



Editor: Ron Dehn

FOOTPRINTS



A bit of truth, a bit of fiction. Which is which?

New Year's Edition - 2004

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Wow! The 2004 Spring Runoff Medals look pretty cool. Congrats go to Paulette, Ken, Terry, and all those working behind the scenes.

Last Minute Reminder

The Annual SCR Banquet will be held at Nacho's Restaurant at the Walking Stick Golf Course on Saturday, January 17th. The location was incorrectly reported in the last issue of Footprints.



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, February 3 at the Pueblo YMCA. All SCR members are welcome



SCR Notes

Highlights of SCR's Jan. 6, 2004 meeting by Gary Franchi

The SCR tidied up some leftovers from 2003 and began laying the groundwork for a great new year at its initial meeting of 2004 on Jan. 6. Following are some of the major points covered:

Annual SCR Banquet

Some 175 postcard invitations have gone out for the club's annual banquet that will be held on Saturday, Jan. 17. Those planning to attend should note that the event will be held at the Nacho's restaurant at Walking Stick, NOT at the Elmwood Golf Course (formerly called City Park) as has been noted.

Sandy Reinsch is coordinating the banquet agenda with some help from her friends (Jill Montera, Nick Leyva, Marijane Martinez and Ben Valdez) and has some good thing lined up. Nick will be the emcee. Rich Hadley is handling awards, and he said he needs nominations. Discussion came up with nominations for all of the categories. The Awards Committee will determine all of the recipients with the exception of male and female runners of the year, which will be voted on at the banquet. Ken Raich will present awards to the top Prediction Series finishers.

Beautiful embroidered, navy blue sweatshirts have been ordered for volunteer awards. Stacey Diaz will assume the duties of keeping the volunteer points in 2004 and she had several questions/concerns/suggestions, which the club addressed. (See "volunteer awards" article elsewhere in this newsletter).

New officers for 2004 will be announced at the banquet, too. They were determined at the Jan. 6 meeting.

The banquet also will include raffles of free SCR memberships and free entry to races. The club will also look into seeing if the SECAHEC organization can contribute a free entry(ies) for the health symposium that will be held the weekend of the Spring Runoff. In the past, raffle proceeds have gone to help fund the Youth Fund.

Spring Runoff

Race Director Terry Cathcart and Ken Raich met with Paulette Stuart at The Chieftain on Dec. 29, and they solidified plans for the March 7 date. An organizational chart has been developed, with club members assigned specific segments associated with the race. Many volunteers will be needed. The logo has already been developed, and a modified version of it will be used on the medals. Shirts will be purchased in town. The race can be used as a qualifying time for the Bolder Boulder. Larry Lopez of The Chieftain will be used to meet with course marshals the day before the race to go over logistics.

Rich Hadley will organize the 2-mile walk and Katherine Frank Dvorsky will handle the Kids Run. All courses this year will remain the same as last year.

A plan is in the works for distributing entry forms along the Front Range, including having them inserted into the Pikes Peak Road Runners' newsletter. The next Runoff meeting will be at 7 p.m. Monday, Jan. 19, at The Chieftain. Terry urges participation and attendance at the meeting.

Southern Colorado Trail Builders

At Jeff Arnold's suggestion, the SCR moved to
(Continued on page 8)



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. 264

"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, Elvis Presley* | |
| Newsletter Advisor | Chris Dehn | |
| Web Master | Ken Raich | 564-0847 |

Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Stacey Diaz

SCR meetings generally are held the first Tuesday of each month at the Pueblo YMCA in downtown Pueblo. Any SCR member is welcome to attend and bring family, relatives, and pets, as long as he/she also brings treats for all members.

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

* Yes Elvis is alive and well and helped edit this issue. I found him buying a lottery ticket at the corner convenience store. He said he just got tired of the screaming women, so he went on the Adkins diet, cut his hair, and lost the sunglasses. I recognized his quivering lip. By coincidence, His birthday is January 8th, the day I completed this page.

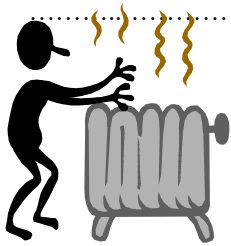


SCR is associated with AARC, American Association of Running Clubs. See: www.huntsvilletrackclub.org/AARC/AARC.htm

I resolve to visit the Gold Dust more often in 2004!



