



Editor: Ron Dehn

FOOTPRINTS



Please read this. You have an extra day this month!

The Leap Year Edition

In This Month's Issue...

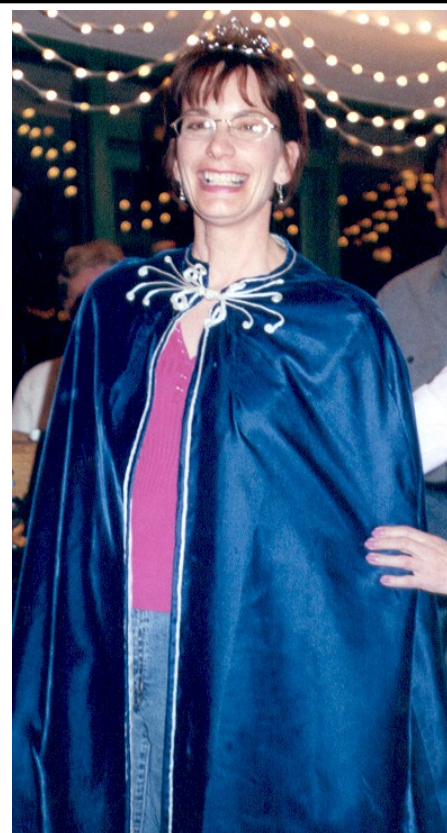
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No, it's not the
Caped Crusader.
It's Gina Benfatti!

Gina was given the "royal treatment" at the SCR Banquet on January 17th. Gina was surprised with a Queen's robe and a crown in honor of her reign as the 2003 Predict Series Champion.

The special ceremony marked the first time in Predict Series history that a lady runner has won the championship.

Gina is expected to be a benevolent queen, and has promised to pass the royal duds to the 2004 Predict Champ, male or female.



For racing schedules, results, contact info, etc—see the SCR website: www.socorunners.org

The next SCR meeting will be held at **6 pm** Wednesday, March 3rd at the **Pueblo Chieftain**. All SCR members are welcome



NOTICE:

Look at your address label on this month's newsletter. If in the upper right-hand corner you see: "Exp Dec 31, 2003"...your membership has expired and you will no longer receive this newsletter. If you find yourself in this category, you can get your membership up-to-date by filling out a 2004 Membership Form and returning it within the next two weeks. If you have already returned your 2004 membership form and the label indicates that your membership has expired, please call Membership Chair Ken Raich at 564-0847 so we can make sure you don't miss the next issue of your favorite newsletter.

SCR Notes

Southern Colorado Runners Club Meeting, Wednesday, February 4, 2004

Present: The usual gang of suspects, plus a few guests.

Mj performed her silent rendition of the National Anthem and the crowd cheered. (also silently)

Official Reports:

The Treasurer's Report was accepted.

Ron reported that Debra Wall submitted an article on the Las Vegas Marathon. He noted that he hoped the newsletter would be finalized sometime next week.

Ken reported that SCR currently has 83 members that have renewed. He also made some changes to the website. Ben noted that many of the YMCA's upcoming events now have links on the SCR website.

Upcoming Races:

Susan Velasco and Chris Ortiz were present to discuss the Survivor's Run. They expressed their gratitude for the club's assistance last year and requested assistance for this year's event as well. The race will be held on March 28, 2004. The course will be changed, as there was difficulty with it last year. Jeff Arnold will once again serve as the SCR liaison. Mike Archuleta will fax the entry form to Marijane prior to distribution.

Ben Valdez talked about the YMCA Healthy Kids Day that will take place on April 3, 2004. It will be a 5K walk/run using the same course as the former YMCA Largest Run. Ben will need finish line and results assistance from the club. He will serve as the SCR liaison. Gary indicated that the club would assist.

Hilbert Navarro discussed the Cinco de Mayo run. He proposed adding a 5K to the already existing 10K run and 1-mile walk. It will be held Sunday, May 2, 2004 and the time will be changed to 7:30a.m. to accommodate the addition of the 5k. He requested club assistance with finish line, results and marking the course. He also requested host families for the runners from Chihuahua. 10% of the net proceeds will go to SCR. Hilbert will serve as SCR liaison.


Paulette Stuart gave a report on the status of the Spring Run Off that will take place on March 7, 2004. The week prior to SRO volunteers will be needed to fold shirts, stuff packets, and distribute packets. It was decided to have interested members meet at the Chieftain at 6:00p.m. on March 3, 2004 which is our next club meeting date. Paulette will supply the pizza for this meeting. Marijane and Nick will purchase cups, Gatorade and 6 five (5) gallon water containers prior to SRO.

Valentine Twosome will take place on Saturday, February 14 at 9:00a.m. at City Park. Jeff Arnold is race director for this event.

Spring Run Off Tune-up Predict will take place Sun, Feb 22, 2004 at 9:00a.m. beginning at City Park swimming pool parking lot. Ken and Pixie will host Pot Luck at their home after the run.

Lois and Don Pfost will be hosting their annual Ramsgate 8/8K Predict on Saturday, April 10, 2004 at 8:00 a.m. A Pot Luck will follow at their home which ironically is 8 Ramsgate.

(Continued on page 7)



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. 265

"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	Gary Franchi	676-4100
Vice President	Rich Hadley	784-6514
Co-Secretary	Sandy Reinsch	
Co-Secretary	Marijane Martinez	546-6043
Treasurer	Dave Diaz	564-9303
Non-Elected Officers		
Membership Chair	Ken Raich	564-0847
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Benjamin Raich*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Ken Raich, Debra Wall, Stacey Diaz, Dick Greet, Pat Berndt
Marijane Martinez, Maria Elena Weaver, Ross Barnhart

SCR meetings generally are held the first Wednesday of each month at the Pueblo YMCA in downtown Pueblo. All SCR members are welcome and may 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.

* Benjamin Raich of Austria recently won the World Cup slalom championship held in Switzerland. We have no idea if Benjamin is related to SCR membership chair / webmaster Ken Raich, but our staff thought it was cool to honor Benjamin as this month's editorial consultant.



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

An extra day in February means I have more time to visit the Gold Dust



217 South Union



Great Stuff

by Gary Franchi



Thanks for the clean campaign

Thought for today's lunch, compliments of George Carlin: *"Those nicotine patches seem to work pretty well, but I understand it's kinda hard to keep 'em lit."*

Musings on running, fitness, life, etc.:

First of all, I'd like to extend sincerest gratitude to all of my opponents who helped to make it an intense, closely-fought SCR presidential campaign. Although it certainly got nasty at times, I'm very pleased that cooler heads always prevailed when necessary and that no serious mud-slinging took place as the race got down to the wire.

Oh, sure, we called each other names that we hope children won't repeat, but I'm especially proud that 4-letter words never entered into any of the debates. Most important, the word "bunghole" and its derivatives were never used. Well, only a little, anyway. Bravo!

