



FOOTPRINTS

Editor: Ron Dehn



Holiday Greetings to You and Yours

And a Partridge in a Pear Tree...

In This Month's Issue...

Gina, Matt & Rich Finish 1,2,& 3.....	1
The Banquet & other SCR Notes	2
Who are Della & Jim Dillingham Young	2
A dream Christmas wish list	3
Join SCR Today	3
SCR Birthdays.....	4
Penance, Persistence, and Daughters	4
A Christmas Gift	5
Thanks Laura	5
Discount from Steve.....	5
Reflecting on 2003.....	6
WDF Goodbye	7
The Atalanta Run / Walk.....	8,9
Rock Canyon Recap.....	10,11
Rock Canyon Results.....	12, 13
2003 Predict Final Standings.....	14
January Footprints Submission Date	14
Santa's Evolution	15
Some Photos from 2003	16
2004 Racing Calendar—Draft	17
Coin the Caption Winner	17
Rescue Run	17
T.Y. to Rock Canyon Vols.....	17
T.Y. to Nick & Marijane's Vols	17
T.Y. to Atalanta Vols.....	18
The Final Thoughts.....	12



Gina Benfatti (left) captured the Predict series crown with a solid performance at Temple Canyon. (as well as several other good races)

Matt Sherman (below) put together 4 good runs in a row to earn 2nd place honors in the 10 run series.

Rich Hadley (bottom left) scored 93+ points in the final race to edge out Larry Volk by less than a point for third place.



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, January 6 at the Pueblo YMCA. All SCR members are welcome



SCR Notes

Notes from the December 2nd SCR meeting

The Banquet

The Annual SCR Banquet will be held at 5pm Saturday, January 17th at the Nacho's Restaurant at the Elmwood Golf course (**Formerly called City Park Golf Course**). The cost to attend will be \$10 each for adults and \$5 for kids 12 and under. Sandy Reinsch has been planning and has picked the theme of "Winter Wonderland". Sandy has recruited some helpers to make this a fun evening. There will be games, awards and whatever else Sandy and company cook up.

Awards

Rich Hadley is taking nominations for Youth Runner of the Year (both male and female), Female Runner of the year, and Male Runner of the Year. If you wish to nominate someone, please contact Rich by January 5th. His phone number is 784-6514. NOTE: Last year's winners are not eligible to win for 2 years. The 2002 Youth Runner awards went to Tiffany Reno and Aaron Lopez. The Female and Male awards went to Jill Montera and Chief Reno.

Club Officers

As of this writing, we are still searching for Club President and Secretary for 2004. It is possible that by the time you read this, someone will have said yes. Dave Diaz has agreed to serve another term as Treasurer. One other club member gave a tentative yes to be Vice President. Interested in being the SCR President or Secretary? Contact Katherine Frank-Dvorsky.

The Atalanta Run

The 2003 run went well. Attendance was down a tad, but it turned cold that morning which seemed to keep some of the walkers away. Katherine Frank-Dvorsky will serve one more year as Race Director, but is looking for someone to step into the Co-Director shoes in 2004, and then take over as Director in 2005. 2004 will be Katherine's last year directing the event.

Membership

It is time to renew. Don't put it off. Bring a check to the banquet, and we'll get you signed up. Some people are paying for 2 years, so they don't have to remember to sign up next year. The rates are great – think about a 2-year membership.

Hi Altitude Training Camp

On May 21, 22, 23, the YMCA will host a training camp at Camp Jackson near Rye. Final details are not yet available, but may include horseback riding, cycling, massage, and a bunch more activities.



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

SEASON'S GREETINGS



from Ruth, Shelly and the Gold Dust Staff.

Stop by and see us 217 South Union

Questionnaire

The group has been tossing around the idea of a questionnaire. The purpose would be to solicit feedback from the membership with respect to various activities such as the banquet, the picnic, the newsletter, etc. Ron is working on a draft. If you have suggestions, contact Ron at ron.dehn@colostate-pueblo.edu.

Spring Runoff

Planning has been underway for the 2004 event. If you wish to attend the meetings, volunteer to help, or have suggestions, contact Terry Cathcart at 547-2777 or tvathcart@aol.com



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. 263

"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, Della and Jim Dillingham Young*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
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.

* Della and Jim Dillingham Young are the main characters in O'Henry's great short story, "The Gift of the Magi". If you haven't read it for a while - it's on the web. It will put things in perspective. Do a Google search on gift magi.



Great Stuff

by Gary Franchi



A dream Christmas wish list

Thought for today's lunch, compliments of George Carlin: *"Instead of having truck scales on the highway, I think they ought to get one of those guys from the carnival and let him guess the weights."*

Musings on running, fitness, life, etc.:

Well, let's see now, what can I ask the troops to get me for Christmas this year? No, let me word that another way. Given our personal bank account situation in today's difficult economic times, what can they realistically afford?

Hmmm, looking at it that way, perhaps a water bottle. A nice one, though, and a dark color so I won't have to wash it very often.

And since I like to write, a good pen. But think "cheap." A set of Bics would work. Will they write upside down so I can use them while laying down in bed?

I also love to read, so a good book would be wonderful. Skip the hardback, though because they want an arm and a leg for those. Maybe something at Rex's used book store, but nothing that's been in the window and sun-baked.

Ah, yes, there's a big difference between what's available and what our wallets and purses will allow. But what if ample funds were available? What would our dream wish list look like then?

Here are a few possibilities I certainly would consider:

A year's supply of the best electrolyte drink or powder. Something that will truly keep me going and going and going and ...

A carbon bike capable of shaving minutes off that triathlon bike leg. That's not asking too much, is it?

The perfect running shoe. I haven't found it yet; does it exist?

A magic salve to solve the multiple foot and neck woes. Think of the stuff that the space guy used in *"The Day the Earth Stood Still"* movie.

A "Reserved for Gary" sign on the newest Precor treadmill at the Y whenever I request it. That's not asking too much, is it?

Reduced triathlon entry fees. Please make 'em affordable to us common folk.

The ability to train injury-free. I think it used to happen but I don't remember when.

A free entry into the triathlon of my choice. How about to "worlds" in Portugal in May so I can be there when Michael O. records his best performance.

OK, let's think of others just once: Free 2004 *Runner's World* calendars to all SCR members as part of our AARC membership. That's not asking too much, is it?

More grocery food items that don't contain hydrogenated oil. Does some of that stuff really need to have such a long shelf life?

Front-row seats to a Jethro Tull concert at the State Fair Events Center. And back-stage passes for after the concert. That's not asking too much, is it?

Virtually indestructible, light-weight bike tires. They can produce them if they really want to.

Real athletic ability, even for a moment. Just to taste it.

Ten things I was just wondering:

1. Does anyone really enjoy running in water?
2. Why doesn't some organization conduct research on other researchers to determine their record of success?
3. At what point (age) in life do pain pills become more important to our running performance than mileage?
4. For those of us who wear headphones when running, do we really need 3 or 4 months of Sunday morning radio specials on the Beatles?
5. Now that we are in the cold weather season with dwindling daylight reminds me: What did we do before treadmills?
6. Don't you appreciate scientific reports that say beer helps prevent heart attacks?
7. At what point (age) in life do the movie theater previews seem too fast?
8. When you're at a convenience store getting coffee, don't you sometimes get the feeling that all of the different flavors (Breakfast Blend, Dark Roast, Classic Roast, etc.) are actually one and the same?
9. How do we know when we've surpassed "moderation" in our running?
10. What was that person on who invented the name Captain Horatio Hornblower?

Until next month, may all of your holiday wishes and dreams come true, too. See you at the Rescue Run to start off 2004 right.

