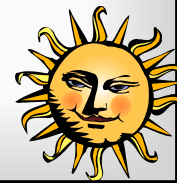


Editors: Ron Dehn & Debra Wall

FOOTPRINTS



Caution: This edition may be full of hot air

The July Firecracker Edition

First-Timer Conquers 26.2 in Duluth

My marathon quest began in 1986, as a 31-year-old mother of two, an infant and toddler.

Sitting on our front porch, we clapped and shouted encouragement to a blur of cyclists wearing swimsuits and race bibs who zipped by in front of our Shoreview, MN house.

That cheerleading session fanned a flame. Someday, I wanted to be “out there” in a field of competitors, testing my resolve and wearing a race bib.

Years since then have been a progression toward various “first” goals: the century bicycle ride, the duathlon, the triathlon, the backcountry hut ski trip, the ‘fourteener’ and, finally, in 2004, eighteen years and several race bibs after that front porch cheering session—my first marathon.

I guess I chose Grandma’s Marathon, held on June 19 in Duluth, MN, for my first marathon because I have “north woods” roots from living in Minnesota and Wisconsin.

Upon arriving in Duluth, my first stop was lunch at Grandma’s Sports Bar & Grill, right at the finish line.

Grandma’s Marathon, named after its first major sponsor in its inaugural year, 1975, is quite enchanting with the Minnesota north shore atmosphere and Lake Superior: freighter ships, tugs, lighthouses, grain elevators, iron ore loading piers, north woods, lakes and pies.

The Duluth harbor is a busy port with freighters longer than football fields and an aerial lift bridge that elevates to let ship traffic pass.

The Lake Superior Marine Museum features historic ship and lighthouse information for the Great Lakes. Interesting information is found at the museum:

- Lighthouse beams are each



unique and shaped by a distinct multiprism Fresnel (pronounced *Fray-nell*) lens.

- Lake Superior is known as the “shipwreck coast” and is the scene of many lost ships, such as the Edmund Fitzgerald, lost in November 1975, and it is the subject of a Gordon Lightfoot song.

(Continued on page 14)

Running Joy Revisited
Page 6

Women’s Distance
Festival
Pages 12 & 13

SCR PICNIC!
Food! Games! Beverages!
Pony Rides! Conversation!

See you on
August 29th.



SCR Notes from the July 7th meeting

Hello All,

Officer Reports:

Secretary - minutes approved without change, not sure any one read them, but that is better for me
 Treasurer - Dave said same re-occurring beers, oops he meant bills for the month - approved treasurers report
 Newsletter Editor: Debra and Ron are going to job sharing putting the newsletter together. They are approved from the club to spend up to \$500 for software upgrades to make the newsletter more efficient.

Membership Chair/

Webmaster: We have two new members for the month - yea. The club approved at one of our last meetings that each club member would receive two issues of Colorado Runner Club Magazine for no charge - please enjoy your copy.

Race Recaps:

Run for Rio: approximately 50 runners and the event went off very well. The results of the race are on the web page.
 Little Run on the Prairie: approximately 85 runners. Ron Dehn asked for any suggestions to make the race even better next year.

Run for the Summit: I'm sure that was great!

Upcoming Races:

Women's distance Festival - July 10: Diana got donations for the race and is very excited for her first Women's Festival run. Larry

Volk will be taking pictures of the runners and will have those available to purchase.

Pioneer 5K - July 17: The club will be providing the clock.

Moonlight Madness - July 31 (predict): The start time is 8:00pm. and directions will be in the newsletter. The race is a potluck, so bring your favorite dish.

Belmont Butt Buster - August 7th (predict): The race starts at 7:30 a.m. and it is also a potluck - work your butt, feed your belly!

Tunnel Drive Run - August 28th (predict): Five mile race in Canon City

East High Challenge - Sept. 11: New Run hosted by East High School. More details to come.

Activity Recaps/Updates
 Club Picnic- August 29th at Greenhorn Meadows Park at Cottonwood Central. The picnic begins at noon and goes until whenever. Food, drinks and fun activities will be provided for all ages. Mark your calendars, this activity will be a lot of fun. Again, we have drinks, as well as volleyball, softball, food, games, etc.


College Running Scholarship: A committee was formed comprised of Nick, Rich, Jeff, and Ron to come up with criteria and or to see if we can develop a running scholarship.

New Stuff
 Greenhorn Valley Youth Runners:

Pat Berndt and the runners came to ask for a donation from the club for a Running Camp that they really want to go to. The camp is the first week in August and the kids are doing some other fundraising projects. The club decided to donate a total of \$500 to the runners who plan on attending.

That's all folks!

Sandy Reinsch



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. 270

“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 Co-Editor	Ron Dehn	547-9273
Newsletter Co-Editor	Debra Wall	
Editorial Consultants	Gary Franchi, Phillip Rabinowitz*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers
 Shaun Gogarty Dr. Rocky Khosla Gary Franchi
 Jeff Arnold, Jan Dudley

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.

* Phillip Rabinowitz from South Africa is the worlds fastest 100-year-old. He recently won a 100 meter sprint in 30.86 seconds in Cape Town



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



**Hot Out?
 Try a Summer Sundae**

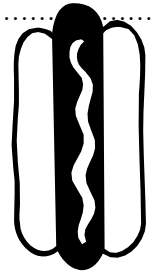
**White Chocolate,
 Raspberry, Mango, Kiwi-Lime,
 Caramel, Chocolate, and Strawberry**

**at The Gold Dust
 217 South Union**



Great Stuff

by Gary Franchi



Taking it to the Extreme

Thought for today's lunch, compliments of Lily Tomlin: *"Man invented language to satisfy his deep need to complain."*

Musings on running, fitness, life, etc.:

I used to sort of have the feeling that people who ran marathons were fanatics. Then I ran three of them in consecutive years back in the '80s and had all the proof I needed.

C'mon, most of you have probably thought this, too. I mean, who the heck would want to endure the pain of running 26.2 miles? Especially if you have to miss reruns of Seinfeld on TV a few times while training for the frickin' thing.

But that was before the Go Overboard era set in. Now, it's full-blast ahead and there are no limits, no boundaries, no rules, no laws, no sanity.

You know, like this column.

But, seriously, this is the era of extreme, where anything goes. If there is a distance, someone wants to extend it. If there is a record, someone wants to break it. The walls have come down. What's more, it's not just in this great country of ours but all over the world.

A good topical example is Takeru Kobayashi. Takeru is from Nogano, Japan and lives his life in relative obscurity except for one time each year when he competes in Nathan's Famous Hot Dog Eating Contest in New York. Takeru, who is known as "The Tsunami," which I assume is Japanese for Big Dog, has won the contest four straight years.

This year, Takeru wolfed down 53 and one-half hot dogs in 12 minutes, shattering his 2002 world record by three hot dogs. That was 15 and one-half hot dogs more than his closest competitor. I wonder what this guy eats when he goes to a ballgame.

The thing I find interesting is that Takeru is a slight fellow, just 5-foot-7 and a measly 132 pounds. So, like, where does all this stuff go? Think about it. How much room is there in a 132-pound person's stomach and intestines?

Don't those areas fill up after, say, 10 or 12 hot dogs? I'm wondering if he had a special bag or something inserted surgically into this stomach where all this stuff falls into and that he has surgically sucked out clean right after the contest is over.

