



Editors: Ron Dehn & Debra Wall

# FOOTPRINTS



The Two for One Edition

## Holiday Greetings to You and Yours



### Show us the Money!

Troy Davenport and Misti Frey were the money winners at the October 23rd Harvest Poker Run. At the end of 5 miles, Troy and Misti had the best poker hands and split the pot of entry fees

### The Harvest Poker Run is the Best of Everything

It was the complete package. Food! Beverages! Fellowship! Poker! Oh yeah - we ran too.

Twenty-eight runners, several family members, and race volunteers gathered at Lovell Park in Pueblo West for the 5 mile Harvest Poker Predict.

Dave & Stacey Diaz did another great job of organizing the event. The club furnished chicken and beverages. Everyone else brought a collection of cookies, desserts, and side dishes.

The Fire Department felt that the wind was a little too strong to for us to build the traditional bonfire. But never fear - SCR officials are already discussing a "Plan B" for next year. If the wind is blowing, we will simply use the metal barbeque containers at the park for an albeit smaller fire. But it should be enough to reduce the October chill after sundown.

Most everybody hung around for the food, and a few die-hards huddled together well past sundown for additional refreshments. What dedication! See inside for more photos and results.

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## SCR Notes from the November 3rd meeting

Present: Rich Hadley, Misti Frey, Lois Pfof, Don Pfof, Gary Franchi, Ken Raich, Jeff Arnold, Terry Cathcart, Dave Diaz, Stan Wren, Sandy Reinsch, Ben Valdez, Nick Leyva, Marijane Martinez

### Officer Reports:

Treasurer, Dave Diaz presented copies of his report to members. The report was accepted as distributed.

Membership Chair/Webmaster, Ken Raich discussed membership and indicated all is well with SCR membership. Membership is a little over 200.

### Upcoming Races:

Atalanta will be celebrating the 25<sup>th</sup> Anniversary on Saturday, November 20<sup>th</sup> beginning at 9:00a.m. Race Directors are currently trying to gather shirts for 1984 and below. Volunteers were identified. For more information contact Jacqueline Wall or Stacey Diaz.

Temple Canyon Predict will take place on November 27 beginning at 9:00a.m. For more information contact Rich Hadley.

Discussion was held concerning the possibility of shortening the distance of MJ/Nick's Predict, which is currently approximately 8.5 miles. It was decided to leave it at that distance. The event will take place on December 12 beginning at 9:00a.m. It is a covered

dish. For more information contact Marijane/Nick at 564-6043.

A Spring Run Off meeting will be held November 4 at 3:30p.m. at the Pueblo Chieftain. All SCR members who are interested in attending are welcome. Terry Cathcart will report at our monthly meetings.

Karin Romero is planning on directing the Beulah Challenge again. The date will be Saturday, August 6, 2004.

### Activity Recaps/Updates:

YMCA Community Campus

Ben Valdez gave a semi-brief report on the YMCA Community Campus Complex. It was decided that a group lead by Nick Leyva will come up with a variety of ideas on things SCR could do to help raise money to fund this effort. The amount discussed for this endeavor was \$5,000.00 over an extended period of time.

### SCR Banquet

The banquet will take place on Saturday, January 22, 2005. Time to be announced later. Sandy Reinsch is checking out facilities. After discussion motion was made by Sandy Reinsch to have club members pay \$10.00 for the banquet and SCR will pick up the remainder. Motion seconded by Terry Cathcart Those 12 and under will be charged less based on the cost quoted. This amount will


be announced later.

Sandy Reinsch, Jill Montera, and Marijane Martinez will be working to plan the evening of events.

### 2005 SCR Officers

All current officers have agreed to continue for yet another year (gluttons for punishment) with the exception of the position of Secretary. Anyone interested in filling this vacancy is asked to contact Gary Franchi.

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## 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. 274**

“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	564-4100
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, Judy Tucker\*

Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

**Contributing Writers / Photographers**

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Marijane Martinez Jeff Arnold

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.

\* Judy Tucker was one of SCR's early members and if my facts are correct, started the Atalanta run 25 years ago. Judy was also the first editor of SCR's newsletter.



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

Shop Union Ave  
**THEN eat**  
lunch at the  
**Gold Dust**  
217 South Union






# Great Stuff

by Gary Franchi



## Bands on the Run

Thought for today's lunch, compliments of comedian George Carlin: "The reason they call it the American Dream is because you have to be asleep to believe it."

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

As I glanced at the list of features of the new Dell computer system I just ordered recently, I marveled at how far technology continues to advance. Shoot, man, these things today come with so many gigahertz and CSU RAM storage closets that I think you could fit the state of New York on a hard drive. Or at least on an internal zip drive. Or something like that. Maybe on a CD burner. Yeah, that's it!

Of course, I thought computer technology was the bomb 3 or 4 years ago, too, when I purchased the HP system that just bit motherboard dust. That was just a few months after the hard drive (files, e-mail, the works) got totally eaten by a virus. Which came about six months after the power supply had to be replaced. Which I think occurred about three months after ... well, you probably get the point.