**Join SCR Now!
Avoid the Rush**

Submit your 2004 SCR Membership
Form Today

Forms are at the YMCA & on the web

Go to the SCR website
<http://www.socorunners.org/scrmapp.htm>



SCR Birthdays (& other events)

December

- 23 Rick Hough
Carol Kinzy
Susan Dallam
- 24 Richard Hadley
- 25 B Bleakley
- 27 Joanne Dehn
Caitlyn Dehn
- 29 Madeline Tormoen
- 30 Kyle Beard

January

- 1 Jared Navarro
Patrick Krumholz
J.D. Salinger*
- 5 Wendy Garrison
Diane Keaton*
- 6 Nathan Comden
Danny Thomas*
- 11 Michael Sanchez
Alexander Hamilton*
- 12 Kyle Reno
Anthony Caprioglio
Tex Ritter*
- 14 Logan Gogarty
Andy Rooney*
- 15 Jim Hale
Emily Borrego
Martin Luther King Jr.*
- 16 Chief Reno
Dizzy Dean*
- 18 Gloria Montoya
Glenn Freeloove
A.A. Milne*
- 19 Jan Dudley
Andrew Hackler II
Edgar Allen Poe*
- 23 Jim Hruby
John Hancock*
- 24 Ruth McDonald
Rochelle Garcia
Neil Diamond*
- 25 Monica Diaz
Dean Jones*
- 27 Mike Messick
Wolfgang Mozart*
- 28 Christine Willumstad
Amy Clark
Alan Alda*
- 30 Coby Gogarty
Gene Hackman*

*honorary SCR member



Trail Notes

by Shaun Gogarty

Penance, Persistence, and Daughters



Running is a selfish pursuit. It may be hard for we runners to admit it, but that is the reality of running. When you lace up the shoes and head for the trails (roads if you must) you can't really be thinking that it is for anyone but yourself. I've thought a lot about the selfishness of this sport during the many miles and hours that I've spent doing it. Sometimes I placate myself with thoughts of how much more worthless it would be to be home sitting in front of the TV like the rest of America. That makes me feel a little better, but it doesn't really increase time with my wife and kids. Some might argue that by staying in shape you are prolonging your life and therefore helping your family. But really, if you have good life insurance you are probably worth more dead than alive and it would be one less mouth to feed. I guess if I really wanted to help my family not only would I run the trails alone, I would smear honey on my body and drag a ham bone behind me, but alas I'm just too selfish. I'm sure that many have found selfless satisfaction in running for a cause. This seems worthy and reasonable, but at the risk of offending the entire running population (again) I have to ask: If person A is going to donate money for a disease that person B is suffering from – why does person C have to run in order for person A to donate that money? Anyway – bottom line is I feel guilty so I've been looking for a penance for my sin.

I had sinned greatly by selfishly running all those hours and miles over the years and accordingly my penance had to be equally large – this was not to be 5K repentance but an ultra! Saying sorry wasn't going to be enough. Running less might have been a good place to start, but I actually I wanted to eat and have my cake. I wanted to be forgiven for taking so much time for myself, but I really didn't want to give up running. After much thought and consideration I finally settled on the perfect penance: my daughter. My daughter was not a runner. Not only was she not a runner she loved making fun of my running or anyone running. If I could convert her to running with me, it would appease my guilt for leaving my family while benefiting her by the good that comes from anyone running. It was the perfect solution.

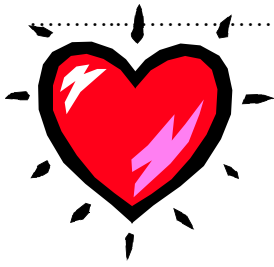
It is probably inappropriate to use the analogy, but have you ever seen news clips of people trying to roll whales off the beach and back into the wa-

ter. No, my daughter is not a whale! But just the imagery of someone trying to do something so impossible is the perfect comparison. It seemed an impossible task. Bribery was the first technique I tried. Surely any young girl would be happy to have some new clothes and shoes – maybe a little on the skimpy side, but clothes non-the-less. She agreed to go shopping, I mean running. We shopped and I gave while she got. Of course feeling especially guilty didn't help me limit the cost. My usual running attire is whatever was on sale the last time I went in REI or a running store. I didn't realize until too late that female running attire isn't quite the same as male running attire – my guilt was being appeased with a big capital \$.

There was an upside to the expensive attire: she now felt a responsibility to use it. We began her running career. I used to be a high school teacher so I'm pretty familiar with trying to get teenagers to do things they don't really want to do. So "running" with my whale, I mean daughter, wasn't terribly surprising. Fortunately my trail running turned out to have even more advantages in this new setting. The seclusion I had always enjoyed worked to protect me from repercussions from the Department of Social Services (DSS) – there were no witnesses on the trails! We "ran" a little and fought quite a bit. It was the basic love hate relationship: I loved running and she hated me. But I knew penance was supposed to hurt so I persevered.

I think it was Socrates that had someone ask him to teach him and in response Socrates held the petitioner under the water until they nearly drowned. When he came up choking Socrates said something to the effect "when you want to learn as bad as you wanted air, I will teach you". I considered ways to help her have that kind of desire to run. Unfortunately I was already being watched by DSS so I had to be careful with how I helped her gain a strong desire to run. Dropping her off deep in the mountains dressed only in running shoes and clothes might be "misunderstood" by the non-runners at DSS. Similarly anything to do with wild animals and trail runs was probably out of the question. So I settled on introducing her to the

(Continued on page 15)



Rocky on Fitness

By Rocky Khosla, M.D.

A Christmas Gift



I thought that I would write this Christmas column about the town of Limone sul Garda, and how this little Italian town may have given us the best present ever.

Limone sul Garda is a cute little town in northern Italy with a small population and a while ago, some researchers noted that the town had almost no one who died of coronary disease. After this observation was made, the same researchers started to do all sorts of tests on these people to see why no one from this town had died from the most common cause of death for us Americans. What they discovered was truly astonishing. It turns out that there are two big types of cholesterol in our bloodstream: the good and the bad. The good cholesterol is called HDL-cholesterol and the bad are made up of LDL and VLDL cholesterol.

The residents of Limone sul Garda were found to have very low levels of HDL-cholesterol. Wait a minute, you say. Shouldn't that cause these folks to die of more heart attacks since HDL-cholesterol is the good type? You would think so, but here is, as Paul Harvey would say, the rest of the story: though these folks had low levels of HDL-cholesterol, the type of HDL-cholesterol present in their blood is a monster made up of chains of regular HDL-cholesterol units. So for each unit of their HDL-cholesterol, there are probably ten to thirty units of our HDL-cholesterol units present.

Researchers then set out to see if they could synthesize this material, and were successful, and this new molecule has been named A1-Milano. The next step was to see if this molecule would have any medical benefits. Therefore several animal studies were done which all suggested benefits in reduction of cholesterol build up in the arteries of the animals studied. But did this stuff have benefits for humans?

There was a small study done with 48 humans who had significant coronary artery disease, where A1-Milano was given by infusion into arm vessels, and the coronary arteries were studied before and after using a cool new technology called IVUS (intra-vascular ultra sound). To do an IVUS study, the cardiologists have to thread a probe the size of a human hair into the coronary artery, and the probe then emits ultrasound waves and records the return-

ing echoes from the walls of the coronary arteries. Anyway, IVUS is probably the best way to learn about the amount and stability of cholesterol deposits in the coronary arteries.

