



Editors: Ron Dehn & Debra Wall

FOOTPRINTS



Read carefully, there will be a test on Tuesday.

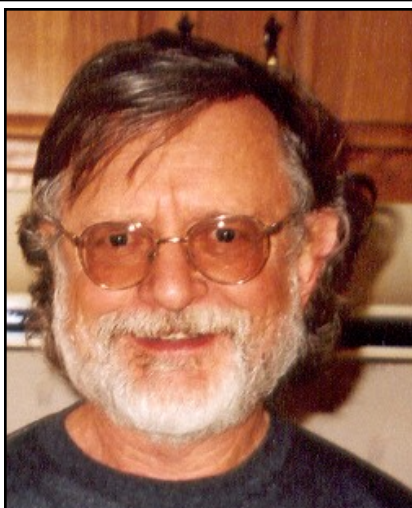
Mom's Day Edition

Predict Series Predictions

After 4 runs in the 2004 Predict Series, Larry Volk has certainly established himself as the "Man to Beat". Larry leads Matt Sherman in the series by 23 points and some change. The series is still less than half over, with six predict runs remaining on the schedule. Remember, it takes only five races to be in the "running" (bad pun intended).

This being an election year, the pollsters are very busy predicting results about political races. So, your friendly editor, has done some analysis, and goes out on a limb to make predictions of his own.

In my mind, Larry Volk is actually further ahead than it appears. If you throw out the Spring Runoff Tuneup, which was Larry's "bad" race, his 3-race average becomes 97.44 for a total of 292 points. To equal last year's winning score, Larry needs only two good races of 79 points
(Continued on page 10)



A couple of Steady Eddies

Don Pfost (above) missed one race and still has 259 points with 3-race Average of 86.

Larry Volk (right) leads the predict series with 347 points.



Stories from Boston
pages 7 - 9

Cinco / RFTR
Results / Photos
pages 11, 13

He did the "Impossible"
page 14



SCR Minutes, May 5, 2004

Present: Gather the Usual Suspects plus a couple of unusuals.

Mj recited the National Anthem en español in honor of Cinco de Mayo and the crowd cheered.

The minutes of the February 4, 2004 meeting so meticulously taken by Sandy, co-secretary were approved.

Official Reports: The Treasurer's Report was accepted. Dave noted that SCR purchased a Megaphone.

Ron reported that Debra has offered to assist with reformatting the newsletter. She received a standing ovation (she would have if members weren't so lazy)!

Jeff is going to submit an article on Run for Rio in the next newsletter.

Ken reported that SCR membership has reached the magic number of 200 required for bulk mailings.

Race Reports: Ramsgate 8 – Don devised an alternate course after the snowstorm since the initial course would have been more similar to a "mud bath". All who attended had a good time.

Y-Bi – Due to extreme winds the event was cancelled. Those present were given the choice of receiving refunds or competing in a 5-mile race. 28 individuals were given refunds.

Yappy Dog – Ross reversed the course, which most participants seemed to prefer. The phantom water stop was there once again!

Cinco de May – Hilbert thanked everyone who participated. Two major concerns were shared:

- 1) There was a proble with some young

walkers who ran.
2) Some walkers did not receive awards and this will be rectified.

Upcoming Races: Ordinary Mortals Triathlon – Ben reviewed his notes of volunteers and verified those who were present at the meeting. He indicated the female event is full and the men's will close soon.

Custer 2020 – Rich will be the club liaison for this events.

Little Run on the Prairie – Ron reported that all is going well thus far. He asked for volunteers for finish line and results.

Moonlight Madness – July 31st – Diana indicated it would be held.

Belmont Butt Buster – the date (August 7) will need to be confirmed with Gina.

Other Stuff: Ben discussed the YMCA Altitude Training Camp. He indicated that it would be limited to 20 – 25 people.

Viable dates for the SCR summer picnic are August 15 & August 29. Gary will check out availability and let us know.

Terry Cathcart expressed Cindy Dreiling's desire to purchase the trailer from SCR.

Jeff expressed for Pat Berndt that the Club consider offering new membership to new X-country runners at Dist #60 and #70 schools.

There being no further information to discuss (Hooray!) the meeting was adjourned to Prime Time for further and yet more im-

portant decision making!

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



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. 268

"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, Catherine Ndereba & Timothy Cherigat of Kenya*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers

Shaun Gogarty Dr. Rocky Khosla Gary Franchi
Marijane Martinez Jill Montera

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.

* Catherine Ndereba & Timothy Cherigat both from Kenya are the female and male winners of the 2004 Boston Marathon with times of 2:24:27 and 2:10:37. Kenyan men placed 1st through 4th. Wow!



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



MAYbe
We'll see you
at the "Dust"

For a burger & coke
The Gold Dust
217 South Union



“Run for Rio” helps send Rye High grads to college

by Gary Franchi



On Saturday, June 5, runners and walkers will have the chance to contribute to both a great cause and their own fitness level at the same time.

That’s when the sixth annual Run for Rio 5K Run & Walk will be held at Rye High School beginning at 8 a.m. Proceeds from the 3.1-mile race are used to help fund the Rio Don Diego Martinez Memorial Award.

Rio was a Rye High student who accidentally died in the summer of 1997 when he was about to enter his senior year. He ran cross country for Pueblo County High in his junior year because, back then, Rye High didn’t have a cross country team.

Each year the Memorial Award fund provides a \$1,000 college scholarship to the graduating Rye High student who best exemplifies the attributes exhibited by Rio – integrity, intelligence, athletic excellence and compassion.

The race has one additional cause. Since Rio was an organ donor, it helps

promote the Donor Alliance, a tissue bank and organ procurement organization. More information about the organization is available on its web site (www.donoralliance.org).

The inaugural Run for Rio was a 20-mile adventure that Rio’s dad, Jim, made with a handful of runners, while dozens more jumped in and ran part of the way with him. It had been Rio’s dream to make the journey some day, but he never got the chance. Jim, who has been bothered by an ailing back recently, will either walk or run the 5K race this year.

The Run for Rio is a scenic, lightly rolling course that will start and finish at Rye High and will take in the community streets south of Highway 165. It will be produced by the Southern Colorado Runners with assistance from community volunteers. Awards will be given in the running division to the top two finishers in each age group and in the walking division to the top male and female finishers.

Nancy has created another unique T-shirt design this year, and the shirts will be purple.

To encourage kids to participate, the entry fee for those who register prior to May 24 is just \$10 for students who are high school age or younger.

After the race, the local Lions Club will be offering a pancake breakfast, with donations appreciated. Proceeds from the breakfast are also donated to the Rio Don Diego Martinez Memorial Award.

