



Editors: Ron Dehn & Debra Wall

# FOOTPRINTS

Marchin' to your mailbox.

## The Full of Wind Edition

### SCR Members Gather to Eat, Honor, and have Fun

Around 70 SCR family members gathered at Rosario's for the annual SCR awards banquet on January 22. Kudos to Sandy Reinsch, Jill Montera, Jacqueline Wall, and Marijane Martinez for organizing a terrific evening. The food was great, the game was off the wall, the awards were super, and the evening was just plain fun!

Emcee Nick Leyva kept the event lively. Drawings took place throughout the night for a great batch of prizes which included everything from free entry to races to a \$50 certificate to the Pantry Restaurant. The committee did a super job rounding up a slug of great prizes.

After a great meal, several teams were drawn to compete in a game called "Dirty Minds". The game was actually "clean". Diana Reno's team of Pixie Raich, Diane Lopez, and Kelsey Learned edged out three other teams "captained"

by Don Pfost, Kathy Stommel, and Nick Leyva.

One of the highlights of the evening is the presentation of awards. Misti Frey, Rich Hadley, Stacey Diaz, Don Pfost,



Ken Raich, Gary Franchi, and Dave Diaz were the top vols for 2004

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## SCR Notes from the February, 2005 meeting

MEMBERS PRESENT: RAMON ARRIAGA, HILBERT NAVARRO, MARV BRADLEY, KEN HUGHES, STAN HREN, DEBRA WALL, DIANA RENO, TERRY CATHCART, DON PFOST, KEN RAICH, MARIJANE MARTINEZ, NICK LEYVA, DAVE DIAZ, JEFF ARNOLD, MISTI FREY, GARY FRANCHI, JAN DUDLEY, BEN VALDEZ, RUTH MCDONALD, SANDY REINSCH, LOIS PFOST, DIANE LOPEZ.

MINUTES OF JANUARY 2005 MEETING WERE APPROVED AS PRINTED IN THE SCR NEWS LETTER

DIANA LOPEZ ASKED FOR THE CLUB'S FINANCIAL ASSISTANCE IN HELPING ONE FEMALE ATHLETE TO COMPETE IN THE UPCOMING SIMPLOT GAMES TO BE HELD IN POCATELLO ON FEB 16TH-20TH 2005. A DONATION OF \$200 FOR THIS PURPOSE WAS APPROVED UNANIMOUSLY.

OFFICER REPORTS: TREASURES REPORT BY DAVE DIAZ WAS PRESENTED AND APPROVED RON DEHN REPORTED THAT PRINTING OF THE NEWSLETTER WAS TRANSITIONING TO NEW MGMT AND NEW SOFTWARE.

RACE RECAPS: IT WAS REPORTED THAT SEVERAL OF OUR MEMBERS SUCCESSFULLY COMPETED RE-

CENTLY IN LNS VEGAS NEVADA.

MEMBERSHIP: KEN RAICH RESUMED THAT WE HAVE 118 MEMBERS PAID UP FOR 2005, MEMBERSHIP CARDS ARE BEING PRINTED. AT YEARS END IN 2004, THE CLUB HAD 129 MEMBERS.

UPCOMING RACES: BEN VALDEZ REPORTED THAT PLANS WERE ON TRACK FOR FROSTBITE 5 MILE RACE TO BE HELD ON SAT, FEB 5, 2005 WITH 70 ENTRIES TO DATE AND EXPECTATIONS OF APPROXIMATELY 25 MORE ENTRIES ON RACE DAY. (COOL BLUE SHIRTS) JEFF ARNOLD REPORTED NO PROBLEMS IN PLANNING FOR THE VALENTINE'S TWOSOME TO BE HELD FEB 12, 2005


KEN RAICH REPORTED ON THE SPRING RUNOFF TUNEUP TO BE HELD ON FEB 20, 2005. THIS IS THE FIRST PREDICTION SERIES RACE OF THE YEAR WITH A POTLUCK TO FOLLOW.

TERRY CATHCART REPORTED ON THE PUEBLO CHIEFTAIN SPRING RUNOFF TO BE HELD ON MARCH 6, 2005. THE LOGO FOR THE RACE IS COMPLETE, A MEETING TO BE HELD AT THE CHIEFTAIN ON WED FEB 9, 2005 AT 5:30 P.M.

HILBERT NAVARRO AND RAMON ARRIAGA REPORTED ON CINCO DE MAYO RUN TO BE HELD ON SUN MAY 1, 2005. THIS WILL BE CLUB ASSISTED RUN WITH \$500.00 DONATION TO THE CLUB. RUNNERS FROM OUR SISTER CITY CHIHUAHUA, MEXICO, WILL ONCE AGAIN COMPETE.

RON DEHN REPORTED ON PRELIMINARY PLANNING TO CREATE A NEW RACE IN PUEBLO WEST TO REPLACE THE LITTLE

(Continued on page 5)



**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. 276**

“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	Stan Hren	647-9736
Co-Secretary	Marv Bradley	275-1855
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, Sean Patrick O’Sullivan*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

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

\* Sean Patrick O’Sullivan is a figment of our imagination. But the name does sound Irish. Right?



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

**Could there  
be Gold Dust  
at the end of  
the rainbow?  
217 South Union**



# Great Stuff

by Gary Franchi

## Mr. Fitness Plays Answer Man

Thought for today's lunch, compliments of Bobby Slayton: "If you can't laugh at yourself, make fun of other people."

### Questions for Mr. Fitness Man:

This month, we take a different tack in our constant quest for new adventures of thought. Hence, we ask Mr. Fitness Man to provide some answers to those deep, penetrating questions that have been posed recently. Enjoy the ride.

Q: I want to lose weight, but I really hate to diet and I can't stand to exercise. What can you suggest?

A: A lobotomy would be a good place to start. But, seriously, it sounds like you need some incentive. Why don't you go to a local grocery store and observe America for about a half-hour. That should cure your "hate" and "can't stand" attitudes.

Q: With the steady stream of dominant, world class runners from Kenya, I'm wondering: What is the altitude there?

A: It's 10 miles a day -- barefoot.

Q: With all this talk recently about steroid use in baseball, I'm wondering if you can give me the inside scoop and tell me who really uses the stuff?

A: I'm afraid it would take a lot less space to tell you who doesn't.

Q: C'mon, steroids aren't really that bad for you, are they?

A: I hate to answer your question with another question, but what planet have you been inhabiting all your life?

Q: Every report that comes out about the U.S. adult obesity rate sounds worse than the previous one. Is this really a serious trend?

A: Well, it depends on your perspective. A high heart disease rate goes a long way toward keeping the health economy very strong. There's a reason why medical professionals at virtually all levels are in short supply throughout

the country.

Q: Why do serious weightlifters grunt when they hoist heavy weights?

A: In the history of civilization, there are few documented cases of apes being fluent in the English language.

Q: Are all elite runners anorexic or do they just look like it?

A: Don't knock them. At least they don't go around grunting in weight rooms.

Q: Can anyone actually understand the magazine shoe guides?