217 South Union



Great Stuff

by Gary Franchi

Warm Fuzzies

Thought for today's lunch, compliments of Will Rogers:
"Everybody is ignorant, only on different subjects."

Musings on running, fitness, life, etc.:

Politics. Mideast turmoil. Saddam Hussein. Bombings. Osama bin Laden. Terrorists. Mike Madsen. Man, there's a lot of stuff out there in this world that creates anxiety.

I happened upon these and other deep topics and well-known personalities recently while leafing through the current issue of one of the most respected pieces of literary world commentary – *Mad* magazine – at a 7-Eleven store. Well, OK, so maybe Mike Madsen, Channel 11's Boy Scout-like weathercaster, wasn't in there.

That's one of the nice things about 7-Elevens compared to other convenience stores -- most of them still carry a pretty good collection of current magazines. Also, what more can you say about being able to get Big Gulps, *Ramp* magazine and fat-laden doughnuts all under one roof? And let's not forget about having the opportunity to rub shoulders with the type of audience that goes in there to purchase such items.

Mad magazine, of course, is a classic publication, providing quality pottymouth fodder for idle minds throughout society. Most of those are kids, of course. But some of us refuse to grow up, preferring instead to expose our senses to warped satire that is unmatched anywhere. It's the chance to laugh, feel good and escape from the serious and negative sides of life.

This reminds me that, despite the abundance of problems in the world, there are many things to feel good about, especially if you don't make a habit of frequenting convenience stores (Barnes & Noble probably carries *Mad* magazine, too). Here are just a few of the many wonderful things in our world of running and fitness:

The Penguin – No matter how talentless we are, we always know that John Bingham has less talent than us. Thank you, Penguin.

Ordinary Mortals and Colorado State Games triathlons – While most others gouge, you could enter these sprint triathlons last year for under 40 bucks.

Cool Max – You can sweat to your skin's delight and still stay dry. How do they do that?

The SCR web site – Any site that has my mug shot on the cover has got to be No. 1 in my book.

Flavored coffees – Not to mention the reports that say coffee boosts athletic performance and reduces the chance of getting Type 2 diabetes.

Las Vegas International Half-Marathon & Marathon – The observance of sleaze and decadence reaches a new dimension on this annual trip to an adult's Fantasyland.

Female triathletes. They are tanned and in shape. Need more be said?

Peppe's – A great place to schmooze and refuel during a long bike ride or schmooze and recover after a tough workout. The best Hazelnut coffee around, and the breakfast burritos ain't bad either.

The Internet – How cool is it to be able to access race results on the same day as the events are held?

The Prediction Race Series – A dream come true. You can run as slow as you want and still finish first. What a great country!

Ten things I was just wondering:

1. If Lance Armstrong hadn't been around the past 5 years, would Jan Ullrich be considered the greatest biker of all time?
2. Is anyone actually able to understand all the words in the "Jumpin' Jack Flash" song by the Rolling Stones?
3. When an earplug falls out during a swim, why does it always happen in the deep end of the pool?
4. Does anyone actually believe the nonsensical statement that a ballplayer is "worth every penny they make" as some announcers like to say?
5. Why does it have to be so hard to take the wrappers off some energy bars?
6. Does any non-sticking cooking appliance stay "non-sticking" for very long?
7. How can it cost more to send the Christmas packages than to buy the gifts?
8. What would you think of someone whose triathlon leg numbers were still visible in December?
9. How come animal rights groups don't protest research that is done on rats?
10. How could Peter Reid average 6:23 per mile and run a 2:47 Hawaii Ironman marathon after swimming 2.4 miles and biking 112 miles?

Until next month, remember to smell the rose -- in whatever form they take.

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)

January

- 19 Jan Dudley
Andrew Hackler II
- 22 Chinese New Year
- 23 Jim Hruby
- 24 Ruth McDonald
Rochelle Garcia
- 25 Monica Diaz
- 27 Holly Carter Carter
Mike Messick
- 28 Amy Clark
Christine Willumstad
- 30 Coby Gogarty

