



Editors: Ron Dehn & Debra Wall

FOOTPRINTS

A bouquet of "flowers" from us to you.

Special Valentine's Edition



The 2005 SCR Prediction Series About to Begin

by Ken Raich

The first race of the 2005 SCR Prediction Series, "The Spring Runoff Tuneup", will be held on February 20th. Runners in this prediction race will run the actual 10K course of the real Spring Runoff two weeks before the official Spring Runoff is held. In fact, every one of the prediction races has a "quality" that makes it unique (and fun).

If you miss a prediction race or two (or 5)...don't fret...you only need to complete 5 of the 10 races in the prediction series to be eligible for an award. Of course, you can run in as many of the SCR series races as you wish, however, only your best 5 finishes will be considered for the series awards.

"Golly, that all sounds well and good."

you ask, "But what the heck is a prediction series and how does SCR determine who gets the awards?" Well, I'm glad you asked (You DID ask, didn't you?). Here's the concept of the prediction series (in a nutshell):

All runners are equal during a prediction race. It does not matter how fast or how slow a participant runs! The winner of each race is the runner who finishes closest to his or her predicted time.

Before every race, each runner is required to predict his or her finishing time. This prediction is written down and no runner is allowed to wear a watch during the event. A runner's "adjusted finishing place" will be deter-

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The Spring Runoff will take place at 9am on Sunday March 6th at Dutch Clark Stadium. There is a 2 mile fun walk, and 5k, 10k, and 10 mile runs. If you are not running, please volunteer. Call Terry at 547-2777.



**Way to Go
Rochelle!
Page 6**

**Calendar Man
Does His Thing
Page 7**

NOTICE: Look at your address label on this month's newsletter. If in the upper right-hand corner you see: "Exp Dec 31, 2004"...your membership has expired and you will no longer receive this newsletter. If you find yourself in this category, you can get your membership up-to-date by filling out a 2005 Membership Form and returning it within the next two weeks. If you have already returned your 2005 membership form and the label indicates that your membership has expired, please call Membership Chair Ken Raich at 564-0847 so we can make sure you don't miss the next issue of your favorite newsletter. -Ken Raich



SCR Notes from the January, 2005 meeting

Members present: Steve & Jacqueline Wall, Debra Wall, Lois & Don Pfof, Mike Archuleta, Marijane Martinez & Nick Leyva, Dave Diaz, Gary Franchi, Ken Raich, Jeff Arnold, Ron Dehn, Sandy Reinsch, Misti Frey

Mike Archuleta asked for the club's assistance with the annual Rape Crisis 5k run held at Mineral Palace Park. The race will take place on April 17th at 8:00a.m. The club will assist with this race once again.

Minutes of December 1, 2004 were approved as printed in the SCR newsletter.

Officer Reports:

o Dave Diaz presented the Treasurer's report. The report was approved.

o Nick and Misti walked in late and indicated the roads were bad – yea right!

o Ron Dehn discussed the printing costs of the newsletter and it was decided to continue with the same printer.

o Ken Raich indicated membership is looking good with lots of renewals coming in regularly. Seventy-five of the 179 members have renewed thus far.

Ken also noted that Dave Diaz has taken over the responsibility of keeping the SCR race calendar updated and is doing an excellent job!

Race Recaps:

o Rock Canyon had 323 finishers out of 340 entries. Dave expressed gratitude to all the volunteers, the Parks & Recreation Department, and State Parks and Recreation. He wanted to give 'special' thanks to Ken and Pixie Raich for all they do to make Rock Canyon possible. For the first time, Dave gave sweatshirts to the volunteers and those who volunteered indicated they were very appreciative. A suggestion was made to have the cut-off time listed on the flyer. The suggestion was a 3 hour finishing time. It was also suggested that perhaps considering having an early start for those who think they will go over 3 hours. Dave will take these suggestions into consideration for next year.

MoJo/Nick Predict – great turnout, great food and fairly great weather. Who could ask for more? The day the race is held will be changed to Saturday in the future.