A: What makes you think anyone reads them? Seriously, though, rocket scientists say that, if they read them, they would be quite impressed with the depth of the explanations.

Q: Is boxing aerobic?

A: Not when you're horizontal on the canvas.

Q: What's good about running during the winter?

A: Well, you usually don't have to worry about getting the West Nile Virus very often.

Q: I've been reading a lot lately about the benefits of dark chocolate. Can this really be true?

A: Shhhhh! Some things you should just be quiet about, accept and enjoy.

Q: I'm blown away by the lineup of speakers at SECAHEC's "For the Health of It" health, sports and fitness symposium coming up in March. Are Puebloans looking forward to that?

A: The progressive ones sure are -- and they'll be there. The unprogressive ones will be busy loading the chips and pop into their grocery carts.

### Ten things I was just wondering:

1. At what point does getting to the starting line healthy become the main issue?

2. Wouldn't it be cool if they re-

named Exit 88 Berndt Mill Road in honor of our esteemed SCR family from the Greenhorn Valley?

3. Where does the monkey go that you get off your back?

4. What can you say about people whose lives revolve around scratching off lottery tickets at the counters of convenience stores?

5. And what percentage of them would you say are smokers?

6. Does anyone know someone who watches Arena Football?

7. Does the AM in AM radio stand for "Advertising, Mostly" as it should?

8. For the most part, don't you just hate extended drum solos?

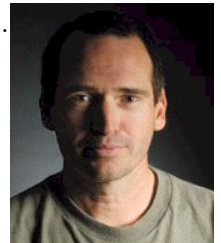
9. At what point are there too many frickin' coffee choices?

10. Could it be that social science is actually more difficult than rocket science?

Until next month, go on -- have a Dove dark chocolate on me.

### Vegas Notes courtesy of MoJo

Misti Frey and Marijane Martinez both placed 3<sup>rd</sup> in their age division at the 5K. Lorraine Hoyle placed third in her age division in the half and Steve Cathcart placed first in his age division in the half as well. Ben Valdez did a 1:45 for the half. John Jessen another club member ran his first half marathon and did it in 1:54:49. Diane Lopez had good luck at the slots. A good time was had by all.



# Trail Notes

by Shaun Gogarty

## Bathroom Stops

- 1 Kristy Davenport  
Ron Howard\*
- 2 Rachael Ratzlaff  
Priscilla Portillos  
Dr Seuss\*
- 3 Larry Rogers  
Jackie Joyner-Kersey
- 5 Brianna Diaz  
Rex Harrison\*
- 6 Bob Mutu  
Sarah Clapp  
Brandon Hruby  
Michelangelo\*
- 7 Debra Haverfield  
Monopoly game  
invented  
Luther Burbank\*
- 8 Nancy Martinez  
Kenneth Raich  
Brandon Baca  
Lynn Redgrave\*
- 10 Tina Withrow  
Sharon Stone\*
- 12 Paul Koch  
Paul Barela  
Barbara Feldon\*
- 15 Chester Haddan III  
Ides of March  
Andrew Jackson\*
- 17 Angelica Wall  
St Patrick's Day  
Gary Sinise\*
- 18 Laura Clark  
Jonathan Huie  
George Plimpton\*
- 22 Stephen Hruby  
Chico Marx\*
- 24 Kristen Meier  
Bob Gassen  
Olivia Sherman  
Harry Houdini\*
- 25 Laura Schilf  
Terri Bowland  
Elton John\*
- 26 Susan Gebhart  
Marvin Bradley  
Teresa Caprioglio  
Michael Claudio  
Robert Frost\*
- 27 Carla Claudio  
Gloria Swanson\*
- 29 Dean Volk  
Eugene McCarthy\*
- 30 Jay Garcia  
Celine Dion\*

\*honorary SCR member

Now days there are a lot of books and articles written about trail running. They give advice about which trails to run. They discuss methods of running – uphill and downhill. They even give advice on what to wear when you run. Unfortunately, the one part they consistently leave out is - what do you do if you have the runs. I'm talking about the "can't wait, I have to go" find a bathroom now situation! When you run in a big city marathon, it is never a problem with port-a-potties every mile. In a long trail run the race organizers might help you at the start with some overused cans, but from then on you are on your own – or at least hope you are if you have to "go". A lot of people are probably embarrassed to talk about this little, or big, issue. But embarrassed or not at some point on a trail run you will be faced with the desire to push - and it won't mean running faster. With spring right around the corner and the woods beckoning, I figured others might benefit from my many squats in the woods.

Not everyone likes a great challenge when running in the woods like I do – in other words they actually prepare for their runs. They might even consider taking toilet paper with them. But for others, like me, or for those who haven't had to "go" in the woods yet – there are some things to remember when you get stuck up a creek without a paddle or more specifically in the woods without TP. General concepts are pretty obvious – like smooth is better the rough. But some might not realize that hard is sometimes better than soft. In fact smooth rocks work pretty well in a "sudden" need situation. Debunking a common myth might also save someone a little agony: Skunk Cabbage is not a good TP. In fact, most vegetation is fragile enough that it might leave you a little "exposed". One of the best natural TP's is actually snow – keeping in mind that hard is better than soft.

Assuming you can find a good, natural TP, or are not running with yours truly and actually brought some, then your next concern is the same as any good real estate agent: location, location, location! For me, hiding from the "world" in the bathroom is one of the most peaceful times of the day. Hiding in the woods, with a beautiful vista, and "really" being a part of nature is even better. The great thing about "going" in the woods is that if you don't get too desperate, you can actually spend a little time finding the perfect spot. Per-

sonally I prefer some elevation. There is nothing better than "sitting" on top of a knoll, overlooking an expansive vista while "communing" with nature. It makes you feel like a real king, just no throne. Which, in fact, is the final issue in outdoor fertilizing – where do you sit?

For some of you runners who trained as boy scouts, you might be envisioning poles lashed together into a convenient "seat". This is of course pretty unrealistic, unless you want to spend more time stooling than running. For the high performance runners the only real option is the squat technique: fast and efficient. The name is descriptive enough but a word of caution is in order – leg cramps in that position can be a real bummer. For the intermediate level runner – hurrying but not worrying about actually winning – it is worth searching for a log that you can... ahhh....drop a log. Of course make sure the log is strong enough. Finally, for those of us not worried about a race, find a few, "cheek size", flat stones, stack them with a slot between, and sit down. Then relax, enjoy the view and get back to the run after playing king of the hill and getting some serious relief.

Happy running and remember the TP.

## Thanks Tune-Up Vols

Race Director: Ken Raich Aid Station: Pixie Raich, Course Marshal: Lois Pfost, Finish Line: Larry Volk



# Rocky on Fitness

By Rocky Khosla, M.D.

## Prevent Those Injuries

Happy Valentine's Day to everyone out there in aerobic fitness land! This is like preaching to the choir, but all of your running, biking, swimming, walking and other exercise is doing great things for your heart, so keep it up!

I thought it would be a good idea to talk about how to get ready for a healthy upcoming season by doing some things to prevent injuries.

