



Editors: Ron Dehn & Debra Wall

FOOTPRINTS

It could be worse - This could be a weekly newsletter

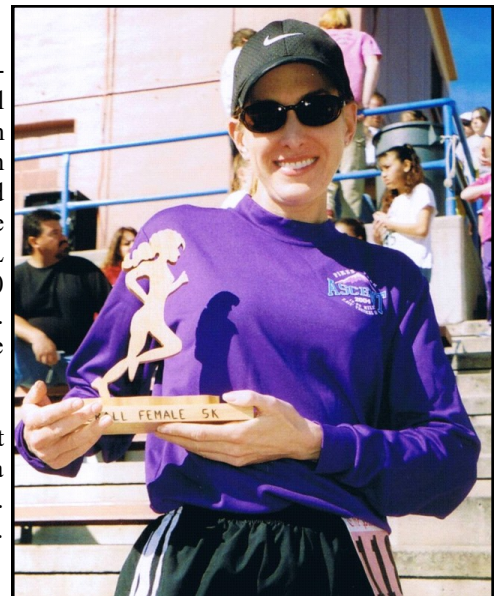
The (hopefully) Full of Rain Edition

The 2005 Spring Runoff



Paulette Stuart and Terry Cathcart, the dynamic duo of the Spring Runoff, distribute awards. Below - Jill Montera collects her award as 1st Overall female finisher in the 5K.

The 1st Overall finishers were: Jill Montera and Adam Rich in the 5k, Ann Marie Schwabe and Steve Cathcart in the 10k, and Lisa L



Close to 600 runners and walkers showed up at the starting line for the 27th annual Spring Runoff.

Rainsberger and Mike Wasson in the 10 mile. The 2 mile walk was a fun walk. Walkers were timed, but places were not awarded.

Lots of runners sported sunglasses and short sleeved shirts on a near perfect day for a 2 mile walk, 5k run, 10k run, 10 mile run, 1 mile kids fun run, and toddler run.

Paulette Stuart and Terry Cathcart headed up the event with help from a ton of Chieftain and SCR volunteers. See pages 6 to 12 for results and photos.

The OMT
In a Nutshell
Page 4

We've Got Mail
Page 13

Dave
"Mr. Perfect"
Diaz
Page 14

SCR Notes from the March, 2005 meeting

MEMBERS PRESENT: JAN DUDLEY, MISTI FREY, DIANE LOPEZ, STAN HREN, MARIJANE MARTINEZ, NICK LEYVA, MARK KOCH, RICH HADLEY, DEB HADLEY, RAMON ARRIAGA, HILBERT NAVARRO, JACQUELINE WALL, DON PFOST, RON DEHN, DAVE DIAZ, KEN RAICH, TERRY CATHCART, BEN VALDEZ.

MINUTES OF FEBRUARY 2005 MEETING WERE APPROVED AS PRESENTED TO MEMBERS PRESENT WITH ONE MINOR CORRECTION

VICE PRESIDENT RICH HADLEY DID A MASTERFUL JOB OF CHAIRING THE MEETING WITH THE TEMPORARY ABSENCE OF OUR PRESIDENT, GARY FRANCHI.

TREASURES REPORT: DAVE DIAZ REPORTED THAT THE CLUB CONTINUES TO BE FISCALLY IN GOOD ORDER, AND GROSS INCOME FOR 2004 WAS AT THE LEVEL THAT NEGATES THE NEED TO FILE AN INCOME TAX RETURN. DAVE'S REPORT WAS APPROVED AS PRESENTED.

RACE RECAPS: CINCO DE MAYO RUN- HILBERT AND RAMON GAVE PROGRESS REPORT ON THIS EVENT SCHEDULED FOR MAY 1, 2005. AFTER MUCH DISCUSSION, IT WAS DECIDED THAT STAG-

GERED STARTING TIMES FOR THE 5K AND 10K RACES WOULD NOT BE USED, AND MULTI-COLORED BIB'S FOR THE TWO EVENTS WOULD ELIMINATE POSSIBLE RESULTS PROBLEMS AS OUTLINED BY KEN RAICH. IT WAS ALSO DECIDED TO PUT PLACE A FORMAL PROCEDURE FOR THE DISQUALIFICATION OF ERRANT RUNNERS FOR ALL SCR RACES.

VALENTINES TWOSOME: JEFF ARNOLD REPORTED A SLIGHT INCREASE IN PARTICIPATION OVER 2004 WITH 21 COUPLES, WITH SMALL PROFIT GOING TO THE YOUTH FUND.

SPRING RUNOFF PREDICTION RUN: KEN RAICH REPORTED A SUCCESSFUL EVENT, WITH 36 RUNNERS AND FUN AND FOOD FOR ALL.

SURVIVAL 5K RUN WALK: JEFF ARNOLD REPORTED PLANNING ON SCHEDULE FOR THE RACE AT MINERAL PALACE PARK ON 4-17-05.

RAMSGATE 8 PREDICTION RUN: DON PFOST REPORTED THE EVENT WILL BE HELD AT 8 AM ON 4-9-05.


BEULAH CHALLENGE: KARIN ROMERO REPORTED ON THIS EVENT TO BE HELD ON THE FIRST SAT IN AU-

GUST. THERE WILL BE A NEW COURSE WITH A 10K RUN AND 5K WALK, ALL PROCEEDS WILL BE DONATED TO BEULAH FIRE AND AMBULANCE.

SPRING RUNOFF: TERRY CATHCART REPORTED ENTRY LEVEL WAS APPROACHING 500 PARTICIPANTS.

NEWSLETTER: RON DEHN REPORTED THAT THE NEWSLETTER FOR MARCH WAS IN PROCESS TO BE DISTRIBUTED AT MEET-

(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. 277
“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, George Karl*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers
Dr. Rocky Khosla Gary Franchi
EventPictures.com (Larry Volk), Ben Valdez, Michael O.

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.

* George Karl is the 19th coach of the Denver Nuggets. He took over as head coach on January 27th and as of this writing, the Nuggets are 19 - 5 under his leadership.



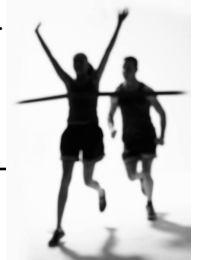
SCR is associated with RRCA, Road Runners Club of America. See: www.rrca.org

**Come in out of
the April rain
Rest
Eat
Relax
at the Gold Dust
217 South Union**



Great Stuff

by Gary Franchi



The Side Effect of Running

Thought for today's lunch, compliments of George Carlin: *"If you really want to put a faith healer to the test, tell him you want a smaller shoe size."*

Musings about running, fitness, life:

For years they said Vitamin E had many therapeutic benefits. Then a new study comes out that claims it can cause some health problems.

Popular arthritis drugs Vioxx and Celebrex are hailed for helping people regain some form of a normal life. Later, new studies point out their real dangers to the heart.

Sports and energy beverages are universally accepted as boosts to training, competing and refueling. Now, it is pointed out that they can cause irreversible damage to dental enamel, potentially resulting in severe tooth decay.

The list goes on and on. Something is great one day, dangerous the next. If yesterday's study said something was super; today's research warns it can cause problems.

There are exceptions, of course. For instance, if a study ever comes out claiming that running causes, uh, loss of mental prowess, chances are that future research won't refute that. In fact, I'm wondering if this is what causes us to run marathons. Think about it.

Which leads me to wonder: Does running marathons cause reductions in mental capacity or does lack of mental prowess cause one to run marathons? It's an intriguing question, especially since our own Marv Bradley appears to be quite sane and rational despite having run more than 100 marathons or ultramarathons in his illustrious career.

But I'm getting off the subject, not that anyone noticed. Or cared, for that matter. I mean, who notices when they've been put to sleep?

Anyway, I bring up these topics because I was reading something the other day that triggered something in my marathon- and triathlon-damaged brain. It was a study published in "Neurobiology of Aging" and reported by Cox News Service that found that a

diet rich in antioxidants combined with a stimulating environment kept dogs young.

Now just think about that for a minute, assuming that your running habit hasn't sort of caused, uh, hollow spaces in the upper regions of your head. I mean, these people fed antioxidants to dogs, put them in what they claimed was a "stimulating environment" and gauged whether the dogs turned old or young.

Something's wrong here. Are these people actually getting paid money to do this? And what constitutes a "stimulating environment" for dogs anyway? Dog parties with massive quantities of dog bones and Lassie videos? Providing Fido with a pile of shoes to chew on? Giving the canine a roomful of cats to chase? Is this really legitimate, measurable stuff?

I couldn't help but think of all of the research that is done on rats and how researchers/scientists correlate it to human beings. I mean, are you trying to tell me that the reactions of rats in a maze correlate to how humans behave?

Besides, the "rats in a maze" concept is probably the reason why such drugs as Vioxx and Celebrex got on the market in the first place, before they were shown to have serious side effects health-wise.

And what are they going to do with all this dog research? If they claim that it makes the dogs younger, will they want to correlate it to humans by feeding them antioxidants and putting them in "stimulating environments?"

Who's to say what a "stimulating environment" is for humans? A visit to Aloha Glorya's? Attending an SCR meeting? Watching a worm crawl?

My concern is that some of those subjected to this "stimulating environment" might take up running, for whatever reason. Then, this would only perpetuate the question raised earlier about marathoners: In this case, will the mental deficiencies caused by being exposed to the "stimulating environment" lead them to take up running or will they suffer the drop in mental capacity after taking up running?

Whatever, it's nice to know that there is no such controversy concerning those who are regular readers of this column. In this case, we KNOW what causes the brain drain.

Let's just say that if you've made it this far, your IQ has just dropped.

Have a nice day.

Ten things I was just wondering:

1, While I was listening to a Nuggets broadcast on the radio, the announcer said: "The Nuggets are moving from left to right as we start the second half." So, like, who cares?

2, Wouldn't it be dynamite if someone asked a stewardess to repeat some of the flight safety instructions?

3, Wouldn't it be kind of fun if there was a rule that Rich Hadley had to wear a long-sleeved shirt in every local race?

4, Has an airport people-shuttling cart ever gotten in an accident?

5, With all the full-page ads that cell phone companies have been running in the newspapers, can we even imagine how much money they must be making?

6, What was it like in past generations when it didn't take 5 minutes to open a pill container?

7, What if we took the salaries of pro athletes and gave them to teachers to recognize who really has the most value to society?

8, Has anyone ever walked up to a cop in a restaurant and said: "Hey, how's it goin', dude?"

9, Disclaimers are all pretty much CYA things, but isn't it going a bit far when a bottle of sleeping pills says they "may cause drowsiness?"