So now it's time to put our political differences aside and work together for the betterment of the Southern Colorado Runners in 2004. While I'm sure that it will be difficult at times to sit at the same table at club meetings or elsewhere and refrain from punching each other in the chops, let us do our best to be civil and cordial at all times.

However, lest I get mushy and syrupy and forget the animosity I felt during the heat of the campaign battle, let me say now that every single candidate for the 2004 SCR presidential position is a complete buffoon.

I doubt if I'd get an argument about that.

SCR members who earned those fantastic and embroidered hooded sweatshirts through their volunteer efforts in 2003 have been wearing them proudly. Amazingly, Marijane's even seems to fit her; they must have been available in kid sizes, too. Isn't that nice?

Anyway, those cool sweatshirts were presented to the top volunteers as they were honored at the SCR banquet in January. Witnesses there said several attendees who hadn't volunteered enough to qualify for a sweatshirt were seen trying to sweet-talk Katherine Frank Dvorsky and Laura Schilf, who were handing them out, into giving them one.

The volunteer awards change each year but, yes, they are always cherished prizes. And thanks to a more liberal volunteer point system this year, qualifying for the award is a piece of cake.

Which reminds me: What's the use of having your cake if you can't eat it, too? I mean, who wants to just look at it?

Getting back to reality, be aware that only 50 volunteer points are needed to earn a coveted award. And if you earned points in a previous year but not enough to qualify for an award, those points are carried over to the next year.

Now here's the amazing part. If you do nothing more than attend 10 monthly club meetings this year, you would earn 50 points. That's 50 points for listening to and maybe

participating in banter that affects the club. Shoot, you could even attend and sleep through them and still earn the points, sort of like what you're about to do now, only you'd get points for it.

It gets better. If you help stuff the newsletter each month, you would earn 60 points, or 5 points per stuffing. Be aware that these stuffing parties are held at the Gold Dust Saloon. Hence, you earn 5 points a shot for helping empty these barley-filled liquid dispensers while engaging in small talk with like-minded running folks.

And people wonder why we say this is the greatest runners club in the world!

One last quick point and I'm outta here.

Some of you haven't renewed your SCR memberships yet. So you are receiving this month's issue through the grace of God and the generosity of the club. But after this month, if you haven't renewed, I'm afraid to say that you will be history.

We don't want you to be history. We want you to continue getting a great newsletter containing stimulating information and features, know when all the races are, have entry forms delivered each month and get discounts on club-affiliated races. We also want you to join us at our annual club picnic and our fall bonfire. Most of all, we want you to be part of that greatest runners club in the world.

Even if it has a buffoon or two here and there.

Ten things I was just wondering:

1. How come you never see someone wearing a shirt that says: "I'm a lousy runner?"
2. You really can't say you "slept great" because, if you were asleep at the time, how do you know how well you were sleeping?
3. Just how good is the 2004 Tour de France going to be with Lance going for No. 6 in a row and Tyler Hamilton being ultra-hungry and showcased on a new team?
4. So like, who actually has the time and patience for dial-up Internet?
5. What can you say about someone who would purchase the Lingerie Bowl on Pay-Per View?
6. Would you say that the low-carb craze is sort of like the depletion stage without the carbo-loading that follows?
7. Wouldn't it be fun to organize successful boycotts against triathlons that charge exorbitant entry fees?
8. Hypothetical question: If Boston Marathon entries were transferable, would you really want to run it if you hadn't qualified?
9. If they did a character analysis of the type of person who wears an outlandish costume in a race, would it be similar to those who purchase the Lingerie Bowl on Pay-Per View?
10. Nutrition be damned, aren't you glad whipped cream was invented?



SCR Birthdays (& other events)

February

- 25 Alyssa Navarro
Joseph Bulow
- 26 Nancy Mitrick
- 27 Vicki Meier
Andrea Rogers
- 28 Sandra Messick

March

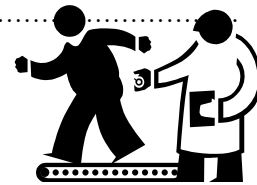
- 2 Rachael Ratzlaff
Priscilla Portillos
Peace Corps Day
- 3 Larry Rogers
Elvis' TV debut, 1955
- 5 Brianna Diaz
Andy Gibb*
- 6 Sarah Clapp
Brandon Hruby
Alan Greenspan*
- 7 Debra Haverfield
Franco Harris*
- 8 Kenneth Raich
Nancy Martinez
Micky Dolenz*
- 12 Paul Koch
Paul Barela
James Taylor*
- 15 Chester Haddan III
Ides of March
- 18 Jonathan Huie
Laura Clark
Bonnie Blair*
- 22 Stephen Hruby
1st Stanley Cup, 1894
- 24 Olivia Sherman
Kristen Meier
Bob Gassen
Exxon Valdez oil spill
- 25 Laura Schilf
Terri Bowland
Aretha Franklin*
- 26 Michael Claudio
Susan Gebhart
Marvin Bradley
Teresa Caprioglio
Robert Frost*
- 27 Carla Claudio
Cale Yarborough*
- 29 Dean Volk
Cy Young*
Pearl Bailey*

*honorary SCR member



Trail Notes

by Shaun Gogarty



Treadin' or Trailin'



Am I just getting older or is the winter really colder and longer? This winter I've been a wimp about running outside. I've actually been running quite a bit, but way too much of it has been with a roof over my head.

This column is supposed to be about trail running, but even trail runners have to hit the treadmills once in a while. With the amount of time I've been on one this winter, I am now something of a treadmill expert. As an expert it seems appropriate that I impart to others some of my expertise about this much maligned but relatively useful running contraption.

The first thing to know about treadmills is that they are expensive. For this reason it is best to not own one if possible. Let someone else spend a lot of money and a lot of space to keep a treadmill. The YMCA for example has graciously purchased several and you can go into their nice warm area and watch TV while running. Or even better still, watch the macho guy next to you out of the corner of your eye. Every time he increases his speed increase yours. Generally speaking people on club treadmills aren't runners, they are just getting a little exercise. So before too long you can watch him get flung off the end or collapse in a puddle of perspiration. The satisfaction is better than winning your age division racing in a 5K.

For some people it isn't practical to be a club member. The headache of going to a club and getting undressed to run is more than the headache of going home and getting all dressed up to run outside. For those people they might have to purchase a treadmill. The best place to purchase a treadmill is from a neighbor or family member. Many people have them. As you visit friends and family just look for a clothes rack. It will have shirts and pants hung on it either drying or waiting to be ironed. This is actually a treadmill!! The great thing about purchasing one of these units is first, it has actually never been used and second, all you have to do is bring in a real clothes rack and exchange it for the treadmill. In most cases the fam-

ily won't even know the difference: they always thought the black padded area was a ridiculously low step to get up to the clothes rack anyway. Also, they will often be thankful for the additional racks if you exchange the treadmill for a real clothes rack. So, keep your eyes open if you have to "buy" a treadmill. The deals are out there.