Upcoming Races:

o Copies of the 2005 Race Calendar were distributed and Dave asked if anyone had changes or additions to please contact him.

o Frostbite 5 – February 5 10AM; Sandy reported for Ben as he is out of town. She indicated Ben is looking for volunteers to help with the finish line. MoJo and Ken volunteered and Jacqueline, Nick and Misti said to consider them "maybes" for now and they would let Ben know for sure


later.

o Valentine Twosome – February 12 10AM; Jeff will serve as race director once again. Sandy is going to share some ideas she has about this race.

o Spring Run Off Tune-up – February 20 9AM; Ken will be race director and will put an article in the newsletter about the Prediction Series once again.

Ron Dehn discussed the possibility of he and his wife (Chris) hosting an SCR race in Pueblo West

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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. 275
"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 Ken Raich

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



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

Rendevous with your SWEETIE



at the Gold Dust

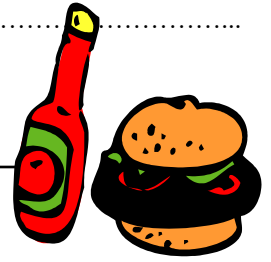


217 South Union



Great Stuff

by Gary Franchi



Timing is Everything

Thought for today's lunch, compliments of Kinky Friedman: *"There is a fine line between fiction and nonfiction, and I believe Jimmy Buffet and I snorted it in 1976."*

Musings on running, fitness, life, etc.:

The timing on some things is pretty hard to believe. Usually, it's the coincidence of factors that is astounding. But at other times the stupidity factor comes comically into play.

The latest example is provided courtesy of the Hardee's hamburger chain, whose recent marketing adventure sort of plays a little trick on logic.

Understand that at the start of a every new year, America wants to shed pounds and get in shape. Health clubs are popular places. Everybody goes on a diet and resolves to melt off some of the cakes they packed onto their hips or guts over the holidays. Thoughts of fitness are in the air. Bowflexes are hot tickets. Elliptical machines have a waiting list.

Oh sure, this only lasts a couple of weeks or so with most, but that's not the point. There is real seriousness for at least an hour or two at a time.

So here comes the progressive Hardee's to the rescue. Rather than rolling out a low-calorie or low-carb or low-something new menu to help us out, the marketing wizards there used this strategic time frame cerebrally to introduce their new Monster Thickburger.

This little baby contains two one-third pound slabs of all-Angus beef, four strips of bacon, three slices of cheese, mayonnaise and a buttered sesame seed bun. For just \$5.49 you can throw down 1,420 calories, 107 grams of fat and 230 milligrams of cholesterol into your system. And don't forget the 2,651 milligrams of sodium. You might want to grab a couple packets of salt for a little extra seasoning, just in case.

Oh, and you can add fries and a soda and make it a \$7.09 package of culinary delights.

Noted Andy Puzder, president and CEO of CKE Restaurant, Inc., the corporate parent of Hardee's: "Not every

product has to be aimed at the health-conscious."

It's beyond genius; almost visionary. Almost.

Revenue grubbing

Speaking of stupidity, have you heard about the City of Boulder's plan to increase revenues in these difficult economic times? Well, they've taken the "admissions tax" concept to a whole new level by proposing to have a 5% tax imposed on road race entry fees.

Cute, eh? So what if the original intent of the admissions tax was intended to collect for entertainment activities that charge admission. We're talking about things like concerts, movies, spectator sports, etc.

But, hey, they need to balance the budget, don't they? And aren't road races entertaining? Shoot, don't they draw big crowds? Think about it -- doesn't the Frostbite Five draw hundreds of spectators? How about the Atlanta 5K? Thousands turn out to watch that each year. At least.

OK, I'm reaching a bit here, just like the City of Boulder officials. Seriously, I'm wondering what events will be next to face the admissions tax. What about rec softball? Bowling? Square dancing? Bingo? They're entertaining, aren't they? And don't they charge an admissions fee to participate?

There you have it.