It looks like the patients who received the A1-Milano infusion had a very significant removal of deposits of cholesterol from the walls of their coronary arteries based on IVUS studies. Of course this was a small study, and larger studies are underway as we speak, but if the findings hold up, this may change completely how we manage heart disease patients. One day not too far into the future, a patient may go into the emergency room with chest pain and if the pain is found to be due to blockage of his or her coronary arteries, he or she may get the super duper roto-rooter infusion of A1-Milano, and not have to worry about stenting or surgery! It may come to pass that we all may go in for the vessel scrubbing every ten to fifteen years! Heck, they may even open up combo Jiffy Lube/Cardio Scrub stores where your car can get it's oil changed while you have your hear vessels scrubbed! If that happens, I want a percentage of that cause I wrote about it here first!

Till next time, from Limone sul Garda and myself, I wish you all Happy Holidays and a very Happy New Year!

Sincerely,
Rocky Khosla, M.D.

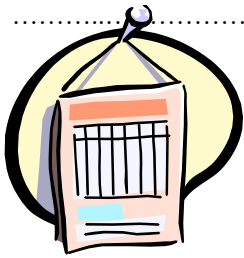


Thanks Laura!

Laura Schilf has served for several years as the SCR Volunteer Point Record Keeper. We thank Laura for all her dedicated work through the years. She is now ready to pass the baton. It appears that a person has stepped forward to take on this task, but we will await confirmation before making an announcement. Again – Thank you Laura!

Discount from Steve

We offer a \$3.00 discount to active club members for the 2004 Fort Collins Old Town Marathon and Half Marathon held on May 9th, 2004. They will need to fill out a hard copy brochure and list their club affiliation. Please see our website at www.ftcollinsmarathon.com or call toll free hotline at 1-877-499-NCRF (6273). Steve Cathcart Race Director



Ramblin'

by Ron Dehn



Reflecting on 2003

It's that time again. I can't believe it's that time again – but we're about to retire another calendar. Time does indeed seem to pass quicker than it used to. They say the older you get, the quicker that time passes. "They" get credit / blame for lots of things, but in this case, "they" seem to know what "they" are talking about. So what is one to do? Well – stopping time is not an option. Getting the most out of it seems to be a good idea. I recently read a little book that is somewhat related to the topic. It is called *The Precious Present* by Spencer Johnson. I would not do the book justice to oversimplify its message, so I won't try. Johnson did a beautiful job of intertwining a short story with a powerful truth. I will share one of the "catch phrases" used in the book. "The **precious present** has nothing to do with wishing." Anyway – I enjoyed the book, which is both simple and profound.

So – what about my 2003 running experiences? It was a pretty good year overall. In February, thanks to my friend Jan Dudley – "we" won chocolate at the Valentine's Twosome. (Jan does all the work. She makes the most creative batons.) I had some new experiences in 2003. In April, I was able to attend the national RRCA convention in Washington D.C. In addition to talking about running and listening to people talk about running for 3 days – we ran the Cherry Blossom 10 miler. What a treat to run at sea level. For a short time, I felt like a semi-elite runner. But then it was back to elevation and reality. The Triple Crown was another new experience. Since I'd already committed to the Ascent, I figured I might as well do the two "easy runs". The Garden is anything but easy. I really enjoyed the Summer Roundup. It was a really nice trail run. My 2003 Ascent was better than the 2002 version, but still brutal at the top. But – I went farther before hitting the wall, and that is progress.

I'm not sure if it was the altitude training or what – but my predict accuracy was lacking in 2003. I enjoyed the predict series, and ran one more race than last year, but my top 5 total was 60 points behind 2002. My finish in the standings was one place behind Marijane (again). She and I are already talking smack about the 2004 series and have a side bet going. The predict series is quite fun. There is a considerable variety, and since the focus is on accuracy – anybody can win. The Temple Canyon is still my favorite run. This was my first year at the Midnight Madness and Harvest Poker runs which were both lots of fun. The bonfire was great! Both were pot-lucks. It was everybody's first year at Mary's Magical Mystery Tour. It was a pot-luck too. Hmmm, I'm beginning to see a pattern.

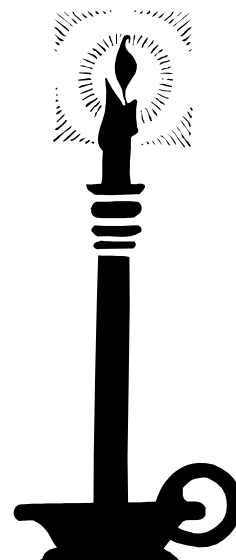
2003 was a good year for other experiences too. My brother Dave and I climbed another 14er.



Our family trip to Peru was not only fun and educational, it opened my eyes and my mind up to whole new cultures and ideas. It was an opportunity to consider and explore life's mysteries. Please note that I have not yet figured it (life) out. But I understand more than I did before. For me, our trip to Peru was a life changing experience. Our 15-month old grandson Rylan is of course a pure delight. He is also a "life changing experience". He constantly reminds us to be joyful. What a gift!

So – Farewell to 2003. Its collection of todays is in our minds and photo albums. And fortunately for most of us – the majority of those days have been good. But since time keeps rolling – we (sometimes reluctantly) welcome new days, and a new year. One of the really great things about life is that it is cyclical. The sun rises, sets, then rises. The seasons come, go, then come again. And so on. We are constantly given the opportunity to start anew. Every turn of the calendar is a blank slate. And, while most of us will never win a Nobel Peace Prize, each of us has the opportunity to make life better for that circle of people in our lives.

From our family to yours - Sincere wishes for happy holidays and much joy in 2004.





WDF Goodbye

by Marijane Martinez



Women's Distance Festival 1988 – 2003

I'd like to begin by saying "Thanks" to Gary Franchi for keeping copies SCR Footprints. In addition to taking a trip down memory lane, I was able to determine I took over as Race Director for the Women's Distance Festival in July 1988. I discovered that in 1991 Misti Frey lived in Apartment #4 at 2207 Acero! Misti, Stacy Biernacki, Rochelle Blea (now Garcia), Claire Bueno and Dayna McDowell ran WDF and I believe they were all running cross-country for USC (now CSU-Pueblo) then too. I was handed the Race Director Baton by Judy Tucker who I believe was the only other race director this race has ever had. I am now passing the baton to Diana Reno who I have no doubt will do an awesome job.

The purpose of this article is to share highlights of the past 15 years and to thank those responsible for making it the success it has been.

Highlights:

- Ronda Leyba (now DelaCerde and formerly from Pueblo) currently holds the course record for the 5k run. Ronda ran an 18:01 in 1994!
- Amy Fanning, Pueblo in 1999 completed the walk in a great time of 34:08 and currently holds the 5k-walk course record!
- In 1996 at the ripe age of 44, yours truly ran WDF in 22:48. What is even more impressive is that wasn't a 5k PR for me. In 1995, I ran Atlanta in 21:55!!!

Thanks again Gary for keeping the newsletters! Now, seven years later in 2003 I ran the WDF in 24:30 (what are the odds that the course was long?).

- My aunt Ida (Walsenburg) was the Overall Female in the 5K walk twice!
- My good friend Stella Heffron won the 5k run in 2001 in 19:01!
- My sister Irene who had her left leg amputated in 1994 as the result of a motorcycle accident participated in the walk several times!
- In 2000 I had several highlights:
 - I was celebrating a birthday and my daughter, Traci Tafoya who participated in the walk had the participants sing happy birthday to me! Thank you beautiful, wonderful daughter! I love you!
 - A total of 16 of my family members participated that special day! All 5 of my sisters included!
 - I took 1st place in my age division! Icing on the cake so to speak.
 - 97 females were registered to run WDF that day – 43 completed the walk, 52 completed the run and 2 were no shows!

The Women's Distance Festival could not be the success it has without the help of many people. I would like to take this opportunity to thank them. I hope I haven't left anyone out but if I have please know it wasn't intentional.