Oh, and I sort of had an inkling that my Millennium Edition system on that computer might not be the most reliable and efficient ever produced either when the computer gurus routinely referred to it as the Moronic Edition.

But, hey, why get picky? These things are created by technological geniuses, aren't they? I mean, who else could do such a great job of marketing and packaging such glitzy, full-of-promise, planned obsolescence? Is this not the best example of good ol' American creativity at work?

Well, not so fast, Sherlock.

I'd have to say that this Dell purchase experience almost had me convinced that this was the ultimate in creativity in our society until I picked up a recent copy of *The Independent*, the alternative newspaper published in Colorado Springs. Besides its refreshing and sometimes laughable left-wing flavor, *The Independent* does a great job of pub-

lishing enchanting singles ads on its "Back Page."

Wait, wait. What I meant to say was that *The Independent* regularly publishes lists of the bands that are scheduled to play at small area clubs like 32 Bleu and Tejon St. Bistro in the Springs as well as at intimate venues in Denver like the Fillmore and the Paramount.

The names of some of these bands are a testament to true creativity from what must be creative geniuses. Who else could come up with stuff like Garaj Mahal, Bela Fleck & The Flecktones, Leftover Salmon or my personal favorite – Colonel Claypool's Bucket of Bernie Brains.

There are plenty more gems – like Skinny Puppy, Del the Funky Homosapien, Cannibal Corpse, Cradle of Filth and Blissful Wishwash. I actually made up that last one, but who would really know?

Shoot, the name Smashing Pumpkins, which I once considered très stupide, is actually starting to sound merely juvenile next to some of those.

Anyway, to relate all this nonsense to running, I started wondering if any of these creatively-named groups would be playing along the route of the Rock 'n' Roll Marathon, a race in San Diego that will be held in June. (They're not.) To those unaware, this marathon has bands playing within every mile of the 26.2 miles, sometimes 2 bands within a mile.

And virtually every format is represented, not just rock. There's alternative rock, country, reggae (they must think Cecil Townsend will be there), African drumming, modern rock, pop rock, acoustic folk rock, funk rock, various band tributes, tejano, soul rock and anything else I've overlooked from this printout list in front of me.

All I have to say is, at today's prices, this is probably the cheapest concert ticket in the country. If you are a runner living in that area, you almost HAVE to enter and run the marathon just for the deal you get on the music.

Perhaps inspired by the state's creative pool of geniuses in Silicon Valley,

the San Diego area has its share of enlightened minds when it comes to naming musical groups. Check out the names of some of these that are scheduled to play:

Kitten With a Whip, Eve and the Bad Apples, Double Wide, Left4Dead, All About Me, Zoo-2, Corporate Whore (a candidate for *The Independent's* Back Page) and the epitome of creative names -- Dub Squad meets Ismael the Peacemaker, which is one of the reggae groups.

They almost make the name Colonel Claypool's Bucket of Bernie Brains sound juvenile, don't they?

Interestingly, Zoo-2, which is a U2 tribute band, will play in both mile 14 and mile 23, meaning they must have an efficient road crew. I guess the union don't mind.

So what does all this mean? Well, it beats the heck out of me.

But I know one thing – I'd rather pony up a few bucks for this marathon -- and be able to listen to some good tunes for a few hours – then pay for a new computer system. It doesn't seem to take a creative genius to figure that out.

### Ten things I was just wondering:

1. Wouldn't you love to execute athletes who say they won or lost a game because they did or didn't do a good job of "executing?"

2. Aren't you glad runners never say they won a race because they did a good job of "executing?"

3. Has anyone ever fallen asleep in their car waiting for the light to change at the intersection of Purcell and Highway 50 West in Pueblo West?

4. Isn't it great to be involved in road racing so you can experience the joys of using a Porta Potty?

5. Speaking of Porta Potties, why is the name "John" ever spelled with an "h" in it?

6. Not to sound morbid or anything, but wouldn't life be a lot more comfort-

(Continued on page 5)



### Dec Birthdays ( & other events )

- 4 Pat Berndt  
Jeff Bridges\*
- 8 Richard Greet  
Diego Rivera\*
- 9 Nicole Lopez  
Sandra McKenna  
Beau Bridges\*
- 11 Dave Dehn  
Rita Moreno\*
- 12 Anthony Diaz  
Kathy Stommel  
Cathy Rigby\*
- 13 Carrie Slover  
Nicole Rosa  
Dick Van Dyke\*  
Electoral College Meets
- 18 Mark Wilkinson  
Tom Willumstad  
Keith Richards\*
- 19 Kathleen Spencer  
Terry Cathcart  
Cicely Tyson\*
- 20 Charles Hall  
John Holiman  
Uri Geller\*
- 21 Jerry Tiller  
FloJo\*  
Apollo 8 launched
- 22 Kaylene Khosla  
Diane Sawyer\*  
Winter begins
- 23 Carol Kinzy  
Rick Hough  
Connie Mack\*
- 24 Richard Hadley  
Kit Carson\*
- 25 B Bleakley  
Jesus of Nazareth\*
- 30 Kyle Beard  
Tiger Woods\*
- 31 Leanne Ropp  
Jared Bruce  
John Denver\*