Never give up

Meanwhile, you've gotta appreciate the "never say die" spirit of various race officials in Denver. Over the years they have struggled to put on a variety of marathons, like the Mile High, United Bank, the Denver, the City of Denver, etc. Each one was on a course of some kind that traversed city streets. It also seems like each one faced some type of city opposition because of the fact that they traversed those city streets.

Just this past fall, the Denver Marathon was cancelled two days before it was to be held when city officials denied granting it a permit because of safety concerns. I'm sure the race offi-

cials said "Thank you" while trying to figure out how to either give refunds or slit their wrists, all the while wondering how marathons are held in other major cities.

Anyway, another group is at it now, scheduling the inaugural Rocky Mountain Marathon on June 12, 2005 along with a half-marathon and a women's 8K race. *Rocky Mountain Sports* magazine reports in its January 2005 issue that the race expects to draw between 5,000 and 10,000 runners, which is a nice pipe dream considering the Denver Marathon had about 800 registered runners when it was cancelled.

I figure those entry "guesstimators" ate a few too many Monster Thickburgers.

Ten things I was just wondering:

1. Why don't swimming wetsuits contain insect repellent?
2. Wouldn't it be fun if runners would get a kick in the patooey whenever they walked during a marathon?
3. What percentage of endurance athletes lie about their training?
4. What if they made women attending Oscar nights buy their gowns at Wal-Mart?
5. Why would a Hawaii Ironman participant be stupid enough to take a banned drug just before the event?
6. What percentage of a given audience really wants to be standing for someone during a standing ovation?
7. When someone says they have a pet peeve, are they really peeved at a pet?
8. Can't they standardize the frickin' shoe-lacing systems on running shoes?
9. If you use a King Soopers card to get a 3-cents-a-gallon discount on gasoline at Loaf'n Jug, why does the pay selection register say that you need to pull the Soopers card quickly?
10. Oh, and have the Broncos showed up to play yet?



February Birthdays (& other events)

2	Christa Rogers Groundhog Day Tom Smothers*
4	Michelle Riddock Wear Red Day Rosa Parks*
6	Super Bowl
XXXIX	
8	Mardi Gras
9	Chinese New
Year	
10	Islamic New
Year	
11	Judy Navarro Diana Quattle-
baum	
	Sheryl Crow*
12	Andrew Maez Abraham Lin-
coln*	
13	Jerry Lopez Peter Turk*
14	Allen Weaver Valentines Day Jack Benny*
16	Cody Carter Sonny Bono*
20	Beverly Skroch Ansel Adams*
21	President's Day
22	Aaron Diaz Ashlee Withrow Julius Erving*
24	Daniel Caprioglio Eddie Murray*
25	Joseph Bulow Alyssa Bruce Kurt Nordyke George Harri-
son*	
26	Nancy Mitrick Levi Ropp Betty Hutton*
27	Jace Montera Andrea Lepik Vicki Meier Elizabeth Taylor*
28	Sandra Messick Brian Withrow Reba McEntire*

Trail Notes

by Shaun Gogarty



"Beating" Strategies

When you reach my age and your run is difficult to distinguish from your walk, winning a race is about as likely as being regular. Of course I can't really blame it on age because in my entire running "career" I've only won one race and that was against a cripple, so it probably doesn't really count as "winning". In spite of my many losses, I've learned that you don't have to be AT the front to feel the thrill of victory, you just have to be IN front.... of someone. In fact, I've developed some strategies to beat others. Using my "Beating Strategies" at the Rock Canyon Half Marathon (RCHM) I actually beat some youngsters – a real thrill for the middle aged. And since only one person ever wins a race and a lot of other people run the race, I figured everyone (minus one) would be more interested in my "Beating Strategies", than in "Winning Strategies".

Strategy One: bring "companions" to the race that you can beat. I invited my arthritic, 70-year old mother, but the RCHM doesn't have a wheelchair division. No problem, I tapped the other end of the age spectrum. Utilizing catchy phrases like "it's only HALF a race" and "you've done a 10K surely a 13.1 won't be difficult" I was able to convince my son and a few of his friends to participate. Although they run cross-country, they had never run in the half marathon range – perfect. Additionally, being typical teenage boys they were sure they could beat any old man. The over confidence and the inexperience were the perfect attributes for my beatings, I mean "companions".

