



Editors: Ron Dehn & Debra Wall

# FOOTPRINTS



Too scary to read.....

## Halloween Edition



Renew  
Renew  
Renew  
  
Your Membership  
  
By Ken Raich  
(we've made it easy)

**SCR MEMBERSHIP RENEWAL CHANGES.** This year, all SCR members have TWO ways to renew memberships: - Fill out a paper membership form and send it to us with a check. - Register online and pay with a credit card

As you know, SCR memberships expire at the end of each year. Look at your address label on this month's newsletter. In the upper right-hand corner you see: "Exp Dec 31, 2004"...your membership will expire at the end of this year. You can use either of the two above methods to renew your membership, as described below:

**FILL OUT A PAPER MEMBERSHIP FORM.** This newsletter contains a blank membership form. Simply fill it out and send it to us with a check. If you want to pay for multiple years...just multiply your payment by the number of years you wish to cover and write a note on the membership form to let us know. If you no longer have the blank membership form that came in the newsletter, you can print a membership form from the club's web site ([www.socorunners.org](http://www.socorunners.org)).

**REGISTER ONLINE WITH A CREDIT CARD.** This year, SCR has worked with Active.com to setup an online registration web page. This enables you to send a "paperless" membership form and pay your club dues with a credit card. You can perform this from the SCR web site ([www.socorunners.org](http://www.socorunners.org)) by clicking "Membership" on the left side of the main page and then clicking the Active.com logo. Active.com charges a "processing fee" (6.5% plus \$0.50) to

provide this service. This fee amounts to \$1.48 for a \$15 individual membership (total \$16.48) or \$1.80 for a \$20 family membership (total \$21.80). We thank Active.com for providing this service because some SCR members have asked for a "checkless" method of paying their membership fee. Active.com treats our membership registration like an online race registration. As such, they offer a discount to members who have joined their "ActiveAdvantage" club (\$49.95 per year). ActiveAdvantage members pay \$13 for an SCR individual membership and \$18 for an SCR family membership. Then, Active.com makes up the difference and sends SCR the full \$15 or \$20. If you want to pay for multiple years...just multiply your payment by the number of years you wish to cover and write a note in the "Comments" textbox to let us know.

**MEMBERSHIP CARDS WILL BE DISTRIBUTED TO 2005 SCR MEM-**  
*(Continued on page 3)*

**The Soaring Eagles 5k**  
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**SCR Volunteer Point**  
**Totals**  
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**Coming Soon**  
**The Atalanta 5K**  
**Run/Walk**  
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## SCR Notes from the October 6th meeting

Present: The unusual gang

Special Club Guest - Soaring Eagles Run – Amanda Cordova asked for the clubs help in assisting with the run this Saturday. Debra Wall, Terry Cathcart, Gary Franchi, Ken Raich and Ron Dehn will help with the finish line and the results. We have been helping with this race for 3 years. The proceeds from the race go to the Soaring Eagles Center for Autism

Club Reports - Thank you to Ron Dehn for taking last months meeting minutes

Financial report – Treasurer’s report was approved. Dave is truly laundering money, ask him about his washer and the last receipts – don’t worry, all is good.

Membership – Ken Raich looked into using Active.com for our membership and race registration. The ease of having this benefit is great for our members and we voted to use the service. The link will be on the web page. Ken reported that the club is now up to 201 members. For new or existing members, if you pay your membership dues now, it will take you through next year.

Race Reports - Pueblo Tribute Run – Rochelle Garcia put on a great race and the club hopes she continues it next year. She had the massage institute, Runners Roost, and a DJ for the event. The club helped with the finish line and helping pass out ribbons we donated to the middle school runners

YMCA Corporate Cup – Ben Valdez thanked all of the volunteers for their help and support. The 20<sup>th</sup> Year Celebration was a huge success.

### Upcoming Races

Harvest Poker Run is scheduled for Oct. 23. Dave Diaz has approved that we can have a bonfire and that the club will provide the chicken and soda. The race is a potluck.

SRDA Run/Walk – Oct.30 – SCR is providing the clock and Dave will help if needed

Atalanta Run/Walk – Nov. 20 – You can register for this race on line at our website. This is the 25<sup>th</sup> Annual Atalanta, look for its history in the newsletter. For more information on this run, please contact Dave Diaz or Jacqueline Wall

Temple Canyon Predict – Nov. 27<sup>th</sup> – The race starts at 9 a.m. and is 4 miles long

Rock Canyon Half Marathon – Dec. 4<sup>th</sup> – Dave Diaz will be looking for volunteers to help with the water stations

New Stuff - The club is going to help support the YMCA in its efforts to raise money for the new community campus. Ben Valdez is going to make a presentation to the club at our next meeting.


We are working on the club banquet location and details. Please mark your calendars for Saturday, January 22<sup>nd</sup> for the event. More details to follow. If you have any

ideas/suggestions, please contact Sandy Reinsch.

We are looking for next years officers, if you are interested, please contact Gary Franchi.

The club will be buying 2 dozen new large cones and 4 dozen smaller cones to help mark courses.

Last but not least, we talked about some of our outstanding members - Mary Jane Martinez had food surgery, please wish her well ,and Congratulate Mary Jane, Gina Benfatti, Diane Lopez, Jessie Quintana and Diana Reno for having a great time and a great marathon in St. George. Meeting summary submitted by 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. 273**

“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	544-4254
Editorial Consultants	Gary Franchi, Christopher Reeve*	

Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

**Contributing Writers / Photographers**  
Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Marijane Martinez, Ken Raich, 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.

\* Christopher Reeve aka Superman in every sense of the word.



