



Editor: Ron Dehn

# FOOTPRINTS



Contains words of wisdom and just plain words.

## The April Showers (hopefully) & Rainbows Edition

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For racing schedules, results, contact info, etc—see the SCR website: [www.socorunners.org](http://www.socorunners.org)

The next SCR meeting will be held at 7 pm Wednesday, May 5 at the Pueblo YMCA. All SCR members are welcome



**Matt Sherman leads Larry Volk by a quarter point after 3 predict runs See pages 6, 8, & 9.**

**SCR Minutes, April 7, 2004**

**Attendance:** You know who you are.

**Officer Reports:**

Treasurer's report approved  
 Membership Chair doing a great job with membership and website

**Race Recaps:**

**Spring Runoff:** Terry has improvement ideas written down for next years race. The race was a success and had around 600 participants.

**Ben and Matt's Trail Mix:** New course on dirt was very well liked and it was very well marked with a great turn out and a great barb b que after

**Survivor Run:** Jeff was race director and reported it went well

**YMCA 5K Family Health Run/Walk:** Ben reported rainy day, but great turn out for the event. This will be an annual walk/run that will benefit kids and parents! THANKS TO ALL OF THE VOLs FOR THESE EVENTS!

**Upcoming Races:**

**Ramsgate 8** on April 10 – Lois and Don are planning for the hopeful snow and the potluck after, is always fun

**Y-Bi on April 18** – Brings out the runner and biker in each of us

**Yappy Dog Predict** on April 25 – Ross needs volunteers for one water station and the finish line. Start time is 8:30 with a potluck after

**Cinco Run for the Rose** on May 2 – The 5k, 10k and 3 mile walk start at 7:30 a.m. Volunteers are also needed. Hilbert is going to try to get an article in the Chieftain.

**Ordinary Mortals Triathlon** – May 15 for females and May 16 for the gentlemen. Get your registration in ASAP the race is filling up. Many times it was mentioned our Pres. Is the one to watch in the pool and rumor has it the race director might participate for the first time ever.

**Mary's Magical Mystery Tour** is put on the shelf this year, but taking its place is Gina's **Belmont Butt Buster**, an 8.6 mile hill run –ouch. Race date is for August 7<sup>th</sup> starting at 7a.m with a potluck after.

**Soaring Eagles 5K** on Oct. 9 – a representative from CSU-Pueblo speech club came the meeting and asked for our help. We will be working with them over the next months

**Something New:** Altitude Training Camp – this is Ben's new baby! A week-end full of running, hiking, massage, educational speakers, workout classes and more. Mark your calendars for May 21 and 22<sup>nd</sup>. Please contact Ben at the YMCA to register.

**Activity Recaps/Updates:** SCR Questionnaire – watch in your newsletter and on the website for a questionnaire on the runners club and the picnic – give us your ideas.

Colorado Runner Magazine – next month we will get an issue

**New Stuff:**

- ✓ Grand Prix Series Volunteers – if you are experienced in the chutes for finish lines, consider volunteering for this series, they are giving free entry into races for your help. Garden of the Gods is the next race

in the series. For information on the races please visit [www.csgrandprix.com](http://www.csgrandprix.com)

- ✓ SCR vs. PPRR competition – Mr. Pres and club members are considering make a fun/friendly competition between the clubs
- ✓ A motion was made by Jeff to waive this years SCR fees for the Rape Crises Center Run and the Soaring Eagles 5k run, and then consider other charitable cases, seconded and now so it is.

The End

Submitted by Sandy Reinsch, Co-Secretary



**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. 267**

"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, Freddy Adu *	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

**Contributing Writers / Photographers**

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
 Debra Wall, Hilbert Navarro, Dick Greet, Sandy Reinsch,  
 Earl Poteet, Erika Dean-Moore, Ross Barnhart

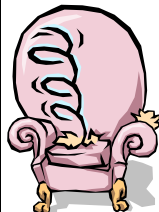
SCR meetings generally are held the first Wednesday of each month at the Pueblo YMCA in downtown Pueblo. All SCR members are welcome and may bring family, relatives, and pets, as long as he/she also brings treats for all members.

**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.


\* Freddy Adu at age 14 is playing professional soccer in the United States for the D.C. United soccer team. He is the youngest athlete in a major American league in more than 100 years.



SCR is associated with AARC, American Association of Running Clubs. See: [www.huntsvilletrackclub.org/AARC/AARC.htm](http://www.huntsvilletrackclub.org/AARC/AARC.htm)



Spring forward  
 out of that easy  
 chair and get to



The Gold Dust  
 217 South Union



# Great Stuff

by Gary Franchi



## In spring time, a man's fancy turns to ...

Thought for today's lunch, compliments of George Carlin: *"The reason the mainstream is thought of as a stream is because it's so shallow."*

### Musings on running, fitness, life, etc.:

So, that headline up on top of this article got ya, didn't it? C'mon, admit it – the only reason you're reading this is because you figure I'll be talking about the attraction that the male gender has for the opposite sex, right?

Ha-ha! Fooled you. Nyah! Once again, sex sells. But if you stick with me to the end, I might just touch on that "man's fancy" stuff with a little gender chat.

First, though, I thought it was time to discuss what many of us actually start thinking about once springtime rolls around -- getting back on the bicycle. Unless you're part of the serious breed that rides a trainer or does spinning classes during the winter, you have been cycling-inactive for the past few months with your bike hanging on the wall of the garage or your basement since October or November.