Finally, a lot of people think that running on a treadmill is boring. This is a myth propagated by fools that have trained for marathons on treadmills. In reality, if you keep the distances down below a mile, then the time really goes by quickly. On my treadmill I actually have a lighted "track" display. If I'm going to take the time to run I always try to get around the "track" at least once. Other things you can do to limit the monotony on a treadmill include: yoga trances and TV trances. The yoga trance is a little tricky and if you go too "deep" you can find yourself "decorating" the wall behind your treadmill. The TV trance is easy and most people are already experts in this area. I prefer running with a channel changer and trying to watch 6 – 10 shows simultaneously. Generally, I'm so busy changing channels that I forget I'm running. Of course with this method you have to buy surround sound because the usual TV volume isn't enough for you to hear over the treadmill. But with what you saved by getting it "used" from your neighbor – why not get that new TV and sound system. With your treadmill, TV and surround sound system you won't need to go outside until June. Have fun running.

Join the SCR Listserv

(It's Easy & Helpful)

The SCR Listserv (electronic mailing list) is a great way to find out about events, last minute changes, carpooling to out of town races, post information, ask questions, or whatever. It's easy and effective.

It allows a member to send a single message to one e-mail address, and the message is broadcast to all list members.

To join, go to the following link on the SCR website: <http://www.socorunners.org/scrcont.htm> scroll to the bottom of the page and follow the easy directions after "Join our mailing list". You will receive an e-mail, then simply reply to it. You will receive additional helpful info. You will also receive directions on how to unsubscribe.



Rocky on Fitness

By Rocky Khosla, M.D.

ITBF



Since spring time is just around the corner, I thought that I would write about a condition that can develop in runners who may start an aggressive training program hoping to get a jump on the coming running season: iliotibial band friction syndrome (ITBF syndrome).

ITBF syndrome seems to affect about 12% of runners, and is the second most common runners injury (patellofemoral syndrome is the most common runners injury). In ITBF syndrome, the iliotibial band starts to rub against the outside part of the lower femur (called the lateral femoral condyle) along with the outside part of the upper tibia (called Gerde's tubercle), and often there is inflammation of the tendon and/or the bursa. The iliotibial band actually starts as the tensor fascia lata which lies over the outside of the hip, and this then becomes the iliotibial band as it courses down the outside of the leg.

Runners with ITBF syndrome tend to complain of a gradual onset of pain without any obvious trauma, and the pain occurs on the outside of the knee with running, and also occurs going up or down stairs. When running, the pain seems worse after foot strike when the knee is bent about 30 degrees.

Risk factors for the development of ITBF syndrome can be divided into two groups: intrinsic factors that you don't have much control over, and extrinsic factors that you may have control over. Intrinsic factors include runners who may have one leg shorter than the other, runners with bowing of the legs (called genu/tibial varum), and lean runners who don't have much fat to act like padding between the iliotibial band and the lateral femoral condyle and Gerde's tubercle.

Extrinsic risk factors for the development of ITBF syndrome include runners who start too aggressive a program with high mileage and lots of hill running and improper training. A common scenario that I see is runners who run on the streets who come in with right sided ITBF syndrome since they are always running on the right side of the street and the right leg has to keep hitting a slightly lower surface than the left leg (as that is how most city streets are shaped).

Treatment of

ITBF syndrome is usually conservative with rest, stretching, icing, and use of anti-inflammatories. If there are some intrinsic risk factors as mentioned above, then using heel lifts or orthotics may help. If the ITBF syndrome has lead to chronic thickening of the bursa (bursae are fluid filled sacks that are present where joint tendons rub against bones), therapy may include injection of steroids, and if that doesn't work, then rarely, surgical resection of the bursa and reattachment of the iliotibial band.

Clearly, the best approach is to prevent the development of ITBF syndrome. So my advice is to make sure that your shoes are in good shape (with no more than 400-500 miles of wear), pick a reasonable training schedule (don't increase your miles by more than 10% per week), and pick better training routes (do most of your running on softer, flat surfaces). And if you do start getting symptoms of ITBF syndrome, don't try to just tough it out, have it looked at, and don't resume your full bore running schedule till the symptoms have completely resolved.

Here's hoping that you have a great injury-free running year, and enjoy the coming spring time in the Rockies!

Sincerely,

Rocky Khosla, M.D.

Spring Runoff Notes

The next SCR meeting will be held at 6pm on March 3 at the Pueblo Chieftain. The Chieftain is supplying pizza, and we will be helping stuff Spring Runoff packets. Sounds like a fair trade.

Runners will again receive great long-sleeved t-shirts. Winners will receive great medals as pictured on the cover of the January, 2004 *Footprints*.

The amazing Ken Raich has engineered a scrolling projection of race results in a tent above the stadium seats. Ken tested the system at the Rock Canyon Half in December.





Ramblin'

by Ron Dehn

Newsletter News / Banquet



Wow, what a month. There is lots going on with Footprints. Several of our readers have become writers / contributors, and we really like that and think you will too. We have the usual gang and please don't take them for granted. Gary Franchi, who edited Footprints for 17 years is still a regular contributor. I don't know how long Shaun Gogarty and Rocky Khosla have been writing for SCR, but I found some of Gary's old newsletters and the Shaun and Rocky columns were present. Thanks go to this group for their ever-faithful contributions.

This month we have some familiar and some new faces to the Footprints scene. Marijane Martinez who writes from time to time documented the February club meeting in the SCR minutes. Ross Barnhart who has contributed several articles and photos the last couple years sent a photo of SCR member Bob Gassen at a karate tournament. Pat Berndt has sent us something here and there and this month gave us a preview of the SECAHEC Health and Fitness Symposium. (I've attended the last two, and they were both exceptional.) Over the last couple years, Stacey Diaz has been sending a photo or news on occasion. This month, Stacey provided an article on the SCR volunteer point system. Debra Wall recently joined SCR and made a note on her registration form that she would help with the newsletter, so she wrote an article. Debra is an experienced interviewer and reporter. You will like her work. And then – out of the blue came more surprises. Dick Greet e-mailed some photos from the Frostbite Five. Maria Elena Weaver, along with husband Al, ran a marathon in her old stomping grounds of Miami, and sent us a great article. It's a treat – enjoy!

While I'm mentioning people, there are some behind the scenes players who deserve credit. My wife Chris gets volunteered to preview my articles just hours (sometimes minutes) before my trip to the printer. She often does this just before going to sleep. Hmmm. Perhaps I've found a cure for insomnia. At times our kids have been roped into previewing articles. Then there's Sam (Samantha) at PaperWork. She has saved my neck more than once. And don't forget Ken Raich who provides the birthday list, the mailing labels, and the results on the web. The website is my source for much information. And, there's the stuffers. A group consisting of mostly the same people, gathers to stuff inserts, slap on labels, and get the newsletters ready for the Post Office. Oh yes, let's not forget Deb and Don who handle the bulk mail at the Postal Service.