And how does he train for this contest?

I mean, if you are running a marathon, you just run a bunch of miles over a period of time and get in some long runs to get your body used to the pounding and the fatigue. If you are doing it for speed, you inject some speedwork into your training, too.

But how do you train to eat 53 and one-half hot dogs? Just picture it. Do you go home after a day of work, prepare a couple of dozen Ballpark franks and pound them down while sharing quality time with your significant other in front of the TV, washing them down with a quart of water or your favorite ale? I'm curious – do either you or your significant other feel at all, you know, amorous toward each other after such a training adventure?

Besides, wouldn't nitrates from the hot dogs start leaking through your eyeballs after a while? Wouldn't the meat byproducts prevalent in hot dogs begin making your body do weird things? Wouldn't all the preservatives numb your brain?

Speaking of numbed brains, the thing that really got me thinking about the extremes of the Go Overboard era was when I heard that the SCR's Marv Bradley was signed up to run the 130-mile Kiehl's Badwater Ultramarathon through Death Valley earlier this month (as you read this). If this isn't extreme, then what is?

Marv is an amiable, likeable guy who watches what he eats (he wouldn't even LOOK at a hot dog) and stays healthy. He also has a wiry yet super strong body that allows him to run a marathon just about every other week. In fact, he's run 93 marathons or ultramarathons

(5 of them) in his career, including one in every state of the U.S. of A.

Marv has been asked plenty of times why he wanted to run the Badwater, and what he said to me showed that he has given this some thought.

"A lot of this is mental," Marv explained. "You don't question it. You just feel and think that you can do it."

YOU do Marv; not anyone else around here.

Finally, how about these spinning animals who ride in the Tour de France? In three weeks this year, these guys will cover 2,106.5 miles, many of them through the Pyrenees and Alps mountain ranges. That's an average of 95.75 miles for 22 days of riding. I don't know about you, but I'm not sure I bike 2,100 miles in an entire year.

Ever cycled much? Mileage like that ain't easy day after day, especially when it includes a fair share of tough climbing along with downhills that include lots of hairpin turns. This year there is an uphill time trial that has 21 turns. Have a nice day!

Oh sure, there are plenty of flat-terrain rides, but these are generally in the area of 125 miles and at speeds the rest of can't even sniff at. The time trials are relatively short, but they approach speeds that we can only do when going down the big hill while approaching Beulah. For instance, Fabian Cancellaro won the Tour's first time trial by averaging 33.2 miles per hour.

This might not actually merit Go Overboard qualification, but it's right up there. I wonder if the Tour riders get to watch Seinfeld reruns while recovering during their evenings.

Ten things I was just wondering:

1. Is there anything more ridiculous than an adult wearing a Beavis & Butt-head T-shirt?

2. Don't you wish there was instant retribution from God for people who smoke in public restrooms?

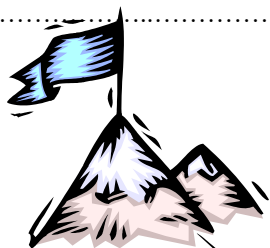
(Continued on page 7)



Aug Birthdays (& other events)

- 1 Zach Heesaker
Colorado entered Union
- 2 Jay Goodman
Wild Bill Hickok shot
- 3 Tom Ratzlaff
David Sorenson
NBA formed 1949
- 4 James Schwartzberger
Aaron Lopez
Mary Decker*
- 5 Jace Khosla
Jerica Khosla
Neil Armstrong*
- 6 Kerry Meier
Mary Rudolf
Melissa Van Buskirk
Andy Warhol*
- 7 Debra Wall
Charlize Theron*
- 9 Dave Diaz
Jery Garcia died 1995
- 10 Cathryn Sanchez
Antonio Banderas*
- 11 Ron Dehn
Paula Delpriore
Alex Haley*
- 12 Bill DeMoss
Ross Westley
Pete Sampras*
- 13 Don Learned
Hope Goodman
Dan Fogelberg*
- 14 Gus Appenzeller
Frank Lopez-Cepero
Steve Martin*
- 15 MaryDee Carter
Woodstock opened 1969
- 16 Jeff Arnold
Elvis died 1977
- 17 Paul Vorndam
Len Gregory
Davey Crockett
- 18 Melanie Hughes
Robert Redford*
- 19 Jordan Montero
Orville Wright*
- 21 Misti Frey
Kenny Rogers*
- 22 Diane Archuleta
Bill Parcells*
- 23 Brian Ropp
Shelly Long*
- 24 George Slaughter
Lou Huie
Neal Kinsinger
Cheryl Cook-McCoy
Cal Ripken Jr.*
- 25 Taylor Lopez-Ceparo
Billy Ray Cyrus*
- 26 Michael Tearpak
Becky Beard
Albert Sabin*
- 27 Grant Schemmel
Confucius*
- 28 Michael Bleakley
Shania Twain*
- 29 John Vukich
Brett Lagerblade
Elliot Gould*
- 31 Dwight Martinez
Henry Hund
Edwin Moses*

*honorary SCR member



Trail Notes

by Shaun Gogarty

The San Juan Solstice 50

50

When a race website describes a climb of 1700 vertical feet as a hill most people would have enough sense not to participate. Of course for me, with my adventure credentials (See previous Trail-notes): naivety, high pain threshold, poor personal perception and a low IQ, sense doesn't play a role in choosing which races to run. So I signed up for the San Juan Solstice 50. Perhaps fittingly, the start was only a mile from the Alfred Packer Massacre Site. The "race party" and the "Packer Party" probably shared similar excitement and enthusiasm in anticipating their respective adventures. Unfortunately, some participants in both parties would not find the adventure fitting their "tastes".

My training for the SJS had begun several months before. I had logged many miles, taken long runs up and down Greenhorn Mountain, and slept with a plastic bag around my head to simulate high altitude. But driving down the mountain into Lake City for the first time, and seeing it sitting in the bottom of a bowl of surrounding, towering mountains, was daunting. I knew the race went up, over and along three of those big mountain ridges. Suddenly, I knew I wasn't ready! I hadn't trained enough, my hip hurt, my shoes didn't fit, my pack was too big, and my shorts chafed – I should just go home. But we had reserved a non-refundable room and the smiling desk clerk wasn't budging. It was either a definite loss of money or just a possible loss of life – I gambled my life.

The Crystal Lodge turned out to be just a little older than the Boston Marathon. However it was pleasantly located in the pines above Lake City. Later that evening Matt Carpenter checked in to the room next door for his first 50-mile trail run. Obviously all the big name, and in my case just big, runners were staying at "the lodge" for the SJS race. Staying with the big dogs brought back some courage. What the heck, if Matt was going to run his first, surely I could complete another one. With my previous experience I considered offering some advice to Matt on strategy, technique, and how to pace one's self on a long trail run. Apparently he didn't need my advice since Matt would set a new course record, finishing about the time I would be reaching the third aid station.

The morning of the race didn't dawn. In fact with these stupid ultras they start in the middle of the night. Fortunately for me I'm used to staying up late so usually I can just go directly to the race

without having to wake up. The night before (or should I say the night of) a race I just flopped around on the bed for a little while and then changed into my running clothes. It made for a bit of a long day considering that at the start of the race I really hadn't slept much in the last 24 hours, but that is all part of the fun.