February

- 1 Super Bowl XXXVIII
- 2 Christa Rogers
Graham Nash*
- 4 Michelle Riddock
Rosa Parks*
- 11 Judy Navarro
Thomas Edison*
- 13 Jerry Lopez
Peter Tork*
- 14 Allen Weaver 
Gregory Hines*
- 15 Lora Ure
Susan B Anthony*
- 16 Cody Carter 
Sonny Bono*
President's Day
- 20 Beverly Skroch
Sidney Poitier*
- 22 Aaron Diaz
Sparky Anderson*
- 24 Daniel Caprioglio
George Harrison*
Mardi Gras 
- 25 Alyssa Navarro
Zeppo Marx*
- 26 Nancy Mitrick
Levi Strauss*
- 27 Vicki Meier
Andrea Rogers
Raymond Berry*
- 28 Sandra Messick
Linus Pauling
- 29 Leap Year Day



*honorary SCR member



Trail Notes

by Shaun Gogarty

No Couch Potatoes Allowed



Is it really a world of wimps, or am I just crazy. Everyone grows up with their parents telling them about how they had a long walk, uphill, in the snow, both ways to school when they were kids. And probably it is just a sign of my getting older, but it does seem that no one walks anywhere anymore – least of all uphill in the snow. Why walk when you can drive? Our society has found that easy, is the easiest road and they like it. And so, soft is increasingly applicable in describing our society figuratively and literally.

Maybe it is testosterone, midlife crisis or a genetic defect but I don't like soft. So lately, when I realized that I was just another blob wandering the aisles of the video store again I started getting worried. Granted, I hit the treadmill while I watch, but it was still starting to bug me that I was avoiding the elements – I was getting soft! I had to do something to reaffirm that I'm not like the rest of society. When I get those feelings it is best that I go alone – I don't want to be responsible for anyone else's safety.

The opportunity came one Saturday when my son was on a scout outing on the backside of Greenhorn Mountain. I wasn't able to go with them on Friday because I was working late into the night, but why not hike up the front side of Greenhorn, down the back and then ride home with the scouts? The snowstorm that was brewing would just further affirm my commitment to hard. In fact I could boast of walking, uphill, in the snow, to the scouts". Ok, it wasn't school, but it looked pretty hard and that was what I needed, to get over my soft!

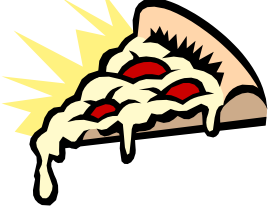
My wife, fearful as always, dropped me at the base of St. Charles trail. It had snowed 8 inches and was still coming down. With my gaitors strapped around my runners and skis and boots strapped on my back I began the uphill slog. St. Charles is pretty steep and I don't have climbing skins. Walking (it wasn't really a run) uphill, in mid-calf snow was better than backsliding on skis. But it wears you down pretty quickly. So it didn't take me long to start wondering why I was really out there and how hard I really was. Of course by that time my wife had driven out of shouting distance. And I don't carry a cell phone because it takes all the "commitment" out of an adventure.

Most of my adventures kind of go that way: exciting plans, followed by enduring reality. Usually it is only the early miles that actually make me think about why. Usually having eliminated a retreat I continue forward and eventually in these types of "adventures" the why is forgotten as the how becomes increasingly critical. For instance – how am I going to survive? But the how on this trip was easily overshadowed by what: making first tracks through fresh snow up a beautiful mountain. In my mind I was Maurice Herzog on Annapurna, I was Edmund Hillary on Everest, I was freezing on the side of St. Charles!!

While society sat in soft bodies, on soft couches, pathetically content to watch another video, I was alone, climbing a mountain in a snowstorm wearing running shoes. Sure it was crazy, but hard is good in ways that soft can never match. You appreciate your body, your strength, your world and that you are alive and more importantly living. When parents tell kids of their hard times it isn't to boast, but to remember – they were once alive. And so even though my "hard" was a little too literal (my toes were getting brittle) I had to reaffirm my life was something more than pathetic TV watching and work.

When I finally reached the high ridge overlooking the backside of Greenhorn Mountain I realized that working most of the previous night and sleeping most of the morning were not going to be a good combination for rendezvousing on time with the scouts – they would probably be gone before I could reach them, and/or it might be pitch black with me still in the woods. In a rare instance of caution and intelligence I had given myself an alternative by asking my wife to come back to the trailhead if I didn't show up with the scouts. High on the mountain I changed from runners to skis and gave up my journey over the mountain. I turned back to ski to the trailhead. Although it was a wonderful downhill run in the fresh snow, I felt kind of soft. But I consoled myself with thoughts that I'd at least live to do other hard things in my life – just as soon as I thawed out and sat around long enough to start feeling soft once again.