The danger in writing this kind of article is that it is easy to omit somebody from the list. I hope I didn't, but my mind is becoming more sieve-like by the day, and it is certainly possible. In any case – I thank a whole team of people who spend considerable time to get this newsletter in your hands. I sus-

pect there are a whole bunch of people who appreciate your efforts.

Now to the Banquet. First, congrats to the organizing committee of Sandy Reinsch, Jill Montera, and MoJo Martinez. Rich Hadley handled awards. Between Laura Schilf and Katherine

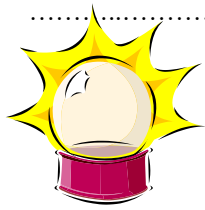


Emcee Nick Leyva gives the Most Valuable Club Member award to Dave Diaz

Frank-Dvorsky, 27 volunteers from 2003 received some great sweatshirts with the SCR logo.

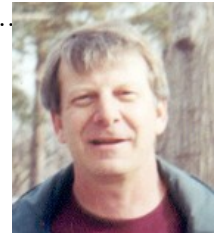
Speaking of awards. The club recognized Dave Diaz as the Most Valuable Club Member. Dave is race director for the Rock Canyon half marathon and Harvest Poker Run, serves as club treasurer, is a regular at meetings, and stuffing sessions, and is a generous volunteer at many other club races and events. Marv Bradley was recognized as the Top Male Runner. He has completed a marathon or ultra in all 50 states plus D.C, and is frequently seen on the award's stand. He will often run marathons back to back. Katherine Frank-Dvorsky was honored as the Top Female Runner. Katherine consistently places in the top 3 at local races and has qualified for Boston for 5 consecutive years. She has served as SCR President for the past 2 years. Sarah Koch received top honors as the SCR Youth Runner of the year. In addition to her running accomplishments, Sarah often puts on the volunteer hat and has handed out thousands of water cups. Joe Dvorsky got the dirty sweatsock (actually a plaque). This award goes to a "behind the scenes person" who helps out a lot, but is rarely

(Continued on page 13)



2004 SCR Predict Series About to Begin

by Ken Raich



The first race of the 2004 SCR Prediction Series, "The Spring Runoff Tuneup", will be held on February 22nd. Runners in this prediction race will run the actual 10K course of the real Spring Runoff two weeks before the official Spring Runoff is held. In fact, every one of the prediction races has a "quality" that makes it unique (and fun).

If you miss a prediction race or two (or 5)...don't fret...you only need to complete 5 of the 10 races in the prediction series to be eligible for an award. Of course, you can run in as many of the SCR series races as you wish, however, only your best 5 finishes will be considered for the series awards.

"Golly, that all sounds well and good." you ask, "But what the heck is a prediction series and how does SCR determine who gets the awards?" Well, I'm glad you asked (You DID ask, didn't you?). Here's the concept of the prediction series (in a nutshell):

All runners are equal during a prediction race. It does not matter how fast or how slow a participant runs! The winner of each race is the runner who finishes closest to his or her predicted time.

Before every race, each runner is required to predict his or her finishing time. This prediction is written down and no runner is allowed to wear a watch during the event. A runner's "adjusted finishing place" will be determined by how close that runner's "prediction" comes to his or her "actual finishing time." Every runner in a prediction race is awarded "points" during that race. More points will be awarded to those whose "adjusted finishing place" is lower than to those whose "adjusted finishing place" is higher. For example: the runner in a prediction race who comes closest to his or her predicted time earns 1st place and gets 100 points...everyone else earns a higher place and gets fewer points (depending on how far they are from their predicted time). You can read precisely how points are awarded on the SCR web site.

At the end of the series, the points from each runner's five best races will be totaled and SCR will present "Prediction Series" awards to those with the highest point totals. The awards will not be categorized by sex or age group because every runner has an equal chance of getting an award (according to how accurately they predict their actual finishing time). The awards will be presented in January during the SCR Banquet.

Below is the prediction race schedule for the 2004 series:

Feb 22	Spring Runoff Tuneup Prediction Run
Mar 21	Ben & Matt's Trail Mix Prediction Run
Apr 10	Ramsgate 8 Prediction Run
Apr 25	Yappy Dog Prediction Run
Jul 31	Moonlight Madness Prediction Run
Aug 7	Mary's Magical Mystery Tour
Aug 28	Tunnel Drive Prediction Run

Oct 23	Harvest Poker Prediction Run
Nov 27	Temple Canyon Prediction Run
Dec 12	Marijane & Nick's Prediction Run

If you're tired of always seeing the fastest runners win every race. Join us for the prediction series. We honestly don't have a clue who the 2004 winners will be!

(SCR Minutes Continued from page 2)

Activity Recaps/Updates

It was the consensus of the group that the SCR Banquet was a great success. Kudos to Sandy Reinsch, Jill Montera and Marijane Martinez for doing an excellent job! Thanks to the following individuals as well: Rich Hadley for handling awards; Katherine Frank-Dvorsky for handling sweatshirts for volunteers; Laura Schilf for keeping track of volunteer points and to all others who may have assisted in one way or another with the overall success of the banquet.

Marijane will give a check for \$100.00 to Katherine Frank-Dvorsky to pass on to the SoCo Trail Builders affiliation on behalf of SCR. Also, Mj will ask Katherine to ask the group if they could provide us with periodic reports.

Ben discussed the High Altitude Training Camp the YMCA is planning at Camp Jackson May 21 – 23, 2004. He distributed a tentative schedule of events and estimated the cost would be somewhere in the neighborhood of \$150.00 per person. He is currently about 90% certain it will happen. He also asked members to recommend individuals who they think would be capable of helping with events listed.

Discussion regarding the SCR Questionnaire was held. It was decided that a 1-page (front/back) would be sufficient. It was also decided to provide it in the newsletter as well as on the Internet. The first item to be discussed will be the SCR picnic. Debra Wall, Nick Leyva and Ron Dehn will prepare a questionnaire and present it to the club.

New Stuff

Señor Franchi aka el Presidenté, asked members if they were familiar with Colorado Runner Magazine as he recently received correspondence from them. No one was familiar with the magazine so Gary will ask for a complimentary copy.

Marijane suggested mentioning in the newsletter how readers can subscribe to be members of the SCR List Serve.

It was reported that RRCA/AARC are working on a merger.

There being no further information to discuss (Thank Heavens!) the meeting was adjourned to Prime Time for further and yet more important decision making!

Submitted by, Marijane Martinez (because Sandy ditched the meeting)



Club Members Leave Their Marks in Las Vegas

by Debra Wall



Twelve Southern Colorado Runners Club members represented the organization at the Las Vegas Marathon and Half-Marathon on Jan. 25.

Racing on an old frontage road, participants were bused from race headquarters, located at the MGM Grand, to the starting area. With a 6:30 a.m. start time, the half-marathoners loaded up first.