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

**All the ghosts are friendly at the Gold Dust**



**217 South Union**





# Great Stuff

by Gary Franchi



## Eating vs. living longer

Thought for today's lunch, compliments of comedian Rita Rudner: "*I jogged for three miles once. It was the worst three hours of my life.*"

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

OK, so let's consider the real burning question for the ages: Why do we run?

I've heard many responses to that question. Some runners want to keep weight off. Some, especially the trail runners, like to commune with nature. Some (well, most actually) want to burn off stress. Some – and I know this is sacrilegious – probably want to get away from the spouse and/or kids for a while and give their senses a breather while hearing themselves think for a while.

Those are good reasons, although let me emphasize that I personally have NEVER considered that last excuse. Of course not.

Whatever. The reason that I hear the most from my fellow road pounders, usually while I'm inhaling an order of huevos rancheros at a local eatery following a race, is that they run so that they can eat. They like not worrying about packing on the pounds whenever they treat themselves. Abstaining is not an option.

Yes, we like to eat. And why not? There's so much enjoyable chow available out there that eating can be pure pleasure. And in our land of abundance, it is so readily available. Besides, we work hard and deserve such pleasure, right?

But something is troubling me. My stack of reading material, which seemingly multiplies like the proverbial loaves and fishes, spilled over recently and the August 30 issue of *Time* magazine fell out of the pile. I'd been saving this issue because the cover story is titled "How to live to be 100."

My immediate thought about living that long, of course, is that it would allow me to enjoy eating more. If I live to be 100 instead of, say, reaching whatever the national average is, think of all the extra breakfast burritos and pizza I

would get to pack in. Plus, those extra years of being a product consumer would help keep the economy moving. You see, if I say I'd like to live longer, it's actually because I'm really just thinking of others.

Anyway, this *Time* article makes the point that "severely restricting caloric intake can slow down the aging process." It seems that research has found that under-fed rodents, fruit flies, worms, monkeys and other lab animals live up to 40 percent longer than well-fed ones. These monkeys have much less body fat, which seems to protect against a wide range of ills. Now, I didn't know monkeys suffer much from illnesses, but I sure hope that fruit flies don't because that would upset me.

The article also points out that preliminary research on humans suggest that some indicators of aging improve on calorie-restriction diets. Now, I can live with this being true for fruit flies and monkeys, but I sure don't like to hear about how this can affect humans.

On a more positive note, the articles also notes that the genes one is born with, a positive attitude and one's lifestyle also play a part in longevity.

Whew, finally some news that I wanted to hear. Hence, I figure I'll just keep on running so that I can keep on eating, and this will give me a positive attitude that, along with my good Italian olive oil-fed genes will offset the eating and allow me to live longer.

I just KNEW there was a reason why I run.

### Ten things I was just wondering:

1. What can you really say about the intelligence of people who cheer for a candidate at a political rally?

2. Whose idea was it to make toothpicks out of wood and who approved that proposal?

3. How much intelligence does it take to leave your car keys in the ignition or on the dashboard while you shop?

4. Would the world please make up its mind and decide whether it's spelled chili or chile?

5. Why can't they paint or string a line of some sort on the ceilings of indoor swimming pools to make it easier to swim the backstroke straighter?

6. Wouldn't a great name for a manufacturer of non-natural foods be "Synthetic Processed Foods, Inc."?

7. How do they conduct research on fruit flies?

8. Why would anyone want to go to a shopping mall and get autographs from Craig Morton and Haven Moses?

9. Why would anyone believe what an agent says about his/her pro sports client?

10. Ever get the feeling there's only one person answering the phone when you try to place a mail order (with the emphasis on the "try")?

Until next month, if you're choosing between skipping a meal or living longer, go out for a run.

*(Continued from page 1)*

BERS. Membership cards will be created and sent to all SCR members who have renewed before the SCR Banquet (scheduled for January 22, 2005). This membership card can be presented for discounts at several merchants (list on the "Sponsors" link from the SCR home page). Membership cards will not be created for members who renew after the SCR Banquet (such members will need to bring a current issue of "Footprints" to a listed merchant to receive the discount).

This covers the major changes to SCR membership renewals for 2005. Please let us know of any additional improvements we can offer to make life easier for SCR members.

see you on the trail,  
Kenneth Raich, SCR Membership Chair  
raichk@pobox.com



### Nov Birthdays (& other events)

- 1 Ross Barnhart  
Mark Robinson  
Fernando Valenzuela\*  
Gary Player\*
- 2 Election Day
- 3 Julie Arellano  
Barbara Hadley  
Lulu\*  
Mike Evans\*
- 4 Sean Bryan  
Will Rogers\*  
Art Carney\*
- 5 Jessie Quintana  
Art Garfunkel\*
- 11 Jed Balestrieri  
Fuzzy Zoeller\*  
Veterans Day
- 13 Michael Phillips  
Whoopi Goldberg\*  
Vinny Testaverde\*
- 16 Robert O'Callaghan  
Harvey Martin\*
- 17 Chad Clark  
Lawrence Volk  
Rocky Khosla  
Cole Ratzlaff  
Bob Mathias\*  
Lauren Hutton\*
- 18 Steven Wall  
Alan Shepard Jr\*  
Great American  
Smokeout
- 23 Chris Dehn  
James Parnau  
Boris Karloff\*
- 24 Robin Van Buskirk  
Scott Joplin\*
- 25 Lenore Raich  
Joe DiMaggio\*  
THANKSGIVING
- 26 Mike Borton  
Tina Turner\*
- 28 Nancie Biery  
Hope Lang\*  
Judd Nelson\*

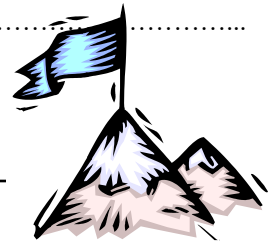
\*honorary SCR member



## Trail Notes

by Shaun Gogarty

### Adventure in the Wahatoyas



Standing on top of West Spanish Peak at 6:00 and watching the sun just over the horizon is an amazing site. It is also a very scary site when it is 6:00 pm and you aren't sure how to get back to your car. Of course it was "just another day" (soon to be night) in the life of the ill prepared adventure runner. Like so many of my runs big dreams had almost led me into a big nightmare. Starting the day early at work with lame brain meetings and then coming outside to a beautiful September day "forced" me into a big run. As I drove from Pueblo to Colorado City the shimmering Spanish Peaks to the south were screaming my name and a dream was launched. At home I quickly changed from casual business to grungy runner and threw my running pack, map, Balance bars and water in the car before heading south.

