



Editors: Ron Dehn & Debra Wall

FOOTPRINTS

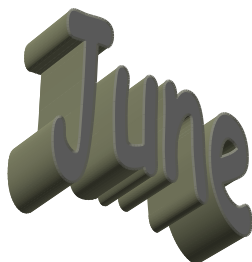


We'll be Baaaaaak!

May Flowers & June Tunes (whatever that means)

May / June Edition What does this mean?

It means that this edition does indeed cover two months. The next issue of *Footprints* (July 05) will be mailed out in late June.



Déjà vu all over again (sort of)

When you look at the standings of the 2005 Predict Series, you may have to blink your eyes, and look again. There are some very familiar names in some very familiar places.

The first thing you will notice is Larry Volk's name at the top of the heap. Dave Diaz (who used to be called Mr. Perfect - see the SCR Mailbag) and Don Pfof who were top 5 finishers in 2004, are likewise in the 2005 top 5.

Steve Wall and Rich Hadley who rounded out last year's top runners have each scored well this year, but to date have only been in one race each.

You may be able to find other similarities between this year's standings and the 2004 final stats, however, there are at least a couple of glaring differences.

First - are the number of ladies sitting in top 10 spots. Emily Borrego was the only top 10 lady finisher in 2004. With four races complete in 2005, half of the 2005 top tenners are ladies.



The other glaring difference is the tightness of the standings. Larry is in first place, but MoJo is only 3 points behind.

There are plenty of races left in case you haven't joined us yet, but you will have to wait a bit. Unless a new race is inserted into the schedule, the next predict race is the Moonlight Madness on July 23rd.

See pages 12 & 13 for photos, & standings, and page 4 for Don & Lois Pfof's article on the Ramsgate 8.

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CITTA DI ROMA**
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SCR Notes from the April, 2005 meeting

Members Present: Gary Franchi, Ken Raich, Stan Hren, Rich Hadley, Ron Dehn, Steve Wall, Jaqueline Wall, Ben Valdez, Dave Diaz, Jeff Arnold, Terry Cathcart, Jan Dudley, Lois Pfost, Don Pfost, Hilbert Navarro, Marv Bradley. Guests: Christina Ortiz, and Susan Velasco from Pueblo Rape Crisis Center.

Minutes of March 2005 Meeting were approved with one correction: There was no consensus with regard to the establishment of an award selection committee and the matter was tabled for further discussion.

Treasures Report: Dave's report was approved as presented. Dave also reported on extra time spent dealing with the bank charges and bank errors on our monthly statements. Dave was recognized by all present for doing an outstanding job in dealing with these problems.

Newsletter Update: Ron Dehn reported that correct results for the 2 mile spring runoff event will appear in the upcoming newsletter. Due to an upcoming vacation, Ron will be generating the May/June newsletter in a few weeks and there will be no separate issue in the month of June.

Membership: Ken Raich reported membership is slightly under 200 as of this date. He also reported that the new laptop computer will be used to generate results for the upcoming Cinco De Mayo and Beulah Challenge Runs.

Race Recaps: Spring Run-off: Terry Cathcart reported a very successful event with 598 participants. He also stressed the need for more experienced volunteers at next years event.

Ben and Matt's Trail Mix: Ben Valdez reported on a successful event. The new very scenic course was enjoyed by all participants, Healthy Kids Day Run: Ben reported a successful run and walk with 68 participants in this YMCA sponsored event.

Upcoming Races: Ramsgate 8 will be held on sat April 9th same course will be used if weather permits, pot luck to follow.

Y-BI Classic Duathlon: will be held on Sunday, April 10th to include 5k run, 13.6 mile bike, 5k run. Ben reports 68 registered to date. Survival Run: Christina Ortiz and Susan Velasco from Pueblo Rape Center reported on club assisted event to be held at Mineral Palace Park on Sunday, April 17th. It was unanimously approved that all proceeds be donated to the Rape Crisis Center.

Cinco De Mayo Run: Hilbert Navarro reported that plans are on track for event to be held on Sunday, May 1. There will be 6 Mexican Athletes from Chihuahua participating.


Ordinary Mortals: Ben reported that a co-ed team event has been added for Sunday, May 15th.