Entry forms are available at Rye High and, in Pueblo, at the Gold Dust Saloon on Union Avenue and the downtown YMCA. Those who won’t be participating in the race can still donate to the Memorial Award fund by sending checks, made out to the Rio Martinez Memorial Award, to Nancy Martinez at 820 Arizona #901, Trinidad, CO 81082.

Those needing more information can call Nancy at (719) 859-5136 or Jeff Arnold at (719) 947-3682.



Totally Unrelated Photos

Diana Reno and Katherine Frank-Dvorsky in their full academic regalia at CSU-Pueblo graduation

The most important directional markings at the Yappy Dog Predict Run

Jan Dudley takes advantage of the recent snows to get in some cross country skiing



SCR Birthdays (& other events)

June

- 1 Deborah Rose
Marilyn Monroe*
- 3 Jacqueline Wall
Pueblo Flood - 1921
- 4 Gina Benfatti
John Gunn
Matt Sherman
Bluegrass on the River
- 5 David Crockenberg
Martha Kinsinger
Karl Tameier
Bill Moyers*
- 6 Maria Appenzeller
D-Day 1944
- 8 James Robinson
Cochise*
- 9 Samantha Davenport
Michael J. Fox*
- 11 Nikki Archuleta
Margaret Vorndam
Jacques Cousteau*
- 14 Janice Huie
Flag Day
- 15 Jim Montera
Magna Carta Day-1215
- 18 Hilbert Navarro
Kenneth Price
George Mallory*
- 19 Mike Archuleta
Joshua Claudio
Paul DallaGuardia
Kathleen Turner*
- 20 Melissa Babcock
Donna Nicholas-Griesel
Father's Day
Nicole Kidman*
- 21 Carol Brimmeier
Summer begins
- 22 Lorraine Hoyle
Lindsay Wagner*
- 24 Laurice Lopez-Cepero
Jack Dempsey*
- 26 Joe Dvorsky
Jesse Stommel
Pearl S. Buck*
- 27 Emily Gogarty
Helen Keller*
- 30 Todd Hund
Susan Hayward*

*honorary SCR member



Trail Notes

by Shaun Gogarty



Looking "Proper" on the Trail

It was a very scary experience dressing to run the other day – and no; I'm not talking about the fat shaking in the mirror. Usually it is a simple task of checking to see which shorts and shirt on the floor or in the dirty clothes smells the least soiled. Occasionally, I will even pull something out of a drawer. This time it was the drawer that brought the terror to my daily run. After pulling a shirt on out of the drawer, I looked down and realized my shirt actually matched my shorts. It was a heart stopping moment for a grunge trail runner! I didn't want to be seen running in matching clothes. At first I blamed my wife. I thought she probably snuck some matching clothes into my drawer. But then I realized it wasn't her, it was actually an act of sheer coincidence. I had finally randomly "procured" enough clothes that a pair of shorts and a shirt matched.

As a card-carrying trail runner I had prided myself in being able to run wherever, whenever and in any conditions. It just stands to reason that I would also be able to run in whatever. The rugged, independent trail runner persona just doesn't seem to go along with matching short-shorts and a singlet. A trail runner isn't worried about their clothes they are more concerned with running off into the woods (City Park), challenging themselves (walking when you want), and dressing to survive the elements (getting the cheapest clothes possible). In reality, cheap was probably the real motivator for how I obtained running clothes. It takes some pride swallowing to run in the cheapest clothes available, but when you have PR's like mine you're used to swallowing your pride.

I learned early on in my running "career" that sometimes you didn't even have to buy running clothes. Some of the really big races had a charity component. During long races people would start dropping their clothing along the side of the course as they ran further into the race. I've never seen it explained or suggested in a race brochure, but it was obvious to me that the faster/experienced runners were just trying to help the newer/slower runners. Being a back of the pack runner was a great blessing as I scooped up these charitable donations of running clothes while thinking how runners are such a great group of people. The only problem was that no one discarded shorts – or if they had, you really wouldn't want them. So I did on occasion go to running stores.

As it turned out the running stores always had some good quality clothes on sale. They were easy to pick out because they would be fluorescing from the back of the shop or they could be found near memorabilia of past (way past) races. The colors were always the biggest issue and of course the main reason the items were on sale. A cool max t-shirt is a great buy at \$10, as long as you don't mind the powder puff pink color with the red flower print. Neon orange actually became my favorite color for running clothes in my early years of running. Not only was it cheap, for trail running in autumn it could be a lifesaver. Of course the real solution to buying cheap without looking too cheap was to learn how to dye clothing. For me that was easy since I had been a teenager in the 70's. In fact dyeing a shirt without all the ties was simple.

As I grew older and had a few teenage children I eventually became completely free of any self-esteem. I even stopped worrying about dyeing clothes. If the running clothes were cheap or free and functional I was happy to wear them regardless of looks. In fact my midlife crisis had nothing to do with young girls or fast cars. My crisis was one day realizing that in my running clothes I looked worse than my dad had looked in his swim trunks at the beach when I was kid! But no matter, I was a tough and independent trail runner. Able to run regardless of the pain – even cheap, neon pink shorts didn't hurt me. How I looked was no concern of mine. So it was kind of sad when, in spite of my best efforts, I now accidentally have a pair of shorts and a shirt that match. Obviously I'll just have to keep running alone in the woods.

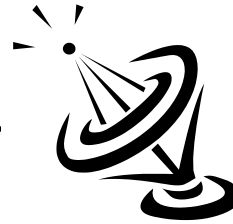




Rocky on Fitness

By Rocky Khosla, M.D.

The Forerunner 201 (to GPS or not to GPS)



This all started when I read a column in the Wall Street Journal on a comparison between some different GPS gadgets made for runners (yes, this proves that I am now officially middle aged, and no this is not where I usually look for advice on fitness!). Anyhow, the column gave the best rating to this gismo called the Forerunner 201 made by Garmin. Other competitors had more features but they also were a bigger hassle as they required a chest strap for heart rate monitoring, and a bulky GPS receiver to be worn on your shoulder in addition to the watch. The Forerunner was felt to be the best as it was just one piece of equipment slightly larger than a wrist watch.

After reading the column I was intrigued, and so I started shopping around. At REI, it was listed at \$150, but it was out of stock and would be unavailable for another month. So I went Ebuying (a new verb), and picked a new one of these in the box for about \$130, shipping included! I have been using the gadget for about 2 weeks now, and it has been a really cool experience that you may want to look into (I swear I am not on commission for the Garmin company!).