The Spanish Peaks beckoned me since I moved here, but this was my first chance to run in them. Arriving in La Veta I began trying to reconcile the city with my map, or is it the map with the city – anyway, I headed south. Of course the map lacked some detail since it was scaled to include Leadville. The road going south out of town eventually connected with a small 4 x 4 road that goes straight up the north flank of West Spanish Peak. All wheel drive, 4-wheel drive, what's the difference? The Forrester made it to the trailhead without any obvious oil spills and only a few new "racing stripes" down the sides. At the end of the road I found a map and trail register. The map was scaled better than mine since it only included several counties. It looked like there might be a trail going between the peaks and maybe around the south slope – but between the scale and my aged eyes it might also have just been contour lines. I headed out about 1:30 on the trail knowing I could always just turn back half way to dark.

The Wahatoya trail was a wonderful change from the vertical rises and falls of Greenhorn. This was a trail actually made and used by people on foot – not horses and motorcycles. I quickly lost myself in the simple joy of running while a kaleidoscope of beautiful fall colors blurred by me. Before long I had climbed to the saddle between East and West Peaks and was soon headed down the somewhat steeper South side. Where it would lead I didn't know, but it was still a long time to dark. I could always turn back.

After a few miles of downhill past beautiful aspens, crystal clear creeks and even a few surviv-

ing raspberry patches I finally arrived at some trail markers and a fork. Unfortunately the trail signs were in pieces, the ones I could read I didn't recognize, and since I couldn't see Colorado Springs my map wasn't helping me either. However, there was a small, intriguing trail heading up and somewhat West along the South flank of West Spanish Peak. I figured who needs a good map when you have a good trail. And maybe this trail would eventually circle to the top or around to the North side where my car was parked. I could at least explore it for a little while, since I still had some time before I absolutely had to turn back.

The trail was wonderful. Although at times I had to look closely for the small survey tape in the trees to stay on track, it cut beautifully across the South side of West Spanish. In several places it made spectacular cuts through the thin rock bands that stretch toward the top of the peak. At other points it suddenly popped out of the trees and offered views southward toward lands I didn't even know existed. Again it was a trail cut for foot travel making it the perfect mountain running trail especially in the fall with thick groves of yellow aspen and even the occasional group of red colored aspen. Somewhere in that wonderful stretch "I can turn back" became "I hope this trail goes around the mountain".

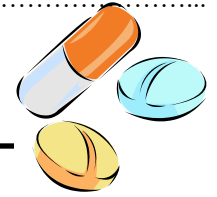
Eventually, the south side became the west side of West Spanish Peak. My trail joined a trail rising from below – I assumed from Cuchara pass. It began climbing a bit more steeply and soon it was pretty obvious that there really wasn't a trail around the mountain. In fact I sort of knew this all along in the back of my mind, but hey, sometimes it's worth running after a dream! Of course now the time had ticked by and it wouldn't be a dream when the sun dropped and I was somewhere on the "dark side" of the mountain. I climbed a bit faster. I had come too far for the turn back plan and unfortunately no one had let the Forest Service know about my loop the mountain plan in time for them to build a trail. Plan C came into effect: if I reached the top of West Peak I could follow the summit ridge east and eventually drop back to the saddle between East and West peak. There I would find the trail back to my car. As I struggled upward and the sun slid downward, I kept remembering something about the "best laid plans of mice and men". But of course it didn't apply to me since this really wasn't a "best

*(Continued on page 6)*



## Rocky on Fitness

By Rocky Khosla, M.D.



### The Scoop on Vioxx

On October 1, 2004, Vioxx, was voluntarily recalled by its manufacturer, Merck. Our office was deluged with phone calls as this was a fairly popular drug, and people had, understandably, all sorts of questions. So I thought a column about Vioxx and the idea behind COX-2 inhibitors may be in order.

Vioxx belongs to a class of medicine called COX-2 inhibitors. COX stands for an enzyme called cyclooxygenase, and this enzyme comes in various forms that can lead to the production of chemicals that can do good or bad things. It turns out that COX-1 is involved in producing substances that end up protecting the esophagus and stomach from ill effects from acids, etc. COX-2, on the other hand, leads to production of substances that can cause inflammation. Aspirin and older antiinflammatory agents like Ibuprofen block production of both COX-1 and COX-2, so they cut inflammation, but can also lead to stomach irritation. Some very bright researchers found a way to produce chemical agents that would only block COX-2, and not COX-1, and would theoretically cut inflammation without upsetting the stomach. But, there is a little more complexity to the above scheme than what I just outlined. It turns out that COX-2 inhibitors may tip the body towards clotting more than bleeding, whereas older agents like aspirin and ibuprofen may tip the body towards bleeding more than clotting. Currently, the COX-2 inhibitors include Vioxx, Celebrex, Bextra and Mobic, and it looks like each of these agents may affect this balance between bleeding/clotting differently. I think Vioxx has run into trouble because it seems to favor clotting more than bleeding which the other COX-2 inhibitors don't seem to be doing so far. There is a concern that all of the COX-2 inhibitors ought to be used very cautiously in patients where there is cardiovascular risk.

