



Editor: Ron Dehn

FOOTPRINTS



To read, or not to read, that is the question.

The Spring Runoff Edition

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LAST CHANCE! - Really

We said this last month, and we meant it. But your SCR board is a group of really, really nice people. We know some of you are busy and maybe forgetful and just haven't got around to renewing your membership. So, we said, "OK, one more chance. They probably will renew if we give them one more reminder." So, here it is. If your mailing label says, "Exp Dec 31, 2003", this will be the last newsletter we mail to you unless you renew. If you think we made a mistake, please call Membership Chair Ken Raich at 564-0847.

But, if this applies to you, PLEASE, PLEASE, PLEASE RENEW. Otherwise the one person who stood up at the meeting and suggested we go one more month will begin to look a little silly. Really.



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

The next SCR meeting will be held at 7 pm Wednesday, April 7 at the Pueblo YMCA. All SCR members are welcome

Paulette Stuart and Terry Cathcart are the Dynamic Duo of the Spring Runoff. Yes, they had a lot of help, but Paulette and Terry are the primary planners and organizers of the annual event. GREAT JOB AGAIN! See pages 12 - 19.



SCR Notes

Southern Colorado Runners Club Meeting Minutes, Wednesday, March 3, 2004 7:00 p.m. Pueblo Chieftain

Present: A whole bunch of people (hey there was free pizza)

6-7 Pizza, pop and packet stuffing for the Spring Run Off

7 Official Runners Club Meeting

Officer Reports:

Meeting minutes approved from February 4th meeting

Dave Diaz's Treasurer's report was accepted

Ron Dehn said thanks for the articles for the newsletter – keep them coming

Ken reported that we have 124 members who have renewed. A postcard to those who haven't joined will go out as a final reminder and mention was made in the newsletter.

Race Recaps:

Jeff Arnold reported that the Valentine's Twosome was a huge success, and had one of the most exciting finishes he had ever seen! The top two finishers were less than 2 seconds apart from each other – what a sprint.

The Spring Runoff Tune-up had beautiful weather this year, yeah. The 1st predict of the season ran smoothly and the potluck breakfast/social was very nice that Ken and Pixie organized at their house afterwards

Upcoming Races:

Paulette Stuart and others have been working hard for the Spring Runoff on March 7th. The race is expected to have an increase of runners and walkers from the previous year of 508 people. Terry Cathcart stated that the volunteers are a huge asset to this event. Thanks to everyone who helps make this event run smoothly each year, and we are ready for a great race.

Ben Valdez ran through some highlights of upcoming YMCA races:


- ✓ Ben and Matt's Trail Mix is on Saturday, March 20th at 9:00. Runners will be happy to know that the trail is all dirt this year and Ben reminded everyone to bring their own water with them – no water stops. Ben also received approval from the club to have treats for the runners.
- ✓ YMCA 5k Run/Walk is on Saturday, April 3rd at 9:00 outside of the YMCA. The YMCA Healthy Kids Day will be using the same course as the former YMCA Largest Run. Adults and Children are encouraged to participate and awards will be given to specific children's age groups
- ✓ Yi-Bi Duathlon on April 18. Ben let everyone know that this race is

filling up, get your forms turned into the YMCA

- ✓ Ordinary Mortals Triathlon will take place on May 15th and 16th. The females compete on May 15th and the males on the 16th. The fee for SCR members is \$35 and for non-SCR members the registration fee is \$45. Register early to ensure you get a spot; the women's triathlon is already over half full!

Ben also needs volunteers for all of the above mention YMCA races; please contact Ben if you are

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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. 266

“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

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Co-Secretary	Marijane Martinez	546-6043
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Debra Wall, Hilbert Navarro, Dick Greet, Sandy Reinsch,
Earl Poteet, Erika Dean-Moore, 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.

* Give a hand to dozens of volunteers at the Spring Runoff. YOU DID IT!



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

March over to
the
Gold
Dust
217 South Union





Great Stuff

by Gary Franchi



Nonsense comes in many shapes and sizes

Thought for today's lunch, compliments of: *"Think of how stupid the average person is, and realize half of them are stupider than that."* – George Carlin

Musings on running, fitness, life, etc.:

Every once in a while some really unusual news related to food and nutrition comes out, the type of stuff that makes you say to yourself: "You know, maybe this country is starting to get its heads out of the sand and is finally determined to eat right."

Not surprisingly, most of the information is related to diets. There was the Atkins Diet, the Zone Diet and, more recently, the South Beach Diet (no doubt popular in places like Miami and San Diego). From what I've read, sandwiched between more intellectual studies while perusing *Mad* magazine, all of these trends seem to have many examples of people who have benefited greatly by dropping significant poundage and getting healthier.

Of course, being the great country that America is with its aggressive spirit, many people have a tendency to take things to extremes. This is pretty evident today (actually tomorrow or sometime afterward, too, I suppose) by just walking down some of the aisles at your favorite grocery store and seeing all of the new "low-carb" products on the shelves. I think they would offer low-carb combs if they thought people would buy them. (Didn't think of that, did you, Mr. Manufacturer of Nonsense?)

Anyway, another bit of interesting health and nutrition news popped up in the news recently. The headline on Yahoo read: "McDonald's to Dump Supersize Portions."

"Good Grief," I thought, perhaps still thinking of the Peanuts paperback in which I had been deeply engrossed a few hours earlier while in the waiting room of my neurologist's office." Could this mean that this country is actually serious about getting healthier?"

Yes, it's true. A perusal of the article revealed that McDonald's has begun eliminating supersize fries and drinks in its more than 13,000 restaurants and will have accomplished this in all of them by the end of the year. You see, this IS a great country after all!

Ah, but wait just a minute. In true McLube's spirit, a company spokesman said the driving force behind the move was "menu simplification." No, it didn't say the idea was an attempt to reduce the obesity rate in America. It didn't mention that about half the kids in our country are probably too chunky to reach down and tie their shoelaces. Nor that McDonald's has seen its profits tumble in recent years.

Nah, this is all about menu simplification. I guess they don't have enough wall space for all the menu displays since half of them are devoted to supersize posters of their great meal deals.

Anyway, I still thought this was an exciting move by

McLube's, one worthy of a positive feeling as I left work with a glow that day, got in a little workout at the PCC Fitness Center and headed for a quick stop at the local grocery to find some salad fixings and watermelon.

There, the positive glow was shattered as I observed America's eating habits portrayed in overstuffed grocery carts pushed by obese Puebloans with chunky little kids in tow. Chips, pop, processed this, processed that. The glow was shattered as reality returned.

I guess the moral of this saga is, either keep the blinders on when shopping or hit the groceries at 7 a.m. when hardly anyone else is in the stores. That's about when the first bowl of Fruity Pebbles is getting many days started.

OK, now on a more positive note, periodically I like to give you all a little update on some of my more recent napping locations, since we all know that getting enough rest is necessary to sustain our exercise-filled lifestyles. And being an uncontrollable exercise junkie, I need my rest. Hence, a look at 10 recent "power nap" locales:

- The waiting room at the neurologist's office
- In my car while parked in the lot outside the Central Administration Building at PCC
- The MRI chamber at Parkview Hospital (just a little doze, to be honest)
- The waiting room near the entrance to the Pueblo YMCA
- TV area in PCC's College Center
- Rocky Mountain Eye Center
- PCC Library
- Pueblo's Rawlings Library (lots of nice spots)
- Computer chair at work on Saturdays when there are no people and no phones ringing
- Easy chair at home in Colorado City while re-reading last month's "Great Stuff" column

Ten things I was just wondering:

1. Borrowing from hockey, what if they had blue lines and offside rules in basketball?
2. What percentage of Family Dollar shoppers rented the Lingerie Bowl on pay-per-view?
3. Who rents the movie that's titled "8 heads in a duffel bag?" Why?
4. Anyone broke a wrist yet turning a gas tank cap?
5. How come you never see anyone walking down the street carrying a hockey stick?
6. Why don't they have a "personal health information data base" so you wouldn't have to spend 15 or 20 minutes filling out the same type of form every time you see a new doctor?

(Continued on page 5)



SCR Birthdays
(& other events)

April

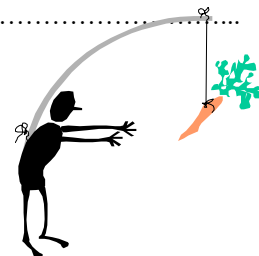
- 1 Victoria Claudio
Lon Chaney*
- 2 Kathy Hruby
Jessica Gogarty
Emmylou Harris*
- 3 Amy Braune
Sarah Koch
Eddie Murphy*
- 4 Euene Arellano
Muddy Waters*
- 5 Sarah Gogarty
Billy Dee Williams*
- 6 Carla Braddy
Teflon invented 1938
- 7 Gerald Puls
James Garner*
- 8 Kathleen Rogers
Buddha*
- 9 Jesse Weaver
Dennis Quaid*
- 11 Brad Van Buskirk
Easter Sunday
- 13 Joe Farra Jr
Chuck Mason
Thomas Jefferson*
- 15 Traci Dworshak
Titanic sank 1912
- 17 Robert Santoyo
Harry Reasoner*
- 18 George Dallam
Hayley Mills*
- 19 Ted Puls
Dick Sargent*
- 20 Kieran Hughes
Luther Vandross*
- 23 Gregory Meier
William Shakespeare*
- 24 Robert Kelher
Shirley MacLaine
- 25 Mark Rickman
First Earth Day 1970
- 27 Jenna Dorsey-Spitz
Coretta Scott King*
- 28 Ethan Barbieri
Jay Leno*
- 29 April Maez
Willie Nelson*
Bobby Vee*

*honorary SCR member



Trail Notes

by Shaun Gogarty



Motivation

Motivation was a recent topic for this column. In that “episode” I gave some pointers like being dropped off far from home. Personally, I’m constantly in need of motivation. Don’t get me wrong – I’m constantly ready to run, but the actual running can be a little harder than being ready to run. My only wish is that I could burn calories thinking about running, but until that happens I need to keep looking at ways to get me out the door on a regular basis. The morning reality of the bathroom scale helps but needing more has led me to search for other motivational techniques. The great thing about these “new” techniques is that anyone can use them, they don’t require a personal trainer, and they are very American. In other words, they just require cash or a credit card and you can happily “buy” your motivation.

The simplest, and cheapest, motivational technique starts with a search of your favorite running stores or catalogues. Basically you spend some time perusing for the latest greatest running gear – not shoes, gear. Since running is “filled” with so many unique and wonderful gadgets you shouldn’t have to spend more than about ... oh 5 minutes looking through everything. You can choose from clothing – long pants or shorts. Or select from T-shirts or long sleeve shirts. Of course the fashion conscious would want a “running” hat. If you are not too tired from “searching” through the “endless” clothing options then you might look at a Walkman or an MP3 player. Wow, a regular shopping extravaganza! Try to buy something that you have never owned before. I recently bought a headlamp, really “stretching” the running apparel envelope. Whatever you buy, take it home and put it on your dresser or hang it on your door in plain view. That “fancy” equipment will beg you to use it each time you look at it. And since you aren’t typically going to wear silky, short shorts to work, or a headlamp – you won’t have anything to do when you put them on, except run.



Now, lets talk about shoes: the only real “running equipment” you can buy – since your legs are generally a genetic and not a financial issue. This is where you really have a huge selection, well maybe not huge. Actually, you really just have four choices: motion control,

stability, cushion or trail. For real runners of course there is only one choice: trail shoes. Now for the fashion conscious there is an endless selection. But lets face it – does color really matter? Whatever your strengths (trail running) or weaknesses (road running) this is where you want to spend the money. It isn’t because money buys a better shoe. It’s just that if you buy an expensive pair you’ll be more likely to feel guilty each time you see them lying idle in the closet. And if that isn’t enough to motivate you to use them, then make sure your significant other (SO) is aware of your new expensive shoes. If guilt doesn’t move you out the door then surely they will kick you out the door so the money isn’t wasted.