The warm up for a 50 miler is the first 5 miles on the course. One hundred and thirty four runners hid in cars until just moments before the start wondering why, how and if we could really run 50 miles. Just minutes before the start, bodies emerged from everywhere onto the previously quiet street. The starter reminded us again of rule #1 in ultras – no whining and also of the many ways we might die while running the course: lightning, hypothermia, dehydration and wild animals. After the reassuring lecture and a yell of "go" we surged forward, 20 runners on a no-return trip, and headed toward Alpine Gulch.

One of the first things I noticed, besides the dark, was that everyone running around me had calves the size of my thighs. These weren't normal people, but I guess I should have known that. It made my anxieties about finishing return, but at least I was keeping up with everyone – for the first hundred yards. A few miles up the Engineer Pass road we cut onto the Alpine Gulch trail and began climb number one: 4000 vertical feet. When you look straight ahead on a trail and see the feet of the person in front of you – it is generally considered either a steep trail or a cliff. There were some wild animals running up and of course Matt, but most were quickly reduced to scrambling with occasional bursts of jogging ending in violent coughing and gasping. However, reaching the top, with the sun now shining across countless snowcapped peaks, was worth the effort – it was still early in the race. We stayed hypoxic, I mean high above 12,000 feet for a few miles and then descended rapidly toward a fully stocked aid station two.

Aid stations are to ultra runners what warm beds are to winter morning runners – bad news. After running 17 miles and going over 4000 feet up and 4000 feet down, sitting down at the aid station can quickly become permanent. Looking around at the other runners is also a big mistake. When you see how bad they look it makes you wonder about your own condition. For a few, this was the finish. I

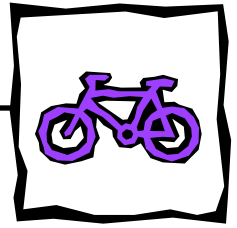
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Rocky on Fitness

By Rocky Khosla, M.D.

For and about Mountain Bikers And Their Injuries Part II



This column is a continuation of the topic started in last month's column: namely, commonly seen injuries in mountain bikers. In last month's column I had written about traumatic injuries and had covered common overuse injuries of the lower extremities. In this column I will address low back pain, neck pain, wrist and hand problems and the dreaded pudendal neuropathy of cyclists.

Back pain can be due to a whole host of reasons in cyclists and non-cyclists, and the majority of cases are due to mechanical causes. What this means is that there may be muscle spasm, tendon or ligament strain along with other soft tissue causes for the pain. Often, the cyclist may have pain from poor bike fitting. The approach that works the best if that is the case is to consider increasing or decreasing the reach to the handlebars. In other words, if you have to reach out too far, you are probably hyperextending your back, and if you are too bunched up, then you are probably causing excessive flexion on the lower back.

Another approach that may help the cyclist with back pain is to try and reduce the amount of vibration generated to the back by getting wider tires and/or suspension systems. Finally, raising the handlebars or getting upright handlebars instead of the drop handlebars may be a good idea. There are some types of back pain that you should not mess around with and should see your doctor for, and in general, if you are under 18 or over 50 years of age and have new back pain, or the pain is associated with any bowel or bladder changes, weight loss, night sweats, change in sensation or strength in the legs, please go get a thorough medical evaluation.

Neck pain is very common in cyclists, and most often is due to riding for long periods with the neck in hyperextension. Also, if you ride with the elbows locked, forces get transmitted to the neck that can cause pain. The best approach, therefore, in the cyclist with neck pain is to consider raising the handlebars or

going with upright handlebars, and learning to ride without locking your elbows.

Wrist and hand pain is also very common in cyclists. The most common cause of this is due to compression of the ulnar nerve at the wrist, and this gives pain into the little finger and one half of your ring finger. As the condition worsens, you can also start losing strength in your fingers (finger abduction to be technical).

The second most common neuropathy of the hand in cyclist is median nerve neuropathy, also called carpal tunnel syndrome. People with this condition will have pain and numbness develop into the thumb, index, middle and one half of the ring finger. The best approach to either of the two above hand neuropathies is to wear better padded cycling gloves and to try and change hand positions regularly.

Last, but not least, is the dreaded pudendal neuropathy of cyclists. The pudendal nerve is a nerve that supplies sensation and motor activity to the genitalia and it's function is often affected in cyclists because this nerve may get compressed between the bony pelvis and the bicycle seat.

In several studies, the leading cause of impotence in bike riders was due to this phenomenon. In this situation, it is best to change your bike seat from the rock hard one that you probably got when you bought your bike to one of the newer more anatomically designed seats, and to consider better padded bike shorts. Also, if you don't want to buy a new seat, there are gel covered pads you can buy to put over your seat. I have had several bicyclists coming in asking for Viagra, when they really didn't need that as much as a better bike seat.

Till next time, hoping that all your rides are fun and safe ones,

Rocky Khosla, M.D.

GPS Info

Editor's Note: In the May issue, Rocky wrote about using his new GPS during his training. He really liked his new "toy", but was a bit puzzled by the distance measurements the GPS was providing. The GPS indicated that his 7 mile route was actually only a 5.2 mile route. This in turn, indicated that Rocky's pace was a bit slower than he thought.

Bob Kelher, one of our readers, helped us out with understanding the finer points of using a GPS. We thank BOB for his insights and include his note is below:

Last month the column from Dr Khosla indicated that he had used a GPS unit to measure his daily run and to his surprise the distance measured by GPS was short of what he thought it was. The good Dr is probably correct is his original measurement.

People do not realize that GPS measure in a straight line along the spherical model of the earth. Using some GPS units they are set to measure distance one per minute. If you run around the track in exactly one minute and come back to your starting point the GPS distance will be zero. Thus if you use it along a twisting trail you will come up sort. The solution is to set the measurement time to as short as possible or bit the bullet one day and store several times to let the unit catch up.

Bob Kelher





Running Joy Revisited

by Jeff Arnold



On June 14, I met some Rye High School cross country runners at the Greenhorn trailhead for the first summer trail run. I had run on Greenhorn trail once or twice in the late '60s, and it became my favorite run when we moved to Rye in 1972.

In the fall 2001, I began coaching Rye High School's cross country team; I realized I wanted to get back to and share the trail with the kids, so the next summer we started meeting at the trail once a week.

Parents, younger siblings or other non-team folks sometimes outnumbered high school runners, but we rarely had more than 10 people. One parent, Pat Berndt, usually brought watermelon or fruit, and we talked afterwards. Occasionally, a bear we'd seen was the main topic of conversation.

My running program was fairly simple; I suggested each person go up the trail for a designated time or until he or she saw someone else coming down.

By that summer, my hip had degenerated to the point I was limited to walking up and running a few steps on the easy parts of the downhill. Mostly, I was just trying to sustain the illusion I was still a runner.

Compared to my mediocrity on the roads and track, I had been a very good downhill runner—more than that, I loved it.

The Greenhorn trail was my favorite place to celebrate the exultation I felt flying down, each step different, with the very real danger of falling or spraining an ankle adding some spice. In my early days, bears weren't part of the risk. Spring hunts were allowed then, and I never saw, or heard of, a bear on the trail for 20 years or more.

The trail is as beautiful as it is varied. Some is quite rocky, the landmark Rockslide, and some is sandy or smooth dirt. Trees are very close, but there are places with lush ground cover. The trail goes right by some big pools in the creek and never gets so far from it that one can't hear the rush of water in the spring.