The most common factor that leads to injury in us runners is trying to do too much, too soon and under too harsh a setting. In other words, training errors can take a terrible toll on us. A good approach to designing a training program would be to figure out what kind of events you want to train for this season. If you are planning on doing a half or full marathon, you should give yourself at least six to nine months to prepare. If you are planning to do shorter distances at a faster pace, give yourself at least three to six months for your muscles and tendons to adjust to a faster

pace.

A good training program should start with a good foundation of basic cardiovascular conditioning, flexibility, strength and balance. So while it is true that nothing prepares you for running better than running, there are more and more studies showing that runners benefit from increasing flexibility, doing resistance training, and activities such as yoga or Tai-Chi. Thus, a reasonable starting program for someone who wishes to run 5 or 10 K races would be to run 10 to 15 miles a week ( 2 to 3 miles 3 to 4 times a week), swim once a week, and bike once a week. You could then gradually increase your mileage, being sure not to increase by more than 10% per week. As far as speed work is concerned, this is probably the highest risk activity for us runners. I recommend that this not be done more often than once a week, and you should also not increase the pace by more than 10% per week. The same thing can be applied to

hill training: I would not do this more often than once a week to once every two weeks.

This is also a good time of year to look at the running shoes, and if you have more than 450 to 500 miles on those puppies, than it's time to get new shoes! Make sure you write the date that you start running in those shoes with a laundry marker, that way you can figure out how many miles you are putting on those shoes. I also recommend getting two pairs at a time and alternating shoes, which lets the shoes dry out and get some of the spring back into the mid soles.

Till next time, may you have a happy and healthy season!

Sincerely,

Rocky Khosla, M.D.

*(Minutes Continued from page 2)*

RUN ON THE PRAIRIE. THIS WOULD BE A FALL EVENT AND HE HAS HAD DISCUSSIONS WITH THE PUEBLO WEST VIEW NEWSPAPER AS A POTENTIAL SPONSOR.

RUTH GAVE AN ENTHUSIASTIC APPRAISAL FOR RESURRECTING THE HOT TO TROT 5K RACE WHICH WAS NOT HELD IN 2004. SHE ENVISIONS THIS RACE AS ONE WITH GREAT UPSIDE POTENTIAL, AS THE CHILE& FRIJOLE FESTIVAL IS PROMOTED STATEWIDE AND CONTINUES TO GROW ANNUALLY. IT WAS AGREED THAT RUTH WOULD BE THE RACE DIRECTOR. IT WOULD BE A CLUB SPONSORED RUN TO BEGIN AT THE GOLD DUST ON SUNDAY, SEPT 25, 2005

ACTIVITY RECAPS/ UPDATES SANDY REINSCH REPORTED ON A

VERY SUCCESSFUL SCR BANQUET WHICH WAS HELD AT ROSARIO'S RESTAURANT RECENTLY. DISCUSSION WAS HELD PROPOSING A POSSIBLE GUEST SPEAKER FOR NEXT YEAR, A NEED FOR IMPROVED ACCOUSTICS, AND A BETTER AREA FOR PRESENTATION OF AWARDS. THIS YEARS BANQUET HAD AN ATTENDANCE OF 63 PEOPLE.

YMCA REGIONAL CAMPUS FUND-SCR WILL DONATE \$500 TO THIS FUND WITH CHECK TO BE PRESENTED BY GARY FRANCHI TO BEN VALDEZ AT THE AWARDS CEREMONY FOR THE UPCOMING FROSTBITE 5 RACE.

LAPTOP COMPUTER KEN RAICH REPORTED THE PURCHASE BY THE CLUB OF A NEW LAPTOP COMPUTER WITH A

"SUPER DUPER HANDY KEYBOARD THE COMPUTER WILL BE USED FOR RACE RESULTS AT THE FROSTBITE 5, SPRING RUNOFF, YIBI CLASSIC DUATHLON AND THE CINCO DE MAYO

THE MEETING WAS ADJOURNED AT APPROXIMATELY 8:45 P.M.

RESPECTFULLY SUBMITTED BY,

STAN HREN AND  
MARV BRADLEY



# Jeff's Travels

By Jeff Arnold

## A Visit to Parsec

On Thursday February 3<sup>rd</sup> I drove to Boulder to attend a gathering of eagles at Parsec Time and Distance, a combination watch store and coffee shop on the Boulder Mall. A parsec is an astronomical measurement of distance, about 3.25 light years. The store's owner Brad Hudson is dedicated to providing the equipment and advice he thinks will help take a serious athlete into the upper stratosphere of running. And while you are shopping, or hanging out, you can have one of several coffee related drinks or fancy hot chocolates, named after runners. As for size, they come in 5K, 10K, or Marathon.

Four of the eagles were runners so fast that they really do seem to fly. All competed for the University of Colorado and all are racing professionally now, though one gets the feeling that not one of them is as interested in money as he is in greatness. By the standards of most competitive runners, each has already achieved success, though the group was introduced as the future of American distance running.

Steve Slattery, a 2002 CU graduate, was US champion in the 3000 meter championships in 2003 and ran a steeplechase PR 8:22.32 in his heat of the World Championships in August, 2003. He was 5<sup>th</sup> in the 2004 US national Championships, which served as the Olympic Trials, in 8:23.60.

Ed Torres has had a career that most runners think they would die for. He was a three time Foot Locker National Cross Country finalist in high school. He placed 10<sup>th</sup> in the NCAA cross country meet his senior year. But there is one big problem: he runs in the shadow of his older brother, his ten minute older twin Jorge.

Jorge Torres was the 2002 NCAA cross country champion for CU. He first became a national champion, age group, almost exactly ten years earlier, when he was 11. He is the only high school runner who was a Foot Locker national fi-

nalist all four years, winning his senior year. He spent the spring of 2004 trying to get a time which would make him one of three US 5000 meter runners at to the Athens Olympics. He was seventh in what was probably the most intense US trials ever.

Dathan Ritzenhein is the fourth eagle. He too was a national cross country champion for CU, in 2003. He was also second in the 5000 meters at the NCAA championships in 2004, and then he got hurt, again. He had already red shirted a year with stress fractures in first one femur and then the other. Otherwise he and Jorge might have gone head to head for the national cross title in 2002. He alone of the four ran in Athens, in the 10,000 meters. Unfortunately he had a third stress fracture in his foot. He turned pro right after the Olympics. On New Year's Eve, in Balzano, Italy he took a close third in a 10K road race, 1 second behind Russia's Segei Lebid and Olympic Marathon champ Stefano Baldini in 28:24. Then January 8 he won a major 9K cross country meet in Belfast, Northern Ireland, ending 12 years of African dominance of the race.

All but Slattery are planning to run in the US trials for the World Cross Country team in Vancouver, Washington February 12-13.. If Jorge makes it, he won't be a rookie. In 2002 he placed 11<sup>th</sup> in World cross 4K, six places ahead of 2000 Olympic 5000 meter champion Million Wolde of Kenya. Ritz was third in the world Junior Championships in 2001, as a senior in high school, and 24<sup>th</sup> in the World Seniors in 2002 in the 12K race.