Finally, if the gear, shoes or SO don’t get you moving then you must resort to the most powerful motivator of all: pride. Sign up for a race you’ve never done before, preferably a longer race than ever before. Then tell everyone you know that you are going to run it. For my “pride” motivator I’m letting all of you (ok mom and the one other reader) that I signed up recently for the Lake City 50. I seriously doubt that my knowing that you know about my registration will help me through the 50 miles. But I am quite sure it will at least help get me to the starting line. And who knows, with new shoes, a nifty headlamp, my wife kicking my rear, and feeling really stupid if I don’t finish – perhaps I might just be motivated enough to complete the entire race.

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.

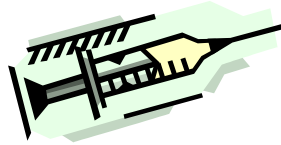
It allows a member to send a single message to one e-mail address, and the message is broadcast to all list members.

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.



EIA

It's a beautiful, sunny spring morning and you have joined your running buddy for what promises to be a great training run up the Barr trail. As you are stretching, your buddy mentions that she had a great salad with bits of celery and hazelnuts about an hour ago, and she wished you could have had some of this, as it was fabulous! As you start your run, you are amazed at how warm the temperature has gotten now compared to just an hour ago. Your friend comments that she feels hot and flushed, and feels itchy all over. As you continue your run, your buddy starts to complain that she has a headache, and feels like she can't get her breath, and she also now is having some tightness around her throat. As you look at her, she looks pale, and appears to have large, splotchy hives all over her neck and arms. You are approximately 3 miles up the trail. What do you do?

What your running buddy is having, most likely, are signs and symptoms consistent with exercise induced anaphylaxis (or EIA). This is a condition that is fairly rare, but it can be lethal. In people with EIA, exercise causes activation of a certain type of antibody called IgE, which then makes a type of cell called a mast cell, dump out histamine and a bunch of other chemical compounds that cause holy heck to ensue. Interestingly enough, 50% of people who develop EIA tend to have atopy (sensitivity to lots of different substances), and often there is a history of having eaten certain foods before exercise. These foods include celery, cheese, wheat or hazelnuts. Also, taking aspirin, antibiotics, cough or cold medicines or non-steroidal anti-inflammatories (like Ibuprofen, etc) can also increase the risk of EIA.

So what should you do for your friend right now? If your friend knew that she has EIA, she should be carrying a shot of epinephrine with her in a device called an EpiPen. If she has this, either help her do it herself, or administer it for her. This device is really simple to use. It is spring loaded, and you can give the shot into the thigh right through light clothing if you have to. After the shot, I would call 911 if you have a cell phone and I would start walking down the trail slowly as any continuation of vigorous exercise would be a bad idea. If you didn't have the EpiPen or cell phone

handy, then I would still quit running and make your way down the trail, and you may possibly run into someone coming up the trail who either has a cell phone, Epipen or can then run down the trail to get help ready.

Finally, can your friend run with you anymore after this event is over? There is a risk that she could have these events recur again, but if she will carry an Epipen and have a good partner like you, she should probably be able to continue her running. I would probably stick to routes where you could get help easier than what you can count on getting on the Barr trail. Also, if she can avoid eating for a good 2-3 hours before running, and avoid running when taking the above mentioned medications, this may decrease the chance of activating the EIA. Also, women on their periods have a higher risk of activating EIA than when they are not on their periods, so that may be something to consider. Finally, taking antihistamines like Allegra, Claritin or Zyrtec may help decrease the chance of activating EIA, though they are not perfect.

Take care, and here's hoping that all your runs be itch and hassle free.

Sincerely,

Rocky Khosla, M.D.

(Great Stuff Continued from page 3)

7. Wouldn't life be considerably better if everyone would just ignore stories about politics, the Mideast and pro athletes' salaries?

8. Can we assume that the type of person who empties his car ashtray in a parking lot is pretty similar to the ones who rented the Lingerie Bowl on pay-per-view?

9. How many calories do those college kids burn jumping up and down at one of their school's basketball games?

10. Will renters of the Lingerie Bowl on pay-per-view boycott McDonald's for getting rid of its supersize portions?

Until next month, remember to supersize your naps; your body will appreciate it.





Ramblin'

by Ron Dehn

The 3rd annual SECAHEC Health & Fitness Symposium



Southeastern Colorado Area Health Education Center (SECAHEC) held its 3rd annual Health, Sports, and Fitness Symposium at CSU-Pueblo on March 5th and 6th. The Conference featured Keynote addresses and three tracks of sessions. The tracks were Health, Performance, and Fitness. In addition, fifteen exhibitors filled the exhibit hall.

Loren Cordain kicked off the event with a keynote speech entitled "The Paleo Diet" Paleo is short for Paleolithic (old stone age). Dr. Cordain's talk was an interesting and informative mix of anthropology, technology, and nutrition. He explained that the human genome has not been able to make an evolutionary adjustment to the diet and lifestyle changes of the last 10,000 years. Although this sounds like a long time, it is relatively short in the entire history of humankind. The pace of change has been especially rapid since the industrial revolution, which brought on significant changes in the mass production and quality of most of the food we eat. Dr. Cordain identified 7 crucial areas of change including: the glycemic load, the fatty acid balance, the macronutrient balance, the trace nutrient density, the acid / base balance, the sodium /potassium balance, and the fiber content. The result is an evolutionary collision of our ancient genome with the nutritional qualities of recently introduced foods. This collision underlies virtually all of the chronic diseases of western civilization.



Dr. Loren Cordain

Dr. Tom MacKenzie spoke about the risk factors of cardiovascular disease and diabetes. The important thing to know is that several risk factors are within our control, and addressing these will greatly improve our health and well-being.

Nutritionist Bob Seebohar talked on the need for periodization for endurance athletes. Periodization in the area of training is well recognized and is a strategy for developing a training cycle before, during, and after major events. It is appropriate that athletes develop a training cycle between, before, during, and after major events. The same is true with respect to nutrition. Our bodies have specific nutritional needs depending upon

where we are in the training cycle stage.

SCR's Dr. Rocky Khosla's presentation was "Asthma, Allergy, Anaphylaxis and Exercise." He described the conditions, symptoms, and treatments to an audience consisting of a significant number of medical personnel. He had an important insight about children with Exercise Induced Asthma. Often these kids avoid play and exercise because of discomfort. This is important because studies show that activity patterns are often established in childhood. An undiagnosed child can unknowingly establish sedentary patterns that will affect him or her for the rest of his / her life.

Keynote speaker Dr. Gloria Beim, who is an orthopedic surgeon, spoke about sports injuries. She lives in the Crested Butte area and had lots of interesting stories and video clips of extreme skiers and snowboarders.

Dr. George Dallam gave a presentation entitled "Maximizing Training Adaptations for Sport, Physical Fitness and Health". This presentation dovetailed with Bob Seebohar's. Dr. Dallam spoke about the training cycle. In addition to emphasizing the cyclical nature of training, he focused on the process and paying attention to where an athlete is in the cycle. Training is a stressor. The body needs to go through a recovery phase after stress. If all goes well, work capacity increases during the response phase (after recovery) and the body is stronger / better conditioned than before. It is during the response phase that we wish to introduce the stressor (exercise) and repeat the cycle. In some cases, one can over train. If so, the risk of injury increases, and there is a need to extend the recovery period. A Microcycle is a relatively short training cycle, perhaps a week in length. A meso-

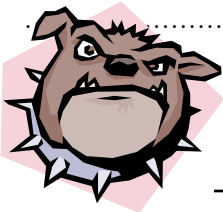


Joe Alvarez

cycle is a collection of microcycles. The cycles are dynamic and change with the time of year, the long and short term goals, the degree of adaptation, and so on. Dr. Dallam recommends that we measure our adaptation by setting up a simple 1 – 10 scale and evaluating the following: sleep quality, desire to train, general fatigue, muscle soreness, resting HR / BP, and mood.

Joe Alvarez emphasized the holistic approach in his presentation "Lifestyles for

(Continued on page 7)



The YDR

(formerly known as the TAYDR) by Ross Barnhart



Yes, it's back for a 2nd year (on Sunday, April 25th) and it's sleeker, streamlined and with an improved course. Those of you who ran the Tarantula And Yappy Dog Run (TAYDR) last year may ask "how could it possibly be improved?" OK, so your race director is delusional, but I have made some changes that should make this event better than last year.

1. The name has been shortened to more honestly reflect the conditions of the course. Having been assured that, barring EXTREME global warming, April is not the time to see tarantulas in Pueblo, I have shortened the race name to Yappy Dog Run (YDR, though I like TAYDR better). In an election year, I believe that moving toward increased honesty is a bold and daring move. Remember to not vote for me. For those who are wondering, Yappy Dog does NOT refer to the fact that you are encouraged to run with your own dog. Any good Pueblonian should know that Yappy Dog refers to the dogs that live along the course and who will come to greet you while you are running. The last I knew, they were all friendly dogs (thus, not titled the "Dog Bite Run"), but I haven't been running in over a year. Perhaps the yappy dogs account for the fast times of the runners last year.

2. The course is new and improved. Well, actually, it's just reversed from last year, but I think this will make for a more enjoyable course. This year the course will start with the long, straight, paved, and mostly downhill stretch on South Road. Last year that was the end of the course, but with a long, straight, paved, uphill stretch. While some may enjoy it, I hate clear views of any long uphill ahead of me. So, the clear view will be of the

downhill. Most of the remainder of the course will be on dirt roads and the Bessemer ditch bank, twisting and winding and disguising the uphill portions of the course. One other benefit of reversing the course is that it leaves most of the yappy dogs until the end, when you may need a little extra push to finish out the 8+ miles.

3. After clear input from one club member, I commit to putting mile markers on the course.

4. My folk's septic tank is working well, so 'relief' should not be an issue this year.

5. Finally, and what is probably most significant, the race is now on a Sunday so that Diana Reno can attend. (No pressure Diana.)

Finally, some of the mundane but necessary details of the race: The race begins at 8:30 a.m. at South Mesa Elementary School on April 25th. South Mesa is located at 23701 Preston Road. That is mid-way between 23rd and 25th lanes, and mid-way between County Farm Road and Preston Road. My parents live in the forest right across from the school, and there will be the grand potluck there immediately after the race.

For any pre-race questions, contact Ross @ barnhart@aculink.net or 719-543-6982. For questions on race day, call 719-545-7426 (my folks, where the race will be hosted). Volunteers are always welcome!

(Ramblin' Continued from page 6)

Life". He talked about fully engaging in the physical, mental, emotional, and spiritual aspects of our being. This engagement brings balance. He spoke of the importance of several aspects of our lives including goal setting, exercise, diet, dealing with stressors, nutrition, and sleep patterns.

In his Dr. Roger Clark's presentation was on Delayed Onset Muscle Soreness (DOMS). DOMS is muscle pain that appears 24-72 hours after exercise. Dr. Clark discussed the various theories as to cause and treatment of DOMS and pointed out that there is considerable disagreement as to prevention and treatment. Some of the prevention and treatment methods include ice, cold water immersion, heat, stretching, massage, warm up and cool down, and use of NSAID's. (non-steroidal anti-inflammatory drugs). The bottom line is, that at this point research has been unable to draw specific and reproducible conclusions. Treatment appears to be largely individualized.

So, if you experience DOMS, do what works for you. Realize that NSAID's may treat the pain, but not have any impact on the muscle damage.

It would be great if a writer could capsule an entire two-day conference in a little over a page. However, that's not reality. My objective is to provide you with perhaps an interesting idea or two, and with a sampling of subjects and ideas shared by the speakers. Maybe you'll be interested in doing a little research on your own. Or perhaps, you may consider attending next year's conference. Nearly all the feedback I've heard is positive. It's held each year in conjunction with the Spring Runoff. Put a pencil mark on your calendar.





Great Competition Creates Close Race

by Debra Wall



Club members rounded up a partner and baton in preparation for the 5K Valentine’s Twosome relay race around Pueblo’s City Park. Seventeen teams showed up on Feb. 14 for the fun run—some dressed in their best Valentine’s Day attire.