That's a good place for it, actually. For one, you don't get very many flat tires when the bike's up on the wall. For another, you suffer very few equipment problems, either. Hence, you save time, money and aggravation.

But let's not dwell on the negative parts of this great physical activity. There's nothing like the exhilaration of that first ride at the start of a new season, the feel of the brisk air on your face, brain numbed by the cold circulating through your helmet's air vents, springtime wind propelling your bike sideways when it hits you at the right angle, tons of winter debris on the roads, etc. You just can't beat the experience.

That's because bicycling has what can be termed "intrinsic" values. This isn't to be confused with "extrinsic" values. You see, "intrinsic" refers to those things which are intrinsic in nature, while "extrinsic" are those that are extrinsic in nature.

Now that you have a clearer picture of why cyclists love to ride and in keeping with my new-found positive spirit, I tend to focus more on the good sides of things. Bicycling has many good sides, and here are just a few:

Where else can you get free tokes of marijuana while enjoying a physical activity? Ride through City Park sometime after school hours and take a whiff as cars pass you and you'll see what I mean.

Your awareness of people and vehicles is enhanced. Especially if you want to live. With all the vehicle drivers talking on cellphones, you learn pretty quickly that no one sees you. And you adjust accordingly, mainly by biking on deserted roads and/or always yielding to traffic.

You learn a lot about what our society does with its waste glass products. Many times, those products wind up smashed on the streets. It's so convenient.

Bicycle tubes are pretty cheap. Shoot, why else would

they go flat so easily, even the thorn-proof jobbies. But if you think about it they're still pretty cheap cost-wise.

Components wear out. I call this a positive because the new replacement parts are usually better.

Bike repairs are needed. That gives you a chance to visit with people like Vance and learn about a completely different cycling world than the one you inhabit.

Newer model bikes gives us something to drool about in our sleep since we can't really afford them in real life.

It's a great escape mechanism. Shoot, you can get out of doing all kinds of household chores by biking for hours at a time. And I'm not even talking about the time allotted for the nap afterward.

The mental lift you get from being able to cover lots of miles without wear and tear on your body. Compare this to running, which really beats you up, relatively speaking.

It's a great way to see our city, state and country. In the city, you can discover all sorts of things you would never otherwise see. State-wide, all of the various bike tours give you ample opportunity to visit different parts of Colorado. And tours that are held all over the country give you additional chances to experience different areas, ways of life, etc.

In case you missed the message, cycling is a great sport. This is especially so if you can afford a decent bike and if you ride for fun rather than competition, where all the studs with their high-tech carbon bikes make you feel like a novice.

Oh, by the way, I was just kidding near the top when I said I might touch on some gender chat related to "man's fancy." Hope you don't mind. Oh, and have a beautiful life.

One more little biking-related note: The Outdoor Life Network (OLN) is planning to televise a 13-part documentary-titled "The Lance Armstrong Chronicles" beginning April 29. The series will cover every leg of Lance's training and will include footage of the Tour de France as well. Check the OLN listings on the Internet for dates, times

### Ten things I was just wondering:

1. Wouldn't it be fun to conduct random drug testing at SCR races?
2. Why can't we standardize the spelling of female names? (Sheryl, Cheryl, Sharil, etc., etc.)
3. How did they have triathlons before there were roads?
4. Did Phidippides wear a singlet and shorts on his original marathon journey in ancient Greece?
5. Do you think there are runners on Mars right now?
6. How can a Greatest Hits album/CD contain a song that's never been released?
7. How do they think up the titles of music instrumentals?

(Continued on page 11)



## SCR Birthdays (& other events)

### May

- 2 Ben Valdez  
Catherine the Great\*
- 4 Paul DallaGuardia  
George Will\*
- 5 Scott Reno  
George Dominguez  
Troy Davenport  
Tammy Wynette\*
- 6 John Stiehl  
Roger Bannister broke  
4 minute mile 1954  
Willie Mays\*
- 9 Mother's Day
- 10 Melinda Orendorff  
Gary Owens\*
- 11 Shaun Gogarty  
Salvadore Dali\*
- 12 Carol Ratzlaff  
Katherine Hepburn\*
- 13 Steven Lamy  
Joe Louis\*
- 14 Bonifacio Cosyleon  
Bobby Darin\*
- 17 LaDonna Gunn  
Earl Morrall\*
- 18 Mark Koch  
Mt St. Helens 1980  
Brooks Robinson\*
- 20 Lori Gregory  
Michael Archuleta  
Diane Lopez  
Charles Lindbergh's  
flight to Paris 1927  
Cher\*
- 21 Trena Johnson  
Armand Hammer\*
- 23 Sidney Arnold  
Joan Collins\*
- 25 Mary Davenport  
Bill "Bojangles"  
Robinson
- 26 Lois Pfof  
John Wayne\*
- 29 Mark Shipe  
Patrick Henry\*
- 31 Memorial Day

\*honorary SCR member



# Trail Notes

by Shaun Gogarty



## Setting a PR - Technique # 10,999 and Other Questionable Training Techniques

I've taken many liberties in the spectrum of topics for a "Trailnotes" column, but that is because not only am I fool enough to get lost, I mean run in the woods, I'm also the only fool willing to write about it. So continuing in that vein this month I'm going to address a related topic: adventure racing. Perhaps not the adventure racing you are thinking of, but adventure for sure. Most of us aren't going to be in the "Raid" or any other week-long adventure run. But there are wonderful running adventures out there for everyone. Especially people with what I call adventure credentials: naivety, high pain threshold, poor personal perception and a low IQ. With those credentials there can be endless adventure runs anywhere in the world.

