Marathon in Bozeman, MT. Marv won his age division with a 4:44 time while Cheryl finished in 6:20. Marv has completed eight marathons this year while Cheryl has done six.
- Also in September, Sam McClure, 50, of Canon City finished the Montana Marathon in Billings in 4:17, his fourth marathon this year. The previous month, he ran a 4:14 in the Silver State (NV) Marathon. Sam is trying to run a marathon in every state, a quest that Bradley completed last year.

If you complete a marathon somewhere, please e-mail the information to me at the address listed at the end of this column.

- Rich Hadley, 47, of Florence won his age division of the Grand Prix Series Half-Marathon in Colorado Springs with a 1:24:48 time.

### Multi-Sport

- Gerald Puls, 76 years young, continues to compete wherever he can. Gerald won his age division at the Greenwood Springs (the 14th time he has finished that race) and the Salida Tenderfoot triathlons. Gerald notes that, as of Sept. 21, he had won eight gold medals and a silver medal this year, with the silver coming in the Buffalo Springs Half-Ironman in Lubbock, TX.

*(Continued on page 10)*

# Potpourri

*(Fit To Be Tied Continued from page 9)*

- Kenneth Price, 60, of Pueblo West won his age division at the Fall Frenzy sprint triathlon in Parker last month. He completed the 500-yard swim, 12-mile bike and 3-mile run in 1:37:06.
- Correction: Since the competition makes it quite difficult to place in your age division in a duathlon, we should get the name correct when someone from Pueblo does so. Hence, in the Aspen High Country Duathlon that was held Aug. 23, it actually was Mike Shipe, 49, of Pueblo who placed third in the 45-49 age division in 1:32:08. The duathlon included a 17-mile bike and a 4-mile run.
- In the inaugural Triple Trekker Triathlon held in the extremely hilly Briargate area in north Colorado Springs, three local triathletes placed in their age divisions. Dave Diaz, competing in his first triathlon, took first in the 55-59 male division with a time of 1:23:58 over a course that included a 525-meter swim, 12-mile bike and 5K run. Pueblo East High cross country coach Rochelle Garcia was second in the 30-34 female division with a time of 1:24:07, and Emily Borrego was third in the 35-39 female bracket with a time of 1:18:51.



**A Trio of Triple Trekkers**  
 Dave Diaz  
 Stacey Diaz  
 and  
 Rochelle Garcia

Send comments and fitness information to Gary Franchi via e-mail at [gfranchi@daeo.net](mailto:gfranchi@daeo.net)

*Editor's Note: Gary put together such a great column on SCR's Michael Orendorff, and other area athletes, that when Gary gave permission for us to use any portion of it that we liked - We used the whole thing.. THANKS Gary!*

### November Footprints Submission Date

We would love to have your photos, articles, comments, information about races, or your activities. If you have an entry for the November newsletter - please have it to me in electronic form by Tuesday, November 4th. THANKS!  
 Send to: [ron.dehn@colostate-pueblo.edu](mailto:ron.dehn@colostate-pueblo.edu)

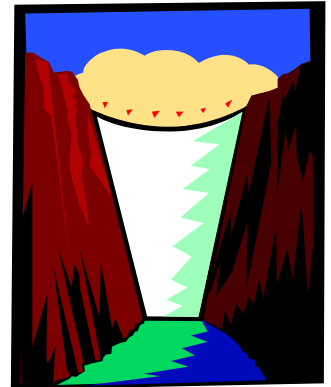
## The Santa Fe Trail Run

The 3rd Annual Santa Fe Trail Half Marathon and 5K Run/Walk was held September 13 at Ripley Park in Raton, New Mexico. A few locals took part including: Sam McClure and Marv Bradley of Canon City, who turned in 1:54:51 and 2:00:14 respectively, and Cheryl Cook-McCoy of Salida who ran a 2:55:34 on an extremely challenging course. Nancie Laree Biery of Pueblo walked the 5k course in 42:25.

## The Dam Run

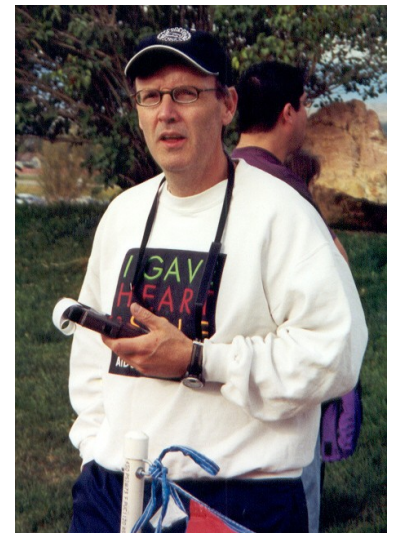
The 10K Dam Run was held Sunday, Sep. 7, at John Martin State Park near Hasty.