\*honorary SCR member



## Trail Notes

by Shaun Gogarty

### Adventures in Equador



For me, opportunities to trail run and opportunities for adventures fulfill the same objective: avoiding the mundane. In our over developed, climate control environment mundane is the prominent theme. Mundane is probably why Prozac is the number one prescribed drug in the world. For an average, middle aged, fat man mundane is the long history to the present and the continuing vision stretching 20 years toward retirement. So rather than Prozac, or a midlife meltdown, I look for variety. On a local basis I find it by running different trails, but on a grander scale I find it when I get the opportunity to visit new places. Ecuador isn't exactly a running destination but my daughter, who'd been working in a Quito orphanage for three months, thought I should come and see what she had been doing. I wanted to see her, but I also knew it was a chance to modify my adventure running techniques into adventure travel techniques. You can always have fun running in foreign countries, but if you approach foreign travel properly it can be even more exciting then getting lost while running in the mountains!

If you have a choice, always choose a country where English is not spoken. Foreign language is synonymous with adventure. I prefer adventures where Spanish is spoken because they are relatively close at hand (your local Wal-Mart for example) and because I pretend to speak Spanish thus multiplying the adventure. Ecuador was a perfect opportunity. For me, pretending to speak Spanish rather than admitting I don't, leads to exciting scenarios like telling a taxi driver "el seminario" and finding yourself at the "cemetario" in the black of night. Lack of communication or at least confused communication is essential to adventure travel. In fact we "ran" around Quito for entire day without ever really knowing for sure where we were.

The next key to making travel exciting is utilizing the local transportation. This is an easy and cheap "ticket" to adventure. After exploring Quito we took one of the Ecuadorian airlines – Tame – to the coast. Accidentally getting a pair of scissors through the "security" was not a reassuring start. Of course no one is really trying to blow up Ecuadorian airlines because terrorist probably figure they'll do it without any foreign assistance. Arriving in Manta, alive, we felt bolstered by our success so we jumped in a taxi for our trip further

south. In addition to the adventure this is an excellent way to do isometric exercises. You can constantly flex your legs, arms, neck and jaw as you prepare for high-speed impact with buses, other taxi's and bicycles. Newton's laws of motion are not part of any Latin American curriculum and accordingly the people drive as if the laws of motion will not affect them. Of course for people with knowledge of Newton's Laws it just adds to the constant thrill and adventure. After an excellent isometric workout we finally reached our first stop - Finca Punta Ayampe Lodge in the thriving town (population 70) of Ayampe. When the cab driver finally reached the end of the dead-end dirt road (track) in a thick grove of jungle, he even seemed hesitant to leave us.

After a night in Ayampe we took our lives in our hands and continued to seek adventure sans tour guide. This was fundamental to adventure travel: no plan (adapted from my trail running mantra – no map). We hopped on one of the local buses heading toward Salinas. There is something unnerving to get on a bus with a patron-saint statue affixed to the driver's dashboard. This wasn't Greyhound, this was Pepe's bus with shag carpeted dash and blasting stereo. Pepe also happened to be a relative of our taxi driver. Perhaps fortuitously the bus broke down within 10 miles leaving us all on the side of a road in a town where fresh cut meat was being cured by the local flies. Eventually we did catch another bus and after picking up a few thousand other passengers finally arrived in Salinas. Salinas was almost a resort and after one night we quickly tired of the calm and sought the excitement of another bus to Montanita.

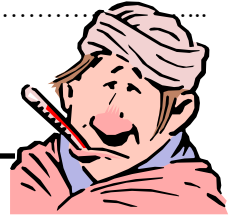
Montanita can only be experienced, not well described. Take a few people from each and almost every country of the world, put backpacks and tie-die on all of them, mix them with a small beach community of Ecuadorians, turn the clock back to the 1960's and you have Montanita. It was beach bums, hippies, artists - open air cafes, thatched roof hostels and people playing guitars on street corners while Spanish was spoken with 10 different accents. If someone had invited some bands I would have sworn we were in some sort of tropical Woodstock. Time travel is definitely a must for true adventure seekers. Fortunately you don't have to find a black hole just the right "lost

*(Continued on page 6)*



# Rocky on Fitness

By Rocky Khosla, M.D.



## Flu Vaccine & What to Do

With the recent events surrounding the influenza vaccine, I thought that it might be a good idea to talk about what happened and what you can do to help yourself and your loved ones.

On October 6<sup>th</sup>, 2004 British regulators shutdown the plant where the Chiron corporation was making this year's influenza vaccine. The regulators did this because they were concerned about contamination of the facility and the vaccine supply itself by a bacteria called serratia. This bacteria lives in plants, animals, water and soil, and can colonize medical equipment. If injected, this bacteria can cause sepsis, where patients end up having very low blood pressures and poor perfusion of vital organs, and this can lead to death. Clearly, the British authorities did the right thing by stopping the shipment of potentially tainted flu vaccine that may have led to widespread problems.

