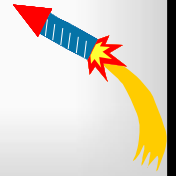


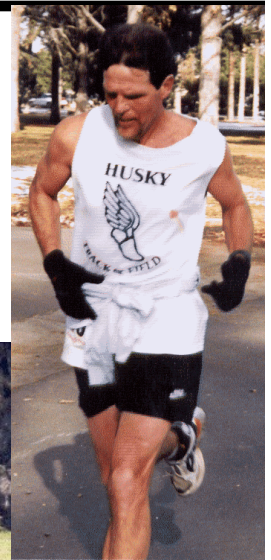
Editors: Ron Dehn & Debra Wall

# FOOTPRINTS



Yes, 2005 is just around the corner!

## Happy NEW YEAR Edition!!!



These are the (Predict) Champions for 2004  
(clockwise from upper left)

- Larry Volk
- Steve Wall
- Rich Hadley
- Dave Diaz
- Don Pfost

See Story on Page 10

SCR  
BANQUET  
&  
Awards  
January 22nd

Atalanta 5k  
Pages 8-9

Rock Canyon  
Results  
Pages 11-13



## SCR Notes from the December 1st meeting

Wow – December 1<sup>st</sup>!

Attendance: Sandy, Maryjane, Jeff, Nick, Misty, Billy, Terry, Jacqueline, Gary, Jill, Ken, Lois, Don, Dave. (last names omitted to protect whomever)

### Officer Reports:

Treasurer's report approved

Membership Chair/Webmaster: Active.com website is being utilized for on line registration. Ken passed the baton to Dave to take over the race calendar page on the website. If you have race dates please get them to Dave ASAP.

### Race Recaps:

Atalanta: great turnout – 68 people crossed the finish line, fabulous awards, and great history of the race – thanks Gary for the newspaper article.

Temple Canyon: another great turnout! I highly suggest this race to every one.

We discussed creative ways to increase participation for all of the races and ways to help get young people involved. If you have any ideas, please talk to Jeff Arnold. One idea was to sponsor some kids from the local high schools for some of our races. More discussion on this topic to come.

### Upcoming Races:

Rock Canyon ½ Marathon: ready, set, go – Dave is set! The volunteer participation is outstanding and registration is on pace to pass last years number.

Maryjane & Nick's Predict: Sunday, Dec. 12<sup>th</sup> for the 8 mile pre-

dict at their house. The race starts at 9:00 a.m. and the potluck will follow.

Spring Run Off: Had a planning meeting and things are under way to have another successful Run Off. The logo is being worked on by Paulette at the Chieftain, & a 2-mile fun run will take place this year. The next meeting will be in January and if you are interested, please contact Terry Cathcart.

Valentine's Twosome run will be on Saturday February 12<sup>th</sup>. Start getting your partner in shape and working on your baton – you win chocolate – yea.

Frostbite Five is planned for February 5<sup>th</sup>, 2005

### Activity Recaps/Updates:

YMCA Community Campus: As a club, we voted to help raise money to donate to the YMCA Community Campus. We will be giving \$500 at the SCR Banquet and then we are bringing opportunities to members and race registrants who would like to contribute. We will have a donation line on race registrations and membership forms, a traveling donation jar will be at the races and then we are going to sponsor a ghost run – more to come on that new concept.

Second ½ of meeting minutes taken by MoJo. (first ½ by Sandy)

Annual Banquet – January 22, 2005

Sandy is working with Mela de Angelo's and Angelo's to determine where the banquet will be

held. She will have the choice next meeting.

Sandy Reinsch, Marijane Martinez and Jill Montera will be working on the organization and entertainment for the banquet. Jill requested SCR letterhead stationary which she was given.


### Awards for SCR Banquet

Packard Friendship Trophy Nominations: Pat Berndt/Gary Franchi

Dirty Sock Award Nomination: Mark Koch

Male Runner Nominations: Rich Hadley, Brian

(Continued on page 14)



**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. 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	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, Nancy Zerg\*

Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

**Contributing Writers / Photographers**

Shaun Gogarty Dr. Rocky Khosla Gary Franchi  
Sandy Reinsch Marijane Martinez Jeff Arnold Larry Volk

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.

\* Nancy Zerg beat Jeopardy “giant” Ken Jennings. Jennings had won 74 straight matches and over 2.5 million dollars. Zerg lost her 2nd match.



SCR is associated with RRCA, Road Runners Club of America. See: www.rrca.org

**I resolve to visit the GOLD DUST more often in 2005**

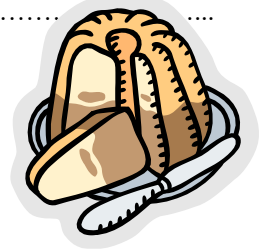
**217 South Union**





# Great Stuff

by Gary Franchi



## T'is the season to get fat

Thought for today's lunch, compliments of Fran Lebowitz: "Radio news is bearable because while the news is being broadcast, the disk jockey is not allowed to talk."

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

Hold onto your belts -- here come the holidays and you know what that means, don't you? Well, if not, let me refresh your memory a bit.

There are holiday parties, people bringing in goodies (read: junk) like sugar cookies at work, gifts to buy and wrap as workouts get squeezed out of the picture here and there, multi-course meals, candy canes, eggnog, lack of daylight that hampers running times, pumpkin pie with whipped cream, those Dove chocolates that you keep as a stash at work, a nagging spouse who thinks you should prepare lunch for the out-of-school kids instead of going for a 10-mile jaunt, etc.

Yeah, this is the time of year for less pumping of fists on runs and more pumping in of calories, most of them of the junk variety. In fact, every day is almost a sugar high waiting to happen. All while running becomes sporadic while "junk-fooding" shows great consistency.

So I've been reading all these articles about how we need to adopt strategies to avoid putting on flab at this time of year. But, you know, their messages are all a bunch of nonsense.

Just listen to some of these "expert" bits of advice: use smaller plates, eat a good snack before going to a holiday party, drink more water, eat more slowly, have a strategy, etc., etc. to the nauseous degree.

Boring. They're so predictable and all based on discipline. What fun is it if you have to have a strategy every time you're going to be celebrating? How festive can it be if you have to think about carrying a frickin' water bottle with you wherever you go?

These so-called "experts" have it all wrong. They're not thinking of ideas that could really be effective without needing

to have a strategy.

But I have been. And, being the humanitarian that I am, I'm willing to share some of these thoughts with you. For convenience sake, I've broken them into two categories of five easy thoughts each. Here goes:

### How to Lose Your Appetite to Eat or Desire to Drink

As soon as you can in December, pick a day to just gorge yourself with junk food. Pour in stuff like cakes, cookies, candies and pies throughout the day and eat nothing else. By the end of the day, you'll be so sick of that junk that you won't want to touch it again until the holidays are over, at least. Maybe not until next year. Or ever again.

As scary as it may be, stand in front of a mirror naked at the start of every day.

Before going to any holiday function, stop at a fast-food restaurant and watch a young kid eat.

Before going to any holiday function, stop at a fast-food restaurant and watch the food preparers.

Get on the Internet and look up the dangers of drinking.

### How to Squeeze in Workouts

Always bring your running gear to a holiday party. Then sneak out, change and go for a nice run. Wipe down with baby wipes and a towel afterward, and sprinkle on a little cologne. If anyone asks, tell them you had an upset stomach.

Always bring your running gear to a family gathering. Then sneak out, change and go for a nice run. Wipe down with baby wipes and a towel afterward, and sprinkle on a little cologne. No one in your family will miss you. Trust me.

Put sleeping pills in everyone's last glass of eggnog the night before, then get out at sunrise and go for your long jaunt of the week. You'll probably return before anyone else crawls out of the sack. Don't forget to turn on the coffee pot before you head out the door.

While everyone is watching Christmas

movies in the family room, run on the family treadmill. Remove the cobwebs first if you have to.

Shop online well in advance and have the stuff delivered at work. Wrap them and store the packages in your car trunk. Then when you tell everyone you're going shopping, head to the health club and work out for two hours. When you get home, empty the packages from the trunk.

No more excuses. Better yet, no more strategies either.

Hey, don't knock something you haven't tried.

### Ten things I was just wondering:

1. Why is there always enough whipped cream on a piece of pumpkin pie when you start eating it but never enough near the end of it?

2. Do you get the feeling that pumpkin pie with whipped cream isn't, like, one of the "204 foods that build muscle" that are listed in an article in the Dec./Jan. issue of Men's Fitness magazine?

3. Wouldn't it be cool if they had an "artificial calories" category on the ingredients label of a food product?

4. Would you say you've got a problem when people have trouble discerning whether you are a man or a woman?

5. Gee, do you think the running magazines publish all those articles on shoe ratings to keep the ad revenue flowing from the shoe companies?

6. Can't they develop an inner-box cereal bag (which holds the cereal) that can be opened without a pair of scissors?

7. Speaking of scissors, since I mentioned the unneeded "h" in the word "John" last month, who was responsible for putting a "c" in "scissors?"

8. Is it really necessary for the majority of Americans to park in the closest possible parking spot instead of parking a little ways back and walking an extra 20 or 30 yards?

9. How come the Rolling Stones

*(Continued on page 14)*



## January Birthdays (& other events)

- 1 Patrick Krumholz  
Betsy Ross\*
  - 5 Wendy Garrison  
Diane Keaton\*
  - 6 Nathan Comden  
Kahlil Gibran\*
  - 11 Michael Sanchez  
Naomi Judd\*
  - 12 Anthony Caprioglio  
Kyle Reno  
Jack London\*
  - 13 Chuck Moore  
Julia Louis-Dreyfus\*
  - 14 Logan Gogarty  
Andy Rooney\*
  - 15 Jim Hale  
Emily Borrego  
Martin Luther King Jr\*  
1st Super Bowl 1967
  - 16 Chief Reno  
Dizzy Dean\*
  - 18 Glenn Freelove  
Gloria Montoya  
Oliver Hardy\*
  - 19 Jan Dudley  
Janis Joplin\*
  - 22 Dennis Murphy  
Sam Cooke\*  
SCR Annual Banquet
  - 23 Jim Hruby  
John Hancock\*
  - 24 Amy Robinson  
Ruth McDonald  
Neil Diamond\*
  - 25 Monica Diaz  
Alicia Keys\*
  - 27 Holly Carter Carter  
Mike Messick  
Lewis Carroll\*
  - 28 Christine Willumstad  
Amy Clark  
Alan Alda\*
  - 30 Coby Gogarty  
Vanessa Redgrave\*
- \*honorary SCR member

## Many benefit from the SCR's reach

by Gary Franchi  
SCR Prez



Ever wonder what the Southern Colorado Runners does with all of its money? Well, besides paying its president a well-deserved \$5,000-a-year stipend (c'mon, I'm kidding!), the SCR's reach stretches far into the community as well as outside of it.