Arriving at the starting area, runners tried to stay warm, remaining on buses as long as possible. As start time drew closer, Gary Franchi, Marijane Martinez, Misti Frey, Kathy Stommel and Stacey Diaz joined 2,647 other half-marathoners at the starting line.

It took more than one minute to actually cross the starting line, Franchi said.

The half-marathon course, being mostly flat with a slight downhill in the beginning and a slight uphill at the end was an easy course. Half-marathoners were given a nice tail wind making the run even more pleasant.

“All in all, it was a great experience,” Franchi said.

Finishing the half marathon in 1:43:40, Franchi was pleased to maintain a consistent pace throughout the entire race.

Steve Cathcart, son of Spring Runoff race director Terry Cathcart, finished the half-marathon in 1:12:12, placing him third in his age division and ninth overall in the men’s division.

Taking their marks at the starting line at 7:30 a.m. with 1,791 other marathoners, Nick Levya, Gerald Puls, Joe Stommel, Jessie Quintana, Chief Reno and Dave Diaz began their trek on the outskirts of Las Vegas.

Thirteen miles into the race the marathoners contended with Mother Nature’s unwanted gift—thirteen miles of head wind. Losing some time to their overall performance, they all forged ahead, each having a different goal to accomplish.

Jessie Quintana completed the course in 4:59:18, achieving her goal, by mere seconds, to finish in less than five hours; Chief Reno finished in 3:46:22, slating his first ever marathon time and Dave Diaz completed the course in 3:40:25, qualifying him for the Boston Marathon (again).

Retirement had given Diaz more free time, so he was able to concentrate on his marathon training and had hoped to have a better finish, he said.

Although his current time qualifies him for the Boston Marathon, Diaz has no interest in running with the masses, he said. He enjoys the Las Vegas Marathon because it is fun and gives him an opportunity to take a vacation.

He plans tackling the Ft. Collins Marathon this May and hopes to improve his time there.

One other club member is no stranger to the Las Vegas Marathon. Joe Stommel has completed this race for the eighth consecutive time.

Although running in the Chicago, New York and Boston marathons are good memories for Stommel, he enjoys the Las Vegas Marathon for its consistent flat course with good weather.

Having run his first marathon in 1983, Mayor’s Cup in Den-

ver, Stommel has no intention of slowing down now. Some upcoming endeavors for him include the Moab Half-Marathon, Spring Runoff, Ordinary Mortals Triathlon and much more.

The Las Vegas Marathon and Half Marathon is the seventeenth oldest of the more than 1,000 worldwide annual marathons.

Timing chips were used to record accurate times for the 4,449 race participants.

Runners were able to visit a two-day expo where they found clothing, posters, GOO, Camelback water systems and much more.

Guest speaker for this year’s festivities was John “The Penguin” Bingham, writer for *Runner’s World*.

Editor’s Note: Debra is new to Footprints, SCR, and Running in general.

She was stung by the running bug last May after watching her bother and sister-in-law, Steve and Jacqueline Wall, compete in the Run for the Rose.

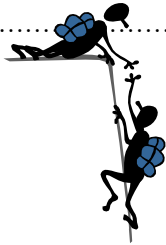
Later that same month, Debra began entering races, traveling to Rye to compete in Run for Rio. Soon after being stung, T-shirts began accumulating as she completed more races throughout summer 2003: Sailin’ Shoes, Run for the Summit, Little Run on the Prairie, Mayor’s Cup-Woodland Park and Hot to Trot. It wasn’t long before she dedicated her time to training for a bigger goal—the Duke City Half Marathon. She finished her first running season with the Rock Canyon Half-Marathon.

Debra graduated from USC (now CSU-Pueblo) in May 2003, earning her bachelors degree in mass communications. Among other activities, she served on the staff of the campus student newspaper including a stint as one of the editors. Currently, she is the special events coordinator for Sangre de Cristo Hospice & Palliative Care.

We welcome Debra to the running community, and to the Footprints family. We also congratulate her on a great initial article, and look forward to her future contributions.

Las Vegas halfers and marathoners: (from left): Dave & Stacey Diaz, Kathy & Joe Stommel, Gary Franchi, Marijane Martinez, Nick Leyva, Misti Frey and Chief Reno. Jessie Quintana and Geerald Puls were not available for the photo.





SCR Volunteer Points Update

by Stacey Diaz



As predicted the point matrix was exceedingly complex and sophisticated. However the mastery of certain algorithms has allowed me to decipher where everyone stands in relation to their point totals. Below are the names and totals that carried over from 2003. For space considerations those with less than ten points aren't listed here but the points are recorded and they do carry over from 2003. If you received a volunteer award for 2003 the starting balance for 2004 is zero points. The embroidered sweatshirts were, I thought, pretty cool and I hope those that received them thought so too. Suggestions are welcomed for the 2004 volunteer awards and all you need to get one is 50 points! If you have any questions regarding points feel free to contact me at diazsd@aol.com

Point carry overs from 2003: Pat Berndt-20, Aaron Berndt-30, Steve Cathcart-15, Chris Dehn-25, Aaron Diaz-30, Anthony Diaz-40, Brianna Diaz-30, Monica Diaz-30, Cindy Dreiling-

25, Jan Dudley-10, Joe Dvorsky-30, Sue Eddy-10, Rich Hadley-40, Mark Koch-20, Sarah Koch-35, Jill Montera-15, Chuck Moore-30, Shelly Moreschini-10, Hilbert Navaro-10, Mike Ornedorf-45, Priscilla Portillos-15, Phil Quattlebaum-25, Pixie Raich-40, Sandy Reinsch-10, Janelle Rodriguez-35, Jenny Sherman-10, Matt Sherman-40, and Kathy Stommel-35.

Following is the list of people that were awarded volunteer sweatshirts for 2003: Jeff Arnold, Ross Barnhart, Terry Cathcart, Ron Dehn, Dave Diaz, Stacey Diaz, Gary Franchi, Shaun Gogarty, Deb Hadley, Stan Hren, Rocky Khosla, Don Learned, Nick Leyva, Marijane Martinez, Don Pfof, Lois Pfof, Ken Raich, Chief Reno, Diana Reno, Tiffany Reno, Mary Rudolph, Ben Valdez, Larry Volk, Laura Schilf, Ruth McDonald, Shelley Riddock, and Katherine Dvorsky.

More from Las Vegas

Results

Marathoners

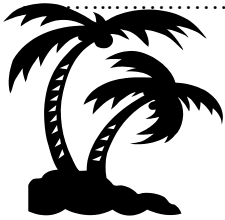
	Chip Time	Div Standing	Pace/Mile
Dave Diaz	3:40:25	17(112)	8:25
Nick Leyva	3:46:42	43(165)	8:40
Gerald Puls	7:05:09	4(4)	16:14
Jessie Quintana	4:59:18	2(11)	11:08
Chief Reno	3:46:22	91(210)	8:39
Joe Stommel	3:43:12	31(165)	8:32

Half-Marathoners

	Chip Time	Div Standing	Pace/Mile
Stacey Diaz	1:56:12	46(204)	8:52
Gary Franchi	1:43:40	19(127)	7:55
Misti Frey	1:58:23	61(192)	9:02
M Jane Martinez	1:58:24	23(130)	9:02
Kathy Stommel	2:25:36	134(213)	11:07
Steve Cathcart	1:12:12	3(200)	5:31



Congrats to Chief Reno who completed his first marathon. Photos from the Franchi collection.



