



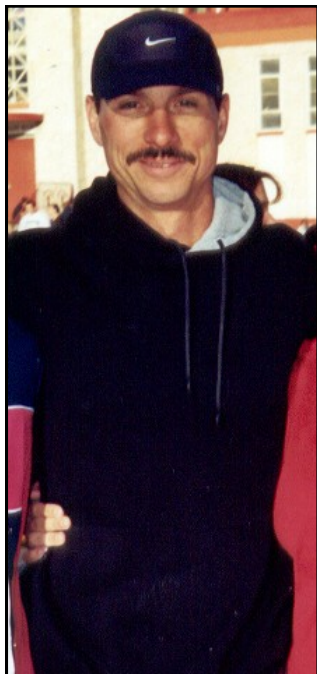
Editors: Ron Dehn & Debra Wall

# FOOTPRINTS



## The Olympic Edition (& State Fair too)

### Steve Wall Tightens Things Up



Steve Wall (left) made the 2004 predict series a lot more interesting with a near perfect Moonlight Madness race and a solid performance in the Belmont Butt Buster. He earned 100 points at the Moonlight for being 1 second off his predict, and another 73 points at the Butt Buster. Steve is now in second place, 20 points behind Larry Volk (right). Nick Leyva is a close third, and Dave Diaz jumped up to fourth in the standings with 88+ points at the Butt Buster. Matt Sherman is lurking not far behind. Matt is in fifth place point wise, but needs one more race to

officially be counted in the standings. With one solid performance, Matt could easily break into the top three. There are several other runners who are within striking distance with 4 races left in the series. However, Larry has set the bar pretty high and it's going to take at least a couple excellent times to seriously threaten his lead. But, that's what makes this series fun - anything can happen. For more on the standings, see Page 7. For complete information, see [www.socorunners.org](http://www.socorunners.org) and click on the Results link.



**Predict Series Standings**  
Page 7

**Hot to Trot Cancelled**  
**Beulah Challenge is back**

See Page 9

### SCR PICNIC!

Food! Games! Beverages!  
Pony Rides! Conversation!  
August 29th.

See back page for details



## SCR Notes from the August 4th meeting

**Attendance:** Gary Franchi, Rich Hadley, Dave Diaz, Jeff Arnold, Terry Cathcart, Ken Raich, Diana Reno, Ben Valdez, Don & Lois Pfost, Sandy Reinsch, Ron Dehn, Jacqueline Wall

Minutes and Treasurer's report were approved

**Newsletter Report:** the group has a great time at the Gold Dust doing the newsletter stuffing - the fun time is not the stuffing it's the other stuff. Call Ron Dehn to find out the next meeting.

**Membership Report:** We have 198 strong members for the SCR - talk to your friends, get more people out to the races to run and volunteer. It is a wonderful opportunity to meet people and get involved.

### Race Recaps:

**Women's Distance Festival:** Diana reported that the race went very well and thank you so much to our sponsors - Lillian Rivera, Thomas Duran, Rocky Khosla, and King Soopers. Numbers were down this year, perhaps due to the weekend change.

**Pioneer 5K:** Rich Hadley won the race - yea Rich. Jeff reported about 50 runners and some walkers.

**Moonlight Madness Predict:** What a beautiful night - 24 runners and 42 in attendance for the food! Thank you to Diana for putting on such a fun and different race. The closest to his predict time was

Steve Wall (1 second).

### Upcoming Races:

**Belmont Butt Buster** is on August 7, 2004. The race will do exactly what the name says.

**Tunnel Drive Run** is on August 28 at 7:30 am. This is a 5 mile race through beautiful scenery, bridges, tunnels, etc. For questions, talk to Rich Hadly

**Pueblo Tribute Run** on Sept. 11, 2004. The citizen's race will be a 5k race that starts at 7:00 a.m. Rochelle Garcia is in charge of this new event and she is planning the run for the adults, Middle School and High School students. The club is going to provide her with finisher ribbons for the middle school children, cover the insurance for the citizen run and help with the results. The run is to highlight Pueblo runners who have contributed over the years to running.

**Hot to Trot** on Sept 26<sup>th</sup> is scratched

**Soaring Eagle Race** - more information to come

### Activity Recaps/Updates:


**Club Picnic** - August 29 from noon to whenever at the Greenhorn Meadows Park. Mark your calendars, tons of fun for the adults and for children. We even have Toni the pony for rides. The picnics is free for SCR members and their families. End the summer with some picnic fun.

**Colorado Runners Magazine:** each

member should have one more issue coming to them and then the club will vote to keep the subscription. If you enjoy your publication, let one of us know.

YMCA Corporate Cup is fast approaching and Ben asked for some volunteers for the mile run, the 5K predict and the bike event. If you are interested in volunteering and helping with the biggest fitness event in Pueblo, please call Ben at the YMCA.

