



Editor: Ron Dehn

FOOTPRINTS



We will give you THANKS if you read this...

Here's Pumpkin Pie in Your Eye

In This Month's Issue...

Harvest Poker Run Photos	1
SCR Meeting Summary	2
Who is Peter Reid?	2
If you look, you can find good news	3
SCR Birthdays	4
Contest!	4
Breakfast at Mary's	4
The Pueblo Masters Swim Team	4
Running in the Ccccold	5
Congrats to George	5
Congrats to Heather	5
The 3rd Leg - The Ascent	6
The Soaring Eagles 5k	7
The Harvest Poker Run	8
Predict Standings	9
December Submission Date	10
Random Thoughts	10
2003 Pueblo Area Racing Calendar	11
Draft of 2004 Calendar	11
Brasington's Ninth Law	11
Jan & Mary at the Tenderfoot	11
The Colder Boulder	11
Upcoming Races	12
The Final Thoughts	12

Would you believe that Ken Raich actually ran in a race? Ken is the consummate volunteer and can usually be found working the finish line or compiling results. Ken placed 2nd out of 36 runners at the Harvest Poker Predict.

The card sharks of the evening were Rachael Ratzlaff with 4 of a kind, and Wild Bill (Veges) whose trip sixes took top honors on the men's side. See pages 8 and 9 for more.



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



SCR Notes

Meeting Summary

November 4, 2003 by Gary Franchi

Club Banquet Members present approved having the SCR Banquet at 5 p.m. Saturday, January 17, at the Nacho's Restaurant at the Elmwood Golf Course (formerly called City Park Golf Course). Nacho's is charging us \$13 a head for a Mexican buffet meal. The cost to those attending will be \$10 each for adults and \$5 for kids (12 and under). The club will pick up the balance of the cost. Many thanks to the SCR's Sandy Reinsch for her research on possible sites and costs. Sandy also said she would like to be part of the banquet planning as long as other members handle the awards.

Race Recaps

- **Soaring Eagles 5K** – This race had a good turnout and went well.
- **Harvest Poker Run** – There was a great turnout of 36 runners, and Rich Hadley and Emily Borrego finished closest to their predicted times. The best poker hands were won by Rachel Ratzlaff and Bill Veges. Many thanks to Terry Cathcart for bringing a ton of wood for the bonfire and to Dave Diaz's brother Anthony for going out the next morning to clean up the ashes.
- **Boys and Girls Club youth run** – This wound up not being held on the Freed Middle School track but around the building. Ken Raich, who was on hand for the race, suggested the SCR should do a real finish line next to help get kids interested in running.

Upcoming Races

- **Atalanta Women's 5K** – Race Director Katherine Frank will need volunteer help for this race that will be held the Saturday before Thanksgiving. Contact Katherine if you can help. Sweat-shirts will be given to all entrants. There will be an under-14 age division.
- **Rock Canyon Half-Marathon** – Volunteers also are needed for this race that will be held Dec. 7 at City Park. Contact Dave Diaz if you can help.
- **Spring Runoff** report from Terry Cathcart:
- The race will be held on Sunday, March 7, 2004.
- Active.com has contacted Paulette Stuart at The Chieftain to again allow registration through them online.
- Terry will have The Chieftain check with the family to see if it would be all right to dedicate the race to the cyclist and former Chieftain employee who was killed earlier this year in an accident.

He had helped with the marking of the courses last year.

- Shirts will be ordered from Screened Effects.
- Ben Valdez will handle organizing pre-race activities outside Dutch Clark Stadium, and Nick Leyva has agreed to be the emcee again. Ken will do the results again with the help of Steve Cathcart's Time Machine program. All three did great jobs in these functions last year.
- Because it was so costly to hire a sound company last year, Ken will check the cost of buying an amp and speakers for

(Continued on page 10)



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. 262

"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
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Web Master	Ken Raich	564-0847

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Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Jan Dudley, Marijane Martinez

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.

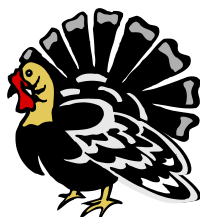
ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The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

* Peter Reid, 34 of Canada recently won the 25th Hawaii Ironman in 8:22:34. This is his third Ironman victory. The event includes a 2.4-mile swim, 112-mile bike ride and 26.2 mile run. Participants ranged from 18 to 80 years of age and included Gordon Haller, winner of the initial Ironman.



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

Relatives in town for the Holidays? Bring 'em by the Gold Dust 217 South Union



Happy Thanksgiving from Ruth, Shelly and the Gold Dust Gang.



Great Stuff

by Gary Franchi



If you look, you can find good news

Thought for today's lunch, compliments of Mignon McLaughlin: "No one really listens to anyone else, and if you try it for a while, you'll see why."

Musings on running, fitness, life, etc.:

You know, it seems like everywhere I turn I run into some good news. Even if it initially seems like bad news, it turns out to be good.

For instance, the big story in the athletic world these days is the steroid probe following the raid of a California laboratory. What they discovered was a designer steroid similar to other banned steroids but that had been altered to be undetectable in previous tests.

What a breakthrough! Anti-doping supporters are as excited as all get out. This has led to the subpoena of 40 athletes, most of whom are of Olympic caliber.