If one goes only to the first main creek crossing, one goes up at least three significant hills. When I first started running the trail, the third of these was a challenge that took me several attempts to complete without walking.

At the base of this hill, just after crossing the big tributary that comes in from the left, I regularly found my favorite mushroom, a white bolete with its very firm flesh; I called it rock boletus. I often washed the dirt from the stems in the creek and ate one or two on the spot.

On the relative level, above the second of the hills, there were huckleberries in good quantities one summer. But the best part of the hills is that above each is a relatively level section of smooth trail where one can stretch out and recover.

On my first time trying to run the trail, six months and ten days after having hip replacement surgery, I didn't know what to expect.

I had started running about three weeks earlier. My plan then was to run one mile every other day and gradually increase my distance. I intended to get my real cardiovascular training on the bike. I was surprised how wheezy I felt, how slowly I ran and how good I felt about doing it.

There's always some standing around before getting on the trail—waiting, talking and stretching.

Part of this time this particular day was spent watching Molly Hadley fly in on her bicycle from Colorado City where she works. She was bubbling with excitement to tell me she had done the Triple Trekker Triathlon in Colorado Springs the day before, completing a 5K run split that was as good as she has ever done for the run alone.

I was first to leave the area but soon was being passed regularly. When Shaun Gogarty caught me, he mentioned his son, Logan, had cleaned up the trail to the main creek crossing which is well over two miles up. He told me to take the lower fork to see Logan's bridge; I said I wouldn't be getting nearly that high.

I plugged along comfortably and was pleased I was able to run up each of the first little hills, though slowly.

Several columbine seemed to be at the peak of freshness, and I noticed huckleberries in bloom much lower than I'd ever seen them before. I began thinking if I made it to the top of the hill above the first creek crossing, it would be a run to celebrate.

Alternately, I thought I would at least go to where the old mile mark was and then walk till I had been out 30 minutes.

I went by the mile mark area without really noticing it and was able to run up the hill above the first crossing without untoward effort. I didn't so much decide to go on as I was carried by the emotion of running, being able to run.

I ran down to the first crossing and started up the big hill. I admit that a scrupulous observer would have seen me pause, the briefest of moments, as I reached for the two-foot-high step up, landing on the tree root that is gradually becoming more exposed each time I see it.

Any good hiker could have walked faster than I ran, but I nearly ran all the way to the top. I crossed three tiny, barely flowing, streams; the smallest one flowing like a garden hose no more than half on. I stretched out on the nearly level ground, and I knew I'd make it to the lower crossing.

In hindsight I should have walked on a few steps after crossing the three small aspen logs, each nearly six inches in diameter, lashed together with polypropylene rope that made the footing of Logan's bridge. But that would open a door into a longer trip in the future.

Instead, I first admired the bridge with the rushing water a few inches under it, then walked across with the aid of the handrail and was just about to turn around when Logan arrived. I found out him, his dad and a boy, Matt Cox, had done the bridge work.

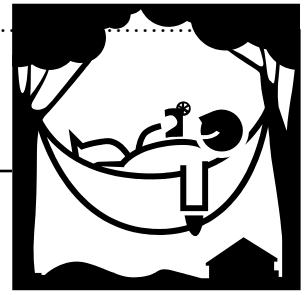
After visiting with Logan for awhile, I headed down the trail while he sat to

(Continued on page 9)



Ramblin'

by Ron Dehn



Perfecting the Art of Relaxation

In early June, Chris, my wife, attended a conference in New Orleans; and because my calendar was clear, I joined her. (We retirees can do this sort of thing.)

Chris was on a working vacation, attending conference sessions and social events, but she was able to sightsee and enjoy New Orleans in the evening.

I, on the other hand, had no official responsibilities. I joined Chris at a couple receptions, but when she was free, we played tourists. Everything else was simply up to me.

I don't believe I've ever had a more relaxing vacation. Now don't confuse relaxation with inactivity. I was active, but it was mixed with a healthy dose of leisure activities.

From the time I woke to approximately 5 p.m., I had four things to do in no particular order: eat, exercise, read and shower.

After meeting Chris for brunch or breakfast, depending on her break time, I planned the other things I had to do.

My exercise began roughly two hours before or two hours after eating.

Because of traffic and the enormous amount of concrete, I chose not to run the streets. The hotel had a very nice exercise room with treadmills, stairmasters, elliptical and weight machines, stationary bikes and free weights.

Sometime after exercising, I showered.

With my remaining time, I sat and read under the umbrella by the pool. I love to read but often don't take the time, so this was a real treat.

Occasionally I got in the pool, did a cool-off lap and then returned to the chair under the umbrella. And once in a while, to get my blood flowing, I went for a short walk.

It was the perfect balance of exercise and leisure.

One morning, a conference organization sponsored a one-mile predict run: two laps around the Superdome. Although the surface was all concrete, I figured one mile wouldn't kill me, so I ran the race. I placed in the predict race, winning some purple beads complete with a purple alligator and a golden mask with peacock feathers.

After the run, I boarded the hotel elevator wearing the beads and carrying the mask.

A fellow passenger took one look at me and asked, "Are you just getting in after a night on Bourbon Street?"

Each evening, Chrissy and I did a different "tourist thing": took a swamp tour, seeing alligators, took a dinner jazz cruise on a riverboat and, of course, explored the French Quarter, complete with its street musicians and performers.

We ate a "Cheeseburger in Paradise" and sipped a margarita at Jimmy Buffet's Margaritaville, ate beignets and drank coffee au lait at the Cafe Du Monde and dined in a brew pub with a jazz band—we even explored the wares in a voodoo shop.

One night we went to a casino, and in a rare turn of events, my wallet was a couple hundred dollars fatter at the end of the evening—must have been the mojo from the voodoo shop.

So, what's the lesson? To me, it felt like a perfect balance.

I played tourist, exercised, enjoyed Chrissy's company and had some quality leisure time. It's a great life!

Same Song - Different Verse

And in case you are wondering, the snake chronicles continue. Fortunately, it was not in Louisiana where the deadly cottonmouths roam.

Regardless, I'm beginning to feel like

Indiana Jones. Why does it have to be snakes?

After my last encounter, I changed to wider trails except for one narrow uphill stretch. Sure enough, a red racer and I surprised each other. I yelled the first word that came to my mouth and set a new PR in the 15-meter-uphill dash.

I was gone in the flash of a snake's tongue.

The snake turned his head my way, but it appeared it wasn't ready for our encounter either.

Any thoughts Indy?

(Great Stuff Continued from page 3)

3. When are they going to invent lightweight carbon bike paint?

4. Don't you wish there was instant retribution from God for companies who abandon Eckerd drugstore sites and original Wal-Mart locations and create white elephants there?

5. What does it say about someone's life when their claim to fame is being able to pound down 53.5 hot dogs in 12 minutes?

6. Does anyone else share the feeling I get while on a run about wanting to saunter over and give a good swift kick in the patooey to people who are bent over working on their lawns?

7. Does a car's resale value go down when it has a "Bill Clinton for President" bumper sticker?

8. How do your clothes know to turn inside out when they are in your dryer?

9. What can you say about someone who pulls into the Vitamin Cottage parking lot smoking a cigarette?

10. If poker competition is aired on ESPN, can bingo be far behind?

Until next month, live life to the extreme – go after the power nap record.