Pl	Name	Age	Time
1	Brett Clark	43	42:50
2	Dean Thompson	31	43:57
3	Bob Gassen	58	46:38
4	Cindy Rundell	44	47:42
5	Diana Dean	41	47:54
6	Steven Gallegos	27	48:09
7	Lorie Moreno-Roch	39	50:05
8	Hannah Metzler	23	50:12
9	Nick MacDonnell	16	51:45
10	Chris Rundell	44	52:48
11	Amber Thompson	28	53:46
12	Bill Van Buskirk	67	53:46
13	Dan Minor	54	54:32
14	Tammie Clark	42	56:35
15	Arvenia Morris	46	1:00:55
16	Mary Minor	52	1:01:57
17	Hilda Reyher	66	1:06:02
18	Brandy Phythian	15	1:08:14
19	Nancy Mitrick	60	1:11:29



## foto filler

Ross Barnhart worked the finish line at the Corporate Cup 5k.



# 2003 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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.



The Imogene Pass Run took place on September 6. It is a grueling 17.1-mile run in the western San Juan mountains of Colorado. It takes place on a 4x4 dirt route which connects the towns of Ouray (7810 ft.) and Telluride (8820 ft.) by way of 13,120 foot Imogene Pass. Several area runners took up the challenge including: (times in parentheses) Mark Koch (02:47), Paul Vorndam (3:05), John Hair (3:14), Gus Apenzeller (3:17), Mark Rickman (3:20), and maybe some others that I missed on the website. Paul was 2<sup>nd</sup> in his age division and set a PR by more than a 5 minutes. Sorry, but I couldn't find age bracket places for the other runners. Paul Vorndam is pictured above, and along side the busses in the "Where's Waldo" picture to the above left. (You may need your reading glasses.) Take a look at those mountains. Wow!



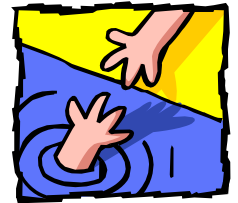
Above, Dave and Stacey Diaz, Robin Krueger, Amy Braune, Carrie Slover, and Bill Veges relax after the Pony Express 15+ mile run on September 15th.

## Other Runs



**Manitou Springs  
Mayors Cup**  
Saturday, Oct 25  
10 am kids run  
10:30 am 5K  
900 block Manitou  
Ave.

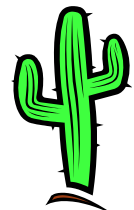
**Dallas White  
Rock Marathon**  
Sunday, Dec 14  
8am Victory Plaza



**Rescue Run**  
Thurs, Jan 1  
10 am for 5k / 10k  
9:30 am for kids  
run  
Palmer Park

## P.F. CHANG'S

**Rock 'N' Roll  
Arizona**  
January 11, 2004  
Phoenix, Az  
www.rnraz.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**

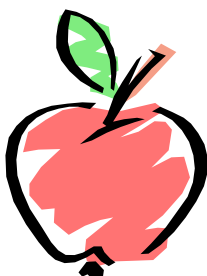


Good news! Dave Diaz checked with the fire chief in Pueblo West and we will be able to have a bonfire for the 5 mile predict Harvest Run and it will take place as scheduled. Be at Lovell Park in Pueblo West on October 25. Start time is 5PM.

Dave is asking for help getting firewood. If everyone brings a little we'll have enough for a nice bonfire. We have to be out by 10:30 PM and bathrooms will be available.

The Poker Run is a potluck, with the club providing the chicken and beverages. Contact Dave or Stacey Diaz at 564-9303 with questions.

On November 22, the ladies will gather at City Park to run and walk the 5k Atalanta Race. Atalanta was a heroine in Greek mythology who was an excellent hunter and an even better runner. I won't divulge the entire story, but if you are leading the race, don't stop to pick up any golden apples.



### **Thank You Volunteers!**

We thank the volunteers at the Hot to Trot. They are: Race Director: Jeff Arnold, Finish Line: Dave Diaz, Deb Hadley, and Course Monitor: Ken Raich. The Dam Run volunteers were: Race Director: Stan Hren, and Results: Jeff Arnold.

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

Some students drink from the fountain of knowledge - others just gargle. -Anonymous

Nearly all men can stand adversity, but if you want to test a man's character, give him power. -Abraham Lincoln, U.S. president (1809-1865)

Happiness is when what you think, what you say, and what you do are in harmony. -Mohandas K. Gandhi (1869-1948)

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. -Dalai Lama