You might ask yourself, why are there only two providers of the flu vaccine in the U.S.? The short answer is that lawyers are to blame, since producers of vaccines face incredible risks of lawsuits for what are often cases that really are not their fault. What this has done is driven all but the most financially solid companies from the field of vaccine research and development. Thus, the only two companies which the U.S. was going to get the influenza vaccine from this year were Aventis (a French company) and Chiron (a British company). With Chiron out of the picture, that leaves only Aventis.

So you might say, why doesn't Aventis crank up their production and get out more flu vaccine? The problem is that the vaccine is produced by inoculating eggs with strains of what the manufacturer believes will be the most likely strains of the virus to cause trouble, and the process takes well over 6 to 8 months. Thus, even if Aventis cranked up everything, they could not produce enough vaccine till this year's flu season was long over.

What can we do as we face this year's flu season with a significant shortage of flu vaccine? First, remember

that the vaccine is not 100% effective in preventing influenza. The vaccine's effectiveness is anywhere from 60 to 80%. If you are in the high risk group (for a list of conditions that puts people in the high risk group see [www.cdc.gov](http://www.cdc.gov)), see if you can get immunized by the health department. Supplies are very tight, but supposedly deals are being worked on to get Canadian shipments. Also, there is a nasal vaccine that could be considered, but cannot be used in people older than 55 or in people who are immunocompromised as this is a live attenuated (weakened) virus vaccine. As the flu season approaches, practice plenty of good handwashing, and stay away from large public gatherings once the flu hits town. Lastly, there are medicines that can help shorten the duration of symptoms and make you not as infectious if you start them soon enough. The older medicines are amantadine and rimantadine, both of which work well against influenza A, but not influenza B, and then there are newer medicines such as Tamiflu and Relenza which work against both influenza A and B, but these are more costly. Generally, to be effective, these medicines should be started within 12 to 48 hours of when the symptoms of influenza start. The most common symptoms of influenza are muscle and joint aches, fever and malaise. If you have these symptoms, your doctor may get a nasal swab test done which can now rapidly tell if you have influenza and if so, what type, and then he or she can start you on the appropriate medication

if needed.

Lastly, it appears that the strains of influenza seen in the Far East so far (and the flu migrates from the East to the West every year) are the same as they were last year. This means that there is a chance that last year's flu vaccine may provide some protection for this year as well!

Till next time, stay healthy, wash you hands well, and thank a lawyer for the shortage of influenza vaccine. I am sorry for getting on my soapbox and I know that not all lawyers are bad people, but from where I sit, it sure looks like the world would be a better place with fewer legal eagles.

Sincerely, Rocky Khosla, M.D.

*(Great Stuff continued from page 3)*

ing if we could see all those suicide bombers burning in hell?

7. Is there anything more boring than some "wise" observer of the running scene who says that runners need to "listen to their bodies?"

8. Regarding #7, how about someone who says "drink plenty of fluids?"

9. Remember a couple of decades or so ago when you could pronounce the names of most of the top finishers in a major marathon?

10. Remember a couple of decades ago when you CARED enough to watch a major marathon on TV?

Until next month, check *The Independent* for the next appearance of Blissful Wishwash at 32 Bleu.





## Ramblin'

by Ron Dehn



### FAQ for Footprints "New" Focus

#### Newsletter FAQ (Frequently Asked Questions)

**Q.** Ok, What's with the November / December edition? (See upper left corner of cover.) Are you trying to pull a fast one? Are we going to miss an issue?

**A.** Slow down pilgrim. We are actually responding to a reader suggestion. One of our readers (yes, one of you actually does read this newsletter) suggested that we shift our cycle of publication. In the "real world", most January publications "hit the streets" (a technical term used by those of us in the business) in late December. Thus, the publication looks to the future. Therefore, at SCR headquarters, in December, we will publish the January issue. In January, we will publish the February issue. You get the picture. But – we hated to leave out a month, so we are calling this the November / December issue. It is the "transition issue". Does any of this make any sense?

**Q.** So will this ever happen again?

**A.** Perhaps. You know how every four years in February, we have a leap day? And every now and then on December 31st, we add a leap second? We looked on the Internet and found that in the year 4455, to keep the calendar consistent with the earth's rotation around the sun, we will add a leap month. Therefore, in July, 4455 we will publish a July / August issue.

**Q.** Is that really true?

**A.** OK, we made it up.

**Q.** We ask again. So will this ever happen again?

**A.** Maybe. Believe it or not – it takes a ton of effort to put out this newsletter. Sometimes schedules get quite tight. That's right. As Dr. Seuss might (say):

It is our plight, to stay up at night, by the candle light bright. Sleep we must fight, to provide for your reading delight. It's not in our sight, but do this again, we just might. Or, we could all just go fly a kite. Perhaps we should op to stop, before this turns trite?

To restate in English: There may be an occasion in the future when we combine 2 months of news into one newsletter. At this point, we don't have a specific plan to do so, but we do wish to keep the option open to maintain our sanity. Oh great! It's too late!