Rocky on Fitness

By Rocky Khosla, M.D.

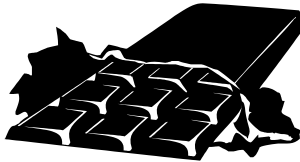


Powered by Pizza (sort of)

Happy New Year everyone! Sometimes, an article is so well written and chock full of so much neat information that it begs to be paraphrased, and this is exactly what I plan to do for this month's column. The article was written by Jane Spencer for the Wall Street Journal (yes, I read the WSJ and yes, I am now officially middle aged!) and this article also got published in the Chieftain on 1/1/04. The article is loaded with nutty nuggets of information gained from some often screwy medical studies, so here goes:

1. **Pizza power:** Researchers analyzed the eating habits of some 3,300 people with cancer and some 5,000 people without cancer and have made the observation that people who ate pizza once a week were less likely to develop several types of cancer including colon, esophageal and mouth cancer, and the risk of developing these cancers decreased as the amount of pizza intake increased.

2. **In praise of chocolate:** Investigators at the Harvard School of Public Health looked at 8,000 American men aged 65 or older and found that people who ate chocolate and other sweets lived about a year longer than those that abstained from candy.



3. **Vacations are good:** A nine year study of 12000 middle aged guys at risk for heart disease found that those who skipped vacations were more likely to die from all causes, especially heart attacks than those who took regular vacations.



4. **Don't be so neat:** According to the hygiene hypothesis, kids who grow up in exceptionally sterile homes never develop a tolerance for plant and animal byproducts found in dust, dirt and hair, and may develop greater allergies to these as they grow older. The most

recent study supporting this theory comes from the New England Journal of Medicine in 2002 which found that kids exposed to endotoxin, which is a bacterial byproduct, were less likely to develop asthma and allergies

5. **Coffee caveats:** investigators at the Harvard School of Public Health have found that men who drank four to five cups of coffee a day had one half the risk of developing Parkinson's disease as men who did not drink coffee.



Now I am not recommending that you all quit cleaning your homes and start eating pizza topped with chocolate while guzzling coffee but I do think you should give serious thought to taking more vacations in 2004!

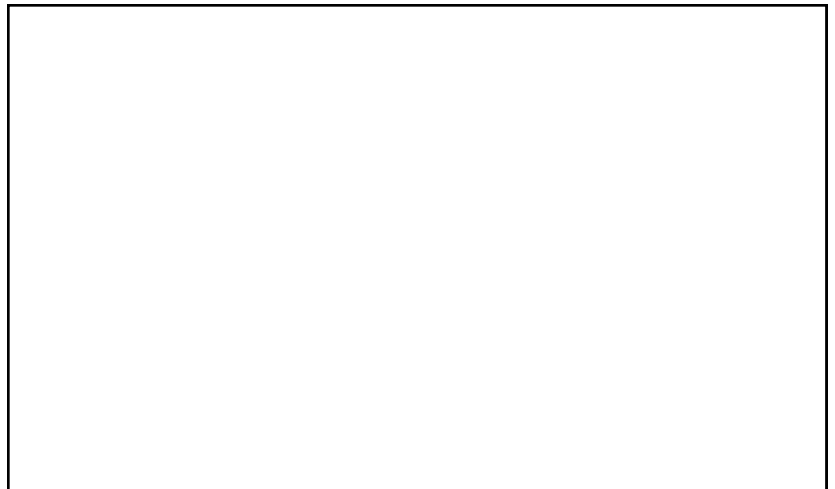
Rocky Khosla, M.D.

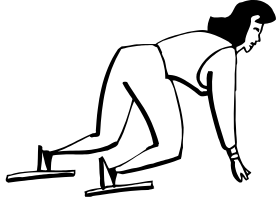
Spring Runoff Meeting

At the Jan SCR meeting Terry Cathcart mentioned that the next Spring Runoff meeting will be on Monday, January 19 at 7:00 PM at the Chieftain building. All interested parties are invited to attend.

Spring Runoff Volunteers Needed

This is one of SCR's premier events. It takes lots of volunteers to make it work. If you are not going to run, please consider helping out. There are a variety of job, some requiring no previous experience. Start earning those volunteer points early! Contact Terry Cathcart at 547-2777 or tvcathcart@aol.com





Ramblin'

by Ron Dehn



New Beginnings

(is that redundant redundant? aka a nostalgic stroll)

With January, we have all the symbolism of new beginnings. This helped me to think about beginnings in general and beginnings in running specifically. And - it led me to a whole bunch of Ramblin' before I actually get to the running part. Consider yourself warned.