Strategy Two takes a bit more effort: help "train" your "companions". Some training guides for marathons suggest that you don't need to run 26.2 miles until race day. That strategy is for losers so make sure your companions use those guides. While I was tapering down from my last race – where the #1 aid station was at 13.1 miles – I was encouraging my companions to save the 13.1-mile distance for race day. To further help my companions I encouraged them to continue their usual training regimen. In other words the teens prepared in the weeks before the race by playing video games and eating at McDonalds. Of course they figured they were still in great shape from their cross-country season and I didn't want to hurt their feelings – I just wanted to beat them.

The first two strategies are almost guaranteed to help you beat others. However, to further improve your odds employ Strategy Three: let experience teach your companions. Let me explain.

At the starting line the three teens showed up overdressed with baggy shorts underneath sweat tops and bottoms. After a loop or two around the park they were throwing clothes off while I was relaxing and feeling just right. A few miles later they had adopted a bow-legged running stance and were grimacing with each stride – it was not helping their speed. Sure, I would have been happy to share my knowledge about running glide and proper long distance attire but people learn best by experience. And besides, everyone knows teens don't listen to adults anyways.

Strategy Four taps into the power of the mind: use psychological warfare to demoralize them at every step. Throughout the race, to heighten their concerns about the distance, I "encouraged them" with constant reminders to conserve energy and drink at every aid station because it was a loooooong way to the finish. If they started pulling ahead I quickly informed them that they should back off or they were going to "bonk" in the final miles. Then, at psychologically strategic locations, I dropped bombs. Like the "bomb" at 10-kilometers - their longest, previous race distance – when I "gently" reminded them that they weren't even halfway yet!

The final strategy was especially helpful for me to beat the teens at the RCHM: Run a race that is right for you and wrong for your "companion". When we reached 3-miles, their usual race distance, their young Attention Deficit Disorder teen-minds were done – they weren't interested anymore. The distance to the finished loomed endlessly ahead! They began to wonder if they could stand the tedium and make it to the finish. Meanwhile, being middle-aged and employed, I was used to doing the same thing over and over and over, without any hope of an "end". I comfortably plodded forward just grateful for a scenery change. In a 5K the teens would have finished and run back on the course to laugh at me. But by choosing a long race, my running strengths – persistent slowness – gave me the edge.

Taking advantage of every angle in preparing and bringing your "companions" to a race is taxing. But being able to beat someone is worth the effort and easier than training to win. In the final miles my "Beating Strategies" paid off. About mile 8, after encouraging them to conserve energy and take it easy, I pulled ahead. Although I didn't want to hurt their young, developing egos, it came

(Continued on page 5)



Rocky on Fitness

By Rocky Khosla, M.D.



DiETING 101 in 2005

I, as a lot of us I suspect, tend to put on a few pounds over the holidays. So I thought it would be a good idea to review a study published in the January 5, 2005 edition of the Journal of the American Medical Association (JAMA) by Dansinger and group. The study compared four different types of diets: a low carbohydrate diet (Atkins), a low saturated fat diet (Ornish), a macronutrient balance diet (Zone) and a caloric restriction diet (Weight Watchers).

Before I give you the bottom line, let me sketch out the design of the study briefly. The study was done at Tufts University in Boston, and a total of 40 people were assigned to each type of diet randomly. The people could not choose which diet they wanted to participate in. To get into the study, the patients had to have a body mass index between 27 and 42 and also had to have at least one cardiac risk factor such as a high fasting glucose, high total cholesterol, high LDL cholesterol, a low HDL cholesterol, high triglycerides, systolic blood pressure of at least 145 mm Hg, diastolic blood pressure of at least 90 mm Hg, or current use of medications to treat hypertension, diabetes or dyslipidemia.