Race Results

Run for Rio and Pioneer Run

The Run for Rio 5k took place on June 5th in Rye. The annual event is in memory of Rio Martinez and raises money for a scholarship in Rio's honor.

Runner	Age	Time
1 Rich Hadley	48	19:49
2 David Bake	46	21:54
3 Frank Aragon	44	23:36
4 Aaron Berndt	15	23:45
5 Logan Gogarty	15	23:45
6 Cory Rose	16	23:45
7 Ethan Barbieri	16	23:45
8 Gary Franchi	55	23:49
9 Dan Jackson	40	24:15
10 Robert Santoyo	42	24:40
11 Nick Leyva	50	24:52
12 Kipp Castanha	11	25:06
13 Scott Barbieri	25	25:25
14 Stan Hren	62	25:46
15 John Castanha	44	25:46
16 Michelle Hopper	29	25:49
17 Marijane Martinez	51	25:59
18 Hillary Crawford	13	26:20
19 Diane Lopez	46	26:36
20 Jodi Crawford	14	26:59
21 Chris Macchietto	28	27:17
22 Leo Eilinger	55	27:47
23 John Neumeister	60	28:40
24 David Burghardt	12	28:43
25 Kalan Spencer	18	29:34
26 Vince Carpio	30	29:34
27 Dick Greet	65	30:17
28 Carol Brinmeier	51	30:18
29 Cassie Berndt	12	30:49
30 Lori Gregory	54	32:05
31 Dalton Jordan	10	32:20
32 Gloria Gogarty	47	33:51
33 Ava Castanha	46	34:05
34 Barb Campbell	43	34:43
35 Greg Thurlow	13	34:44
36 Geraldine Eilinger	54	38:58
37 Tea McComb	6	40:43
38 Frankie Wohlwend	35	40:49
Walker	Age	Time
1 Chance Dockter	13	41:39
2 Vicky Janos	52	43:32
3 Tom Jagunick	53	43:33
4 Loren Neumeister	10	44:36
5 Dee Cash	48	44:52
6 Jenna Cash	24	44:53
7 Joann Serracino	45	48:39
8 Priscilla Portillos	68	51:01
9 Josh Brinmeier	23	52:18
10 Logan Neumeister	6	52:55
11 Ronda Neumeister	48	52:56
12 Matt Brinmeier	64	55:19
13 Bonnie Zorich	17	55:35
14 Ted Zorich	50	55:36
15 Anna Jordan	9	55:54
16 Peggy Jordan	41	55:56

The Pioneer Run took place on July 17th at Hollydot Golf Course in Colorado City.

Shaun and Gloria Gogarty serve as Race Directors for this annual event.

Runner	Age	Time
1 Rich Hadley	47	19:21
2 Mike Orendorff	52	20:07
3 Ron Nies	37	20:07
4 Steve Santana	53	20:10
5 Nathan Comden	18	20:24
6 Logan Gogarty	15	21:25
7 Lisa Short	17	21:31
8 Steve Wall	40	21:38
9 Matthew Drake	15	22:18
10 Frank Aragon	44	22:47
11 Ashlee Withrow	17	22:53
12 Ethan Barbieri	16	23:05
13 Nikki Rosa	44	23:18
14 Paul Dalla Guardia	46	23:37
15 Robert Santoyo	42	24:10
16 Chester Haddan	37	24:20
17 Stan Hren	62	24:36
18 Michelle Hopper	29	24:55
19 Kelly Hale	36	24:59
20 Megan Golly	17	25:16
21 Bob Gassen	57	25:59
22 Jodi Crawford	15	26:02
23 Sarah Collie	18	26:08
24 Donna Trujillo	29	26:20
25 Greg Johnson	51	26:36
26 Hillary Crawford	13	26:49
27 Robert Kelher	61	26:52
28 John Neumeister	60	27:07
29 Diane Lopez	46	27:13
30 Raul San Miguel	53	27:30
31 Joe Rael	51	27:30
32 Todd Kelly	38	27:56
33 Kyle Gray	18	28:10
34 Marijane Martinez	52	28:13
35 Carol Brimmeier	52	28:59
36 Dan Comden	50	30:02
37 Gloria Gogarty	48	30:33
38 Jeff Arnold	62	31:36
39 John Kelley	63	31:55
40 Sal Sanchez	62	32:48
41 Melinda Orendorff	52	32:55
42 Howard Ealey	53	33:30
43 Jesse Sutherland	14	33:35
44 Kari Gray	22	33:37
45 Sarah Gogarty	12	35:12
46 John Gray	47	35:39

Walker	Age	Time
1 Nadine Arqgon	32	44:48
2 Pat Sternberg	59	45:52
3 Anita Day	39	47:52
4 Thomas Andreas	48	49:53

We thank our volunteers for these two races.

Nancy Martinez served as Race Director in the Run for Rio. Jeff Arnold marked the course and handled the finish line. Pat Berndt took care of registration and timing, and Aaron Berndt, Ethan Barbieri, Logan Gogarty, & Cory Rose tabulated results. Sam pulled tags.

Thanks go out to Pioneer Run Race Directors Gloria & Shaun Gogarty, Dick Greet who did timing, Mrs. Crawford who pulled tags, and Jeff Arnold & Maureen Litton who took care of results.



Fourth of July Trivia

John Adams and Thomas Jefferson both died on July 4, 1826 – the 50th anniversary of their signing of the Declaration of Independence.

James Monroe died on the Fourth in 1831, making him the third of our country's first five presidents to die on Independence Day.

To this point, Calvin Coolidge was the only president born on the Fourth of July (1872).

Geraldo Rivera was born on July 4th, 1943, but is not likely to be elected president.

Information gleaned from Uncle John's Bathroom Reader Calendar.



Race Results

2004 Sailin' Shoes Results

(courtesy Marijane Martinez)

5K

Aaron Diaz	27/58	22:29
Brad Winn	4/22	16:32
Todd Hund	7/22	18:21
Donald Moore	16/26	26:55
Todd Kelly	17:26	27:37
Brian Repp	5/24	19:48
Michael Barris	8/34	20:20
Bill Veges	7/29	22:13
Anthony Diaz	14/29	24:58
Greg Cress	23/29	28:38
Nick Leyva	4/20	23:10
Dave Diaz*	2/12	20:33
Hank Hund*	1/6	26:02
Gil Cruz*	2/6	29:00
John Kelly	4/6	29:19
Marv Bradley*	1/4	24:40
Monica Diaz	32/46	34:50
Brianna Diaz	34/46	37:01
Sandy Reinsch	12/28	29:36
Jacqueline Wall	17/28	32:11
Misti Frey*	3/30	24:23
Diane Lopez*	3/26	25:01
Deb Hadley	15/26	31:30
Marijane Martinez*	1/20	24:24

10K

Andrew Maez	17/23	53:01
Ben Valdez	4/27	42:11
Steve Wall	13/27	45:32
Robert Santoya	14/27	49:21
Rich Hadley*	1/35	39:27
Emily Eberhardt	9/19	57:30
Stacie Taravella	13/17	1:01:25
Stacey Diaz	19/30	1:01:25
Donna Nicholas-Griesel	4/5	1:12:45

*placed in division

Custer 2020 Volunteers

The volunteer team for the Custer 2020 included Race Director: Steve Willman as well as Don & Lois Pfost, Diane & Phil Quattlebaum, and Rich & Deb Hadley

The Custer 2020

The 2004 6.25K Custer 2020 Run in the Valley took place May 29 in Westcliffe.