○ All of the male runners from the Southern Colorado Runners Club who helped with finish line, results, course marshalling or whatever other capacity you may have helped with throughout the years.

○ My female training buddies who always supported my event whether by participating, by donating prizes, or by volunteering to help on race day if they were unable to participate. Training with all of you has been something I will treasure forever.

○ The following individuals who provided

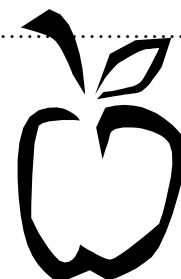
(Continued on page 15)



MoJo and family at the 2002 WDF



The Atalanta 5k Run / Walk



The 24th annual Atalanta run took place on a borderline chilly November 22nd. It was just right for running, good for walking, but too cold for just standing around. Maddy Tormoen, Tina Gray, and Ashley Birger finished 1, 2, 3, with impressive times of: 19:15, 19:38, and 20:42. Race Director, Katherine Frank-Dvorsky finished 4th overall and won her division with a 21:07, just 7 seconds ahead of Emily Borrego. Nancie Biery, Kay Perkins, and Kathy Witwer paced the walkers in the 5k event with times of: 40:54, 42:23, and 45:50.

The Atalanta Race is a Pueblo tradition celebrating women's running and is named after the mythical Atalanta, a Greek woman who was known for her skills in hunting and running.

For last year's race recap, Jeff Arnold told Atalanta's story this way:

"Atalanta was so fast that she told her father she would not marry any man who could not beat her in a race. If a suitor lost the race, he would have to die. She was apparently quite beautiful as several suitors died trying, before Hippomenes, with the help of three gold apples given by the goddess Aphrodite, managed to trick, not run faster than, Atalanta.

As the race progressed, Hippomenes managed to stay close enough that he caught Atalanta's eye when he threw a gold apple off the running path. Atalanta correctly estimated that she would be able to retrieve the apple and return with a lead. When the girl of his dreams was well ahead again, Hippomenes threw the second apple even farther. Again Atalanta got the apple and retained her lead. Hippomenes waited until they were near the finish line and threw the final apple quite far and as soon as Atalanta ran to retrieve it, put on a burst of speed that carried him across the finish line just ahead of the speeding woman"

Speaking of Jeff Arnold – this year's Atalanta race brought out two long time SCR core members who have recently been absent from the racing scene. Jeff Arnold was there, in his usual volunteer role. The main difference was that Jeff's painful limp was replaced by a slow but steady gait, assisted by a cane. Jeff is recovering from a recent hip replacement surgery.

The other story of celebration belongs to Lois Pfost. Lois has been the "Queen of SCR Volunteers" for years. Lois completed the 5k course in 50:41. Pretty good considering she is currently undergoing treatment for cancer, which was diagnosed only a few months ago.

We know that both Jeff and Lois have, literally and figuratively, miles to go during recovery. But we also know what type of determination and courage burns deep within them both. Jeff and Lois are invaluable club members, but then again, they are invaluable human beings who are highly respected by everybody who knows them. Their presence on race day was reason to celebrate. Jeff and Lois - Welcome Back!!!



Katherine Frank-Dvorsky did great job as Race Director and was not too shabby as a runner, as she finishes strong to capture her division.

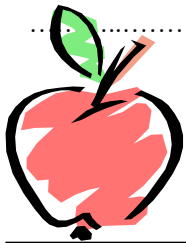
Congrats on both counts!

RESULTS:

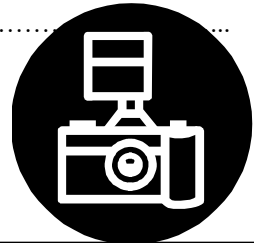
Pl	Name	Age	Time
1	Maddy Tormoen	41	19:15
2	Tina Gray	20	19:38
3	Ashley Birger	19	20:42
4	Katherine Frank-Dvorsky	32	21:06
5	Emily Borrego	35	22:13
6	Kathy Hruby	40	23:51
7	Stacey Diaz	43	24:38
8	Maggie DiMatteo	26	24:46
9	Terri Tibbs	40	24:58
10	Brittany Tibbs	17	25:48
11	Marijane Martinez	51	25:51
12	Alice Fitzgerald	42	27:10
13	Diana Reno	41	27:19
14	Laura Schilf	41	27:27
15	Jane Chess	50	27:30
16	Nicole Pirraglia	21	28:27
17	Deanna Allen	24	28:39
18	Amber Autobee	26	28:49
19	Gina Benfatti	42	28:58
20	Emily Gogarty	17	29:00
21	Gloria Gogarty	47	29:10
22	Jamie Ramirez	28	29:18
23	Jan Dudley	48	29:27
24	Rosa Navarro-Bruce	41	29:36
25	Donna Nicholas-Griesel	57	29:46
26	Kari Brantley	47	31:27
27	Angelique Espinoza	32	33:06
28	Kelee Dell	31	33:43
29	Mendy Simmons	30	33:43
30	Vicki Meier	34	33:43
31	Cheryl K Cook-McCoy	59	34:47
32	Nancy Mitrick	60	35:21
33	Fran Navarro	38	37:42
34	Pam Peters	49	38:18
35	Debbie Conroe	49	40:29
36	K Butler		45:49

5K Walk

Place	Name	Age	Time
1	Nancie Biery	46	40:54
2	Kay Perkins	59	42:23
3	Kathy Witwer	40	45:50
4	Susan Fries	38	45:51
5	Liz Miller	66	46:18
6	Carrie Krajcovic	44	48:01
7	Pricilla Portillos	67	49:02
8	Lois Pfost	61	50:41



The Atlanta 5k Run / Walk Photos



Clockwise from Upper Left:

Lois gives the "thumbs up" as several friends join her at the finish.

Sisters Liz Miller & Kay Perkins are new to SCR walking events. They promised to be back.

Terri and Brittany Tibbs look more like sisters than mother-daughter.

Kyle Reno and Jeff Arnold work the finish line.

The Navarros and company were well represented: James Young, Rosa Navarro-Bruce, Hilbert Navarro and niece Fran Navarro.



The Rock Canyon Recap

by Dave & Stacey Diaz



A cool but sunny morning greeted a record 293 finishers of this year's Rock Canyon Half-Marathon. Sections of the River Trail are closed so the race began with two loops in City Park before heading to the trail, then west towards the Nature Center and eventually to the base of the dam and back. Last year's winners, Campbell Ilfrey from Boulder and Tracy Stewart from Colorado Springs, were both back. After the first lap Chris Borton, Steve Cathcart, Jonathon Huie, and Paul Koch led the pack around the park and in the end it was former Puebloan Cathcart edging former Puebloan Borton. Incidentally, the dads of these exceptional runners are club members. Terry Cathcart worked the finish line while Mike Borton ran the race. As for the women, it was a two woman race for first with Ellen Hart Pena of Denver finishing in 1:24:37 exactly one minute ahead of Patty Rogers also of Denver. We have had many talented runners in this race but certainly none as famous as winner Ellen Hart Pena. She won the Boulder Bolder in 1981 and 1983. In 1980 she was third in the 10,000 meter Olympic Trials in Eugene, Oregon but missed the Olympics because that's the year the US boycotted the games in Russia. You may have seen the TV movie *Dying to be Perfect: The Ellen Hart Pena Story*. She came to Pueblo just to do the race and left soon afterward to check on her children. She promised to return next year. We hope so.