Sound like a negative? Not to me. You see, this just provides more justification for why these athletes seem to be more talented than me. They actually aren't. It's just that they've used artificial means to perform better.

See? This steroid probe actually is GOOD news to me. No doubt I would be of Olympic caliber if these designer steroids were available to me.

Next, I was perusing through the list of finishers in last month's Durango Marathon and, just being curious, I scrolled down to the bottom of the finishers to see what the slowest time was. Would you believe 9:03:06?

If my calculator-enhanced math is correct, a 9:03 marathon works out to be about 21 minutes a mile. Now, it's not my intent here to make fun of this performance because I don't know any of the circumstances surrounding it. This may have been an outstanding accomplishment by someone overcoming tremendous odds. Just being OUT THERE for 9 hours is a feat for feet.

In fact, what I really was thinking when I saw this time was that I sure am glad Pueblo no longer has the River Trail Marathon. Even working just the "second shift" at the River Trail's finish line, it was never easy waiting and waiting and being one of the few people still around when the final marathoner crossed the line after 6 or more hours. That was just about the time that the post-race awards party was always breaking up.

Hence, while I have almost always felt bad that we no longer have a marathon in Pueblo, this time a negative has turned into a positive. It could have been us stuck out there for 9 hours and 3 minutes waiting for the final finisher instead of the folks in Durango. See, once again, bad news has turned into good news.

Clean living pays off again!

Then there's the New York City Marathon that had 34,703 finishers earlier this month. What an event! And there even was some television coverage by one of the networks. That seems to happen less and less frequently all the time, so we have to appreciate it when it does occur.

Anyway, remember when Americans used to do well in New York? Well, let me refresh your memory because it's been a few moons ago.

The last time an American man won the New York City Marathon was in 1982 when Alberto Salazar won it for the third consecutive year. That was the 13th straight year that an American male won the race.

For the women, the U.S. record is even worse. An American woman hasn't won since 1977 when Mike Gorman ran a 2:43 to finish first.

This year, Matt Downin of California was the first American male finisher. He was 17th overall with a time of 2:18:48. The first American female finisher was Sylvia Mosqueda of California. She was 10th overall in 2:33:21.

Is this bad news?

Well, not to me. Actually, I don't think Americans should run the race at all. Why should they, when they can go to ebay and buy a 2003 New York City Marathon finisher's medal for just \$49?

What the heck, they can save tons of training hours and use that instead to spend time their families. Consider, too, that they will be avoiding possible injury, won't be wearing out shoes that need to be replaced, can focus on more important self-development concepts and devote more time to helping society. And by buying a finisher's medal on ebay, they keep the economy moving.

It's truly a win-win-win situation.

You know, let's change the motto that says "No news is good news" to "Bad news is good news." Bumper stickers are now available at www.getalife.com.

Have a cheery day.

Ten things I was just wondering:

1. I read in Runner's World that the Blackpool Warbler bird can fly nonstop for 2,200 miles. Not to be a cynic or anything, but where's the proof?

2. How many hours in our life times do we spend tearing those frickin' inserts out of magazines?

3. Why would foreign media waste time and money attending the Kobe Bryant court case?

4. Why can't there be a dollar store for just fitness-related stuff?

5. How did they invent paper that sticks to fingers when you try to toss it in the garbage can?

(Continued on page 10)



SCR Birthdays (& other events)

November

- 23 Robin Van Buskirk
Chris Dehn
- 25 Pixie Raich
Rob Huie
- 26 Mike Borton
- 27 Gerald Ure
- 28 Nancie Biery

December

- 4 Pat Berndt
Laurie Wertzbaugher
Jeff Bridges*
 - 8 Richard Greet
Ted Taylor
Sammy Davis Jr.*
 - 9 Nicole Lopez
Sandra McKenna
Kirk Douglas*
 - 10 Jacob Hough
Emily Dickinson*
 - 11 Dave Dehn
Rita Moreno*
 - 12 Anthony Diaz
Cathy Rigby*
 - 13 Carrie Slover
Dick Van Dyke*
 - 18 Mark Wilkinson
Tom Willumstad
Keith Richards*
 - 19 Kathleen Spencer
Terry Cathcart
Al Kaline*
 - 20 John Holiman
Charles Hall
Uri Geller*
 - 23 Susan Dallam
Carol Kinzy
Rick Hough
Connie Mack*
 - 24 Richard Hadley
Howard Hughes*
 - 25 B Bleakley
Jesus*
 - 29 Madeline Tormoen
Mary Tyler Moore*
 - 30 Jared Navarro
Kyle Beard
Sandy Koufax*
- *honorary SCR member

Potpourri



Contest!

One of our readers (or at least a person who claims to read this stuff) has proposed a contest. And our staff at *Footprints* (which is up for just about anything) has agreed to give it a try. The name of the contest is: "Coin the Caption". All you do is come up with a printable caption to accompany the photo to the left. We will enlist a team of impartial judges who will select a winner. Judges will not know the identity of submitters. Send from one to three entries to: ron.dehn@colostate-pueblo.edu along with your name and phone number. The winner and the prize (there will be a prize, but we haven't figured out what) will be announced in the December *Footprints*. Entries are due by mid-

Breakfast at Mary's

Mary Rudolf was put on "Injured Reserve" by her doctor, so the "Girls" (Tiffany, Gina, Marijane, Diana, and Jan Dudley, who took the photo) scheduled a long training run & breakfast at Mary's house. The original caption for this photo (provided by MoJo) was not "Breakfast at Mary's" and is an example of a non-printable caption.