Vioxx went through extensive studies and showed marked improvement in reducing pain from inflammation without too many side effects. However, the latest study looked specifically at 2600 patients treated with Vioxx ver-

sus placebo, and in patients taking Vioxx for more than 18 months, there were 15 heart attacks or strokes per 1000 patients versus 7.5 heart attacks or strokes per 1000 patients on placebo. Thus, there was a doubling of the risk for heart attacks or strokes in patients on Vioxx compared to placebo after 18 months of use. For patients on Vioxx for less than 18 months there was no statistically significant increase in heart attacks and strokes compared to placebo.

What should you do if you were on Vioxx? I recommend that you stop the Vioxx and talk with your doctor. What I have been recommending is that if you are at risk for stroke or heart disease, than I'm not sure that just switching to another COX-2 inhibitor is the way to go. Some people have advocated using COX-2 inhibitors and aspirin in these folks, but it looks like doing this puts the patient at higher risk for stomach upset and ulcers, which is presumably why they were put on COX-2 inhibitors in the first place.

A reasonable option in patients who are at risk for stomach problems, who also have cardiac risk factor, and need an anti-inflammatory is to use the older non COX-2 specific agents like ibuprofen and a class of medicine called proton pump inhibitors (Nexium, Aciphex, Protonix, Prevacid by prescription or Prilosec over the counter). Of course this is a pricey option, but maybe the safest approach.

Do you have to worry that irreversible damage has been done to you by

the Vioxx if you were on it? It appears that your risk of heart attacks and strokes is reduced to the same level as someone taking placebo as soon as you stop taking the Vioxx, and remember, the patients who were on the Vioxx for less than 18 months had no more significant cardio or cerebrovascular events than patients on placebo. Should you stop the Vioxx abruptly or gradually taper off? The answer is that there is no need to taper off gradually.

For me, the bottom line is that we ought to use the fewest medicines that we can, and for the shortest time that we need. However, there are conditions, like having high blood pressure and high cholesterol where you have to take your medicines regularly. And for those conditions please don't use the Vioxx situation to stop taking what you really need to keep taking.

Till next time, hope that you stay healthy, happy and active.

Sincerely,

Rocky Khosla, M.D.

P.S. Regarding Jeff Arnold's letter last month. As far as taking something to make him throw the football through the tire better, could there be any more symbolism in that advertisement? The problem is that the makers of Levitra (which is a drug indicated for erectile dysfunction) did make a lot of people think that their drug was some sort of arthritis medicine! Thanks for the letter!





## Ramblin'

by Marijane Martinez & Ron Dehn



### Corporate Cup Spirit Award

*Editor's Note: For this month's column, we thought we'd share a nomination letter that Marijane and I wrote for the Spirit of the Corporate Cup Award. This award is given to one person in each division who most embodies the ideals of the event. Read on and you will see what I mean. Mike is an SCR member and won the Spirit Award for Division 3.*

It is an honor to nominate Michael Tearpak from CSU-Pueblo for the Spirit of the Corporate Cup Award for 2004. Mike has always had a focus on healthy living. He has been a life long runner, beginning with cross-country in high school. He has participated in Corporate Cup since he began working at CSU-Pueblo and prior to that he participated for the City/County Health Department.

In spite of a healthy lifestyle, this spring Mike was diagnosed with lung cancer. Mike began to refocus his energies. He became a living model of the YMCA triad of Spirit, Mind and Body. Mike already had deep spiritual roots. He is one of the most positive people you will ever encounter.

Mike has undergone 6 rounds of chemotherapy, yet has not stopped exercising. He had to modify his exercise routine, many times walking rather than running, but he persisted. His doctors told him surgery would be required to remove the diseased portion of his lung but with time new cells began replacing the bad cells and miraculously his lung healed without surgery. Mike's last chemo treatment was in July. A few weeks ago his doctors pronounced him cancer free!

In spite of the cancer and the side effects of chemotherapy, Mike participated in the Corporate Cup 1 mile run and 5k walk/run.

Mike's story is one of courage, determination, attitude and just plain guts. While facing a life threatening disease, he maintained a positive attitude, and took action necessary to regain his health. In spite of his own struggles, he found the strength to reach out and help other individuals diagnosed with cancer. Mike Tearpak is an inspiration to all and lifts the spirits of all who have contact with him. Mike is worthy of being awarded the Spirit of the Corporate Cup Award for 2004.

*Second Editor's Note: We asked Mike for permission to print this letter he had two items he wanted to share. First, he wanted people to understand the importance of being strong and focusing on the positive when facing great difficulties. Secondly, Mike is quite spiritual. He gives the ultimate credit for his healing to God and His son Jesus.*



*(Continued from page 4)*  
laid plan”.

Sometime after five, and nearing timberline, I ran into two men descending. They informed me that the trail did reach the top in about a mile – of course it was also a 1600 vertical foot rise. They also assured me, while trying not to laugh, that it would be possible to reach the saddle by way of the summit ridge. With the late hour I briefly considered asking them for a ride back to La Veta. But then I headed upward consoling myself that someone would at least know where I was last seen when they began the search the next day. And so it was that one breathless mile later, feeling like I'd sprinted but not having run any of the last mile, I stood atop West Spanish Peak at 6 pm watching the sun nearing the horizon.

The views were incredible, as I stood alone atop the world. And that would be

a nice end to the story if that were the end of the run. But shorts, shirt, windbreaker and Camelback aren't really your – autumn camp overnight at 13,000 feet - kind of gear. Of course the biggest error in my “plan C” stretched endlessly to the east: the rocky summit ridge. For some “dreamy” reason in my mind, running for miles across the backside of the mountain hadn't translated into needing to run for miles on the topside of the mountain to get back to the beginning point. With about an hour of daylight left I began the long traverse across the ridge, wondering if I could find the trail in the dark if I was able to get to it.