The End,  
Submitted by Sandy Reinsch, Secretary



## Southern Colorado Runners

[www.socorunners.org](http://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. 271**

“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 |
| <b>Non-Elected Officers</b> |                                   |          |
| Membership Chair            | Ken Raich                         | 564-0847 |
| Newsletter Co-Editor        | Ron Dehn                          | 547-9273 |
| Newsletter Co-Editor        | Debra Wall                        |          |
| Editorial Consultants       | Gary Franchi, *Morgan & Paul Hamm |          |
| Newsletter Advisor          | Chris Dehn                        |          |
| Web Master                  | Ken Raich                         | 564-0847 |

**Contributing Writers / Photographers**  
Shaun Gogarty Dr. Rocky Khosla Gary Franchi

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.

\* Morgan & Paul Hamm are twin gymnasts competing in the Athens Olympic games for Team USA



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

Do the Fair

then

Do the

Gold Dust

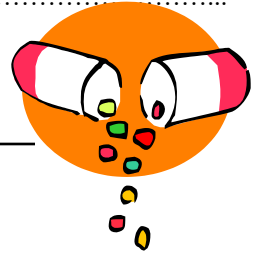
217 South Union





# Great Stuff

by Gary Franchi



## Let's level the sports playing field

Thought for today's lunch, compliments of George Carlin: *"Not only do I not know what's going on, I wouldn't know what to do about it if I did."*

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

Suppose there was an Olympics but there were no athletes because they were all banned for drug use?

OK, OK, that may be a tad far-fetched, but it sure seems like there is another athlete busted for drugs almost every time I pick up the daily newspaper. Today (Aug. 12 as I write this) is just another example, as the U.S. Anti-Doping Agency suspended track star Torri Edwards for two years.

If you ever wanted to score some dope, I suppose you could just contact an Olympian or a pro athlete. They sure seem to have an ample supply. The NBA would probably be a good place to start – after you try the local schoolyards, of course.

I guess that's why those jealous French and German followers of the Tour de France keep accusing Lance Armstrong of using drugs. The stuff is so prevalent in the world, and they refuse to believe he could be that much better than all of the other pro cyclists without a little help from his friends.

Of course, the fact that they are mental mushes probably figures into the equation, too. Actually, it would be kind of fun to see those Tour de France fans get drug tested. You can start with the ones who dress like devils and chase after the cyclists on those narrow road stretches. They've gotta be on something.

Now I might believe Lance had a bionic set of lungs installed in his body while being treated for cancer a few years back. But it's pretty hard to swallow the idea that he would use any drugs after coming beating the disease. Besides, he's drug-tested after every race.

But on second thought, maybe you can't blame the French and Germans for assuming Lance is on drugs. After all,

drugs and cheating seem to be so prevalent in all sports today.

*Sports Illustrated* did a big article recently on the possibility that Barry Bonds and other baseball players jacked up their home run totals by juicing up with the BALCO company that supplied them with undetectable performance-enhancing supplements. Mark McGwire used "andro" before it was banned by baseball. It's hard to believe those home run totals haven't been inflated by pumped-up players, but who really knows?

Boxing has some personalities who seem to act, uh, a bit peculiar at times. Pre-fight weigh-ins are sometimes turn into a circus of sleazy shenanigans. And is Mike Tyson really like that all the time? Pretty scary thought.

Seems like a few pro football players get suspended every year. And those are just the ones who get caught!

Drugs here, drugs there. I often wonder how individuals who rely on their bodies for their livelihoods could use drugs, but I guess the pressure of winning or being the best gets the best of many of them.

So heck with the whining. I say, let's put an end to all the drug testing and devoting so much newspaper and magazine space to articles about athletes getting suspended. Let's stop worrying about who is on what and who isn't and who uses this and who uses that. Let's not throw any more money on testing procedures.

I say, let's allow athletes to use all the drugs they want. Wouldn't this level the playing field? Who cares if they destroy their bodies and inflate their statistics? If everyone were permitted to use drugs, than it would simply be druggie vs. druggie. No one would have an advantage.

I mean, who really cares anyway? The fans come out to see superlative performances, so why should they care? They want to see Bonds belt one into the water. They want to observe a record 100-meter run. They want to watch ath-

letes who are bigger, better and faster. Who really cares if they are higher, too?

And if all the Tour de France cyclists were allowed to use performance enhancers, it also would once and for all stop all the deriding that Armstrong faces while kicking butt on the Pyrenees and the Alps every year. Then Lance could start yelling "Dopé" (Doper) at the devils and other maniacs he tries to ride through during the Tour.

We'd finally have some truth.

### Ten things I was just wondering:

1. Do the gas pumps really have to say "Fueling" while pumping gas into a car?
2. How come the Tour de France doesn't have a Clydesdale division?
3. Are there any bathroom paper towel dispensers that aren't frustrating to use?
4. Why is there a diagonal line between the "A" and "C" on the air conditioning level in cars?
5. Why do all cars with Texas license plates want to drive slow in the left lane on the Interstate?
6. How many months do you think it would take us normal folks to complete the Tour de France?
7. Ever get the feeling that there's only 1 person answering the phone at some of the mail-order fitness apparel and merchandise companies?
8. Can you believe that Pueblo actually has a bike lane on a major thoroughfare (Union Avenue)?
9. Does Donald Trump realize that he's always having a bad hair day?
10. How much of a surprise was the party when a "Surprise Party" ad appeared in a recent edition of the Greeley Tribune? (It's true.)