Although finishing times were a little higher and attendance was a little lower than last year’s race, everyone was treated to an exciting finish this year.

Passing Dave Diaz in the final race moments, Kyle Reno placed his mother, Diana, and he first overall with a finish time of 22:40.

“I knew he was coming,” Diaz said, “There was nothing I could do about it.” Running as fast and hard as he could Dave maintained the lead as long as possible. Finishing the race, he placed his wife Stacey and he only three seconds (22:43) behind the Reno team.

Leona and Matt Chavez finished their run a mere nine seconds (22:52) behind the Diaz team, making the 2004 race the closest in years.

Having run this race many times and almost taking first overall, the Diaz team had to tease young Kyle Reno.

“How does it feel to beat the old people?” Stacey Diaz jokingly asked Kyle after the race.

Placing first in their age division, the Diaz team was proud to have improved their finishing time from last year.

Age divisions were determined by adding the two team members’ ages together. Most age groups were represented in this year’s race, having one or two teams in each. Only two age divisions had three teams.

Sherie and Craig Caffey, Cassie and Aaron Berndt and Jerica and Jace Khosla participated in the 30 and under division. Marijane Martinez and Nick Levya, Hilbert Navarro and Rosa Bruce-Navarro and Cheryl Cook-McCoy and Marv Bradley participated in the 100 and over division.

Because the race director, Jeff Arnold, couldn’t find a willing volunteer to judge race batons, he faced making the tough decisions himself. With one team member holding the team baton in the air for Arnold to see (with the exception of the largest), he reluctantly made his prize winning baton choices.

Jill and Jordan Montera easily won the largest baton when they recruited the new addition to their family, Mallori, a retired race Greyhound.

Three and a half-year-old Mallori was gung-ho when stepping out of the family vehicle at the beginning but later proved she wasn’t a distance runner.

Jordan wanted to run hard at the end of the race, but Mallori “didn’t want anything to do with it,” Jill said. “She slept really well that day.”

Jerica and Jace Khosla won the honor of ugliest baton, a decorated mini toilet plunger. Leaving everyone to wonder why they choose their particular baton, Sandy Reinsch and Ben Valdez won the most romantic baton, a pair of handcuffs that were handed off with a kiss. Cassie and Aaron Berndt won the most creative baton with their sock topped banana.

Chocolate was awarded to the overall winning team, top

three teams in each age division as well as the baton winners.

Everyone went home with chocolate this year, Arnold said.

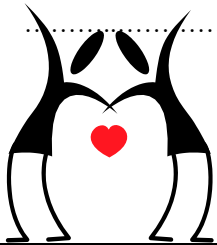
Helping make the 2004 Valentine’s Twosome a success were four club volunteers: registration, Pat Berndt; finish line, Jacqueline Wall and timers, Tiffany Reno and Ken Raich .

Results:

Combined Age	Pl	Partners	Time
Overall	1	Diana & Kyle Reno	22:40
30 & under	1	Sherie & Craig Caffey	24:22
30 & under	2	Cassie & Aaron Berndt	24:50
30 & under	3	Jerica & Jace Khosla	33:04
41-50	1	Jill & Jordan Montera	26:42
51-60	1	Zane & Rocky Khosla	26:53
61-70	1	Leona & Matt Chavez	22:52
61-70	2	Debra Wall & Greg Gauna	25:32
71-80	1	Sandy Reinsch & Ben Valdez	25:42
71-80	2	Jacqueline & Steve Wall	25:56
81-90	1	Kathleen Bachicha & Ed Griego	23:53
81-90	2	Cathryn & Michael Sanchez	28:30
91-100	1	Stacey & Dave Diaz	22:43
91-100	2	Carla Flores & Ron Dehn	25:00
100 & over	1	Marijand Martinez & Nick Leyva	24:55
100 & over	2	Hilbert Navarro & Rosa Bruce-Navarro	27:50
100 & over	3	Cheryl Cook-McCoy & Marv Bradley	28:35



From left to right: (The reluctant) Mallori, Jordan and Jill Montera



Valentines Twosome continued



Above: Jerica & Jace Khosla display their unusual but prize winning plunger baton.

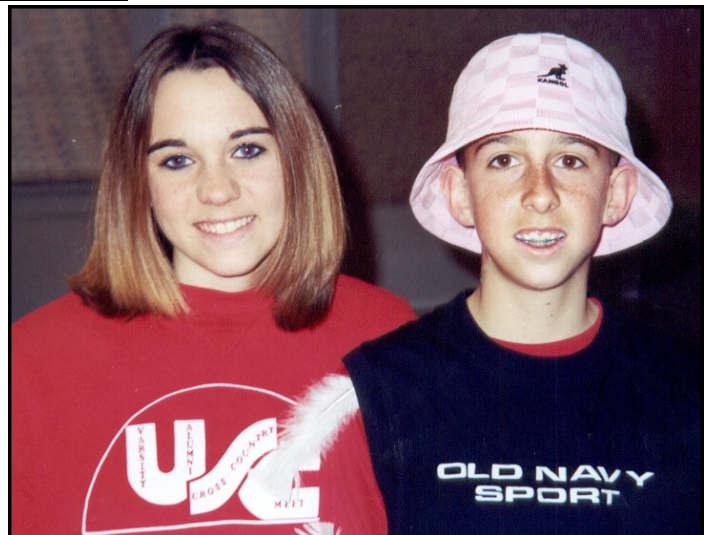
Below: Sandy Reinsch & Ben Valdez won chocolate for their baton and exchange.

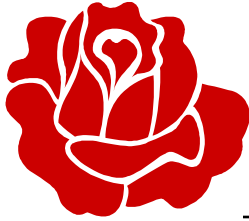


Above: Hilbert Navarro drafted daughter Rosa to be his twosome partner.

Left: Youth prevails as Kyle Reno edges out Dave Diaz at the finish.

Below: Sherie & Craig Caffey formed a pretty tough sister / brother combo and took first in their division with a 24:22. There's some running genes in the Caffey family!





Cinco + Cinco= More Fun For Runners

by Earl Poteet



This year the 7th annual Run For The Rose Committee will add a 5k run to the existing 10k run/1.7 mile walk! The 5k run was added at the request of area runners who are not quite up to doing a 10k. This year's run hopes to attract a broader group of runners from throughout the region.

The annual Cinco de Mayo Run/Walk For The Rose fundraiser is named after Rose Samora-Rodriguez, a social worker who died in 1995 of cancer. Rose was a dedicated advocate of the oppressed and disenfranchised Pueblo women and youth. This is the 7th year her family and friends will raise money for a non-profit that works with children in the Pueblo community.

This year, the run will benefit the work of Project Respect and Project Pueblo, who together are working to help the at-risk students in Pueblo School District 60 to reach their full potential academically and socially. The funds will help support the work of 14 community advocates, whose job it is to help remove barriers so that the students can concentrate on achieving at school.

The 10k will follow the same course as in year's past, and as of this writing, the 5k course has yet to be finalized. The 1.7-mile walk will also follow the same course as last year.

Both races, and the walk, will begin promptly at 7:30 AM on May 2, 2004.

Mexican runners will again visit Pueblo. Approximately 10 runners from Chihuahua, Mexico will participate in the 10k run. It may be interesting to some of you to know that the Mexican runners must first qualify in Mexico in order to participate in our run. A 10k race is run in the city of Chihuahua, and the winners in the different age groups are then selected to run in Pueblo. The competition is very competitive, and the runners consider it an honor to be able to take part in the Run For The Rose.

Prizes will be awarded to the top three runners in each age division. All participants will receive a commemorative t-shirt and bag of goodies. Water and refreshments will also be provided before, during and after the race.

For further information contact Earl R. Poteet at 253-6146 or Hilbert Navarro at 564-7685.

(SCR Notes Continued from page 2)

able to help out with any or with all.

Jeff Arnold will once again serve as the SCR liaison for the Survivor's Run on March 28th at Mineral Palace Park. Please call Jeff for additional information.

Lois and Don Pfoest 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 is, you guessed it, 8 Ramsgate. Louis added, "You al Come now you hear"

The Cinco de Mayo run will be held at 7:30 am on Sunday, May 2, 2004. Hilbert Navarro is the SCR liaison and the profits from the event will go toward Project Respect. The SCR club does the finish line, marking of the course and the results for the race. The club will receive \$300.

Ron Dehn announced that for the Little Run on the Prairie Run, 10% of the net proceeds from the run, will go to SCR.

Activity Recaps/Updates:

On behalf of SCR, we gave the SoCo Trail Builders affiliation \$100.00.

Gary Franchi brought samples of the Colorado Runner Magazine to see if the club would be interested in getting copies of the publication out to our members. The consensus of the group is to do a trial membership starting with the May/June

issue for two issues and then discuss this matter further. If current members enjoy the publication they can sign up for it at any time.

Ben discussed the High Altitude Training Camp the YMCA is planning at Camp Jackson May 21-23, 2004. The entire schedule is coming together complete with guest speakers, weekend activities and events. Please mark your calendar for these dates, this promises to be something new, different and very rewarding. Sample activities include: trail running, mountain biking, road biking, canoeing, gold, massage, horse back riding, and more! The cost is to be determined.

Ron Dehn reported that the SCR Questionnaire is still under works and he will bring a working copy to the next meeting. The questionnaire is to gather information from the members on things such as the picnic and general club functions. Debra Wall and Nick Leyva are also sitting on this committee.

Mary Rudolf 's Magical Mystery Predict Run will have to change dates – dates TBA

That is all folks!

Submitted by,

Sandy Reinsch
Co-Secretary



The 2004 Predict Series



Yes, the 2004 Predict Series is officially underway. Twenty-nine runners took part on a weather-perfect February 22 morning in the Spring Runoff Tuneup. It was cool, but sunny and not even a breeze. The results looked a little bit familiar, but not too much. Two top five finishers for 2003, Rich Hadley and Matt Sherman, finished 3rd and 5th in the Tuneup. However Jacqueline and Debra Wall (sister-in-laws) ran their first ever predict run and took 2nd and 4th place honors. Jacqueline's hubby Steve, another rookie, finished a very respectable 7th. It seems that the Wall family has this predict "thing" figured out. Or maybe not – there are 9 more runs on the schedule, and the veterans know that one run is a drop in the bucket. Defending Queen for 2003, Gina Benfatti and two of her court, Larry Volk and Ben Valdez, finished middle-of-the-pack. These runners typically participate in most predict runs, and they will definitely be contenders. Anything can and will happen and that is what makes the predict series enjoyable. Three more predict runs are in the near future. They are: Ben & Matt's Trail Mix on March 21st, The Ramsgate 8 (a potluck) on April 10th, and the Tarantula and Yappy Dog predict on April 25th (also a potluck).

As usual, we appreciate the volunteers who put the Tuneup together. Thanks go to: Race Director: Ken Raich, Aid Station Staff: Pixie Raich, Course Marshals: Jeff Arnold, Lois Pfof, Deb Hadley, & Sam McKee

Results

Runner	Pred	Actual	Diff	Points
1 Ron Dehn	54:00	53:59	0:01	100.00
2 Jacqueline Wall	1:05:20	1:05:24	0:04	96.55
3 Rich Hadley	40:15	40:04	0:11	93.10
4 Debra Wall	1:03:00	1:03:28	0:28	89.66
5 Matt Sherman	43:45	44:18	0:33	86.21
6 Don Pfof	1:02:00	1:01:24	0:36	82.76
7 Steve Wall	50:30	49:50	0:40	79.31
8 Gary Franchi	53:25	54:29	1:03.88	75.86
9 Nick Leyva	51:10	50:06	1:04.11	72.41
10 Marijane Martinez	55:30	54:22	1:08	68.97
11 Carrie Slover	1:00:00	1:01:39	1:39	65.52
12 Stacey Diaz	1:00:00	1:01:40	1:40	62.07
13 Dave Diaz	45:30	43:45	1:44.65	58.62
14 Larry Volk	40:15	42:00	1:45.37	55.17
15 Ben Valdez	48:00	46:15	1:45.38	51.72
16 Gina Benfatti	1:02:35	1:00:46	1:49	48.28
17 Jill Montera	48:30	46:26	2:04	44.83
18 Jan Dudley	1:02:00	1:04:17	2:17	41.38
19 Pat Cordova	48:00	50:23	2:23	37.93
20 Anthony Diaz	55:15	52:47	2:28	34.48
21 Bill Veges	49:30	46:49	2:41	31.03
22 Robert Santoyo	47:00	49:50	2:50	27.59
23 Mary Rudolf	1:10:00	1:12:58	2:58	24.14
24 D. DallaGuardia	53:00	56:06	3:06	20.69
25 Emily Borrego	45:15	48:22	3:07	17.24
26 Stacie Taravella	1:00:00	1:03:28	3:28	13.79
27 Paul DallaGuardia	52:40	56:23	3:43	10.34
28 Diana Reno	1:08:26	1:04:18	4:08	6.90
29 Tiffany Reno	1:08:26	1:12:57	4:31	3.45



Photos from top to bottom

Three Girls

Two Girls & a Guy

Three Girls & a Sneaky Guy

One Girl & Her Dad

A.K.A.