First, a few details about the Forerunner 201: it comes as either a handheld or wrist worn device, and I recommend the later. The wrist worn model looks like a large rectangular watch (a fashion statement this is not!), and the whole kit also includes a charger, a USB cable to hook to your P.C. if you want to and a Velcro strap extender for those of you with brawny arms. Once charged, the gadget is good to go for 15 hours, and every time you turn the thing on, it tells you how many hours of battery life you have left. As soon as you get this toy, make sure you start it a charging, because you won't be able to do anything as far as programming it till it's charged for the first time: for me, this took about 4 hours.

After charging, you will need to turn the thing on and let the GPS receiver part of the do hickey work for about 15 minutes (it takes about 3-5 minutes after the first time). Once the thing has acquired a good lock on the GPS satellites, a dish icon will go from flashing to solid, and you are ready to go.

So what exactly does this gadget do? This thing tracks your exact distance, gives your pace in minutes per mile in real time as you are running, keeps a diary of all your runs and has a ton of other features that I am just starting to mess with. One of these is something called a virtual partner, where you can program the gadget to display a stick figure at any pace to run against you, and you can make a game out of trying to beat your virtual partner! In addition, there is a navigation feature which can allow you to get a map of your run, and you can retrace your route if you get lost.

I will warn you that this gadget made me feel really bad, and somewhat angry as I started using it. It turns out that I was running a lot less distance and at a lot slower pace than I realized. What I thought was a 7 mile trail run at 8:20 pace was actually a 5.2 mile run at 10:20 pace! After I got through all my stages of denial, anger, etc, I think I have started really enjoying the gadget. At least now I realize that if I plan on trying to run a 42 minute 10K, I had better start running faster in my training runs. The thing that I like the best about this gadget is being able to look down at my wrist as I am running and seeing in easy to read large numbers my exact pace in minutes per mile in real time!

The Forerunner 201 doesn't have heart rate monitoring capability, so you have to look else where if that's what you want to do. I'm okay with this cause I don't want to get much more wired-up and I have almost too much information from the gadget already as it is! Seriously, I think there is a chance that using this kind of device may increase the risk of running injuries. The reason I think that is the case is because I found myself pushing a lot faster pace than I should, just because I wanted to have a faster pace. I have had to force myself to be patient and gradually increase the pace or mileage.

The two things that I think are drawbacks for this gadget are first, it takes a while after you turn it on for it to lock on the GPS satellites, which is easier if you are outside a building. This is not a big deal in the summer, but could be a hassle in the winter. The second

CORRECTION:

Our editorial staff took a mental break last month and forgot to thank some of our writers / contributors. Soooo we apologize and thank them now. Thank you Don & Lois Pfof, Gunnar Burton, and Michael Orendorff.

The Bicycle

The bicycle is the most civilized conveyance known to man. Other forms of transport grow daily more nightmarish. Only the bicycle remains pure in heart. -Iris Murdoch, writer (1919-1999)

Really?

Your skin accounts for 16% of your body weight.

Really?

1.5 million people pass through Times Square every day.

Puns contributed By Mel Druelinger

Two fish swim into a concrete wall. The one turns to the other and says "Dam!".

Two Eskimos sitting in a kayak were chilly, so lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Two hydrogen atoms meet. One says "I've lost my electron." The other says "Are you sure?" The first replies "Yes, I'm positive."

(Continued on page 7)



Ramblin'

by Ron Dehn



Join us at the Little Run on the Prairie

This article is going to be a plug for the Little Run on the Prairie. And, if you are a race director, and want equal time for your race, you write it and we'll print it.

My wife, Chris and I are the race directors of the run and we would really, really, really, appreciate your participation.

Why? There are lots of reasons.

We've had good feedback on the course. It is a moderately challenging 5k run because of the steady grade just after mile 2, but it is not "hilly". We also offer one of the shortest walking races around – a 2k. Since year 1, we've had considerable family and elderly participation. We want participants to work, but within limits, so we've kept the walk relatively short. One year there were 6 ladies in their 70's and several little tykes as well doing the walk. We're glad to get participation from all age brackets.

It's a nice place to run. Think of it. You start and end in a park. And for close to a mile, you have a great view of Pike's Peak. We changed the start time to 7:30 this year so it would be a tad cooler.

We take pride in our t-shirts. Chris is the t-shirt designer and comes up with a unique and creative design every year. In fact – Michael Orendorff made a point to show me that he ran the Cinco this year in a Little Run on the Prairie t-shirt. He said it was one of his favorite shirts. Michael is an Iron Man veteran and has been nationally ranked in his division. We maintain that Michael performs the way he does because of his Little Run on the Prairie shirt. Well, probably not, but his endorsement ought to count for something. We are however, still making apologies for the shirts



in year 2. The design was fine, but the t-shirt shop decided it would be a good idea to use vinyl transfers. You could wear the shirt in a January snowstorm and break out in a sweat. Another lesson in communication. And we apologize again, but vow to never repeat the same mistake.

Our awards are unique. Since year one, we have made clay medallions. Last year, we got smart enough to include a hole and twine so they could hang on a nail. Every medallion is hand made. This year, we made 7 different clay stamps. Then we used the 4 that turned out the best. We used 7 different glazes. The medallions then were split into 3 groups and fired to stoneware temperatures (around 2350 degrees F) in traditional stoneware firing, in a wood fueled kiln, and with a soda finish. There are literally days invested in this process.

Most people don't care about the differences in firing methods, etc, etc. Bottom line is that they are like snowflakes – no two alike. We did this the first year to save money. (our labor is cheap, and clay is "dirt" cheap). But we have continued because several people liked the clay awards. Last year, we purchased some traditional gold, silver, bronze medals on ribbons. So, if you finish in the top 3 in your division, you get your

choice of a traditional medal or any clay medallion left on the table.

We think you will have a good time. The race kicks off the annual festival for St. Paul's Church and festival time means food, refreshments, and other activities after the race.

And finally, this event is a fundraiser. Proceeds go to the church building fund. However, since SCR provides support for results and finish line, SCR will receive 10% of the profits. Some of the profit comes from sponsors, and a bunch comes from participation.

This year is the 4th annual Little Run on the Prairie. It may or may not be the last year for this race. We could easily be swayed one way or the other. Right now we are finishing up the most unpleasant portion of the job – getting sponsorships. Asking for money is simply not fun, so at this point it would be easy to decide that this is the final year. Who knows?

The race takes place at 7:30 am on June 26th at Lovell Park in Pueblo West. This is the same start and finish location as the Harvest Poker Run, but the course is different. If you are unfamiliar with the area, it is easy to find. From Pueblo, turn left on Purcell (the first entrance into Pueblo West). Get in the right lane and go just over a half-mile, then turn right on Hahn's Peak Avenue. The park will be on your left side after about 1.2 miles.