The Pueblo Masters Swim Team by Jan Dudley

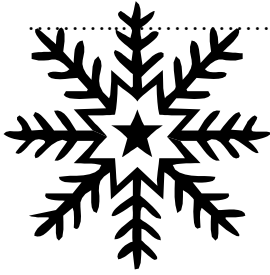
Cross-training? Triathlons? Coming back from running injuries? Check out the Pueblo Masters Swim Team. The Pueblo Masters swim sessions offer structured workouts and stroke coaching for widely varying abilities. The Pueblo group operates under the Colorado Masters Swimming Association, and members range from recreational fitness swimmers to triathletes to swimmers who compete in regional Masters competitions. Members have a lot of fun going to swim meets and events together and, of course, feasting afterward. Swimming is a great cross-training complement for running - why not do it with a coached workout!

The pool schedule is:

East High School pool - Monday, 7:30 - 9 PM, Tuesday, 5:30 - 7 PM and Thursday, 5:30 - 7 PM
County High School pool - Saturday, 7:30 - 9 AM

Members may attend as many or as few sessions as desired. Fees are \$45 per 3 month quarter, \$20 per month, or \$3 drop-in. For more information, contact Jan Dudley at 545-8834 and visit the related websites:

Colorado Masters Swimming Association Website - <http://www.comsa.org/>
Pueblo Masters Swim Team - <http://home.comcast.net/~puebloswimmasters/>



Rocky on Fitness

By Rocky Khosla, M.D.



Running in the Ccccold

Since we are now rapidly moving towards winter, I thought it would be a good idea to write a column about running in cooler weather and some special issues about running in this time of year.

First of all, a lot of runners will put themselves at risk of hypothermia by wearing too much. Wait a minute, you say, isn't hypothermia where you get too cold? And can you get too cold by wearing too much? Well, the answer is that a lot of runners will wear too much, and then start sweating. These folks will then take off some of the clothing and leave it by the side of the road or trail as they continue running. It is at this point that the sweating will make them lose too much heat, and they will now be at risk for developing hypothermia. There are a couple of ways to avoid this problem. I recommend that you wear layers that have wicking qualities such as materials containing Thinsulate, which will allow sweat to be vented and keep you dry and warm. Also, wear enough layers so that you are slightly cool as you are doing your pre-run stretching, as you will warm up as you start to run. Also, get an outer jacket that can fold into a fanny pack, so that if you get too hot, you can take it off, yet still have it with you if things change down the road (so to speak!). Also, I strongly recommend wearing a hat or balaclava and gloves, as you can lose a significant amount of heat from your head and hands.

Do you tend to cough after running in cooler weather? If so, you may have cold induced asthma, which is a very common type of exercise induced asthma. It turns out that cold, dry air is a very common trigger for bronchospasm (no, this is not what us Bronchos fans have every time we see the Raiders win a game!). If you have cold induced asthma, wearing a balaclava (a covering for your head and mouth) may be helpful, and you should probably talk to your doctor about using an inhaled agent such as albuterol 15 to 20 minutes before running to help cut down some of the symptoms.

Lastly, a lot of us are winding down the running season as we go into the winter, and this is a good time of year to look at the shoes. If you have put on 400 to 500 miles on those doggies, it's time to get some new ones. Even

though the shoes may look okay, the mid-sole is probably shot, so save yourself a lot of ankle, knee and hip pain, and get some new shoes.

Till next time, be cool, but not too cool.

Sincerely,

Rocky Khosla, M.D.

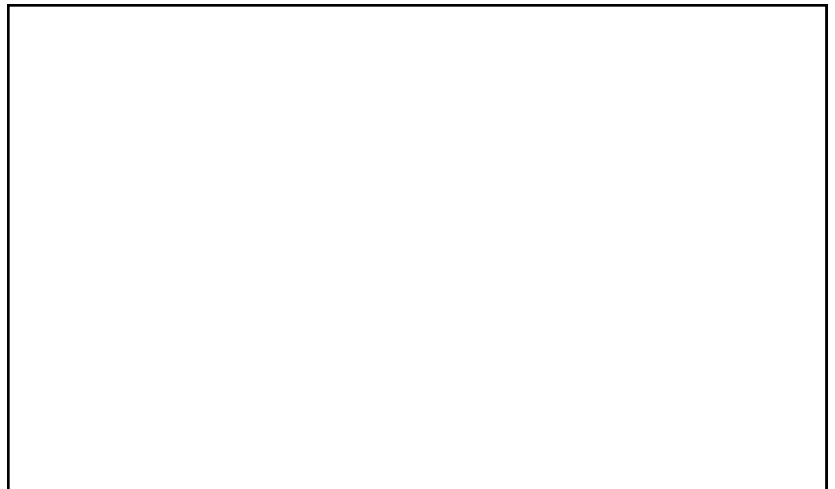


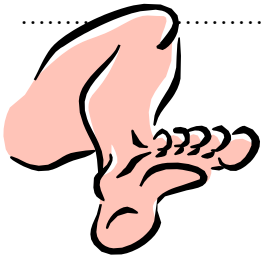
Congrats to George!