My running roots date back to childhood days and school sports. Like most kids in the pre video-game era, we spent much of our time outside – playing everything from hide-n-seek to pick up games of football, baseball, and basketball. In grade school, we would wolf down (yes Melissa – that is an old expression) our sandwiches at lunchtime and head outside. Our school did have a couple playgrounds, and we had barricades to block off a street or two. We typically played whatever sport was in season, and mixed that in with kickball, red-rover, tag, and even marbles. It was several years before I noticed what the girls were doing, but do remember that they were active with jump rope, jacks, hopscotch, and sometimes the games with “less contact” like kickball. Being athletic had nothing to do with it. My recollection is that virtually everybody participated. You might sit out if you were sick, but you would have to be pretty sick, and sat out only if you were forced. I remember making snowmen and a snow fort during school lunch even though I was wearing a cast on my lower leg and ankle. I knew I was not supposed to get it wet, but also knew that the fun involved was worth a minor reprimand.

Our activities outside school were similar. The three channels available on our black & white TV weren't enough to distract the neighborhood kids from spending most of our free time outside. We'd play football or baseball wherever we could. Sometimes it was in the street, sometimes it would be a field made up by two or three front yards. A parked car or a hedge would serve as the goal line or a home run marker depending on the game. The Salardino boys had a concrete slab and a basketball hoop. We spent lots of time in their back yard. Most of us had swingsets, which also doubled as monkey bars. We climbed, hung upside down and did whatever gymnastic stunts we could get away with. Bike riding was another great activity. I think 3 speed bikes were available, but none of us had them. My first bike was actually a girl's bike and hand-me-down from my cousin, Carol. I didn't care that it was a girl's bike – it was a bike! Later, Dad and Mom bought me a candy-apple red and white J.C. Higgins model from Sears – a one-speed of course. With its chrome fenders it was pretty classy.

It was great growing up with a brother. Typically both Dave and I would join in neighborhood activities, or on those occasions when our friends were not around, the two of us could go outside to play catch or whatever. Like most kids, we had chores to do. But – assuming we had taken care of those, our

parents encouraged us to be active. (That assumption would lead to many different stories but those are for another time.) My Dad even got us involved for several years in archery. While not an aerobic sport, it got us outside, and taught us eye-hand coordination, patience, discipline, the spirit of competition, and probably a whole bunch of other things.

We had inter-school competition in middle school sports. Unfortunately, girls' sports had not yet received much attention and cheerleading was the only organized extracurricular physical activity for girls. Most of the boys participated. Again, athletic abilities or lack thereof had little to do with participation. Some of us spent more time on the bench, but went to practices just the same, and got enough playing time to stay interested. High school was quite a bit more competitive, and my “average”, talent (that is a nice way of putting it), didn't get me very far in inter-school competition. But Physical Education was a requirement for most years, and since I enjoyed activity, I took an extra year of P.E. and participated in some after school non-competitive skill based programs.

Again our out of school activities often included pick up games of whatever sport was in season. Swimming, camping and hiking were at the top of summer activities. But if you couldn't get to the pool or the mountains, there was always a handful of neighborhood kids ready to play baseball. And yes, we broke a few windows through the years, and an occasional wrist or finger, but these were accepted as going with the territory.

Even in college three credits of P.E. were required. This led me to one of my favorite college classes. Bob, one of my college buddies, talked me into taking a dance class for P.E. credit. At first, I thought it was a rather stupid idea, but eventually caved in and signed up for the class. Now it turns out that most guys would not even think of taking a dance class, but lots of girls do. That means that the ratio of girls to guys was something like 5 or 6 to 1. We literally had girls lining up to be our partners. I quickly learned to waltz, cha-cha, tango, and fox trot. Bob was a pretty smart guy after all. The downside was that the class only met for 3 hours a week.

Eventually, I graduated from college and got a job at (then) Southern Colorado State College. Not too long after I began, a group of employees started going to the gym to play volleyball at lunchtime. We all got gym lockers and played regularly. The volleyball group eventually branched into basketball, tennis, racquetball, a once-a-year flag football game, summer softball, the Corporate Cup, and even a couple attempts (the key word is attempts) at bull riding.