We really, really, really hope to see you there!

If you cannot run the Little Run on the Prairie, we would love to have you volunteer to work the finish line or results. Call Ron at 547-9273 if you can help!



Top 10 Training Secrets for Boston

By Jill Montera



Top 10 training secrets for Boston:

10. Respectfully disagree with your Dr. when he says “Boston’s out for this year.” He doesn’t know how fast you can heal a stress fracture anyway.
9. Ignore Ben and Matt when they call you an obsessive psycho about your training program. I’m sure they mean it with love.
8. Train someplace where the temperature is around 100. When you run, and it’s 86, it’ll seem like a breeze.
7. Injure 10 days prior to the marathon. This time LISTEN to your Dr. when he says no running at all until the marathon.
6. Take rest days and x-train days more seriously. Again, see 10 and 7.
5. Buy enough Boston paraphernalia at the Expo that you dang well better finish.
4. Buy brand new “magic shoes” at the Expo. What the heck, lace them up that morning and run the marathon in them!
3. Talk to complete strangers. You never know who will let you wait in their nice cool house, use their bathroom and drink their Gatorade.
2. Have two beautiful boys who actually think you are going to win the whole thing.
1. Most importantly, have the most supportive husband ever. Thank you Jim for always believing in me, even when I don’t believe in myself.



**Bill & Jill
(Rodgers & Montera)**

(Rocky, Continued from page 5)

issue is that the do hickey will lock-up every once in a while for no apparent reason, and this has happened to me once already. If that happens, you just press the reset and power buttons together and it re-boots itself.

So there you have my consumer reports type of review on the Forerunner 201. Have a good Spring season, and keep on truckin’”

Sincerely,

Rocky Khosla, M. D.

Body Trivia

Ten billion new white blood cells are made every day.

The gluteus maximus is the body’s largest muscle.

There are 22 bones in the skull.

Approximately 40% of your body weight is muscle.

Approximately 80 scalp hairs fall out daily.

The sciatic nerve is the longest nerve in the body.

The left side of the brain controls logic and speech.

The right side of the brain controls creative thinking.



BOSTON MARATHON - THE ULTIMATE EXPERIENCE

by Marijane Martinez



I qualified for Boston at the St. George Marathon in Utah; my friends, Stella Heffron, the Chicago Marathon; Larry Volk, the Discovery Trail Marathon and Jill Montera, the Houston Marathon. Having accomplished this first step, we all decided to run Boston in 2004. I had no idea what to expect, so each day was an adventure.

I traveled alone to Boston where I met up with Stella and her mother, Miriam. The three of us shared a room in Cambridge for five days. We arrived on Friday and went to dinner at Legal Seafood Restaurant (recommend by Don and Lois Pfof). The walk to

and from the restaurant was a little longer and cooler than we expected, so after returning to our room we were ready to call it a night.

Saturday morning we found our way to the "T," the Boston subway, which would get us to the runner's pick-up location and Expo. I have never been to such a huge Expo! My main goal was to get my Boston Marathon jacket.

After picking up our registration information, we began the search for jackets. Thanks to my running buddies, the cost of the jacket was minimal for me; they pitched in money, and sent me with a sizable deposit. I did not like the fit of the official marathon jacket, so I purchased one from Adidas. Some people (Jill) purchased both. We must have spent three or four hours at the expo, and I doubt we saw everything.

It seemed like most runners there were wearing previous marathon shirts. I'm guessing they were wearing the shirt from the marathon at which they qualified for Boston. My St. George shirt was in a drawer in Colorado. In fact, I didn't even take a running t-shirt with me.

That evening we met Larry and his friend, Shannon, Jill and her husband, Jim, and Stella and her friend, Greg, for dinner. We ate at a restaurant in Little Italy. It was a very cozy and



SCR Boston Marathoners, Stella Heffron,
Marijane Martinez, Larry Volk, and Jill Montera

nice Italian restaurant where we had a wonderful dinner. We then went in search of ice cream at Faneuil Hall, a place very similar to Boulder's Pearl Street Mall.

After making a tentative plan for Monday, we went our separate ways.

Sunday we met Stella's relatives for breakfast and then went back to Faneuil Hall for some serious looking around.

That evening, we opted to do dinner in the restaurant where we were staying; it was an excellent choice. It was a Japanese steakhouse, and the food was delicious.

After dinner, we went to a grocery store we had scouted earlier and picked up our food items to take to the marathon. We packed as much as we could for the next morning and called it a night. That was the night Misti called and woke us up because she "forgot" Colorado time was two hours behind Massachusetts! (Yes, Misti you're forgiven.)

Monday – Marathon Day! At approximately 8 a.m. Stella, Miriam, and I headed downstairs to catch the shuttle bus to take us to the "T". Since there were several other runners, we convinced the shuttle driver to take us directly to the bus pick up, rather than dropping us at the "T" to ride to the pick

up point. (Money talks.)

There were lines of people waiting to get on the buses, so we went to the end of the line to wait our turn to load.

I thought the chances of meeting the rest of the group were slim to none when suddenly I saw Jill. We never did see Larry before we boarded.

Our ride was about a half hour drive, and by the time we arrived, all three of us needed to use the facilities pretty badly. The lines to the porta-potties were already excessive, and we were in "urgent" mode, so we went to Plan B.

On our way to the start we had passed a fire station. Because Jill's husband is a fireman, she was confident she could get us in to use their facilities. Not only did she accomplish that task, but she also managed to get a fireman's patch for Jim.

We then headed to "Athlete's Village," a football field where they have tents, food, drink and such for the runners. The idea is to hang out until they start sending you off to line up for the race that starts at noon. We were walking around checking everything out when who do we see?—Larry! I mean there were thousands of runners, and we never expected to see him until perhaps after the race.

We decided to go find a spot of shade to rest, but of course we again had to go to the facilities. Larry decided to stay behind and keep all of our stuff while we went in search of the shortest line.

I commented to the girls that it would be nice if someone would allow us to use the facilities in their house, as there were many homes in the area. No sooner had I said this than Jill saw a very cute house and commented to the people on the porch how much she liked it. What happened next was just plain "too cool."



BOSTON MARATHON

by Marijane Martinez
(continued)



They responded, “come on over.”

We went to the home of Eunice Inman, daughter of the 80-plus-year old Edna Mullins. Back around 1987, Edna started the tradition of inviting Boston runners into her home to relax and enjoy while waiting for the start of the race. Eunice had purchased bottled water and fruit for her visitors.

In addition to opening up her home, she also took pictures of the runners and got their email addresses, so she could send them the pictures. There must have been 50 or more runners who went in and out of her house that morning. Eunice’s family, her husband, son and daughter were also there to visit with us while we waited. It was such a pleasant surprise, and the time went by quickly.