SCR member George Dallam was the overall winner of the inaugural Triple Trekker Triathlon recently held in the Briargate area of Colorado Springs. This is George's 23rd consecutive year as a triathlete. Not bad for an almost 45 year old!

Congrats to Heather!

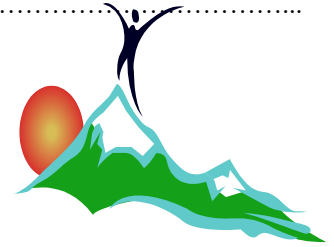
Heather Loseke of East High School signed a letter of intent to run for the CSU Rams next year. Heather was last year's state champ in the Class 4A 3,200-meter run and second in the 1,600. She has earned distinction numerous times during her running career with the Eagles. She is an honor student and is contemplating majoring in education or business. SCR's Rochelle Garcia has coached Heather for the last 3 years at East High.





Ramblin'

by Ron Dehn



The 3rd leg - The Ascent

“Physical conditioning is a necessary, but not sufficient condition to running the Peak.” -Mel Druelinger (more on this later)
 “Once you do the Ascent, you will never look at that mountain the same way again.” Also Mel Druelinger. (more on this too)

I’ve been running off and on for 30 years, but “steadily” for 21+ years. And, if you’ve read my columns before, you know that I classify myself as a “casual” runner. That means mostly 5k’s and 10k’s with an occasional longer run and a few half marathons sprinkled through the years. So why would a self-defined casual runner take on the Pike’s Peak Ascent for the third time? I may attempt to answer that question, but first a little about the race.

The Ascent is a 13.32 mile climb and the round-trip Marathon covers 26.21 miles. With a few short exceptions, the Ascent is uphill all the way (which is probably why they call it an ascent). That means that with virtually every step, you are faced with a double whammy. First, you are running / walking up hill, and secondly, oxygen is getting scarcer and scarcer. From the starting line at 6295 feet, there is an elevation gain of 7,815 feet to the summit. And the seemingly odd part about all this is that the race fills up several months before it takes place. Entries are limited, so if you want to do this in 2004, check the website in January, make a decision, and commit early.

The race actually starts on the streets of Manitou across from Memorial Park. This is a cruel trick, because the Barr Trail is more than one mile away. By the time I hit the trail, my calves were already burning. Then there are a couple miles of switchbacks. They are steep, narrow, with a dirt and gravel surface with assorted tree roots and rocks cleverly hidden in the shadows. It is also quite crowded here because the group has not yet had time to spread out. You run in groups that mimic snakes going up hill. The snake gets larger, then it breaks up into smaller snakes, then it combines again, and so on. You run some, and race-walk some. It is quite steep. After the switchbacks, the trail is not quite as steep, and a bit wider in places, but you are still gaining altitude. You are now approaching French’s Creek, which is at 8,800 feet. My favorite stretch is just ahead – the rolling hills. Most of the uphill is fairly gradual and yes - even a bit of downhill. The trail is wider, so passing here is much more feasible. Most people run a good portion of this. There is a spot or two where you get your first good view of the summit. Gradually the trail gets steeper and narrower. Don’t trust the sign that says Barr Camp is ½ mile away. It is a very long half mile. Barr Camp is at 10,200 feet and is just over half the distance from the top. It is critical to note that half the distance can never, never, never be confused with half the effort. You have just completed the “easy” part. From Barr Camp to A-Frame is a blur to me. The view doesn’t seem to change much, and it is tougher to

breathe. There are some boulders on the trail, and climbing over these is getting more and more difficult. After a rather long “eventually” – the trees begin to thin and you know you are approaching timberline. A-Frame is roughly at timberline, which is roughly at 12,000 feet, and approximately 3 miles from the summit. The first time I did this portion I calculated – 3 miles even at 15 minutes per mile is 45 minutes. I’m almost there. WRONG! You are now in the land of gravel, rocks, boulders, altitude, and possibly wind. Wear a dry-release shirt to keep from getting cold. You are totally exposed. And believe it or not – you are about to begin the tough portion of the run. (To be honest, there is little running taking place at this point, but then again – the elite runners have long been off the mountain and are sitting somewhere at 6,000 feet, drinking hot chocolate.) You may need to “run” to pass someone, but it is a good idea to carefully ration energy at this point.

Again – you are now in the difficult portion of the race. You are dead tired. Your mind is now playing tricks on you. It has become difficult to think. Even doing simple time / mile estimations is a challenge. Your legs are beyond hurting. And if you are not careful – you begin to doubt if you can finish. Fight this. You also have the illusion of being near the finish. Depending on the wind and your location, you can hear the announcer for quite some time. And “as the crow flies” – you are relatively close to the summit. You can see it. But – you have entered switchback country again. You are not close to the finish. Time-wise – you can multiply your flatland time by at least a factor 3. My per mile rate in the Harvest Poker run was in the high 7’s. My last 3 miles in this year’s Ascent were 25, 26, and 31 minutes.