Let me give you a few facts to spell out this point.

The Southern Colorado Runners was founded in 1980 to promote running and fitness in southern Colorado. A non-profit organization, it has not deviated from its mission in 25 years.

With its available funds, the SCR conducts a number of road races that provide a racing forum for thousands of area runners. During the year, it also fosters the sport of running in the following ways:

- Using its expertise to help other groups conduct races, often waiving the cost of insurance and other fees to these organizations.
- Maintaining a Youth Fund that is used to send local runners to regional and national competitions and running camps.
- Making donations to fitness-related causes.
- Allowing organizations to use the club's race-conducting equipment.

- Conducting two women-only races to spark women's interest in running.

In 2004, the SCR has helped conduct the following races for other organizations:

Cinco de Mayo Run for the Rose, Rape Crisis Survival Run, Custer 2020 Run in the Valley in Westcliffe, Run for Rio in Rye, Caring Pregnancy Center, Little Run on the Prairie, Pioneer Run in Colorado City, Dam Run in Hasty, Soaring Eagles Run for Autism, East High School's Tribute Run and the Central Invitational cross-country race.

During the past two years, the club has made donations to the Southern Colorado Trail Builders, Mercury Track Club and numerous high school runners seeking funds to attend regional or national competitions or running camps. In addition, the club is beginning to implement a plan that will be used to make a multiple-year pledge to the YMCA's planned community complex.

The SCR depends on company sponsorships to conduct its race schedule, provide services and equipment to other organizations, maintain and upgrade its race-conducting equipment and meet its other expenses. The club is a member of the Road Runners Club of America, through which it is insured.

I hope this has provided some insights about what we do and how we operate. If you have any other questions, please contact myself or another

Yes, a short column this month.

I just want to convey my sincere wishes to you for a joyful Holiday season.

I have friends / family who are Christian, Buddhist, Jewish, Muslim, and some interesting personalized "religions". Some celebrate Christmas because of, or in spite of their individual affiliations. Some do not.

The part that matters is that we get in touch with the spirit of the season.

This can mean almost anything, but to me it certainly includes our relationship with others and reflection.

Most of us give and receive

### Mini Ramble by Ron Dehn

presents to our loved ones. It is also a time to be present. Yes, be present, not be a present.

The season reminds us to really be present to those near and dear to us. We also become more aware of opportunities to reach out a bit, and be present to someone outside of our "inner circle". Not always easy.

The reflection portion is appropriate to me for lots of reasons. Yes, 2004 was a mix of many things ranging from joy to unexpected turns. But that is the thing we call life. Yours,

mine, and the guy's down the street.

On January 1, 2005 we find ourselves looking out at life's landscape. Some of what we see is familiar, some is not.

Take a look in the mirror, take a look at the portion of the path you can see, take a deep breath, then step forward.

Yin and Yang. Scary but exciting.





# Rocky on Fitness

By Rocky Khosla, M.D.



## Talk about Cool Gadgets

Since we are rapidly approaching Christmas, I thought that it would be cool to write a column about some neat new gadgets that you may want to give loved ones, especially active, outdoorsy types. So here goes my list, in no particular order:

1. iPOD. I have to admit that I have been blown away by this gizmo! Apple came up with this revolutionary device, and Hewlett-Packard is now co-promoting it. Basically, this is a hard drive that has been specially modified to handle MP3 files. Now, don't get intimidated, because this is not just for computer nerds. The biggest capacity iPOD is the 40 Gb (40 giga bytes) which can essentially store up to 10,000 songs, and then there is the newest member of the family which is the iPOD mini which has a 4 Gb drive and can hold about 1000 songs. With the iPODS you can store songs from your own CD collection via a computer or you can buy songs from the iTUNES site that is really easy to access. Once you have the songs in to the player, you can play by type of music, favorites, random, etc. I got my iPOD from ebay and paid about \$370 for the 40 Gb model! The thing is a bit heavy so it is not the easiest thing to take running, but it is great to have for skiing or biking!
2. Smaller MP3 players like the RIO Chiba. This thing is about 2 inches by 3 inches and has a built in FM radio and MP3 player with a 256 Mb memory, and can be upgraded to another 256 Mb with the

addition of a Secure Digital card. So now I have about 40 songs at my fingertips, along with a pretty fair radio. This beauty can be had for about \$110 at Walmart.

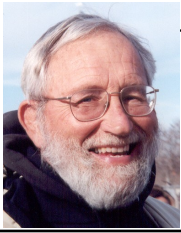
3. Digital cameras like the Kodak series are fabulous! You can get very light weight cameras that take excellent pictures. For example, I got a chance to go running by the Roaring Fork river in Aspen, and took my camera with me, and got some cool pictures. Later I was able to download the pictures into the computer's hard drive and fix any problems. One of the best things about taking digital pictures is that I can have these organized and then burn the images onto CDs or DVDs. The prices on these vary depending on how many megapixels you get, and it is nice to have at least 4 megapixels because if you try to enlarge pictures, the higher the megapixels, the less boxy the image will appear. I have the Kodak 6.1 megapixel Easyshare camera and I got it off ebay for about \$320.
4. Plug and play snap drives are cool. These things can now be put on a keychain,

and are essentially a portable memory stick. You just plug the thing into a USB port and can move your files into the snap drive, and then transfer the files into another computer, work on them and do whatever. So often I will work on something like this column at work, transfer the file to the snap drive, and finish the column at home. You can get a 512 Mb snap drive for about \$60 now.

Anyway, I hope that the above has given you some ideas for holiday shopping. Ain't technology just great! To everyone out there, Happy Holidays and have a fabulous New Year!

### THANKS!

The Rock Canyon Half was a great success. Thanks go to the cast of thousands including: Race Director: Dave Diaz, Finish Line: Don & Lois Pfost, Nick Leyva, Gary Franchi, Mark Koch, Debra Wall, Aid Stations: Marijane Martinez, Dave Foster, Hilbert Navarro, Misti Frey, Diane Lopez, Sandy Reinsch, Rochelle Garcia, Bill Veges, Joe & Briana Diaz, Setup: Jacqueline Wall, Lead Bicycle: Jim Dudley, Registration: Ruth McDonald, Kathy Stommel, Carrie Slover, Jan Dudley, Emily Borrego, Tim from the Gold Dust, Photographers: Ron Dehn, Larry Volk, Results: Ken & Pixie Raich. Dave Diaz also did a super job arranging for great weather. The guy must have con-



## Congrats to Steve Cathcart by Jeff Arnold

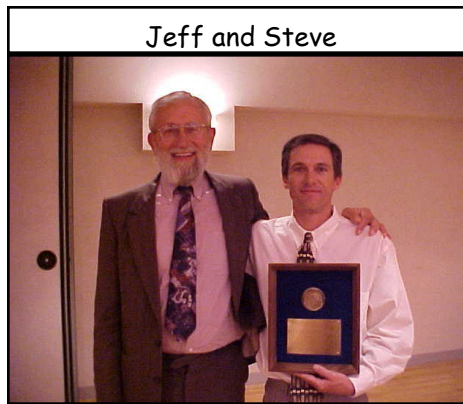


When Steve Cathcart was inducted into the Greater Pueblo Sports Hall of Fame November 17th, he became only the third person selected primarily as a distance runner. The other two, Dick Le Doux and Mike Duran, both ran for USC, now CSU Pueblo and Dick had a legendary rodeo race career. Although he was selected mainly for his coaching of cross country and basketball at East High, Joe Garcia once ran a 2:59 marathon. He also ran the mile in high school, but only competed for a year or two as an adult. Also, many Hall of Fame honorees who might be primarily identified as football or basketball players were also good track athletes in high school. Dick and Mike were runners; Steve, who graduated from Pueblo County High School in 1983, is still racing seriously.

That is not to say that Steve has excluded everything else from his life. He is a proud husband and father. He did meet Gidget, his beautiful wife, when he was a volunteer track coach at La Junta High School and she was a very good miler, and Briana, at eleven the oldest of his three children, has run 25 minutes for 5 K. Steve even earns his living from running. He owns and operates the Ft. Collins Runners' Roost. From that base he has sponsored and directed several races, including a series for kids in which all 125 series finishers got a free pair of shoes. I'm sure the Hall of Fame selectors were influenced by that and I know the audience at the induction ceremony certainly was, but Steve still identifies himself a runner first.

In his acceptance speech Steve mentioned two events from his high school running career. He said that for his first cross country practice I made him run eleven miles and the next day he didn't get out of bed. Let me put this in context. Steve lived across the street from Sean Schmidt in a then sparsely built up area of Pueblo West. Sean was a year older and by then a veteran runner. He and some of his teammates had been running a little in the summer.

It's true that we ran to the intersection of 36<sup>th</sup> Lane and Fields Rd, a place we called The Stock Tanks for the cattle watering tanks which early in my coaching career sometimes had running water available, but didn't in Steve's time. The Stock Tanks run was an iconic long run, a kind of graduation rite. Sean and several of the older runners were ready; Steve was not. But Steve was not about to let his neighbor, mentor, and secret rival run farther than he did.