The ridge crossing was rocky and rough but quite spectacular: talus slopes falling steeply to the south and sheer cliffs plummeting to the north. All below me the land began to glow red and pink. If not for my increasingly desperate situa-

tion I might have enjoyed the trek toward the saddle. On the ridge line the talus was reasonably stable, but when I finally reached the last slope down it became loose, as did my weary ankles. The combination slowed me but I finally reached the trees that now hid “my” trail in near darkness. I stopped to get out my flashlight only to find that it was safely packed in another pack. A little frantically I descended further in the trees and darkness. Suddenly, I gratefully stumbled onto the trail not a minute too soon. A few more minutes and I would never have seen it in the increasing darkness. I began running the mile or two back to the car singing out loud for joy and fear of bears, trying not to stumble in the blackness. This time even I felt like I'd cut it a little too close, but would only tell my wife how incredibly beautiful it had been – which was definitely the truth.



# Soaring Eagles 5K Results & Pics

The Soaring Eagles 5K took place at CSU-Pueblo campus on October 9th. It was a fund raiser organized by the CSU-Pueblo Speech club to benefit the Autism Clinic of Pueblo.

## Soaring Eagles Results

### 5K Run

Place	Name	Group	Sex	Time
1	John Hair	30-39	M	20:07
2	Gene Mares	40-49	M	20:58
3	Steve Wall	40-49	M	21:11
4	Bill Mares	30-39	M	21:19
5	David Baker	40-49	M	21:37
6	Ed Griego	50-59	M	22:20
7	Doug Cullison	30-39	M	22:25
8	Jeremy Gregory	13-19	M	22:35
9	Stan Hren	60+	M	22:48
10	Mike Archuleta	40-49	M	26:03
11	Kathleen Bachicha	30-39	F	26:27
12	Allison Hootman	30-39	F	26:37
13	Kent Hootman	30-39	M	26:38
14	Wendy Garrison	30-39	F	26:45
15	Joan Sindler	40-49	F	27:29
16	Paula DelPriore	40-49	F	27:46
17	Kelli Barris	0-12	F	36:42
18	Kristen Colvin	0-12	F	44:07
19	Lauren Stephens	0-12	F	56:42
20	Aiden Currie	0-12	M	1:04:09
21	Lawrence Currie	40-49	M	1:04:10



### 5K Walk

Place	Name	Group	Sex	Time
1	Jane Eckland	60+	F	46:11
2	Debbie Pruitt	30-39	F	46:39
3	Nancy Barria	40-49	F	46:40
4	Janet Wren	40-49	F	46:41
5	Miranda Martensen	20-29	F	47:13
6	Marla Martensen	40-49	F	47:15
7	Debbie Krupka	40-49	F	49:44
8	Tony Colarelli	20-29	M	49:44
9	Barbara Colarelli	40-49	F	49:45
10	Nick Colarelli	40-49	M	49:46
11	Nathaniel Barris	0-12	M	50:25
12	Erica Billings	20-29	F	51:36
13	Sherrilyn Turner	30-39	F	51:38
14	Joanne Barris		F	56:38
15	Kylie Richardson	0-12	F	56:40
16	Taylor Richardson	0-12	F	56:43
17	Matthew Colvin	0-12	M	1:05:25
18	Karen Colvin	40-49	F	1:05:26

fotos by franchi



Photos top to bottom

Left Column

Audrey & Amanda, event organizers  
Several young walkers pose at the finish  
Jane Eckland is 1st overall walker

Right Column

Gene Mares is happy at the finish  
Steve Wall receives his award  
John Hair & Kathleen Bachicha received  
paintings by kids at the Autism Center for  
their 1st overall performances.

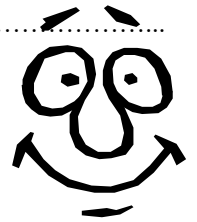


SCR supported the race by taking care of the finish line & results. Thanks go out to: Gary Franchi, Terry Cathcart, Steve Wall, Debra Wall, Ken Raich & Ron Dehn.



## Bare as you Dare Then and Now

by Ken Raich



It has been several years since I first ran the "Bare as You Dare Cross-Country 5K". However, I just returned from vacationing in Texas and managed to run the race again - for old times sake. Being a responsible SCR member, the experience deserves a "race report"...but it's only fair to begin with a recap of that earlier run:

When I first saw the "Bare as You Dare Cross-Country 5K Run" listed in a local Dallas race calendar, the "clothing optional" clause grabbed my attention and demanded I take a second look. Yep, that's what it said all right! The race was to be held at a place called Bluebonnet Naturist Resort in Alvord (about 45 miles north of Fort Worth). Well, I envisioned a rather strange picture consisting of a bunch of naked runners and continued reading the race calendar. Several days later, I was looking at the race calendar in the back of Runner's World and there it was, again. This time I envisioned the early Greek athletes participating nude in the ancient Coliseum for the original Olympiad. With this picture in my mind, I presented the vision to my wife and (after a bit of "I'll do it if you do it") we called Bluebonnet and had them send entry forms.

The race was in October and I must say that it was often on my mind as race day approached. In addition, I paid a lot more attention to the weather forecast than for most other races. When we entered the resort on race day to check in and pick up our packets, the manager greeted us personally, shook our hands, and welcomed us to Bluebonnet. He and the rest of the registration volunteers were nude and we felt a bit out of place being "textile-impaired". We thanked everyone for their hospitality, drove to the parking area, and looked into our packets. The race T-shirt was a 5-color singlet featuring nude male and female cartoon pumpkins running happily together. Also included was a strand of ribbon (Aha - to tie on the bib number).