There are some beautiful views from the top, but you are slightly dizzy, and slightly off-balance. The last mile gets quite rocky, and I used my hands for balance many times. There are lots of boulders, and lots of people “hugging” them. Many runners stop to try to catch their breath, rest, and hang on to the boulders. If you are in serious trouble – consider this. Otherwise – press on. Any delay here seems absolutely not worth it. The Sixteen Golden Stairs begin at about .4 miles from the finish. The name is misleading. There is no gold, there are tons more than 16, and instead of climbing stairs, you are climbing boulders. This is where I hit the wall in 2003. I felt it coming since a couple miles from the top, but fought it. I refused to give in to it for over a mile and a half, but finally lost the battle. At this point, you are climbing in the rocks, taking steps 1 to 2 feet high, and struggling with each one. You dread but commit to each step. Yes commit. It doesn’t just happen. And then, finally most of the boulders give way to gravel, and you know you will cross the finish line. You

(Continued on page 10)



The Soaring Eagles 5k



Adam Rich and Emily Borrego paced 36 runners on a crisp October 11 morning at the CSU-Pueblo campus. It was a perfect morning for exercise - cool until you start moving and no wind. Daniel Vigil and Becky Vieau led 29 walkers in the 5k event which was coordinated by Jessica Jones, a member of the Speech Club at the University. The event was student run with a little help from SCR volunteers at the finish line. Proceeds were used to benefit the Pueblo Autism Clinic.

Results:

5k Run

Pl	Name	Time
1	Adam Rich	16:50
2	JJ Huie	17:11
3	Andy Rinne	17:33
4	Aaron Sever	18:45
5	Mark Shipe	20:18
6	Brian Ropp	20:27
7	Jeremy Gregory	20:50
8	David Baker	21:16
9	Lou Huie	21:25
10	Emily Borrego	21:29
11	Doug Cullison	21:54
12	Rubin Sisneros	22:04
13	Bill Mares	22:06
14	Eugene Mares	23:21
15	Joe Rael	25:00
16	Raul San Miguel	25:02
17	Michael Sanchez	25:07
18	Lori Ross	25:36
19	Kathy Butler	25:38
20	Allison Hootman	26:04
21	Wendy Garrison	26:43
22	Joan Sirdler	26:50
23	Jaclyn Mutz	28:33
24	Dick Greet	28:44
25	Mike Archuleta	29:02
26	Keya Hootman	29:15
27	Donald Moore	29:17
28	Larry Pilkinton	31:47
29	Jerica Khosla	31:59
30	Cathy Sanchez	32:09
31	Levi Ropp	33:20
32	Jace Khosla	33:46
33	Rocky Kosla	33:49
34	Gaelius Chauks	36:51
35	Cherell Chauks	36:52
36	Jamet Wren	38:07

5K Walk

Pl	Name	Time
1	Daniel Vigil	47:37
2	Becky Vieau	47:39
3	Debbie Pruitt	47:45
4	Jeff Pruitt	47:46
5	Anne Weierbach	47:50
6	Byrm Beard	47:54
7	Kim Richardson	49:45
8	Kelli Barris	52:34
9	Kylie Rae Richardson	52:35
10	Cristy Espereth	53:59
11	Erica Billings	54:00
12	Nancy Smith	54:06
13	Kathy Aguilar	54:06
14	Teresa Abeyta	54:48
15	Tigh Shrewsburg	54:49
16	Marilyn McCluskey	55:01
17	Jack McCluskey	55:02
18	Kim Arline	55:46
19	Amber Arline	55:48
20	Nancy Barris	56:43
21	Emily Barris	56:44
22	Janice Barris	58:36
23	JoAnn Barris	58:39
24	Kristen Colvin	59:35
25	Justine Cortez	59:36
26	Keith Colvin	59:52
27	Matthew Colvin	59:53
28	Karen Colvin	59:53
29	Mark Wilkinson	1:02:26

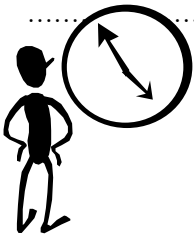


Eugene Mares (above) turns in a good time, and Dick Greet paces his division.

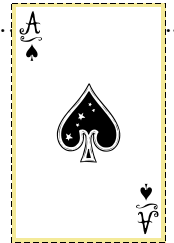
Volunteers included Race Director Jessica Jones and a pack of (Thunderwolf) students, and Chief Reno, Nick Leyva, & Ron Dehn who worked the Finish Line and Marijane Martinez who compiled results.

Right: Jace Khosla crosses the finish line just ahead of Dad.





The Harvest Poker Run



Stacey Diaz nailed it. She predicted 50 flat at the Harvest Poker Predict and ran a 50 flat. EXACTLY! She's knocking at the door to enter the top 5 places in the series and will do so with a good run at Temple Canyon. Ken Raich made a rare appearance as a participant and it seems he should do so more often. Ken was a mere 23 seconds off and scored 97 points and some change. Matt Sherman ran his 6th race and replaced a 26 point score with 78 points and took over 2nd place. Gina Benfatti missed her first predict run, but held on to 1st place by a margin of 17+ points. Rich Hadley didn't move up in the standings, but beefed up his point total by nearly 30 points. Larry Volk is still very much in the hunt, and the 2001 champ, Ben Valdez (who was out hunting for venison) is always within striking distance. Ron Dehn, Marijane Martinez, and Jill Montera each completed their 5th race, and with one good race could easily move up in the standings. Soooooo The "fat lady" has entered the stadium, but there will be lots of shuffling before she starts singing.