	Name	Age	City	Time
1	Adam Rich	23	Colo Springs	22:00
2	Andy Rinno	28	Colo Springs	23:22
3	Tom Sobal	47	Salida	23:51
4	Rich Hadley	48	Florence	24:47
5	Bobby Nicolls	13	Parker	25:19
6	Seth Withrow	18	Wetmore	26:09
7	Don Breece	51	Salida	28:23
8	Tami Kochen	21	Boulder	28:47
9	Steve LaRash	50	Dallas, TX	29:23
10	Ashlee Withrow	17	Wetmore	29:34
11	Sam McClure	50	Canon City	29:45
12	Shawn Gaide	32	SilverCliff	30:16
13	Monja Nordyke	37	Wetmore	30:35
14	Pete Doyle	55	Colo Springs	30:40
15	Caleb Sharp	19	Westcliffe	30:44
16	Dillon Fox	14	Westcliffe	30:45
17	Chester Haddan	37	Pueblo	30:51
18	Nick Leyva	50	Pueblo	31:16
19	Kurt Nordyke	41	Wetmore	31:37
20	Devon Lyons	14	Westcliffe	31:42
21	Jerry Rennon	61	Crestone	31:45
22	Steve Minnick	54	Pueblo	32:43
23	Joe Cowell	50	Woodlnd Prk	32:56
24	Larry Minogue	47	Florence	33:03
25	Diane Lopez	46	Pueblo	33:28
26	Marijane Martinez	51	Pueblo	33:34
27	Danny Nicolls	11	Parker	33:35
28	Stan Hren	62	Pueblo West	33:44
29	Douglas Bradley	60	Dearborn, MI	33:51
30	Laura Towne	28	Woodlnd Prk	34:27
31	Jenna Smith	15	Woodlnd Prk	34:32
32	Joshua Parsons	14	Westcliffe	34:46
33	Marieta Nicolls	13	Parker	35:15
34	Heidi Zeller	16	Westcliffe	35:28
35	Andy Bolton	52	Littleton	36:02
36	Rob McIlwraith	37	Westcliffe	36:27
37	Andrew Zeller	44	Westcliffe	36:43
38	Sara Kennedy	17	Westcliffe	36:49
39	Betsy Taylor	49	Westcliffe	37:44
40	Jessie Quintana	60	Pueblo	37:45
41	Richard Eltaroth	57	Cotopaxe	38:23
42	Connie Smith	41	Woodlnd Prk	38:36
43	Chrissy Crum	36	Pueblo West	39:10
44	Tracy Stoneman	43	Westcliffe	39:47
45	Melinda Orendorff	52	Pueblo	40:43
46	Kim Bolton	45	Littleton	41:17
47	Donna Nicholas-Griesel	57	Coaldale	46:29
48	Brenda Cowell	48	Woodlnd Prk	50:42
49	Barb Minogue	51	Florence	53:28
50	Connie Cole	48	Salida	58:15
51	Joe D'Angelo	70	Westcliffe	58:33

(Running Joy Continued from page 6)

wait for his friend, Aaron Berndt, who was possibly on the trail.

I restrained myself going down, but it was fun—really, much more than fun.

I got back at least a part of something I thought was lost forever. I experienced again the almost total focus with relaxation that running down a trail requires. Each step, each foot plant is different. Each rock or tree root is a potential tripping place. I began to open up on relatively smooth straight sections but ran well within myself most of the way.

Towards the end, I wondered if I'd get to the trailhead before it got too dark to run safely. It was close. I was just under one hour and 15 minutes from first bridge to lower crossing and back and a bit longer counting the time from the parking lot both ways.

Some kids were still at the trailhead, some weren't. I found out Aaron had gone straight home from work with his mom, who was hosting a pizza party after the run. I didn't find out what happened to Molly, but I am pretty sure she started up well after me and turned back before she passed me. Crystal had gone to Rockslide, a very steep three quarters of a mile above the crossing where I turned back. Samantha had led a group who turned back at the first crossing. Shaun and Logan arrived soon after me.

After the run, some of us went to the pizza party.

It doesn't get much better.

Little Run on the Prairie Volunteers

Chris and Ron Dehn send out thanks to the many volunteers including: Tana Rocco, Jackie Walls, Jan Dudley, Deb & Rich Hadley, Tiffany Reno, Steve Wall, Lori Gregory, Roberta & Brad Coxen, Darla Caery, Pellee & Don Strang, Lennie & George Kakalecik, Carol Story, Wade Hackley, Megan & Jay Townsend, Carol Story, Scott Ewing, Darlene & Richard Lovelace, Dale Papineau, & Kayla Wager. A special thanks goes to Dave Diaz who went an extra mile with equipment setup / takedown, and finish line coordination.



Little Run on the Prairie



The 4th annual Little Run on the Prairie kicked off the St. Paul Parish festival at Lovell Park in Pueblo West on June 26th. Eighty Five runners and walkers showed up to get some exercise and eat some burritos. A few came away with some pretty cool door prizes. The Denver Broncos donated a signed football and photos of Tyrell Davis and Ed McCaffrey. Rich Hadley won an autographed poster of Olympic Gold medallist Ru-lon Gardner.

Little Run on the Prairie Results

5k Run Results for Women
1st Overall: Ashlee Withrow

12 & under	
Allie Bravo	8 30:10
13 to 19	
Ashlee Withrow	17 22:30
Adrian Cooley	16 25:01
Brittany Tibbs	18 26:39
Gianna Cervone	19 28:59
20 to 29	
Desarae Romero	21 27:28
30 to 39	
Carey Moreschini	35 24:16
Debra Wall	37 28:02
Denise Laine	38 30:04
Marlyn Vujcich	34 31:22
40 to 49	
Terri Tibbs	40 25:14
Mary Rudolf	48 27:10
Diana Reno	41 27:45
Helen Whitener	46 30:42

5k Run Results for Men
1st Overall: Rich Hadley

12 & under	
Jared Bravo	12 24:10
Nick Mason	10 34:22
13 to 19	
Nathan Comden	18 19:22
Kyle Dufand	18 19:52
Matthew Bravo	14 21:21
Matthew Drake	15 21:32
Elliot Dudley	17 23:21
Kevin Lata	19 24:09
Scott Dudley	19 29:00
20 to 29	
Jeremy Gregory	20 21:32
30 to 39	
Bill Mares	38 21:11

Dale Papineau	38 21:12
Bobby Valentine	39 22:18
Chester Haddan III	37 22:26
Greg Gauna	34 22:44
Andrew Butynsky	34 23:14
Jeff Leyva	33 28:00
Chuck Mason	39 34:08
40 to 49	
Rich Hadley	48 18:32
Larry Volk	40 18:50
Rudy Baca	44 19:39
Gene Mares	41 20:43
Steve Wall	40 20:58
Frank Aragon	44 21:35
Paul DallaGuardia	46 21:38
Robert Santoyo	42 22:17
Mike Archuleta	44 26:10
Mark Hooper	42 27:38
Joe Vigil	45 27:46
John Gunn	48 27:46
50 to 59	
Bob Gassen	57 22:45
Dave Dehn	51 24:47
Dan Comden	50 29:51
Pat Greer	53 30:05
60 to 69	
Stan Hren	62 23:33
Hilbert Navarro	60 25:26
Robert Kelher	61 25:55
Dick Greet	65 28:00
Jeff Arnold	62 29:59