10, Aren't you glad you aren't a reporter who has to watch the pathetic Colorado Rockies play this year?

Until next month's Great Stuff column, try to save your brain – don't run!



Ramblin'

by Ron Dehn

Running and Poetry

It snowed that morning and it was perfect for a late afternoon run. The sky was patchy blues and grays, and the snow was soft in the 30 degree temperature. Big flakes were drifting ever so slowly from scattered clouds. After a half mile of snow covered asphalt, I took my first steps onto my favorite trailhead.

This trail invites you to partake. It starts off downhill and weaves around the chollas, rabbit brush and junipers sprinkled about the landscape. It leads through a small valley with rocky bluffs to the left and rolling hills to the right. The snowcapped Wet Mountains lay due west, straight ahead.

Stepping onto the trail is like stepping beyond a curtain. It is only a few blocks from houses, but these are hidden from view; so it looks and feels like you are a hundred miles into the wilderness. I have seen other runners and cyclists on the trail, but 9 out of 10 times, I'm alone.

Today's run is one of the reasons I do this. I'm not just observing beauty from a distance. I've passed through a magic door and have become part of a living scene – one painted by the Master Painter.

As part of the magic, the Spirit, Mind, and Body are freed from their normal limitations. Running takes less effort, and there is a feeling of buoyancy. Gravity takes a rest. The snow covered trail enhances that feeling – like that of the first skier of the day on a foot of fresh powder.

The day was still and there was no sound except for that of each footstep. Not quite a squeak. Not quite a crunch.

I became aware of the sound of each foot as it stuck the fresh snow. There was a rhythm, like a drum of an Indian in a not too distant village. Suddenly a line from a Robert Frost poem popped in my head. *"The only other sound's the sweep of easy wind and downy flake."*

It is from Frost's classic, *"Stopping by*

Woods on a Snowy Evening". In the poem, the only other sound was the harness bells of the author's horse. Mine was that of my running shoes striking the snow covered trail.

I've researched the poem and read several interpretations.

Some mention tranquility and solitude.

Yes!

Some refer to beauty and mystery.

Yes!

Some refer to a journey or transition.

Yes!

Some think Frost was intentionally ambiguous about the poem's meaning. That he desired to invite the reader to discover his / her own interpretation.

Makes sense to me.

Winter often symbolizes an ending, so my mind started to wander and think about endings. The great gift of endings, is that they are usually followed by beginnings.

The cycle of nature. The cycle of life.

My feet grew lighter and I was gliding more than running. I felt the softness of the large flakes drifting from the sky as they kissed my cheeks one by one. I heard my footsteps and the last lines of Frost's poem.

The woods are lovely, dark and deep.

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep.

I'm not sure exactly what Robert Frost meant when he wrote those famous lines; but I know what they mean to me.

The YMCA OMT

By Ben Valdez

The YMCA Ordinary Mortals Triathlon is right around the corner, May 14th (women's) and May 15th (men's/team). This is a great first time triathlon event and a terrific seasonal tune-up for veterans. We get a variety of competitors which makes this event so fun. The 525 meter swim is held in warm therapy pool water at the Pueblo Regional Center (this is only 21 lengths of the pool, so don't get intimidated, you can rest on the side of the pool, I did last year). The bike is 12 miles in Pueblo West, mostly on McCulloch Blvd. (it's not all that hilly, you can make it with minimal biking experience). The 3 mile run on rolling hills (no problem this is your strength, right! You are in fact reading the Southern Colorado Runners newsletter). I hope I have convinced you to enter this years event. If the description doesn't convince you, how about a \$10 dollar discount for SCR members? It does not state this in the flyer, web site or on-line registration, but the YMCA of Pueblo is offering the event for \$38 to SCR member only. The cheapest triathlon in the state! What better incentive is that for you to come out and test your skills. Also, if you noticed on May 15th, in the first sentence I added team event. So if you don't feel confident enough to take on the whole triathlon by yourself you can recruit other partners to complete the distances. The fee for the team event will be \$100. All participants will receive a great cool max t-shirt, refreshments before and after event, including pizza at the awards ceremony, massage, water bottle, swim cap and a great time. I don't think you can go wrong. If you choose not to participate after all this information, please consider volunteering. It takes approximately 40 people each day to pull this off and I can definitely use your assistance. Don't forget you will receive volunteer points towards great SCR clothing at our awards banquet. If you have any questions about our events, please let me know. Thanks for reading and considering participation or volunteering, Ben Valdez, race director

Beulah Challenge
Saturday
August 6th



Rocky on Fitness

By Rocky Khosla, M.D.

Rocky Mountain High

I want to write about something that has happened that is just incredible! And you have less than one month to take advantage of this for this year. What am I ranting about?

I am ranting about Mirkwood Basin, the brand, spanking new bowl that is now open to the public for skiing at Monarch. This area is gorgeous! I have skied in this area in the past as you could previously access it only via the snow cat tours, but it is now open to all!

Let me tell you a little about this area. To get to Mirkwood Basin, you take the Breezeway Lift to the top, and then there is a access path that you have to hike up to get into the Basin. I purchased a ski strap at the Edge a couple of years ago which allows me to sling the skis over my shoulder, and I would highly recommend getting this cause it sure makes the hike a lot easier. Also, if you have a camelback type of water reservoir, take it as all that hiking makes

you thirsty! Anyway, plan on walking up the hill for a good 15 to 20 minutes, and you will be just blown away by the view. Up and to your left are cliffs called the Orcs! (whoever named this area was a fan of Tolkien's works obviously). To your right is Mirkwood Bowl with steep and deep powder runs most of the time. As you ski down, you get funneled into a ski trail which then gets you back to the main area and to the bottom of the Breezeway lift.

Mirkwood Basin is all extreme terrain, and it is advised that you ski with a buddy. I would also advise that you carry an avalanche beacon and know how to use it on heavy powder days. The ski patrol does cover this area, and access to the area closes everyday at 2:30 pm. If you want to take advantage of this area, you had better get to Monarch before April 3, as this is projected to be closing day for this year (boo hoo!)

I did three hikes into Mirkwood

Basin this past Saturday, and let me tell you, it was a great workout (maybe this wasn't the best idea as my calves felt like rocks during the Spring Run Off the next day!). The skiing was great: the south facing slopes had thicker, mashed potato snow, but the north facing slopes had great, lighter powder chutes.

Anyway, get out there and get it while it's good! I think the addition of Mirkwood Basin makes Monarch on of the best ski areas in Colorado! I just hope that word doesn't spread too fast and change the feel of the place too much.

Till next time, enjoy!

Sincerely

Rocky Khosla, M. D.

(Minutes Continued from page 2)
ING TIME.

MEMBERSHIP: KEN RAICH REPORTED THAT THE CLUB HAS 139 PAID MEMBERS TO DATE AND THAT MEMBERSHIP CARD ARE BEING MAILED.

YMCA: BEN VALDEZ REPORTED ON A MYRIAD OF UPCOMING EVENTS: HEALTH KIDS DAY WILL BE HELD AT CITY PARK ON SAT APRIL 2, 2005 WITH A HEALTH FAIR FROM 9-11 AM.

THE 2005 Y-BI CLASSIC DUATHLON: WILL BE HELD ON APRIL 10, 2005 WITH A NEW LOCATION AT PUEBLO WEST HIGH SCHOOL AND WILL INCLUDE A 5 MILE RUN/ 13.6 MILE BIKE/ 5K RUN

THE YMCA ORDINARY MORTALS TRIATHLON: WILL BE HELD IN PUEBLO WEST FOR FEMALES MAY 14, 2005 AND MALES ON MAY 15, 2005. BEN REPORTED 60 ENTRIES

TO DATE AND A NEED FOR MORE VOLUNTEERS (CONTACT BEN)

ALTITUDE TRAINING CAMP: TO BE HELD ON MAY 20, 21, 22, AND INCLUDES CANOING AND MANY OTHER ACTIVITIES.

BEN ALSO REPORTED A MAJOR HEALTH FAIR IS BEING PLANNED FOR JAN 2006 INVOLVING AREA HOSPITALS. ONGOING DISCUSSIONS HAVE BEEN PLANNED TO DISCUSS CONCRETE TRAILS INVOLVING CITY PLANNERS.

BEN AND MATT'S TRAIL PREDICTION RUN: IS BEING PLANNED FOR SAT MARCH 19, 2005 WITH A NEW COURSE. THE GREAT DIVIDE BIKE RACE WILL BE HELD ON SUN MARCH 20, 2005

NEW BUSINESS: JEFF ARNOLD DISCUSSED THE NEED TO LOWER ENTRY FEES FOR SCR RACES. POSSIBLE OPTIONS DISCUSSED WERE TO OFFER VERY

LOW ENTRY FEES TO SCR MEMBERS AND HIGH SCHOOL ATHLETES WHICH WOULD POSSIBLY INCREASE CLUB MEMBERSHIPS. JEFF ALSO RAISED THE PROSPECT OF OFFERING 1 YEAR FREE MEMBERSHIP IN SCR TO ANY NEW CROSS COUNTY HIGH SCHOOL ATHLETE IN PUEBLO COUNTY. THIS PROGRAM COULD HELP HIGH SCHOOL ATHLETES IN TRANSITION TO LIFETIME DISTANCE RUNNERS. FINALLY, A DISCUSSION WAS HELD ON CRITERIA USED IN SELECTING SCR CLUB AWARD WINNERS ANNUALLY. THE CONSENSUS WAS THAT AN AWARD SELECTION COMMITTEE WITH SPECIFIC CRITERIA BE FORMED FOR THIS PURPOSE.