After saying our goodbyes we separated. Stella and Larry went one direction, and Jill and I the other. The road had been blocked off, so no one could get into the various corrals without the correct bib number. Because the road was extremely congested with runners going in both directions, Jill and I were a little concerned we might not make it to our corrals in time. Fortunately we both made it.

By the time I crossed the actual start line, the beginning runners were 17 minutes into their race.

Talk about an exciting run! It was like being in a 26.2-mile parade with screaming fans all the way. At one point, there were some motorcycle bikers who were sitting on kegs, drinking beer and cheering their hearts out for us.

My favorite place was Wellesley College where students were lined up for over half a mile. They cheered so loud; I thought I was at a Bronco game for a minute. Of course, the heat was a factor by then, so I may have been delirious!

When I arrived at Heartbreak Hill, Bostonian’s idea of a hard hill, I honestly wasn’t aware I was there because it was nothing I had envisioned. In fact, in my opinion, the St. George Marathon course was more difficult than

the Boston Marathon course; however, the heat was definitely a factor in Boston.

At the expo the day before, Greta Weitz, famous female runner, told runners to toss out whatever times they thought they would do and add at least a half hour (or more) to that time and be happy with that due to the high temperature that was being anticipated.

I kept telling myself it wasn’t going to be in the high 80’s, but I was wrong. The temperature climbed to 87 degrees that fine day. Had it not been for the cheering crowds, I probably would have walked (although at times, my running time was probably comparable to a walk).

When I arrived at the finish line 4 hours, 30 minutes and 10 seconds later, I was amazed at the number of runners who were being wheeled away in chairs or were lying on the ground covered with blankets. I can’t even imagine what the medical tent looked like. I do know over 1,200 runners started the race that day but didn’t finish.

One of the unexpected highlights of the trip happened when we were shopping at the Bill Rodgers Running Center the day after the race. We met, took pictures with and got the autograph of the four time winner of the Boston and New York Marathons, member of the 1976 U.S. Olympic team and winner of the Fukuoka Marathon. We had no idea Bill was going to be there, so this was a bonus.

My overall opinion of the Boston Marathon—in a word would be, without a doubt—**AWESOME**. It is an experience I will forever cherish and never forget. I won’t forget because I took a journal with me and captured each and every day! Those of you familiar with my memory capabilities were wondering about that “never forget” statement (with good reason).

The city of Boston has so much history and is absolutely beautiful. I could go into more detail about all we did, but I think I’ve taken up enough of your time (for those of you who are still with me).

I will say if you do get an opportunity to run the Boston Marathon, I highly recommend it. The organization of the race is impeccable! The people are unbelievable, and the marathon is unforgettable!

Our finishing times for the marathon were as follows: Larry, 3:34:44; Jill, 3:45:16; Marijane, 4:30:10 and Stella, 4:31:07.

We all had a good time!

Highlights:

*Going to Faneuil Hall and seeing the Holocaust Memorial

*Meeting, taking pictures with and getting a poster autographed by Bill Rodgers

*Meeting and spending time with the Mullins family in Hopkinton

*Visiting Harvard campus

*Being cheered on by Wellesley College students

*Bringing back a Boston Marathon jacket and my Boston Marathon Finisher’s Medal

*Spending time with good friends and finally,

*Doing something every marathoner should do at least once in their life if possible – Running the **Illustrious Boston Marathon!**

Lowlight:

*Not having Nick there to share the experience with me although I totally understand his reasons for not going!

Overdoing it Department

Warning found on a fishing lure
(for real)
“Harmful if swallowed”



The 2004 Predict Series Standings



(Continued from page 1)

each. And – assuming he runs in the remaining races, he has six chances to do this. He’s been hot, and a pair of 80 pointers seems well within reach.

However, there are other factors. One is that last year’s score means nothing with respect to this year. And the other factors are Matt Sherman, Nick Leyva, Dave Diaz, Don Pfof, Steve Wall, Rich Hadley, and several others. Matt has been steady with an 81 point average. Nick Leyva has a not too shabby 75.29 average after 4 races. But, throw out 1 race and his average becomes 85 points. And, Nick is a proven, long-time consistent runner. Steve Wall is another one to watch. In his rookie year he has a 64.46 average, but throw out his Ramsgate score, and it jumps to 80.81 for 3 races. Rich Hadley missed a race, but has a 2-race average of 96.6, and is another consistent runner. But, my bet for the “dark horse” is Don Pfof. His average after 3 is 86.49 with the lowest score being 82.76. That is pretty steady. A couple more good races, and Don is on top of the heap. That’s not all. There are several ladies in the wings. They are a few points behind, but with six races to go, any one of them could be pushing Larry of his pedestal. Right, Gina Benfatti, Jan Dudley, Emily Borrego, Jacqueline Wall, Stacey Diaz, and Marijane Martinez?

Like most pollsters, I’ll hedge my bets, and declare a 60% margin of error. (Yes, I just pulled that number out of the air.) However right now, I’ll place my bets on Larry for first, with, Nick, Matt and Don vying for 2nd, 3rd, and 4th. Yes, several of you could easily prove me wrong, and I’m quite confident that you will. But, no matter what happens in the remaining runs, there are two things to keep in mind.

1. The whole idea is to have fun and enjoy some friendly and not-so-serious competition.
2. Until somebody takes her crown, Gina still reigns.

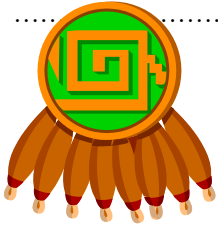
Predict Standings after 4 runs

Name	Spring Runoff	Ben & Matt's	Rams 8K	Yappy 8+M	Total Points
Larry Volk	55.17	100.00	92.31	100.00	347.48
Matt Sherman	86.21	84.62	76.92	76.47	324.22
Nick Leyva	72.41	88.46	46.15	94.12	301.15
Dave Diaz	58.62	57.69	80.77	70.59	267.67
Don Pfof	82.76		88.46	88.24	259.46
Steve Wall	79.31	80.77	15.38	82.35	257.82
Rich Hadley	93.10	46.15	100.00		239.26
Ben Valdez	51.72	73.08	69.23		194.03
Ron Dehn	100.00		26.92	58.82	185.75
Gina Benfatti	48.28	65.38	53.85	17.65	185.15
Jan Dudley	41.38	76.92		64.71	183.01
Emily Borrego	17.24	96.15	57.69		171.09
Jacqueline Wall	96.55		65.38		161.94
Stacey Diaz	62.07	19.23	50.00	23.53	154.83
MoJo Martinez	68.97	26.92	23.08	29.41	148.38
Carrie Slover	65.52		61.54		127.06
Jill Montera	44.83	69.23			114.06
Angelo Aragon		15.38	96.15		111.54
Joe Stommel		92.31		11.76	104.07
Mary Rudolf	24.14		73.08	5.88	103.1
Gary Franchi	75.86	23.08			98.94
Mike Orendorff		11.54	84.62		96.15
Bill Veges	31.03	61.54			92.57
Diana Reno	6.90		42.31	41.18	90.38
Debra Wall	89.66				89.66
Misti Frey		53.85		35.29	89.14
Wendy Garrison			38.46	47.06	85.52
Anthony Diaz	34.48	42.31			76.79
Robert Santoyo	27.59		34.62		62.2
Diane Lopez		50.00	11.54		61.54
Becky Medina				52.94	52.94
Robin Krueger		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
D. DallaGuardia	20.69				20.69
P. 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