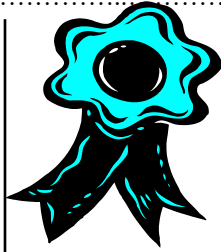
Until next month, keep your body clean -- avoid schoolyard playgrounds.



## Sept Birthdays ( & other events)

- 1 Robert Bruce  
Gloria Estefan\*
- 2 Maria Weaver  
Lillian Rivera  
Salma Hayek\*
- 3 Jamie Castelano  
Revolutionary War  
ends  
Charlie Sheen\*
- 5 Cassy Berndt  
Raquel Welch\*
- 9 James Martinez  
Sarah Beard  
Colonel Sanders\*
- 11 Aaron Berndt  
Tana Rocco  
Anne Seymour\*
- 14 Tiffany Reno  
Margaret Sanger\*
- 15 Matthew Diaz  
Cory Rose  
Fay Wray\*
- 17 Connie Goodman  
Hank Williams Sr.\*
- 21 William Van Buskirk  
Stacey Diaz  
Tomas Duran  
H.G. Wells\*
- 22 Michael Orendorff  
Autumn begins  
Tommy Lasorda\*
- 23 Rodge Rodgers  
Mike Cook  
Gary Franchi  
Amy Wolf  
Hilda Garcia  
Ray Charles\*
- 25 Randi Comden  
Jennifer Sherman  
Barbara Walters\*
- 26 Kelly Hale  
Serena Williams\*
- 27 Stacie Taravella  
Robin Krueger  
Debra Hadley  
Samuel Adams\*
- 29 Susan DallaGuardia  
Miguel de Cervantes\*
- 30 Stanley Hren  
Truman Capote\*

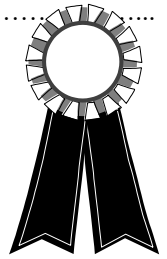
\*honorary SCR member



# Trail Notes

by Shaun Gogarty

## Tribute to Gloria



When Ron Dehn received my last “Trailnotes” installment he sent an email back commenting how my wife was one in a million for being there every time I did a crazy run. I knew that already but appreciated being reminded again of that absolute truth. At first I thought I probably shouldn’t write a sappy, lovey-dovey kind of trail notes because I might loose all my trail tough readers. But then I remembered that my wife and my mother are probably my only faithful readers and since the former would appreciate the praise and the latter likes my wife more then she likes me, I figured I couldn’t go wrong with a “Gloria Tribute”.

Gloria has a great disposition to make the world a better place. One of her toughest projects in “world improvement” has been me. However, while she has faithfully been my support and “training” crew she has also excelled in her own running. In fact, she has probably run more 5K’s then I have and often finished in the top three in her age group. As part of her efforts to make the world a better place she has taken it upon herself to humble 40 something year old men. I’ve seen her “near death” at the end of many runs only to be suddenly revived into a mean sprinting machine when some poor man, probably on his first 5K, comes huffing along. She will run them into the ground at all costs. She would say that she isn’t competitive, she is just helping the poor guy push harder. Of course her shoe prints up his backside tell a different story.

There are many other races besides 5K’s that Gloria has completed. One of her favorite races is Imogen Pass – the race between Ouray and Telluride via a 13,000 foot pass and 17 miles of jeep road. She may not run at the front of the pack but she enjoys and appreciates the beauty better then anyone. When she struggles over the pass she notices not just the rocks at her feet but the incredible mountains around her. It isn’t any easier for her to struggle over the pass then anyone else, but she comes through it with a smile like no one else because she isn’t just a runner. In fact she is one who has consistently learned to look for the good even amidst the bad: remember, she married me.

One of her greatest running feats was the “Alfred Packer Marathon”. I’ve written about this sadistic run previously – few realize that Gloria also ran it when I first completed it several years ago. Initially she was going to do a half marathon and Jessica, our daughter, was to do the other half

as a relay team. Can’t even remember what happened to Jessica but Gloria did both halves. In the “Packer” the only goal is finishing without being eaten alive - Gloria finished. In her usual manner, she doggedly continued even without originally planning or training to do a full marathon. I waited at the finish for her and wanted to go back and help her in, but I hurt so badly if I went back on the course someone would have to rescue me. When she did finish I cheered and admired what an incredible lady she was to run one of the toughest marathons. Of course, doing something difficult and not giving in till it was finished wasn’t a new experience for her: she’s still living with me.

All in all I may joke about her wanting the life insurance, or her “difficulties” when it comes to making a rendezvous or reading a map. But in the end I do live with an incredible lady. As I run, in races and in my life, there is no one else that I would rather have beside me. She is an incredible lady in her own right, and I’m extremely fortunate to have her as my constant companion and as a beautiful support crew.