All around us were other runners in various states of dress. Most were nude (except for shoes and a bib number). So, I figured, "When in Rome...". And that was it. I was naked. And it was no big deal. Even now I have trouble picturing why it had so little impact. It's just that with most people being nude, it seemed pretty nor-

mal.

The resort contains a little more than 66 acres and the course was laid out on an inside winding loop that covered most of the available area. And a challenging course it was. Most of us city runners don't get to do much cross-country racing and this was definitely cross-country (a few dirt roads...but mostly grass and dirt trails with some long hills).

One memorable event occurred as I overtook a couple of slower runners and could see the woman pulling ahead of the man. As I approached I heard the man shout to her "I swore that if I ever had a naked girl running in front of me, I'd be able to maintain a faster pace. I know now that's not true!" She turned and corrected him "I'm not naked, I'm wearing a headband!"

Aid stations were more plentiful than I've seen in most other races. Besides the station at the start/finish line, there were three aid stations along the 5K course. There was no excuse for being a thirsty runner in this race. The start/finish line banner was in front of the sun deck and swimming pool (in the center of the resort) so the local sun-worshippers and spectators were there to cheer us in.

There was more than the nudity that made this race totally unique: - This was the only race I had run where the participants could just walk over and take a shower after cooling off. - Many of the runners took advantage of the hot tub after the race to soak tired muscles. Relaxing in the hot tub was truly a social experience where we exchanged race stories and found out a bit about each other. There were bicyclists, triathletes, walkers, etc. all creating an atmosphere of camaraderie and friendship I had never before experienced after a race.

After the race, the resort treated us all to a meal with turkey dogs, nachos, potato salad, and veggies. Nothing extravagant, but a bit different. The experience dispelled a lot of assumptions many people had toward social nudity. Everyone was friendly, there was no overt sexuality, and everyone at the resort was well behaved. In fact, one of the runners referred to the environment as being like "church camp"...except that everyone was naked.

All in all, the "Bare as You Dare" was a lot more fun than I could have imagined. I talked to the owner and told him what a great event it was. Also, I made a few suggestions about organizing the event and handling the finish line.

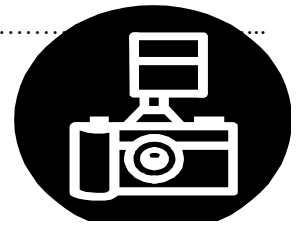
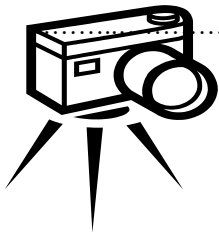
Bluebonnet knew a lot about handling crowds of people...but not much about organizing a running event or preparing results. After discussing a few issues I was asked if I would be willing to perform as Race Director for the next year's event. I accepted and continued as Race Director for the "Bare As You Dare" for the next 10 years.

In fact, I even got to appear on "to Tell The Truth" (Sorry Marijane, the taping was during the Womens' Distance Festival...so I couldn't help out). Finally, I had to turn the responsibility over to someone else when we moved back to Pueblo in 1999. Therefore, when planning a vacation to Texas this fall...we couldn't resist scheduling the trip to encompass the "Bare as You Dare" weekend.

Of course, some things had changed: The course is a bit different, the resort has a few new structures, some old structures had been removed, a Time Machine is being used at the finish line to clock the runners as they finish, and The Race Director software was purchased to calculate results. Also, the Hash House Harriers have organized the "No Tan Lines Hash" which takes place a few hours after the 5K race.

It was also great to see our "old" acquaintances from the race steering committee and many of the runners who continue to return each year. It was certainly a lot more relaxing being a "runner" rather than performing as a race official. There are some races that we feel very "good" about supporting. Of course, a "good" race will be well organized, have ample supplies of "stuff", provide an accurate course, and prompt results. But there's still "something else" that makes race feel "good"...we sensed it in the attitudes of the folks at Bluebonnet who host the event.





# Potpourri

Stacey Diaz provided the list below of volunteers who have earned 20 or more points as of October 6. If you have any questions, contact Stacey at: diazsd@aol.com



Jeff Arnold	90	Nick Leyva	100
Ross Barnhart	40	Marijane Martinez	70
Gina Benfatti	20	Jill Montera	45
Aaron Berndt	35	Chuck Moore	30
Pat Berndt	40	Hilbert Navarro	65
Steve Cathcart	25	Mike Orendorf	105
Terry Cathcart	25	Don Pfost	75
Chris Dehn	30	Lois Pfost	125
Ron Dehn	105	Pricilla Portillos	20
Aaron Diaz	35	Phil Quattlebaum	35
Anthony Diaz	50	Ken Raich	130
Brianna Diaz	35	Pixie Raich	55
Dave Diaz	115	Sandy Reinsch	100
Monica Diaz	35	Chief Reno	20
Stacey Diaz	45	Diana Reno	80
Cindy Dreiling	25	Tiffany Reno	25
Jan Dudley	25	Janelle Rodriguez	35
Joe Dvorsky	40	Mary Rudolph	20
Franchi Gary	135	Matt Sherman	60
Misti Frey	30	Kathy Stommell	40
Gloria Gogarty	25	Stacie Taravella	20
Shaun Gogarty	65	Ben Valdez	110
Deb Hadley	40	Bill Veges	25
Rich Hadley	110	Debra Wall	100
Rocky Khosla	40	Jacqueline Wall	45
Mark Koch	50	Steve Wall	35
Sarah Koch	40		

(continued from previous column)  
Aphrodite who gave Hippomenes three golden apples. At strategic times during their race, Hippomenes rolled a golden apple ahead of Atalanta and slightly off the path. Three times Atalanta used precious seconds to retrieve the golden apple. With the final apple toss, Hippomenes put on a burst of speed to pass Atalanta at the finish line.