Deb Hadley, Diana & Tiffany Reno

Stacey Diaz, Carrie Slover, Ken Raich

Emily Borrego, Gina Benfatti, Gary

Franchi, Marijane Martinez

Desiree & Paul DallaGuardia





The 26th Annual Spring Runoff



The starting gun sounded and over 600 runners and walkers took off at the 26th annual Spring Runoff. There was something for everybody. The Runoff included a 2 mile walk, 5k, 10k, and 10 mile runs, a toddler's run halfway around the track, and a 1 mile fun run for kids. SCR was well represented in the winner's circle at the 2004 Spring Runoff. It would be difficult to list all SCR members who took home a medal, but the following were first overall finishers in their respective races: Sidney Arnold (2 mile walk), Emily Borrego (10k), Steve Cathcart (10k), Paul Koch (10 mile) and Aaron Diaz (fun run). Others with 1st overall honors were: Veronica Romero-Romo (2 mile), national caliber high school runner, Ryan Deak (5k), Sheila Geer (5k), Heather Marie Hunt (10 Mile), and Alexis Ramirez (fun run). Again, lots of SCR members walked away with hardware in their respective divisions. Those club members who didn't run were working the event at the microphone, on the course, at the start line, at the check-in tent, at the finish line, at the computer, or somewhere in between. And of course, SCR's Terry Cathcart teamed up with Paulette Stuart of the Pueblo Chieftain to oversee the whole operation. Paulette also recruited a cadre of Chieftain staffers to serve as volunteers. Congrats to all runners and walkers and a great big pat on the back to the volunteers, District 60 personnel, the Pueblo Police Department, The Pueblo Chieftain, Event Sponsors, and all others who helped make this happen. Many of these generous people have been working for months to insure a smooth race day. And, guess what. You did it!!!



Left: 2 year-old Kylie Papineau, daughter of Sandy and Dale nears the finish line in the Toddler Run holding Mom's hand along the way.

Right: Marian Heesaker earned a bronze in the 5k.



Spring Runoff Results

2 Mile Walk Results														
PI	Walker	Sx	Div	Age	City	Time								
1	Veronica Romero-Romo	F	1	Overall	Pueblo	CO 21:28	70	Brenda L Marino	F	9	40-44	Pueblo	Wst	30:14
2	Sidney Ryan Arnold	M	1	Overall	Pueblo	CO 21:31	71	Tana M Fowler	F	10	40-44	Pueblo	CO	30:24
3	Mike Cook	M	1	55-59	Canon	City 21:39	72	Kristy Davenport	F	1	0-12	Colorado	City	30:24
4	Dale L Boone	M	1	50-54	Pueblo	CO 21:48	73	Zach Heesaker	M	2	0-12	Pueblo	Wst	30:29
5	Donna Hickman	F	1	50-54	Pueblo	Wst 22:08	74	Mary Moya	F	5	60-64	Pueblo	Wst	30:45
6	Robert J Quintana	M	1	60-64	Pueblo	CO 22:30	75	Becky Cornett	F	4	45-49	Pueblo	CO	30:52
7	Marc Strasner	M	1	25-29	Pueblo	Wst 22:58	76	Christian Low	M	3	0-12	Pueblo	CO	30:53
8	Amy Kunstle	F	1	35-39	Pueblo	CO 23:06	77	Doris Low	F	5	35-39	Pueblo	CO	31:11
9	Abby Janos	F	1	20-24	Pueblo	CO 23:14	78	Nancy Metzger	F	6	60-64	Pueblo	CO	31:12
10	Vicky Janos	F	2	50-54	Pueblo	CO 23:14	79	Donald P Metzger	M	5	55-59	Pueblo	CO	31:12
11	Kay Perkins	F	1	55-59	Pueblo	CO 23:15	80	Christine J Willumstad	F	7	55-59	Pueblo	CO	31:12
12	Donna J Caporicci	F	3	50-54	Pueblo	CO 23:17	81	Fred T Trujillo	M	6	55-59	Pueblo	CO	31:13
13	Debbie D Hupp	F	1	45-49	Pueblo	CO 23:18	82	Coleen Peterson	F	11	40-44	Pueblo	CO	31:22
14	Teresa J Strasner	F	1	40-44	Pueblo	Wst 23:42	83	Joyce Peterson	F	3	65-69	Pueblo	CO	31:23
15	Max R Strasner	M	2	55-59	Pueblo	Wst 23:43	84	Matthew Carroll	M	1	13-19	Pueblo	Wst	31:25
16	Kathleen Mattarocci	F	2	55-59	Pueblo	CO 24:38	85	Aaron Henson	M	4	0-12	Colorado	Sp	31:27
17	Cindy L Miller	F	2	45-49	Pueblo	CO 24:38	86	Jordan Sherman	M	5	0-12	Pueblo	Wst	31:28
18	Valerie J Bodmer	F	2	40-44	Pueblo	Wst 24:39	87	Michele A Jacobus	F	5	45-49	Pueblo	CO	31:30
19	Matt Kurtz	M	1	0-12	Pueblo	CO 24:47	88	Angela A Torres	F	12	40-44	Pueblo	CO	31:31
20	George W Kurtz	M	1	70+	Pueblo	CO 24:48	89	Freddie Torres	M	2	45-49	Pueblo	CO	31:33
21	Mike D Kurtz	M	1	35-39	Pueblo	CO 24:48	90	Bernice Trujillo	F	6	45-49	Pueblo	CO	31:36
22	John B Holiman	M	2	70+	Pueblo	CO 24:50	91	Susan M Montez	F	12	50-54	Pueblo	CO	32:21
23	Jane Duncan	F	1	60-64	Pueblo	Wst 24:53	92	Helen Moore-Stiles	F	3	13-19	Pueblo	CO	32:22
24	John R Tracey	M	1	65-69	Pueblo	CO 24:54	93	Mary Bravo	F	1	25-29	Ely NV		32:23
25	Pam K Barton	F	3	40-44	Pueblo	CO 24:58	94	Marlene Fisher	F	4	65-69	Pueblo	CO	32:27
26	Kate Puls	F	4	50-54	Pueblo	CO 24:58	95	Carolyn De Salvo	F	7	60-64	Pueblo	CO	33:01
27	Nicholas P Rodriguez	M	2	60-64	Pueblo	CO 24:59	96	Nikki Piano	F	6	35-39	Pueblo	CO	33:02
28	Joe D Miller	M	1	45-49	Pueblo	CO 25:05	97	Rachel Pruitt	F	4	13-19	Pueblo	CO	33:23
29	Liz T Miller	F	1	65-69	Pueblo	CO 25:25	98	Cindy S McMahon	F	13	40-44	Pueblo	CO	33:24
30	Laura Puls	F	1	13-19	Pueblo	CO 25:43	99	Mark Willinsom	M	3	50-54	Pueblo	CO	33:24
31	Kristy Puls	F	2	13-19	Pueblo	CO 25:44	100	Charlene Olivias	F	7	45-49	Pueblo	CO	33:25
32	Norma J Salazar	F	3	45-49	Pueblo	CO 25:45	101	Peggy S Cervone	F	8	45-49	Pueblo	CO	33:33
33	Tonya Shelton	F	2	35-39	Pueblo	CO 25:47	102	Lorna Jackson	F	4	30-34	Pueblo	CO	33:42
34	Brenda Lee Sell	F	3	55-59	Pueblo	Wst 25:56	103	Dee Bacich	F	9	45-49	Pueblo	CO	33:42
35	Johanna F Lukezic	F	2	60-64	Canon	City 26:08	104	Monica Sweeney	F	7	35-39	Pueblo	CO	33:43
36	Shirley Dorene Kassebaum	F	4	55-59	Penrose	CO 26:09	105	Sue Marie DiPietro	F	2	25-29	Pueblo	Wst	33:44
37	Natalie Veges	F	1	70+	Pueblo	CO 26:09	106	Janice R Parlett	F	8	55-59	Pueblo	CO	33:46
38	Joanne Braden	F	2	65-69	Pueblo	CO 26:17	107	Sheila W Bradburn	F	13	50-54	Pueblo	CO	33:55
39	Leanne E Ropp	F	4	40-44	Pueblo	CO 26:25	108	Leslie J Leonard	F	14	50-54	Pueblo	CO	33:56
40	Shirley Chambers	F	5	50-54	Pueblo	CO 26:31	109	Betty J Humphrey	F	15	50-54	Canon	City	35:58
41	Barbara Gama	F	5	40-44	Pueblo	CO 27:26	110	Zetta Corzett	F	16	50-54	Canon	City	35:58
42	Bob Hudson	M	1	30-34	Pueblo	CO 27:27	111	Susan L Vines	F	9	55-59	Canon	City	35:59
43	Lou Braden	M	3	60-64	Pueblo	CO 27:33	112	Ronda Lynn Oliver	F	8	35-39	Trinidad	CO	36:26
44	Lori Beth Monte	F	1	30-34	Pueblo	Wst 27:33	113	Phyllis Irene Giem	F	5	65-69	Canon	City	36:26
45	Esther L Baca	F	6	50-54	Pueblo	Wst 27:39								
46	Wendy Bogard	F	6	40-44	Pueblo	CO 27:57								
47	Betty M Hunker	F	2	70+	Pueblo	CO 28:17								
48	Joyce Ann Markusfeld	F	7	50-54	Pueblo	CO 28:19								
49	Teresa Marie Markusfeld	F	2	20-24	Lakewood	CO 28:48								
50	Jane Eckland	F	3	60-64	Pueblo	CO 28:48								
51	Pat A Sternberg	F	5	55-59	Pueblo	Wst 28:49								
52	Phil D Ruegg	M	2	50-54	Pueblo	CO 28:50								
53	Wilfred L Baum	M	3	70+	Pueblo	CO 28:55								
54	Stan Y Nakama	M	3	55-59	Pueblo	CO 29:21								
55	Janet E Greer	F	8	50-54	Pueblo	CO 29:21								
56	Lindsey Greer	F	3	20-24	Pueblo	CO 29:23								
57	Maurita J Casper	F	7	40-44	Pueblo	CO 29:24								
58	Stephen L Worley	M	4	55-59	Pueblo	CO 29:25								
59	Dena Glasscock	F	2	30-34	La Junta	CO 29:27								
60	Alma L Hubersberger	F	4	60-64	Pueblo	CO 29:30								
61	Lynn W Hubersberger	M	4	60-64	Pueblo	CO 29:36								
62	Amy L Heath	F	3	30-34	Pueblo	CO 29:38								
63	Loretta M Vasile	F	3	35-39	Pueblo	CO 29:39								
64	Carrie Worley	F	6	55-59	Pueblo	CO 29:44								
65	Kari Kirkpatrick	F	4	35-39	Pueblo	Wst 29:45								
66	Nancy L Moya	F	8	40-44	Pueblo	CO 29:46								
67	Janet Triolo	F	9	50-54	Pueblo	CO 29:59								
68	Antoinette Lewis	F	10	50-54	Pueblo	CO 30:03								
69	Cheryl Saucedo	F	11	50-54	Canon	City 30:14								



Mark Willinsom finished 3rd in his division

Submission Deadline

If you have an article, information, a photo, etc that you wish to include in the April issue of Footprints, please get it to me by Wednesday, April 7th.