As far as the event – Dave & Stacey Diaz put on their usual 1st Class performance at the Harvest Poker Run. The course was marked, the cards were shuffled, the food was warm, and the liquid refreshments were in place an hour before anybody else arrived. Dave actually waited to put out the boxes of cards at the mile markers because someone stole a box of cards one year and it is difficult to play 5-card stud with only 4 cards. Speaking of playing cards – Rachael Ratzlaff proved to be the best lady card shark with 4 of a kind, and Wild Bill (Veges) beat the guys with trip-sixes. They got to split a nice little cash prize. Emily Borrego and Rich Hadley were the fastest runners of the day with 37:20 and 29:48 respectively. Wow!

We did have a visit from a very friendly Sheriff's officer who was wondering who gave us permission to build a bonfire. Dave had his ducks lined up, his I's dotted, his T's crossed, and his notepad at hand – complete with names, dates, and information, and within a few minutes things were cleared up. Some SCR members thought this to be a great photo op, but Dave just didn't want to pose spread eagle on the hood of the police car.

It was a perfect evening for a run, and an even better evening for a bonfire. The sun went down and so did the temperature. Most people ate quickly then enjoyed the warmth of the fire and conversation. Great job Dave & Stacey– Great Job!!!

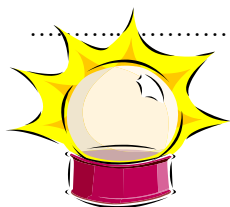
And, we thank the supporting cast: Finish Line: Pixie Raich, Sam McKee, Mike Orendorff, Aid Station: George Slaughter, Chuck Moore, Results: Ken Raich, Poker Hand Results: Mark Koch, Bonfire Cleanup: Anthony Diaz, Firewood: Terry Cathcart.

Right: Sidney Arnold joined the festivities at the Harvest Run.

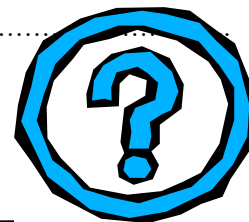
Below: Stacey Diaz, Robin Krueger, and Maria Weaver stick close to the bonfire on a chilly night.

Bottom: Ken Raich and Joe Wach just before the race.



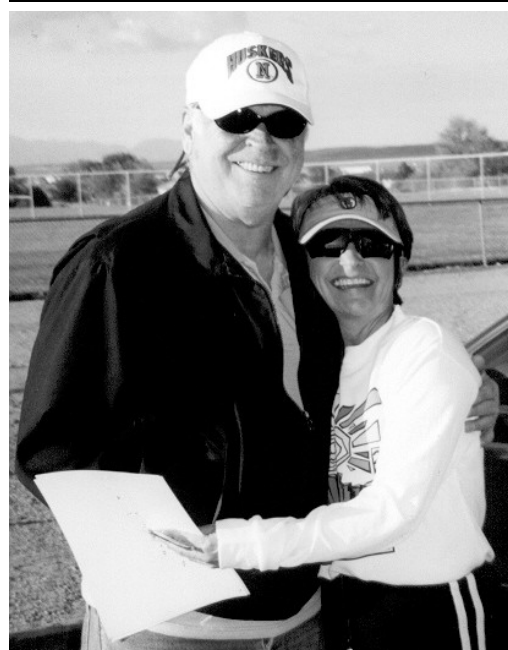


Predict Standings



Name	Spg Run	Ben Matt	Rams 8 Tayd	Moon Mad	Mary Mag	Tunl Driv	Harv Pok	Tot	Best 5	Others Earning Points	
Gina Benfatti	100.00	84.21	35.71	91.67	11.76	63.64	96.67	483.66	436.18	Robin Krueger 27.78	
Matt Sherman	93.75	26.32	78.57	75.00			93.33	77.78	444.75	418.43	Cassie Okken 26.67
Larry Volk	68.75	57.89	92.86	83.33	100.00	72.73		63.89	539.45	417.67	Ann Hulett 25
Rich Hadley	50.00	89.47	64.29		76.47		76.67	86.11	443.01	393.01	Daniel Wanlgren 23.33
Ben Valdez	75.00	73.68	50.00		88.24		66.67		353.59	353.59	Cole Ratzlaff 22.22
Stacie Diaz	25.00	42.11	57.14	66.67		27.27	83.33	100.00	401.52	349.25	Carrie Slover 21.05
Ron Dehn	87.50				41.18	81.82	73.33	50.00	333.83	333.83	Chelsi Tedrow 20
M.J. Martinez	81.25	94.74	42.86	16.67				94.44	329.96	329.96	Tom Ratzlaff 19.44
Jill Montera	62.50		71.43	41.67		54.55		61.11	291.25	291.25	Rochelle Garcia 18.75
Robt Santoyo	31.25	15.79		58.33	23.53	9.09	50.00		187.99	178.90	Dan Comden 17.65
Dave Diaz	12.50		21.43	33.33		18.18	90.00		175.44	175.44	Jorden Hall 16.67
Emily Borrego					52.94	90.91		75.00		218.85	Rachael Ratzlaff 16.67
Bill Veges	37.50	36.84					46.67	83.33		204.34	Marv Bradley 13.89
Wendy Garrison						100.00	100.00			200.00	Jim Parra 11.11
Nick Leyva		78.95	14.29				63.33	38.89		195.46	Karen Van Haverbeke 10
Gary Franchi		100.00		25.00				66.67		191.67	Rooster Barnhart 8.33
Chief Reno		63.16				45.45	33.33	44.44		186.39	Shyla Brixey 8.33
Don Pfof			7.14	50.00	29.41		80.00			166.55	Alex Hall 6.67
Michael Orendorff			68.42					86.67		155.09	Jim Romero 6.25
Misti Frey		47.37		100.00						147.37	Tina Gray 5.88
Mary Rudolf			85.71		47.06					132.77	Laura Schilf 5.56
Ashlee Withrow					64.71		60.00			124.71	Tiffany Reno 5.26
Diana Reno	56.25	10.53						47.22		114.00	Edward Whitcraft 3.33
Kelsey Learned			100.00							100.00	Dave Deibler 2.78
Ken Raich								97.22		97.22	
Kyle Reno					94.12					94.12	
Stacie Taravella								91.67		91.67	
Paul Koch								88.89		88.89	
Brad Winn					82.35					82.35	
Allen S Weaver								80.56		80.56	
Sandy Reinsch	43.75		28.57							72.32	
Jan Dudley								72.22		72.22	
Mark Koch					70.59					70.59	
Troy Schwindt							70.00			70.00	
Paul DallaGuardia								69.44		69.44	
Brian Ropp			31.58					33.33		64.91	
Nathan Comden					58.82					58.82	
Patrick Cordova								58.33		58.33	
Patrick Krumholz							56.67			56.67	
Chuck Braune								55.56		55.56	
Jim Kony							53.33			53.33	
Joe Wach								52.78		52.78	
Angelo Aragon			52.63							52.63	
Melinda Orendorff							36.36	13.33		49.70	
Tammy Stone							43.33			43.33	
Maria Elena Weaver								41.67		41.67	
Jo Ann Ugolini							40.00			40.00	
Art Long							36.67			36.67	
Amy Braune								36.11		36.11	
Aaron Berndt					35.29					35.29	
Karl Tamer								30.56		30.56	
Dusty Winings							30.00			30.00	