**Q.** Are you just changing the date on the cover? Will this make a real difference with respect to content?

**A.** We hope so, but to some degree, it depends on the information we receive. We are asking Race Directors to look toward the future with respect to newsletter announcements. Since we will be publishing the September issue in August, Race Directors should submit announcements for September activities to us by the first few days of August at the very latest. If potential participants have enough lead time, they will put your race / event on their calendar early, thus increasing likelihood for participation. That's the theory anyway.

**Q.** So what do you want from Race Directors?

**A.** First, we want Race Directors to promote their race in the newsletter. And we really prefer information in electronic form. You can send us an e-mail with anything from a few sentences to a full article describing your event, why you are doing it, special prizes, special speakers, directions to your event, etc, etc. Let our readers know why they should run your race, and make it easy for them to get there.

Secondly, after your event, please feel free to send us photos and / or a write-up

on what took place. Chances are, you spent a lot of time and energy putting your race together. Here's your chance to talk about what a success it was! Let us know names of people in your photos in case we don't recognize them.

Send to:

Ron at [ron.dehn@colostate-pueblo.edu](mailto:ron.dehn@colostate-pueblo.edu)  
or Debra at [dswbailey@hotmail.com](mailto:dswbailey@hotmail.com)

**Q.** I'm out of questions.

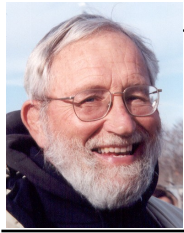
**A.** Good because I'm out of answers. If we were to continue, our conversation would definitely go downhill. We restate, oh great, it's far far far too late.

*(Trail Notes continued from page 4)*

world" – which we did in beautiful Montana.

We spent time swimming, walking and running on beaches so empty that the only other person was a naked local man taking a bath. Injuring an ankle on a run here you'd be lucky if a donkey happened by to give you a lift to the nearest hut. Being the only ones on the beach we kept wondering if our Spanish-speaking hosts had meant no "danger" or no "debe" (no you shouldn't) swim. Eventually our time ran short and we made our way slowly up the coast by cab and bus and finally by plane back to Quito.

It was an adventure every day and every minute – one to be savored frequently and hoped for fervently in the future. Especially once we returned to the mundane of our "regular" life. Adventure is out there. With the proper mindset you can find it at home and abroad.



## State Cross Country 2004 by Jeff Arnold



Pueblo area runners were a relatively small part of the state cross country meet October 30, unless you had some personal connection to them. Pueblo South's boys were 20<sup>th</sup> of 23 teams in boys 4A, Centennial 21<sup>st</sup>. Rye was 27<sup>th</sup> of 30 in 3A boys. If one were simply a fan of the sport, this meet was one of the best ever. Jay Johnson, CU recruiter and assistant coach said that he saw as many as twelve Division 1 girls in the meet, the most he remembers. And that doesn't include Katelyn Kaltenbach from Smoky Hill, last year's Foot Locker national champion, was out most of the season with a stress fracture.

In the girls 3A division Rachel Gioscia from Buena Vista defended her title by easing away from a strong group a little less than a mile into the race. Only Kristen McGlynn from Platte Canyon was able to stay within half a minute of Gioscia, and then just barely as the first winner of the day came home in 18:27 to McGlynn's 18:56. The Classical Academy, a Colorado Springs charter school where students have to pass two years of Latin to graduate, won the team title with a narrow 102, 107 victory over Pagosa Springs.

The 4A boys race had been widely touted around the state as the event of the day. Mohamed Ige from Denver South was one of the top returners from last year's 5A division as was his teammate Aden Ahmed. Last year they ran for Denver West. Glenn Randall of Palisade, who sometimes does 30 or 40 mile training runs with roller skis, was last year's 4A champ. John McGuire was the 2003 3A champ but his school, D'Evelyn, moved up a classification.

The race went out in 4:42 for the first mile with the trio of Ige, Randall and McGuire pushing the fastest pace of the day. Not long after the mile Randall began to fall back, but everybody behind him seemed to slow even more. From then on it was a two man race for the title, with Ige opening a slight lead as they disappeared into the trees before

bending onto the final straight. With fans screaming themselves hoarse, the two approached the finish line. With 100 meters to go, McGuire eased into turbo and opened an eight second lead to finish in the fastest time of the day, 15:05 to 15:13. Randall seemed assured of a third place finish, then Todd Griffith put on a stunning sprint to erase a ten meter lead in the final fifty, to nip Randall 15:59 to 16:00. Denver South easily won the team race, 60 to 160 for Liberty

5A girls featured Smoky Hill who had been ranked the top team in the country before their star, national Footlocker champion Katelyn Kaltenbach got hurt. Still, number two Megan Shultz was plenty tough, finishing second in the day's third best time for girls, 17:56, and having two more teammates in the top eight. Smoky Hill won convincingly over runnerup Fairview 102 to 124. With a healthy Kaltenbach the winning score might have been as low as 60. But Kaltenbach didn't run and the new 5A champ was Molly Plumer, a sophomore from Coronado, who was running side by side in the final straight with Shultz until she decided to go. She opened a huge lead almost immediately and won in 17:39. Perhaps Plumer will be the next superstar in the long line of national class Colorado girls.