Thank You Yappy Dog Predict Volunteers

Race Director: Ross Barnhart, Kitchen: Nancy & Ivan Martin, Sweep Vehicle: Robin Barnhart, Aid Station: Scott, Diane & Beverly Stevenson; Terri, Sarah, & Ben Barnhart; Mark & Brenda Koch, Finish Line: Lois Pfof

The 8.63-mile predict race was held on April 25, 2004.



The Cinco de Mayo / Run for the Rose Results



1.8 Mile Walk Results

Name	Sex	Age	Time	Name	Sex	Age	Time
1 Domenie Gonzales	M	9	19:42	1 Adam Rich	M	23	16:44
2 Josh Gonzales	M	9	19:44	2 Angelo Aragon	M	46	18:11
3 Isiah Fresquez	M	11	19:45	3 Gerald Romero	M	32	18:14
4 Derrack Gonzales	M	8	19:59	4 Juan Amores	M	40	19:04
5 No Information			20:02	5 Michael Orendorff	M	52	19:09
6 Ernie Campos	M	8	20:26	6 James Mobley	M	47	20:52
7 Nicholas Sherman	M	11	21:29	7 Alex Jackson	M	43	21:09
8 Natalie Veges	F	76	21:30	8 Thomas Herzog	M	39	21:21
9 Mirondi Campos	F	11	21:36	9 Fernando Acosta	M	16	21:45
10 Ashley Mills	F	12	21:52	10 Jason Ramos	M	31	22:15
11 Leslie Hager	F	22	21:53	11 Chris Roman	M	36	22:39
12 Justino Clemens	M	12	21:54	12 Frank Aragon	M	44	22:43
13 Nadine Aragon	F	31	21:54	13 Nick Leyva	M	50	22:48
14 Anthony Navarro	M	39	21:55	14 Rick Macias	M	43	23:12
15 Evangeline Andrews	F	54	22:23	15 Gary Johnson	M	43	24:02
16 Tamera Jackson	F	37	23:02	16 Mike Hurley	M	34	24:17
17 Carmen Peraha	F	61	23:09	17 David Bean	M	16	25:44
18 Patercia Sternberg	F	59	23:15	18 Gio Sisneros	M	10	25:47
19 Jane Ecklund	F	63	23:15	19 Len Gregory	M	61	25:48
20 Julian Clemens	M	10	23:27	20 Paul DallGuardia	M	45	26:29
21 Dale Mares	M	49	23:28	21 Robert Graham	M	44	26:30
22 Annette Bobo	F	40	23:46	22 Leroy Santos	M	16	27:26
23 Susan Mares	F	45	23:54	23 Mark Montoya	M	18	27:28
24 Yung Valdez	F	58	24:50	24 David Santos	M	58	27:35
25 Pam Cisneros	F	40	25:09	25 Leo Navarro	M	43	28:02
26 Jazmine Clemens	F	8	25:19	26 Lea Pingel	F	27	28:14
27 Rena Jiminez	F	51	25:43	27 Joan Sindler	F	48	28:18
28 Cathy Salazar	F	64	25:45	28 Ralph Regaldo	M	67	28:21
29 Diane Lucero	F	51	26:32	29 Chris Macchietto	M	28	28:28
30 Patricia Gallegos	F	58	26:33	30 Angel Wagner	F	17	28:37
31 Mr. Al	M	56	26:34	31 B.A. Cosyleon	M	54	28:39
32 Milissa Rico	F	15	26:46	32 Mary Rudolf	F	48	28:40
33 Anjela Clemens	F	4	26:47	33 Lori Gregory	F	53	28:43
34 Anita Clemens	F	39	26:47	34 Raul San Miguel	M	53	29:21
35 MaryEllen Portillos	F	60	27:14	35 Joe Rael	M	50	29:21
36 Christine E Jimenez	F	59	27:23	36 Rosa Bruce	F	41	29:29
37 Christine M Jimenez	F	59	27:25	37 John Kelly	M	63	29:45
38 A.J. Novak	M	65	28:20	38 Melinda Orendorff	F	51	30:33
39 Rebecca Graham	F	8	28:27	39 Aaron Henson	M	12	30:47
40 Rubina Graham	F	38	28:29	40 John Lobato	M	51	30:51
41 Cipriana Zapata	F	64	30:43	41 Lauron Navarro	F	12	31:37
42 Aurora Alvarez	F	76	30:44	42 Lara Gallegos	F	17	31:38
43 Tina Figueroa	F	18	30:57	43 Deb Hadley	F	47	33:06
44 Mary Montoya	F	15	30:57	44 Jim Abeyta	M	47	35:08
45 Ashley Camu	F	14	30:58	45 Fran Navarro	F	38	36:08
46 Chuck Mason	M	39	36:33	46 Chris Martinez	M	10	36:34
47 Diana Quattlebaum	F	45	36:43	47 Chris Martinez	M	10	36:34
48 Cynthia Fuentes	F	53	37:05	48 Diana Quattlebaum	F	45	36:43
49 Matthew Carroll	M	15	37:41	49 Cynthia Fuentes	F	53	37:05
50 Robert Espinosa	M	48	39:02	50 Matthew Carroll	M	15	37:41
51 Ren Gaby	M	18	39:02	51 Robert Espinosa	M	48	39:02
52 Charles Dax	M	33	39:11	52 Ren Gaby	M	18	39:02
53 Phillip Quattlebaum	M	51	39:31	53 Charles Dax	M	33	39:11
54 Bridget Terrones	F	16	39:50	54 Phillip Quattlebaum	M	51	39:31
56 Tristan Dohrmann	F	15	46:32	55 Bridget Terrones	F	16	39:50
57 Robert Bruce	M	14	1:02:39	56 Tristan Dohrmann	F	15	46:32
58 Sheryl Page	F	28	1:14:11	57 Robert Bruce	M	14	1:02:39
59 Sheryl Page	F	28	1:14:12	58 Sheryl Page	F	28	1:14:11
				59 Sheryl Page	F	28	1:14:12

Thanks go out to our Cinco / RFTR volunteers. They are: Race Director: Hilbert Navarro, Course Marshal: Bill Veges, Registration: Ruth McDonald, Shelley Riddock, Carlos Rodriguez, Finish Line: Don & Lois Pfof, Anthony Diaz, Ken Raich, Ron Dehn, Results: Dave Diaz, Chief Reno, Course Measurement: Jeff Arnold, and a whole bunch of people from Project Respect and the Race Committee.