The Miami Tropical (Rainforest) Marathon

by Maria Elena Weaver



On February first of this year my husband Al and I ran the Miami Tropical Marathon. As an ex Miami runner, I was thrilled to go back and run on familiar turf with oxygen in the air, in the South Florida climate. With my daughter living there now, I didn't need much convincing to sign up, but Al took some work. By the end of last November we were signed up and committed.

We trained in cold and snowy weather and on the boring treadmill and looked forward to great Florida winter weather. Returning to my old hometown was incredible. The familiar and beautiful neighborhoods where I trained for four marathons before moving to Colorado were still there. Coral Gables with its old Spanish style homes and their lush yards. Coconut Grove, the funky neighborhood where million dollar homes sit a few blocks from slums. Miami Beach in all its gaudy glory and European wannabes. This marathon took us through all of these but the rain that fell during most of the race made them a little hard to see. While the race brochure boasted weather in the 50's at the start and a beautiful sunrise for last year's race, this year was different. We never saw the sun come up. Now we know how Miami stays so green. Ironically, the next three days were beautiful and the sun was back for our trip to the beach.

This was the best supported race I have ever run. There were water stops at almost every mile staffed by loud and enthusiastic volunteers and spectators. The rain didn't dampen their enthusiasm. They came out with and without umbrellas. There were three boys on the Venetian Causeway with each letter of MOM spelled on their bare chests, patiently waiting for a lucky woman runner. Wealthy families in the Grove sat under their umbrellas sipping their lattes while the homeless in downtown Miami yelled out their opinion about our intrusion. Cars honked and loud music blared to encourage us on. I'm sure that they played "Brown Eyed Girl" just for me. My own brown eyed daughter Melina and son Jesse stood in the rain to cheer us all. The nifty medal with twirling design was a fine finish to a tough but wonderful race.

The extra oxygen must have helped because in spite of being soaked from head to soggy, blistered toes; Al and I finished in the top 300 of the males and females. My old ankle injury didn't help but, who knows? I didn't need my asthma inhaler the whole week I was there or for the run and dream about ocean front living. For the time we are back in Colorado, The snow on the roads on our trip home was a rude reminder that the vacation was definitely over. Back to running with so little oxygen that I can now hold my breath and run for a block or two. It comes in handy when running by stinky diesel trucks.



Oh, I finished at 4:18 and Al at 3:42, real running times registered with electronic chips. This was our first time with the chips; beeping just like groceries at various check point mats. The last beep at the finish line was a relief and I gladly surrendered my chip to a volunteer. Out of 4000 registered marathoners just 1780 of us finished. Miami is over and I am now thinking about racing in Jamaica.

Can you imagine, more beaches, more tropical weather and reggae music at every mile of the race? I'll take a little Marley with my water, please!

Editor's Note: Maria Elena Weaver has been running since 1981 but started racing in 1987. Her first run was an 8K on Miami's Calle Ocho (eighth street) with Gloria Estefan's Conga blaring from the boom boxes, and she was hooked. M.E. has run seven marathons and finished all but one due to hypothermia. Her favorite running club is the Pueblo bunch, not only are they well organized but friendly. Favorite runs include the Marine Corps Marathon and anything flat at sea level. A native Cuban, this runner does not do well with high altitude cold weather running.

She received a B.S. in physical therapy from Florida International University in 1982 and works in home health, teaches Spanish and interprets in court. Special professional interests include infant massage, neurological rehabilitation and therapeutic massage. Among many hobbies she enjoys, knitting, sewing, weaving (a real Weaver), reading and writing. Maria Elena has two children, Melina and Jesse. Her favorite runner is Al, her husband who is too fast to be her running partner but she says he is great to watch as he runs away.

Al and Maria Elena Weaver at the SCR annual banquet





The 3rd Annual Health & Fitness Symposium

by Pat Berndt



The “For the Health of It” symposium is scheduled for March 5th and 6th at the Occhiato University Center at CSU-Pueblo. It is again packed with experts you certainly wouldn’t expect to be able to hear at a conference in Colorado, much less in Pueblo. With the exception of the keynote speakers, participants will have the opportunity to choose between three speakers for each session and are welcome to attend any session. One of our keynote speakers, Loren Cordain, PhD, is widely acknowledged as one of the world’s leading experts on the natural human diet of our stone-age ancestors. His research into the health benefits of stone-age diets for contemporary people has appeared in the world’s top scientific journals including the *American Journal of Clinical Nutrition*. Dr Cordain’s recently published popular book, *The Paleo Diet* has been widely acclaimed in both the scientific and lay communities. He regularly lectures around the world and we are very fortunate to be able to bring him here. Dr Gloria Beim is our other keynote, and is an exciting addition to our line-up. Not only is she an accomplished orthopedic surgeon with special training in sports medicine, as well as knee and shoulder arthroscopy, Dr Beim is the author of *The Female Athlete’s Body Book* and is a frequent expert in sports medicine for such programs as The Today Show.

Here are a few who will be of special interest to runners of any caliber. Our own George Dallam, PhD will again join us and we are always thrilled to have someone with his expertise both lecture as well as assist with planning of this conference (Thanks, George!) For those who don’t know, in addition to his work as an instructor in the area of exercise physiology, George, who is on the vanguard of some exciting new training techniques, is the coach of a number of elite triathletes, most notably Hunter Kemper. Hunter is the currently ranked number one triathlete in the United States and the first American male to win a World Cup event in Madrid, Spain (2003) since 1994. Dr Dallam will share with us some of the techniques he uses with his athletes to take maximum advantage of the capacity to train without overtraining. Serious about your cycling? Allen Lim is an exercise scientist who is rapidly making a name for himself in professional circles as an expert in competitive cycling (look for interviews with him on the web). He is the coach of a number of teams, including the US postal Service and the Celestial Seasonings Women’s professional cycling team. He will discuss



Dr. George Dallam

“Understanding the Physical and Physiological Demands of Competitive Cycling”. Also paving new ground is exercise physiologist, coach and dietitian, Bob Seebohar. Bob takes sports nutrition to the next level and makes specific nutrition recommendations based on where an athlete is in the physical training cycle at any given time during the year as he explains “Nutrition Periodization for Endurance Athletes” Dr Khosla, always a popular and highly rated speaker, will present Asthma, Allergy, Anaphylaxis and Exercise. Neal Henderson, who holds a master’s degree in Kinesiology and is an accomplished elite-level coach, will be explaining the use of heart rate monitoring in endurance athletes. He will present information on the relationship of the heart rate response to other physiologic markers of intensity including oxygen consumption (VO₂) and blood lactate concentration. Other topics include Common Sports Injuries in the High School Athlete, Stress Fractures, Yoga for Injury Prevention and Healing and many more. Complete information on all the speakers and bio’s can be found on the SECAHEC web site: www.secahec.org.