In the 3A boys Tim Hilt of The Classical Academy led his team to an easy championship, winning in an unpress 16:11 to Daniel Villagomez of Center's 16:26. TCA took the 3A team championship with a 62, 105 victory over Colorado Springs Christian. Rocky Ford was third and La Junta was fifth.

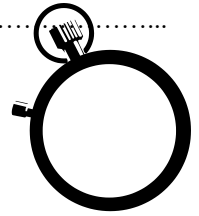
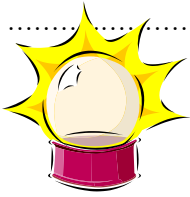
The 4A girls division probably was never a race, but it looked like it for just over half a mile, when Summit County's Whitney Anderson showed she is already on another planet. Her 17:25 not only provided a nearly one and one half minute margin over Conifer's Angela Potrykus, but it was the fastest girl's time of the day. CU's Johnson called it "easily the performance of the meet."

Anderson seems to be a maverick. She doesn't run big miles, and rarely trains on the track, even during track season. She does train very fast on slightly downhill trails frequently.

This race featured Pueblo's best runners. Centennial's Sofia Monroe, who'd been fighting a cold all week was no match for the early pace and finished 11<sup>th</sup> in 19:19. Freshman Kelci Johnston of Pueblo West was 17<sup>th</sup> in 19:32 and Calah Sanchez of Central was 19<sup>th</sup> in 19:40. Had the race finished 200 meters sooner, Calah would have been 12<sup>th</sup>, but her courageous try for a top ten finish fell apart at the end. Mountain View walloped Moffat County 87 to 147. The best Pueblo finish was Pueblo West's 19<sup>th</sup> of 22 with 565. Centennial was 20<sup>th</sup> with 575.

The last race of the day was bound to be something of an anticlimax. Steven Weeks of Arvada, a sophomore, was a mild surprise, winning over Air Academy's Matt Williams, 15:33 to 15:43 and Fort Collins had a dominant team victory, 58 to Cherry Creek's 147. However those fine performances passed almost unnoticed as many in the crowd were still buzzing over Whitney Anderson.

The state meet is kind of local Olympics with a kind of democratic flavor. While only about a dozen runners will be remembered by any but family, friends, teammates, and a very few dyed in the wool fans, 990 athletes finished their races. Each of those will remember forever.



# The Predict Series Is Beginning to Gel

With the completion of the Harvest Poker Run, eight of the ten Predict Series races for 2004 have been completed.

At the Harvest run, Troy Davenport and Misti Frey were the best poker players, but Larry Volk may have put the proverbial nail in the coffin for the 2004 Predict Series. Larry was near perfect with a 1 second difference to score his third 100 pointer for the year.

Steve Wall had a great race posting a 4

second differential to add to his numbers. Two other top competitors, Don Pfost, and Matt Sherman, moved up in the standings with excellent times.

Our research staff dug out the results from the last few years for comparison purposes. The winners were:

2003	Gina Benfatti	450 points
2002	Ross Barnhart	441 points
2001	Ben Valdez	467 points
2000	Rich Hadley	471 points

Think about running the final 2 races in the 2004 series, no matter where you are in the standings.

The Temple Canyon is a beautiful trail run around the junipers in the red hills near canyon. See the back page for directions.

Marijane & Nick's Predict is an 8+ miler and is followed by a pot luck. Mmmmmm.

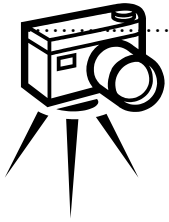
## Current Predict Standings For those with 100+ points

Name	Spring Runoff	Ben & Matt's	Rams 8K	Tarant 8M	Moon Mad	Butt Buster	Tunnel Drive	Harv 5M	Total Points	Best 5 Races
Larry Volk	55.17	100.00	92.31	100.00	87.50		86.84	100.00	621.82	479.81
Steve Wall	79.31	80.77	15.38	82.35	100.00	73.08		96.43	527.32	438.86
Don Pfost	82.76		88.46	88.24	20.83	3.85	68.42	78.57	431.13	406.45
Matt Sherman	86.21	84.62	76.92	76.47				71.43	395.64	395.64
Nick Leyva	72.41	88.46	46.15	94.12	83.33	23.08	47.37		454.93	385.69
Rich Hadley	93.10	46.15	100.00		50.00		92.11		381.36	381.36
Dave Diaz	58.62	57.69	80.77	70.59		88.46	76.32		432.45	374.76
Ron Dehn	100.00		26.92	58.82		61.54	100.00	35.71	383.00	356.08
Emily Borrego	17.24	96.15	57.69			96.15		67.86	335.10	335.10
Ben Valdez	51.72	73.08	69.23			26.92	81.58		302.53	302.53
Marijane Martinez	68.97	26.92	23.08	29.41	41.67	57.69	71.05		318.79	268.79
Stacey Diaz	62.07	19.23	50.00	23.53		42.31	57.89		255.03	235.80
Gina Benfatti	48.28	65.38	53.85	17.65	45.83				230.99	230.99
Wendy Garrison			38.46	47.06	12.50	34.62	21.05	89.29	242.97	230.47
Robert Santoyo	27.59		34.62		4.17		55.26	60.71	182.35	182.35
Jacqueline Wall	96.55		65.38		70.83				232.77	
Gary Franchi	75.86	23.08				50.00		82.14	231.08	
Paul DallaGuardia	10.34				95.83		26.32	92.86	225.35	
Jan Dudley	41.38	76.92		64.71			28.95		211.96	
Becky Medina				52.94	16.67	30.77		85.71	186.09	
Mike Orendorff		11.54	84.62		79.17			7.14	182.46	
Hilda Garcia					37.50	46.15	73.68		157.34	
Bill Veges	31.03	61.54						53.57	146.14	
Diana Reno	6.90		42.31	41.18		53.85			144.23	
Jill Montera	44.83	69.23						28.57	142.63	
Debra Wall	89.66				33.33	11.54			134.53	
Brian Ropp					54.17			75.00	129.17	
Carrie Slover	65.52		61.54						127.06	
Angelo Aragon		15.38	96.15						111.54	
Chief Reno		7.69			58.33		42.11		108.13	
Joe Stommel		92.31		11.76					104.07	
Misti Frey	53.85		35.29					14.29	103.43	
Mary Rudolf	24.14		73.08	5.88					103.10	
Alison Meehan						100.00			100.00	