RESPECTFULLY SUBMITTED

STAN HREN



Spring Runoff Results

2-Mile Walk Results

Place	Name	Age	Sex	From	Time	Pace
1	Dale L Boone	52	M	Pueblo CO	22:00	11:00
2	Robert J Quintana	62	M	Pueblo CO	22:07	11:03
3	Donna J Caporicci	51	F	Pueblo CO	22:09	11:04
4	Gerald Galvindo	64	M	Pueblo West	23:20	11:40
5	Amber Kraus	19	F	Rye Co	23:25	11:42
6	Lori Kraus	45	F	Rye Co	23:26	11:43
7	Debbie D Hupp	50	F	Pueblo CO	23:58	11:59
8	Valerie J Bodmer	43	F	Pueblo West	24:00	12:00
9	Bernadette Mattson	48	F	Pueblo CO	24:37	12:18
10	Pam K Barton	42	F	Pueblo CO	25:47	12:54
11	JorgAnne Occhiuto	48	F	Pueblo CO	25:48	12:54
12	Theresa Cordova	41	F	Pueblo CO	25:51	12:56
13	Christine R Jaramillo	41	F	Pueblo CO	25:56	12:58
14	Michele A Jacobus	46	F	Pueblo CO	25:57	12:58
15	Joe D Miller	46	M	Pueblo CO	25:59	13:00
16	Nancy L Moya	43	F	Pueblo CO	26:43	13:21
17	Leanne E Ropp	41	F	Pueblo CO	26:46	13:23
18	Levi E Ropp	11	M	Pueblo CO	26:53	13:27
19	Shirley Chambers	52	F	Pueblo CO	27:14	13:37
20	Lynn Burton	44	F	Pueblo CO	27:15	13:38
21	Jo Lukezic	64	F	Canon City CO	27:18	13:39
22	Kristy Davenport	9	F	Colorado City CO	27:20	13:40
23	Diane Lopez	50	F	Pueblo CO	27:23	13:42
24	Duane J Miller	50	M	Pueblo CO	27:25	13:42
25	Priscilla Ellen Portillos	69	F	Pueblo CO	27:33	13:46
26	Kelsey Rae Wilson	10	F	Pueblo CO	27:39	13:50
27	Kathy S Wilson	37	F	Pueblo CO	27:40	13:50
28	Mark Balsick	50	M	Pueblo CO	27:42	13:51
29	Carly Greer	22	F	Pueblo CO	27:42	13:51
30	Janet E Greer	52	F	Pueblo CO	27:44	13:52
31	Summer N Romero	23	F	Pueblo CO	27:45	13:52
32	Amy L Pauli	44	F	Pueblo CO	27:58	13:59
33	Michele L Graham	47	F	Pueblo CO	27:59	14:00
34	Deborah Vukich	51	F	Pueblo West	28:04	14:02
35	Jeff Wilson	41	M	Pueblo CO	28:06	14:03
36	Vanessa Benavidez	27	F	Pueblo CO	28:07	14:03
37	Desiree Monique Lave	18	F	Pueblo CO	28:08	14:04
38	Steve Krenz	51	M	Colorado Springs	28:16	14:08
39	Patricia Sternbrg	60	F	Pueblo West	28:19	14:09
40	Jane Eckland	63	F	Pueblo CO	28:21	14:10
41	Trina Wertz	35	F	Pueblo CO	28:25	14:12
42	Angela Rae Richter	31	F	Pueblo West	28:29	14:15
43	Beverly F Madison	62	F	Pueblo West	28:30	14:15
44	Jane Rawlings	56	F	Pueblo CO	28:35	14:18
45	Shannon Cordova	33	F	Loveland	28:36	14:18
46	Nancy Bunting	43	F	Pueblo CO	28:41	14:21
47	Sherry K Koski	61	F	Pueblo CO	28:53	14:27
48	Barbara Barela	40	F	Pueblo CO	28:55	14:27
49	Betsy A Hill	51	F	Pueblo West	28:58	14:29
50	Frank S Hill	51	M	Pueblo West	29:00	14:30
51	Donald P Metzger	59	M	Pueblo CO	29:02	14:31
52	Freddie Torres	49	M	Pueblo CO	29:08	14:34
53	Shannon Boitz	35	F	Pueblo West	29:11	14:36
54	Jeannie Koch	53	F	Pueblo West	29:13	14:36
55	Amy L Heath	31	F	Pueblo CO	29:14	14:37
56	Brad W Heath	33	M	Pueblo CO	29:46	14:53
57	Barbara Schouweiler	43	F	Canon City CO	29:48	14:54
58	Alison Schouweiler	12	F	Canon City CO	29:49	14:54
59	Diane M Stevenson	53	F	Pueblo CO	29:51	14:56
60	Dennis Kampa	50	M	Pueblo Co	30:30	15:15
61	Victoria Kampa	47	F	Pueblo Co	30:43	15:21
62	Matt Welte	28	M	Pueblo West	30:44	15:22
63	Linda Bourgeois	47	F	Parker CO	31:06	15:33
64	Jeff Chamberlain	36	M	Pueblo Co	31:24	15:42
65	Diane House	34	F	Pueblo West	31:42	15:51
66	Bernice Trujillo	50	F	Pueblo CO	31:44	15:52
67	Angela A Torres	42	F	Pueblo CO	31:53	15:57
68	Meg Gouraud	54	F	Canon City CO	31:54	15:57
69	Brandon D Oliver	13	M	Trinidad CO	32:07	16:03
70	Irene J Roark	65	F	Pueblo CO	32:08	16:04
71	Carrie Roark	42	F	Pueblo CO	32:10	16:05
72	Myrian Hagerman	30	F	Fowler CO	32:11	16:06
73	Kellie Novis	39	F	Fowler CO	32:12	16:06
74	Kevin G Hagerman	35	M	Fowler CO	32:14	16:07
75	Donna Hagerman	56	F	Fowler CO	32:16	16:08
76	Eva Cordova	68	F	Pueblo CO	32:17	16:09
77	William Cordova	68	M	Pueblo CO	32:24	16:12
78	Danielle Casper	10	F	Pueblo CO	32:26	16:13
79	Kendra Casper	44	F	Pueblo CO	32:31	16:15
80	Peggy Dissler	53	F	Pueblo CO	32:33	16:16
81	Monica Sweeney	38	F	Pueblo CO	32:37	16:18
82	Iona Macaluso	48	F	Pueblo CO	32:39	16:20
83	Rosie Potter	52	F	Avondale CO	33:00	16:30
84	Deborah Fuller	34	F	Pueblo CO	33:00	16:30
85	Kerry Roman	32	F	Pueblo CO	33:08	16:34
86	Naomi J Fuller	54	F	Pueblo CO	33:09	16:34
87	Susan A Giebel	42	F	Pueblo CO	33:11	16:36
88	Julie Hanci	30	F	Pueblo CO	33:48	16:54
89	Kim Atencio	29	F	Pueblo CO	33:51	16:56
90	Brenda L Marino	43	F	Pueblo West	33:52	16:56
91	Tana M Fowler	44	F	Pueblo CO	36:22	18:11
92	Paula Klein	41	F	La Junta CO	36:23	18:12
93	Peggy S Cervone	46	F	Pueblo CO	37:55	18:57
94	Mark Wilkinson	54	M	Pueblo CO	37:57	18:58
95	David Griego	28	M	Pueblo CO	39:26	19:43
96	Ronda Lynn Oliver	39	F	Trinidad CO	39:28	19:44
97	Nicole D Oliver	15	F	Trinidad CO	40:21	20:10
98	Craig Roukema	11	M	Pueblo CO	40:22	20:11

THANKS!!!

So many people helped put on the Spring Runoff, and many (especially the Chieftain staffers) are unnamed. We thank all of you including: Race Director: Terry Cathcart, Registration: Paulette Stuart, Wendy Garrison, Awards: Steve Cathcart, Announcer & Aids: Nick Leyva, Gina Benfatti, Anthony Diaz, Information: Melinda Orendorff, Setup: Ben Valdez, Finish Line: Dave Diaz, Ron Dehn, Don & Lois Pfost, 2-Mile Finish Line: Rich Hadley, Course Design: Jeff Arnold, Course Marshals: Ross Barnhart, Lucille Corsentino, Stan Hren, Lewayne Garrison, Connie Wells, Penny Zavichas, Caitlin Milligan, Aid Stations: Marijane Martinez, Diana Reno, Kerrie Pilcher, Ashton Toribio, Janna Miller-Aragon, Regan Pena, Jacque Duran, Steph Espinoza, Rach Espinoza, Amanda Maese, Jessica Trujillo, Cassie Garcia, Krissy V., Ashley Solano, Sopia Axiotis, Samantha Rod, Stig Jantz, Lorenzo Trujillo, Adrian Sandoval, Lead Bike: Don Learned, Results: Ken & Pixie Raich, Mike Orendorff, Toddler's Race: Jill Monterera.