Some of you are aware that I make humanitarian trips to Mexico on a regular basis (this is my chance for free advertising - see [www.FFHE.org](http://www.FFHE.org)). During most of these trips I'm working pretty hard so I haven't done much running. But on a recent trip a friend from Canada joined me. Unfortunately he and I are a bad combination when it comes to adventure. We not only push each other into "adventure" (i.e. danger) we also have an overabundance of adventure credentials between us: naivety to the point of oblivion, high pain thresholds, think we are in better shape than Scott Carpenter and the sum of our IQ's is still a low number. Accordingly, while in Mexico we had some great "Foreign Adventure Runs".

Our first adventure began boringly enough with a planned run through the small town where we do much of our work in Mexico. Bermejillo is mostly dirt roads and adobe homes in the middle of a vast desert. We didn't get a chance to run until it was already dark, which we figured made it more fun anyway with all the potholes, ditches and rocks. But what really made it an adventure was the local "flavor". Apparently, two gringos running in shorts through a small Mexican village is somehow novel. You would have thought we were running the Boston Marathon for all the attention we received. The MANY wild dogs were especially delighted with our running. The local people also cheered us on, or at least I'm assuming that's what it was because I didn't understand the Spanish words they were yelling at us (naivety is often better than reality). Between the dogs and the people

we had some of our fastest miles ever and some of our most adventurous running in a long time.

Not being ones to give up easily (high pain thresholds) we determined that our next run would be better done on the outskirts of town. Bermejillo is generally a safe, quiet (except when we run) town. Unfortunately, there is some illegal activity in almost every town. Generally running doesn't really have anything to do with that except when you are in the middle of Mexico, running at night, through darkened streets on the outskirts of town. We ran out of town on a nice, quiet and secluded street. Having worked all day it was again dark, but this seemed like a perfect route. Unfortunately, nice, quiet, and secluded streets are not only good for running; they are perfect for shady "business" transactions. The two dark cars parked off the side of the road worried us. But when the men mulling around the cars paid us even more attention than the town's people we figured this might be one of our last adventures. Fortunately our scrawny little white legs, shorts and T-shirts didn't threaten them. We were able to continue on safely and get an even better PR than the night before in the mile.

Our final adventure was partially a trail run. We had completed our work in Bermejillo and driven to Mazatlan for a couple of days of R&R. At the opening to Mazatlan Harbor there is a large peak at the end of a small peninsula. On top of the peak sits the highest (according to the plaque) lighthouse in the world. Our final running adventure in Mexico would take us to the top. Having played the day away, we once again found ourselves running at night. We wanted a little longer run (poor personal perception) so we parked in Mazatlan and ran the coastal road out around the rocky coast and then down along the Harbor. Running alongside darkened docks and wharfs didn't exactly calm my nerves but this was an adventure so it was suppose to be exciting.

When we reached the end of the paved road and started up the dirt road on the peak I was relieved to be running on dirt and figured no one else would be crazy enough to be up there this time of night. So, I was quite surprised to come to the end of the dirt road (about 1/2 way up the mountain) and find two parked trucks. I began having flashbacks of drug dealers in Bermejillo and almost turned around. But this was an adventure, the trucks were empty and my friend of course goaded

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## Rocky on Fitness

By Rocky Khosla, M.D.

### What you should know about Blood Pressure



I was asked recently about the new guidelines for classifying high blood pressure, so I thought this would be a good topic for this month's column.

First things first, all of us medical types like to make things sound harder and fancier than they really are, so we will call high blood pressure hypertension from hence forth. There was a big medical meeting (called the 7th Joint National Commission and referred to as JNC-7) where the world's leading experts in the field of hypertension got together and decided on the following recommendations:

1. The optimal blood pressure is <120 mm Hg for the systolic and <80 mm Hg for the diastolic. Whoa dude, you are probably saying already. What is the systolic and diastolic and what's with the mm Hg? Well, the systolic blood pressure is the blood pressure we measure as the heart is squeezing blood out of the heart, and the diastolic blood pressure is the pressure when the heart is filling with blood. And as far as the mm Hg goes, this expressed the pressure in millimeters of mercury, which is the standard way blood pressure has been measured. And it appears that for folks over 50, the systolic blood pressure is more important as a predictor of cardiovascular disease risk than the diastolic blood pressure.

2. People who have the systolic blood pressure between 120 and 139 and the diastolic blood pressure between 80 and 89 (we'll just leave out the mm Hg to save paper, space and ink) as now called "prehypertensives" and should watch their weight, cut down on salt and booze (sorry, there goes the salt rimmed glass of margarita), and exercise more.

3. People who have a systolic blood pressure between 140 and 159 and/or a diastolic blood pressure between 90 and 99 are now called stage 1 hypertensives. The JNC-7 recommends that these folks be treated with medicine, preferably either a diuretic by itself or in combination with another drug.