Co Race Director Dave Diaz announces poker hand results

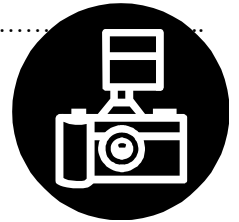






# PHOTO Gallery

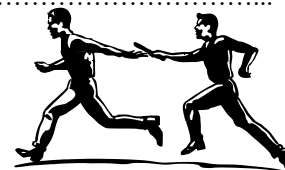
## Harvest Poker Predict



Clockwise from upper left: The gang digs in, Humberto Parades & Larry Volk, Patricia Orendorff and her Dad Mike, Terry Cathcart, Mike Orendorff, Ken Raich, and Patricia Orendorff study results, Jill Montera, Gary Franchi, and Matt Sherman ham it up.



We appreciate the Harvest Predict volunteers: Race Directors: Dave & Stacey Diaz, Timers: Terry Cathcart, Lois Pfof, Finish Line: Pixie Raich, Nick Leyva, Aid Station: George Slaughter, Marijane Martinez, Results: Ken Raich, Poker Hand Results: Mark Koch



## Potpourri

*(SCR Minutes continued from page 2)*

Current officers are:

Gary Franchi, President  
 Rich Hadley, Vice President  
 Treasurer, Dave Diaz  
 Secretary, Sandy Reinsch, Marijane  
 Martinez (co-secretary)

Again, the position of Secretary needs to be filled for 2005.

New cones have been ordered and received. 4 dozen/12 inch cones and 2 dozen/18 inch cones.

### New Stuff

#### Volunteer Awards

Pictures of volunteer awards that will be ordered were distributed. These awards are normally distributed at the banquet. Contact Stacey Diaz if you have questions about your volunteer points.

Greater Sports Hall of Fame  
 Congratulations to Steve Catchart for his induction into the Pueblo Greater Sports Hall of Fame!

There being no further information to discuss the meeting was adjourned.

Respectfully submitted by Marijane Martinez, Co-secretary

### Actual Headlines

Man Shoots Neighbor with Machete

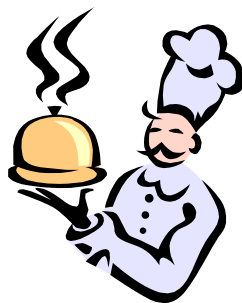
Milk Drinkers are Turning to Powder

Bible Church's focus is the Bible

Queen Mary having Bottom Scraped

Britain Inches Grudgingly Towards Metric System

The Annual SCR banquet will take place on Saturday, January 22, 2005. Time and location will be announced later.



Besides food and refreshments, the banquet is the time of year we honor special members. It is lots of fun! Mark your calendars!

### Bad Puns courtesy of Mel Druelinger

Two antennas meet on a roof, fall in love and get married. The ceremony wasn't much, but the reception was excellent.

A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."

An invisible man marries an invisible woman. The kids were nothing to look at either.

Two termites walk into a bar. One asks, "Is the bar tender here?"

### In case you haven't had enough.

Dijon vu - the same mustard as before.

A hangover is the wrath of grapes.

A bicycle can't stand on its own because it is two tired.

Time flies like an arrow. Fruit flies like a banana.

In a democracy your vote counts. In feudalism your counts vote.

Once you've seen one shopping centre, you've seen a mall.

### Musical Notes

Who sang the following country songs from the late 1970's?

1. Tulsa Time
2. Before the Next Teardrop Falls
3. Sweet Dreams
4. Southern Nights
5. All the Gold in California
6. Don't the Girls all get Prettier at Closing Time
7. Teddy Bear
8. Rolling With the Flow
9. Talking in Your Sleep
10. Just Good Ol' Boys
11. The Devil Went Down to Georgia

Answers on the following page.