Jeff and Steve

I ran with the boys in those days - the girls team was separate - and I know Steve kept up that day at probably close to 7:30 a mile pace. It was mid-August and warm, though we started at 7 am. We stopped to drink from an outside tap at Vineland United Methodist Church on 36<sup>th</sup> and South Road, a mile and a half into the run. Nobody carried water. We may have soaked our shirts, which keeps you cool for at least a mile and nearly eliminates sweating until the shirt dries. But it was a hard run, inadvisable for a rookie.

To get to the stock tanks you have to run over three hills. At the top of the third you looked out then on a nearly empty vista stretching away to the south to bluffs above Huerfano Canyon and beyond to the Spanish Peaks. The trees around the Utt Ranch, where the actual tanks are located, look close, but in fact are nearly two miles away, down a

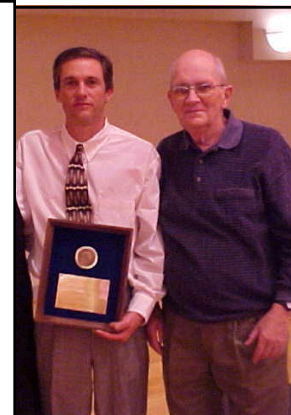
long decline that you have to run back up on the way back to school.

I think I suggested that Steve turn around at the third hill; I'm sure that other boys did. Steve went on. Although he missed the next practice, he was there the day after. He took a week to work into our routine, but from then on gradually moved from hanging on to pushing the pace.

The second story was the 1000 mile winter. At the awards dinner, pot luck, after Steve's junior cross country season, I challenged the team to run 1000 miles during the months of November, December, January and February. Steve and Sean were the only ones to accept the challenge. They made a pact between themselves and spit on the Hornet in the Commons area to seal that commitment. Typically they rode a bus to school. During the season they found another way home. That winter they rode the bus and got the driver to drop them off at the middle school. They gave their books and school clothes to Sean's brother Vernon. They'd run the rest of the way home by various routes.

When you do the arithmetic, those four months contain 119 days. Those 1000 miles required an average of just over 8.4 miles per day, if they ran every single day. I doubt if they ran more than 100 days. In the last couple of weeks,

Steve,  
and Terry  
Cathcart  
at the  
Induction  
Ceremony



(Continued on page 14)



## Yelena's Rock Canyon by Jeff Arnold



On the first official day of cross county practice this year, I met several newcomers. In fact among those who started the season there was an almost even division between those who had not only run at least one season, but had been running at our weekly Greenhorn Trail meetings during the summer, and those who were brand new to the sport. Among those rookies was a tiny blonde sophomore named Yelena Snyder who called herself Yo Yo. I almost immediately discovered that she was not only not fit, but felt compelled to walk every few hundred yards.

All coaches are amateur psychologists and I felt that Yelena was being held back by an extreme lack of confidence in her ability to run. On the other hand she seemed to be highly motivated to come to practice. I tried my old standby, “the secret of distance running is go slowly enough to keep going.” It didn’t seem to work for her, although as days passed, Yelena gradually ran farther before walking.

Actually alternating walking and running isn’t a bad idea and is a good way to extend your maximum distance. Think of the legions of Jeff Galloway followers. But, nobody is going to be a top level cross country runner who walks regularly in 5 K races.

I was prepared for Yelena to be the slowest runner in most of our meets, but that was ok. Even the slowest runner is fitter than if she were sitting home playing video games or watching TV. And though she was never the very last, Yelena was definitely a back of the pack runner.

But something good must have happened during the season because after her last meet, Yelena kept running. While I was in El Paso with four of the runners, Yelena ran Atalanta. She told me that she kept up with a teammate for the first two miles before dying. I knew that the season was a few weeks too short for her. But when she told me that

she was going to run the half marathon, I was shocked. I was lucky enough to not say what I was thinking, and laid out a run/walk training plan that I thought might get her to the finish line.

In Rye in late November, the sun drops behind Greenhorn by 3:30 and the temperature drops. It’s almost too dark to run by 4:30. And then it snowed. Yelena sent me some worried emails that it was too icy to run, but she entered Rock Canyon anyway, and was determined to do it.

Before the start I reviewed “our” plan of running two minutes, walking one. Yelena was so nervous she couldn’t stand still. She was at the back of the pack when the gun went off, and I was behind her on my bike. She started passing right from the gun. I had to work my way up more carefully, especially as a couple of automobile drivers insisted on passing the horde of runners. By the time I caught up, Yelena must have been reeling good; she was ahead of about 70 runners and really starting to move. I yelled at her to slow down. She seemed so hurt that I didn’t mention walking.

When she started the second lap in the park, I turned around to go backwards to see the three Rye boys who were also running the race. Of course I was startled by the pace of the leaders who were flying, especially compared to the back of the packers. I was surprised at how far back the boys were, but the half marathon may have been their first race over 5 K. I turned around again and rode just behind the boys until I came to a group of Rye supporters near the pond just west of the Pavillion. I stopped and talked to them until Yelena came by. She was still running, too fast I thought. She crossed the 3 mile mark at about the same time as her best high school 5 K and at a better pace than many of her races.

By four miles reality began to set in and Yelena was going more slowly. Mile after mile, I wondered if I should tell her

to start into a run/walk regimen. I felt though that the race was an almost spiritual adventure for her and that perhaps running farther before walking might be more important than being efficient. Once she got to six, I was pretty sure that she was approaching her longest training run. At seven I encouraged her to celebrate.

Not long after she was said that her legs weren’t there, I suggested walking. She was astonished at Chris Borton’s pace when he flew by her on his way back to the Nature Center. A few people had been passing her for three or four miles and Yelena began to look back. Her main goal was to finish, but by then I think she was convinced by then that she would do that. She didn’t know what the last three miles had in store for her. Her second goal was to not be last and she kept looking back to be sure someone was behind her. Unfortunately seeing someone only led her into negative thinking. I encouraged her to think only about the next two minutes of running. I thought when she turned for home after crossing the bridge below the dam that she would feel some lift.

Perhaps she did but by the time she got back onto the trail, Yelena had gone at least two miles farther than she’d ever gone before and her body began to desert her, and the bravado she had felt only a mile or so before was fading fast. I’m not sure what lies beneath saying “I can,” especially when you’ve said “I can’t” for so long, but there was obviously something there for Yelena. By eleven miles the last thirty or forty seconds of the two minutes of running reduced her to almost whimpering. We switched to 1:30 running. And still the fear of being passed by the last runner kept her looking back.

Then a minor miracle occurred. The Rye supporters including Samantha Davenport and Stephen Hruby were at the Nature Center. Sammy and Stephen ran and walked, in street clothes, to the

*(Continued on page 14)*



# The Atalanta Run / Walk



It was a cool November day, but some 70 runners and walkers joined in the festivities for the 25th anniversary of the Atalanta run on November 20th.

Race directors Stacey Diaz and Jacqueline Wall put together a great race and some nostalgic displays of the event through the years. They had most of the 25 years of t-shirts displayed and a couple dozen of the traditional award mugs made by Kathy Arwood from years past.



**Marsha Spinuzzi and Leila Grasishar ran in the 1st Atalanta Race in 1979**

Prior to the start of the race, participants acknowledged two ladies who ran in the 1979 event. Marsha Spinuzzi and Leila Gradishar walked most of the 2004 route.

At the awards ceremony, Marsha told the crowd about the first race. She explained how Judy Tucker picked the ancient Greek heroine Atalanta to be the race's namesake. Judy wanted to name the race after a prominent woman from Colorado history, but realized that most women on the list ran brothels or were

noted for some other dubious distinction. Thus Atalanta became the choice and golden apples became the symbol. The October newsletter gives a more detailed description of the beautiful Greek athlete, Atalanta.

Speaking of the awards ceremony, Emily Borrego ran a blistering 21:12 to lead the runners and Kay Perkins paced the walkers with a 41:06.



**Race Directors  
Jacqueline Wall and Stacey Diaz**

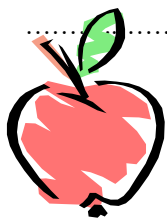


**Emily Borrego and Kay Perkins were 1st overall finishers and took home Kathy Arwood bowls**

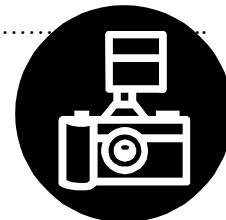
## Atalanta Run Results

1 Emily Borrego	36 21:12	20 Maria Weaver	45 28:19	39 Joyce Laney	55 32:47
2 Ashlee Withrow	17 22:53	21 Laura Schilf	42 28:19	40 Angelica Wall	7 33:41
3 Kathy Hruby	41 23:21	22 Valenja Arkhipova	16 28:26	41 Angelique Espinoza	33 33:56
4 Alexandra Solomatova	18 24:34	23 Susan DallaGuardia	46 28:47	42 Heidi Gard	43 34:13
5 Stacey Diaz	44 24:40	24 Kelly Hale	37 28:47	43 Jacqueline Wall	33 34:50
6 Amy Braune	31 24:50	25 Mary Rudolf	49 28:58	44 Rebekah Summers	28 35:31
7 Jane Chess	51 24:59	26 Jerica Khosla	13 29:03	45 Christy Furman	55 37:35
8 Robin Krueger	36 25:20	27 Tina Clarke	46 29:12	46 Robyn Lynn	37 37:36
9 Barbara Hadley	51 25:43	28 Jenette Hobby	37 29:20	47 Stacie Taravella	39 37:48
10 Carrie Slover	51 25:53	29 Betty Prestipino	48 29:37	48 Monica Martinez	33 38:26
11 Hilda Garcia	49 26:03	30 Yelena Snyder	17 30:04	49 Durmece Aragon	33 38:26
12 Alice Fitzgerald	43 26:07	31 Rhiannon Smith	22 30:39	50 Barbara Samuel	45 38:50
13 Gina Benfatti	43 26:22	32 Marsha Littan	48 31:08	51 Nicole Daurio	28 40:30
14 Sandy Reinsch	32 26:34	33 Donna Griesel-Nicholas	58 31:12	52 Bernie Mattson	48 41:12
15 Nicole Hamler	34 27:33	34 Gianna Cervone	20 31:23	53 Amy Pauli	44 41:23
16 Paula DelPriore	40 27:40	35 Jan Dudley	49 31:26	54 Holli Bradish-Lane	42 46:06
17 Cheryl Cavalli	42 27:50	36 Laura Farmer	32 31:29		
18 Gloria Gogarty	48 27:58	37 Sheri Tiller	36 32:01		
19 Jessie Quintana	61 28:04	38 Trisha Ferguson	53 32:46		