Neal Henderson



The Brrrr - Frostbite Five

On January 17, seventy-six people gathered at City Park to run the Frostbite Five Miler. It was cool outside, but nobody got frostbite. Phil Hudnall, Mike Wasson, and J J Huie heated things up with times of 26:38, 26:50, and 28:16 for the men. Wow! On the ladies side, Emily Borrego, Vicki Meier, and Darlene Phelps took the 1,2, & 3 spots with times of 35:58, 37:59, and 38:41. Another Wow! Ben Valdez did another great job as race director. Thanks also to the following volunteers: Finish Line: Terry Cathcart, Lois Pfost, Mark Koch, Kathy Stommel Course Marshals: Joe Bulow, Jill Montera, Jase Montera Photographer: Ron Dehn Results: Ken & Pixie Raich. We also thank Dick Greet for taking photos near the 2 mile mark.

Frostbite Five Results

PI	Name	Sex	Grp	PI	Age	Grp	From	Time	Pace
1	Phil Hudnall	M	1	Overall			Colorado Springs CO	26:38	5:20
2	Mike Wasson	M	2	30-39			Monument CO	26:50	5:22
3	J J Huie	M	1	20-29			Colorado Springs CO	28:16	5:39
4	Timothy Boilard	M	2	20-29			Pueblo CO	28:18	5:40
5	Anthony Surago	M	1	40-49			Manitou Springs CO	28:40	5:44
6	Dean Maruna	M	2	40-49			Erie CO	28:57	5:47
7	Michael Orendorff	M	1	50-59			Pueblo CO	30:59	6:12
8	Lawrence R Volk	M	3	40-49			Pueblo CO	31:36	6:19
9	Matt Sherman	M	3	30-39			Pueblo West CO	33:54	6:47
10	Chief Reno	M	4	40-49			Pueblo CO	34:43	6:57
11	John Hobby	M	4	30-39			Pueblo West CO	34:55	6:59
12	Lou Huie	M	2	50-59			Colorado Springs CO	35:33	7:07
13	David E Baker	M	5	40-49			Pueblo CO	35:50	7:10
14	Emily Borrego	F	1	Overall			Pueblo CO	35:58	7:12
15	Marvin L Bradley	M	1	60-69			Canon City CO	36:27	7:17
16	Steve Wall	M	6	40-49			Pueblo CO	36:29	7:18
17	Bill Veges Jr.	M	7	40-49			Pueblo CO	36:30	7:18
18	Nick Leyva	M	3	50-59			Pueblo CO	36:40	7:20
19	Joe Stommel	M	4	50-59			Pueblo CO	36:46	7:21
20	Greg Laney	M	8	40-49			Pueblo CO	36:50	7:22
21	Bill Mares	M	5	30-39			Pueblo CO	36:56	7:23
22	Eugene Mares	M	9	40-49			Pueblo CO	37:13	7:27
23	Stanley E Hren	M	2	60-69			Pueblo West CO	37:16	7:27
24	Bob M Gassen	M	5	50-59			Canon City CO	37:41	7:32
25	Vicki Meier	F	2	30-39			Canon City CO	37:59	7:36
26	Gary Franchi	M	6	50-59			Colorado City CO	38:00	7:36
27	Ethan Barbieri	M	1	0-19			Colorado City CO	38:27	7:41
28	Mark Weritz	M	10	40-49			Boulder CO	38:40	7:44
29	Darlene Phelps	F	3	30-39			Colorado Springs CO	38:41	7:44
30	Candice Creecy	F	1	20-29			Pueblo CO	39:21	7:52
31	Paul DallaGuardia	M	11	40-49			Colorado City CO	39:39	7:56
32	Chester Carl Haddan III	M	6	30-39			Pueblo CO	40:37	8:07
33	Andrew Maez	M	7	30-39			Pueblo CO	40:48	8:10
34	Joe J Gonzales	M	3	20-29			Pueblo CO	40:50	8:10
35	Anthony L Diaz	M	12	40-49			Pueblo CO	40:53	8:11
36	Marijane Martinez	F	1	50-59			Pueblo CO	41:23	8:17
37	Misti Frey	F	4	30-39			Pueblo West CO	41:28	8:18
38	Dwight Martinez	M	7	50-59			Pueblo CO	41:50	8:22
39	Michael D Sanchez	M	13	40-49			Pueblo West CO	41:59	8:24
40	David Crockenberg	M	8	50-59			Pueblo CO	41:59	8:24
41	Carol A Kinzy	F	2	50-59			Pueblo CO	42:14	8:27
42	Patrick K Swank	M	9	50-59			Pueblo CO	42:21	8:28
43	John Jessen	M	10	50-59			Pueblo CO	42:35	8:31
44	Catherine T Gomez	F	1	40-49			Pueblo CO	42:36	8:31
45	Dani Hains	F	2	40-49			Green Mountain Falls	42:44	8:33
46	Tim Caudill	M	14	40-49			Florence CO	42:54	8:35
47	Louis F Vigil	M	15	40-49			Canon City CO	43:06	8:37
48	Hilbert Navarro	M	3	60-69			Pueblo CO	43:17	8:39
49	Diane Lopez	F	3	40-49			Pueblo CO	43:21	8:40
50	Francine C Borton	F	3	50-59			Pueblo CO	43:40	8:44

51	Laurie Wertzbaugher	F	4	40-49			Canon City	44:36	8:55
52	Phil Rose	M	4	60-69			Colorado Springs CO	44:53	8:59
53	Michael Reid	M	8	30-39			Pueblo CO	44:56	8:59
54	David Watson	M	16	40-49			Pueblo West CO	45:10	9:02
55	Mike Archuleta	M	17	40-49			Pueblo CO	45:45	9:09
56	Patrick Krumholz	M	9	30-39			Pueblo CO	46:03	9:13
57	Troy Smith	M	10	30-39			Aurora CO	46:13	9:15
58	Don R Pfost	M	5	60-69			Pueblo CO	46:17	9:15
59	Steve J Kastner	M	18	40-49			Pueblo West CO	46:37	9:19
60	Jessie M Quintana	F	1	60-69			Pueblo CO	46:41	9:20
61	Jeff Vroom	M	11	30-39			Pueblo West CO	47:33	9:31
62	Vicki Griecius	F	5	40-49			Colorado Springs CO	48:08	9:38
63	Jan Dudley	F	6	40-49			Pueblo CO	48:48	9:46
64	Sarah Koch	F	1	0-19			Pueblo CO	49:29	9:54
65	Janet H Dash	F	7	40-49			Pueblo CO	49:48	9:58
66	Melisa Denise Maes-Johnson	F	5	30-39			Pueblo CO	49:53	9:59
67	Ted Johnson	M	12	30-39			Pueblo CO	49:54	9:59
68	Russell Britton	M	4	20-29			Colorado Springs CO	49:57	9:59
69	Walter U Gomez	M	6	60-69			Pueblo CO	50:19	10:04
70	Donald Moore	M	13	30-39			Pueblo West CO	50:52	10:10
71	Donna A Nicholas-Griesel	F	4	50-59			Coaldale CO	51:08	10:14
72	Melinda Orendorff	F	5	50-59			Pueblo CO	51:13	10:15
73	Staci Christenson	F	6	30-39			Colorado Springs CO	51:28	10:18
74	Carla Braddy	F	7	30-39			Canon City CO	51:29	10:18
75	Cathryn L Sanchez	F	8	40-49			Pueblo West CO	53:44	10:45
76	Cheryl K Cook-McCoy	F	6	50-59			Salida CO	57:20	11:28