Please send to:
ron.dehn@colostate-pueblo.edu

THANKS!!!

Spring Runoff Results

5k Results													
PI	Runner	Sx	Div	Age	City	Time							
1	Ryan Deak	M	1	Overall	Aurora CO	15:32	69	Len Gregory	M	3	60-64	Pueblo Wst	25:35
2	Adam Rich	M	1	20-24	Colorado Springs	16:24	70	Joey A Montera	M	11	45-49	Trinidad CO	25:37
3	Shawn Borton	M	2	20-24	Pueblo CO	18:07	71	Scott A Mayo	M	10	40-44	Pueblo Wst	25:44
4	Regis M Marquez	M	1	25-29	Colorado Springs	18:18	72	Guy A Mayo	M	1	70+	Pueblo Wst	25:45
5	Aaron E Sever	M	1	30-34	Colorado Springs	18:21	73	Patrick K Swank	M	5	55-59	Pueblo CO	25:46
6	Chuck Smead	M	1	50-54	Mosca CO	18:26	74	Joe Rael	M	3	50-54	Pueblo CO	25:47
7	Lile L Budden	M	1	40-44	Colorado Springs	18:28	75	Gary Kummer	M	5	20-24	Pueblo Wst	25:49
8	Mike Trujillo	M	2	30-34	Antonito CO	18:46	76	Deb L Anderson	F	1	50-54	Colorado Springs	25:50
9	Seth Withrow	M	1	13-19	Wetmore CO	19:00	77	Steven Lopez	M	8	30-34	Florence CO	25:51
10	Sheila M Geere	F	1	Overall	Colorado Springs	19:12	78	Jennifer Rogers	F	3	25-29	Pueblo CO	25:51
11	Mark Riem	M	1	35-39	Canon City CO	19:20	79	Mike P Hurley	M	9	30-34	Pueblo CO	25:52
12	Jeff S Roybal	M	2	25-29	Trinidad CO	19:32	80	David Linkowski	M	2	0-12	Pueblo Wst	25:52
13	Matt McIntyre	M	2	13-19	Pueblo CO	19:54	81	Jerry A Lopez	M	4	50-54	Pueblo CO	25:53
14	Brian W Ropp	M	2	40-44	Pueblo Wst CO	19:59	82	Carey Moreschini	F	1	35-39	Pueblo Wst CO	26:13
15	Amanda Ewing	F	1	20-24	Colorado Springs	20:01	83	Elisha Tucci	F	4	25-29	Pueblo CO	26:14
16	Eugene Muniz	M	3	13-19	Pueblo CO	20:05	84	Jeff W Thomas	M	10	30-34	Pueblo CO	26:14
17	Rudy Baca	M	3	40-44	Pueblo Wst CO	20:07	85	Kerri L Lonnborg	F	4	20-24	Pueblo CO	26:19
18	Clint W Zundel	M	3	25-29	Pueblo CO	20:10	86	Mary K Simmons	F	2	50-54	Pueblo CO	26:20
19	Johnny Ray Garcia	M	1	45-49	Raton NM	20:17	87	David Quigley	M	6	55-59	Pueblo CO	26:21
20	Toby Lee Doub	M	3	30-34	Pueblo CO	20:27	88	Stephanie Van Buskirk	F	3	13-19	Pueblo CO	26:24
21	Thomas A Herzog M.D.	M	2	35-39	Pueblo CO	20:43	89	Alan Bruning	M	6	20-24	Pueblo CO	26:26
22	Mark C Shipe	M	2	45-49	Pueblo CO	20:44	90	Kathleen Ann Bachicha	F	1	30-34	Trinidad CO	26:30
23	Bennet Krawchuk	M	4	13-19	USAF Academy	20:54	91	Michael Peterson	M	10	13-19	Pueblo CO	26:48
24	Joseph Brian Mock	M	3	20-24	Colorado Springs	21:04	92	Adriana M Arteaga	F	5	20-24	Pueblo CO	26:49
25	James Mobley	M	3	45-49	Pueblo CO	21:17	93	Elliott Dudley	M	11	13-19	Pueblo CO	26:53
26	Ken Johnson	M	2	50-54	Raton NM	21:32	94	John C Freyta	M	7	35-39	Canon City CO	26:55
27	Ronald E Betz	M	1	55-59	Pueblo Wst	21:41	95	Kevin S Allison	M	5	25-29	Pueblo Wst CO	26:57
28	Bill Veges Jr.	M	4	45-49	Pueblo CO	21:42	96	Michael S McCormick	M	8	35-39	Pueblo CO	26:59
29	Jeremy Aaron Gregory	M	5	13-19	Pueblo CO	21:44	97	Larry F Sheron	M	12	45-49	Pueblo Wst CO	27:10
30	Aaron Berndt	M	6	13-19	Rye CO	21:58	98	Kieran Ken Hughes	M	11	30-34	Colorado Springs	27:15
31	John Montoya	M	5	45-49	Raton NM	22:04	99	Sean Aspedon	M	9	35-39	Penrose CO	27:20
32	Chris Roman	M	3	35-39	Pueblo CO	22:20	100	Thomas Divelbiss	M	3	0-12	Pueblo Wst CO	27:21
33	Greg Laney	M	6	45-49	Pueblo CO	22:21	101	Terri Tibbs	F	1	40-44	Pueblo Wst CO	27:22
34	Joe W Farra Jr	M	2	55-59	La Junta CO	22:23	102	Joseph Dohrmann	M	4	0-12	Canon City CO	27:26
35	Eugene Mares	M	4	40-44	Pueblo CO	22:25	103	Shannon D Rodriguez	M	6	25-29	Pueblo CO	27:30
36	Greg Gauna	M	4	30-34	Pueblo CO	22:26	104	Jamie L Castellano	F	5	25-29	Pueblo CO	27:33
37	Bob M Gassen	M	3	55-59	Canon City CO	22:32	105	Francine C Borton	F	1	55-59	Pueblo CO	27:42
38	Billy J Mares	M	4	35-39	Pueblo CO	22:35	106	John Vigil	M	11	40-44	Pueblo CO	27:43
39	Stanley E Hren	M	1	60-64	Pueblo Wst CO	22:38	107	Thomas Willumstad	M	12	13-19	Pueblo CO	27:45
40	Mark W Gurule	M	5	40-44	Pueblo CO	22:48	108	Jack M Pecoraro	M	4	60-64	Pueblo CO	27:56
41	Bill H Rodgers	M	7	45-49	Denver CO	23:03	109	Jean Eskna	F	3	50-54	Pueblo CO	27:57
42	Desiree Romero	F	1	0-12		23:07	110	Eric Martinez	M	13	13-19	Pueblo CO	27:58
43	Chad Clark	M	5	30-34	Pueblo CO	23:15	111	Tennille R Reyher	F	6	20-24	Laramie WY	27:59
44	Patrick James Krumholz	M	6	30-34	Pueblo CO	23:16	112	Rick Martinez	M	12	40-44	Pueblo CO	28:02
45	Craig Caffey	M	7	13-19	Pueblo CO	23:28	113	Laurice R Lopez-Cepero	F	2	30-34	Pueblo CO	28:04
46	Aaron A Diaz	M	8	13-19	Pueblo CO	23:31	114	Lori Gregory	F	4	50-54	Pueblo Wst CO	28:17
47	Daniel Cleaver	M	9	13-19	Pueblo CO	23:35	115	Josef Bonney	M	14	13-19	Pueblo CO	28:21
48	Howard Stringert	M	8	45-49	Pueblo CO	23:35	116	John Rawinski	M	5	50-54	Monte Vista CO	28:30
49	Brad Van Buskirk	M	6	40-44	Pueblo CO	23:39	117	T J Puls	M	15	13-19	Pueblo CO	28:31
50	Thomas J Roukema	M	4	20-24	Pueblo CO	23:44	118	Jordan Montera	M	5	0-12	Pueblo Wst CO	28:35
51	Dan Aragon	M	5	35-39	Pueblo CO	23:49	119	Tallie Koncilja	F	2	40-44	Pueblo CO	28:36
52	Michael Ramirez	M	6	35-39	Pueblo CO	24:00	120	Samantha Davenport	F	4	13-19	Colorado City CO	28:37
53	Kallen Baca	M	1	0-12	Pueblo CO	24:04	121	Scott Dudley	M	16	13-19	Pueblo CO	28:37
54	Ashlee Withrow	F	1	13-19	Wetmore CO	24:05	122	Gianna Cervone	F	5	13-19	Pueblo CO	28:38
55	Frank Aragon	M	7	40-44	Pueblo CO	24:06	123	Ashleigh L Wilson	F	6	25-29	Pueblo CO	28:41
56	Joe J Gonzales	M	4	25-29	Pueblo CO	24:48	124	Rosa Navarro-Bruce	F	3	40-44	Pueblo CO	28:43
57	Katie Couch	F	2	13-19	Pueblo CO	25:02	125	Janet H Dash	F	1	45-49	Pueblo CO	28:45
58	Greg Cress	M	9	45-49	Pueblo CO	25:03	126	Denise A Laine	F	2	35-39	Pueblo Wst CO	28:47
59	Kevin G Hagerman	M	7	30-34	Fowler CO	25:05	127	Adrian M Martinez	M	7	55-59	Loveland CO	28:50
60	Steve J Kastner	M	8	40-44	Pueblo Wst CO	25:13	128	Eric A Schmidt	M	10	35-39	Wstminster CO	28:50
61	David Watson	M	9	40-44	Pueblo Wst CO	25:14	129	Dan Comden	M	6	50-54	Pueblo CO	28:52
62	Anne E Wilbar	F	1	25-29	Trinidad CO	25:17	130	Debbie J Lepetsos	F	3	35-39	Centennial CO	28:54
63	Robert J Guasta	M	4	55-59	Pueblo Wst CO	25:21	131	Mary Riem	F	4	35-39	Canon City CO	29:01
64	Amy S Williams	F	2	25-29	Colorado Springs	25:26	132	Mitch C Robinson	M	7	50-54	Pueblo CO	29:03
65	Dave Reyher	M	10	45-49	Wiley CO	25:26	133	Suzanne Lynne Hough	F	5	35-39	Pueblo CO	29:06
66	Peter N Krumholz	M	2	60-64	Bloomfield NM	25:28	134	Diane Reyher	F	2	45-49	Wiley CO	29:07
67	Jen Wackell	F	2	20-24	USAF Academy	25:30	135	Jonathan Verna	M	17	13-19	Pueblo CO	29:09
68	Andrea Stimpson	F	3	20-24	USAF Academy	25:30	136	Terry Sanchez	M	12	30-34	Pueblo Wst CO	29:11
							137	Timothy Sanchez	M	11	35-39	Pueblo Wst CO	29:11

(Continued on page 15)

Spring Runoff Results

(Results Continued from page 14)