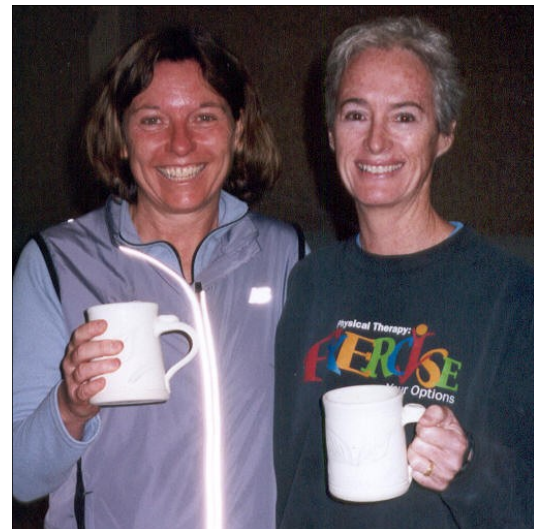
# Atalanta (continued)



## Atalanta Walk Results

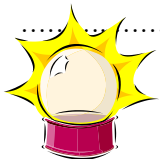
1	Kay Perkins	60	41:06
2	Teri Boyce	53	41:57
3	Nancie Beery	46	42:24
4	Rochelle Kemmer-Beier	45	43:10
5	Marcie Nava	53	43:12
6	Patricia Sternberg	60	43:47
7	Jean Beier	69	45:36
8	Jane Eckwnd	62	47:15
9	Lois Pfof	62	47:17
10	Priscilla Portillos	69	48:59
11	Kathy Wilson	36	50:18
12	Tanja Trujillo	32	50:21
13	Devin Trujillo	9	50:23
14	Ann Yamauchi	36	50:36
15	Marsha Spinuzzi		
16	Leila Gradishar		

As usual, we thank our volunteers for doing all the work before, during, and after these great events. For this race, the list includes - Race Directors: Stacy Diaz & Jacqueline Wall, Setup: Carrie Slover, Results, Course, & Lead Bike: Dave Diaz, Finish Line: Don Pfof, Ben Valdez, Terry Cathcart, & Mike Archuleta, Course Marshal: Ken Raich, Registration: Ruth McDonald & Shelly Riddock, Photographers: Ron Dehn & Larry Volk



Above, clockwise from upper left: Ashlee Withrow takes 2nd overall, Barbara Hadley & Carrie Slover are 2nd and 3rd in their age bracket, Rochelle Kemmer-Beier and her Mom Jean Beier enjoyed the walk, Hilda Garcia and Gina Benfatti pose before the run. To the left, the lead cyclist seems to be happy that 70 women are chasing him, and the race start is shown below.





# Larry Wins - Steve Takes Second

The 2004 Predict Series is in the books. Larry Volk set the pace with some incredible runs, and Steve Wall was a strong second in his rookie season. The top score for each race is 100 points. Larry and Steve accounted for first place in five of the ten races. Steve earned 100 points at Temple Canyon with a variance of 3 seconds to close the gap, but Larry's lead was too much.

Larry's 83 points at Temple Canyon would be a great day for most of us, but his best 5 average is nearly 96 points. That's darn close to perfect.

Competition was tough at Temple Canyon. The top 10 runners pegged variances of 16 seconds or less, and the top 22 finishers

were within a minute of their predicts. Yes, you read right. The top 22 finishers. There were a total of 59 runners at the Canyon. As far as I know, this is a record number for an SCR Predict race.

Rich Hadley's Temple Canyon crew included: Finish Line & Results: Diana Quattlebaum, Brian Burke, Jamaica Burke, and Jacqueline Wall, and Course Marshals: Deb Hadley and Lois Pfost.

Speaking of Rich Hadley, Rich closed the season with 3 strong races to take third place honors.

Dave Diaz was 4th overall. He jumped up in the standings with a 1 second variance at Marijane & Nick's Predict. Dave has posted some solid scores this year, but this

is his first 100 pointer.

Don Pfost was steady and in the hunt all year. Don rounded out the top 5. All top 5 finishers scored over 400 points.

We thank race directors: Marijane Martinez & Nick Leyva for putting on the final 2004 predict race. Thanks also to Don Learned & Bill Veges who ran the Aid Station, Ken Raich for handling results, and Jacqueline Wall who headed up the kitchen crew.

A special thanks to Ken Raich who compiled the results for all 10 races. This has to take a lot of time. 133 runners took part in the series in 2004. On behalf of these 133, THANKS KEN!!!



## Final Predict Standings for those with 5 or more races

Name	Spring Runoff	Ben & Matt's	Rams 8K	Tarant 8M	Moon Mad	Butt Buster	Tunnel Drive	Harv 5M	Temp Canyon	MJ Nick	Total Points	Best 5 Races		
Larry Volk	55.17	100.00	92.31	100.00	87.50		86.84	100.00	83.05	85.71	790.59	479.81	Pat Cordova	
Steve Wall	79.31	80.77	15.38	82.35	100.00	73.08		96.43	100.00	42.86	670.18	459.55	Eric Brown	37.29
Rich Hadley	93.10	46.15	100.00		50.00		92.11		88.14	80.95	550.45	454.30	Art Long	36.84
Dave Diaz	58.62	57.69	80.77	70.59		88.46	76.32		89.83	100.00	622.28	435.38	Joseph Leyba	35.59
Don Pfost	82.76		88.46	88.24	20.83	3.85	68.42	78.57	77.97	76.19	585.28	415.99	Edward Leanos	34.62
Matt Sherman		86.21	84.62	76.92	76.47				71.43		395.64	395.64	Karen VanHaverbeke	
Emily Borrego	17.24	96.15	57.69			96.15		67.86	72.88		407.98	390.74	Stacie Taravella	33.02
Nick Leyva	72.41	88.46	46.15	94.12	83.33	23.08	47.37				454.93	385.69	Jessie Quintana	32.69
Ben Valdez	51.72	73.08	69.23			26.92	81.58		55.93	95.24	453.70	375.06	Paul Murphy	32.20
Ron Dehn	100.00		26.92	58.82		61.54	100.00	35.71			383.00	356.08	Jordan Hall	31.58
Gary Franchi	75.86	23.08				50.00		82.14	94.92	38.10	364.09	341.02	Frank Aragon	30.77
Jill Montero	44.83	69.23						28.57	86.44	90.48	319.55	319.55	Aaron Smith	30.51
P. DallaGuardia	10.34				95.83		26.32	92.86			292.02	292.02	Beth Davenport	29.17
Diana Reno	6.90		42.31	41.18		53.85			79.66	61.90	285.79	278.90	Susan Sandoval	28.81
Stacey Diaz	62.07	19.23	50.00	23.53		42.31	57.89		66.10		321.13	278.37	George Birks	27.12
Jan Dudley	41.38	76.92		64.71						57.14	269.10	269.10	Gregory Drake	25.00
M.J. Martinez	68.97	26.92	23.08	29.41	41.67	57.69	71.05				318.79	268.79	Henry Hund	23.81
Misti Frey		53.85		35.29				14.29	81.36	52.38	237.16	237.16	Cassie Okken	23.68
Gina Benfatti	48.28	65.38	53.85	17.65	45.83						230.99	230.99	Jim Robinson	22.03
Wendy Garrison			38.46	47.06	12.50	34.62	21.05	89.29			242.97	230.47	Patricia Orendorff	21.43
Robert Santoyo	27.59		34.62		4.17		55.26	60.71		28.57	210.92	206.75	Mark Koenig	20.34
Hilda Garcia					37.50	46.15	73.68		23.73	9.52	190.59	190.59	Mike Borton	19.05

## Others Earning Points

Jacqueline Wall	232.77	Jane Chess	97.90	Dave Law	71.19	D. DallaGuardia	52.83
Becky Medina	186.09	Tim Gauna	97.37	Gabby Law	69.49	Dave Jarvis	52.63
Mike Orendorff	182.46	Mike Ortega	96.61	Steve Carney	69.23	Mike Giles	52.54
Sandy Reinsch	178.57	Jonathon Hanes	94.74	Tammy Stone	68.11	Richie McBeth	50.85
Mary Rudolf	174.53	Alec Hecker	93.22	Susan Gebhart	67.98	Larry Minogue	50.00
Ashley Withrow	149.53	Christina Heaton	92.31	Aaron Berndt	66.67	Troy Davenport	50.00
Bill Veges	146.14	Nathan Comden	91.67	Donna Nicholas-Griesel		Jason Adamic	49.15
Debra Wall	134.53	Zack Lara	91.53		65.79	Bryon Holloway	47.46
Brian Ropp	129.17	Maria Weaver	89.66	Eric Grossman	65.38	Paula Del Priore	46.43
Allen S Weaver	128.76	Becky Rotlenstein	84.62	Seth Withrow	64.41	Andrew Cooper	45.76
Carrie Slover	127.06	Gary Weston	80.77	Troy Chantala	64.29	Cody Miller	44.74
Angelo Aragon	111.54	Allison Emslie	76.92	Ethan	62.50	Jayd Armstrong	44.07
Chief Reno	108.13	Diane Lopez	76.92	Melinda Orendorff	61.90	Ryan Hopkins	42.37
Joe Stommel	104.07	Anthony Diaz	76.79	Chris McIntyre	61.02	Cody Hall	40.68
Alison Meehan	100.00	Joanne McIntyre	76.27	James Kasey	60.53	Rebecca Packard	39.47
Hank Diggs	98.31	Humberto Paredes	76.19	Brian VanIwarden	59.32	Cory Batty	38.98
		Kyle Reno	75.00	Joseph Moore	57.14	Gabriela Barillas	38.46
		Curt Massey	74.58	Joanne Ugolini	54.24	Robin Krueger	38.46