2k Walk Results for Women
1st Overall: Kay Perkins

12 & under	
Sarah Vigil	10 19:59
13 to 19	
Daphnie Massare	19 20:22
Char Finch	19 21:37
20 to 29	
Lindsey Greer	23 18:56
Chris Symans	28 19:32
Karen Romero	20 19:46
30 to 39	
Suzanne Miller	30 19:33
40 to 49	
Teresa Strasner	44 16:18
Cathy Dehn	48 20:48
Barbara Ramirez	43 20:57
Julie Porter	46 22:09
50 to 59	
Janet Greer	51 18:57
Adele Anderson	55 20:47
Bonnie Boyd	55 20:56
60 to 69	
Kay Perkins	60 16:11
Liz Miller	66 18:00
Marcie Lopez	65 23:05
Shirley Schrock	64 25:13
70 to 79	
Betty Fleming	78 24:30

Birdie Parker 73 27:30

2k Walk Results for Men

1st Overall: Marc Strasner	
12 & under	
Matthew Ramirez	7 17:58
Nicholas Ramirez	7 20:01
Jacob Ramirez	7 20:20
Chase Papineau	6 22:21
13 to 19	
Brandon Vigil	14 19:55
20 to 29	
Marc Strasner	28 15:58
40 to 49	
Bob Porter	47 22:08
50 to 59	
Dale Mares	50 19:05
Robert Finch	58 21:38
60 to 69	
Bill Lopez	69 24:23
70 to 79	
James Ewing	72 16:16
Wilber Parker	73 27:30

Wheel Chair Division
Char Finch 19 21:37



Top to Bottom
Nathan Comden stretches before running a 19:22.
The Ramirez triplets take 1,2,3
Kay Perkins & Marc Strasner finish 1st overall in the Walk





Little Run on the Prairie



Photos
by
Lennie Kakalecik & Ron Dehn



Clockwise from Top Left
Gene Mares runs a 20:43
Brad Coxen wins a Tyrell Davis photo
Dan Comden takes bronze
Chris Dehn presents Rich Hadley with his Rulon Gardner poster (Rich was also 1st overall of the male runners)
Jeff Arnold is back
Center: Cathy Dehn and Adele Anderson both finish "in the money"





Women's Distance Festival 2004

The 2004 version of the Women's Distance Festival was a fun event for all, and a very fast event for some. The top 4 finishers broke 22 minutes with Tina Gray leading the way with a 19:20. Marti Sutterlin took 5th overall with an impressive time of 22:31. Jeff Arnold made the observation that Marti's time would hold up in most area men's races in her age bracket (52). Diane Lopez, with a 23:48, finished almost a minute and a half ahead of her closest competitor. Then there's Ida Mae Martin who at 65, finished more than 7 minutes ahead of the whole pack in the 5k walk. Ida Mae not only defended her title from last year's event, she beat her old time by more than a minute. Diana Reno's debut as WDF race director went smooth, and she had great awards and some pretty awesome door prizes. Great job Diana!



Women's Distance Festival Results 5k Run

Pl	Name	Age	Time
1	Tina Gray	20	19:20
2	Emily Borrego	36	20:09
3	Ashlee Winthrow	17	21:35
4	Chavonne Bowers	15	21:39
5	Marti Sutterlin	52	22:31
6	Diane Lopez	46	23:48
7	Caitlin Milligan	17	25:10
8	Hildo Garcia	48	25:13
9	Christie McDonald	12	25:28
10	Marijane Martinez	52	25:35
11	Abby Cordova	31	25:55
12	Shannon Geibig	45	26:04
13	Joan Sindler	49	26:06
14	Gina Benfatti	43	26:24
15	Alice Fitzgerald	42	26:28
16	Jessie Quintana	60	27:09
17	Jerica Khosla	12	28:35
18	Diana Reno	41	28:38
19	Gloria Gogarty	48	28:40
20	Lynn Strange	47	34:57

5K Walk

1	Ida Mae Martin	65	38:26
2	Nadine Aragon	32	45:30
3	Pat Sternberg	59	46:31
4	Jane Eckland	62	46:32
5	Pricilla Portilles	68	47:30
6	Gabrila Garcia	9	50:03
7	Glena Scott	50	50:35
8	Linda McInnis	47	51:52

Clockwise from top left:
Ida Mae Martin smiles across the finish line, Diana Reno congratulates Marti Sutterlin, Jessie Quintana jams to tunes as she runs, Emily Borrego is 2nd overall finisher, and Gloria Gogarty rounds the corner toward the finish line.





Women's Distance Festival continued



Left: First Overall Runner
Tina Gray accepts her award
from Diana Reno

Right: Don Learned fulfills his
lifelong dream of being chased
by 20 women.
(actually Don served as lead
bike)



Other Kodak Moments

Above: The Triple Trekkers on
June 13, 2004
Gary Franchi, Emily Borrego, Stacey &
Dave Diaz, Rochelle Garcia

Right: Some of SCR's
Bolder Boulder "gang"
Stacey Diaz, BJ Valdez, Ben Valdez,
Sandy Reinsch, Carl Burgess, Dave Diaz,
Jenny Sherman

We thank Stacey & Dave for the photos





First-Timer Conquers 26.2 in Duluth continued from page 1

(Continued from page 1)

Grandma's Marathon is billed the 11th largest U.S. marathon and is a great event with outstanding volunteer support.

Marathoners ran on the old scenic north shore highway, beginning in Two Harbors and ending in Duluth. Residents and musicians lined the route, making each participant feel like an Olympic athlete. Aid stations were terrific, and the local folks were a treat. (Don't-cha-know?)

My first marathon experience is really a tribute to my fellow runners whose encouragement drove my every step. Here's a sampling of the training encouragement I carried along the 26.2 miles.

- **Mary**—who faced a tumbleweed assault in Colorado winds that toppled the porta-potty on a 10-mile run (she did not need to do) with me.

—who cycled out with water and encouragement for my 20-mile long slow

distance runs. Her house near scenic Little Burnt Mill Road was my base for LSD

runs. Frequent running of this area gave me lasting views I carried with me during

the marathon: the Spanish Peaks, the distant Sangre de Cristo Range, Cuerna

Verde, Stem Beach Lake, Pikes Peak and antelope. They were all with me in

Minnesota.

—her sage race advice for changing time zones "Set your watch when you get there. Be where you are."

- **Mojo**—"It's the end of the run that makes you strong, Jan." "Whaaat?" And, of course, her Boston finish on one of the hottest race days ever is an inspiration. What a mentor!
- **Five at five** (5 mile at 5 a.m.) **running buddies**—who slowed their pace every Tuesday for

this wannabe runner to train with them and who gave me a great Primetime (local sports bar) marathon send-off.