None of the eagles needed to recite this information for the full house, about 75 listeners, at Parsec. After all this was Boulder where one can see national class runners nearly every day, and where running news makes up an important part of the sports page. In fact they were there just to answer questions from the audience. The main speaker was Chris Lear, the author of *Running With the*

*Buffaloes*, a nearly day-by-day chronicle of the CU cross country season of 1998.

Lear told how when he and his twin were freshmen in high school in New Jersey, they were called to a meeting by their new coach, "a chick," as Lear put it. They were quite unimpressed, chatting with friends until the coach outwaited them. When she mentioned that she had run a 4:40 mile in high school and had been a state champion several times, they paid attention. After the talk, Chris and his twin Tim went up to the new coach eager to ask if she thought they might break 4:50 that year. "4:50," she scornfully replied. "I want you to break 4:30." They did and by his senior year Chris ran a 4:09.

By then they knew that their coach had been coached by Mark Wetmore, who is now the CU coach, and guru of what is arguably the most successful cross country program in the country now. CU's teams won both men's and women's titles in the 2004 NCAA Division I Championships.

Wetmore runs a program that is based on the ideas of the legendary Arthur Lydiard, modified to fit the demands of the college seasons. He asks his runners to make along term commitment and to risk for excellence. He says, "'I'm confident enough, or arrogant enough, to think that if you come into our program and stay in it and put your heart in it, that in two and a half years, you'll be a very different runner.'"

And the seasons bend more than the program. Ritzenhein only ran four meets the fall he won nationals. And the following spring he ran a 10,000 meter race to get the Olympic A standard, the day before the Big 12 track championships. He won, but at a slower pace than the 10K.

Lear, who also wrote a book about Alan Webb called *Sub Four*, was asked about future writing projects. He said that he

*(Continued on page 13)*



## Valentine's Twosome

Twenty-one teams showed up for running and chocolate at the annual SCR Valentine's Twosome run. The race is approximately 5k with each team member running half. Although there were some excellent runners, much of the fun is centered around the creative batons, and eating chocolate. Between the race and the baton contests, it appeared that most runners won some Nettie's chocolate one way or another. Race Director, Jeff Arnold actually asked if there was anyone present who did NOT win chocolate. Nobody stepped forward. Here's your results.

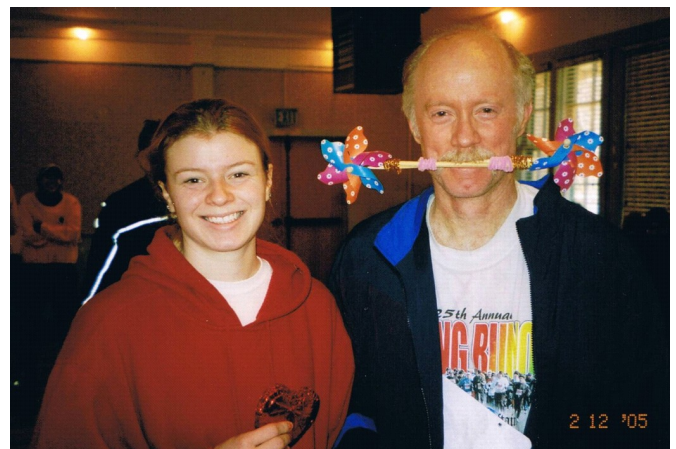
Group	Place	Name	Age	Time
	1	Jill Montera & Larry Volk	79	21:01
	2	Sandy Reinsch & Ben Valdez	76	23:15
	3	Carey Moreschini & Bobby Valentine	76	23:27
	4	Kelli Baris & Michael Baris	50	23:48
	5	Jeff Sarek & Kim Wilson	54	25:22
	6	Marijane Martinez & Nick Leyva	103	25:25
	7	Zane Khosla & Rocky Khosla	55	25:38
	8	Wendy Bulow & Joe Bulow	66	25:41
	9	Carla Braddy & Trent Braddy	53	25:43
	10	Paula Delpriore & Mike Archuleta	84	25:46
	11	Jace Montera & Jordan Montera	19	25:52
	12	Lori Gregory & Len Gregory	116	27:19
	13	Cheryl Cook-McCoy & Marv Bradley	125	27:25
	14	Sheri Tiller & Jerry Tiller	76	28:03
	15	Jerica Khosla & Jace Khosla	26	28:17
	16	Rosa Bruce & Rich Bronken	83	28:32
	17	Lanna Puls & Ted Puls	63	28:34
	18	Laura Wertzbaugher & John Freyta	83	28:55
	19	Kristy Puls & T.J. Puls	30	29:27
	20	Mandy Belton & Hilbert Navarro	85	29:56
	21	Kate Puls & Gerald Puls	129	42:08

Jeff Arnold directed the race. Sidney Arnold, Steve Wall, & Ron Dehn helped out.



Left: Rocky & Zane Khosla's bone won the prize for ugliest baton.

Other baton winners were (top to bottom): Gerald & Kate Puls (most romantic), Rich Bronken & Rosa Bruce (largest), and Kristy & T.J. Puls (most creative).