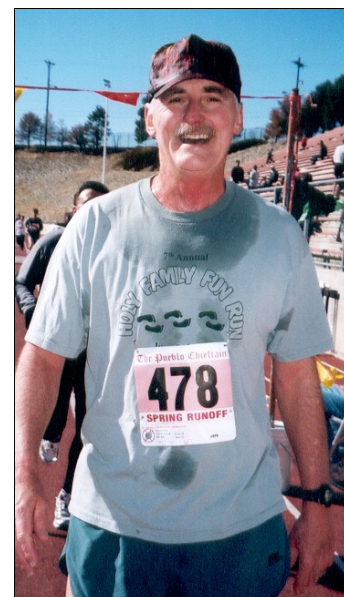
5k Results

PI	Runner	Sx	Div	Age	City	Time	Gender	Age	City	Time	
138	Walter U Gomez	M	5	60-64	Pueblo CO	29:28	F	4	0-12	Pueblo CO	37:57
139	Megan Pearson	F	6	13-19	Colorado Springs	29:36	F	5	0-12	Pueblo CO	37:57
140	Ralph Regalado	M	1	65-69	Pueblo CO	29:37	M	17	45-49	Wston CO	38:02
141	Charles J Davis	M	8	50-54	Pueblo CO	29:42	M	13	35-39	Trinidad CO	38:03
142	John C Vukich	M	13	45-49	Pueblo Wst CO	29:45	F	7	30-34	Rocky Ford CO	38:21
143	Briana Cathcart	F	2	0-12	Ft Collins CO	29:46	M	4	65-69	Pueblo CO	38:24
144	Larry D Walls	M	6	60-64	Pueblo CO	29:46	M	14	50-54	Pueblo CO	38:26
145	Matt Martinez	M	18	13-19	Pueblo CO	29:52	F	6	0-12	Pueblo CO	38:36
146	Jan Sieg	F	5	50-54	Colorado Springs	29:54	M	18	45-49	Pueblo CO	38:42
147	Patrick Greer	M	9	50-54	Pueblo CO	29:54	M	5	65-69	Colorado Springs	38:50
148	Mark J Hooper	M	13	40-44	Pueblo Wst CO	29:54	F	11	35-39	Penrose CO	39:31
149	Monica M Diaz	F	7	13-19	Pueblo CO	29:56	F	7	0-12	Pueblo Wst CO	39:44
150	Larry Belkin	M	10	50-54	Pueblo Wst CO	29:58	F	11	13-19	Colorado Springs	40:02
151	Jess Cosyleon	M	8	55-59	Pueblo Wst CO	29:58	F	12	35-39	Pueblo CO	40:12
152	Carla D Braddy	F	6	35-39	Canon City CO	30:14	F	1	60-64	Pueblo CO	40:17
153	Jess Feeback	M	6	0-12	Colorado Springs	30:27	F	7	20-24	Colorado Springs	40:20
154	James G King	M	9	55-59	Pueblo CO	30:37	F	13	35-39	Pueblo Wst CO	40:23
155	Tammy L Carter	F	3	30-34	Pueblo CO	30:56	F	8	30-34	Pueblo CO	40:30
156	Cecil T Parrack	M	7	60-64	Pueblo CO	30:56	M	15	40-44	Canon City CO	41:38
157	Edward C Marquez	M	14	45-49	Trinidad CO	30:58	M	11	55-59	Pueblo CO	42:37
158	Marian E Heesaker	F	3	45-49	Pueblo Wst CO	30:59	F	5	45-49	Pueblo Wst CO	43:40
159	Torry Bolen	F	7	35-39	Pueblo Wst CO	31:05	F	6	45-49	Pueblo CO	44:08
160	Taylor Lynn	F	3	0-12	Pueblo Wst CO	31:20	M	19	13-19	Pueblo CO	45:59
161	Lisa Lynn	F	8	35-39	Pueblo Wst CO	31:28	M	20	13-19	Canon City CO	46:37
162	Mary B Potter	F	4	40-44	Pueblo Wst CO	31:29					
163	Sandy Reinsch	F	4	30-34	Pueblo CO	31:33					
164	Rochelle Garcia	F	5	30-34	Pueblo CO	31:34					
165	Pat E De Long	F	5	40-44	Rocky Ford CO	31:47					
166	Laura Teeter	F	8	13-19	Colorado Springs	31:48					
167	Mallory Norway	F	2	55-59	Longmont CO	31:53					
168	John R Kelly	M	8	60-64	Pueblo CO	31:54					
169	Greg D Eickelman	M	12	35-39	Littleton CO	31:54					
170	Eddie Longoria	M	2	65-69	Pueblo CO	31:59					
171	Suzanne Kashani	F	6	40-44	Pueblo Wst CO	32:16					
172	Diane Silva	F	7	40-44	Colorado Springs	32:31					
173	Noelle Williams	F	9	35-39	Castle Rock CO	32:37					
174	Ina Bernard	F	10	35-39	Pueblo CO	32:47					
175	Louis W Arteaga	M	11	50-54	Pueblo CO	33:04					
176	Levi E Ropp	M	7	0-12	Pueblo CO	33:10					
177	Greg Johanson	M	14	40-44	Rye CO	33:14					
178	Dennis W Murphy	M	10	55-59	Pueblo CO	33:21					
179	Jeff David Leyva	M	13	30-34	Pueblo Wst CO	33:38					
180	Mary E Shepherd	F	9	13-19	Rocky Ford CO	33:42					
181	Consuelo S Montoya	F	4	45-49	Los Alamos NM	34:08					
182	Hilda Reyher	F	1	65-69	Wiley CO	34:10					
183	Paul Reyher	M	3	65-69	Wiley CO	34:11					
184	John B Lobato	M	12	50-54	Pueblo Wst CO	34:24					
185	Deanna C Stever	F	3	55-59	Pueblo CO	34:27					
186	Rodge R Rodgers	M	2	70+	Colo Springs CO	34:32					
187	James A Abeyta	M	15	45-49	Pueblo CO	35:01					
188	Brianna V Diaz	F	10	13-19	Pueblo CO	35:08					
189	Sheryl L Page	F	7	25-29	Pueblo Wst CO	35:32					
190	Annette M Shepard	F	8	25-29	Pueblo Wst CO	35:32					
191	Tiffany Yanke	F	9	25-29	Pueblo CO	35:36					
192	Debbie Sbarbaro	F	6	50-54	Pueblo CO	35:37					
193	Hope Karides	F	6	30-34	Parker CO	35:40					
194	Lisa Walker	F	8	40-44	Canon City CO	35:52					
195	Christy Furman	F	4	55-59	Pueblo CO	35:54					
196	Geoffrey Lee Charleston	M	8	0-12	Pueblo CO	36:09					
197	Jennifer A Centa	F	10	25-29	Pueblo Wst CO	36:16					
198	Gail Purcell	F	11	25-29	Pueblo CO	36:17					
199	Bill L DeMoss	M	9	60-64	Pueblo CO	36:25					
200	Russ Dash	M	16	45-49	Pueblo CO	36:38					
201	Barbara J.H. Yaeger	F	7	50-54	Pueblo CO	37:12					
202	George Garcia	M	13	50-54	Pueblo CO	37:15					
203	Susan B Stiller	F	8	50-54	Pueblo CO	37:26					
204	Jace Khosla	M	9	0-12	Pueblo CO	37:29					
205	Kayla Shellenberger	F	4	0-12	Pueblo CO	37:57					
206	Jerica Khosla	F	5	0-12	Pueblo CO	37:57					
207	John E Gunn	M	17	45-49	Wston CO	38:02					
208	Chuck A Mason	M	13	35-39	Trinidad CO	38:03					
209	Cindy L Cowan	F	7	30-34	Rocky Ford CO	38:21					
210	David R Foster	M	4	65-69	Pueblo CO	38:24					
211	Thomas Monroe	M	14	50-54	Pueblo CO	38:26					
212	Shawnee Kaitlyn-Marie Char	F	6	0-12	Pueblo CO	38:36					
213	Kim Haddenham	M	18	45-49	Pueblo CO	38:42					
214	Neal L Kinsinger	M	5	65-69	Colorado Springs	38:50					
215	Denise Leibel	F	11	35-39	Penrose CO	39:31					
216	Taylor Dickinson	F	7	0-12	Pueblo Wst CO	39:44					
217	Elizabeth W Silva	F	11	13-19	Colorado Springs	40:02					
218	Sue Martinez	F	12	35-39	Pueblo CO	40:12					
219	Jacqueline N Miller	F	1	60-64	Pueblo CO	40:17					
220	Vicki Sanders	F	7	20-24	Colorado Springs	40:20					
221	Carolyn R Dickinson	F	13	35-39	Pueblo Wst CO	40:23					
222	April S Maez	F	8	30-34	Pueblo CO	40:30					
223	Richard Emond	M	15	40-44	Canon City CO	41:38					
224	John McGuire	M	11	55-59	Pueblo CO	42:37					
225	Dolli Garrison	F	5	45-49	Pueblo Wst CO	43:40					
226	Rose M Ahlers	F	6	45-49	Pueblo CO	44:08					
227	Robert Bruce	M	19	13-19	Pueblo CO	45:59					
228	Tristan Dohmann	M	20	13-19	Canon City CO	46:37					



Above: Ron Betz finishes one second ahead of Bill Veges and earns the gold.

Right: Len Gregory, a familiar face at the Spring Runoff earns a bronze in his division