Emily Borrego (left)
took 1st overall
honors
Vicki Meier (below)
was 2nd overall

Photos by Dick Greet



More on the Banquet

(Ramblin' Continued from page 6)

out in front where people can recognize him / her. The Reno family was given the Packard Friendship award for their many, many contributions as individuals and as a family. The Packard award is given in memory of an area running couple, which met an untimely death in a car accident. Gina Benfatti was crowned as the 2003 Predict Series Champ. (see the cover)



Youth Runner of the Year
Sarah Koch



Joe Dvorsky and Katherine Frank-Dvorsky received the Dirty Sock and Top Female Runner awards respectively

SCR has new officers for 2004. Gary Franchi will be our president and fearless leader. See this month's *Great Stuff* for more on his campaign. Rich Hadley returns as an officer after a couple years off, this time as Vice President. Sandy Reinsch and Marijane Martinez will serve as co-secretary. Thankfully, Dave Diaz will again take on the role of treasurer. SCR is circulating a petition to put Dave's face on the \$20 bill. We thank the previous officers: Katherine Frank (pres), Diana Reno (vice pres), Gary Franchi (secretary), and Good Ol' Dave (treasurer).

More Frostbite Photos

From the left, David Crockenberg, Chester Haddan III, Jessie Quintana, and Steve Kastner



Potpourri

Coin the Caption Contest

Yes readers, the staff at *Footprints* listens to you and we do everything we can to get you to read this publication.

So, when one of our readers said that they actually looked at the photo for our last "Coin the Caption Contest", we figured we should do it again.

The photo to the right was taken in Las Vegas and contributed by G.F. We received permission from D.D. to use the photo. (we are using initials to preserve anonymity)

The Rules: Come up with a caption to the photo to the right. Send up to 3 entries to ron.dehn@colostate-pueblo by midnight Friday, March 5th. Judges will pick a single winner and will not have access to identity of contestants. The prize will be a \$25 certificate to the Gold Dust. Yes, *Footprints* is a family publication, but we'll bend slightly if it is funny enough. Repeat - slightly.



Bob Gassen Wins State Awards

Bob Gassen, SCR member from Canon City is pictured to the far left at the Colorado Karate Association State Awards Banquet on December 7.

Bob received awards for being state champion in the Black Belt Forms Division and 3rd in Black Belt Sparring.

Bob consistently places in his division in our local runs.

We thank Ross Barnhart for the photo and the information.

Footprints Submission Deadline

If you wish to submit an article, a photo, information, etc, etc for the March issue of *Footprints*, please submit

to
ron.dehn@colostate-pueblo.edu

by Wednesday, March 3 to insure inclusion in the March issue.

THANKS!!!

2004 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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) Run / Walk (2M)	10M/10K/5K/2M 9:00 am	Dutch Clark Stadium, Pueblo Information - (719)547-2777
Mar 20	Ben & Matt's Trail Mix Prediction Run (c)	10+M 9:00 am	Nature Center, Pueblo Ben Valdez - (719)543-5151
Mar 28	Survivor Run Run / Walk (a)	3M + or - 8:30	Mineral Palace Park, Pueblo Chris Ortiz - (719)583-4420
Apr 3	YMCA Healthy Kids Day 5K Walk / Run (a)	5K 9 am	YMCA Ben Valdez - (719)543-5151
Apr 10	Ramsgate 8 Prediction Run (c)	8K 8:00 am	8 Ramsgate, Pueblo Lois Pfost - (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 7:30 or 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) Run (5k) / Walk (2k)	5K/2K 7:30 am	Lovell Park, Pueblo West Information - (719)547-3725
Jul 3	Women's Distance Festival (c) Run / Walk	5K 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 (c) (Run / Walk)	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

*We make every effort to be accurate however, as with the rest of life, some of this is subject to change without notice.

Other Running Notes

The Spring Runoff **Tuneup** (not the Spring Runoff), and the Ramsgate 8 are club Predict Races and are also Pot Lucks. Nothing like running then enjoying good company and good food.

The Cinco / Run for the Rose committee is considering the addition of a 5k race. AND, the time could change to 7:30. Stay tuned for more info next month.

On April 3, the YMCA will sponsor the YMCA Healthy Kids Day 5K Walk / Run. Ben is looking for volunteers for results and finish line.

Ben & Matt's Trail Mix has been moved to Saturday, March 20, so change your calendar.

The 2nd annual Survivor Run will take place on March 28th. Part of the purpose is to raise awareness of the serious problem of rape and issues faced by victims. The exact distance of the Run / Walk is being determined, but it will be around 3 miles.

Don't forget the SECAHEC Health and Fitness Symposium on March 5th and 6th at the Occhiato University Center at CSU-Pueblo

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

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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

Sunday, March 7th

THE SPRING RUNOFF
 the spring runoff
 THE SPRING RUNOFF
 8:45: Toddler Race
 9:00: 2 Mile Walk
 5K Run
 10K Run
 10 Mile Run

THE SPRING RUNOFF
 the spring runoff
 THE SPRING RUNOFF



Packet Pickup

Front Lobby of
 Pueblo Chieftain
 March 4 & 5
 8:30 to 5:30 and
 March 6 from
 8:30 to 3:00
 Packets **WILL**
 be available on
 race day
 but get there
 early

Predict Series

Predict
 Predict
 Predict
 Feb 22, Spring Runoff Tuneup
 Mar 21, Ben & Matt's Trail Mix
 Apr 10, Ramsgate 8
 Predict
 Predict
 Predict

The Final Thoughts...

I washed a sock. Then I put it in the dryer. When I took it out,
 it was gone. -Steven Wright
 A man has to live with himself, and he should see to it that he
 always has good company. -Charles Evans Hughes, jurist
 (1862-1948)
 Sometimes I think we're alone in the universe, and sometimes
 I think we're not. In either case, the idea is quite staggering. -
 Arthur C Clarke, science fiction writer (1917-)
 Happiness is not a state to arrive at, but a manner of traveling.
 Margaret Lee Runbeck