4. People who have a systolic blood pressure 160 or higher and/or a diastolic blood pressure 100 or higher are now called stage 2 hypertensives, and the JNC-7 now recom-

mends that these people be started on combination therapy because they are probably going to need at least 2 to 3 different medications to get the job done.

5. The highest blood pressure of the systolic or diastolic category decides the grade of hypertension in the above scheme. So if a person has a blood pressure of 132/102, they have stage 2 hypertension because the even though the systolic blood pressure puts them in the category of "prehypertension", their diastolic blood pressure puts them in stage 2 hypertension, and the highest category wins!

The reason that the folks at the JNC-7 have gone to great lengths to get aggressive with the diagnosis and treatment of hypertension is that by lowering the blood pressure, studies have suggested that we could reduce strokes by 35-40%, and reduce heart attacks by 20-25%, and there are all sorts of other beneficial effects to the rest of the body which we don't have enough time to go into here. Also, the studies suggest that the majority of patients who have hypertension don't know that they have it, and of the people who have been diagnosed, the majority aren't at their goal blood pressure. I think the big reason that people don't know that they have hypertension is that this is a condition that is largely without any symptoms. I think the reason that the majority of people who have been diagnosed with hypertension aren't at goal is because both the patient and the physician haven't taken the job seriously enough. Also, sometimes the cost and some

*(Continued on page 11)*

### Tomas is Ridin' the Rockies

Tomas Duran got picked to do his 6th Ride the Rockies Tour this June. He has only missed 2 in the last 8 years. The tour starts in Boulder this year and goes over Trail Ridge Road, Gore Pass, Rabbit Ears Pass, and Loveland Pass before ending up in Idaho Springs. Other locals we know of who are doing the Ride are Jim Cordova of Pueblo West and Hector Leyba from Penrose. If you too are Ridin' the Rockies, let us know.

### A Fact You Did NOT Need to Know

70% of the dust in the average home is skin shed from family members and pets.





## Runners Take It Off-Road

by Debra Wall



Standing at the base of the north oil-stained asphalt parking lot, runners faced few spectators and the entrance to the journey they were to face.

Club members and friends gathered at the Greenway & Nature Center of Pueblo on March 20, competing for points in this season's second prediction race, Ben & Matt's Trail Mix. Each runner predicted his/her finishing time prior to beginning the race, and no one wore a watch to track their progress.

Climbing the slight grade of the parking lot, 26 runners gracefully passed the four boulders marking the entrance of the 10+ mile off-road course. Continuing their ascent, the group moved through the split-rail fence and knee-high-weed path like a military troop heading out for physical training, remaining together as they took the first corner of the trail.

One hour fifteen minutes later, Angelo Aragon appeared from behind the hill that took the group from sight earlier. Easing up to the finish line with his effortless stride, Aragon claims the fastest race time. Unfortunately Aragon is 7:25 ahead of his predicted time, placing him 23 overall.

Jill Montera was the first female across the finish line, locking in a 1:22:55 race and putting her 2:11 ahead of her predicted time. Acquiring 69.23 points, Montera placed ninth overall.

Returning fourth, Larry Volk came in a mere 00:15 earlier than his 1:18:00 predicted finish time, earning him 100 points and first place in this prediction race.

Emily Borrego crossed the finish line in 1:26:03, placing her 00:33 beyond her prediction time. Earning 96.15 points,

Borrego placed second overall.

Only two seconds separated second and third place.

Finishing the race in 1:27:35, Joe Stommel was only 00:35 seconds over his prediction time. Accumulating 92.31 points for his effort, Stommel took third overall.

Approaching the finish line with both arms raised in the air, Jan Dudley closed the race. Finishing in 2:01:57, only 1:57 over her predicted time, Dudley placed seventh overall.

In previous years, this race was run on dirt trails and a small portion of the cement bike trail. This year Ben and Matt changed the course and kept the entire race off-road.

"It was a nice run," Volk said.

Although runners enjoyed the course, they had challenges to overcome.

Along with some flat areas through the canyon and on top of the mesa, runners faced some gently rolling hills. Their biggest challenge came near the end of race when they ascended one monster hill—an approximate 50 yard steep hill giving way to another 25 yard steady climb.

"It was a tough course," Misti Frey said.

While waiting for everyone to return, runners gathered in the parking lot to visit and replenish their bodies with bagels, oranges, bananas, juice and water.

Later regrouping at Sandy Reinsch's house, club members barbequed hamburgers and hot dogs, relaxed and visited with one another, marking yet another great race day.



From the Left:

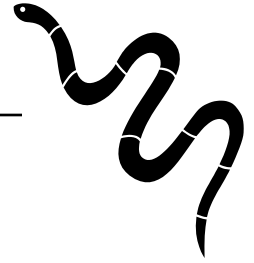
Joe Stommel,  
Karen VanHaverbeke,  
And Robin Krueger  
at Ben & Matt's  
Trail Mix



# Ramblin'

by Ron Dehn

## Close Encounters of the Slithery Kind



It's Friday of Spring break. The temperature was supposed to get close to 80, and I delayed my morning run until late morning. I was out the door and a couple hundred yards into the run when my cell phone rang. Now, I must digress for a bit. I know that one reason for running trails is to get away from phones and the rest of civilization. Trail running brings peace of mind, serenity, and the opportunity to go into another world. So why spoil that by carrying a cell phone? The trails I run are not unusual, but have what most trails have – assorted rocks, ruts, a few roots, and maybe a critter or two. This is mild stuff, if you are Shaun Gogarty who probably invented bushwhacking. However, a long time ago, I was a boy scout, so when I'm on the trails, I usually carry a cell phone just in case my foot finds a hole, or whatever. Besides that, only family and friends have my cell number. End of digression.