Spring Runoff Results

10k Results		PI											
PI	Runner	Sx	Div	Age	City	Time							
1	Steve Cathcart	M	1	Overall	Ft Collins CO	34:47	69	Cheryl A Cavalli	F	3	40-44	Pueblo CO	55:37
2	Jonathan J Huie	M	1	20-24	Colorado Springs	35:50	70	Robert S Kelher	M	3	60-64	Canon City CO	55:40
3	Alan Davidson	M	1	30-34	Colorado Springs	37:22	71	Karen Patrick	F	3	35-39	Canon City CO	56:20
4	Gerald Romero	M	2	30-34	Colorado Springs	38:51	72	Elizabeth Ross	F	4	40-44	Monte Vista CO	56:25
5	Matt Connors	M	3	30-34	Colorado Springs	38:58	73	Rob Redwine	M	6	55-59	Pueblo CO	56:49
6	Lawrence R Volk	M	1	40-44	Pueblo CO	39:03	74	Maggie Marie Welte	F	1	20-24	Pueblo West CO	57:10
7	Scott Nalbach	M	1	25-29	Colorado Springs	40:01	75	Meryl W Dohrmann	M	12	35-39	Canon City CO	57:19
8	Bob Simmons	M	1	35-39	Pueblo CO	41:21	76	William Van Buskirk	M	1	65-69	Lamar CO	57:21
9	Anthony Silva	M	1	13-19	Colorado Springs	41:41	77	Deborah Sue Hoeffler	F	4	35-39	Lamar CO	57:27
10	Elliot Sanders	M	2	20-24	Colorado Springs	41:41	78	Bob Krassa	M	4	60-64	Boulder CO	57:49
11	Jim T Hruby	M	2	40-44	Rye CO	42:37	79	Dan L Minor	M	7	55-59	Lamar CO	57:51
12	Stuart RB Shepherd	M	2	13-19	Rocky Ford CO	42:38	80	Robert Quintana Jr	M	7	30-34	Pueblo CO	58:01
13	Brian Sweeney	M	1	45-49	Colorado Springs	42:46	81	Isaac McGuffin	M	3	20-24	Colorado Springs	58:13
14	John Hobby	M	2	35-39	Pueblo West CO	43:19	82	Brad Brillhart	M	8	45-49	Trinidad CO	58:16
15	Lou Huie	M	1	55-59	Colorado Springs	44:11	83	Elaine M McGuffin	F	2	45-49	Colorado Springs	58:38
16	Steve Wall	M	3	40-44	Pueblo CO	44:28	84	Tom E Tafoya	M	8	55-59	Pueblo CO	58:40
17	John M Roldan	M	3	35-39	Pueblo CO	44:34	85	Paul J Willumstad	M	7	50-54	Pueblo CO	59:06
18	Stephen Hruby	M	3	13-19	Rye CO	44:40	86	Buffie Kaplachnski	F	4	30-34	Colorado Springs	59:22
19	Joe Terry Jr	M	2	25-29	Trinidad CO	44:40	87	Robert M Fowler	M	8	50-54	La Junta CO	59:26
20	David Garcia	M	4	13-19	Rocky Ford CO	44:46	88	Chuck Moore	M	9	55-59	Pueblo CO	59:45
21	Dale Papineau	M	4	35-39	Pueblo West CO	45:12	89	Carole J Yokley	F	1	50-54	Lamar CO	59:56
22	Ethan Barbieri	M	5	13-19	Colorado City CO	45:38	90	Mary Marie Sheldon	F	2	25-29	Pueblo West CO	1:00:12
23	Richard T Hogan	M	4	30-34	Pueblo West CO	45:40	91	Tracy Hall	F	2	20-24	Greeley CO	1:00:13
24	Emily Borrego	F	1	Overall	Pueblo CO	45:49	92	Debra S Wall	F	5	35-39	Pueblo CO	1:00:14
25	Jay Goodman	M	4	40-44	Pueblo CO	45:54	93	Jennifer Lea Keeler	F	3	25-29	Branson CO	1:00:16
26	Edward L Griego	M	1	50-54	Trinidad CO	46:27	94	Don D Robinson	M	1	70+	Denver CO	1:00:40
27	Rocky Khosla M.D.	M	2	45-49	Pueblo CO	47:10	95	Louise Samora	F	2	50-54	Pueblo CO	1:00:48
28	Desiree DallaGuardia	F	1	13-19	Rye CO	47:39	96	George V Dominguez	M	5	60-64	Raton NM	1:01:35
29	Ken Perry	M	2	55-59	Denver CO	47:58	97	Jamie L Vigil	F	6	35-39	Pueblo CO	1:01:48
30	Kathy F Hruby	F	1	40-44	Rye CO	48:06	98	Melisa Denise Maes-Jo	F	5	30-34	Pueblo CO	1:02:29
31	Rick Gurule	M	5	35-39	Denver CO	48:09	99	Ron Palm	M	8	30-34	Pueblo CO	1:02:31
32	Rick D Hough	M	6	35-39	Pueblo CO	48:09	100	Rayette L Romero	F	6	30-34	Pueblo West CO	1:02:33
33	Nick Lepetsos	M	7	35-39	Centennial CO	48:41	101	Arvenia L Morris	F	3	45-49	Lamar CO	1:02:40
34	Steve M Hernandez	M	3	45-49	Littleton CO	48:56	102	Melanie D LeDoux	F	3	20-24	Colorado Springs	1:02:58
35	Matthew P Simonich	M	8	35-39	Pueblo CO	49:25	103	Susanna Kobilan	F	4	20-24	Colorado Springs	1:02:59
36	Greg A Meier	M	5	40-44	Pueblo CO	49:49	104	Angela Castillo	F	5	40-44	Pueblo West CO	1:03:17
37	Stephen A Minnich	M	2	50-54	Pueblo West CO	50:00	105	Robert E Landreth	M	9	50-54	Pueblo CO	1:03:17
38	Tom Ratzlaff	M	6	40-44	Pueblo West CO	50:09	106	Syl Giannetto	M	2	65-69	Pueblo CO	1:03:37
39	Mike Borton	M	4	45-49	Pueblo CO	50:27	107	Duncan C McAuliffe	M	10	50-54	Pueblo CO	1:03:40
40	Andrew R Maez	M	9	35-39	Pueblo CO	50:35	108	Martha J Kinsinger	F	1	65-69	Colorado Springs	1:04:44
41	Lori L Winner	F	2	40-44	Alma CO	50:41	109	Mary Rudolf	F	4	45-49	Pueblo CO	1:05:11
42	Dwight Martinez	M	3	50-54	Pueblo CO	50:51	110	Jacqueline J Wall	F	7	30-34	Pueblo CO	1:05:28
43	Paul M DallaGuardia	M	5	45-49	Colorado City CO	50:58	111	Stacie Taravella	F	7	35-39	Pueblo West CO	1:06:12
44	Hal J Cunningham	M	7	40-44	Falcon CO	51:07	112	Mary S Minor	F	3	50-54	Lamar CO	1:07:40
45	Gary L Rael	M	10	35-39	Pueblo CO	51:32	113	Angelique Espinoza	F	8	30-34	Colorado City CO	1:08:57
46	Kelly D Hale	F	1	35-39	Rye CO	51:35	114	Susan D DallaGuardia	F	5	45-49	Rye CO	1:08:57
47	Catherine T Gomez	F	1	45-49	Pueblo CO	51:41	115	Cathryn L Sanchez	F	6	40-44	Pueblo West CO	1:09:05
48	Cory Rose	M	6	13-19	Beulah CO	51:56	116	Karen L Driscoll	F	7	40-44	Pueblo CO	1:10:13
49	Ben Esquibel	M	3	55-59	Pueblo CO	52:11	117	Dody Schulze	F	6	45-49	Wetmore CO	1:10:29
50	Kevin Keilbach	M	5	30-34	Pueblo CO	52:22	118	Laurie R McGowan	F	8	35-39	Pueblo West CO	1:10:31
51	Teri Fox	F	1	30-34	Colorado City CO	52:37	119	Ron D Shepherd	M	11	50-54	Rocky Ford CO	1:11:15
52	Michael Frank	M	6	45-49	Colorado Springs	52:43	120	Dan A Driscoll	M	9	45-49	Pueblo CO	1:11:36
53	Melvin Henson	M	4	50-54	Colorado Springs	52:45	121	Nancy Mitrick	F	1	60-64	Fremont CA	1:12:16
54	Jim Freim	M	4	55-59	Colorado Springs	52:56	122	Alex A Cortez	M	10	55-59	Raton NM	1:12:19
55	James Curtis Wright P	M	1	60-64	Pueblo West CO	53:01	123	Sandra Hernandez	F	1	55-59	Colorado Springs	1:24:47
56	David W Crockenberg	M	5	55-59	Pueblo CO	53:07	124	Heidi Davidson	F	9	30-34	Colorado Springs	1:32:07
57	John F Vassos	M	11	35-39	Colorado Springs	53:15	125	Michelle J Benoit	F	4	25-29	Colorado Springs	1:32:08
58	Joe A Bulow	M	6	30-34	Pueblo CO	53:17	126	Chris Vrana	F	10	30-34	Colorado Springs	1:32:09
59	Cathy Osban	F	2	35-39	Pueblo CO	53:18							
60	Jennifer Alvarado	F	2	30-34	Colorado City CO	53:41							
61	Victor Silva	M	8	40-44	Colorado Springs	53:56							
62	Christian Hulett	M	9	40-44	Beulah CO	54:43							
63	Jeff Cleaver	M	5	50-54	Pueblo CO	54:57							
64	Sarah B Felt	F	3	30-34	Pueblo CO	54:58							
65	Hilbert Navarro	M	2	60-64	Pueblo CO	54:59							
66	Carolyn J Kimble	F	1	25-29	Greeley CO	55:18							
67	Raul San Miguel	M	6	50-54	Pueblo CO	55:27							
68	Fredrick Thompson	M	7	45-49	Fountain CO	55:27							

Spring Runoff Results

10mile Results													
PI	Runner	Sx	Div	Age	City	Time							
1	Paul L Koch	M	1	Overall	Colorado Springs	57:57	70	Daniel E Riggs	M	9	40-44	Canon City CO	1:30:57
2	Mike Wasson	M	1	35-39	Monument CO	59:23	71	Dennis E Beard II	M	10	35-39	USAF Academy CO	1:31:09
3	Gordon N Birdsall	M	2	35-39	Colorado Springs	59:24	72	Omar Angelo Nava	M	1	20-24	USAF Academy CO	1:31:11
4	Heather Marie Hunt	F	1	Overall	Englewood CO	1:01:04	73	Melissa Lyn Bland	F	3	20-24	USAF Academy CO	1:31:13
5	Bob Van Langenhoven	M	1	40-44	Morrison CO	1:04:25	74	Michelle L Zielinski	F	3	30-34	Pueblo CO	1:31:32
6	Dave McCone	M	3	35-39	Colorado Springs	1:06:33	75	Paul N Limberis	M	6	45-49	Englewood CO	1:33:41
7	Tracy Stewart	F	1	20-24	Colorado Springs	1:06:39	76	Beverly S Skroch	F	4	50-54	Creede CO	1:33:50
8	Dan Tessier	M	1	50-54	Colorado Springs	1:06:41	77	Ric Markin	M	1	70+	Colorado Springs CO	1:35:25
9	George W Jones	M	2	50-54	Monument CO	1:07:17	78	Maria Elena Weaver	F	2	40-44	Canon City CO	1:35:45
10	Ron Nies	M	4	35-39	Littleton CO	1:10:28	79	Laura Schilf	F	3	40-44	Canon City CO	1:35:45
11	Matt Sherman	M	1	30-34	Pueblo West CO	1:10:40	80	Kay Morehead	F	8	35-39	Colorado Springs CO	1:35:49
12	Thom LeDoux	M	2	30-34	Pueblo CO	1:12:01	81	Heather L Olsen	F	9	35-39	Colorado Springs CO	1:36:09
13	Katherine Frank Dvorsky	F	1	30-34	Pueblo CO	1:12:30	82	Martha K Kramer	F	5	45-49	Colorado Springs CO	1:36:10
14	Mark C Brockie	M	1	45-49	Colorado Springs	1:12:42	83	Sharon N Johnson	F	4	40-44	Colorado Springs CO	1:36:22
15	Chief A Reno	M	2	40-44	Pueblo CO	1:13:04	84	Gina M Benfatti	F	5	40-44	Pueblo CO	1:36:27
16	Debra Haverfield	F	1	45-49	Monte Vista CO	1:13:21	85	John Jessen	M	7	50-54	Pueblo CO	1:36:28
17	Allen S Weaver	M	3	50-54	Canon City CO	1:13:36	86	Tanya Lynn Tecklenberg	F	1	25-29	Pueblo CO	1:36:49
18	Lisa McCone	F	1	35-39	Colorado Springs	1:13:45	87	Patrick Michael Shannon	M	2	20-24	Peterson AFB CO	1:36:50
19	Thomas Stanek	M	5	35-39	Greeley CO	1:14:10	88	Mike Archuleta	M	10	40-44	Pueblo CO	1:38:09
20	Joe Martinez	M	3	40-44	Pueblo CO	1:15:13	89	Hilmar C Wiesner	M	11	40-44	Colorado Springs CO	1:38:52
21	Traci Lynn Dworshak	F	2	35-39	Colorado Springs	1:15:22	90	Jessie M Quintana	F	1	60-64	Pueblo CO	1:39:50
22	Diane C Ridgway	F	1	55-59	Arvada CO	1:15:29	91	Jane L Chess	F	5	50-54	Florence CO	1:40:36
23	Steve Walls	M	2	45-49	Monument CO	1:15:31	92	Judy A Russo	F	6	50-54	Colorado Springs CO	1:42:26
24	Joe Stommel	M	4	50-54	Pueblo CO	1:15:52	93	Jan Dudley	F	6	45-49	Pueblo CO	1:46:16
25	Vicki Meier	F	3	35-39	Canon City CO	1:16:20	94	Donna A Nicholas-Griesel	F	7	55-59	Coaldale CO	1:48:49
26	Ignacio P Garcia	M	4	40-44	Pueblo CO	1:18:45	95	Cheryl K Cook-McCoy	F	8	55-59	Salida CO	1:49:29
27	David C Law	M	3	30-34	Florence CO	1:19:03	96	Gerald E Puls	M	2	70+	Pueblo CO	2:19:00
28	Humberto Paredes	M	3	45-49	Pueblo West CO	1:19:20							
29	Jerry F Kemman	M	1	60-64	Crestone CO	1:19:41							
30	Ed G Leanos	M	1	55-59	Pueblo CO	1:19:59							
31	Carol J Lyndell	F	2	55-59	Colorado Springs	1:20:01							
32	Phil R Knowles	M	4	30-34	Pueblo CO	1:20:04							
33	Kyle Whitney	M	1	25-29	Colorado Springs	1:20:17							
34	Chester Carl Haddan III	M	6	35-39	Pueblo CO	1:21:17							
35	Kerry R Meier	M	7	35-39	Canon City CO	1:21:32							
36	Robin Krueger	F	4	35-39	Pueblo West CO	1:21:35							
37	Christina Puleo Jensen	F	5	35-39	Denver CO	1:21:36							
38	Michael K Olson	M	4	45-49	Colorado Springs	1:21:47							
39	Steve Jones	M	8	35-39	Colorado Springs	1:21:53							
40	Robert M Santoyo	M	5	40-44	Pueblo CO	1:22:21							
41	Jenine Ebersohl	F	1	50-54	Colorado Springs	1:22:58							
42	Carla Ann Flores	F	2	45-49	Pueblo CO	1:22:58							
43	Chuck Norton	M	1	13-19	Pueblo CO	1:23:00							
44	Lorraine C Hoyle	F	3	55-59	Pueblo CO	1:23:02							
45	Amy Braune	F	2	30-34	Pueblo West CO	1:23:11							
46	Ted E Puls	M	6	40-44	Pueblo CO	1:23:19							
47	Stacey Diaz	F	1	40-44	Pueblo CO	1:23:34							
48	Warren T Marshall	M	2	55-59	Canon City CO	1:23:37							
49	Marcia Hughes	F	3	45-49	Canon City CO	1:24:03							
50	Roy Hughes	M	5	50-54	Canon City CO	1:25:32							
51	Michael D Sanchez	M	7	40-44	Pueblo West CO	1:25:36							
52	Kent B Mitchell	M	2	60-64	Longmont CO	1:25:47							
53	Harvey Wall	M	9	35-39	Canon City CO	1:25:57							
54	Marijane Martinez	F	2	50-54	Pueblo CO	1:26:00							
55	Henrietta Jean Butler	F	3	50-54	Aguilar CO	1:26:11							
56	Joel M Weinhold	M	5	45-49	Pueblo CO	1:26:14							
57	Julie A Stevens	F	6	35-39	Ft Collins CO	1:26:38							
58	Peg A Roddy-Reeg	F	4	55-59	Colorado Springs	1:26:45							
59	Diane Lopez	F	4	45-49	Pueblo CO	1:27:11							
60	Misti Frey	F	7	35-39	Pueblo West CO	1:27:12							
61	Burke L Kaiser	M	8	40-44	Buena Vista CO	1:27:33							
62	Ted Johnson	M	5	30-34	Pueblo CO	1:28:06							
63	Julie G Marshall	F	5	55-59	Canon City CO	1:28:35							
64	Katherine Marshall	F	2	20-24	Canon City CO	1:28:35							
65	Mike A Saucedo	M	6	50-54	Canon City CO	1:28:59							
66	Ariel Stiller-Shulman	M	2	13-19	Pueblo CO	1:29:47							
67	Alex Stiller-Shulman	M	3	13-19	Pueblo CO	1:29:50							
68	Robin Hall Dunn	M	4	13-19	Denver CO	1:29:53							
69	Carol A Kinzy	F	6	55-59	Pueblo CO	1:30:37							