Pueblo and Pueblo West were well represented with 47 finishers. Kaija Staley was the first Pueblo female finisher. She was 47th overall and the 11th female with a time of 1:35:25. She moved to Pueblo about a year ago from West Palm Beach, Florida when her husband took a job with the Forest Service. She ran track and cross country in high school but most of her running has been done since then. She prefers trail running and is wondering where the trail runners are around here. Katherine Frank Dvorsky, was next with a 1:39:06. Carol Kinzy was the area's first masters runner in 1:59:04. The Pueblo males were led by UCCS cross country runner Kyle Reno, in 11th place with a time of 1:22:54 (he's the son of Chief and Diana who also ran) followed by Mike Orendorff who was the race's first male master runner in 1:25:46.

It was nice to see Gary Franchi, who has been having toe problems, running the race instead of working the finish line and Jessie Quintana, soon to be a grandma again, running her first race as a 60 year old. Both took third in their age. The award for the most improvement shown in one year has to go to Paul DallaGuardia of Colorado City who cut almost 18 minutes off his time from last year over basically the same course. Also taking third in her age was Stacey Diaz, my better half, who ran almost the entire race with Marv Bradley who will be doing the Huntsville Marathon on Dec 14th. We had three finishers in the 70+ division including our own Gerald Puls who at 77 continues to amaze us all.

There were 6 runners from Alamosa, 5 from Salida, and 14

from Canon City. La Junta, Coaldale, Florence, Creede, Las Animas, Monte Vista, Rye and Trinidad were all represented. Southern Colorado was very well represented but we couldn't do without the 130 runners from the Colorado Springs area and the 75 from the Denver area.

A special thanks to Bev Skroch from Creede and Donna Nicholas-Griesel, (who took third in her age), from Coaldale and all the runners like them who have run this race every year for as long as I can remember (those of you that know me know that's about 2 days).

Finally this race just couldn't happen without all the volunteers. I'd like to thank my brothers Tom and Anthony (and his children Aaron, Monica, Brianna and their friends) my Uncle Joe, and good friends Chuck Moore and Dave Foster. All have helped do the water stops every race for the last 11 years. I have to mention my very good friend "Big Mike" Lucero who also helped every year at the water stop. Mike passed away this summer. I miss the big guy. Thank you to Don and Lois Pfost who help at the finish line every year and who were race directors of this race for several years before me. Mark Koch is injured and not only did he work the finish line but he also brought his daughter Sarah and she in turn brought two friends. The girls did the water stop at the Nature Center (they did a great job by the way) which allowed me to move volunteers to other places since we had so many runners. Deb Hadley and Tiffany Reno who help not just at this race but it seems like every race are truly valuable club members. I heard someone say "that Tiffany is really sharp". No one's ever said that about me..... Kathy Stommel who every year sets up all the food and arranges the awards, helps with registration then works the finish line, is a real multi-tasker. My youngest son Matthew used to be the lead bike but now he's away at school and Joe Dvorsky has graciously stepped in and taken his place. At least now I don't worry about runners catching the bike. We buy powder Gatorade and mix it to save money. Matt Sherman has volunteered to do this sticky job the last several years. Nick Leyva brings water jugs from home then when the race is over loads up his truck to help take the equipment to my house. I don't know if anyone realizes the amount of work Ken Raich puts into this race. He visits the Gold Dust and YMCA regularly to pick up entries then types them into the program he wrote. He showed up early race day bringing his own computer to use for results. If you were at the race you were probably as amazed as I was when you saw the results scrolling on a screen on the stage. Runners just stood and waited for their name and instantly knew their time, place and if they placed in their age. Outstanding job Ken and Pixie. How can the club possibly thank Ruth and Shelley from The Gold Dust Saloon for all they do, not only for this race but for all our races. They handle all the entry forms and checks, distribute packets on Saturday and handle shirt distribution and race day registrations. Thank you to Stacey for putting up with



The Rock Canyon Recap

continued



me and the mess I make of our garage and house with all the equipment. And lastly thank you to all the runners, who make this race worthwhile. Runner's are just great people.

In the days following the race I received quite a few complimentary emails and I appreciate them all but I know we had some glitches. The lines at registration were too long and we have outgrown the bathroom facilities in the Pavilion and we ran out of Gatorade at some water stops. These problems will be corrected by next year but if there is something else that you think might improve the race please feel free to let me know at diazsd@aol.com. I'm already looking forward to next year and have decided to change the race to a Saturday instead of Sunday to avoid conflicts with church and Broncos, in that order. See you December 4, 2004.



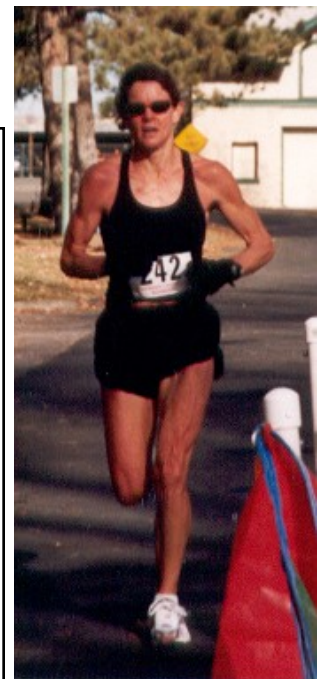
Above: Mike Borton and some other familiar faces among the record crowd of runners



Left
Steve Cathcart,
J.J Huie,
Chris Borton,
and
Paul Koch
on the first lap.

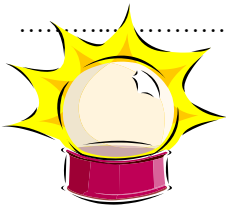
Right:
Ellen Hart Pena,
Overall Female
Winner