George Slaughter gets a warm greeting from MoJo.



This & That

(Great Stuff continued from page 3)

6. Isn't it weird that, after running a 26.2-mile marathon, runners are supposed to stay on their feet and walk around?
7. Is Papa Murphy named after Papa Wheelley?
8. Wouldn't it be fun to see a character analysis of people who buy Pay-per-view boxing?
9. What does it mean when the bottom of a urinal (at Carl's Jr.) has a sign that says "Say No to Drugs?"
10. To remove all misidentifying, why not just refer to Colorado State University-Pueblo as "the university?"

(SCR Notes - continued from page 2)

the club.

- It was suggested to have a competition among the local high school cross country teams and have the runners pick the best water stop.
- Great news: the River Trail construction project will be finished later this year, allowing last year's 5K, 10K and 10M courses to be used again.
- The restrooms on the main level of the stadium should be open.

Other Matters

Jog Mate --Ben noted that he has been sent 2 free cases of Jog Mate, a recovery pudding-like gel. The club approved putting a 3-ounce tube in each Rock Canyon packet. Dave will send the company a "thank you" note.

Officers -- The club needs some suggestions for 2004 officers. Club members will talk to individuals to get some names.

Trail Builders – Katherine and Jeff are involved with this initiative to build multi-purpose in the reservoir area. There was concern about making sure the proper surface is used.

SCR Articles of Incorporation and Bylaws – Ken developed updated Articles of Incorporation and Bylaws to submit to the AARC, the new national organization we are now affiliated with. This will allow the club to have the same tax-exempt status it had when it was affiliated with the RRCA.

(Ramblin', Continued from page 6)

hear the announcer say your name and from somewhere – comes the strength to "sprint" the final 15 yards. You want to collapse, but don't want someone hauling you into an ambulance, so you stay on your feet.

You walk around for 10 minutes – get water, Gatoraid, and snacks – and breathe. Then you look back at the finish line. With few exceptions, most people look like they are auditioning for a part in a very bad "B" movie remake of "The Night of the Living Dead". Zombies are crossing the finish line. Zombies! You are thankful that you did not look like that. Riiight!

Now – going back to the opening paragraph, and Mel's first quote. "Physical conditioning is a necessary, but not sufficient condition to running the Peak." Mel is a chemist, and this is the way a chemist says that you can train your body to do the Peak, but that's not enough. There's more.

After doing some fairly serious soul searching, I think that is a key part of the answer to the question, "If this is so difficult, why would I do it, and then why would I do it again?" Doing the peak requires a commitment and a coming together of the body, mind, and spirit. Success means that all three parts of the triad cooperated. It is a complete commitment, effort, and accomplishment. And – it takes everything a "casual" runner has to summit.

Then there's Mel's second quote. "Once you do the Ascent, you will never look at that mountain the same way again." This also explains why I "enjoy" doing the Peak. Every morning when I go out to get the newspaper. I walk outside, take a deep breath and experience coolness of the air at 6am. Most mornings I look to the north and see the Peak. Besides it's beauty, I feel a connection. No marching bands, no fireworks, just a quiet whisper of a connection – a very personal one. A very satisfying one.

Random Thoughts

When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.

The easiest way to find something lost around the house is to buy a replacement.

An unbreakable toy is useful for breaking other toys.

If quitters never win, and winners never quit, then who is the fool who said, "Quit while you're ahead?"

Get the last word in: Apologize.

The last dodo bird died in 1681.