Left: Paul Koch is waaaaay ahead of everybody else in the 10 mile.

Below: Maria Elena Weaver and Laura Schilf run together to take 2nd and 3rd in their division with identical times in the 10 mile.



Spring Runoff Results

Funner to Be a Runner Results

Pl	Name	Age	School	Time
1	Aaron Diaz	11	Central	6:39
2	Justin Sanchez	11	Highland Park	6:58
3	Jordan Ruiz	10	Goodnight	7:16
4	Jordan Montera	11	Swallows	7:40
5	Michael Ramirez	7	Highland Park	7:41
6	James Makloski	9	Heritage	8:01
7	Deron Adams	11	Morton	8:02
8	Kyle Calhoun	8	Parkview Ele	8:09
9	Sam Baxter	8	Sweallows	8:20
10	Jace Montera	7	Sierra Vista	8:21
11	Nick Mason	10	Fishers Peak	8:32
12	Mitchel Chavez	8	Heritage	8:34
13	Alexis Ramirez	10	Highland Park	8:35
14	Brianna Diaz	13	Corwin	8:36
15	Jake Baxter	8	Swallows	8:36
16	Zach Heesaker	9	Desert Sage	8:39
17	Aaron Henson	12	Challenger	9:22
18	John Parsons	11	Heritage	9:53
19	Kalee Calhoun	8	Parkview	9:56
20	Kyle Berry	9	Heritage	10:15
21	Collin	9	Swallow	10:16
22	Erin Bogard	11	Sunset Park	10:18
23	Mathew Carroll	15	Pblo W High	10:38
24	Faris Riley	7	North Mesa	10:45
25	Angelica Wall	6	North Mesa	10:55
26	Jacqueline Ramirez	8	Trinity Luther	11:00
27	Jayce Knowles	9	Carlile	11:21
28	Amy Cornett	10	Heritage	11:30
29	Lauren Parsons	10	Heritage	11:38
30	Raina Musso	10	Heritage	11:39
31	Sarah Baker	9	Heritage	11:40
32	Kaylin Berry	11	Heritage	11:50
33	Kurtis Berry	7	Heritage	11:50
34	Chase Papineau	6	Desert Sage	12:00
35	Emily Perez	7	Cezar Chavez	12:15
36	Raynie Makloski	6	Heritage	12:15
37	Galarita Garcia	8	John Neuman	12:17
38	Mason Mares	8	Beulah Heights	12:19
39	Olivia Leyva	6	Desert Sage	12:37
40	Taylor Leyva	9	Desert Sage	12:41
41	Zach Thomas	6	Assention Pre	12:53
42	Ritchie Perez	4		13:08
43	Eric Garcia	11	John Neuman	13:12
44	Claire Fries	6	Carlile	13:14
45	Jesse Weaver	11	Home School	13:20
46	Sarah Clapp	7	Desert Sage	13:42
47	Ruby Fries	6	PSAS	14:11
48	Jordan Sherman	10	Sierra	14:13



Above: Some great action in the Toddler Run. Photo by Dick Greet.

Below: The start of the 1 mile Fun to be a Runner Race



Spring Runoff Photos



Clockwise from upper left:
George Dominguez of Raton,
Debra Wall,
Tom Ratzlaff,
Shawn Borton,
Shawnee Kaitlyn-Marie
Charleston (age 7),
Rob Redwine.

Center Left:
Humberto Paredes,

Center Right:
Nick Leyva,
Emcee & Announcer



Potpourri

Coin the Caption Contest

Remember last month's contest? We received 16 entries from 9 members (some were husband / wife teams). There were some great entries and the winning caption was chosen by an independent panel of non-SCR judges. The judges had access only to the captions, not to the contestant's names, (they probably would not have recognized the names anyway), and the winning entry was kept in a hermetically sealed mayonnaise jar on Funk and Wagnall's doorstep. (OK, I was kidding about the mayonnaise jar, but if you've ever heard that expression before, you are definitely not a youth runner).

Honorable Mentions go to:

Pixie & Ken Raich for: *Thank goodness I found this store 5 miles into the Las Vegas marathon...they only have water at the aid stations!*

Emily Borrego for: *They can't pull you over for drunk running in Nevada can they?*

And Stacey & Dave Diaz for: *Marriage license...12 pack of Bud Lite... now where's Britney?*

My personal favorite (although I was not a judge) was Pixie & Ken's, *Hey, you train your way... I'll train my way!*

However, the judges awarded the \$25 gift certificate to the Gold Dust to Stacey & Dave Diaz (it was not fixed—I promise) for: *After seriously pondering the question, marriage license-Bud Lite...marriage license-Bud Lite? Dave Diaz is finally relieved to have come to a decision.*

We thank Dave for being a good sport, and we thank our anonymous judges for doing a tough job. We'll do it again.



CSU-Pueblo X-Challenge by Erika Dean-Moore

The fifth annual X-Challenge will take place at CSU-Pueblo on April 17th. In this event, 16 co-ed teams of 4 compete in a Mountain bike Relay, a Climbing wall Relay, a Kayak/Run Relay, and a Ropes/Challenge Course in either novice or competitive divisions for each teams share of cool prizes and the esteemed recognition of being the 2004 X-CHALLENGE CHAMPIONS.

This event is brought to you through the students in the Department of Exercise Science and Health Promotion and Recreation, in conjunction with the University's Experiential Learning Center.

Registration is being taken online at <http://www.active.com> click on **Individual Sports** search under **CSU-Pueblo X-Challenge**. Teams have the option of registering in either *novice* or *competitive* divisions. Teams that register before April 5th will be allowed to use the facilities prior to the day of the event at no charge.

Pre registration fees are \$40 for teams with 2 or more students, and \$60 for non-student teams before April 5th and the \$20 more per team after April 5th. Contest open to 18 and up. All participants will receive a t-shirt, food, refreshments, and the chance to win "out" door prizes. Registration opens at 7:30 am the morning of the competition and awards will directly after. For more information about the *CSU-Pueblo X-Challenge* call (719) 549-2381



2004 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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 5k Run/Walk 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 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	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
TBA	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.

Thank You SCR Volunteers for the Spring Runoff

Race Director: Terry Cathcart, Registration: Paulette Stuart, Awards: Steve Cathcart, Announcer: Nick Leyva, Spotter: Anthony Diaz, Setup: Ben Valdez, Finish Line: Dave Diaz, Gary Franchi, Rob Dehn, Don & Lois Pfof, Diana Reno, 2-Mile Finish Line: Rich & Deb Hadley, Diana, Course Design: Jeff Arnold, Course Marshals: Mark & Brenda Koch, Marv Bradley, Wendy Garrison, Jay Baker, Cameron Gallegos, Jordan De Herrera, Aid Stations: Marijane Martinez, Marcus Benjamin, Adrian Sandoval, Stig Jantz (CSU-Pueblo), Kyle Reno, Tina Gray, Aaron Lopez, Sara Koch, Tyler Woodward, Nathan Comdon, Tiffany Reno (UCCS/Pueblo County), Tawnee Mckenzie, Jaime Goss, Jamie Windon, Natalie Martinez, Branda Alfonso, Brandice Alfonso, Samanth Rodriguez, Bernadette Montelongo, Kari Piltcher, Candace Bonner, Jessica Trujillo (Central High School), Lead Bike: Joe Dvorsky, Results: Ken & Pixie Raich, Mike Orendorff, Toddler's Race: Jill Montera, Kid's Race: Katherine Frank-Dvorsky, 1-Mile Youth Race: Pat Berndt, Desiree DallaGuardia, Stephen Hruby, Corey Rose, Crystal Berndt, Aaron Berndt, Samantha Davenport

Note this is the incomplete list at press time and does not include the many Chieftain staffers, Pueblo Police, sponsors, etc. and others we undoubtedly missed.

THANK YOU ALL!

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
Organization
U.S. Postage Paid
Pueblo, Colorado
Permit # 41**



***If you move,
Let us know!***

Issues of "Footprints"
are not forwarded.

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

Upcoming Races

The Predict Series is just getting underway. It's lots of fun and anyone can win. March 20 is & Matt's Trail Run, April 10th is the Ramsgate 8, and April 18th is the Yappy Dog Run (formerly known as the Tarantula & Yappy Dog Run.

The 2nd annual Survivor Run will be held at Mineral Palace Park and will be a change of pace for those who are seeking some variety from the City Park 5k. And... it is for a good cause!

The YMCA 5k Run / Walk will be on Saturday, April 3rd. This is the same course as the former YMCA Largest Run. Adults and Children are encouraged to participate.



The YMCA will be busy, because the Y-Bi Classic (run and bike) will take place on April 18th. It is a run / bike / run event and usually fills up, so enter early!

Speaking of Biking, the following note was recently on the SCR listserv from Dave Diaz: Lee Newhard at the Great Divide and he said the annual St. Patrick's Day bike ride will be Sunday, March 21. For those of you that don't know it is about a 20 mile ride that starts at the Industrial Park (west of Target Warehouse) and goes to the Test Track and returns. Afterwards there is a free BBQ. Last year there were reps from Trek showing new bikes. It is really a well organized and fun event.

The Final Thoughts...

Life is like a ten-speed bike. Most of us have gears we never use. -Charles Schulz, cartoonist (1922-2000)

I will not let anyone walk through my mind with their dirty feet. -Mohandas K. Gandhi (1869-1948)

Worry is interest paid on trouble before it comes due. - William R. Inge, clergyman, scholar, and author (1860-1954)

We are so fond of being out among nature, because it has no opinions about us. -Friedrich Wilhelm Nietzsche, philosopher (1844-1900)