Each group met with a physician and dietician for one hour on 4 occasions during the first 2 months, and were given dietary guidance. The groups were told to aim for the following: the Atkins group aimed for less than 20 grams of carbohydrate daily initially with a gradual increase towards 50 grams daily, the Zone group aimed for a 40-30-30 balance of carbohydrate, fat and protein, the Weight Watchers group aimed for 24 to 32 points, with each point roughly equal to 50 calories, and the Ornish group aimed for a vegetarian diet containing 10% of calories from fat. All groups were well matched as far as age, sex, exercise quantity, etc.

Now that I have you hanging at the edge of your seats, what were the results you ask. The bottom line is that there were no statistically significant differences in weight loss between the four groups at the one year follow-up, and each of the diets improved the LDL/HDL ratio similarly. Probably most importantly, only 42% of patients were able to stick to any

of the diets at the end of the year, with the Atkins and Ornish diets having the lowest adherence rates.

What this means to me is that I don't think any one diet is the magic answer. I think the best approach is to eat healthier with less snacking and more exercise. As far as how I define eating healthier, I think not overdoing either the carbohydrates or the fats is the way to go. Till next time, just remember the old saying, "it is better to eat to live than live to eat".

Sincerely,

Rocky Khosla

(Trail Notes continued from page 4)

down to their egos or mine. In the final analysis I figured their strong, young and relatively unbeaten egos could afford some beating and my old, frequently beaten ego definitely needed some rebuilding. When I came across the finish, minutes ahead of the teens, I knew the beatings were worth it – at least for me. But other than this article, a book, a speaking tour and a major motion picture – I don't want to make a big deal of my midlife beatings of the teens. I just, humbly, wanted to give others some help in handing out their own beatings.

Strictly Filler

Headlines (for real - or so we're told)

Patient at Death's Door - Doctors Pull Him Through

March Planned for Next August

Queen Mary having Bottom Scraped

Trivia

10% of all Dalmatians are born deaf

It takes 8.3 minutes for the sun's light to reach Earth. (light travels at 186,282 miles per second)

A pound of houseflies contains more protein than a pound of beef.

On September 26th, 1970, John Kenmuil licked 393 stamps in 4 minutes for a world record.

The bite of a king cobra can kill a fully grown elephant in less than 3 hours.

Interstate Numbering System

All east-west interstate highways are even-numbered and increase from south to north. (I-70 is north of I-10). North-south interstates are odd-numbered and increase from west to east. I-5 is west of I-25.

Hmmmm

If a cow laughed, would milk come out her nose?

What is a "free" gift? Aren't all gifts free?



Etc...



(Predict Series continued from page 1)

mined by how close that runner's "prediction" comes to his or her "actual finishing time." Every runner in a prediction race is awarded "points" during that race. More points will be awarded to those whose "adjusted finishing place" is lower than to those whose "adjusted finishing place" is higher. For example: the runner in a prediction race who comes closest to his or her predicted time earns 1st place and gets 100 points...everyone else earns a higher place and gets fewer points (depending on how far they are from their predicted time). You can read precisely how points are awarded on the SCR web site.

At the end of the series, the points from each runner's five best races will be totaled and SCR will present "Prediction Series" awards to those with the highest point totals. The awards will not be categorized by sex or age group because every runner has an equal chance of getting an award (according to how accurately they predict their actual finishing time). The awards will be presented in January during the SCR Banquet.

Below is the prediction race schedule for the 2005 series:

Feb 20	Spring Runoff Tuneup Prediction Run
Mar 19	Ben & Matt's Trail Mix Prediction Run
Apr 9	Ramsgate 8 Predit Run
Apr 24	Yappy Dog Predit Run
Jul 23	Moonlight Madness Prediction Run
Aug 6	Belmont Butt Buster
Aug 27	Tunnel Drive Prediction Run
Oct 22	Harvest Poker Run
Nov 26	Temple Canyon Prediction Run
Dec 11	Marijane & Nick's Excellent Adventure

If you're tired of always seeing the fastest runners win every race. Join us for the prediction series. We honestly don't have a clue who the 2005 winners will be!