Spring Runoff Results



5K Run Results

Pl	Name	Age	Sex	Pl	Gp	From	Time	Pace
1	Adam Rich	24	M	1		Colo Springs	16:07	5:11
2	Shawn Borton	21	M	1		Pueblo	17:44	5:42
3	Chuck Smead	53	M	1		Mosca	8:31	5:58
4	Michael S Orendorff	53	M	2		Pueblo	18:47	6:03
5	Regis M Marquez	28	M	1		Colo Springs	18:56	6:06
6	Bennet Krawchuk	19	M	1		USAF Acad	19:01	6:07
7	Anthony Silva	15	M	2		Colo Springs	19:37	6:19
8	James Mobley	48	M	1		Pueblo	20:00	6:26
9	Johnny Ray Garcia	48	M	2		Raton NM	20:14	6:31
10	Michael Barris	40	M	1		Pueblo Wst	20:29	6:36
11	Matt McIntyre	17	M	3		Pueblo	20:40	6:39
12	Ethan Michael Barbieri	16	M	4		Colo City	20:40	6:39
13	Clint W Zundel	27	M	2		Pueblo	20:46	6:41
14	Dave Diaz	56	M	1		Pueblo	20:52	6:43
15	Robert O'Callaghan	44	M	2		Westcliffe CO	21:01	6:46
16	Adam Lauer	19	M	5		Alamosa	21:15	6:50
17	Justin Gutierrez	30	M	1		Pueblo	21:41	6:59
18	Aaron Levinson	16	M	6		Pueblo	21:52	7:02
19	Jill Ann Montero	38	F	1		Il Pueblo Wst	21:53	7:03
20	Ashlee Withrow	18	F	1		Wetmore	22:00	7:05
21	Mark W Gurule	42	M	3		Pueblo	22:09	7:08
22	Brandon Grasmick	20	M	2		Fowler	22:13	7:09
23	Jeff Wilson	22	M	3		Colo Springs	22:16	7:10
24	Joseph Brian Mock	23	M	4		Colo Springs	22:16	7:10
25	Dan Aragon	36	M	1		Pueblo	22:22	7:12
26	Shawn Loppnow	38	M	2		Pueblo	22:25	7:13
27	Joe W Farra Jr	58	M	2		La Junta	22:29	7:14
28	Ronald E Betz	56	M	3		Pueblo Wst	22:37	7:17
29	Desiree Romero	12	F	1		Colo Springs	22:44	7:19
30	Carlos Rivera	32	M	2		Pueblo	22:45	7:19
31	Rocky Khosla M.D.	46	M	3		Pueblo	22:51	7:21
32	Aaron A Diaz	18	M	7		Pueblo	23:01	7:25
33	Bob M Gassen	57	M	4		Canon Cty CO	23:03	7:25
34	Rick J Macias	44	M	4		Pueblo	23:22	7:31
35	Edward L Griego	53	M	3		Trinidad	23:31	7:34
36	Greg Gauna	34	M	3		Denver	23:34	7:35
37	Lauren Elizabeth Quinn	19	F	2		Usaf Acad	23:34	7:35
38	Christina Lobato	13	F	3		Rocky Ford C O	23:48	7:40
39	Michele Herrera	15	F	4		Pueblo Wst	23:57	7:43
40	Lindsey Herrera	17	F	5		Pueblo Wst	23:58	7:43
41	Steve J Kastner	42	M	5		Pueblo	23:59	7:43
42	Pablo A Sandoval	47	M	4		Alamosa	24:02	7:44
43	Chavonne Bowers	16	F	6		Pueblo	24:04	7:45
44	Casey Atteberry	17	F	7		Pueblo	24:06	7:45
45	Jacob Garcia	11	M	1		Rocky Ford CO	24:22	7:51
46	David Gonzalez	30	M	4		Pueblo	24:29	7:53
47	John Musso	35	M	3		Pueblo	24:31	7:53
48	Nancy Musso	35	F	1		Pueblo	24:32	7:54
49	Geoffrey Lee Charleston	13	M	8		Pueblo	24:36	7:55
50	Tim Jakus	15	M	9		Pueblo Wst	24:37	7:55
51	Terri Tibbs	41	F	1		Pueblo Wst	24:37	7:55
52	Mike Mauro	17	M	10		Pueblo	24:41	7:57
53	Elliott Dudley	18	M	11		Pueblo	24:50	8:00
54	Joey Scarlett	14	M	12		Colo Springs	24:51	8:00
55	Gary M Johnson	43	M	6		Pueblo	25:18	8:09
56	Frank Aragon	45	M	5		Pueblo	25:18	8:09
57	Patrick K Swank	57	M	5		Pueblo	25:21	8:10
58	Ron Arant	50	M	4		Trinidad	25:22	8:10
59	Gary Kummer	25	M	3		Pueblo	25:25	8:11
60	Donna Trujillo	29	M	4		Trinidad	25:26	8:11
61	Joe A Bulow	35	M	4		Pueblo	25:26	8:11
62	Richard Bronken	41	M	7		Pueblo Wst	25:29	8:12
63	Jordan Montero	12	M	2		Pueblo Wst	25:35	8:14
64	Jessie F Jackson	46	M	6		Walsenburg C o	25:42	8:16
65	Steven Lopez	34	M	5		Rockvale	25:50	8:19
66	Andrew R Maez	36	M	5		Pueblo	25:59	8:22
67	Janice E Huie	55	F	1		Colo Springs	26:03	8:23
68	Joseph Koncilja	15	M	13		Pueblo	26:04	8:23
69	Jennifer D Rogers	28	F	1		Pueblo	26:05	8:24
70	Michelle Cisney	35	F	2		Pueblo	26:07	8:24
71	Patrick James Krumholz	32	M	6		Pueblo	26:10	8:25
72	Mary K Simmons	52	F	1		Pueblo	26:12	8:26
73	Rachel Walker	14	F	8		Canon Cty CO	26:14	8:27
74	Misti Frey	37	F	3		Pueblo Wst	26:14	8:27
75	Mark J Hooper	43	M	8		Pueblo	26:16	8:27
76	James Panepinto	26	M	5		Denver	26:19	8:28
77	Shane Cordova	37	M	6		Pueblo	26:26	8:30
78	Kieran Ken Hughes	34	M	7		Pueblo	26:27	8:31
79	Troy D Davenport	39	M	7		Colo City	26:27	8:31
80	Pharris Cotner	49	M	7		Canon Cty CO	26:28	8:31
81	Briana Cathcart	11	F	2		Ft Collins CO	26:30	8:32
82	Abby Cordova	32	F	1		Pueblo	26:31	8:32
83	Gregory Joe Newland	43	M	9		Littleton	26:32	8:32
84	Robert L Graham	45	M	8		Canon Cty CO	26:33	8:33
85	Robert J. Guusta	57	M	6		Pueblo Wst	26:39	8:35
86	Sarah Sindler	16	F	9		Canon Cty CO	26:40	8:35
87	Curt Straub	61	M	1		Pueblo Wst	26:42	8:36
88	Jerry Robert Tiller	40	M	10		Pueblo Wst	26:43	8:36
89	Tallie Koncilja	45	F	1		Pueblo	26:45	8:37
90	Jerry A Lopez	54	M	5		Pueblo	26:48	8:38
91	Joey A Montero	46	M	9		Trinidad	26:53	8:39
92	Len Gregory	62	M	2		Pueblo Wst	26:57	8:40
93	Marijane Martinez	52	F	2		Pueblo	26:59	8:41
94	Joan Sindler	49	F	2		Canon Cty CO	27:01	8:42
95	Dave Pate	49	M	10		Pueblo Wst	27:03	8:42
96	Greg D Eickelman	39	M	8		Littleton	27:05	8:43
97	Janet H Dash	48	F	3		Pueblo	27:08	8:44
98	Jennifer Borton	28	F	2		Golden	27:17	8:47
99	Jeff David Leyva	34	M	8		Pueblo Wst	27:19	8:48
100	Betsy Becraft	41	F	2		Pueblo	27:23	8:49
101	Kerri L Lonnberg	25	F	3		Pueblo	27:23	8:49
102	David J Hopper	42	M	11		Trinidad	27:32	8:52
103	John R Dequardo	47	M	11		Beulah	27:35	8:53
104	Brandon Glenn Baca	34	M	9		Trinidad	27:43	8:55
105	Adriana M Arteaga	23	F	1		Pueblo	27:44	8:56
106	Steven Schouweiler	16	M	14		Canon Cty	27:47	8:57
107	Kenny Jaramillo	44	M	12		Pueblo	27:48	8:57
108	Pancho Lopez	35	M	9		Pueblo	27:50	8:58
109	Kathleen Ann Bachicha	32	F	2		Trinidad	27:52	8:58
110	Laurice R Lopez-Cepero	33	F	3		Pueblo	27:53	8:58
111	Mark Dees	47	M	12		Pueblo	27:56	8:59
112	Allan Matthews	41	M	13		Security	27:57	9:00
113	Francine C Borton	58	F	2		Pueblo	27:58	9:00
114	Scott Manchester	35	M	10		Canon Cty CO	28:01	9:01
115	Susie Kristine Griner	25	F	4		Pueblo	28:03	9:02
116	Rick Gonzales	36	M	11		Pueblo Co	28:04	9:02
117	Yuri Rothbaum	32	M	10		Pueblo	28:04	9:02
118	Yvonne S Sletta	54	F	3		Colo Springs	28:06	9:03
119	James E Roukema	52	M	6		Pueblo	28:11	9:04
120	Mary Rudolf	49	F	4		Pueblo	28:13	9:05
121	Cruz Martinez	66	M	1		Colo Springs	28:18	9:07
122	Wendy Bulow	33	F	4		Pueblo	28:22	9:08
123	Todd Kelly	39	M	12		Pueblo	28:30	9:10
124	Joe B Vigil	46	M	13		Pueblo Wst	28:31	9:11
125	Joe Rael	51	M	7		Pueblo	28:34	9:12
126	Kris Rivera	30	F	5		Pueblo	28:44	9:15
127	Katie Jones	27	F	5			28:46	9:16
128	Jackelyn E Houtchens	47	F	5		Rocky Ford CO	28:47	9:16
129	Angelique Romero	11	F	3		Colo Springs	28:48	9:16
130	William Jeremy Keener	25	M	6		Pueblo	28:52	9:17