(Continued on page 8)



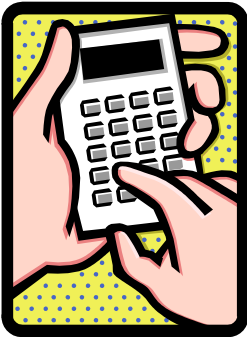
Volunteering for SCR

by Stacey Diaz



Volunteering is a reward in itself however this club has in the past awarded points to volunteers for their efforts with a reward given at the end of the year. With gratitude to Laura Schlif for her contribution the past few years, the baton has been passed to a new VPC (Volunteer Points Coordinator). By undertaking this task I hope to be able to bring renewed clarification to our point system so that all of our volunteers will know where they stand and receive yearly recognition for their contributions to this wonderful group. Fifty points are the minimum required to earn an award. This year's award is a hooded sweatshirt with the club logo embroidered on the front. Suggestions for the next awards are welcomed and encouraged.

The point system is vast and complex but my superior intellect has whittled it down to the following simple procedure. Points carry over to the next year. So if you do not earn enough points in the current year don't despair you may still be able to receive an award if you have at least 50 points regardless of when they were earned. But if an award is earned, any leftover points will not carry over. Points are earned by doing any of the following over any period of time:



- Attending club meetings –5 points
- Assembling club newsletter - 5 points
- Race director—25 points
- Race director for Spring Runoff or Rock Canyon—50 points
- Volunteer to help at a race - 5 points

- Host a Prediction Series race—10 points
- Writing an article/column for the “Footprints” newsletter—5 points
- Picnic or banquet coordinator 10 points.
- Volunteering to help with the picnic and/or banquet 5 points.
- Club president, newsletter editor or membership coordinator—50 points
- Volunteer Points Coordinator—25 points

I plan to print periodic updates so volunteers will know how many points they have earned and how many are needed to receive an award. I hope to be able to keep up with everyone's great effort so that everyone is recognized but if someone is ever overlooked please let me know! Our club is fortunate to have some of the finest volunteers and we could not accomplish any of our events without them. They know who they are.



Music Trivia

Name the popular artists for the following songs:

1. Alice's Rock & Roll Restaurant
 2. Hurdy Gurdy Man
 3. Lay Down (Candles in the Rain)
 4. Get Together
 5. Did You Ever Have to Make Up Your Mind?
 6. Tuesday Afternoon
 7. Up on Cripple Creek
 8. Abraham, Martin, & John
 9. Aquarius / Let the Sunshine In
 10. You Keep Me Hangin' On
 11. Summertime Blues
 12. In the Year 2525
- See answers on page 8



This & That

(SCR Notes Continued from page 2)

support the Southern Colorado Trail Builders by joining the organization as an associate member and contributing \$100. However, Katherine will talk to Austin Clark, the group's president, to see if this is possible.

Race recaps

- The **Rock Canyon Half-Marathon** had a record 324 entries, which included 20 no-shows and 293 finishers. The other runners must have disappeared from earth. Dave Diaz had to mail out 26 shirts and took 30-something shirts to the Runners Roost in the Springs to be picked up by runners in that area.
- The **Excellent Adventure** went well and was a nice social gathering.

Upcoming races

- Ben Valdez needs volunteers for the Jan. 17 **Frostbite Five**. Call him at 543-5151. He will check and see if the construction along the river trail is done from Reservoir Drive to the back of City Park.
- **Valentine's Twosome** flyers are out for this popular Feb. 14 couples race. More chocolate awards will be given out this year.
- Runners will be able to run on the Spring Runoff 10K course, albeit from a different starting and finishing point, on Feb. 22 when the **Spring Runoff Tuneup** Prediction Series race is held, based at Ken Raich's house just west of City Park. Ken has drafted a letter to the Parks Department to have the open the golf course gate for both the Tuneup and the Spring Runoff itself.

Predict Series Standings

As of this writing, Gina Benfatti, the 2003 Series Champion has zero points. Matt Sherman and Rich Hadley, who took 2nd and 3rd respectively, also have goose eggs following their names. What's happening that last years top predictors are not yet on the scoreboard?

NOBODY is on the scoreboard. The Predict Series Standings start fresh with the new year. Right now there is a 187 way tie for first (and last).

So... If you have thought about joining in - now's the time. Speed does not matter, only accuracy.