# Frostbite 5 Results

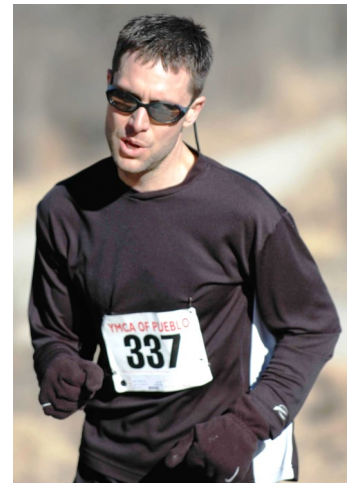
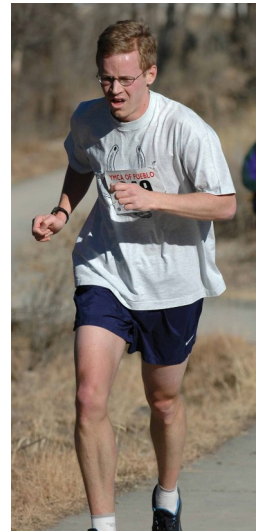
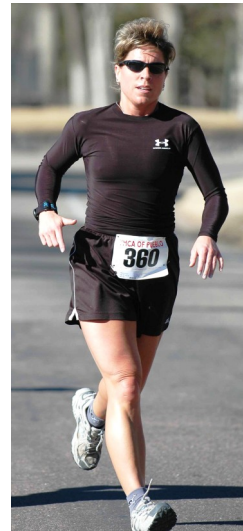
Pl	Runner	Sx	P-Dv	Div	City	Time	Pace						
1	Jonathan J Huie	M	1	OA	Colorado Springs	28:25	5:41						
1	Jonathan J Huie	M	1	20-29	Colorado Springs	28:25	5:41						
2	Todd Hund	M	2	20-29	Pueblo CO	28:30	5:42						
3	Paul L Koch	M	1	30-39	Colorado Springs	30:07	6:01						
4	Rich Hadley	M	1	40-49	Florence CO	31:02	6:12						
5	James Campbell	M	2	30-39	Aurora CO	31:38	6:20						
6	Toby Lee Doub	M	3	30-39	Pueblo CO	32:42	6:32						
7	Jeff Sarek	M	1	0-19	Canon City CO	34:31	6:54						
8	Michael Barris	M	2	40-49	Pueblo West CO	34:31	6:54						
9	Lou Huie	M	1	50-59	Colorado Springs	34:47	6:57						
10	Joe Stomme I	M	2	50-59	Pueblo CO	35:02	7:00						
11	Bill J Mares	M	4	30-39	Pueblo CO	35:08	7:02						
12	Steve C Wal I	M	3	40-49	Pueblo CO	35:21	7:04						
13	Emily Borrego	F	1	30-39	Pueblo CO	35:45	7:09						
13	Emily Borrego	F	1	OA	Pueblo CO	35:45	7:09						
14	John Montoya	M	4	40-49	Raton NM	35:46	7:09						
15	David E Baker	M	5	40-49	Pueblo CO	35:52	7:10						
16	Bobby Valentine	M	6	40-49	Pueblo CO	36:01	7:12						
17	Aaron Berndt	M	2	0-19	Rye CO	36:12	7:14						
18	Craig Ewing	M	3	50-59	Sedalia CO	36:22	7:16						
19	Eugene Mares	M	7	40-49	Pueblo CO	36:38	7:20						
20	Marvin L Bradley	M	1	60-69	Canon City CO	37:14	7:27						
21	Allen S Weaver	M	4	50-59	Canon City CO	37:24	7:29						
22	Ray Randolph	M	5	50-59	Colville WA	37:38	7:32						
23	Stanley E Hren	M	2	60-69	Pueblo West CO	38:24	7:41						
24	Robert Santoyo	M	8	40-49	Pueblo CO	38:36	7:43						
25	Ami Chamberlain	F	2	30-39	Pueblo West CO	38:37	7:43						
26	Vicki L Meier	F	3	30-39	Canon City CO	38:44	7:45						
27	Brian Cordova	M	5	30-39	Pueblo CO	38:50	7:46						
28	Kerry R Meier	M	6	30-39	Canon City CO	38:59	7:48						
29	Stewart Joseph	M	9	40-49	Florissant CO	39:02	7:48						
30	Paul DallaGuardia	M	10	40-49	Colorado City	39:13	7:51						
31	Greg Gauna	M	7	30-39	Denver CO	39:15	7:51						
32	Gary Franchi	M	6	50-59	Colorado City	39:24	7:53						
33	Stephen Minnich	M	7	50-59	Pueblo West CO	39:34	7:55						
34	John Shrift	M	3	20-29	Fowler CO	39:44	7:57						
35	Brad Van Buskirk	M	11	40-49	Pueblo CO	39:58	8:00						
36	Frank Aragon	M	12	40-49	Pueblo CO	40:00	8:00						
37	Kelly D Hale	F	4	30-39	Rye CO	40:05	8:01						
38	Mike L Borton	M	13	40-49	Pueblo CO	40:21	8:04						
39	Tim Caudill	M	14	40-49	Florence CO	40:56	8:11						
40	Nick Leyva	M	8	50-59	Pueblo CO	41:04	8:13						
41	Julie Campbell	F	5	30-39	Aurora CO	41:23	8:17						
42	Jon S Hollon	M	15	40-49	Colorado Springs	41:39	8:20						
43	Bryan Muth	M	3	0-19	La Junta CO	42:11	8:26						
44	Patrick K Swank	M	9	50-59	Pueblo CO	42:19	8:28						
45	Becky Medina	F	6	30-39	Pueblo CO	42:56	8:35						
46	David Crockenberg	M	10	50-59	Pueblo CO	42:58	8:36						
47	Diane Lopez	F	1	40-49	Pueblo CO	43:04	8:37						
48	Hilda Garcia	F	2	40-49	Pueblo CO	43:13	8:39						
49	Hilbert Navarro	M	3	60-69	Pueblo CO	43:23	8:41						
50	Casey Crowell	M	4	0-19	Swink CO	43:30	8:42						
51	Robert S Kelher	M	4	60-69	Canon City CO	43:35	8:43						
52	Ron Dehn	M	11	50-59	Pueblo West CO	43:43	8:45						
53	Carey Moreschini	F	7	30-39	Pueblo West CO	43:55	8:47						
54	Wendy Garrison	F	8	30-39	Pueblo CO	43:55	8:47						
55	Jerry Tiller	M	16	40-49	Pueblo West CO	44:04	8:49						
56	Chery Cook-McCoy	F	1	60-69	Salida CO	44:04	8:49						
57	MaryDee Carter	F	3	40-49	Colorado City	44:54	8:59						
58	Sandy Reinsch	F	9	30-39	Pueblo CO	45:10	9:02						
59	M.J. Martinez	F	1	50-59	Pueblo CO	45:27	9:05						
60	Caitlin Milligan	F	1	0-19	Pueblo CO	45:39	9:08						
61	Alice Fitzgerald	F	4	40-49	Trinidad CO	45:41	9:08						
62	Steve J Kastner	M	17	40-49	Pueblo CO	45:59	9:12						
63	Francine Borton	F	2	50-59	Pueblo CO	46:00	9:12						
64	Don R Pfof	M	5	60-69	Pueblo CO	46:29	9:18						
65	Torry Bolen	F	10	30-39	Pueblo West CO	46:45	9:21						
66	Melvin Henson	M	12	50-59	Pueblo West CO	46:45	9:21						
67	Jessie Quintana	F	2	60-69	Pueblo CO	46:59	9:24						
68	Maria El Weaver	F	5	40-49	Canon City CO	47:00	9:24						
69	Roberta Martinez	F	11	30-39	Highlands Ranch	47:25	9:29						
70	Donald Moore	M	8	30-39	Pueblo West CO	47:27	9:29						
71	Paula DelPriore	F	6	40-49	Pueblo CO	47:52	9:34						
72	Mike Archuleta	M	18	40-49	Pueblo CO	47:53	9:35						
73	Andrew Klebahn	M	9	30-39	Colorado Springs	48:17	9:39						
74	Janet H Dash	F	7	40-49	Pueblo CO	48:36	9:43						
75	Melinda Orendorff	F	3	50-59	Pueblo CO	48:40	9:44						
76	Eva Cosyleon	F	1	20-29	Pueblo CO	48:45	9:45						
77	James Yourishin	M	6	60-69	Westcliffe CO	48:49	9:46						
78	Paul Willumstad	M	13	50-59	Pueblo CO	48:55	9:47						
79	Steve Thompson	M	10	30-39	Colorado Springs	48:57	9:47						
80	Kathy I Stommel	F	8	40-49	Pueblo CO	49:01	9:48						
81	Addison Johnston	M	7	60-69	Pueblo CO	49:19	9:52						
82	Jeff Arnold	M	8	60-69	Avondale CO	49:44	9:57						
83	Dan Comden	M	14	50-59	Pueblo CO	49:45	9:57						
84	Duncan McAuliffe	M	15	50-59	Pueblo CO	50:18	10:04						
85	Mary Rudolf	F	9	40-49	Pueblo CO	50:43	10:09						
86	Donna A Nicholas-Griesel	F	4	50-59	Coaldale CO	50:53	10:11						
87	Christine Randolph	F	10	40-49	Colville WA	51:36	10:19						
88	John Thompson	M	11	30-39	Peyton CO	51:52	10:22						
89	Joan Harrell	F	5	50-59	Wetmore CO	52:06	10:25						
90	Jan Dudley	F	6	50-59	Pueblo CO	52:38	10:32						
91	Yelena Snyder	F	2	0-19	Rye CO	55:03	11:01						
92	Robert Hamilton	M	16	50-59	Wetmore CO	107:31	13:30						