### Classic Music Quiz

Name the performing artists / groups who sang the following songs which were popular in 1966. Answers on Page 8.

1. She’s Just My Style
2. Red Rubber Ball
3. No Matter What Shape (Your Stomach’s In)
4. The Ballad of the Green Berets
5. Sloop John B
6. Sunshine Superman
7. Daydream
8. Winchester Cathedral
9. Cherish
10. Last Train to Clarksville

### Trivia

A camel can drink 25 gallons of water in half an hour.

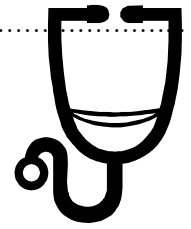
Approximately 26,000 meteorites crash to earth each year.

Alexander the Great was buried in a vat of honey.



## Rocky on Fitness

By Rocky Khosla, M.D.



### Some New Medical Developments

There have been two new developments recently that patients have been asking about in the office, so I thought I would address both of these in this column. The first of these topics concerns the newer recommended targets for management of patients with problems with their cholesterol. The second topic has to do with the newer competitors to Viagra: namely Levitra and Cialis. Are these better and should guys use any of them, and if so, how and why?

As far as the first topic is concerned, there was a huge American College of Cardiology meeting where a lot of studies were reviewed, and the upshot of these studies is that it appears that tighter control of the bad cholesterol (LDL cholesterol) seems to be the right thing to do. Under these new guidelines as of July 12, 2004, patients deemed to be at high risk for cardiovascular disease have to get the LDL-cholesterol equal to or under 70 mg/dl, patients considered to be at medium risk have to keep their LDL-cholesterol at 100 mg/dl or lower, and patients considered to be at low risk should still shoot for having the LDL-cholesterol at or below 130 mg/dl ideally. Patients who have diabetes mellitus or have had any kind of cardiovascular event in the past (usually a heart attack, bypass or angioplasty) are considered to be in the high risk group and should get the LDL-cholesterol at or below 70 mg/dl. The newer guidelines will probably mean that more people are probably going to have to take medicines, especially the class of medicines called statins. In fact, there is a move underway to see if statins can be made over-the-counter so more people who really should be on these medicines can have easier access to them. I am personally opposed to having statins go OTC because though it is not very common, these drugs can have significant side-effects and their use needs to be monitored. If you have high cholesterol, please talk with your doctor and make sure that you get to your appropriate target level. If you have not had your cholesterol checked, I recommend everyone at age 20 have this checked, and probably rechecked every

3 to 5 years if it's normal.

There has been a lot of advertising money spent by Viagra and its competitors recently, and some of this has been mis-leading. I had a patient a month ago who came in for a physical, and after the physical was done, asked if he could have the medicine that would make it easier for him to throw a football. It turns out, he had watched a commercial for Levitra where the actor throws a football through a tire and thought that this medicine was for arthritis! I could understand why he felt that way because the advertisement really never mentioned directly what the medicine was and what it would be used for.

There are now 3 medicines that block phosphodiesterase-5, which is an enzyme that breaks down this substance called C-GMP to GMP. I know, some of you are already getting the glazed eyed look! But wait, all this means is that all three of these drugs (Viagra, Levitra, and Cialis) work the same way by making the stuff you produce when there is sexual stimulation last longer. That means that these medicines are not aphrodisiacs! These medications are to be used by men who have erectile dysfunction which, by definition, is the inability to have and maintain an erection sufficient for satisfactory sexual intercourse. I think Viagra and Levitra are almost identical, whereas Cialis has a significantly longer duration of effect. So does that mean that it's the best? I don't necessarily think so, because if there was an adverse affect, then this drug may also

hang around a lot longer. I have used all three of these agents in my patients, and I really do believe that this class of drugs has vastly improved our ability to treat a condition that previously we didn't have great luck treating. I also think that the advertising has done largely good things in that a lot of patients have felt more comfortable talking about this issue than they had felt in the past. If you are taking one of the above mentioned drugs and it's working for you and you are not having any significant side effects with it, there is no reason to switch. On the other hand, if the drug is not working or you are having bothersome side effects, then one of the other agents may be worth a try. Remember, however, that there can be other causes of erectile dysfunction that may not respond to these drugs, so talk with your doctor if that is the case. Two clinical pearls that I will pass on to you regarding erectile dysfunction are that first, up to 60% of guys with this condition may also have underlying cardiovascular problems, so this should be looked at. The second pearl is that only about 10% of patients with erectile dysfunction have low testosterone levels, so using testosterone is not the right thing to do in the majority of patients with this condition, and it's use may actually increase the risk of liver tumors, prostate cancer, etc.

Till next time, here's hoping that you stay healthy and happy.

Sincerely,

Rocky Khosla, M.D.





## Ramblin'

by Ron Dehn



### The Thoughts of August

I'll ramble a couple different directions this month.