### Stuff You Probably Didn't Know

The highest point in Pennsylvania is lower than the lowest point in Colorado.

Al Capone's older brother Vince Capone was a policeman in Nebraska.

The praying Mantis is the only one-eared animal on earth.

In one day, your blood will travel nearly 12,000 miles.

The average American dog will cost its owner \$14,600 over its lifetime.

George W. Bush is the great-great-great-great nephew of the 14th president, Franklin Pierce.

About 2/3 of all men's clothing bought in the U.S. is purchased by women.

A light-year is about 6 trillion miles.

Source: *Uncle John's Bathroom Reader Calendar*

# 2004 Pueblo Area Racing Calendar \*

DATE	NAME	EVENTS TIME	LOCATION CONTACT - PHONE
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.

## COLDER BOLDER 5K INVITATIONAL

You're All Invited! Bolder Boulder is hosting the Colder Bolder 5k Invitational at the CU Boulder campus on Saturday, December 4, 2004.

The 5k invitational races are based on finish times between 38 and 62 minutes at the 2004 Bolder Boulder. This is your chance to win a race!

In addition to the invitational races, any runner or walker may enter the Open 5k race. For more information, or to sign up, head to the Colder Bolder web page:

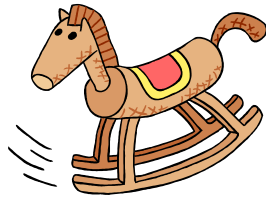
<http://www.bolderboulder.com/colderbolder.cfm>

## P.F. Chang's Rock-n-Roll Marathon & Half Marathon

The website states, "The run takes place on January 9th, 2005. Arizona is the place to be in January. Picture ideal running weather, two perfectly flat courses and over 50 live bands combined for one rockin' event. Don't miss out on the coolest run in the Valley of the Sun."

See <http://www.rnraz.com/> for more info

### Trinidad Run & Benefit



Dear SoCo Runners,

I am writing to let you know of a 5k run/walk that is going to take place in Trinidad on Dec. 4th at 9am. It is called the Trinidad Toy Trot, which will benefit youth sports sponsored by the YMCA and also the Trinidad Fire Department Toy Drive. The fee will be \$10.00 and a new unwrapped toy. The run/walk will start and finish on the riverwalk (parking will be at the City Hall parking lot on Animas St.)

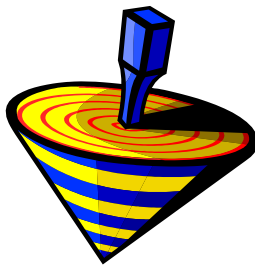
I will be the contact person for race information (Heather Baca 719-845-8796 or [Jipzeepup@aol.com](mailto:Jipzeepup@aol.com)). Entry fees should be sent to:

Fisher's Peak YMCA  
204 East Kansas  
Trinidad, CO 81082.

The toys will be collected that day and turned over to the Fire Department.

Thankyou very much,

Heather Baca



The last Predict Race of the 2004 season is just a few calendar pages away.

Marijane & Nick's Excellent Adventure, an 8+ mile predict, will take place at 117 Regency on December 12th. It's also a pot luck. Bring your running shoes and a side dish.

### Half Marathoners

One of SCR's premier races is about to take place. The Rock Canyon Half Marathon will be held on Saturday, December 4th at 9 am.

**NOTE the change to Saturday.** This race used to be held on Sundays. It is now being scheduled for the first Saturday in December.

Don't forget to save some money. If you are an SCR member, deduct \$5.00 from the entry fee.



Dave Diaz always puts on a great run and always draws a crowd for this race. The sweatshirts are collector's items and the awards are always 1st class!

If you are not running, think about earning a few more volunteer points by working the race. A race this size only works if lots of people show up to help out. Contact Dave at 564-9303.

### Answers to Musical Notes

(from the previous page)

1. Don Williams
2. Freddy Fender
3. Emmylou Harris
4. Glen Campbell
5. Larry Gatlin & the Gatlin Brothers
6. Mickey Gilley
7. Red Sovine
8. Charlie Rich
9. Crystal Gayle
10. Moe Bandy & Joe Stampley
11. The Charlie Daniels Band

**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.

Make plans to run the beautiful **Temple Canyon 4-mile predict run** on November 27<sup>th</sup>. The run starts at 9am just outside Canon City.

Race co-director Rich Hadley says 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. Come and have a great time."

The scenery is indeed worth the short drive. Plus it is one of the more popular predict runs. Spend some time with runners from Canon, Florence, and Pueblo.

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.

Take a camera or an easel.



**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 December 1st? What a way to start the month. If you are really planning ahead - see you on Jan 5th, 2005

**The Final Thoughts...**

The whole problem with the world is that fools and fanatics are always so certain of themselves, and wiser people so full of doubts. -Bertrand Russell, philosopher, mathematician, author, Nobel laureate (1872-1970)

There are only two lasting bequests we can hope to give our children. One of these is roots, the other, wings. -Hodding Carter

Complete possession is proved only by giving. All you are unable to give possesses you. -Andre Gide

P.S. Happy Holidays from your Footprints Editors!