Hope to see you on February 22!

(Ramblin Continued from page 6)

So – when do we get to the running part? We've been there all along.

The above introduction was a long way of saying that physical activity was a part of my lifestyle from the earliest of times. I can take no credit. I did not make a conscious choice to be active. That was the culture of my schools, neighborhood, family, friends, and co-workers. Running is simply an extension of all the above.

I ran some in the 70's off and on, but it was only occasional, and only 2 or 3 miles at a time. My brother started running races, and I remember being totally amazed that he was going to run 5 miles in a race. Five miles seemed like such a long way.

In 1982, I was playing tennis regularly with my work buddies and was having a little trouble with a sore wrist. Dan Sullivan, a friend and work colleague convinced me to go for a run with him. Four days later, my brother Dave and I ran in the 4-mile Midnight Madness run at (then) USC. From that point on, I've considered running to be a part of "what I do".

That run in June of 1982 may have been my first organized race, but I actually began running many, many years before. Again, not to my credit. I simply had a great a family, neighborhood, school system, & set of friends. Some guys have all the luck.

Answers to Music Trivia (from page 7)

1. Arlo Guthrie
2. Donovan
3. Melanie
4. The Youngbloods
5. Lovin' Spoonful
6. The Moody Blues
7. The Band
8. Dion
9. Fifth Dimension
10. Vanilla Fudge
11. Blue Cheer
12. Zager & Evans

Source: The Summer of Peace & Love Music, PLATINUM disc corporation, a division of Capitol Records

2004 Pueblo Area Racing Calendar *

| DATE | NAME | EVENTS TIME | LOCATION CONTACT - PHONE |
|--------|--|--------------------------|--|
| Jan 17 | Frostbite Five (a) | 5M 10:00 am | City Park Pavilion, Pueblo Information - (719)543-5151 |
| Feb 14 | Valentine's Twosome (c) (1.6M each partner) | 5K 9:00 am | City Park, Pueblo Information - (719)947-3682 |
| Feb 22 | Spring Runoff Tuneup Prediction Run (c) | 10K 9:00 am | 3912 Goodnight Ave., Pueblo Ken Raich - (719)564-0847 |
| Mar 7 | Spring Runoff (a) | 10M/10K/5K/2M 9:00 am | Dutch Clark Stadium, Pueblo Information - (719)547-2777 |
| Mar 21 | Ben & Matt's Trail Mix Prediction Run (c) | 10+M 9:00 am | Nature Center, Pueblo Ben Valdez - (719)543-5151 |
| Apr 10 | Ramsgate 8 Prediction Run (c) | 8K 8:00 am | 8 Ramsgate, Pueblo Lois Pfof - (719)544-9633 |
| Apr 18 | Y-Bi Classic Duathlon (a) | 2.5M/11.2M/3M 9:00 am | Pueblo West Information - (719)543-5151 |
| Apr 25 | Tarantula and Yappy Dog Prediction Run (c) | 8.63M 8:30 am | South Mesa Elementary School (23701 Preston Road), Pueblo Ross Barnhart - (719)543-6982 |
| May 2 | Cinco de Mayo (a) (run/walk) | 10K/2K 8:00 am | Fairgrounds, Pueblo Hilbert Navarro - (719)564-7685 |
| May 15 | Ordinary Mortals Women's Triathlon(a) | 525m/12M/3M 6:45 am | Pueblo Regional Center, Pueblo West Information - (719)543-5151 |
| May 16 | Ordinary Mortals Men's Triathlon(a) | 525m/12M/3M 7:00 am | Pueblo Regional Center, Pueblo West Information - (719)543-5151 |
| May 29 | Custer 2020 Run in the Valley (a) | 6.25K/1M 8:15 am | Westcliffe Information - 1-877-793-3170 |
| May 29 | Run for Rio (a) | 5K 8:00 am | Rye High School, Rye Nancy Martinez - (719)859-5136 |
| Jun 26 | Little Run on the Prairie (a) | 5K/2K 7:30 am | Lovell Park, Pueblo West Information - (719)547-3725 |
| Jul 3 | Women's Distance Festival (c) | 5K Walk/Run 7:30 am | City Park, Pueblo Diana Reno - (719)561-3343 |
| Jul 17 | Pioneer Run (a) | 5K 7:00 am | Hollydot Golf Course, Colorado City Shaun Gogarty - (719)676-3353 |
| Jul 31 | Moonlight Madness Prediction Run (c) | 5M 8:30 pm | 3685 Verde Rd (take exit 87 off I25), south of Pueblo Diane Reno - (719)561-3343 |
| Aug 7 | Mary's Magical Mystery Tour (c) | 5M 7:30 am | 3406 Devonshire, Pueblo Mary Rudolf - (719)564-9599 |
| Aug 28 | Tunnel Drive Prediction Run (c) | 5M 7:30 am | State Hiway Barn, Cañon City Rich Hadley - (719)784-6514 |
| Sep 11 | East High Challenge (c) | 5K 7:00 am | City Park Golf Course, Pueblo David Diaz - (719)564-9303 |
| Sep 18 | Corporate Cup (a) (corporate teams only) | 5K 8:00 am | CSU-Pueblo Library, Pueblo Ben Valdez - (719)543-5151 |
| Sep 26 | Hot to Trot Run (a) | 5K 8:00 am | HARP on Union Ave, Pueblo Jeff Arnold - (719)947-3682 |
| Oct 23 | Harvest Poker Prediction Run (c) | 5M 5:00 pm | Lovell Park, Pueblo West David Diaz - (719)564-9303 |
| Nov 20 | Atalanta Womens' Run (Run/Walk) (c) | 5K 9:00 am | City Park, Pueblo Katherine Frank - (719)549-2236 |
| Nov 27 | Temple Canyon Prediction Run (c) | 4M 9:00 am | Cañon City Rich Hadley - (719)784-6514 |
| Dec 4 | Rock Canyon Half Marathon (c) | 13.1M 9:00 am | City Park, Pueblo Information - (719)564-9303 |
| Dec 12 | Marijane & Nick's Prediction Run (c) | 8±M 9:00 am | 117 Regency, Pueblo Marijane Martinez - (719) 546-6043 |