(Continued from page 2)

to replace The Little Run on the Prairie since it will not be held this year. The club was very much in support of this idea. Nick suggested this be tied into the YMCA Community Campus fund raising idea of having a Ghost race however after discussion it was decided to keep it as strictly an SCR race.

Activity Recaps/Updates

- YMCA Campus Fund – nothing new to report.
- Annual SCR Banquet
- The banquet will take place Saturday, January 22 at 5 p.m. at Rosario's Restaurant. Cost will be \$10.00 for adults/\$5.00 for children.
- Rich Hadley and Misti Frey will handle awards.
- Jacqueline Wall graciously offered to handle putting all the information on nominations for Male, Female and Youth Runner of the Year. She will have copies available for the banquet.
- Sandy is going to revise the invitation, send it to MoJo to have copies made and get it ready to mail early next week.
- Jill, Sandy and MoJo will be meeting tomorrow evening to discuss the format for the banquet. It prom-

ises to be a fun one – again!

2005 Officers – Marv Bradley and Stan Wren have agreed to serve as co-secretaries.

New Stuff:

○ Ken requested the club purchase a lap top computer. Jeff made a motion that Ken research and purchase a lap top not to exceed \$1,200.00. Motion seconded and carried. Don Pfof showed everyone the carrying case he made for the SCR clock stand. It is almost too beautiful to use. Don is only asking to be reimbursed for supplies. Needless to say it was a consensus to reimburse him for supplies. Thank you very much Don!

The meeting was adjourned at approximately 8:45p.m.

Minutes taken by Sandy and typed by MoJo. We made a GREAT TEAM. Good luck to Mar and Stan 2005 Co-secretaries for SCR.

Respectfully submitted by,

Sandy & MoJo

Way to go Rochelle!!!

Rochelle Garcia and her gym classes were the subject of a great article in the January 16th Pueblo Chieftain. Rochelle is a teacher and coach at Pueblo East High School. She has challenged her 70 some students to lose weight, reduce body fat, and improve their nutritional habits. Rochelle's goal is to "have the students develop a healthy lifestyle that they will maintain throughout their life." It must be working. One young lady lost 30 pounds last semester and is excited about continuing her conditioning program. The students are monitored by a nurse practioner and R.N. from the East Wellness Center.

Check out the whole story and some great photos in the Pueblo Chieftain online archives. Start at www.chieftain.com. CONGRATS ROCHELLE!

2005 Feb, Mar, Apr, May Tentative Calendar *

FEBRUARY

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

MARCH

Wed 2	SCR Club Meeting	7:00 pm	Pueblo YMCA, 700 Albany
Sun 6	PUEBLO CHIEFTAIN'S 27th ANNUAL	10M/10K/5K/2M 9:00 am	<u>Dutch Clark Stadium</u> , Pueblo <u>Terry Cathcart, Race Dir</u> - (719)547-2777
Sat 12	5K on St. Patrick's Day 5K	Old Colorado City, Colo Spgs 10:00 am	<u>Grand Prix</u> - (719)635-8803
Sat 19	Ben & Matt's Trail Mix 10+M Prediction Run (c)	Nature Center, Pueblo 9:00 am	<u>Ben Valdez</u> - (719)543-5151

APRIL

Sat 2	YMCA Healthy Kids Day Family Walk/Run (a)	5K 8:30 am	Pueblo YMCA, Pueblo <u>Ben Valdez</u> - (719)543-5151
Sat 9	Ramsgate 8 Prediction Run (c)	8K 8:00 am	8 Ramsgate, Pueblo <u>Don & Lois Pfof</u> - (719)544-9633
Sun 10	Y-Bi Classic YMCA Duathlon (a)	2.5M/11.2M/3M 9:00 am	Pueblo West <u>Ben Valdez</u> - (719)543-5151
Sun 17	Survival Run/Rape Crisis 5K Run & 5K Walk(a)	5K 9:00 am	Mineral Palace Park, Pueblo <u>Chris Ortiz</u> - (719)583-4420
Sat 23	Elbert Reflections	10K/5K 9:00 am	Elbert, CO <u>Details</u> <u>Larry Miller</u> - (719)590-7086
Sun 24	Tarantula and Yappy Dog Prediction Run (c)	8.63M 8:30 am	South Mesa Elementary School (23701 Preston Road), Pueblo <u>Ross Barnhart</u> - (719)543-6982