December 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 December newsletter - please have it to me in electronic form by Tuesday, December 2nd. THANKS!
Send to: ron.dehn@colostate-pueblo.edu

2003 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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.

Draft of 2004 Race Calendar

Ken Raich compiled the following tentative race calendar for 2004 based upon 2003. He asks that each Race Director send him a message to confirm the date of his/her race. Contact Ken at: raichk@pobox.com Those races with an * have been confirmed by the race director as of this writing. (c) indicates a club race and (a) indicates a club assisted race.

Tentative SCR schedule for 2004:

- Feb 8 Valentine's Twosome (c)
- Feb 14 Frostbite Five (a)
- * Feb 22 Spring Runoff Tuneup Prediction Run (c)
- * Mar 7 Spring Runoff (a)
- Mar 21 Ben & Matt's Trail Mix Prediction Run (c)
- * Apr 10 Ramsgate 8 Prediction Run (c)
- Apr 11 Y-Bi Classic Duathlon (a)
- Apr 24 Tarantula and Yappy Dog Pred. Run (c)
- Apr 25 Survival Run (a)
- May 2 Cinco de Mayo (a)
- May 15 Ordinary Mortals Women's Triathlon(a)
- May 16 Ordinary Mortals Men's Triathlon(a)
- May 22 Custer 2020 Run in the Valley(a)
- May 29 Run for Rio (a)
- Jun 5 A Caring Pregnancy Center Run/Walk (a)
- Jun 26 Little Run on the Prairie (a)
- Jul 3 Women's Distance Festival (c)
- Jul 17 Pioneer Run (a)
- Jul 24 Moonlight Madness Prediction Run (c)
- Aug 7 Mary's Magical Mystery Tour (c)
- Aug 21 Tunnel Drive Prediction Run (c)
- Sep 5 The Dam Run (a)
- Sep 18 Corporate Cup (a)
- Sep 19 Hot to Trot Run (a)
- Oct 11 Soaring Eagles Run/Walk (a)
- Oct 9 Harvest Poker Prediction Run (c)
- Nov 20 Atalanta Womens' Run (Run/Walk) (c)
- Nov 27 Temple Canyon Prediction Run (c)
- Dec 5 Rock Canyon Half Marathon (c)
- Dec 12 Marijane & Nick's Prediction Run (c)

Other Runs

The Colder Boulder
Bolder Boulder finishers are invited to run the Colder Boulder 5k on Sunday, December 7th. Several race starts are scheduled based upon your Bolder Boulder finish time. Space is limited in each wave, but there is also an open division. Runners receive an embroidered stocking cap and a "yummy" pancake breakfast at the finish. For more information, visit www.bolderboulder.com/colderboulder.cfm

Brasington's Ninth Law:

A carelessly planned project takes three times longer to complete than expected; a carefully planned one will take only twice as long.



Jan Dudley (left) and Mary Rudolf pose after the Salida Ternderfoot on September 20th. Mary placed 2nd in her age group for the duathlon, and Jan missed 3rd by only 12 seconds despite taking a 9 minute accidental detour in the triathlon run. We don't know who took the photo, but we thank Jan for providing it

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

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Let us know!***

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Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming Races

Predictors listen up! There are only two more predict runs this season. There is the 4 mile Temple Canyon Run at 9am on November 29th and Marijane & Nick's Excellent Adventure 8 miler (more or less) at 9am on December 14th.

The Temple Canyon Run is a beautiful trail run just outside Canon City. From Pueblo, go west on HWY 50 to the west end of Canon City. On 1st Street, go south (left) for approximately 2 miles. Note—this is an approximate distance. At the Temple Canyon sign, turn right and follow the road until you see the SCR gathering place. Rich Hadley says "There are moderate trails, obscure trails, and water hazards. Broken bones and wet shoes are probable." Rich speaks from experience.

Marijane & Nick's Excellent Adventure includes an excellent run and an excellent pot luck brunch. Even if you haven't attended a single predict run in 2003, bring a dish and show up at 117 Regency. The food alone will be worth it! MoJo and Nick live on Pueblo's south side at the corner of Regecny Blvd and Lehigh.

The Rock Canyon half marathon takes place at 9am on December 7. This is one of Pueblo's premier races. The course, the sweatshirts, the awards. All first class. No guarantees - but generally the first Sunday in December is sunny, blue skies, and cool but not cold. Perfect for a long run.

Speaking of upcoming races - according to Gary Franchi's monthly column in the Pueblo Chieftain - the construction on the river trail will NOT affect the courses for the 2004 Spring Runoff. Great News!!!

Speaking of Great News. There is a chance - repeat a chance , (so don't mark your calendars yet) that the very popular Beulah Challenge could be resurrected. We at *Footprints* hope so.

The Final Thoughts...

When I eventually met Mr. Right I had no idea that his first name was Always. -Rita Rudner, comedienne (1955-)

Most men pursue pleasure with such breathless haste they hurry past it. -Soren Kierkegaard, philosopher (1813-1855)

In a perfect union the man and woman are like a strung bow. Who is to say whether the string bends the bow, or the bow tightens the string? -Cyril Connolly, critic and editor (1903-1974)

Sad is his lot, who, once at least in his life, has not been a poet. -Alphonse Marie Louis de Prat de Lamartine, poet, statesman (1790-1869)