Unfortunately, Atalanta's honeymoon was short-lived, for the couple offended the goddess Aphrodite by forgetting to pay her homage, neglecting to write her a thank you note or making mad, passionate love in her temple (accounts vary), and Aphrodite turned them into a pair of lions.

Zeus, recognizing the greatness of their love for each other, showed compassion and turned Atalanta and Hippomenes into a constellation of stars, thus allowing the couple to remain together, racing through the heavens, side by side forever.

So the goddess Atalanta had a love affair so passionate that it continues to light up the nighttime skies until this day!



**What you can do to prevent the spread of germs this flu season. By Chris Dehn**

1. If you have a tissue, sneeze into the tissue and discard. When you cover your mouth with your hand and are unable to wash them immediately, your germs are spread with the next door knob you touch, the next keyboard you use or the next hand you shake.
2. If you do not have a tissue available, sneeze into the bend of your elbow. This will at least prevent germs from floating in the air.
3. Washing your hands frequently is the best prevention of spreading germs. When away from a sink, use an alcohol hand sanitizer, it kills 99.9% of germs. Most stores carry bottles small enough to fit in your pocket or purse.

## The Goddess Atalanta

Atalanta, Greek Goddess of the Hunt, Travel and Adventure  
(gleaned from 2 or 3 sources by Gar & Ron so take it with a grain)

Atalanta defied convention and refused to settle down until she finished her education, had seen a bit of the world, and had a few adventures of her own. Talk about headstrong! The Greek goddess Atalanta was a mortal woman of action, a superb athlete, and a gorgeous gal...not to mention a real life princess. All the eligible males tried to win her hand, but to no avail.

At last Atalanta consented to marry, but only to a man who could manage to outrun her. Many young men failed (and lost their lives in the process), but the scholarly, non-athletic Hippomenes finally succeeded thanks to the help of

## HIGH COUNTRY 10K CHALLENGE

Sunday September 19, 2004  
Raton, New Mexico  
ELEVATION 6666 ft

Men Open

1 <sup>st</sup> Peter de la Cerda	\$250.00	32:19:07
2 <sup>ND</sup> Filomeno Apodaca	\$200.00	34:40:90
3 <sup>rd</sup> Rubin Sisneros	\$150.00	43:05:93

Men Masters

1 <sup>st</sup> Eddy Hellebuyck	\$250.00	33:09:88
2 <sup>nd</sup> Sam Nagtin	\$200.00	33:38:19
3 <sup>rd</sup> Johnny R Garcia	\$150.00	39:51:22
4 <sup>th</sup> Ken Johnson	\$100.00	41:21:78
5 <sup>th</sup> Ed Craighead	\$ 50.00	42:32:13

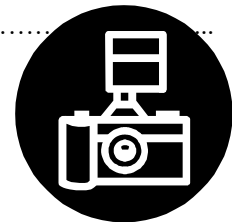
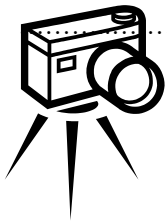
Female Open

1 <sup>st</sup> Dorta Gurda	\$250.00	37:48:33
2 <sup>nd</sup> Rhonda de la cerda	\$200.00	41:21:78
3 <sup>rd</sup> Emily Borrego	\$150.00	43:20:88
4 <sup>th</sup> Michele Hopper	\$100.00	51:03:78
5 <sup>th</sup> Donna Trujillo	\$ 50.00	51:14:41

Female Masters

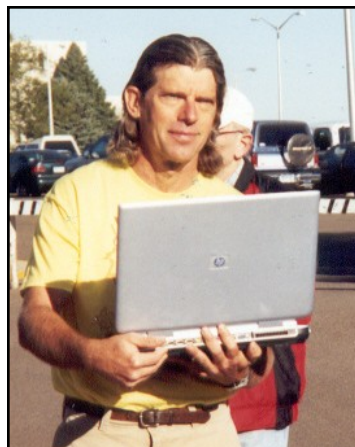
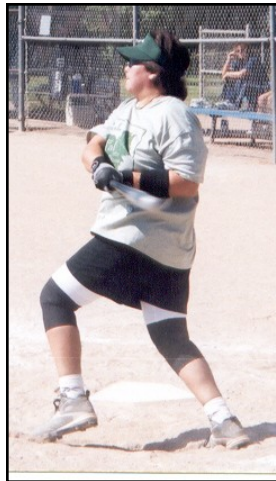
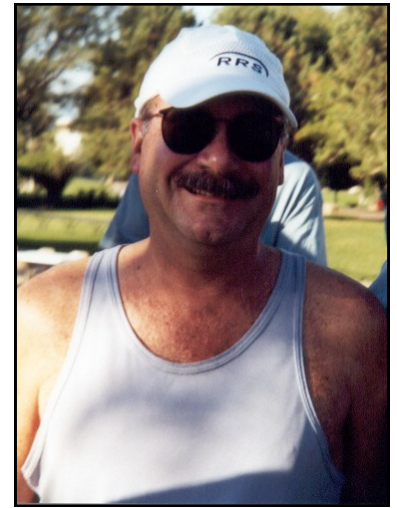
1 <sup>st</sup> Jean Herbert	\$250.00	41:34:45
2 <sup>nd</sup> Shawn Hellebuyck	\$200.00	43:57:12
3 <sup>rd</sup> Sandra Ulibarri	\$150.00	51:34:19
4 <sup>th</sup> Roxanne Miller	\$100.00	51:56:88
5 <sup>th</sup> Kristi Vant Born	\$ 50.00	57:22:50