Anyway, my brother Dave was calling to see what I was up to, so I changed to a slow jog so we could talk. We chatted for a few minutes, and the last thing he said to me was, "Watch out for snakes." It was rather warm, but I thought it might be just a bit early for snakes. It's only March.

In a few minutes, I was leaving the asphalt for my favorite trailhead. The first part of the trail is downhill, and easy running. I'm beginning to get into a smooth rhythm, and feeling good, when I catch a glimpse of something on the trail that I had just stepped over. I stopped and looked back. Dried grass and weeds border the trail, and sticking out of the dried stuff was what appeared to be about 8 inches of a snake. It wasn't moving. I picked up a couple small pebbles and tossed them. Still no movement. I figured it was dead. I tossed a larger stone toward what appeared to be a dead snake, and the dead came to life. Now I was curious. It was brown and white with some gray and about 2 feet long. I could see the tail, and there were clearly no rattles. I know that a rattlesnake does not always have rattles, so I tried to see the shape of his head. That portion of the snake was difficult to see because of the weeds and dried grasses. I also wanted to keep a reasonable distance between his head and my legs. I grabbed a long stick to "guide" his head a bit more in the open. It's been a long time since geometry class, but his head looked like a triangular shaped oval. In a word, inconclusive. I was too far for a good look so I stepped a bit closer and poked the stick again.

Even though I was at a "safe" distance, when that snake struck toward my leg, my heart rate suddenly went up by about a hundred. He was definitely upset, and was letting me know.

Now came the interesting part. He moved back and forth ready to strike again. (I had taken a step back by now.) He moved the same direction I did. I tried to distract him by throwing a stick, but he completely ignored that move. And

now he was making a noise. It was not a hissing sound, but more of a blowing sound. It was more like someone taking a deep breath and blowing ffffffff not ssssssss. And he was shaking his (rattle-less) tail off and on – not steady and firm like a rattlesnake does. After a bit he settled down. I still wanted to see the shape of his head, so I poked the stick his direction again. The entire routine was repeated. And I still could not determine if the head was a triangle or a sort of triangular shaped oval. After about 15 minutes, I decided that I definitely was not going to get close enough to make a determination as to triangle vs. oval, so I threw the stick down, and continued the run.

When I was 14, I had a garter snake that I kept in a fish tank until he got away. I fed him bugs and crickets and was quite comfortable handling him. I claim that I am not afraid of rattlesnakes, but have a healthy respect for them. That statement is true depending on one's definitions of fear and respect.

So, I did a bit of research on the Internet and the Do's and Don'ts of rattlesnakes. Hopefully your interest in these tips will be purely academic, but file them away just in case.

- As with any other "problem", avoidance (when possible) is the best approach. Try to run trails, which offer visibility. I.E. see them before they see you.
- Wear boots and loose fitting clothing. This may be practical for hiking, but unless there is a whole new line of running gear that I'm unfamiliar with – runners will have a tough time with this one.
- Run trails with a friend and / or a cell phone.

If you do get bit here's several things to do:

- Try to identify the type of snake. If it is not a rattlesnake, take care of the bite like you would any other wound. If you are not up to date with tetanus, you might want to do so.
- If a rattlesnake bit you, your first goal is to get to emergency help. Get to an E.R. About 800 people get bit every year by rattlers in the U.S. and a few people die. (The numbers above depend upon which Internet site one believes.)
- Remain calm. Yeah – I know, but it's on the list.
- Immobilize the affected area.
- If possible, keep the bite lower than your heart.
- Apply a cold wet cloth over the bite.
- The area will swell, so remove bracelets, rings, etc near the affected area.

(Continued on page 11)

# The Ramsgate 8 Predict

by Don & Lois Pfost

# 8



Twenty-six hearty souls turned out on Saturday, April 10, in less than ideal weather condi-

tions, for the 8K predict run starting at our home at 8 Ramsgate Place in Belmont. The morning dawned overcast and misty, with the temperature slightly below freezing. It began spitting snow just as we left the starting line. But, as the readers of this newsletter understand, these were not the kind of conditions that deter real runners.

We've hosted a predict run from our home since 1996 or thereabouts. Normally, about half of the course is on the dirt trails and roads behind the university, with enough hills to pose a bit of a challenge. It's a course that most runners seem to enjoy. However, because rain and snow in the days immediately preceding this year's predict had turned parts of the course into a quagmire, we laid out an alternate out-and-back course entirely on neighborhood and university streets. After starting at our house, going down Massari and turning north on Troy, the course went onto campus, up and over the hill at the Bonforte entrance to the university, took a short jog north on Walking Stick, headed up the street to the art/music complex, and turned around at the 2.5 mile point near the end of the cul-de-sac.

We tried to ensure that it was a true 8K. After measuring the 5-mile out-and-back course, we created the illusion of precision by moving the starting line about 52 yards short of what would have been the start-finish line of the 5-mile course, making the length 4.97 miles or 8K.