#### The Pike's Peak Ascent

"A lot of people run a race to see who is fastest. I run to see who has the most guts, who can punish himself into exhausting pace, and then at the end, punish himself even more." Steve Prefontaine

I like this quote, and I think it helps explain why I like to run the Pikes Peak Ascent. I will expand, but first I should explain what the quote does NOT have to do with me.

First, I'm not trying to compare myself with Steve Prefontaine. Not that kind of talent. Not that kind of drive. And never the fastest.

Secondly, I'm not a masochist. I'm not into intentional suffering, or any kind of suffering for that matter.

But what does it have to do with me on the Peak?

If one twists the quote around enough, it seems to apply. I'm not the fastest, and never will be. (Unless by some strange luck I manage to live to 120 and outlive everybody else in my age bracket. Even then, Dave Diaz will probably live to 121, but I digress.)

So if speed is not issue, what is? The Ascent is at the upper limit of my abilities. Given my body, and the conditioning (of lack thereof) that I put it through – the Ascent is attainable only if I pull everything together. In other words, I can pull off the Ascent, only by maximizing the efforts of my Spirit, Mind, and Body – the familiar YMCA triad.

Restated – doing the Pikes Peak Ascent is a gut check. For me to reach the top, I've got to pull it all together and then spend it all. When I reach 14,110 feet,

there's nothing left.

It's become a metaphor for meeting other challenges in life. My life is quite happy, but like every human, I face a difficult hour, day, or week from time to time. On those occasions, I frequently tell myself something like, "Last August you did the Peak, you can handle this. Suck it up!"

Steve Prefontaine was an incredible runner, with incredible talent and even more incredible passion. I'm in a totally different league as far as running, but his words still provide inspiration.

#### The Olympic Games

The Olympian Pledge states "Ask not for victory. Ask for courage. For if you can endure, you bring honor to yourself. Even more, you bring honor to us all."

The pledge says you bring honor if you can endure. It doesn't say you have to win to bring honor.

I do struggle with the win / lose thing. I want them all to win. Every athlete has overcome incredible hurdles to be there. They have all paid an incredible price.

I do think there is often too much emphasis on winning. The TV commentators often make something other than a gold medal out to be a disappointment. These are the Olympic games! To be there is to win!

One of my heroes has been an American swimmer named Kaitlin Sandeno. Kaitlin took a silver medal in the 400 meter IM and a bronze in the 400 meter freestyle. She actually looked quite happy to win a medal – no matter what color. I've not seen her interviewed, but her face after the races told of satisfaction, happiness, and gratitude for something other than gold. Yea!!

I love watching the Olympics. These

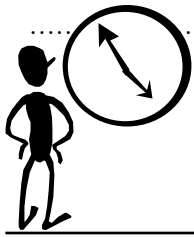
young people have dedicated themselves to participating in the greatest sporting events in the world. Typically they give it all. It may be on the track, in the pool, on the mat, or on the parallel bars. They put years of training on the line for a brief moment of competition. Wow!

Given the opportunity to participate in the Super Bowl, the World Series, the Stanley Cup, the NBA Championship, etc, etc, or the Olympics, I would choose to be an Olympic athlete in a heartbeat.

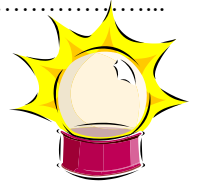
#### Editor's Note: Apologies to Jan Dudley

Readers – Regarding page 1 of the July issue, we did not intend for Jan Dudley's photo to be squished vertically. Jan's photo was reduced in height but not in width during the printing process, thus it was NOT proportional. In real life, Jan does not look like that. Secondly, we forgot to list Jan as the author of the cover story. So – to rectify the situation, we ask all readers to remove the July issue of Footprints from your 3-ring binder. (I assume everybody keeps their newsletters in a binder on the fireplace mantle.) First carefully print the words "by Jan Dudley" under the title on the cover page. Then – replace the photo with the photo below. THANK YOU!



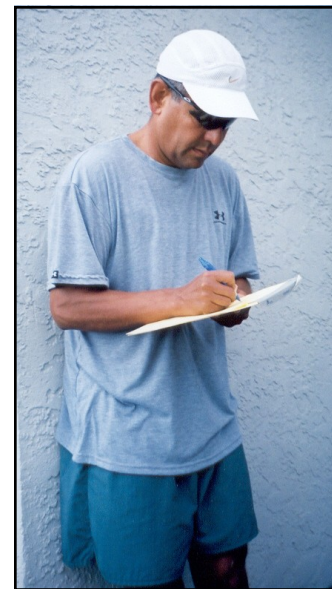
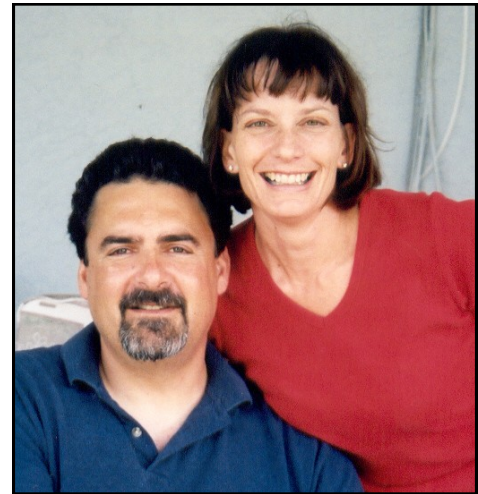