Photos provided by
Dave Diaz



The Rock Canyon Results Continued

147	Grant Brower	30	M	12	Salt Lake City U	1:56:40	221	Diana Reno	41	F	11	Pueblo CO	2:08:14
148	Greg A Meier	40	M	14	Pueblo CO	1:56:49	222	Karen Pfeifer	43	F	12	Colorado Springs	2:08:21
149	Joseph M Plumb	27	M	15	Littleton CO	1:56:54	223	Mindy Bent	29	F	12	Colorado Springs	2:08:30
150	Gary Franchi	55	M	3	Colorado City CO	1:56:55	224	Al Garcia	44	M	22	Colorado Springs	2:08:32
151	Kara Joy Wickman	26	F	9	Edwards CO	1:57:01	225	Diane K Cridennda	51	F	8	Colorado Springs	2:08:45
152	Nicole M. Vettese	17	F	1	Canon City CO	1:57:03	226	Alex Hirshberg	19	M	5	Colorado Springs	2:08:57
153	P J Warne	40	M	15	Castle Rock CO	1:57:08	227	Robert T Bussey	68	M	2	Elizabeth CO	2:09:03
154	JJ McKay	39	M	23	Parker CO	1:57:11	228	Clare B Kerr	44	F	13	Canon City CO	2:09:04
155	Marcia Hughes	45	F	4	Canon City CO	1:57:17	229	Dani Hains	47	F	10	Green Mountain F	2:09:28
156	Jim Umphrey	64	M	4	Colorado Springs	1:57:48	230	Izzie Dawson	23	F	4	Alamosa CO	2:09:31
157	Laura Jo Kucharczyk	30	F	12	Englewood CO	1:57:53	231	Wendy A Garrison	36	F	15	Pueblo CO	2:09:34
158	Lisa S Paige	45	F	5	Littleton CO	1:57:58	232	Jamie L Vigil	38	F	16	Pueblo CO	2:09:36
159	Bob Eaton	50	M	11	Colorado Springs	1:58:01	233	Amy Wasson	36	F	17	Monument CO	2:11:07
160	MaryDee Carter	39	F	11	Colorado City CO	1:58:07	234	Sally C Kennett	61	F	2	Salida CO	2:11:19
161	Annette Boyer	36	F	12	Idaho Springs CO	1:58:28	235	Bill E Totten	61	M	8	Aurora CO	2:11:43
162	Nina L Healy	49	F	6	Denver CO	1:58:44	236	Diane H Warner	44	F	14	Colorado Springs	2:11:53
163	Scott VanOvermeiren	28	M	16	Aurora CO	1:58:49	237	Beth M Geary	24	F	5	Colorado Springs	2:11:59
164	Sean P Bryan	44	M	16	Colorado Springs	1:58:58	238	Eric Hamilton	50	M	15	Colorado Springs	2:12:41
165	Paul M DallaGuardia	45	M	20	Colorado City CO	1:59:02	239	Buzz Borries	50	M	16	Colorado Springs	2:12:47
166	Lori J Dandley	50	F	1	Denver CO	1:59:02	240	Beverly S Skroch	53	F	9	Creede CO	2:13:00
167	Will Fry	47	M	21	Colorado Springs	1:59:03	241	Christopher Hileman	35	M	26	Colorado Springs	2:13:26
168	Carol A Kinzy	55	F	2	Pueblo CO	1:59:04	242	Jessie M Quintana	60	F	3	Pueblo CO	2:13:51
169	Joel Weinhold	46	M	22	Pueblo CO	1:59:08	243	Daiva A Cooper	32	F	18	Colorado Springs	2:14:31
170	Steven A Jennings	49	M	23	Colorado Springs	1:59:18	244	Nicole Pirraglia	21	F	6	Pueblo CO	2:14:54
171	Byron R Beard	51	M	12	Pueblo West CO	1:59:27	245	Dennis E Beard II	36	M	27	USAF Academy CO	2:14:54
172	Steven Lee Fieth	41	M	17	Canon City CO	1:59:47	246	Gregory Berryman	48	M	25	Pueblo CO	2:15:29
173	Andrew Fieth	39	M	24	Canon City CO	1:59:48	247	Chester Carl Haddan III	36	M	28	Pueblo CO	2:15:34
174	Steve Jones	37	M	25	Colorado Springs	1:59:49	248	Mike Huss	42	M	23	Longmont CO	2:15:39
175	Robin Cunningham	50	F	2	Broomfield CO	1:59:51	249	Richard W Kennett	67	M	3	Salida CO	2:16:02
176	Stacey Diaz	43	F	3	Pueblo CO	2:00:28	250	Brian R Nichols	37	M	29	Longmont CO	2:16:05
177	Marvin L Bradley	64	M	5	Canon City CO	2:00:29	251	Karl Schab	46	M	26	Penrose CO	2:16:08
178	Mateo Ryan Martinez	25	M	17	Boulder CO	2:00:34	252	Konrad Gruca	47	M	27	Colorado Springs	2:16:15
179	Priscilla Allen	44	F	4	Littleton CO	2:00:35	253	Angela J Donnelly	27	F	13	Longmont CO	2:16:42
180	Constance D Ahnsbrak	63	F	1	Lakewood CO	2:00:37	254	Jessica Winterburn	22	F	7	Alamosa CO	2:17:25
181	Maria Elena Weaver	44	F	5	Canon City CO	2:01:19	255	Elizabeth Anne Amiot	30	F	19	Denver CO	2:17:27
182	Betty Gruca	44	F	6	Colorado Springs	2:01:32	256	Karen Hertz	26	F	14	Littleton CO	2:18:36
183	Annie M Hamlin	41	F	7	Monument CO	2:01:46	257	Annie Tardif	19	F	2	Colorado Springs	2:18:37
184	James Curtis Wright PhD	62	M	6	Pueblo West CO	2:01:52	258	John Cunningham	56	M	7	Broomfield CO	2:18:44
185	Leslie Perich	33	F	13	Denver CO	2:01:59	259	Debra Wall	37	F	18	Pueblo CO	2:19:20
186	Tanya V Schwindt	42	F	8	Colorado Springs	2:02:01	260	Debra Haverfield	44	F	15	Monte Vista CO	2:19:28
187	John R Crouse	53	M	13	Monument CO	2:02:18	261	Mike Archuleta	43	M	24	Pueblo CO	2:20:19
188	Gretchen L Malaski	54	F	3	Colorado Springs	2:02:58	262	Jim Massa	51	M	17	Colorado Springs	2:21:00
189	Michael E Wahl	45	M	24	Colorado Springs	2:03:01	263	Robin Satterwhite	52	F	10	Colorado Springs	2:21:06
190	Devin Wahl	13	M	4	Colorado Springs	2:03:03	264	John Sturtevant	70	M	1	Salida CO	2:21:14
191	Jeff Cleaver	53	M	14	Pueblo CO	2:03:05	265	Maria Fruge	48	F	11	Colorado Springs	2:21:24
192	Marijane Martinez	51	F	4	Pueblo CO	2:03:10	266	Laura Miller	20	F	8	Colorado Springs	2:25:27
193	Kelli Messick	31	F	14	Highlands Ranch	2:03:12	267	Amber Autobee	26	F	15	Pueblo CO	2:25:32
194	Janice E Huie	54	F	5	Colorado Springs	2:03:39	268	Ryan Paradis	55	M	8	Monument CO	2:26:00
195	David C Law	33	M	13	Florence CO	2:03:49	269	Bridget Todd	34	F	20	USAF Academy CO	2:26:07
196	Daniel E Riggs	40	M	18	Canon City CO	2:03:49	270	Margarito Fuentes Jr	51	M	18	Pueblo CO	2:26:20
197	Brad Schloss	23	M	7	Pueblo CO	2:04:05	271	Chuck Haehmeister	50	M	19	Colorado Springs	2:27:24
198	Carla Habuda	37	F	13	Denver CO	2:04:14	272	Rosemary M. Kelly	48	F	12	Colorado Springs	2:29:22
199	Ginger M Jeffrey	41	F	9	Colorado Springs	2:04:19	273	Paul C Magarelli	50	M	20	Colorado Springs	2:29:37
200	Donna Kelly	46	F	7	Colorado Springs	2:04:36	274	Jan Dudley	48	F	13	Pueblo CO	2:29:46
201	Susan M Perich	30	F	15	Denver CO	2:04:49	275	Joe Baird	57	M	9	Denver CO	2:31:37
202	Kevin Keilbach	30	M	14	Pueblo CO	2:05:33	276	Sandy D Freidenberger	35	F	19	La Junta CO	2:31:51
203	Ted E Puls	44	M	19	Pueblo CO	2:05:40	277	Don Stratman	59	M	10	La Junta CO	2:31:51
204	Sandra M Rutkowski	43	F	10	Arvada CO	2:05:44	278	Ed R Mighell	73	M	2	Denver CO	2:33:07
205	Cathy Osban	35	F	14	Pueblo CO	2:05:53	279	Jeanne Golding	43	F	16	Colorado Springs	2:33:13
206	Mitch E Hight	43	M	20	Pueblo West CO	2:06:03	280	Tanya Sudolnik	35	F	20	Littleton CO	2:33:48
207	Jim M Gessert	56	M	4	Colorado Springs	2:06:15	281	Charlotte Galicinao	49	F	14	Monument CO	2:35:02
208	Bobbie Jones	46	F	8	Trinidad CO	2:06:19	282	Ernie Galicinao	46	M	28	Monument CO	2:35:02
209	Lori R Kiskey	33	F	16	Colorado Springs	2:06:55	283	Frank R Garcia	32	M	16	Pueblo West CO	2:35:17
210	Laurel E Wright, MD	49	F	9	Pueblo West CO	2:07:19	284	Kristen E Meier	36	F	21	Pueblo CO	2:37:24
211	Heather Boyer	34	F	17	Boulder CO	2:07:23	285	Donna A Nicholas-Griesel					
212	Jennifer A McGee	29	F	10	Colorado Springs	2:07:34			57	F	3	Coaldale CO	2:37:50
213	Larry C Dearing	60	M	7	Monument CO	2:07:42	286	Cheryl K Cook-McCoy	59	F	4	Salida CO	2:40:52
214	Patrick K Swank	55	M	5	Pueblo CO	2:07:42	287	Katherine Knight	31	F	21	Colorado Springs	2:41:59
215	Anna Brower	25	F	11	Denver CO	2:07:47	288	Dave Bell	41	M	25	Highlands Ranch	2:41:59
216	Terri Ricketts	50	F	6	Alamosa CO	2:07:49	289	Alonzetta M Mercer	49	F	15	Broomfield CO	2:42:10
217	Rich Ricketts	55	M	6	Alamosa CO	2:07:49	290	Ginette O'Day	55	F	5	Castle Rock CO	2:42:31
218	Doug Hillen	32	M	15	Colorado Springs	2:08:02	291	Carrie Reed	25	F	16	Highlands Ranch	2:43:15
219	Bill Kerr	44	M	21	Canon City CO	2:08:05	292	Virginia L Douglas	30	F	22	Colorado Springs	2:44:06
220	Diana L Johnson	53	F	7	Pueblo CO	2:08:13	293	Gerald E Puls	77	M	3	Pueblo CO	3:07:19