Michael Bradley	15.79
Carla Braddy	15.25
Matt Drake	14.29
Eurek Conor	13.56
Brett Smith	11.86
Carissa Barritt	10.53
Matt Garoutte	10.17
Kraig Reiter	8.47
Alex Hall	7.89
Brent Zenisky	6.78
Tyler Reiger	5.08
Robert Gonzales	3.85
Tiffany Reno	3.45
Adam Garcia	3.39
Callista Barritt	2.63
Jamie	1.69



## Rock Canyon Half Marathon



### Results

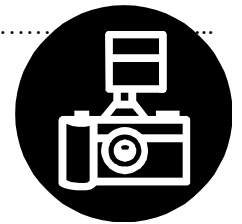
PI	Name	Sx	Div	Div	City	Time	Pace						
1	Chris Borton	M	1	Overall	Golden CO	1:13:31	5:36						
2	Scott Balcao	M	1	0-19	USAF Academy	1:17:24	5:54						
3	Mike Wasson	M	1	35-39	Monument CO	1:19:12	6:02						
4	Ed G Freygang	M	1	Master	Aurora CO	1:21:19	6:12						
5	Robert E Yara	M	1	45-49	Colorado Springs	1:22:13	6:16						
6	Jim Hallberg	M	1	25-29	Lamar CO	1:22:47	6:19						
7	Chad A Halsten	M	1	30-34	Colorado Springs	1:22:55	6:19						
8	Steve Roch	M	1	40-44	Lafayette CO	1:23:53	6:24						
9	Phil Ware	M	2	45-49	Loveland CO	1:24:54	6:29						
10	Tanya C Poel	F	1	Overall	Boulder CO	1:25:36	6:32						
11	Patty M Rogers	F	1	30-34	Denver CO	1:26:16	6:35						
12	Timothy Boilard	M	2	30-34	Las Animas CO	1:27:06	6:39						
13	Michael Orendorff	M	1	50-54	Pueblo CO	1:28:03	6:43						
14	Jared Klajnbart	M	2	0-19	Colorado Springs	1:28:06	6:43						
15	Cindy Ann Oneill	F	1	Master	Manitou Springs	1:29:28	6:49						
16	Neal Oseland	M	2	35-39	Colorado Springs	1:29:36	6:50						
17	Rich Hadley	M	3	45-49	Florence CO	1:29:49	6:51						
18	Laura Wheatley	F	1	25-29	Estes Park CO	1:30:21	6:54						
19	Glenn Strebe	M	3	35-39	Colorado Springs	1:30:46	6:55						
20	Vernon M Smith	M	4	45-49	Colorado Springs	1:31:58	7:01						
21	Brett Pierre	M	3	30-34	Manitou Springs	1:32:11	7:02						
22	Ray Cameron	M	4	30-34	Colorado Springs	1:32:15	7:02						
23	Kit McCaffrey	F	2	30-34	Colorado Springs	1:32:27	7:03						
24	George W Jones	M	2	50-54	Monument CO	1:32:56	7:05						
25	Larry C Miller	M	3	50-54	Colorado Springs	1:33:04	7:06						
26	Gordon J Heuser	M	5	45-49	Colorado Springs	1:33:06	7:06						
27	Amy Reguier	F	1	40-44	Colorado Springs	1:33:19	7:07						
28	Robert Brotherton	M	6	45-49	Security CO	1:33:34	7:08						
29	John Genet	M	7	45-49	Colorado Springs	1:33:37	7:08						
30	Leah Ann Larson	F	1	0-19	Boulder CO	1:33:41	7:09						
31	Gwen Martinez	F	1	35-39	Colorado Springs	1:33:43	7:09						
32	Brian VanLwarden	M	2	25-29	Canon City CO	1:33:51	7:10						
33	Kaija Staley	F	2	25-29	Pueblo CO	1:33:57	7:10						
34	Lonnie Pilkington	M	5	30-34	Estes Park CO	1:34:20	7:12						
35	Nick Lynch	M	3	25-29	Colorado Springs	1:34:44	7:14						
36	Eric Pinkerton	M	6	30-34	Colorado Springs	1:34:50	7:14						
37	Amanda Ewing	F	1	20-24	Colorado Springs	1:35:10	7:16						
38	Roger L Cain	M	2	40-44	Pueblo CO	1:35:24	7:17						
39	Myron Berg	M	3	40-44	Colorado Springs	1:35:31	7:17						
40	Kath. Carpenter	F	2	20-24	Colorado Springs	1:35:42	7:18						
41	Mark A Fink	M	4	40-44	Lakewood CO	1:35:52	7:19						
42	Connilee S Walter	F	3	30-34	Colorado Springs	1:35:58	7:19						
43	Chris McIntyre	M	1	20-24	Colorado Springs	1:36:07	7:20						
44	Lou Huie	M	1	55-59	Colorado Springs	1:36:16	7:21						
45	Tinya Duffey	F	4	30-34	Colorado Springs	1:36:27	7:21						
46	Bridget MacKinnon	F	3	25-29	Denver CO	1:36:41	7:23						
47	Graham Houghton	M	4	35-39	Colorado Springs	1:36:57	7:24						
48	Daniel I Montilla	M	3	0-19	USAF Academy	1:37:15	7:25						
49	Ron Benoiff	M	5	40-44	Golden CO	1:37:15	7:25						
50	Kyle O'Neill	M	4	0-19	USAF Academy	1:37:25	7:26						
51	Andrew Fowler	M	6	40-44	Colorado Springs	1:37:33	7:26						
52	Sheila M Van Cuyk	F	2	35-39	Denver CO	1:37:36	7:27						
53	Allen S Weaver	M	4	50-54	Canon City CO	1:37:40	7:27						
54	Don Breece	M	5	50-54	Salida CO	1:37:43	7:27						
55	Annamarie Wiesner	F	2	40-44	Colorado Springs	1:37:59	7:28						
56	Bill J Mares	M	5	35-39	Pueblo CO	1:38:00	7:29						
57	T. Winterbottom	F	3	40-44	Colorado Springs	1:38:02	7:29						
58	Mike Burgie	M	8	45-49	Colorado Springs	1:38:12	7:29						
59	Paul Millrad	M	6	35-39	Denver CO	1:38:30	7:31						
60	Bud Rainsberger	M	9	45-49	Colorado Springs	1:38:35	7:31						
61	Judy Beckenbach	F	5	30-34	Denver CO	1:38:45	7:32						
62	Chris Donohue	F	6	30-34	Omaha NC	1:39:21	7:35						
63	Mark F Walker	M	7	35-39	Colorado Springs	1:39:37	7:36						
64	Reid Sheffield	M	7	40-44	Colorado Springs	1:39:44	7:36						
65	Craig Ewing	M	6	50-54	Sedalia CO	1:40:06	7:38						
66	Ryan P Loewer	M	7	30-34	Colorado Springs	1:40:34	7:40						
67	Robert Roth	M	8	40-44	Colorado Springs	1:40:37	7:41						
68	Steven Kessler	M	2	20-24	USAF Academy	1:40:52	7:42						
69	Marcy Epperson	F	7	30-34	Canon City CO	1:41:03	7:42						
70	Joe Stommel	M	2	55-59	Pueblo CO	1:41:14	7:43						
71	Barry Smith	M	9	40-44	Colorado Springs	1:41:28	7:44						
72	Jeff Sarek	M	5	0-19	Canon City CO	1:41:46	7:46						
73	Eugene Mares	M	10	40-44	Pueblo CO	1:42:14	7:48						
74	Katrin Deuter	F	3	35-39	Denver CO	1:42:25	7:49						
75	Robert A Garber	M	8	30-34	Colorado Springs	1:42:43	7:50						
76	Tim Hade	M	3	20-24	USAF Academy	1:42:48	7:51						
77	Eric Seremet	M	9	30-34	Colorado Springs	1:42:50	7:51						
78	P J Warne	M	11	40-44	Castle Rock CO	1:43:06	7:52						
79	Jenny Kerrigan	F	3	20-24	Canon City CO	1:43:32	7:54						
80	David E Baker	M	10	45-49	Pueblo CO	1:43:34	7:54						
81	K Todd Wikelski	M	8	35-39	Fort Collins CO	1:43:36	7:54						
82	Thom LeDay	M	10	30-34	Pueblo CO	1:43:39	7:54						
83	Jim R Romero	M	1	60-64	Denver CO	1:43:53	7:55						
84	Butch Clark	M	12	40-44	Monument CO	1:43:56	7:56						
85	Steve B Kuehster	M	11	45-49	Castle Rock CO	1:44:29	7:58						
86	Carla Augenstein	F	1	45-49	Colorado Springs	1:44:53	8:00						
87	Shaun Gogarty	M	12	45-49	Colorado City CO	1:45:16	8:02						
88	K. Mccay-Smith	F	8	30-34	Windsor AS	1:45:24	8:02						
89	Steve Walls	M	13	45-49	Monument CO	1:45:30	8:03						
90	Dan Jensen	M	14	45-49	Colorado Springs	1:45:50	8:04						
91	Karen VanHaverbeke	F	4	40-44	Canon City CO	1:46:05	8:06						
92	Steve C Wall	M	13	40-44	Pueblo CO	1:46:48	8:09						
93	Mark Smith	M	15	45-49	Greenwood Villag	1:47:07	8:10						
94	John Stinespring	M	9	35-39	Colorado Springs	1:47:07	8:10						
95	Frank Aragon	M	16	45-49	Pueblo CO	1:47:25	8:12						
96	Eric Olsen	M	6	0-19	USAF Academy	1:47:33	8:12						
97	Stephen Holonitch	M	17	45-49	Littleton CO	1:47:39	8:13						
98	Gary Lee Henry	M	10	35-39	Colorado Springs	1:47:48	8:13						
99	Kent Bailey	M	7	50-54	Woodland Park CO	1:47:49	8:13						
100	Sean P Bryan	M	18	45-49	Colorado Springs	1:48:03	8:15						
101	Phil Wagner	M	11	30-34	Longmont CO	1:48:04	8:15						
102	Lani L Gendron	F	2	45-49	Colorado Springs	1:48:44	8:18						
103	Pete J Doyle	M	3	55-59	Colorado Springs	1:48:50	8:18						
104	Ed Gleason	M	19	45-49	Colorado Springs	1:49:06	8:19						
105	Michael Gagliano	M	4	25-29	Colorado Springs	1:49:22	8:21						
106	Herb Elliot	M	8	50-54	Boulder CO	1:49:34	8:21						
107	Troy D Chantala	M	4	20-24	Pueblo CO	1:50:17	8:25						
108	C. Cruickshank	M	7	0-19	USAF Academy	1:50:29	8:26						
109	Lou M Johnson	M	20	45-49	Monument CO	1:50:33	8:26						
110	Kathleen Milhom	F	9	30-34	Highlands Ranch	1:50:39	8:26						
111	Al C Garcia	M	21	45-49	Colorado Springs	1:50:49	8:27						
112	Sarah Seiferth	F	4	20-24	Colorado Springs	1:51:12	8:29						
113	Ted Walker	M	9	50-54	Denver CO	1:51:20	8:30						
114	Corbin A Hillam	M	10	50-54	Colorado Springs	1:51:42	8:31						
115	Jim Wilder	M	14	40-44	Colorado Springs	1:51:45	8:31						
116	Don Byers	M	22	45-49	Colorado Springs	1:51:47	8:32						
117	Ross Westley	M	1	65-69	Arvada CO	1:51:53	8:32						
118	Ami Chamberlain	F	10	30-34	Pueblo West CO	1:52:01	8:33						
119	Steve Jones	M	11	35-39	Colorado Springs	1:52:10	8:33						
120	Brittany Baudoin	F	4	25-29	Denver CO	1:52:11	8:33						
121	Patrick K Swank	M	4	55-59	Pueblo CO	1:52:18	8:34						
122	Jason Donohue	M	5	20-24	Colorado Springs	1:52:23	8:34						
123	Mike A Phillips	M	15	40-44	Monument CO	1:52:27	8:35						
124	John P Cassidy	M	12	35-39	Colorado Springs	1:52:31	8:35						
125	Logan S Gogarty	M	8	0-19	Colorado City CO	1:52:32	8:35						
126	Ethan M. Barbieri	M	9	0-19	Colorado City CO	1:52:33	8:35						
127	Diane L Repasky	F	4	35-39	Colorado Springs	1:52:36	8:35						
128	Laura Gilbert	F	2	0-19	Canon City CO	1:5							