# Predict Series Standings



The Following participants have at least 100 points in the Predict Series.

| Name              | Spring Runoff | Ben & Matt's | Rams 8K | Tarantula 8M | Moon Mad | Butt Buster | Total Points | Best 5 Races |
|-------------------|---------------|--------------|---------|--------------|----------|-------------|--------------|--------------|
| Larry Volk        | 55.17         | 100.00       | 92.31   | 100.00       | 87.50    |             | 434.98       | 434.98       |
| Steve Wall        | 79.31         | 80.77        | 15.38   | 82.35        | 100.00   | 73.08       | 430.89       | 415.51       |
| Nick Leyva        | 72.41         | 88.46        | 46.15   | 94.12        | 83.33    | 23.08       | 407.56       | 384.48       |
| Dave Diaz         | 58.62         | 57.69        | 80.77   | 70.59        |          | 88.46       | 356.13       | 356.13       |
| Don Pfost         | 82.76         |              | 88.46   | 88.24        | 20.83    | 3.85        | 284.13       | 284.13       |
| Gina Benfatti     | 48.28         | 65.38        | 53.85   | 17.65        | 45.83    |             | 230.99       | 230.99       |
| M.J. Martinez     | 68.97         | 26.92        | 23.08   | 29.41        | 41.67    | 57.69       | 247.74       | 224.66       |
| Stacey Diaz       | 62.07         | 19.23        | 50.00   | 23.53        |          | 42.31       | 197.14       | 197.14       |
| Matt Sherman      |               | 86.21        | 84.62   | 76.92        | 76.47    |             | 324.22       |              |
| Rich Hadley       | 93.10         | 46.15        | 100.00  |              | 50.00    |             | 289.26       |              |
| Emily Borrego     |               | 17.24        | 96.15   | 57.69        |          | 96.15       | 267.24       |              |
| Ron Dehn          | 100.00        |              | 26.92   | 58.82        |          | 61.54       | 247.29       |              |
| Jacqueline Wall   | 96.55         |              | 65.38   |              | 70.83    |             | 232.77       |              |
| Ben Valdez        | 51.72         | 73.08        | 69.23   |              |          | 26.92       | 220.95       |              |
| Jan Dudley        | 41.38         | 76.92        |         | 64.71        |          |             | 183.01       |              |
| Mike Orendorff    |               | 11.54        | 84.62   |              | 79.17    |             | 175.32       |              |
| Gary Franchi      | 75.86         | 23.08        |         |              |          | 50.00       | 148.94       |              |
| Diana Reno        | 6.90          |              | 42.31   | 41.18        |          | 53.85       | 144.23       |              |
| Debra Wall        | 89.66         |              |         |              | 33.33    | 11.54       | 134.53       |              |
| Wendy Garrison    |               |              | 38.46   | 47.06        | 12.50    | 34.62       | 132.64       |              |
| Carrie Slover     | 65.52         |              | 61.54   |              |          |             | 127.06       |              |
| Jill Montera      | 44.83         | 69.23        |         |              |          |             | 114.06       |              |
| Angelo Aragon     |               | 15.38        | 96.15   |              |          |             | 111.54       |              |
| Paul DallaGuardia |               | 10.34        |         |              | 95.83    |             | 106.18       |              |
| Joe Stommel       |               | 92.31        |         | 11.76        |          |             | 104.07       |              |
| Mary Rudolf       | 24.14         |              | 73.08   | 5.88         |          |             | 103.10       |              |
| Becky Medina      |               |              |         | 52.94        | 16.67    | 30.77       | 100.38       |              |
| Alison Meehan     |               |              |         |              |          | 100.00      | 100.00       |              |



Others scoring points are:

Bill Veges - 92.57, Christina Heaton - 92.31, Nathan Comden - 91.67, Misti Frey - 89.14, Becky Rotlenstein - 84.62, Hilda Garcia - 83.65, Gary Weston - 80.77, Allison Emslie - 76.92, Diane Lopez - 76.92, Anthony Diaz - 76.79, Kyle Reno - 75.00, Steve Carney - 69.23, Aaron Berndt - 66.67, Robert Santoyo - 66.37, Chief Reno - 66.03, Eric Grossman - 65.38, Ethan - 62.50, Melinda Orendorff - 58.33, Brian Ropp - 54.17, Gabriela Barillas - 38.46, Robin Krueger - 38.46, Pat Cordova - 37.93, Edward Leanos - 34.62, Stacie Taravella - 33.02, Jessie Quintana - 32.69, Frank Aragon - 30.77, Beth Davenport - 29.17, Desiree DallaGuardia - 20.69, Ashley Withrow - 7.69, Karen VanHaverbeke - 3.85, Robert Gonzales - 3.85, Tiffany Reno - 3.45