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Spring Runoff Results

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131 James Yourishin	61	M	3	Westcliffe CO	28:55	9:18
132 Renea Carter	26	F	6	Pueblo	28:57	9:19
133 Henry Berg	46	M	14	Raton NM	29:02	9:21
134 Malissa Blake Konner	20	F	2	Usaf Acad	29:02	9:21
135 Randy Oles	44	M	14	Pueblo	29:03	9:21
136 Ronald S. Martinez	56	M	7	Pueblo	29:17	9:26
137 Ralph Regalado	68	M	2	Pueblo	29:26	9:28
138 Rosa Navarro-Bruce	42	F	3	Pueblo	29:29	9:29
139 John Vukich	48	M	15	Pueblo Wst	29:32	9:30
140 Dan Comden	51	M	8	Pueblo	29:38	9:32
141 Julienne Johnson	38	F	4	Pueblo	29:41	9:33
142 Max R Strasner	56	M	8	Pueblo Wst	29:47	9:35
143 Anant Pradhan	17	M	15	Pueblo	29:49	9:36
144 Veronica Romero-Romo	37	F	5	Pueblo	29:58	9:39
145 Jon E Eggert	42	M	15	Pueblo Co	29:58	9:39
146 Tammy Bruning	31	F	6	Pueblo	30:00	9:39
147 Lori Gregory	54	F	4	Pueblo Wst	30:05	9:41
148 Jeanne Rannels	33	F	7	Pueblo Wst	30:08	9:42
149 Diane Silva	41	F	4	Colo Springs	30:12	9:43
150 Chris Betz	25	M	7	Pueblo Wst	30:14	9:44
151 Dennis Chappell	52	M	9	Pueblo	30:21	9:46
152 Larry D Walls	65	M	3	Pueblo	30:23	9:47
153 Mitch C Robinson	53	M	10	Pueblo	30:24	9:47
154 Gary Voetberg	46	M	16	Pueblo Wst	30:24	9:47
155 Brandy Lynn-krow Romero	24	F	3	Pueblo	30:25	9:47
156 Gianna Cervone	20	F	4	Pueblo	30:31	9:49
157 Scott Dudley	20	M	5	Pueblo	30:31	9:49
158 Lindsey Greer	24	F	5	Pueblo	30:32	9:50
159 George V Dominguez	64	M	4	Raton NM	30:33	9:50
160 Bill Giebel	45	M	17	Pueblo	30:36	9:51
161 Tina M. Corpuz	31	F	8	Pueblo	30:38	9:52
162 Timothy Sanchez	36	M	13	Pueblo Wst	30:41	9:53
163 Cecil T Parrack	61	M	5	Pueblo	30:43	9:53
164 Arvenia L Morris	48	F	6		30:46	9:54
165 Phillip Mondragon	31	M	11	Pueblo	30:50	9:55
166 Julie Moscoso	44	F	5	Green Mtn Falls	30:54	9:57
167 Eddie Longoria	68	M	4	Pueblo	30:55	9:57
168 Jeff Vroom	34	M	12	Pueblo Wst	31:03	10:00
169 Greg Kelly	46	M	18	Colo Springs	31:05	10:00
170 Jan Dudley	50	F	5	Pueblo	31:14	10:03
171 Bruce Baling	68	M	5	Rye	31:15	10:04
172 Jerica Khosla	13	F	10	Pueblo	31:19	10:05
173 Allen Jay Crawford	50	M	11	Castle Rock	31:27	10:07
174 Ina Bernard	38	F	6	Pueblo	31:35	10:10
175 Mary B Potter	42	F	6	Pueblo Wst	31:44	10:13
176 John R Kelly	63	M	6	Pueblo	31:51	10:15
177 Jace Khosla	13	M	16	Pueblo	31:53	10:16
178 Mike Cortes	56	M	9	Gardner	32:00	10:18
179 Brianna V Diaz	14	F	11	Pueblo	32:06	10:20
180 Brooke Tibbs	17	F	12	Pueblo Wst	32:16	10:23
181 Russ Dash	47	M	19	Pueblo	32:36	10:30
182 Laura Russo	17	F	13	Colo Springs	32:43	10:32
183 Jene Herrera	39	F	7	Pueblo Wst	32:44	10:32
184 Terri Kipple	27	F	7	Denver	32:46	10:33
185 Donnie Reeves	44	M	16	Ordway	32:54	10:35
186 Russell Avina	24	M	6	Pueblo	32:55	10:36
187 Monica M Diaz	17	F	14	Pueblo	32:56	10:36
188 Patrick Greer	53	M	12	Pueblo	32:57	10:36
189 Angelica Wall	7	F	4	Pueblo	33:01	10:38
190 Nicki Golob	33	F	9	Pueblo	33:10	10:41
191 Gabriel Martinez	26	M	8	Pueblo	33:12	10:41
192 Mary E Shepherd	16	F	15	Rocky Ford CO	33:14	10:42
193 Jessica Klein	15	F	16	La Junta	33:14	10:42
194 Dennis E Shrum	52	M	13	Canon Cty CO	33:43	10:51
195 Katherine M McGregor	53	F	6	Canon Cty CO	33:44	10:51
196 Jennifer Simmons	36	F	8	Pueblo	33:47	10:52
197 Matthew P Simonich	37	M	14	Pueblo	33:48	10:53
198 Delu Goehringer	16	M	17	Pueblo	33:55	10:55
199 Thomas Meehan	41	M	17	Pueblo	33:56	10:55
200 Deshawn Silox	54	M	14	Pueblo Wst	33:59	10:56
201 Kimly D Wilson	39	F	9	Canon Cty CO	34:05	10:58
202 Amy Clark	33	F	10	Pueblo	34:14	11:01
203 Bonny Jakus	48	F	7	Pueblo Wst	34:15	11:01
204 Neal L Kinsinger	70	M	1	Colo Springs	34:25	11:05
205 Jacqueline J Wall	33	F	11	Pueblo	34:27	11:05
206 James A Abeyta	48	M	20	Pueblo	34:48	11:12
207 David Wilson	51	M	15	Colo Springs	35:06	11:18
208 Christy Furman	56	F	3	Pueblo	35:17	11:21
209 Lisa Walker	43	F	7	Canon Cty CO	35:18	11:22
210 Rodge R Rodgers	83	M	2	Colo Springs	35:31	11:26
211 John B Holiman	78	M	3	Pueblo	36:02	11:36
212 Tina Lynn Madison	43	F	8	Woodland Par k	36:11	11:39
213 Olga Acosta-Davis	35	F	10	Pueblo	36:21	11:42
214 Hilda Reyher	68	F	1	Wiley	36:24	11:43
215 Paul Reyher	69	M	6	Wiley	36:25	11:43
216 David L Dill	63	M	7	Pueblo	36:31	11:45
217 Eric Richardson	35	M	15	Pueblo	36:36	11:47
218 Gail Abeyta	41	F	9	Pueblo	36:41	11:48
219 Deanna C Stever	59	F	4	Pueblo	36:42	11:49
220 Tiffany Bowen	29	F	8	Pueblo	37:17	12:00
221 Shawnee Char	8	F	5	Pueblo	37:32	12:05
222 Emily Bourgeois	10	F	6	Boulder	37:44	12:09
223 Richard Emond	42	M	18	Canon Cty CO	38:56	12:32
224 Ben Bourgeois49	M	21	Parker		38:57	12:32
225 Rebecca Garcia	51	F	7	Pueblo	39:25	12:41
226 Annette Martinez	40	F	10	Pueblo	39:26	12:42
227 Abby Janos	21	F	6	Pueblo	39:35	12:44
228 Valerie Cody	25	F	9	Pueblo	39:45	12:48
229 Stacie Taravella	39	F	11	Pueblo Wst	39:46	12:48
230 Bill L DeMoss	62	M	8	Pueblo	40:00	12:52
231 Vicky Janos	53	F	8	Pueblo	40:08	12:55
232 Cathy Quintana	41	F	11	Pueblo Wst	40:16	12:58
233 Kathleen Mattarocci	58	F	5	Pueblo	40:42	13:06
234 Cynthia Fuentes	54	F	9	Pueblo	41:56	13:30
235 Pamela Coolidge	44	F	12	Pueblo Wst	43:24	13:58
236 Louis W Arteaga	55	M	10	Pueblo	43:43	14:04
237 Marty Eisert	57	F	6	Wetmore	43:55	14:08
238 Natalie Veges	77	F	1	Pueblo	45:27	14:38
239 Joe D'Angelo	71	M	4	Westcliffe CO	46:22	14:55

10K Run Results

Pl	Name	Age	Sex	Pl	From	Time	Pace
1	Steve Cathcart	40	M	1	Ft Collins CO	34:29	5:33
2	Chris Borton	29	M	1	Golden	35:12	5:40
3	Ann Marie Schwabe	26	F	1	Fort Carson	36:57	5:57
4	Todd Hund	25	M	2	Pueblo	37:20	6:00
5	Keith Long	47	M	1	Solano NM	39:37	6:23
6	Toby Lee Doub	34	M	1	Pueblo	40:12	6:28
7	Gerald B Romero	33	M	2	Colo Springs	40:48	6:34
8	Jim Coulson	28	M	3	Canon Cty CO	41:10	6:38
9	Bob Simmons	36	M	1	Pueblo	41:30	6:41
10	Brian Sweeney	50	M	1	Colo Springs	42:04	6:46
11	Chris Scott McIntyre	24	M	1	Colo Springs	42:06	6:47
12	Richard King	47	M	2	Colo Springs	42:10	6:47
13	Stuart RB Shepherd	17	M	1	Rocky Ford CO	42:33	6:51
14	Katherine Carpenter	24	F	1	Colo Springs	42:47	6:53
15	Steve Roch	40	M	1	Lafayette	43:12	6:57
16	Lorie Moreno-Roch	40	F	1	Lafayette	43:16	6:58
17	Emily Borrego	37	F	1	Pueblo	43:27	7:00

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Spring Runoff Results



(Continued from page 8)