# Rock Canyon continued

(Continued from page 11)

PI	Name	Sx	Div	Div	City	Time	Pace						
129	Greg A Meier	M	16	40-44	Pueblo CO	1:53:11	8:38						
130	Audrey J Nelson	F	5	35-39	Colorado Springs	1:53:14	8:38						
131	Gale L Meuret	M	5	55-59	Lakewood CO	1:53:16	8:38						
132	Lorraine C Hoyle	F	1	55-59	Pueblo CO	1:53:18	8:39						
133	Shane Holonitch	F	1	50-54	Littleton CO	1:53:56	8:41						
134	Marcia A Keilers	F	11	30-34	Calhan CO	1:54:01	8:42						
135	L Jack Parchman	M	10	0-19	USAF Academy	1:54:13	8:43						
136	Michael A Kiskey	M	12	30-34	Colorado Springs	1:54:15	8:43						
137	Roger L Leturno	M	23	45-49	Colorado Springs	1:54:18	8:43						
138	Mike L Borton	M	24	45-49	Pueblo CO	1:54:20	8:43						
139	Corrina L Goff	F	6	35-39	Colorado Springs	1:54:30	8:44						
140	Anthony Long	M	13	30-34	Highlands Ranch	1:54:33	8:44						
141	Anthony Rodriguez	M	13	35-39	Denver CO	1:54:48	8:45						
142	Marilyn Goodloe	F	5	40-44	Colorado Springs	1:54:52	8:46						
143	Terry Hetterscheidt	M	11	50-54	Colorado Springs	1:54:55	8:46						
144	Jerry F Kemman	M	2	60-64	Crestone CO	1:55:06	8:47						
145	Michelle Browning	F	7	35-39	Colorado Springs	1:55:11	8:47						
146	Robin Krueger	F	8	35-39	Pueblo CO	1:55:12	8:47						
147	Amy Braune	F	12	30-34	Pueblo West CO	1:55:14	8:47						
148	Ryan Theler	M	6	20-24	Colorado Springs	1:56:10	8:52						
149	Tim L Royston	M	25	45-49	Colorado Springs	1:56:23	8:53						
150	Daniel Gannon	M	26	45-49	Sedalia CO	1:56:27	8:53						
151	Aaron Berndt	M	11	0-19	Rye CO	1:56:29	8:53						
152	Lori R Kiskey	F	13	30-34	Colorado Springs	1:56:34	8:54						
153	Warren Schuckies	M	27	45-49	Colorado Springs	1:56:37	8:54						
154	Phil D Ambard	M	14	35-39	Colorado Springs	1:56:42	8:54						
155	Byron R Beard	M	12	50-54	Pueblo West CO	1:56:45	8:54						
156	David M Mayhew	M	15	35-39	Denver CO	1:56:49	8:55						
157	Chief A Reno	M	17	40-44	Pueblo CO	1:56:50	8:55						
158	Peg A Roddy-Reeg	F	2	55-59	Colorado Springs	1:57:15	8:57						
159	Sybil M Praski	F	6	40-44	Denver CO	1:57:24	8:57						
160	Ted E Puls	M	28	45-49	Pueblo CO	1:57:36	8:58						
161	Joy Focht	F	7	40-44	Colorado Springs	1:57:44	8:59						
162	Richrd Zimmerman	M	13	50-54	Colorado Springs	1:57:55	9:00						
163	Robert M Santoyo	M	18	40-44	Pueblo CO	1:58:21	9:02						
164	George Stein	M	19	40-44	Castle Rock CO	1:58:24	9:02						
165	Tom Ratzlaff	M	20	40-44	Pueblo West CO	1:58:32	9:03						
166	Kristin Scavuzzo	F	5	20-24	Boulder CO	1:58:37	9:03						
167	Kari Alyssa Mullen	F	6	20-24	Boulder CO	1:58:37	9:03						
168	Tim R Mitros	M	29	45-49	Colorado Springs	1:58:39	9:03						
169	Cathy Osban	F	9	35-39	Pueblo CO	1:58:56	9:04						
170	Tom McGarry	M	30	45-49	Denver CO	1:59:08	9:05						
171	J D Andrews	M	5	25-29	Cheyenne WY	1:59:13	9:06						
172	Doug Hillen	M	14	30-34	Colorado Springs	1:59:14	9:06						
173	Diane P Brown	F	8	40-44	Colorado Springs	1:59:18	9:06						
174	R. Ciancanelli	F	14	30-34	Broomfield CO	1:59:34	9:07						
175	K. Phillips-Henry	F	10	35-39	Colorado Springs	1:59:50	9:08						
176	Clint Darnell	M	6	55-59	Colorado Springs	2:00:10	9:10						
177	Dina L Buck	F	11	35-39	Boulder CO	2:00:12	9:10						
178	Lara Shadwick	F	12	35-39	Colorado Springs	2:00:13	9:10						
179	Stacey Diaz	F	9	40-44	Pueblo CO	2:00:16	9:10						
180	Deane Cover	M	15	30-34	Colorado Springs	2:00:18	9:11						
181	Carla Ann Flores	F	3	45-49	Pueblo CO	2:00:19	9:11						
182	Paul Breckon	M	16	30-34	Colorado Springs	2:00:32	9:12						
183	Keith Mullins	M	14	50-54	Denver CO	2:00:36	9:12						
184	Gerard Lachiewicz	M	31	45-49	Colorado Springs	2:00:57	9:14						
185	Brent Sheffield	M	16	35-39	Colorado Springs	2:01:06	9:14						
186	Emily May	F	13	35-39	Leadville CO	2:01:39	9:17						
187	Steven A Jennings	M	15	50-54	Colorado Springs	2:01:59	9:18						
188	Annie E Collopy	F	5	25-29	Colorado Springs	2:02:00	9:18						
189	Brandon Vail	M	17	30-34	Longmont CO	2:02:03	9:19						
190	Tim L McElderry	M	16	50-54	Colorado Springs	2:02:35	9:21						
191	Lori J Dandley	F	2	50-54	Denver CO	2:02:49	9:22						
192	Carol Bilbrey	F	3	50-54	Colorado Springs	2:02:50	9:22						
193	Daniel Bellissimo	M	7	20-24	USAF Academy	2:02:52	9:22						
194	Donald Benzing	M	8	20-24	USAF CO	2:02:56	9:23						
195	Michael Huss	M	21	40-44	Longmont CO	2:03:01	9:23						
196	Diane H Warner	F	4	45-49	Colorado Springs	2:03:15	9:24						
197	Kim Frey	F	15	30-34	Englewood CO	2:03:18	9:24						
198	Charles Lavender	M	7	55-59	Colorado Springs	2:03:30	9:25						
199	John Maynard	M	22	40-44	Cotopaxi CO	2:03:38	9:26						
200	Maria Elena Weaver	F	5	45-49	Canon City CO	2:03:46	9:26						
201	Megan K Burns	F	6	25-29	C/s CO	2:03:46	9:26						
202	Clifford Lopez	M	17	35-39	Denver CO	2:04:12	9:28						
203	Christine Barboa	F	16	30-34	Colorado Springs	2:04:17	9:29						
204	Dawn Hermel	F	7	25-29	Minnetonka MN	2:04:25	9:29						
205	Catie Cadol Sitcoff	F	17	30-34	Highlands Ranch	2:04:42	9:31						
206	Kristi J Davis	F	14	35-39	Colorado Springs	2:04:59	9:32						
207	Rebecca Petersen	F	7	20-24	Colorado Springs	2:05:10	9:33						
208	Paul DallaGuardia	M	32	45-49	Colorado City CO	2:05:14	9:33						
209	Linda K Ambard	F	10	40-44	Colorado Springs	2:05:23	9:34						
210	S. Wich-Rodriguez	F	6	45-49	Manitou Springs	2:06:10	9:37						
211	Nancy Gilmore	F	7	45-49	Ouray CO	2:06:23	9:38						
212	Laura Engleman	F	4	50-54	Woodland Park CO	2:06:40	9:40						
213	W Alan Gay	M	23	40-44	Centennial CO	2:06:51	9:41						
214	Roger Vohs	M	8	55-59	Broomfield CO	2:06:59	9:41						
215	Ross G Kinney	M	33	45-49	Aurora CO	2:07:02	9:41						
216	Trudi L Michel	F	8	45-49	Colorado Springs	2:07:05	9:42						
217	Amy Trujillo	F	8	25-29	Canon City CO	2:07:18	9:43						
218	Amy Wasson	F	15	35-39	Monument CO	2:07:31	9:44						
219	Lindsay Anstaett	F	8	20-24	Colorado Springs	2:07:36	9:44						
220	Brian Nenwirth	M	18	30-34	Colorado Springs	2:08:10	9:47						
221	Sara Boudouris	M	6	25-29	Denver CO	2:08:22	9:48						
222	Kirpal Singh	M	7	25-29	Colorado Springs	2:08:22	9:48						
223	Diane K Cridennda	F	5	50-54	Colorado Springs	2:08:31	9:48						
224	Kevin Glodava	M	8	25-29	Littleton CO	2:08:50	9:50						
225	Beverly A Carver	F	9	45-49	Colorado Springs	2:09:39	9:53						
226	Charlie Malin	M	34	45-49	Monument CO	2:09:46	9:54						
227	Gregory Berryman	M	35	45-49	Pueblo CO	2:09:57	9:55						
228	Courtney Dodson	F	9	25-29	Denver CO	2:09:57	9:55						
229	Jermont Chen	M	19	30-34	Colorado Springs	2:10:15	9:56						
230	Paula L DelPriore	F	11	40-44	Pueblo CO	2:10:18	9:56						
231	Mike Archuleta	M	24	40-44	Pueblo CO	2:10:19	9:56						
232	Hilary Lynn Nixon	F	10	25-29	Franktown CO	2:10:21	9:57						
233	Jessie M Quintana	F	1	60-64	Pueblo CO	2:10:40	9:58						
234	Wendy A Garrison	F	16	35-39	Pueblo CO	2:10:42	9:58						
235	Becky Medina	F	18	30-34	Pueblo CO	2:10:42	9:58						
236	Clint Mercer	M	18	35-39	Aurora CO	2:10:46	9:59						
237	Susan Cogswell	F	3	55-59	Colorado Springs	2:10:49	9:59						
238	Nick Richmond	M	20	30-34	Denver CO	2:11:12	10:00						
239	Sarah Ley	F	11	25-29	Canon City CO	2:11:42	10:03						
240	Lacey A Jones	F	12	25-29	Pueblo CO	2:11:43	10:03						
241	Renee F Withrow	F	10	45-49	Denver CO	2:11:44	10:03						
242	Regina Anzueto	F	12	40-44	Denver CO	2:12:23	10:06						
243	Sonia M Skiba	F	13	25-29	Colorado Springs	2:12:24	10:06						
244	Troy Schwindt	M	25	40-44	Canon City CO	2:13:19	10:10						
245	Buzz Borries	M	17	50-54	Colorado Springs	2:13:30	10:11						
246	Christina Vanoni	F	6	50-54	Denver CO	2:13:42	10:12						
247	Kyla Schmidt	F	14	25-29	Colorado Springs	2:14:12	10:14						
248	Allison Edwards	F	15	25-29	Colorado Springs	2:14:13	10:14						
249	Carrie E Wirt	F	19	30-34	Colorado Springs	2:14:14	10:14						
250	Teresa Ricketts	F	7	50-54	Alamosa CO	2:14:28	10:15						
251	Rich Ricketts	M	9	55-59	Alamosa CO	2:14:28	10:15						
252	Curtis Wright	M	3	60-64	Pueblo West CO	2:14:43	10:17						
253	JoAnne Lavender	F	4	55-59	Colorado Springs	2:15:32	10:20						
254	Kelly Mckenna	M	36	45-49</									