Photos from the Belmont Butt Buster  
(Top to Bottom)

Vince & Gina Benfatti hosted the run / pot luck

Nick Leyva makes a prediction

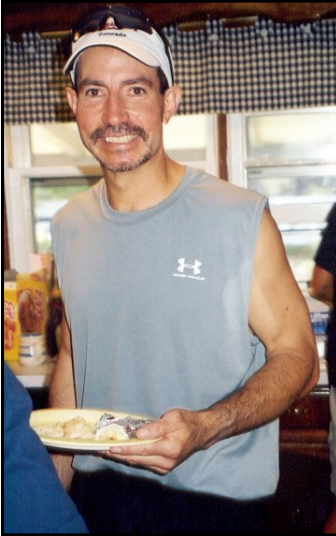
Emily Borrego and Stacey Diaz chat before the run



# Potpourri



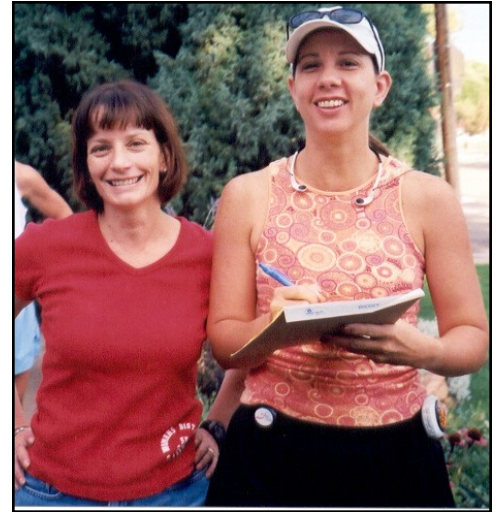
## More Photos from the Butt Buster



Left  
Ben Valdez enjoys the great breakfast

Right  
Debra Wall visits with Gina while she makes her prediction.

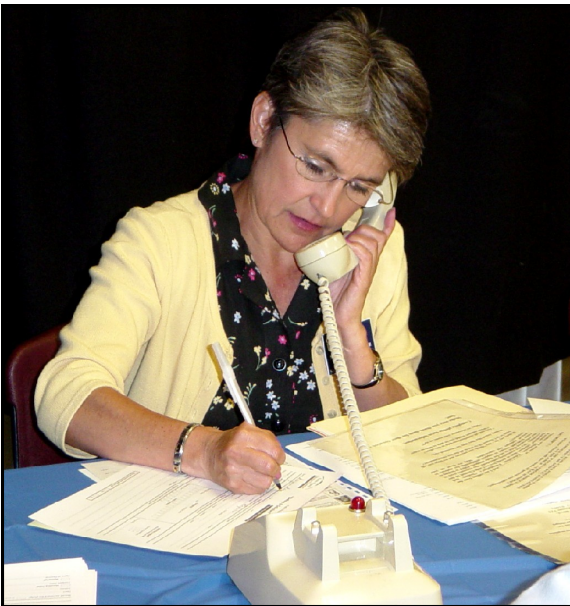
The Belmont Butt Buster was a tough and hilly 5 miler. There were lots of positive comments about the course, and the food was even better.



## Answers to Music Quiz on Page 4

1. Gary Lewis & The Playboys
2. The Cyrkle
3. The T-Bones
4. SSgt Barry Sadler
5. The Beach Boys
6. Donovan
7. The Lovin' Spoonful
8. New Vaudeville Band
9. The Association
10. The Monkees

Source: 1966 Billboard Top Pop Hits - Rhino Records



Marijane Martinez is shown doing some volunteer work at Pueblo Community College at a recent fund raiser. She is taking a pledge while working in the phone bank at the PHEF (Pueblo Hispanic Education Foundation). The telethon raises funds for scholarships for CSU-P and PCC students. Photo by Franchi.

## Colorado Runner's Magazine

If you are a member of SCR, you may remember receiving a copy of Colorado Runner's Magazine in the mail a few weeks ago. The SCR Board decided to pay for two issues of this magazine on a trial basis. You will receive the next issue in a few weeks. The Board will be making a decision to continue or discontinue the magazine in the near future. Please provide feedback to any of the board members. If enough of you like it - we'll keep it coming, if not - we'll save the money.