18	Brian Scott Vanlwarden	25	M	4	Canon Cty CO	43:36	7:01	84	Deborah Sherman-Hoeffler	40	F	5	Lamar	58:43	9:27
19	Bill J Mares	39	M	2	Pueblo	44:09	7:06	85	Debra S Wall	38	F	6	Pueblo	59:24	9:34
20	Eugene Mares	42	M	2	Pueblo	44:54	7:14	86	Teresa Linn	45	F	3	Pueblo Wst	59:28	9:34
21	David Garcia	15	M	2	Rocky Ford CO	45:08	7:16	87	Linda A Strange	34	F	5	Rye	59:41	9:36
22	Jeff Howes	39	M	3	Pueblo	45:11	7:16	88	Brad Brillhart	47	M	8	Trinidad	59:41	9:36
23	Robert Valentine	40	M	3	Pueblo	45:13	7:17	89	Louise Samora	51	F	3	Pueblo	1:00:29	9:44
24	Rubin Lee Sisneros Jr	23	M	2	Raton NM	46:45	7:31	90	Bonifacio A Cosyleon	55	M	7	Pueblo	1:00:38	9:45
25	Marilyn Goodloe	43	F	2	Colo Springs	47:07	7:35	91	Bob Krassa	61	M	4	Boulder	1:00:39	9:46
26	Joanna McIntyre	23	F	2	Colo Springs	47:07	7:35	92	Joe C Sisneros	52	M	6	La Jara	1:01:04	9:50
27	David Ruetschilling	54	M	2	Colo Springs	47:16	7:36	93	Robert M Fowler	55	M	8	La Junta	1:01:05	9:50
28	Dale Papineau	38	M	4	Pueblo Wst	47:30	7:39	94	Diane Gentry	46	F	4	Colo Springs	1:01:59	9:59
29	Robert M Santoyo	42	M	4	Pueblo	48:02	7:44	95	Roni Herrera	39	F	7	Pueblo	1:02:03	9:59
30	Ted Johnson	33	M	3	Pueblo	48:08	7:45	96	Laura Schilf	42	F	6	Canon Cty CO	1:02:06	10:00
31	Roger Jose Rivera Jr	17	M	3	Rocky Ford CO	48:14	7:46	97	Tom E Tafoya	58	M	9	Pueblo	1:02:21	10:02
32	Karen Melgares	46	F	1	Alamosa	48:14	7:46	98	Eva Cosyleon	25	F	2	Pueblo	1:02:34	10:04
33	John A Strange	37	M	5	Rye	48:53	7:52	99	Don D Robinson	72	M	2	Denver	1:02:36	10:04
34	Marcy Epperson	32	F	1	Canon Cty CO	48:57	7:53	100	Martha J Kinsinger	70	F	1	Colo Springs	1:02:42	10:05
35	Lori L Winner	43	F	3	Pueblo	49:02	7:53	101	Heather L Olsen	39	F	8	Colo Springs	1:03:13	10:10
36	Ben Esquibel	58	M	1	Pueblo	50:21	8:06	102	Leigh Doult	44	F	7	Pueblo Wst	1:03:18	10:11
37	Brad Van Buskirk	43	M	5	Pueblo	50:22	8:06	103	Adrian M Martinez	57	M	10	Loveland	1:03:43	10:15
38	Kelly D Hale	37	F	2	Rye	50:31	8:08	104	Duncan C McAuliffe	54	M	7	Pueblo	1:04:48	10:26
39	Karl Cordova	34	M	4	Loveland	50:37	8:09	105	Jack M Pecoraro	63	M	5	Pueblo	1:05:24	10:32
40	Dwight Martinez	52	M	3	Pueblo	50:45	8:10	106	Al Dominguez	56	M	11	Pueblo	1:06:10	10:39
41	Mason Smith	14	M	4	Rocky Ford CO	50:51	8:11	107	Sheryl L Page	29	F	3	Pueblo Wst	1:06:42	10:44
42	Randy Schwartz	55	M	2	Swink	51:03	8:13	108	Annette M Shepard	27	F	4	Pueblo Wst	1:06:43	10:44
43	Stephen A Minnich	55	M	3	Pueblo Wst	51:04	8:13	109	Maria C Fieth	42	F	8	Canon Cty CO	1:07:50	10:55
44	Danny Golob	40	M	6	Pueblo	51:12	8:14	110	Tricia Carlson	34	F	6	Gunnison	1:07:50	10:55
45	Jill Byler	40	F	4	Colo Springs	51:19	8:16	111	Mary S Minor	54	F	4	Lamar	1:08:30	11:01
46	Rusty Smith	37	M	6	Pueblo	51:25	8:16	112	Phil Quattlebaum	52	M	8	Florence	1:08:35	11:02
47	Thomas J Roukema	21	M	3	Pueblo	51:30	8:17	113	John B Labato	51	M	9	Pueblo Wst	1:09:00	11:06
48	Mike L Borton	49	M	3	Pueblo	51:36	8:18	114	Syl Giannetto	65	M	2	Pueblo	1:09:05	11:07
49	Dave Schouweiler	48	M	4	Canon Cty CO	51:48	8:20	115	Michael F Atlas-Acuna	54	M	10	Pueblo	1:09:23	11:10
50	Courtney Eliz. Gregory	19	F	1	Usaf Acad	51:51	8:21	116	Bonnie Kempf	27	F	5	Boulder	1:09:32	11:11
51	Tony Loudy	39	M	7	Pueblo	51:59	8:22	117	Toni Hoffman	57	F	3	Buena Vista	1:11:34	11:31
52	Teri Fox	31	F	2	Pueblo	52:32	8:27	118	Nancy Mitrick	62	F	1	Fremont CA	1:13:27	11:49
53	Victor Silva	42	M	7	Colo Springs	52:54	8:31	119	Ron D Shepherd	52	M	11	Rocky Ford CO	1:13:59	11:54
54	Howard Stringert	49	M	5	Colo Springs	52:57	8:31	120	Chuck A Mason	39	M	10	Trinidad	1:16:51	12:22
55	Diane Lopez	46	F	2	Pueblo	52:59	8:32								
56	Carey Moreschini	36	F	3	Pueblo	53:13	8:34								
57	Katie Couch	19	F	2	Pueblo	53:22	8:35								
58	Jack Rink	50	M	4	Pueblo	53:24	8:36								
59	Cathy Osban	36	F	4	Pueblo	53:24	8:36								
60	Megan B Fowler	16	F	3	La Junta	53:26	8:36								
61	Mario A Aguilera	70	M	1	Pueblo	53:32	8:37								
62	Michael K Olson	48	M	6	Colo Springs	53:51	8:40								
63	William Van Buskirk	69	M	1	Thornton	54:04	8:42								
64	Peg A Roddy-Reeg	56	F	1	Colo Springs	54:20	8:45								
65	Marcia A Keilers	31	F	3	Calhan	54:54	8:50								
66	David W Crockenberg	57	M	4	Pueblo	55:12	8:53								
67	Sharon Bailey	56	F	2	Colo Springs	55:31	8:56								
68	Linda Reeg	52	F	1	Colo Springs	55:38	8:57								
69	Lee Merkel	55	M	5	Pueblo	55:39	8:57								
70	Melanie D LeDoux	25	F	1	Colo Springs	55:51	8:59								
71	Hilbert Navarro	64	M	1	Pueblo	56:17	9:03								
72	Sandy Reinsch	32	F	4	Pueblo	56:46	9:08								
73	Robert Quintana Jr	35	M	8	Pueblo	56:51	9:09								
74	J Curtis Wright	63	M	2	Pueblo Wst	57:12	9:12								
75	Rusty Hund	20	M	4	Ft Collins CO	57:16	9:13								
76	Maggie Welte	24	F	3	Pueblo Wst	57:22	9:14								
77	Raul San Miguel	54	M	5	Pueblo	57:31	9:15								
78	John E Gunn	48	M	7	Weston	57:54	9:19								
79	Mickey Moore	58	M	6	Pueblo	57:58	9:20								
80	Martha K Kramer	50	F	2	Colo Springs	58:20	9:23								
81	Mike L Jaroch	60	M	3	Pueblo	58:27	9:24								
82	Meryl W Dohmann	37	M	9	Canon Cty CO	58:29	9:25								
83	Lillian Morehead	39	F	5	Colo Springs	58:39	9:26								

10Mile Run Results

Pl	Name	Age	Sex	Gp	From	Time	Pace
1	Mike Wasson	39	M	1	Monument	58:04	5:48
2	Jonathan J Huie	24	M	1	Colo Springs	59:18	5:56
3	Campbell Ilfrey	31	M	1	Boulder	59:33	5:57
4	Raul Carrizalez	44	M	1	Evans	1:00:17	6:02
5	Paul L Koch	36	M	1	Colo Springs	1:00:32	6:03
6	Jim Webber	37	M	2	Colo Springs	1:01:06	6:07
7	Jose Luis Arreola	31	M	2	Greeley	1:02:11	6:13
8	Victor Miguel Hdz	26	M	1	Greeley	1:03:16	6:20
9	Al Bourgeois	50	M	1	Boulder	1:05:09	6:31
10	Lisa L Rainsberger	43	F	1	Il Colo Springs	1:11:03	7:06
11	Judith L McSweeney	36	F	1	Monument	1:11:29	7:09
12	Lou Huie	58	M	1	Colo Springs	1:11:51	7:11
13	Steven J Burnite	37	M	3	Denver	1:12:24	7:14
14	Thom Ledoux	30	M	3	Canon Cty CO	1:12:54	7:17
15	David E Baker	47	M	1	Pueblo	1:13:28	7:21
16	Sam McClure	51	M	2	Canon Cty CO	1:13:42	7:22
17	Traci Lynn Winterbottom	40	F	1	Colo Springs	1:14:23	7:26
18	Steve C Wall	41	M	2	Pueblo	1:14:52	7:29
19	John Montoya	47	M	2	Raton NM	1:15:01	7:30
20	Joe Martinez	45	M	3	Pueblo	1:15:17	7:32
21	Jose Herrera	33	M	4	Ft Carson	1:16:18	7:38
22	Chuck Norton	17	M	1	Pueblo	1:17:01	7:42
23	Steven M Hernandez	47	M	4	Littleton	1:17:25	7:45

(Continued on page 10)



Spring Runoff Results

(Continued from page 9)

24	Humberto Paredes	48	M	5	Pueblo Wst	1:18:00	7:48
25	Pete J Doyle	58	M	2	Colo Springs	1:18:49	7:53
26	Allen S Weaver	52	M	3	Canon Cty CO	1:19:13	7:55
27	Ami Chamberlain	34	F	1	Pueblo Wst	1:19:54	7:59
28	Rick D Hough	40	M	3	Pueblo	1:20:29	8:03
29	Steve Walls	48	M	6	Monument	1:20:37	8:04
30	Amy Illfrey	29	F	1	Berthoud	1:20:46	8:05
31	Karen VanHaverbeke	43	F	2	Canon Cty CO	1:21:07	8:07
32	Lorraine C Hoyle	57	F	1	Pueblo	1:21:50	8:11
33	Gina Quintana	30	F	2	Berthoud	1:21:53	8:11
34	Desiree DallaGuardia	18	F	1	Colo City	1:22:53	8:17
35	Warren T Marshall	56	M	3	Canon Cty CO	1:23:24	8:20
36	Diane L Repasky	39	F	2	Colo Springs	1:23:46	8:23
37	Christina Puleo Jensen	39	F	3	Denver	1:24:08	8:25
38	Carla Ann Flores	46	F	1	Pueblo	1:24:51	8:29
39	Paul M DallaGuardia	46	M	7	Colo City	1:24:57	8:30
40	Stacey Diaz	44	F	3	Pueblo	1:25:08	8:31
41	Carl E Bartecchi	65	M	1	Pueblo	1:25:23	8:32
42	Kent B Mitchell	63	M	1	Erie	1:26:06	8:37
43	Lacey Ledoux	26	F	2	Canon Cty CO	1:26:12	8:37
44	Hilda Lucille Garcia	49	F	2	Pueblo	1:26:29	8:39
45	Diane H Warner	45	F	3	Colo Spr ings	1:26:49	8:41
46	Burke L Kaiser	41	M	4	Buena Vista	1:26:50	8:41
47	Julie A Stevens	36	F	4	Longmont	1:27:27	8:45
48	Julie G Marshall	56	F	2	Canon Cty CO	1:28:22	8:50
49	Kelly E Phillips-Henry	36	F	5	Colo Springs	1:28:54	8:53
50	Joe Scarlett	67	M	2	Colo Springs	1:29:39	8:58
51	Carrie L Slover	52	F	1	Pueblo	1:30:09	9:01
52	Steve Fieth	41	M	5	Gunnison	1:31:41	9:10
53	Andy G Fieth	40	M	6	Canon Cty CO	1:31:42	9:10
54	Rubina R Hartel	38	F	6	Fort Carson	1:32:12	9:13
55	Matthew Martin	49	M	8	Pueblo	1:33:19	9:20
56	Mark T House	45	M	9	Pueblo Wst	1:33:30	9:21
57	Tom Ratzlaff	44	M	7	Pueblo Wst	1:33:30	9:21
58	Joel M Weinhold	47	M	10	Pueblo	1:35:02	9:30
59	Mike Archuleta	44	M	8	Pueblo	1:35:37	9:34
60	Paula L DelPriore	40	F	4	Pueblo	1:35:49	9:35
61	Dennis Howard	51	M	4	Colo Springs	1:35:53	9:35
62	Tom Sayers	58	M	4	Colo Springs	1:36:21	9:38
63	Jessie M Quintana	61	F	1	Pueblo	1:36:24	9:38
64	Patricia Sue Rodriguez	22	F	1	Usafa	1:36:25	9:38
65	John R Crouse	54	M	5	Monument	1:36:29	9:39
66	Sue Meyers	50	F	2	Colo Springs	1:37:55	9:48
67	Daniel E Riggs	41	M	9	Canon Cty CO	1:37:56	9:48
68	Jane L Chess	51	F	3	Florence	1:38:40	9:52
69	Dion Arellano	35	M	4	Monument	1:39:01	9:54
70	Beverly S Skroch	55	F	3	Creede	1:39:39	9:58
71	Harold Lierly	61	M	2	Alamosa	1:39:44	9:58
72	Dan L Minor	56	M	5	Lamar	1:39:53	9:59
73	Tori Ann Smith	23	F	2	Colo Spr ings	1:40:27	10:03
74	Zoran Ivankovich	31	M	5	Monument	1:40:32	10:03
75	Ric Markin	72	M	1	Colo Spr ings	1:40:34	10:03
76	Kim Grabski	39	F	7	Manitou Springs	1:42:04	10:12
77	Maria Elena Weaver	45	F	4	Canon Cty CO	1:42:29	10:15
78	Carole Joanne Yokley	52	F	4	Lamar	1:44:16	10:26
79	Karen Patrick	40	F	5	Canon Cty CO	1:47:26	10:45
80	Judy A Russo	53	F	5	Colo Springs	1:48:24	10:50
81	Donna A Nicholas-Griesel	58	F	4	Coaldale	1:51:05	11:06
82	Marcella Lierly	54	F	6	Alamosa	1:53:34	11:21
83	Terry L Squier	61	M	3	Canon Cty CO	1:53:48	11:23
84	Raymond Rodriguez	54	M	6	Wheatridge CO	1:54:02	11:24
85	Margarito Fuentes Jr	52	M	7	Pueblo	2:16:35	13:39
86	Gerald E Puls	78	M	2	Pueblo	2:39:16	15:56