Men	Jennifer Keeler	54:15:08	
14 & under	30 - 34		
Chris Galli	51:04:86	Heather Baca	51:56:12
15 - 19		Tamsin Clark	54:14:02
Jess Price	41:17:84	Sonja Chavez de Baca	
Cesar Guerro	41:42:65		54:23:50
Richard Galli	46:54:88	40 - 44	
40 - 44		Alice Fitzgerald	51:49:74
Chief Reno		Barbara Karrer	1:02:16
42:39:04		50 - 54	
Erik Buzzard	44:06:25	Carol Brimmeier	58:45:90
Mark Rawlings	48:55:30		
45 - 49			
Keith Long	43:46:13		
John Montoya	46:38:65		
Jacob McLeroy	1:05:12		
50 - 54			
Edward Estrada	51:04:88		
Gilbert Madrid	51:53:09		
55 - 59			
Bob Gassen			
49:09:31			
Allen Obermier	49:25:12		
Alex Cortez	1:13:56		
Female			
14 and under			
Sonya Karrer	54:27:85		
25 - 29			



# PHOTO Gallery

## The 2004 Corporate Cup



# 2004 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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 Stacey Diaz - (719)564-9303
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.



The **SRDA Turkey Trot 5K Run/Walk** will be held at 8 a.m. Saturday, Oct. 30, starting and finishing at the SRDA office at 230 N. Union Avenue. The SRDA contact phone number is 545-8900.

## News Release

### New course, cool shirts and awards on tap for 25<sup>th</sup> Atalanta Women's 5K

What better way to celebrate the 25<sup>th</sup> anniversary of a race than to make it memorable?

That's exactly what the Southern Colorado Runners (SCR) intend to do on Saturday, Nov. 20, when they will conduct the 25<sup>th</sup> annual Atalanta Women's 5K Run/Walk at City Park in Pueblo. The race will begin at 9 a.m.

While having the same, general start and finish locations as in recent years, the race this year will incorporate scenic neighborhood streets and a challenging short hill in the latter stages of the 5-kilometer race. The course will be accurately measured.

The Atalanta also will feature long-sleeved, cropped "women's" T-shirts with a 2-color design and the 25<sup>th</sup> anniversary Atalanta logo. And awards will be hand crafted by a talented Puebloan.

Members of the Southern Colorado Runners and Pikes Peak Road Runners receive a \$3 discount off the \$18 entry fee if they register by the noon Nov. 16 early deadline. The fee for everyone is \$22 on race day.

There will be race-day registration beginning at 7:30 a.m. at the City Park Pavilion. In addition, entry forms will be posted on the SCR web site for printing by going to [www.socorunners.org/](http://www.socorunners.org/) and clicking on "Calendar," then clipping on the Atalanta race form. Race packets will only be available on race day morning.

*For more information:*

Stacey Diaz, Co-Race Director -- (719) 564-9303  
Southern Colorado Runners web site: [www.socorunners.org/](http://www.socorunners.org/)  
News release courtesy G. Franchi



Jan Dudley provided us with a photo from the Salida Tenderfoot Triathlon, on September 19, 2004.

Pueblo Participants: Carrie Slover, Stacey Diaz, Dave Diaz, Gary Franchi, Jan Dudley, Gerald Puls, & team Unusual Suspects (in the middle of the photo): Mary Rudolf (bike), Marijane Martinez (run), Gina Benfatti (swim).

### Congrats!!!

Diane Lopez, Marijane Martinez, and Jessie Quintana all qualified for the Boston Marathon with stellar performances in the recent St George Marathon. Five SCR ladies made the trip.

- Diane Lopez, 46, 4:00:32.
- Marijane Martinez, 52, 3:59:51
- Jessie Quintana, 60, 4:22:24
- Gina Benfatti, 43, 4:25:29
- Diana Reno, 42, 4:32:31

### Rock Canyon Half \$AVING\$

SCR Members get a \$5 discount on the Rock Canyon Half Marathon. It's NOT indicated on the entry form, but just deduct \$5.00 from the entry fee if you are an SCR Member.

Remember - this year the race is on a **SATURDAY** (December 4th)

**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.

In my humble opinion, the most scenic of the 10 run series is the **Temple Canyon 4-mile predict run** on November 27<sup>th</sup>. The run starts at 9am just outside Canon City.

According to race co-director Rich Hadley, the run is "a challenging four mile romp through the canyon lands south of Canon City, Colorado. This is your chance to traverse rocky single track and ford icy streams in late November. There have been broken bones on this course so be forewarned. Come and have a great time."

Don't let Rich's "broken bone" warning scare you off. It was only once, and it was Rich's wrist bone. The scenery is stunning, so watch the trail, and you will fine.

The hilly trail winds around the junipers and through the stream twice. The stream is not deep, but it can indeed be icy, so you have to cross with care.

To get to Temple Canyon from Pueblo, go west on HWY 50 to the west end of Canon City. On 1st Street, go south (left) for approximately 2 miles. Note—this is an approximate distance. At the Temple Canyon sign, turn right and follow the road until you see the SCR gathering place.

You might even want to take your camera.

Ladies, this is the silver anniversary for the **Atalanta Run**. See the News Release on the previous page for details.

**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://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!!! See you on November 3rd?

**The Final Thoughts...**

My psychiatrist told me I was going crazy. I told him if you don't mind, I'd like a second opinion. All right, he said, you're ugly too. Rodney Dangerfield. (1921 – 2004)

Nothing that grieves us can be called little: by the eternal laws of proportion a child's loss of a doll and a king's loss of a crown are events of the same size. -Mark Twain, author and humorist (1835-1910)

The ancestor to every action is a thought. Change your thoughts to change your actions. (unknown)