Photo Gallery - Yappy Dog Predict



Clockwise from upper left

Diana Reno shows off her new gloves

Larry Volk puts a "choke hold" on Gina Benfatti (last year's predict champ)

Race Director, Ross Barnhart leans to check out activity

Deb, Steve, and Jacqueline Wall before the Cinco / RFTR 10k (the Cinco photo page was full)

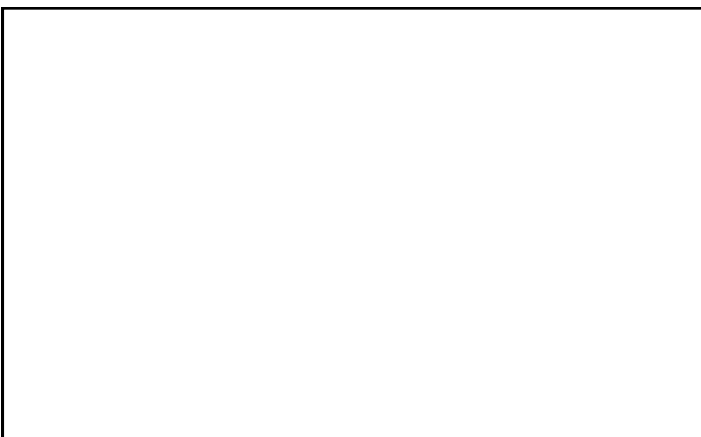
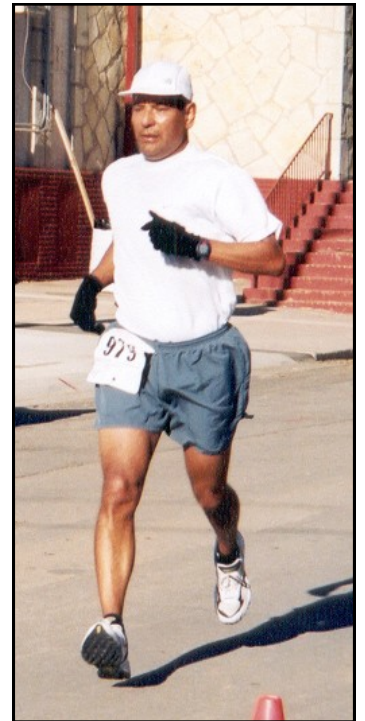


Photo Gallery - Cinco / Run for the Rose



Clockwise from Upper Left

Chris Macchietto in his 1st 5k
poses with Mom, Lori Gregory

Matthew Bravo gets help from Dad
(Dutch) pinning his bib number

Nick Leyva earns silver
with a 22:48 5k

Shelly and Ruth work their magic
at pre-race registration

Tom Herzog sprints toward an
impressive 21:21 in the 5k



CENTER
Natalie Veges at 76 is the first adult
to cross the finish line in the
1.8 mile walk

The Y - Bi

PI	Div	Div	Name	Sex	City	Time
1	1	M20-29	John Phillips	M	Colo Spgs, CO	32:24
2	1	M30-39	Cody M Hill	M	Colo Spgs, CO	32:25
3	1	M40-49	Dean Maruna	M	Erie, CO	32:32
4	2	M30-39	Steve Moon	M	Colo Spgs, CO	32:40
5	2	M20-29	Luke Jay	M	Littleton, CO	33:11
6	3	M20-29	Christopher Borton	M	Golden, CO	33:43
7	3	M30-39	Alan M. Davidson	M	Colo Spgs, CO	34:52
8	2	M40-49	Thaddeus Noll	M	Colo Spgs, CO	35:41
9	1	M50-59	Michael Orendorff	M	Pueblo, CO	35:45
10	4	M30-39	David Zybowski	M	Brighton, CO	36:11
11	5	M40-49	Edward Oliver	M	Littleton, CO	36:31
12	6	M30-39	Matt Kolb	M	Longmont, CO	37:55
13	7	M30-39	Russ Howard	M	Greenwood Vill.	38:26
14	8	M30-39	Hans Reinier Noordik	M	La Veta, CO	39:43
15	4	M20-29	Daniel Joseph Tippie	M	Colo Spgs, CO	40:25
16	3	M40-49	David Wason	M	Longmont, CO	41:40
17	2	M50-59	Hector Leyba	M	Penrose, CO	42:22
18	4	M40-49	Chris A Gredig	M	Pueblo, CO	42:40
19	5	M40-49	Sonny Buczek	M	Centennial, CO	43:08
20	3	M50-59	Martin Shepperdson	M	Colo Spgs, CO	43:33
21	1	M19-u	Chris Sheppardson	M	Colo Spgs, CO	44:37
22	6	M40-49	Tom Ratzlaff	M	Pueblo West,	46:02
23	1	F20-29	Jennifer Borton	F	Golden, CO	46:12
24	7	M40-49	Mike Borton	M	Pueblo, CO	46:21
25	8	M40-49	Stephen P Miller	M	Greenwood Vill.	46:36
26	9	M40-49	Howard Stringert	M	Pueblo, CO	46:49
27	1	F40-49	Susan Cris Repp	F	Colo Spgs, CO	47:33
28	10	M40-49	Randy Schillinger	M	Colo Spgs, CO	48:34
29	2	F40-49	Vanessa Brines	F	Pueblo West	48:37
30	4	M50-59	Steve Fuhrmann	M	Monument, CO	49:00
31	11	M40-49	Mark Thomas House	M	Pueblo West	49:29
32	5	M50-59	Jim Stauss	M	Denver, CO	50:01
33	1	F30-39	Melanie Galay	F	Greenwood Vill.	50:04
34	6	M50-59	Tomas L. Duran	M	Pueblo, CO	50:24
35	1	F50-59	Jane Chess	F	Florence, CO	50:54
36	3	F40-49	Laurie Wentzbaugh	F	Canon City, CO	51:21
37	9	M30-39	John C Freyta	M	Canon City, CO	51:22
38	10	M30-39	Eric Leedom	M	Pueblo West	52:27
39	7	M50-59	Byron Beard	M	Pueblo West	53:10
40	2	F30-39	Michelle Blair	F	Colo Spgs, CO	53:18
41	12	M40-49	Mike Archuleta	M	Pueblo, CO	54:40
42	1	F19Under	Megan Buczek	F	Littleton, CO	54:55
43	4	F40-49	Lauren K Deen	F	Littleton, CO	55:19
44	1	M70+	John Sturtevant	M	Salida, CO	55:23
45	11	M30-39	Robie Blair	M	Colo Spgs, CO	56:16
46	3	F30-39	Rebecca Holt	F	Longmont, CO	56:53
47	5	F40-49	Cathy Hansen-Lee	F	Colo Spgs, CO	58:39
48	6	F40-49	Kat Brundage	F	Colo Spgs, CO	58:53
49	13	M40-49	David Holt	M	Longmont, CO	59:20
50	4	F30-39	Teresa Gaebler	F	Colo Spgs, CO	1:00:27
51	7	F40-49	Lisa Walker	F	Canon City, CO	1:06:07
52	5	F30-39	Carla Braddy	F	Canon City, CO	1:06:08
53	2	F19Under	Callista Barritt	F	Penrose, CO	1:09:46
54	8	F40-49	Susan Gebhart	F	Penrose, CO	1:09:47
55	2	F50-59	Ann M. Noble	F	Denver, CO	1:16:37