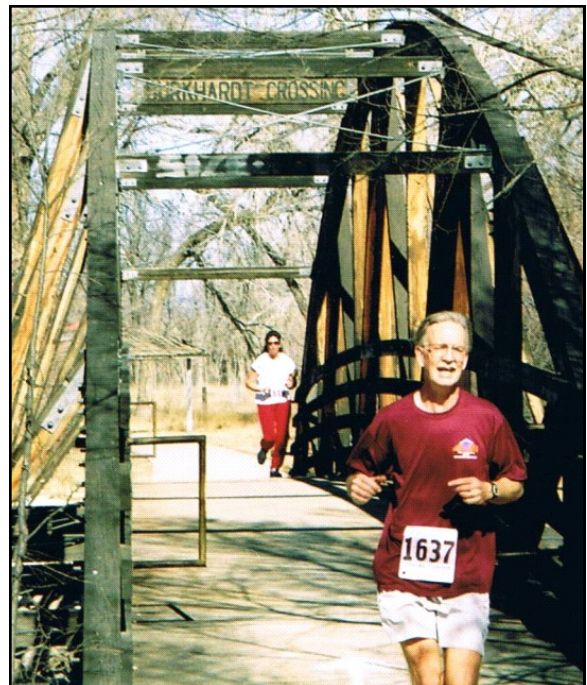
Funner to be a Runner

Name / Age / School

Aaron Levinson 16 East, * Roman Solis 11 Morton, * Willy Martinez, 9 Heritage, Nick Mason 11 Fishers Peak, * Jonathan King 11 Pinon Valley, * Skye Kouchner-kavich 12 Heaton, * Alex Mitrick 8 Highland Park, * Sean Garnhart 7 Morton, Brianna Cathcart 11 Johnson, *Jeffery Cordova 11 Heaton, *Andicas Ramos, 11 Heritage, Angelica Wall 7 N. Mesa, Kelsey Wilson 10 N. Mesa, *Gabrielle Guterrez 8 Cezar Chavez, Levi Ropp 11 Belmont, * Melissa Wahl 11 Morton. Kayla Vijil 11 Morton, *Jason Levinson 10 Belmont, * Alex Paredes 11 Swallows, * Nate Cullison 9 Ben Franklin, *Brandon Graham 11 Helbeck, Tygen Roch 8 Bear Creek, *Brandon Oliver 13 Florence Freemont, *Taylor Lopez-Cepero 9 Sunset Park, *Zacharyl Stuart 11 Heritage, *Amanda Saunders 12 Freed, *Tommy Gibbons 9 Heritage, Hanna Hartel 8 Patriot, Andrew Smith 8 Sierra Vista, 30 Ashley Smith 9 Sierra Vista, * Jacob Warren 6 Heritage, * Gerald Guerra 11 Heritage, Sara Hartel 7 Patriot, Jessica Mason 7 Echart, * Kimberly Sufian 11 Morton, *Nichole Ellis 11 Morton, * Britany Zimmerman 10 Morton, *Darryl Mcbeain 9 Morton, * Victoria Mitrick 5 Happy Land, * Sabrina Garnhart 10 Morton, Chase Papineau 7 Desert Sage, *Jordan Zimmerman 9 Morton, * Alexandra Gutierrez 5 Spin Pres., Mason Mares 9 Beulah Heights, *Brian Ellis 9 Morton, Kevin Highes 5 St Therese, *Devin Sciumbato 8 N. Mesa, Chris Cathcart 5 Johnson, *Cesar Arreola 6 Los Rios, Kristy Davenport 9 Rye Elem, *Daniel Paredes 9 Swallows, *Jasmine Arreola 4, *Baola Arreola 4 Los Rios, Taylor Leyva 10 Desert Sage, Kit Roch 5 Young Child Science, Ilivia Leyva 7 Desert Sage, *Diane Anderson 6 Summerland, *Maria Arreola 8 Los Rios, *Kali Zimmerman 8 Morton, *Desiree Anderson 9 Morton, *Luke Foreman 9 Heritage, John Cathcart 4, *Lincoln Zoch 2 Young Child Science, *Chris Garnhart 12 Freed

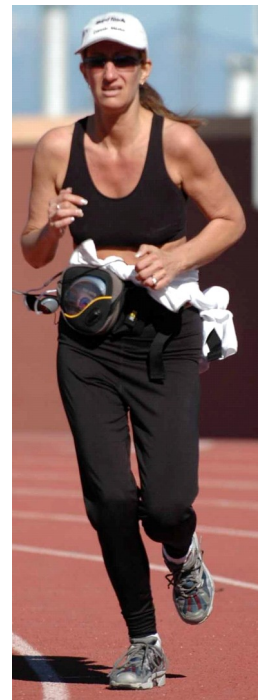
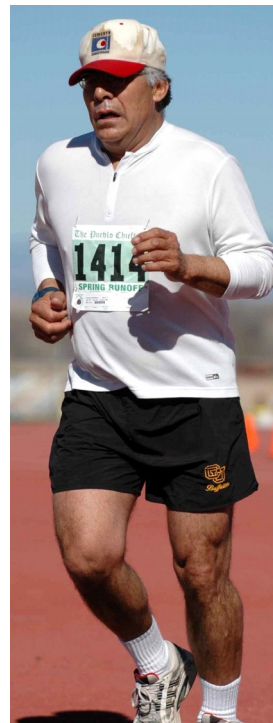
* Runner who participated in very first race

Thanks to the Volunteers for the It's Fun-ner race: Pat Berndt, Jeff Arnold, Cassie Berndt, Aaron Berndt, Samantha Davenport, Ethan Barbierre, Steve Cathcart, Jeff Arnold.



Ami Chamberlain follows Al Weaver over the bridge at Burkhardt Crossing on the Nature Trail
photo by Ross Barnhart

SRO Photos



Clockwise from upper left

Bill Mares

Robert O'Callaghan

Bonifacio "Boney" Cosyleon

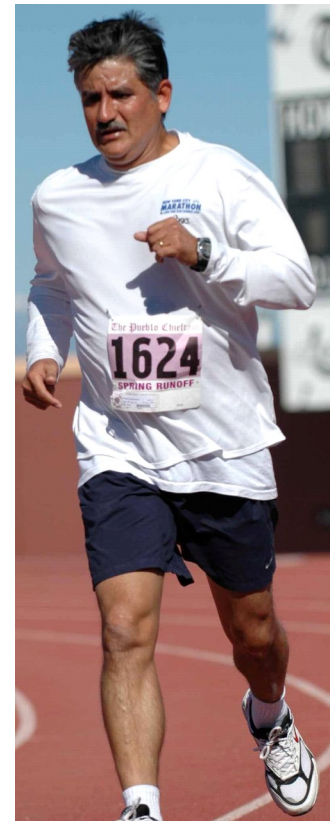
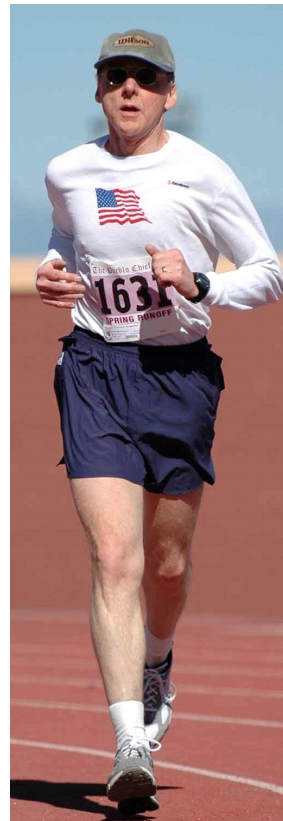
Deborah Sherman-Heofler

Humberto Paredes

Warren Marshall

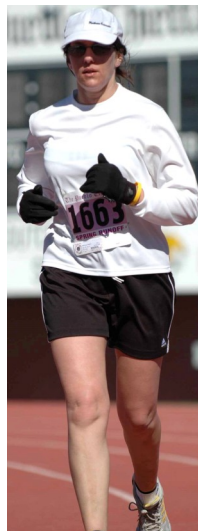
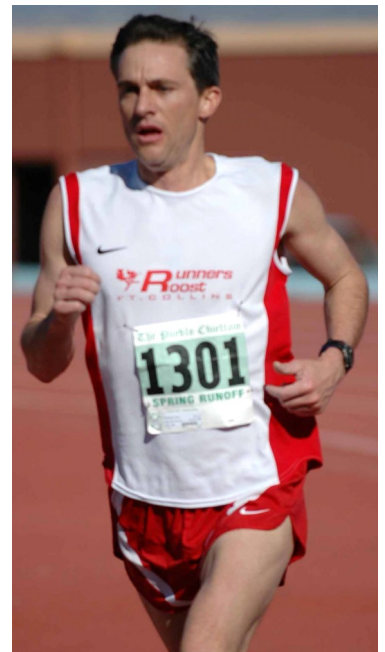
Julie Marshall

These photos were provided courtesy of Larry Volk of Event Pictures.Com To see and order photos of nearly all runners, go to the SCR Website SRO Results link www.socorunners.org/scrrs531.htm and click the Event Pictures logo before April 30





SRO Photos



Clockwise from upper left
 1st Overall award created by Don Pfof
 Natalie Veges
 Todd Kelly
 Steve Cathcart
 Peg Roddy-Reeg, Hilbert Navarro, Julie Stevens &
 Paul DallaGuardia on the trail
 Paula DelPriore
 Phil Quattlebaum
 Shawn Borton



The Mailbag

More Letters to the Editor (that makes 3 months in a row)

Dear Ed,

I just renewed my membership with the Runner's Club and I have to tell you what an absolute pleasure it was to read the newsletter. I especially enjoyed "Trial Notes" by Shaun Gogarty and Gary's "Great Stuff."