MAY

Sun 1	Cinco de Mayo (a) (run/walk)	10K/3M 2K walk Run 7:30 am	Colo State Fairgrounds, Pueblo <u>Hilbert Navarro</u> - (719)564-7685
Sat 7	Take 5 in the Garden	5M/5K 8:00 am	Garden of the Gods, Colo Spgs <u>Grand Prix</u> - (719)635-8803
Sat 7	Collegiate Peaks Trail Run	50M/25M 6:30 am	Community Center, Buena Vista www.collegiatepeakstrailrun.org - (719)395-6612
Sat 14	PPRR Panoramic @ Bear Creek	4M 8:00 am	Bear Creek Park/East, Colo Spgs <u>Don Johnson</u> - (719)598-2953
Sat 14	Ordinary Mortals Women's Triathlon(a)	525m/12M/3M 6:45 am	Pueblo Regional Center, Pueblo West <u>Information</u> - (719)543-5151
Sun 15	Ordinary Mortals Men's Triathlon(a)	525m/12M/3M 7:00 am	Pueblo Regional Center, Pueblo West <u>Information</u> - (719)543-5151
Sun 22	PPRR Feats of Fire for Kids	Various 1:00 pm	Memorial Park Rose Bowl, Colo Spgs <u>Patricia Lockhart</u> - (719)598-2953
Sat 28	Custer 2020 Run in the Valley(a)	5K/1M 8:00 am	Westcliffe www.custercountyco.com - 1-877-783-9163

Mon 30 Bolder Boulder

(c) = club race (a) = club assisted race

*We "borrowed" this calendar from the SCR website (www.socorunners.org), so we thank both Dave Diaz and Ken Raich for the information. Dave has recently taken over the role of "Calendar Man". He now goes around the house wearing a red cape, black leotards, and a skin tight yellow shirt with a giant "C" on the front and the numbers from 1 to 31 on the back. On the hour, he shouts, "Long live HTML!". Well... ok not really. But we do send a big thank you to Dave for providing this service to the running community. THANKS DAVE! Thanks also to club webmaster Ken Raich. Remember that race schedules are carved in our minds, but not in stone. This is accurate as of this printing. (as far as we can tell)

2005 Triple Crown Info

Garden of the Gods
10 Mile Run
June 12



Summer Roundup
Trail Run - July 10



Pikes Peak Ascent
August 20



Pikes Peak Marathon
August 21, 2005

2005 Registration
for all races will
start on March 1,
Check website on
March 1 for On-Line
Registration and
Mail in forms

www.pikespeakmarathon.org/

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 just around the corner. 10 a.m.,
February 5, City Park Cool shirts, cool runners,
cool day.



The Valentine's Twosome takes place at 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
chocolate usually finds its way to the
awards presentation. Mmmmmmm.

THE SPRING RUNOFF - March 6th



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

The Next Meeting: SCR meetings are typically held
at 7 pm on the 1st Wed of each month at the Pueblo
YMCA. Once in a while there is an exception, but not
often. All SCR members are welcome!!! See you on Feb-
ruary 2nd. If you are really planning ahead - see you on
March 2nd.

The Final Thoughts...

An artist is not paid for his labor but for his vision. James
McNeill Whistler, painter (1834-1903)

The true measure of a man is how he treats someone who can
do him absolutely no good. -Samuel Johnson, lexicographer
(1709-1784)

I have always wished that my computer would be as easy to
use as my telephone. My wish has come true. I no longer
know how to use my telephone. -Bjarne Stroustrup, com-
puter science professor, designer of C++ programming
language (1950-)60