There were several people who helped make this race possible. The ones we know about are: Race Director: Ben Valdez, Registration: Nancie Biery, Course Marshals: Karen Van-Haverbeke, Stacey Diaz, Jacqueline Wall, Debra Wall, Sidney Arnold, Lead Bike: Don Learned, Finish Line: Terry Cathcart, Dave Diaz, Lois Pfof, Deb Hadley, Mark Koch, Ron Dehn, Aid Stations: Pat & Crystal Berndt, Photographer: Larry Volk, Results: Ken & Pixie Raich





# Frostbite Photos



Center: Jonathan Huie - overall winner

Clockwise from upper left:

Ami Chamberlain

Lou Huie

Vicki Meier

Todd Hund

Toby Doub

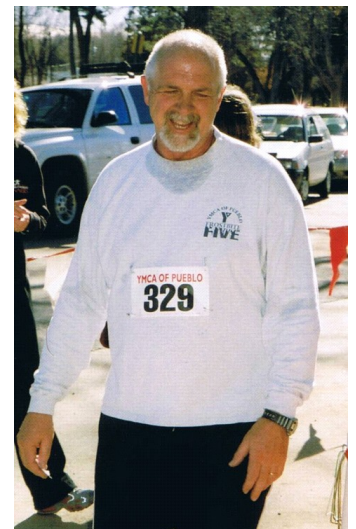
Dan Comden

Bobby Valentine & Carey Moreschini

Francine Borton

Action shots courtesy of Larry Volk  
(eventpictures.com) - see link from SCR

Frostbite results web page.



# SCR Annual Banquet

continued

*(Banquet continued from page 1)*

and Ken and Pixie Raich get credit for lots of behind the scenes work prior to the awards presentation. Misti and Rich took care of nominations, ballots and organizing. Stacey worked all year long keeping track of volunteer points. Don



**Kokopelli award made by Don Pfof**

Pfof used his artistic prowess to create kokopelli awards for winners in several categories. Don cut the awards from cherry wood using his scroll saw. Because of the grain patterns, each piece was unique. Ken and Pixie handled the predict series standings and awards. Pixie embroidered names in 22 running hats. The new sewing machine is paying off!

Those awarded top honors for “Runners of the Year” were: Jessie Quintana - Female Runner of the Year, Rich Hadley - Male Runner of the Year, and Jerrica Khosla - Youth Runner of the Year. Other nominees included: Female: Emily Borrego, Wendy Garrison, Diane Lopez, Male: Aaron Lopez, Michael Orendorff, Brian Ropp, Steve Wall, Youth: Aaron Berndt, Samantha Davenport, Aaron Diaz, Logan Gogarty, and Kelsey Learned.

Jeff Arnold received the Packard Award, named in honor of the Packard family who were killed in a car accident many years ago. Nick Leyva noted that Jeff was also the first recipient of the award, 20 years ago.

Mark Koch was given the Dirty Sweat sock Award. This is a special award that goes to somebody who does lots of “low

profile” work behind the scenes.

Terry Cathcart received the award for Most Valuable Club Member. In addition to masterminding the Spring Runoff, Terry is often seen working finish lines, at club meetings, and helping out in a variety of ways.

Volunteers earning 50 or more points were recognized. Dave Diaz, Gary Franchi, and Ken Raich earned special recognition for the top 3 volunteers in 2004. Point totals for 2004 were: Dave Diaz - 205 pts, Gary Franchi, Ken Raich - 175 pts, Lois Pfof - 150 pts, Nick Leyva - 145 pts, Rich Hadley - 130 pts, Ron Dehn, Sandy Reinsch, Ben Valdez - 125 pts, Terry Cathcart, Debra Wall, Marijane Martinez - 115 pts, Jeff Arnold, Mike Orendorf - 105 pts, Jacqueline Wall, Don Pfof - 90 pts, Stacey Diaz - 85 pts, Diane Reno - 80 pts, Hilbert Navarro, Shaun Gogarty - 70 pts, Pixie Raich - 65 pts, Matt Sherman, Mark Koch - 60 pts, Anthony Diaz, Misti Frey, Deb Hadley - 55 pts, Bill Veges, Rocky Khosla, Jill Montera - 50 pts

New Officers took their “oath of office”. Gary Franchi, Rich Hadley, and Dave Diaz will continue in their roles of President, Vice President, and Treasurer. Marv Bradley and Stan Hren will take on the role of co-secretaries.

We are always trying to make improvements. Since the banquet is one of our larger social gatherings, we welcome your input. If you have suggestions /



**Top to Bottom  
Playing Games**

**Nick gives Terry the award for  
Most Valuable Club Member**

**Ken & Pixie Raich organized awards  
for the Predict Series**

comments, please contact one of the officers listed on page 2. We would also welcome a letter to the newsletter editor. You may send your comments electronically to [ron.dehn@colostate-pueblo.edu](mailto:ron.dehn@colostate-pueblo.edu). THANKS!



# Etc...

## A Few SCR Notes

### Steve Cathcart

Steve Cathcart finished 7th in the National Maters 8K cross country meet at Vancouver, Washington to day, February 12. His time was 27:46 compared to the winning 26:36. Six people in the open divisions and junior divisions qualified for Worlds in Ireland. -Jeff Arnold

### Tomas Duran

Dear Editor, I was just wondering if you could put the word out if anyone knew anyone else from the Pueblo area that was thinking of doing Ride the Rockies this year. If anyone else wanted to send an entry in if we put up to 10 entries in the same envelope I think we are more likely to get picked.

Thanks for your help.

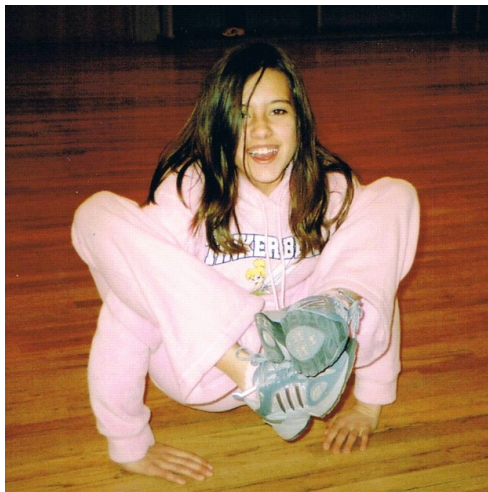
Tomas Work phone# 545-3838

### Gary Franchi

Dear Editor, You should highlight the accomplishment of one of your contributors. Gary Franchi did a full-on 4300 yard Masters Swim Club workout before the Frostbite 5-miler. Of course, then he wondered why his time was slower than last year. I challenge any of your readers to do 4300 yards with the Masters Swim Club before any local race. That's really pretty good. Thanks for your hard work,

Michael O.