Rich Hadley came closest to his predict, missing it by a mere 16 seconds; close behind were Angelo Aragon and Larry Volk, both of whom were less than a minute short of their predicts. The post-run comments suggested that most runner crossed the finish line ahead of their predicted times, possibly a result of trying to estimate the difference between 5 miles and 8 kilometers, as well as the uncertainty of a new course.

After the run, we gathered to enjoy the reward for our labors: the post-run brunch. It was a true culinary delight, featuring an egg-cheese-chili casserole, a chorizo-egg dish, bananas, potatoes, breakfast burritos, a delicious and healthy fruit salad by Michael and Melinda, a from-scratch vegetarian pizza by Larry Volk, plenty of pastries, ranging from doughnuts to cinnamon cream cheese cake, strawberry turnovers, bread, and several types of muffins, and drinks that included fruit juices and coffee. Need we say more?

We enjoy hosting this predict series event each year. Thanks to Lois, Ken, Debbie and Tiffany for their work at the finish

line, congratulations to those who ran, and thanks to everyone for the great food and sociability.

(From Don): I thought I'd throw in a bit of SCR predict history, so I dug through my stuff and found some information on the 1991 handicap series, as the predict runs were called back then. Lois and I coordinated the series that year, with all of the runs on the River Trail system. It worked like this. A runner's time for the first race was used to set the predicted finish time for the next run. For each subsequent race, the predict was determined by the finish time on the preceding run. These "official" predicts were derived from a published set of computer generated tables that gave the estimated finish time for, say, a 5-mile race based on a runner's 5K time. Starts were staggered with the goal of having all runners cross the finish line about the same time. Similar to now, points were earned for each event, with actual scores dependent on whether the finish time was faster or slower than the official predict. However, unlike now, the series included the infamous "Sandbag Factor", a penalty that was assessed when runners were slower than their "official" predict. It was based on the suspicion that some handicappers were not giving their all and didn't have to work as hard as others to finish on or near their official predict. Its calculation was defined in the series' guidelines as "one-third of the difference between the predicted and actual run times, added to the predicted time" for the next run. I chuckled as I read this, marveled at our brazen use of the label "sandbagger" with its derisive overtones, and decided I greatly prefer the low-key approach of the current predict series.

Wendy Garrison, Diana Reno, and Diane Lopez "coach" Robert Santoyo as he conjures up a predict time.







# The 2004 Predict Series Standings



Three of the 2004 Predict Races have been completed, and seven more are on the schedule. There's plenty of time to get in the five required runs in. Be There!

## Predict Standings after 3 Races

Name	Spring Runoff	Ben & Matt's	Rams 8K	Total Points
Matt Sherman	86.21	84.62	76.92	247.75
Larry Volk	55.17	100.00	92.31	247.48
Rich Hadley	93.10	46.15	100.00	239.26
Nick Leyva	72.41	88.46	46.15	207.03
Dave Diaz	58.62	57.69	80.77	197.08
Ben Valdez	51.72	73.08	69.23	194.03
Steve Wall	79.31	80.77	15.38	175.46
Don Pfof	82.76		88.46	171.22
Emily Borrego	17.24	96.15	57.69	171.09
Gina Benfatti	48.28	65.38	53.85	167.51
Jacqueline Wall	96.55		65.38	161.94
Stacey Diaz	62.07	19.23	50.00	131.30
Carrie Slover	65.52		61.54	127.06
Ron Dehn	100.00		26.92	126.92
Marijane Martinez	68.97	26.92	23.08	118.97
Jan Dudley	41.38	76.92		118.30
Jill Montera	44.83	69.23		114.06
Angelo Aragon		15.38	96.15	111.54
Gary Franchi	75.86	23.08		98.94
Mary Rudolf	24.14		73.08	97.21
Mike Orendorff		11.54	84.62	96.15
Bill Veges	31.03	61.54		92.57
Joe Stommel		92.31		92.31
Debra Wall	89.66			89.66
Anthony Diaz	34.48	42.31		76.79
Robert Santoyo	27.59		34.62	62.20
Diane Lopez		50.00	11.54	61.54
Misti Frey		53.85		53.85
Diana Reno	6.90		42.31	49.20
Robin Krueger		38.46		38.46
Wendy Garrison			38.46	38.46
Pat Cordova	37.93			37.93
Edward Leanos		34.62		34.62
Stacie Taravella	13.79		19.23	33.02
Frank Aragon		30.77		30.77
Melinda Orendorff			30.77	30.77
Desiree D'Guardia	20.69			20.69
Paul DallaGuardia	10.34			10.34
Ashley Withrow			7.69	7.69
Chief Reno		7.69		7.69
Karen VanHaverbeke		3.85		3.85
Robert Gonzales			3.85	3.85
Tiffany Reno	3.45			3.45



Scenes from the Ramsgate 8

Top to Bottom

Carrie Slover & Stacey Diaz

Stacie Taravella partakes in the pot luck

Nick Leyva, Matt Sherman, & Michael Orendorff chat as the snow falls





## Random Thoughts

### Running Again After Fifteen Years

By Gunnar Burton



Over the past eight months I have undergone a process of reclaiming a life once cruelly stolen and part of that reclamation includes beginning to run again after fifteen years. I thought I would share with you my novice views on running and what it's been like to begin to do something that for a decade and a half has been at the bottom of a very long list of things I once swore I would never do again.