# More from Rock Canyon

(Continued from page 12)

PI	Name	Sx	Div	Div	City	Time	Pace
259	Shelly Mercer	F	14	40-44	Aurora CO	2:17:01	10:27
260	Clare B Kerr	F	11	45-49	Canon City CO	2:17:08	10:28
261	Bill Kerr	M	37	45-49	Canon City CO	2:17:09	10:28
262	Claire M Greenblatt	F	8	50-54	Castle Rock CO	2:17:24	10:29
263	K. Haythornthwaite	F	18	35-39	Boulder CO	2:18:11	10:32
264	Kevin Kriger	M	9	20-24	USAF Academy	2:18:28	10:34
265	Hilda Garcia	F	12	45-49	Pueblo CO	2:18:51	10:35
266	Stephanie Heyward	F	21	30-34	Highlands Ranch	2:19:06	10:37
267	Becky Lynn Kueter	F	22	30-34	Colorado Springs	2:19:19	10:38
268	Shara Sheffield	F	15	40-44	Colorado Springs	2:19:41	10:39
269	Beverly S Skroch	F	9	50-54	Creede CO	2:20:48	10:44
270	Sharon N Johnson	F	16	40-44	Colorado Springs	2:21:32	10:48
271	Herman Goellnitz	M	10	55-59	Colorado Springs	2:21:57	10:50
272	Kim Schultz	F	17	25-29	Colorado Springs	2:22:54	10:54
273	Bill E Wellman	M	11	55-59	Crawford CO	:23:19	10:56
274	Margarito Fuentes	M	18	50-54	Pueblo CO	2:23:54	10:59
275	Tammy Sue Bailey	F	17	40-44	Woodland Park CO	2:24:16	11:00
276	Sarah Young	F	23	30-34	Denver CO	2:24:44	11:02
277	Aimee J Dyrek	F	24	30-34	Colorado Springs	2:25:36	11:06
278	Rayena Kusch	F	19	35-39	Colorado Springs	2:25:45	11:07
279	Jackie Vallejos	M	19	35-39	Trinidad CO	2:26:07	11:09
280	Megan Billinger	F	18	25-29	Castle Rock CO	2:27:02	11:13
281	Kathy I Stommel	F	13	45-49	Pueblo CO	2:27:08	11:13
282	John Sturtevant	M	1	70+	Salida CO	2:28:26	11:19
283	Michael Lawson	M	20	35-39	Peyton CO	2:30:21	11:28
284	Leah Kageorgis	F	19	25-29	Colorado Springs	2:30:32	11:29
285	Nancy Melonas	F	18	40-44	Colorado Springs	2:30:38	11:29
286	Jay W Curtis	M	12	55-59	Colorado Springs	2:32:32	11:38
287	S. Hachmeister	M	12	0-19	Colorado Springs	2:34:18	11:46
288	Chuck Hachmeister	M	19	50-54	Colorado Springs	2:34:21	11:46
289	Suzann K McCann	F	25	30-34	USAF Academy	2:34:32	11:47
290	Jon S Hollon	M	38	45-49	Colorado Springs	2:36:15	11:55
291	Marie Juan	F	9	20-24	USAF Academy	2:37:13	12:00
292	Jennifer Whitmarsh	F	20	25-29	USAF Academy	2:37:27	12:01
293	Courtney Bullock	F	10	20-24	USAF Academy	2:38:04	12:03
294	Adrienne Michiko Hu Kasaoka	F	11	20-24	USAF Academy	2:38:04	12:03
295	Donna A Nicholas-Griesel	F	5	55-59	Coaldale CO	2:38:16	12:04
296	Alice Franey	F	14	45-49	Colorado Springs	2:39:00	12:08
297	Terry L Squier	M	4	60-64	Canon City CO	2:39:18	12:09
298	Gloria J Gogarty	F	15	45-49	Colorado City CO	2:44:01	12:31
299	Heidi M Garner	F	21	25-29	Rye CO	2:44:09	12:31
300	Aimee Fuqua	F	22	25-29	Denver CO	2:44:20	12:32
301	Janna Lynn Kasza	F	23	25-29	Colorado Springs	2:45:25	12:37
302	Gregory Cheyne	M	26	40-44	Alamosa CO	2:45:33	12:38
303	Tom Morin	M	20	50-54	Alamosa CO	2:45:37	12:38
304	Yelena K. Snyder	F	3	0-19	Rye CO	2:46:15	12:41
305	Deborah Poirier	F	16	45-49	Berthod CO	2:49:08	12:54
306	Robert C Leivers	M	21	50-54	Manitou Springs	2:59:46	13:43
307	Albert Butkus	M	39	45-49	Colorado Springs	3:00:34	13:46
308	Candace Everts	F	26	30-34	Colorado Springs	3:08:12	14:21
309	Philip L Prater	M	27	40-44	Colorado Springs	3:08:15	14:22
310	Prudy Cosyleon	M	22	50-54	Pueblo CO	3:27:52	15:51
311	R Mary Scott	F	10	50-54	Colorado Springs	3:39:54	16:46
312	Mandy Roderick	F	24	25-29	Colorado Springs	3:46:47	17:18
313	Melanie Colvin	F	25	25-29	Woodland Park CO	3:46:48	17:18



Clockwise from upper left

Angelica Wall, Rachael Pettit and Gabrielle Wall ring cowbells to bring the runners home

Chris Borton is 1st overall male

Massage.... Mmmmm

Jim Dudley was lead bike

"Go Grandpa"

Kathy Stommel brings it home

Tanya Poel leads all the ladies



Editor's Note: Many of the Rock Canyon photos were provided courtesy of Larry Volk (www.eventpictures.com) THANKS Larry! Because of dial-up limitations, we had to use low resolution versions of the photos. The original hi-res have a much higher quality.