2003 Predict Final Standings

Could it be that the 2003 Predict Series is in the Record Books? Believe it or not - the year is drawing to a close, and we have heard the final click of the stop watch for the 2003 Predict Series. Gina Benfatti started with a perfect 100 at the Spring Runoff Tune-Up, and held off the pack throughout most of the 10 race series. Larry Volk held the lead briefly in the summer, but Gina retook the lead with a great run at Tunnel Drive, capped it off with a good finish at Temple Canyon, then coasted to the winner's circle. Matt Sherman and Rich Hadley snuck (or is it sneaked?) ahead of Larry, and there you have it. There was a razor thin margin between Rich and Larry, and then again between Ben Valdez, Stacey Diaz, and Marijane Martinez. It was a fun series. Congrats to all who participated, and especially to Gina, Matt, Rich, Larry, Ben, Stacey, Marijane, Ron, Bill, Jill, Nick, Emily, Dave, Chief, Don, and Robert for completing the Series minimum of 5 races. Enjoy the glory for a short time because the eraser is nearly out of the box and everyone starts with zeroes in 2004!

2003 FINAL STANDINGS

Name	Spring Runoff	Ben & Matt's	Ramsgate 8K	TAYDR	Moonlight Madness	Mary's Magical	Tunnel Drive	Harvest 5M	Temple Canyon	Marijane & Nick's	Total Points	Best 5 Races
Gina Benfatti	100.00	84.21	35.71	91.67	11.76	63.64	96.67		77.78		561.44	450.32
Matt Sherman	93.75	26.32	78.57	75.00			93.33	77.78	88.89	80.00	613.64	434.54
Rich Hadley	50.00	89.47	64.29		76.47		76.67	86.11	75.00	93.33	611.34	422.06
Larry Volk	68.75	57.89	92.86	83.33	100.00	72.73		63.89	72.22	66.67	678.34	421.14
Ben Valdez	75.00	73.68	50.00		88.24		66.67		58.33		411.92	361.92
Stacey Diaz	25.00	42.11	57.14	66.67		27.27	83.33	100.00	41.67	53.33	496.52	360.48
Marijane Martinez	81.25	94.74	42.86	16.67				94.44	30.56	46.67	407.18	359.96
Ron Dehn	87.50				41.18	81.82	73.33	50.00	44.44		378.27	337.10
Bill Veges	37.50	36.84					46.67	83.33		100.00	304.34	304.34
Jill Montera	62.50		71.43	41.67		54.55		61.11			291.25	291.25
Nick Leyva		78.95	14.29				63.33	38.89	86.11	20.00	301.57	287.28
Emily Borrego					52.94	90.91		75.00	25.00	26.67	270.52	270.52
Dave Diaz	12.50		21.43	33.33		18.18	90.00		80.56	33.33	289.33	258.65
Chief Reno		63.16				45.45	33.33	44.44	55.56	40.00	281.95	248.61
Don Pfost			7.14	50.00	29.41		80.00		61.11		227.67	227.67
Robert Santoyo	31.25	15.79		58.33	23.53	9.09	50.00		16.67	6.67	211.33	179.78

In addition to the above 16 participants who completed at least 5 races in the Series, 77 other runners earned points. For more information, see the Results link on the club website: www.socorunners.org.

Gary Franchi	265.00	Sandy Reinsch	72.32	Amy Braune	36.11	Jim Parra	11.11
Diana Reno	211.22	Jan Dudley	72.22	Aaron Berndt	35.29	Sam Long	11.11
Wendy Garrison	200.00	Mark Koch	70.59	Grant Schemmel	33.33	Karen Van Haverbeke	
Paul DallaGuardia		Troy Schwindt	70.00	Karl Tameler	30.56		10.00
Michael Orendorff	156.11	Jeff Vanwarden	69.44	Dusty Winings	30.00	Rooster Barnhart	8.33
	155.09	Dave Dehn	66.67	Robin Krueger	27.78	Shyla Brixey	8.33
Misti Frey	147.37	T Greg Merrion	63.89	Cassie Okken	26.67	Susan Gebhart	8.33
Paul Koch	141.67	Jim Robinson	60.00	Ann Hulett	25.00	Alex Hall	6.67
Kyle Reno	141.34	Nathan Comden	58.82	Daniel Wanlgren	23.33	Jim Romero	6.25
Tammy Stone	137.78	Patrick Cordova	58.33	Al Weaver	22.22	Tina Gray	5.88
Mary Rudolf	132.77	Patrick Krumholz	56.67	Cole Ratzlaff	22.22	Dave Law	5.56
Art Long	128.33	Chuck Braune	55.56	Carrie Slover	21.05	Laura Schilf	5.56
Ashlee Withrow	124.71	Jim Kony	53.33	Chelsi Tedrow	20.00	Tiffany Reno	5.26
Brad Winn	118.46	Joe Wach	52.78	Paul Murphy	19.44	Edward Whitcraft	3.33
Brian Vanwarder	100.00	Angelo Aragon	52.63	Tom Ratzlaff	19.44	Dave Deibler	2.78
Kelsey Learned	100.00	Stacey Olson	50.00	Rochelle Garcia	18.75	Gabby Law	2.78
Ken Raich	97.22	Melinda Orendorff		Dan Comden	17.65		
Brian Ropp	92.69		49.70	Jordan Hall	16.67		
Stacie Taravella	91.67	Maria Elena Weaver		Rachael Ratzlaff	16.67		
Clay Mitchell	83.33		41.67	Callista Barrett	13.89		
Allen S Weaver	80.56	Jo Ann Ugolini	40.00	Marv Bradley	13.89		
		Jane Chess	38.89	Mike Borton	13.33		

January 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 January newsletter - please have it to me in electronic form by Tuesday, January 6th.

THANKS!

Send to:
ron.dehn@colostate-pueblo.edu

This & That

(Trail Notes Continued from page 4)

many different types of running and training. First we tired simple things like varying our pace: slow or slogging were her two favorite paces. I also introduced her to fartleks but this really just turned into an excuse to walk more then we already were. Speed training was also relatively ineffective since generally the sundial was precise enough to measure our speed around the track. It wasn't really her lack of ability, she just didn't want the "air" badly enough. If not for my large dose of guilt I would have quickly given up.