Just wanted to let you know that you're doing an awesome job

Karin

Dear Karin,

Thanks much! We're just glad to hear that someone out there actually reads *Footprints*. You made our day!

Ed

Dear Ed,

Since most of us didn't get to see the overall winner awards at the Spring Runoff (except Jill) I thought I would share some info about the awards hand made by Don Pfost. The awards were an original design, featuring a male or female runner on a two-tier base with the name of the race, "2005 Chieftain Spring Runoff", and the place award, e.g., "Overall Female 10K", inscribed on the edge of the bottom base. Finally the three sets of female/male awards were each made from a different type of hardwood: 5K awards were made from maple, 10K awards were made from oak, and the 10M awards were made from cherry. The club owes Don a big thank you.

Dave

Dear Ed,

Chuck Smead, SRO 5K 3rd Overall, 1st in 50-54 age group, was using the SRO 5K as a final prep for the National Masters Indoor Track and Field Championships next weekend in Idaho. He is running the 3000 meters event. Living in Mosca, CO he does a lot of high altitude training with very specific pace, repeats and distance. I then Googled him when I got home. Turns out he was twice a national champion ('73, '74) in track and field for Humboldt State University, CA and is still the unofficial 50K USA record holder (course was not certified, apparently) with a time of 2:50:46. That was set in March, 1976. So he's got the pedigree.

Of course, most folks have no idea of what it is like to still have the competitive fire at the age of us old farts. Thus, evaluating performances of creaky, old bones is like us laymen trying to understand string theory in Physics search for the "theory of everything".

Michael O

Dear Ed,

Chuck Smead, 3rd in 5K at Spring Runoff, 1st in my age group of 50-59, had the following time at Masters Nationals Indoor Track and Field (from USATF <http://www.usatf.org> website) this past weekend in Boise, ID.

His time is the equivalent of 5:20 pace/mile as 3000 meters = 1.86411358 miles. That's pretty tight turns on an indoor track, too.

You'd be wise to check all my calculations :)

M50 3000 Meter Run

Name	Age	Team	Finals
1 Clingan, Dave	M50	Team Runners Hig	9:34.34
2 Robinson, James	M51	Genesee Vall	9:48.18
3 Smead, Chuck	M53	Unattached	9:56.33
4 Smyth, Brian	M51	Houston Harriers	10:04.53
5 Walker, Bob	M51	Greater Boise RC	10:16.74
6 Harter, Reid	M54	YMCA Team Idaho	

Michael O.

Dave Diaz is Mr. "Perfect"

He's done it again. Dave Diaz has scored 100 points in the last 3 predict races (including the final race in 2004). In 2004, Larry Volk accumulated an almost unbelievable 479.81 points in the Predict Series with three scores of 100. With 8 races to go, Dave is well on his way to a record year.

On the other hand, with 8 races to go, we are just getting started. It should be noted that your friendly newsletter editor had 2 "perfect" races in 2004, and ended up in 10th place for the year. Two races

does not a season make.

At any rate, congrats to Dave for a great start. Kudos also to the ladies in the club. Seven of the top ten finishers at Ben and Matt's Predict were ladies. The top ladies included: Robin Krueger, Sandy Reisch, Misti Frey, Marijane Martinez, Mary Rudolf, Carrie Slover, Stacey Diaz. In addition to Dave in 1st place, the men included Jeremy Keener and Humberto Parades at 6th and 10th places respectively.

Dave is off to a great start. The Ladies are off to a great start. There's still plenty of time to get involved in this "anything can happen" event. The third race in the series takes place on Saturday, April 9th. See the race calendar for details.

We thank the volunteers for Ben & Matt's Trail Mix. Race Directors: Ben Valdez & Matt Sherman, Results: Larry Volk & Ken Raich, Food: Jill Montera.

Predict Series Standings

Name	Spring Runoff	Ben & Matt's	Total Points
Dave Diaz	100.00	100.00	200.00
Marijane Martinez	83.33	83.33	166.67
Sandy Reisch	44.44	91.67	136.11
Hilda Garcia	88.89	41.67	130.56
Humberto Parades	63.89	62.50	126.39
Jill Montera	75.00	37.50	112.50
Matt Sherman	69.44	33.33	102.78
Ben Valdez	47.22	50.00	97.22
Don Pfof	97.22		97.22
Robin Krueger		95.83	95.83
Rich Hadley	94.44		94.44
Gary Franchi	91.67		91.67
Misti Frey		87.50	87.50
Lou Huie	86.11		86.11
Stacey Diaz	19.44	66.67	86.11
Paul DallaGuardia	80.56		80.56
Mary Rudolf	5.56	75.00	80.56
Jeremy Keener		79.17	79.17
Nick Leyva	55.56	16.67	72.22
Mary Simmons	72.22		72.22
Carrie Slover		70.83	70.83
Jan Huie	66.67		66.67
Bill Veges		61.11	61.11
Wendy Garrison		58.33	58.33
Emily Borrego		58.33	58.33
Angelo Aragon	33.33	25.00	58.33
Anthony Diaz		54.17	54.17
Phil Quattlebaum	52.78		52.78
Jeff Arnold	50.00		50.00
Larry Volk		45.83	45.83
Chief Reno	41.67		41.67
Meryl Dohrmann	38.89		38.89
Becky Medina	36.11		36.11
Joe Bulow	30.56		30.56
Diane Lopez		29.17	29.17
Mike Archuleta	27.78		27.78
Paula DelPriore	25.00		25.00
Melinda Orendorff	11.11	12.50	23.61
Hilbert Navarro	22.22		22.22
Rusty Smith		20.83	20.83
Robert Santoyo	16.67		16.67
Debra Wall	13.89		13.89
Jack Janney		8.33	8.33
Frank Aragon	8.33		8.33
Robert O'Callaghan		4.17	4.17
Dwight Martinez	2.78		2.78

Still Another Letter to Ed

Dear Ed,

Thought I would share the following info from St. Patrick's Day 5k in Old Colorado City on Saturday, March 12th

Connielee Walter	20:46	1 st	30-34
Paul Koch	17:47	2 nd	35-39
Rich Hadley	18:48	1 st	45-49
Diane Lopez	25:15	2 nd	45-49
MJ Martinez	26:10	2 nd	50 -54
Marv Bradley	21:50	1 st	65-69

Other Pueblo participants: Ben Valdez, Nick Leyva, Deb Hadley, Matt Sherman, Sandy Reinsch, Mary Rudolf

Results at csgrandprix.com

Mo Jo

2005 Apr, May June, July Calendar *

(see calendar link on SCR website for links & more information)

APRIL 2005

Sat 2	YMCA Healthy Kids Day Family Walk/Run (a)	5K 8:30 am	City Park, 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 Don & Lois Pfof - (719)544-9633
Sun 10	Y-Bi Classic YMCA Duathlon (a)	5K/13.6M/5K 8:30 am	Pueblo West Ben Valdez - (719)543-5151
Sat 16	UCCS Bash the Bluffs	5K	UCCS Campus, Colorado Springs
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 8:00 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 Bamhart - (719)543-6982
Sun 24	Cherry Creek Sneak	5M	Denver, CO

MAY 2005

Sun 1	Cinco de Mayo (a) (run/walk)	10K/3M Run 2K Wik 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, Colo Springs, CO
Sat 7	Collegiate Peaks	50M/25M	Buena Vista, CO
Sat 7	Blossom Day 5K **NEW RACE**	5K 8:00 am	3rd and Main St. Cañon City, CO SarahLey@Centura.Org - (719)269-8790

\$15 entry before April 29, \$20 after \$75 cash prize for male/female winners

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), south of 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

April Bdays

- 1 Victoria Claudio
- Debbie Reynolds*
- 2 Kathy Hruby
- Jessica Gogarty
- Alec Guinness*
- 3 Amy Braune
- Picabo Street*
- 4 Eueca Arellano
- Maya Angelou*
- 5 Sarah Gogarty
- Colin Powell*
- 7 Gerald Puls
- Jackie Chan*
- 8 Kathleen Rogers
- Sonja Henie*
- 9 Meryl Dohrmann
- Jesse Weaver
- Dennis Quaid*
- 10 Joseph Dohrmann
- Joseph Pulitzer*
- 11 Brad Van Buskirk
- Ethyl Kennedy*
- 13 Joe Farra Jr
- Chuck Mason
- Tony Dow*
- 15 Traci Winterbottom
- Leonardo da Vinci*
- 16 Monja Nordyke
- Wilbur Wright*
- 17 Robert Santoyo
- Christopher Roman
- Harry Reasoner*
- 20 Kieran Hughes
- Jessica Lange*
- 23 Gregory Meier
- Roy Orbison*
- 24 Robert Kelher
- Chipper Jones*
- 25 Mark Rickman
- Renee Zellweger*
- 28 Ethan Barbieri
- Hortensia Gonzalez
- Penelope Cruz*
- 29 April Maez
- Jerry Seinfeld*

*honorary SCR member

(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.

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

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***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 YMCA will be hosting it's second annual
YMCA Healthy Kids Day 5K run/walk on Sat-
urday April 2nd at City Park Pavillion. A toddler
walk is scheduled at 8:30 am followed by the 5K
at 9:00am. A Health Fair will be conducted in
the Pavillion from 9:00-11:00 am. The Health
Fair will consist of many community related
health, wellness and safety information for youth and adults.
The YMCA needs youth and adult participants in the 5k. If
you cannot participate, please consider volunteering. Ben
needs four more people to help with the finish line. Remember
those club points for volunteering can get you a nice article of
clothing at the end of the year. Contact Ben at the YMCA for
more information, 543-5151.

8

The 3rd race in the 2005 Predict Series starts
and ends at Don & Lois Pfost'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

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
April 6th. If you are really planning ahead - see you on
May 4th.

The Final Thoughts...

We all love animals. Why do we call some "pets" and others
"dinner?" -k.d. lang, singer (1961-)

Every cask smells of the wine it contains. -Spanish proverb

A bit of fragrance always clings to the hand that gives the
rose. -Chinese proverb

I used to think that the brain was the most wonderful organ in
my body. Then I realized who was telling me this. -Emo
Phillips, comedian, actor (1956-)