- **Ben**—for the morning stretch that cured my Achilles tendonitis.
- **Don**—"Drive with your knees."
- **Dave**—"You're looking fit."
- **Michael**—"Only run a marathon if you have one that inspires your soul, has great scenery, and is a supportive, fun environment." (That describes Grandma's!)
- **Gary**—"Don't do it." (Nothing inspires me more!)
- **Joe**—for supportive emails and advice on the details
- **Diane**—the inspiration to pick up my turnover rate
- **Diana**—inspiration to achieve big goals
- **Ron and Ross** and so many others—Always a smile and encouraging word
- **YMCA**—Corporate Cup opened the door to triathlons for me with a taste of swim-bike-run and those cool medals! The YMCA facilities are my training ground for rehab after injuries, a place to run when it's too hot, too wet or too cold outside and support from friends and staff on site.

(I'm eager for the YMCA Community Campus to become a reality so more people can use this resource for health and fitness and personal goals.)

- **My sons**—who think their mother is hard-corps, mostly because they don't know the rest of you yet, and who provided the tunes to make my MP3 an inspiring companion during those long training runs.
- **My husband Jim**—knowing he would take care of me at the finish and forevermore.

Oh, and the **event itself?** At the

starting potty line, my Pueblo Rock Canyon Half

Marathon sweatshirt was an introduction to three runners behind me, coincidentally also from Colorado. Kris Peterson, from Denver, was wearing a 2003 Spring Runoff t-shirt; she had won her age group that year in the 10-mile race! Out of approximately 10 thousand people, that's a coincidence!

I got my money's worth, enjoying the scenery and people during my time on the course.

Maybe if I hadn't forgotten my MP3, I could have shaved an hour or so off my finish time. (Right!) My rookie goal was to finish and not be hurt. I was happy the medics running toward me with a wheelchair were aiming for the woman beside me. I walked on my own power to the finishers' ice cream and beer.

Grandma's 2004 lived up to its reputation as an outstanding event with great fans and support. It was perfect in every way—even the headwinds that made me feel at home.

If you have a secret desire, something you'd like to achieve, write it on your calendar and plan the steps backwards to start your journey. It's the journey that works the magic, leading to events and people who help you achieve what once was just a wish.

Thank you for all your support of my journey. Ya, U-betcha!

JAN'S MARATHON STATS

Chip time: 5:40:11

Overall placement: 6,433 of 6,755

Age division: 202 of 221

Gender division: 2,328 of 2,526

THANKS to WDF Volunteers

Thanks go the WDF volunteers Race Director: Diana Reno, Registration: Ruth McDonald, Finish Line: Chief Reno, Ron Dehn, Tiffany Reno, Results: Dave Diaz, Course Marshal: Jeff Arnold, Mile-Split Clocks: Ken Raich, lead bike Don Learned, & photographer Larry Volk

2004 Pueblo Area Racing Calendar *

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
Jul 31	Moonlight Madness Prediction Run (c)	5M 8:00 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)	5M 7:30 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
Aug 29	SCR Picnic	TBA	Games, Pony Rides (for kids), Food, Beverages
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 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

(Trail Notes Continued from page 4)

filled my pack, slugged down some Boost (no whining!), changed socks, kissed my wife and slowly moved onward. Fortunately, the next leg was 2 miles of easy road. Unfortunately, that brought us to the next 4000 vertical foot climb.

The second climb wasn't quite as steep – I only had to dodge one runner who fell off the trail above me. Eventually, we topped out on the Continental Divide. I'm sure it would be spectacular to anyone that went there, but after running a marathon and climbing two mountains to get there I was moved to tears just being there. Perhaps the tears were from the realization of how far the finish still lay ahead. In either case I began to run along the divide at about 13,200 feet and yes, I did inhale. Surprisingly I was able to run quite a bit (the plastic bag must have helped) of the next 10 miles as the course went slightly up and down along the Continental Divide. We gradually lost elevation but generally stayed high above spectacular valleys and mountains as we traversed bare ridges and snowfields. At mile 37 we began a rapid 3-mile descent to the last fully stocked aid station.

Sitting at mile 40, knowing that Lake City was just a couple miles down the road but that the

course climbs a 1700 vertical foot "hill" and travels 10 more miles to get there, makes it a little difficult to get started again. In the first miles of the race everyone jokes and chats together. In the middle miles many runners talk at length hoping to ease the long distance and time. By the last miles, if you talk it is usually just to make sure someone is resting and not dead when you see them flopped on the side of the trail. It is, head down, keep moving, remember to "physically discuss" with the race director the difference between hill and mountain but just keep going to the finish.

When I finally reached the bottom of the last drop and emerged at the edge of Lake City my wife was waiting. She said she wasn't tired at all and could even run the last mile to the finish with me. I didn't feel quite the same but knew if I kept running the sub 12-hour mark was still possible. With her encouragement I hustled across town and into the town park for the finish. I felt sorry for Matt because he had missed out on 4 extra hours I had "enjoyed" of the views, the people and the feelings of accomplishment that I had felt traversing the amazing course around Lake City.

Area Races

The 8th Annual High Altitude Challenge 5K will be held at 8 am, Saturday August 14th at Alamosa's Cole Park. The race was started by Coach Joe Vigil and Rich Ricketts, to bring a quality event to the San Luis Valley. The race has grown from 40 the first year to over 250 last year.

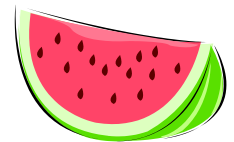
Age group awards, lots of random prizes from area business's.

Kids 1 mile fun run after the 5K.

Entry fee \$15, \$20 race day, includes t-shirt.

For information call Alamosa Family Recreation Center 719 589-2105.

Thanks You,
Rich Ricketts
Race Director
719 589-2009



Watermelon Day Run,
10K
Saturday, August 21
7 a.m. in Rocky Ford
See:
www.arkvalleyfair.com

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.

SCR Annual Picnic

- Who: You, Me, and our families
- What: SCR's Annual Picnic (free food & drink)
- When: Arrive around noon, eat around 1 on August 29th.
- Where: the Cottonwood Central location on the front side of Greenhorn Meadows
- Park in Colorado City.
- Why: Fun, Food, Fellowship, Refreshments, Games
- Bring: Appetites, Folding Chairs, Umbrellas, Sunscreen, DEET

Upcoming Races

The Belmont Butt Buster 5 Mile Predict

7:30 am on August 7th at 1318 Horseshoe Drive. In keeping with the tradition of "Run then Eat", this predict is a potluck. What a way to start the day! Bring your favorite breakfast dish.

The Tunnel Drive 5 Mile Predict

The Tunnel Drive predict on August 28th is a beautiful run. You do run through a tunnel or two and part of the run takes place on a road overlooking the Arkansas. It offers some great scenery. Follow these directions to the Tunnel Drive Predict at the Canon City State Highway Barn. From Pueblo, take Highway 50 west to Canon City. Go past Veteran's Park (last chance for a rest room if you need one before the run). Continue past the prison and the power plant. At the state highway

barn (located on your right) - be looking for the parking lot located on your left—right about where highway 50 curves to the right. Park in the lot. If you see the PCC extension office or Salida—you have gone too far and much too far.

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

The Next Meeting: SCR meetings are typically held at 7 pm on the 1st Wed of each month at the Pueblo YMCA. Once in a while there is an exception, but not often. All SCR members are welcome!!!

The Final Thoughts...

If you came and you found a strange man... teaching your kids to punch each other, or trying to sell them all kinds of products, you'd kick him right out of the house, but here you are; you come in and the TV is on, and you don't think twice about it. -Jerome Singer, psychology professor

When money speaks, the truth keeps silent. -Russian proverb