The 2004 Y-BI Classic Duathlon consisted of a 5.5-Mile Run held April 18, 2004 in Pueblo West. Due to high winds creating a significant participant risk, the bike portion of the duathlon was cancelled. The following registrants elected to participate in a 5.5 mile run as a replacement event. We thank them for their willingness to have fun in the face of Mother Nature's

challenges. We'd like to thank the volunteers who helped to make this race possible: Race Director: Ben Valdez, Results: Mike Orendorff, Finish Line: Don & Lois Pfof, Mark Koch, Debra Wall, Ken Raich, Jacqueline Wall, Course Marshals: Terry Cathcart, Sandy Reinsch, Transition Setup: Matt Sherman, Carl Burgess

Note from the Editors:

Because some writers have expressed the desire for a little editing help with their articles, we have arranged help with Debra Wall, who was introduced in our February issue. She is a mass communications graduate from USC and has experience with writing and publishing.

Debra has agreed to check your

grammar and perform "touch ups" to your writing. Her editing will not include any changes to content. If you want her to look over your work, please send it to her via e-mail at dswb@iley@hotmail.com.

Lead-time is an issue. Since the newsletter deadline is typically the first Wednesday of each month, you need have your article to Debra at least one week prior.

He Did the "Impossible"

Fifty years ago this month, Roger Bannister broke the 4 minute mile. Up to this time, most people thought that the 4-minute barrier was simply impossible to break. Conventional wisdom was that a man's body was not capable of such a feat. But on May 6th, 1954, a British medical student named Roger Bannister ran the mile in 3:59:4. Bannister was an amateur athlete who did not even

have a coach. He retired from competition in 1955 to practice medicine where he had a distinguished career. His is now retired and lives in England. Neal Bascomb's book, "The Perfect Mile", chronicles some of Bannister's running career.

As a side note, the current record is held by: Hicham El Guerrouj of Morocco, who ran a 3:43.13 in 1999.



2004 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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 Ron Dehn - (719)547-9273
Jul 10	Women's Distance Festival (c) Run / Walk	5K 7:30 am	City Park, Pueblo Diana Reno - (719)561-3343
Jul 17	Pioneer Run (a)	5K 7:00 am	Hollydot Golf Course, Colorado City Shaun Gogarty - (719)676-3353
Jul 31	Moonlight Madness Prediction Run (c)	5M 8:30 pm	3685 Verde Rd (take exit 87 off I25), south of Pueblo Diane Reno - (719)561-3343
Aug 7	Belmont Butt Buster Predict Run (c)	? 7:00 am	1318 Horseshoe Drive Gina Benfatti (719) 542-5148
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.

Attention please! The date for the Women's Distance Festival (WDF) is changing. This all-women's race was scheduled for July 3, 2004, but will now be run on July 10, 2004. The race will start at 7:30 am in City Park by the Pavilion. The WDF is a run/walk race held annually to promote and celebrate women's fitness. Awards will be given to the overall female, as well as first, second, and third place in various age divisions. There will be a new age division added to the race this year. A 12 and under division will be included to award the youngest women who run this race each year. Look for entry forms in the June newsletter, and invite every woman you know to come and participate in the annual Women's Distance Festival.

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

Area Races



The Bolder Boulder

Yes, it is like a 6.2 mile party. Lots of music, lots of people, and lots of fun. The SCR clan meets in Section 215 after the run. Happy Memorial Day! ENJOY!



The Garden

It's like no other garden in the world. And the 10 mile run is like no other 10 mile run you've ever done. In one word - HILLS. Be there Sunday, June 13 for a 7am start.

See
www.pikespeakmarathon.org.

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

Visit the historic towns of Westcliffe and Silver Cliff in Custer County. These neighboring towns lie at the base of the beautiful and rugged Sangre de Cristo Mountains. In my opinion, this range, especially with snow caps, is one of the most beautiful sights in all of Colorado. The 6.25k Run in the Valley takes place at the foot of the Sangres at 8:15 am on May 29th. There is also a 1 Mile Walk for Charity. It is a great chance to train at some altitude. Hydrate well because you will be running at nearly 8,000 feet. See www.custercountyco.com for more info.

Speaking of altitude. The Run for Rio starts at Rye High School at around 6,900 feet. This run began in 1998 to honor Rio Don Diego Martinez who was a Rye High School student. In addition, the run helps raise scholarship funds for a college bound Rye High student. The Colorado City / Rye Lions Club will be offering a pancake breakfast. Donations for the breakfast are appreciated and go into the scholarship fund. The run takes place at 8 am on June 5th. See G-Man's article on page 3 for more information.

The Little Run on the Prairie takes place at 7:30 am on June 26th. The event includes a 5k run and a 2k walk. See this month's Ramblin' column for more info.

Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org

The Next Meeting: The next SCR meeting will be held at 7 pm Wednesday, June 2nd at the Pueblo YMCA. All SCR members are welcome

The Final Thoughts...

The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found. Calvin Trillin

You can't solve a problem with the same mind that created it.
-Albert Einstein

He who wishes to secure the good of others has already secured his own. -Confucius (c. 551-479? BC)

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across the grass and loses itself in the sunset. -Crowfoot, Native American warrior and orator (1821-1890)