I've always been athletic but never thought of myself as an athlete just as I've always enjoyed writing but never believed myself a writer. The part of me that wanted to run like the part of me that wanted to write was neglected if not rejected outright. At best they were abandoned to that great shelf in the sky where all good ideas rest until "the time is right." But the Universe rarely aligns and time has to be bent to our own design. In bending this time I found myself.

I was rudely introduced to running in basic training. Fifteen years later and I still remember the first run that I thought was going to kill me. We ran by the light of the moon in the pre-dawn night of early December through the woods on trails that were like minefields of abundant opportunities for twisted ankles, broken legs, and torn ligaments. Every time I thought we were slowing down we went further. When we emerged from the trails and onto the paved streets the balanced terrain was easier to run on but we didn't stop until we had seen nearly every building on the entire base or so it seemed. Finally as the sun came up and we could see again we came to a sweaty conclusion on the parade grounds where the whole thing started and the First Sergeant barks at us as he walks away, "that was an easy one! Your mind is weak, your body will adjust."

Over the course of time the words that seemed so harsh proved true. My body did adjust and by the end I found that I could endure. But the problem I have with it now is the same problem I had with it then. I don't think people can be motivated to pursue healthy living at gunpoint. In the military you really have no choice you either do as told or suffer the consequences. When you're out of shape and forced to run in the dark through the woods on jagged trails you find a way to adapt. But doing as you're told is way different from doing something you need. All these years later, in spite of the harsh introduction, I have discovered that the time I spent running in basic and afterwards gave me just enough of a taste of its benefits to make me want to take up the habit again for all of the following reasons.

Why are good things in life so elusive while unhealthy options abound? Why does passivity tend to be the homeostatic nature of human beings? I've spent more time running away

than I have running toward. A co worker and devout runner once told us, "it's the closest thing to the fountain of youth that I've found. It's like dealing with pain." Who wouldn't want to be youthful? And just how much of life is exactly about the way we deal with pain? In as overweight and unhealthy a culture as this one the popular notion is that exercise is too much work and too hard, but is it really? Isn't it true that while shortcuts can be the scenic route of a wasted life aren't they ultimately more painful than dealing with it straight up?

In the movie *Shadowlands*, C.S. Lewis as portrayed by Anthony Hopkins states that prayer doesn't change any outward reality instead it, "changes me." I think running has the potential to do the same thing. I find that when I run I breathe easier and I'm more alert. I have more energy and food tastes better. The quality of my sleep is improved and I can laugh again but above all I am better able to face what it is I have to endure every day. The outward reality may remain the same but I am better able to deal with it and besides does anything in this world feel better than a hot shower after a sweaty run?

I guess what I've learned is that no one can ever be forced to take better care of themselves and that nothing in this life should be taken for granted least of all the simple ability of being able to run in the first place. Suffering abounds almost as much as unhealthy options but a Beth Orton lyric sums it up for me, "today is whatever I want it to mean," and the habit of running can be an integral part of being the best me that I can be.

#### Department of Redundancy Department

Added bonus  
 Closed fist  
 Spoiled rotten  
 Revert back  
 Prior history  
 Sum total  
 End result  
 True fact  
 Bare naked  
 Unique individual  
 Total abstinence  
 Join together  
 Advance warning  
 Lag behind  
 Close proximity  
 Exact replica

From Uncle John's Bathroom Reader Calendar - 2004

# Potpourri

## Diana Reno Receives Prestigious Award



Diana Reno has been awarded the **Threlkeld Prize at Colorado State University-Pueblo**. The Threlkeld is awarded to THE OUTSTANDING graduating senior. This is the highest award given to a student. Diana will be honored at several banquets and will be the first graduating senior to receive her diploma at Commencement. Be on the lookout for an article in the Pueblo Chieftain on Diana too. The award is named after Dr. Budge Threlkeld. Dr Threlkeld was a talented and highly respected faculty member and administrator at SCSC and USC (now CSU-Pueblo) for many years.

Congratulations Diana!

*(Great Stuff Continued from page 3)*

8. Did Power Bar inventor Brian Maxwell eat Power Bars until his untimely death recently or did he get sick of them beforehand, too?

9. I wonder if anyone gets excited about the Miller Moth season?

10. When worms show up on sidewalks after a rain, what do they expect to find?

Until next month, remember that, no matter what happens today, it's still a great day to be alive.

*(Rocky on Fitness, Continued from page 5)*

side effects that can occur with some of these medications can keep people from reaching their targets.

Finally, a lot of us have assumed that as we get older, our blood pressure will creep up and that's okay. It appears that older people do have a trend of having higher blood pressures, but that is not okay! The optimal blood pressure for the general population, regardless of age is less than 120 systolic and less than 80 diastolic.

So I want all of you reading this column to have your blood pressure checked, and if it is consistently high, get aggressive with it! You'll live a longer and happier life!

Sincerely,

Rocky Khosla, M.D.

*(Trail Notes Continued from page 4)*

me on (maybe my wife was going to split the life insurance with him?). We continued up the steep climb and finally came to the gated lighthouse at the top of the mountain. For some reason the gate was unlocked and opened. Being tourists we figured they left it open for us and so continued upward (low IQ's) only to be surprised again to find some people having a little "party" at the lighthouse. Fortunately they were either friendly, chemically impaired, or we just didn't give them enough time to hurt us. We were able to quickly retrace our steps down the steep trail completing the third PR of our trip.