## A Few More Photos

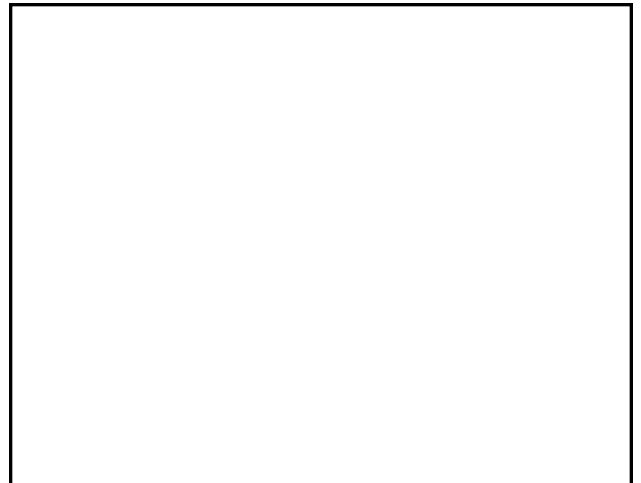


Clockwise from Top Left

Jeff receives the Packard Award

Mark receives the Dirty Socks Award

Hilbert's granddaughter demonstrates her strength & flexibility at the Frostbite 5



## The Predict Series Begins Anew

If Dave Diaz tries to tell you he is lousy at predicting his times - don't believe him. That was his story for quite a while, but in 2004, he posted several good times and ended with a 100 score to finish 4th in the final standings. In 2005, he started off with a 1 second vari-

ance to capture 100 points in the Spring Runoff Tuneup. Don Pfof, who was Mr. Consistent last year earned 97+ points in the '05 Tuneup. Three ladies finished in the top 10 - Hilda Garcia, Marijane Martinez, and Jill Montera. Gina Benfatti is the only lady to win the

Predict Series in recent history. How about it ladies? Is 2005 your year?

The next race in the series is Ben & Matt's Trail Mix on March 19th.

### RESULTS

Name	Predict	Actual	Var	Points					
1 Dave Diaz	43:30	43:29	0:01	100.00	18 Phil Quattlebaum	1:12:00	1:11:12	0:48	52.78
2 Don Pfof	1:00:14	1:00:23	0:09	97.22	19 Jeff Arnold	1:09:00	1:09:55	0:55	50.00
3 Rich Hadley	40:00	39:45	0:15	94.44	20 Ben Valdez	48:00	49:06	1:06	47.22
4 Gary Franchi	56:00	55:43	0:17	91.67	21 Sandy Reisch	59:00	1:00:08	1:08	44.44
5 Hilda Garcia	58:00	57:41	0:19	88.89	22 Chief Reno	48:05	49:13	1:08	41.67
6 Lou Huie	44:10	44:30	0:20	86.11	23 Meryl Dohrmann	1:00:00	1:01:10	1:10	38.89
7 Marijane Martinez	59:00	59:22	0:22	83.33	24 Becky Medina	58:30	59:43	1:13	36.11
8 Paul DallaGuardia	56:10	55:44	0:26	80.56	25 Angelo Agagon	43:00	41:21	1:39	33.33
9 Larry Volk	1:174	1:44	0:27	77.78	26 Joe Bulow	55:30	57:42	2:12	30.56
10 Jill Montera	47:57	48:24	0:27	75.00	27 Mike Archuleta	1:02:00	59:20	2:40	27.78
11 Mary Simmons	59:00	58:30	0:30	72.22	28 Paula DelPriore	1:02:00	59:19	2:41	25.00
12 Matt Sherman	48:00	48:32	0:32	69.44	29 Hilbert Navarro	55:00	57:59	2:59	22.22
13 Jan Huie	55:20	55:58	0:38	66.67	30 Stacey Diaz	58:00	54:35	3:25	19.44
14 Humberto Parades	46:50	47:29	0:39	63.89	31 Robert Santoyo	44:00	48:22	4:22	16.67
15 Bill Veges	52:30	51:51	0:39	61.11	32 Debra Wall	1:06:20	1:01:57	4:23	13.89
16 Wendy Garrison	58:55	59:38	0:43	58.33	33 Melinda Orendorff	1:06:00	1:01:30	4:30	11.11
17 Nick Leyva	55:48	55:01	0:47	55.56	34 Frank Aragon	48:00	52:55	4:55	8.33
					35 Mary Rudolf	1:06:00	59:18	6:42	5.56
					36 Dwight Martinez	1:00:00	52:54	7:06	2.78

### SCR Members in the News (congrats Paulette and MoJo)

On January 28<sup>th</sup>, Paulette Stuart was honored as Citizen of the Year by the Greater Pueblo Chamber of Commerce at its annual meeting held at the Pueblo Convention Center.

Paulette serves as the *Pueblo Chieftain* point-person for the annual Spring Runoff. She has been the promotions manager at the *Chieftain* since 1987, and worked for a decade at the chamber where she developed the first visitor center in Pueblo, organized and coordinated the Southern Colorado Tourism Council, helped draft and pass state legislation to establish a statewide tourism tax, worked with City Council to create Pueblo's lodging tax, and spent 13 years coordinating the Wake Up With Pueblo Breakfasts.

According to Chamber president Rod Slyhoff, "What caught the eye of the selection committee was her involvement with the Congressional Medal of

Honor Society.

"While her job at the Chieftain involves duties with the Medal of Honor Plaza here at the Convention Center, it was her own above and beyond attitude with the 2000 Congressional Medal of Honor Convention which brought 90 living medal recipients and national recognition to Pueblo.

"During that weeklong convention she directed a volunteer committee of over a hundred and planned and participated in 27 special events that honored our nation's most prestigious medal recipients."

Way to go Paulette!!!

The *Pueblo Chieftain* recently ran a series of 9 articles entitled "What I Love About Pueblo". One of the essays selected for publication was that of SCR's Marijane Martinez.

The nine letters also will be among the more than 50 contributions from Puebloans regarding their love for their hometown that will be on display at the Library InfoZone this summer, as well as the basis for three short movies being written by local historian Joanne Dodds and filmed, produced and directed by Brad Padula of Capture It Productions.

Marijane mentioned her affiliation with SCR in her article. Marijane likes the friendliness of Pueblo. In her words, "The small town atmosphere is what I like about Pueblo. You can go to the mall, a church, the grocery store or a local drinking establishment and chances are you will run into someone you know. The majority of the community is friendly, helpful and extremely courteous, even if they don't know you."

Nice job MoJo.