*As with the rest of the world. Some of this is subject to change without notice.

The Dead Sea Ultra Marathon?

The 11th Dead Sea Ultra Marathon will be held Thursday, April 16th, 2004. So – here's something to take your mind off your taxes. Journey to the heart of the Syrian-African rift valley at the southern outlet of the Jordan River and run an ultra marathon. Geologically this region lies at the lowest point on earth and contains the saltiest large water body in the world. For more info see: <http://www.deadseamarathon.com>

Editor's note: Except for the fact that this is an organized event, it sounds like something Shaun Gogarty would be interested in.



Got Snowshoes?

Speaking of something different - At 11am On February 21 and March 13, you may want to join in the last two events of the the sixth annual Beaver Creek Snowshoe Adventure Series. Call (970) 476-6797 or visit www.gohighline.com/bcsnowshoe for more information.

Attention SCR Race Directors

If your race is missing from the list or if information about your race is incorrect, please send an e-mail to ron.dehn@colostate-pueblo.edu or call Ron at 547-9273

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

**Non-Profit
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***If you move,
Let us know!***

Issues of "Footprints"
are not forwarded.

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

Upcoming Races

Got a Partner? (Or can you get one?)
Got a Baton? (Or can you make one?)
Want a chance at chocolate? (Who
doesn't?) Get creative. Then show up
at City Park for the 9am event on Feb-
ruary 14th.



The Spring Runoff Tuneup kicks off the 2004 Predict Series.
See the article at the bottom of page 8.

Once you have "tuned up", you might as well run the 2004
Spring Runoff. It's the 26th annual, and Pueblo's largest road
race. See a photo of the medals on the cover. If you're not
running, please consider being a volunteer. See the sidebar on
page 5 if you wish to volunteer. And... see the article about
volunteering on page 7.

February Deadline

The deadline for submission of photos, articles, etc. for the
February issue of *Footprints* is Tuesday, February 3rd.

Human Body Trivia

There are over 50 trillion cells in the adult human.

Nerve cells are the longest cells in the body.

The longest, strongest bone in the body is the femur.

Enamel is the hardest material in the body.

Trivia courtesy of:

<http://www.drIenkravitz.com/Pages/fitnesstrivia.html>

The Final Thoughts...

A New Year's resolution is something that goes in one year
and out the other. -Anonymous

Knowing all truth is less than doing a little bit of good. -
Albert Schweitzer

There is more to life than increasing its speed. -Mohandas
Karamchand Gandhi (1869-1948)

Talk doesn't cook rice. -Chinese proverb