What do you think? Phone numbers for board members are listed in the box on page 2, and e-mail addresses are on our web site. See [www.socorunners.org](http://www.socorunners.org)



# 2004 Pueblo Area Racing Calendar \*

| DATE   | NAME  | EVENTS<br>TIME   | LOCATION<br>CONTACT - PHONE                                 |
|--------|---|------------------|---|
| Aug 28 | Tunnel Drive Prediction Run (c)             | 5M<br>7:30 am    | State Hiway Barn, Cañon City<br>Rich Hadley - (719)784-6514 |
| Sep 11 | Pueblo Tribute Run (c)                      | 5K<br>7:00 am    | City Park Golf Course, Pueblo<br>David Diaz - (719)564-9303 |
| Sep 18 | Corporate Cup (a)<br>(corporate teams only) | 5K<br>8:00 am    | CSU-Pueblo Library, Pueblo<br>Ben Valdez - (719)543-5151    |
| Aug 29 | SCR Picnic                                  | TBA              | Games, Pony Rides (for kids), Food, Beverages               |
| Oct 23 | Harvest Poker Prediction Run (c)            | 5M<br>5:00 pm    | Lovell Park, Pueblo West<br>David Diaz - (719)564-9303      |
| Nov 20 | Atalanta Womens' Run (c)<br>(Run / Walk)    | 5K<br>9:00 am    | City Park, Pueblo<br>Katherine Frank - (719)549-2236        |
| Nov 27 | Temple Canyon Prediction Run (c)            | 4M<br>9:00 am    | Cañon City<br>Rich Hadley - (719)784-6514                   |
| Dec 4  | Rock Canyon Half Marathon (c)               | 13.1M<br>9:00 am | City Park, Pueblo<br>Information - (719)564-9303            |
| Dec 12 | Marijane & Nick's Prediction Run (c)        | 8±M<br>9:00 am   | 117 Regency, Pueblo<br>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!!! The Hot to Trot is NOT!

The Hot to Trot Run which was originally scheduled to coincide with the Chili Festival is CANCELLED for 2004.

### THANKS

Several individuals / businesses provided sponsorship to the recent WDF. Thanks go to: Thomas Duran, Lillian Rivera, Rocky Khosla, King Soopers, and several others.

### Beulah Challenge Back By Popular Demand

The Beulah Challenge is returning after a 3-year hiatus caused by personal tragedy, fire danger and drought, and other factors. But when it returns on the first Saturday of August in 2005, it will have new courses for both the 10K run and 5K walk, although they will still both start and finish at the Beulah School.

The new course will be mostly uphill to the half-way point and then almost all downhill to the finish line, with the exception of a small hill or two. Most of the road, except a mile and half through the park, is paved. Almost the entire race route has shade.

Another nice feature will be that the finish will be within walking distance of the relocated Art

Show, which also features great food. Race Director Karin Kyte Romero promises another great T-shirt design and prizes as in previous years. Funds for this race will go to the Beulah Fire Department, EMTs and Youth Organizations.

Questions or useful information should be directed to Karin at (719) 251-5533.

### Attention SCR Race Directors

If your race is missing from the list or if information about your race is incorrect, please send an e-mail to [ron.dehn@colostate-pueblo.edu](mailto:ron.dehn@colostate-pueblo.edu) or call Ron at 547-9273

### Howdy Bolder Boulder runners and walkers.

I hope your summer is going well so far. We have been busy gearing up for the first event in our Bolder Boulder Race Series:

On September 18, hit the trails at the 2nd annual Sombrero Ranch Round-up Trail Run, presented by Advanced Exercise Equipment. The race starts at the Sombrero Ranch in Estes Park and covers 4 miles over rugged singletrack, with lots of rocks, steep hills, and amazing views of Estes Park and the Continental Divide. At the finish, you will be greeted with a trail breakfast of unlimited pancakes, sausage and scrambled eggs. Runners, joggers, and walkers are all welcome to join in on the fun. Bring along the whole family and stick around for the day... Sombrero Ranch is offering discounts on horseback tours of the ranch after the event.

Check out [www.bolderboulder.com/sombrero.cfm](http://www.bolderboulder.com/sombrero.cfm) for more details and to register online.

Happy Trails,  
Cliff

Cliff Bosley  
Race Director

**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 29<sup>th</sup>.
- Where: the Cottonwood Central location on the front side of Greenhorn Meadows Park in Colorado City.
- Why: Fun, Food, Fellowship, Refreshments, Games, plus TONY the PONY rides for the kids.
- Bring: Appetites, Folding Chairs, Umbrellas, Sunscreen, DEET, and SOFTBALL GLOVES just in case.

High School race. One of the objectives of the Tribute Run is to honor local area runners. If you wish to help with the High School Race, contact Dave Diaz.

**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)

**Upcoming Races**

**The Tunnel Drive predict** on August 28th is a great run and does include a couple of tunnels and a view of the Arkansas. To get there 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.

**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!!! See you on September 1st?

The inaugural **Pueblo Tribute Run** will take place on Saturday, September 11 in conjunction with a local High School Cross Country meet. The "Citizens" race will take place prior to the

**The Final Thoughts...**

Everything is for the eye these days - TV, Life, Look, the movies. Nothing is just for the mind. The next generation will have eyeballs as big as cantaloupes and no brain at all. -Fred Allen

We can't all be heroes because somebody has to sit on the curb and clap as they go by. Will Rogers (1879 - 1935)

No one has ever become poor by giving. Anne Frank, Holocaust diarist (1929-1945)