Somewhere along the line she learned to at least persist. She wasn't really interested in Boston but she started doing some running or walking on most days of the week. Sometimes I even caught her on the treadmill and I hadn't even threatened her! It was exciting to watch even though I couldn't let her see my excitement or she would stubbornly reverse course. And then one day it happened: she asked me to run with her. We headed out across the golf course walking and then began running slowly. We took the trail to the lake and began around the lake – chatting and running together. Once around the lake she agreed to go again around the lake and made it most of the way.

It was wonderful to be running with my family – the guilt was gone and I had a new running partner. To run with her is like the best of all worlds: I'm with my family, I'm running and I'm getting to know this wonderful daughter. I finally learned that you don't have to feel guilty for running.

You just have to go with the right people. I just hope she likes the ultra I have planned for the spring.

Santa's Evolution

According to *Uncle John's Bathroom Reader*, in the mid-1800s it was popular to draw St. Nick either in his bishop's robes or as a man with a pointed hat and long coat. In 1863, *Harper's Weekly* hired 21-year-old Thomas Nast to draw a picture of Santa bringing gifts to the Union troops. When he drew Santa, Nast combined the description of St. Nicholas in the poem "Twas the Night Before Christmas" with that of Uncle Sam. Santa was drawn as a jolly, roly-poly man in a star-spangled jacket and striped pants. Nast stuck with the same basic personification through the years, eventually replacing the stars and stripes with a plain black & white wool suit. In 1931, an artist named Haddon Sundblom drew Santa in a red and white suit as part of a Coca Cola ad promotion.

(WDF Continued from page 7)

financial sponsorship: Dr. Tomas Duran, Dr. Rocky Khosla, Drs. Hoyle, Mastro & Wilz, Dr. Richard Rivera, Sam McClure, Bonifacio Cosyleon, Paul Willumstad and Matt Martin. Thanks to their donations the WDF was always a profitable race for SCR.

- All of you SCR members who sponsored the participants from the Boy's and Girl's Club and all of the girls from the organization who participated.
- The handling of pre-registration and race day registration by Ruth and Shelly and their staff from the Gold Dust Saloon.
- The donation of prizes from local business in Pueblo and Colorado Springs such as King Soopers, Huber's Flowers, Campbell's Flowers, Colorado Lottery, The Pantry, Runner's Roost, Great Divide, Greenway and Nature Center, YMCA, Schusters Banquet Bakery, Tracy's Place, the CSU-Pueblo Bookstore and many others.
- Kathy Arwood who handled the beautiful pottery awards for many years.
- The Pueblo Chieftain who printed articles advertising the race each year, printed results after the event, and also did a great article on WDF in 2000.
- Each and every one of my family members who with "a little" encouragement (okay, harassment) from me have always come through for me with my race and with my life in general. I love you all!
- A "special" thanks to Nick Leyva who was always the unrecognized co-race director and who often times ended up doing more than me as race day approached. The year my sister had her motorcycle accident I left to California and Nick was Race Director that day. I recently heard the song "Wind Beneath My Wings" and thought it suited him perfectly. Thank you Mr. Leyva! I love you!
- To each and every one of you females who came out and gave it your all. Some of you may have gone home with prizes or awards or both or neither but your reward should always be knowing that you came out and walked or ran as good and hard as you could on that particular day and ultimately that is all that matters. I would like to encourage each and every one of you to continue to walk or run for as long as you possibly can (if you happen to be in my age division please be slower than me).

In closing I would just like to lament the words of the late Bob Hope and say, "Thanks for the Memories". It's been a great ride!

Marijane Martinez

Some Photos from 2003



D*R*A*F*T

2004 Pueblo Area Racing Calendar

- * Jan 17 Frostbite Five (a)
- * Feb 14 Valentine's Twosome (c)
- * 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 18 Y-Bi Classic Duathlon (a)
- Apr 24 Survival Run (a)
- * Apr 25 Yappy Dog Prediction Run (c)
- May 2 Cinco de Mayo (a)
- * May 15 Ordinary Mortals Women's Triathlon(a)
- * May 16 Ordinary Mortals Men's Triathlon(a)
- * May 29 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 31 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 11 East High Challenge (c)
- * Sep 18 Corporate Cup (a)
- * Sep 26 Hot to Trot Run (a)
- Oct 9 Soaring Eagles Run/Walk (a)
- * Oct 23 Harvest Poker Prediction Run (c)
- * Nov 20 Atalanta Womens' Run (Run/Walk) (c)
- Nov 27 Temple Canyon Prediction Run (c)
- * Dec 4 Rock Canyon Half Marathon (c)
- Dec 12 Marijane & Nick's Prediction Run (c)

(c) indicates SCR Club event, (a) indicates SCR Club assisted event

Ken Raich compiled this 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 December 2nd. (c) indicates a club race and (a) indicates a club assisted race.

Potpourri

**26th Annual
Rescue Run**

What else were you going to do at 10 am on New Year's Day? You have the option of a 5k or 10k race, and you can be home in time to catch the football games. You can register at www.active.com.

**Thank You Rock
Canyon Volunteers**

Race Directors: Dave & Stacey Diaz. Finish Line: Terry Cathcart, Dan Pfof, Tiffany Reno, Kathy Stommel, Deb Hadley, Mark Koch. Water Station: Chuck Moore, Dave Foster, Hilbert Navarro, Sarah Koch, Kendra Turner, Casey Atteberry. Gatorade/Water Preparation: Matt Sherman, Nick Leyva. Aid Station: Joe, Tom, Anthony, Monica, Briana, & Aaron Diaz. Lead Bicycle: Joe Dvorsky. Registration: Ruth McDonald, Shelly Riddock. Results: Ken & Pixie Raich

**Nick & MJ's
Predict Volunteers**

Race Directors: Marijane Martinez & Nick Leyva. Finish Line: Don Learned. Results: Ken Raich. Aid Station: Tiffany Reno, Sarah Koch. Kitchen Crew: Deb Hadley, Mary Rudolf, Jennifer Sherman



Coin the Caption Contest

And the winning caption is...

**You know what they say about
the size of a man's shoe insert.**

Chad Clark is the winner of a lunch for 2 at the Gold Dust (up to \$25).

Congrats Chad! Your caption was judged best out of 6 entries by an impartial panel of 3 judges who had access only to the captions. It was so fun, we might do this again sometime.

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.

Thanks Atalanta Volunteers!

Race Director: Katherine Frank-Dvorsky. Results: Jeff Arnold, Kyle Reno. Finish Line: Nick Leyva, Don Pfof. Aid Station: Jill Montera. Course Marking: Dave Diaz. Course Marshals: Don Learned & Mary Rudolph. Bicycles: Larry Volk, Joe Dvorsky. Registration: Tiffany Reno, Ken & Pixie Raich. Photographer: Ron Dehn

Upcoming Races



The Frostbite Five is earlier this year than in 2003. The 2004 version will be held on January 17th. So put on your stocking cap, mittens, tights and be at the City Park Pavilion for the 10am start for the annual 5 miler.

Get your batons ready. Big ones, Romantic ones, Creative ones, and Ugly ones. And - while you're at it get a partner too. This year the Valentine's Twosome actually falls on Valentines Day. Each partner runs 1.6 miles. It's a fun and low key event. Once in a while there is a clever costume too. The race starts at 9am at City Park.



The Final Thoughts...

There is no ideal Christmas; only the one Christmas you decide to make as a reflection of your values, desires, affections, traditions. Bill McKibben

Christmas, children, is not a date. It is a state of mind. Mary Ellen Chase

He who has no Christmas in his heart will never find Christmas under a tree. *Sunshine Magazine*

A Christmas candle is a lovely thing; It makes no noise at all, But softly gives itself away; While quite unselfish, it grows small. Eva K. Logue