## 2005 Apr, May June, July Calendar \*

### APRIL 2005

Sat 2	YMCA Healthy Kids Day Family Walk/Run (a)	5K 8:30 am	Pueblo YMCA, Pueblo Ben Valdez - (719)543-5151
Sun 3	Platte River Trail Half-Marathon	Littleton, CO	
Wed 6	SCR Club Meeting Gary Franchi, President	7:00 pm	Pueblo YMCA, 700 Albany
Sat 9	Ramsgate 8 Prediction Run (c)	8K 8:00 am	8 Ramsgate - Pueblo Don & Lois Pfost - (719)544-9633
Sun 10	Y-Bi Classic YMCA Duathlon (a) Details	5K/13.6M/5K 9:00 am	Pueblo West Ben Valdez - (719)543-5151
Sat 16	UCCS Bash the Bluffs	5K	UCCS Campus, Colorado Springs, CO
Sat 16	Greenland Trail	50K, 37.5K, 25K, 12.5K	Greenland Open Space, Castle Rock, CO
Sun 17	Survival Run/Rape Crisis 5K Run & 5K Walk(a)	5K 9:00 am	Mineral Palace Park, Pueblo Chris Ortiz - (719)583-4420
Mon 18	Boston Marathon Marathon	Boston, MA	
Sat 23	Elbert Reflections	10K/5K	Elbert, CO
Sun 24	Yappy Dog Prediction Run (c)	8.63M 8:30 am	S. Mesa Elem. School (23701 Preston Road), Pueblo Ross Barnhart - (719)543-6982
Sun 24	Cherry Creek Sneak	5M	Denver, CO

### MAY 2005

Sun 1	Cinco de Mayo (a) (run/walk)	10K/3M 2kW 7:30 am	Colo State Fairgrounds, Pueblo, CO Hilbert Navarro - (719)564-7685
Sat 7	Take 5 in the Garden	5M/5K	Garden of the Gods, Colorado Springs, CO
Sat 7	Collegiate Peaks	50M/25M	Buena Vista, CO
Sun 8	Easy Street Marathon Marathon & 1/2		Ft. Collins, CO
Sat 14	Alex Hoag Run for Sunshine	5K	Sky Sox Stadium, Colorado Springs, CO
Sat 14	Ordinary Mortals Women's Triathlon(a)	525m/12M/3M 6:45 am	Pueblo Regional Center, Pueblo West, CO Information - (719)543-5151
Sun 15	Ordinary Mortals Men's Triathlon(a)	525m/12M/3M 7:00 am	Pueblo Regional Center, Pueblo West, CO Information - (719)543-5151
Sun 22	PPRR Feats of Fire for Kids	Various	Memorial Park Rose Bowl, Colo Spgs, CO
Sun 22	Colorado Rockies Home Run	5K Run/Walk	Coors Field, Denver, CO
Sun 22	Ft Collins Triathlon	450Yd/13M/5K	Ft Collins, CO
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	10K	Boulder, CO

### JUNE 2005

Sat 04	Run for Rio (a)	5K 8:00 am	Rye High School, Rye, CO Nancy Martinez - (719)859-5136
Sun 05	Steamboat Marathon Marathon REGISTER EARLY!! Fills up by early May		Steamboat, CO
Sat 11	Red Canyon Century	25,50,100MI	Holy Cross Abbey, Cañon City, CO
Sun 12	Garden of the Gods	10 MI	Colorado Springs, CO
Sat 18	Sailin' Shoes	5K/10K	Colorado Springs, CO

### JULY 2005

Sat 02	Women's Distance Festival (c)	5K Walk/Run 7:30 am	City Park, Pueblo, CO Diana Reno - (719)676-7343
Mon 04	Gothic to Crested Butte	1/3 Marathon (8.56 MI)	Crested Butte, CO
Sun 10	Summer Roundup Trail Run	12K	Colorado Springs, CO
Sun 17	Danskin Womens Tri	750M/20K/5K	Aurora Res, Denver, CO
Sun 17	Barr Trail Mtn Race	12 MI	Manitou Springs, CO
Sat 23	Moonlight Madness Prediction Run (c)	5M 8:00 pm	3685 Verde Rd ( exit 87 off I25), S. Pueblo Diana Reno - (719)676-7343
Sat 23	Pioneer Run (a)	5K 7:00 am	Hollydot Golf Course, Colorado City Shaun Gogarty - (719)676-3353
Thu 28	Rky Mtn State Games-Run	5K	Colorado Springs, CO
Sat 30	Kid's Cure for Cancer	5K	Denver, CO
Sat 30	Rky Mtn State Games-Tri	1/3M/17.5M/3.1M	Colorado Springs, CO

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

\*Thanks to Dave Diaz and Ken Raich for the above info. Don't forget - some items may change.

(Parsec  
Continued from page 6)

was nearly through with a novel when his house was burgled and his computer was taken, and the novel with it. That set his writing back in several ways. "I'd never been robbed before," he said, still almost not believing that it happened. He talked about a Running Summit to be held at Colorado College in Springs February 19. Among the luminaries who will be present at the seminar, which costs \$90 early registration and \$100 on the 19<sup>th</sup>, will be Jay Johnson, one of the founders of Nike.

Privately, he told me that he finally realized how much he believed in Wetmore's program. He got Wetmore to sketch out a plan for him and after only five months of serious training, he ran times faster than anything he'd run at Princeton.

### Trivia

Gorillas can't swim.

Lightning bolts are about 2 inches wide.

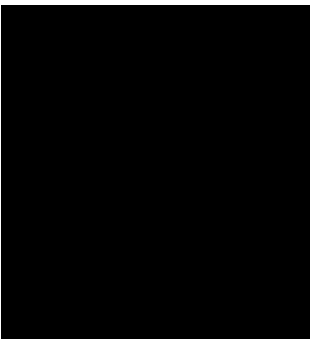
80% of all life on earth is found in the ocean.

Half of all coffee drinkers drink it black.

There is 1 slot machine in Las Vegas for every 8 inhabitants.

Trivia obtained from *Uncle John's Bathroom Reader* calendar

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



### **Upcoming Races**

On Saturday, March 19th, Ben & Matt put on their Trail Mix 10+ mile predict race. It starts at 9am at the Nature Center. It's a great course, much of it along the river, and once you get out to Pueblo West, there are several miles of dirt trail. Get started early in the 2005 Predict Series.



On Saturday April 2nd, the YMCA hosts the 5k Healthy Kids Day Family Walk / Run. This is a great family event. Have the troops at the YMCA 20 to 30 minutes early for an 8:30 start.

The 3rd race in the 2005 Predict Series starts and ends at Don & Lois Pfof's home at 8am on Saturday, April 9th. Be at 8 Ramsgate for an 8am start and an 8k distance. For good luck, be sure your predict has the number 8 in it.

**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 March 2nd. If you are really planning ahead - see you on April 6th.

### **The Final Thoughts...**

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein. -H. Jackson Brown, Jr., writer

And those who were seen dancing were thought to be insane by those who could not hear the music. -Friedrich Wilhelm Nietzsche, philosopher (1844-1900)

On the other hand, you have different fingers. - Steven Wright