## Continueds...



*(Steve Cathcart continued from page 6)*

they were behind schedule, and tired. They could easily have said that they'd already done something remarkable and that 1000 miles was just a number. They probably should have just jogged out their final month, Instead they did a few days with two runs, and made already long runs longer. They both completed the distance.

I don't think, even 21 years later, that any of my runners ever did anything else as significant, or as typical of distance running. Probably no single day was supremely difficult. Almost any of their teammates could have joined them for any single run. But day after day for four months? During Thanksgiving break and Christmas vacation? In December most runs must have finished after sunset.

Those 1000 miles turned out to be a short term negative for both of them. Neither had as good a track season as if he had run half as much during the winter, especially Steve, but I'm sure they both grew, as runners and as people, because of that experience.

Sean went on to run at Idaho State University. He is now a track and cross country coach and physics teacher in Idaho Falls. He has coached at least one state championship team. By Steve's senior year, on the best cross country team I've coached so far, he was the first Hornet across the finish line at the state meet in about 16:20 for 5K. He went on to all America honors at Western State and numerous road racing achievements. I believe he is the record holder in the Pueblo River Trail Marathon at 2:28 and change. He's run, and won his age group at least, in most of the Spring Runoffs, winning the 5 K in 2003. He won Rock Canyon last year. My guess is his running well is not over.

*(Yelena continued from page 7)*

park with their teammate. Every few minutes Yelena reached out and hugged Samantha and sometimes held her hand. I suspect Yelena had begun to have serious doubts that she could finish, but with them there, relief flooded in.

Without her knowing it, I increased the run time back to two minutes. She began to talk about being hungry. "I'm going to order everything on the damn menu." I did suggest that she walk all the way up into the park from the river trail. She was jogging again when she saw her mother at the skate park. From just after the 13 mile mark to the finish, Yelena ran at a near sprint.

Her teammates, Logan Gogarty, Ethan Barbiere, and Aaron Berndt were 125<sup>th</sup> in 1:52:32; 126<sup>th</sup> in 1:52:33 and 151<sup>st</sup> in 1:56:29 respectively and were cheerful when I saw them after the race. Yelena finished in 2:46:15 in 304<sup>th</sup> place. I don't think she found out before she left, but she was third in her age division. She wasn't last. 313 finished, the last two just over an hour behind her.

*(Stuff, continued from page 3)*

aren't scheduled to play during any of the Rock 'n' Roll Marathon races?

10. Why can't they invent a "honey capsule" that would dissolve in hot drinks and eliminate the inevitable sticky fingers?

Until next month, go ahead – pig out! It's the holiday season.

Ropp, Aaron Lopez, Steve Wall, Michael Orendorff

Female Runner Nominations: Jessie Quintana, Emily Borrego, Diane Lopez

Youth Runner Nominations: Jerrica Khosla, Kelsey Learned, Aaron Diaz, Logan Gogarty, Samantha Davenport, Aaron Berndt

Most Valuable Club Member Nominations: Rich/Deb Hadley, Debra Wall, Terry Cathcart, Gary Franchi

**Marijane will ask Ron to include a short notice in the newsletter asking members to call their nominations in to Misti Frey at 547-9030. The SCR committee will select Dirty Sock and Packard Friendship Trophy recipients once all nominations have been received. Ballots will be available at the banquet for the remainder of the awards. Call nominations in to Misti by January 7, 2005. Misti and Rich Hadley will handle ballots and awards.**

Jeff Arnold requested money on behalf of the following students: Aaron Berndt, Samantha Davenport, Stephen Hruby and Ethan Barbiere. This money will reimburse the runners for a running camp they attended. It was suggested that these students volunteer at a couple of SCR events in return for the donation. Motion made, Terry Cathcart, seconded Nick Leyva and passed to donate \$200.00.

Lois Pfof asked for a donation to the Pueblo Greenway and Nature Center. Motion made, Jeff Arnold, seconded, Terry Cathcart and carried to donate \$250.00 to the Greenway and Nature Center on behalf of SCR.

Don Pfof expressed his concern about the traffic at City Park during the Atlanta Women's race and the risk of possible injury to participants. It was decided that Lois would check into the cost of having signs made that would indicate a race is in progress to hopefully assist with this problem.

The meeting was adjourned at approximately 9:00p.m.

# 2005 Jan, Feb, Mar Tentative Calendar \*

## JANUARY 2005

- Sat 1 Rescue Run 2005 5K/10K Palmer Park, Colo Springs  
10:00 am
- Wed 5 SCR Club Meeting 7:00 pm Pueblo YMCA, 700 Albany
- Jan 8,22 PPRR 4 Race Short Series:5K,4mi,5mi,10K Colo Sprgs
- Feb 12,26 Winter Series Long Series: 10K,8mi,10mi,20K Colo Sprgs  
\*\*\*\*\*SCR members get a \$20 discount\*\*\*\*\*
- Sat 08 PPRR Winter Series I 10K/5K Fox Run Park, Colo Spgs  
10:00 am Patricia Lockhart- (719)598-2953
- Sat 22 PPRR Winter Series II 8M/4M El Pomar Youth Sports Center, Colo Spgs  
10:00 am Patricia Lockhart- (719)598-2953

## FEBRUARY 2005

- Wed 2 SCR Club Meeting 7:00 pm Pueblo YMCA, 700 Albany
- Sat 5 Frostbite Five (a) 5M City Park Pavilion, Pueblo  
10:00 am Ben Valdez - (719)543-5151
- Sat 12 Valentine's Twosome (c) 5K City Park, Pueblo  
1.6M each partner) 9:00 am Jeff Arnold - (719)947-3682
- Sat 12 PPRR Winter Series III 10M/5M Santa Fe Trail/Baptist Road Trailhead  
10:00 am Patricia Lockhart - (719)598-2953
- Sun 20 Spring Runoff Tuneup 10K 3912 Goodnight Ave., Pueblo  
Prediction Run (c) 9:00 am Ken Raich - (719)564-0847
- Sat 26 PPRR Winter Series IV 20K/10K Wolford Elementary School  
10:00 am Patricia Lockhart - (719)598-2953

## MARCH 2005

- Wed 2 SCR Club Meeting 7:00 pm Pueblo YMCA, 700 Albany
- Sun 7 Spring Runoff (a) 10M/10K/5K/2M Dutch Clark Stadium, Pueblo  
9:00 am Information - (719)547-2777
- Sat 12 5K on St. Patrick's Day 5K Old Colorado City, Colo Spgs  
10:00 am Grand Prix - (719)635-8803

(c) = club race

(a) = club assisted race

\*We stole this calendar from the SCR website ([www.socorunners.org](http://www.socorunners.org)), so we thank Ken for the information. Remember that some of this might change. The SCR 2005 calendar is being developed, so we will publish it soon.

## RENEW renew RENEW

If you haven't done it, don't forget to renew your SCR membership!!! This year, you can:

- Fill out a paper membership form and send it to us with a check
- Register online and pay with a credit card (a small extra fee is involved)

You can print a membership form or link to the online registration (Active.com) from the web. Go to [www.socorunners.org](http://www.socorunners.org) and click the Membership link.

We will welcome your registration anytime, but membership cards will be sent only to SCR members who have renewed before the SCR Banquet (January 22).

Membership benefits include: Summer picnic / Fall bonfire, Annual awards banquet, Discount on certain races, Prediction Race Series & brunches, Discounts at certain retail stores, Monthly club newsletter, Awards to volunteers, Club training runs, and who knows what else.

Don't put it off. I could name names, but I won't.

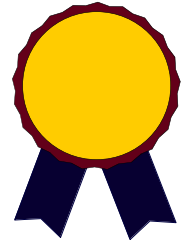


SCR Annual Banquet  
January 22

## The Beulah Challenge YEA!!!

We received confirmation from Karin Romero that the Beulah Challenge 10K run and 5K walk will indeed be held the first Saturday of August, which is August 6. So please include that on your 2005 race calendars.

## SCR Award Nominations Sought YEA!!!



Members are asked to call Misti Frey at 547-9030 if you wish to nominate an individual for any of the club awards that are given at the annual banquet. The SCR committee will select Dirty Sweat-sock and Packard Friendship Trophy recipients once all nominations have been received. Ballots will be available at the banquet for the remainder of the awards. Call nominations in to Misti by January 7, 2005. See the meeting minutes beginning on page 2 for a list of categories.

**SOUTHERN COLORADO RUNNERS**  
**Pueblo Family YMCA**  
**700 N. Albany Avenue**  
**Pueblo, CO 81003**

**Non-Profit  
Organization  
U.S. Postage Paid  
Pueblo, Colorado  
Permit # 41**



***If you move,  
Let us know!***

Issues of "Footprints"  
are not forwarded.

Hence, if you move, please  
get your new address to the  
SCR Membership Chair in  
care of the YMCA at the  
address listed above.

**Upcoming Races**

The Frostbite 5 is one of the Pueblo Classics.  
10 a.m., February 5, City Park Race Director  
Ben Valdez is a pro, and the race is always top  
notch. Ben always has cool shirts too. Cool  
shirts, cool runners, cool day. Wear your  
gloves.



And, another classic. The Valentine's  
Twosome is a week later (9 a.m. January  
12) at City Park. If you don't have a  
sweetheart, or if your sweetheart doesn't  
run - find a friend. Jeff gives prizes for  
different categories of batons, and choco-  
late usually finds its way to the awards  
presentation. Mmmmmmm.



Larry Volk snapped this  
photo of Pueblo Centennial  
Cross Country standout  
Sofia Monroe at the Girls  
City Cross Country Meet



**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  
January 5th? What a way to start the year. If you are  
really planning ahead - see you on February 2nd.

**The Final Thoughts...**

Life is a series of collisions with the future; it is not the sum  
of what we have been, but what we yearn to be. -Jose Ortega  
y Gasset

The key to traveling light is to not need very much. Mary  
Chapin Carpenter, *One Small Heart*

My aim is to agitate and disturb people. I'm not selling bread,  
I'm selling yeast. -Miguel de Unamuno, writer and philoso-  
pher (1864-1936)

Love is friendship set to music. Channing Pollock

No snowflake ever falls in the wrong place. -Zen saying