I can't say that we were exactly great running ambassadors to Mexico, but I can say we had some great adventures. Of course not all adventure running is measured by how close you come to death – just my adventure runs. Hopefully, you too can find adventure anywhere you are and anytime. Although the adventure credentials - naivety, pain tolerance, lack of regard for reality and general stupidity – are mostly genetic traits (or defects) anyone can apply the other principles of adventure racing illustrated above: run at night, run among people you don't know, and run in places no one would expect you to be running. With some bad genes and these principles you should have no problem finding great adventures anywhere in the world.

*(Ramblin' Continued from page 7)*

Now here's some things NOT to do.

- Do not apply a tourniquet. You are likely to lose a limb this way. Depending on where you are bit, you may wish to loosely constrict between the bite and the heart. Its purpose is to slightly restrict flow and you should be able to easily slip your finger under the constrictor. Adrenalin will be pumping – be careful with this one.
- Do not pack the wound in ice.
- Do not cut the wound with a knife and attempt to suck the venom. This looks cool in the movies, but venom in the mouth is not a good idea.
- Do not take alcohol.
- Do not apply electric shock. (I would not have thought of trying this, but someone apparently did and it is not a good idea.)
- Do not handle a freshly killed rattlesnake. Believe it or not, it can still bite. As a side note – I don't believe in killing any snake under most circumstances.

Readers – what do you think? Was my recent encounter with a rattler or bull snake putting on a great act? Send me an e-mail and I'll publish the verdict in the next issue. Send to: ron.dehn@colostate-pueblo.edu I'll also be glad to publish any snake tips that you have. Yes, snakes are still a bit sluggish, but 'Tis the season.



## 2004 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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/5k/2K 7:30	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
Jun 5	Run for Rio (a)	5K 8:00 am	Rye High School, Rye Nancy Martinez - (719)859-5136 / Jeff Arnold - (719)947-3682
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.

### Notes

Note: The date for The Run for Rio has changed to June 5. If you want a little altitude training, this is a good run for you. Besides, Rye is a beautiful place any time of year

Mary's Magical Mystery Predict will be replaced this year by the Belmont Butt Buster Predict. Gina Benfatti will provide details later. It is tentatively scheduled for 7am, August 7th.

### The Bolder Boulder



If you haven't run the Bolder Boulder, it is a treat and you do need to mark your calendar for May 31st. 48,000 people cannot be wrong.

Here's an excerpt from the web site: ([www.bolderboulder.com](http://www.bolderboulder.com))

The Bolder Boulder is one of the largest road races in the world. The race attracts more than 48,000 runners and walkers and draws professional athletes from all over the world to compete for one of the largest non-marathon prize purses in road racing. The race starts at the north end of 30th Street near the First National Bank of Colorado, winds through neighborhoods with live music and entertainment along the course and finishes in the University of Colorado's Folsom Field. More than 100,000 spectators watch the festivities from inside the stadium and along the course. Many families make the Bolder Boulder a family tradition and return to Boulder every spring to participate in this community event.

### 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](mailto: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.

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**THANKS DONORS!!**

We wish to acknowledge the following SCR members who donated to the SCR Equipment Fund when they renewed their club membership. THANK YOU Maria Appenzeller, Mike Archuleta, Michael Bleakley, Cheryl Cook-McCoy, Paul Dalaguardia, George Dallam, Ron Dehn, George Dominguez, Jan Dudley, Jan Huie, Rocky Khosla, Greg Meier, Nancy Mitrick, Dennis Murphy, Donna Nicholas-Griesel, Gerald Puls, Mark Rickman, Lillian Rivera, Rodge Rogers, Jim Schwartzberger, David Sorenson, Paul Vondam, John Vukich, Charles Westley, and Amy Wolf.

**Upcoming Events / Races**

We know it's called Cinco de Mayo, but the celebration actually takes place on May 2nd this year. Be at the Colorado State Fairgrounds for a 7:30 start of the 5k and 10k runs or the 2k Walk. And that is just the start of the celebration!

The OMT (Ordinary Mortals Triathlon) is nearly here. May 15th is for the Ladies and May 16th for the men. They fill up, so if you are thinking about this event, check now. They may be full. If you are not a participant, consider being a volunteer. Call Ben Valdez at 543-515. Earn some volunteer points at a fun event!

On Sunday, May 16 the Fallen Firefighter Memorial will be held at Memorial Park in Colorado Springs. This is lots of fun and exercise for kids 12 and younger. See [WWW.PPRRUN.ORG](http://WWW.PPRRUN.ORG) or [WWW.PPYMCA.ORG](http://WWW.PPYMCA.ORG)

The Garden of the Gods 10 mile run will be held on Sunday, June 13 at 7pm. This is a challenging, hilly course, and you will definitely feel you have accomplished something at the finish line. The scenery is beautiful.

The Custer 2020 Run in the Valley is set for May 29th. Want some altitude fun? Be there.

Going to Boulder? After you finish, join the SCR crowd in Section 215. You can eat, drink, and be merry with fellow SCR members.

**The Final Thoughts...**

The first color televisions became available 50 years ago and cost approximately \$1,000. In 1954, you could buy a new car for \$1,000.

In a time of drastic change it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists. -Eric Hoffer, philosopher and author (1902-1983)

There are two kinds of fool. One says, "This is old, and therefore good." And one says, "This is new, and therefore better." -John Brunner, science fiction writer (1934-1995)