A motion was unanimously passed for the club to pay \$25.00 to defray expenses for handicap races.

Altitude Training Camp: Ben estimates 20-25 persons will participate in this event to be held at YMCA Camp Jackson on May 20,21,22.

Pueblo West Run: Ron Dehn reported that if he has had contact with the Pueblo West Rotary Club and the Pueblo West View concerning possible

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Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

“Footprints” Issue No. 278

“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, Pat Summit*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers
Dr. Rocky Khosla Gary Franchi
Bob Oliver, Don Pfost

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.

* Pat Summit is the basketball coach for the Lady Tennessee Volunteers. She recently became the winningest NCAA Division I basketball coach of all time with 880 wins. Her winning percentage is .837. She is only 52 years old.



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

**Take Mom out to lunch in May
Then take Dad in June to the Gold Dust
217 South Union**





Great Stuff

by Gary Franchi



Here's how the Y-Bi can avoid lousy weather

Thought for today's lunch, compliments of Ed Quillen: *"America operates so that about 15% of the population comes out ahead. The other 85% of us are losers."*

Musings about running, fitness and life:

SCR club member Ben Valdez is learning but he still hasn't mastered how to schedule the Y-Bi Classic Duathlon that he directs each year.

For background purposes, let me just say that over the years the Y-Bi has not been blessed with a whole lot of optimal weather. Well, truth be told, not even much decent weather. In fact, in most years it's been downright horrible.

One year it was 70 degrees, sunny and even relatively calm on Saturday before it presented the Y-Bi with a steady rain and about 40-degree temperatures on Sunday. It then returned to near 70 degrees the next day. Gee, thank you, Mother Nature.

Another year it was gorgeous Saturday through Monday with the exception of about a 4-square-mile area in Pueblo West that was hit with a snow blizzard on Sunday morning during the race. Naturally, the fire station there, the headquarters for the race, was the center of that 4-mile square area.

That year, a certain cyclist we won't mention -- but who goes by the nickname of "Slacker" and lives in Colorado City and works at Atlas-Pacific -- forgot to take his bike helmet off in the bike-run transition area and brought home about 2 good inches of snow on his helmet. It was sheer brilliance. Borderline genius, really, and proof that his ability to focus is quite commendable.

Last year, the wind was blowing so ridiculously hard that the Y-Bi was cancelled and a 5-mile running race was held instead. Great Cool-Max shirts, though.

Anxious for a turnaround in his luck, Ben looked for a change this year. Always playing with the race date in an attempt to escape the inevitable lousy weather, Ben went to an earlier time slot -- April 10 -- hoping he'd catch a break.

Uh-uh. To refresh your memory, that was the day a wind storm pummeled Pueblo West and Pueblo and a snow storm left close to a couple of feet of snow in the hinterlands.

Being a wise fellow, Ben had previously moved the Y-Bi race date from April 17 to April 10. That left him with April 17 as a makeup date, and that turned out to be a great day for the duathlon. Bravo! Not only that, but he moved the location of the race to Pueblo West High School. Sheer brilliance. Borderline genius, really.

Yes, pretty good planning, Ben, but you could have saved yourself a lot of trouble if you had consulted the 2005 Old Farmer's Almanac beforehand. There, on the "High Plains" page that includes several states as well as Colorado's front range, it notes that "rain and snow" was forecast for April 7-10. In fact, it even says that "it will be so windy in Pueblo West that rabbits near Pueblo West High School should seek shelter." I'm serious.

Well, OK, maybe I'm not. But it really DOES say "rain and snow" was the forecast for April 7-10.

But, really, this is still just a crap shoot. So I've come up with a better solution for Ben. Why not just give competitors a 3-week window in which they can do the course on their own and keep their own times, then call or e-mail them to the Y?

Stress "trust" and "honesty" on the registration form and note that a hidden camera will be recording activity there during daylight hours, even though this will be just a bunch of hooley. Do NOT accept entries from any released felons. Mail out race shirts (no bib numbers needed) during the 3-week "window" period (charge extra for this on the registration form). Lower the entry fee to compensate for there being no race amenities like course marshals, post-race refreshments, etc.

After 3 weeks, merely tabulate all the results, announce the award winners via e-mail and ask participants to stop in at the Y to collect their medals and overall winner prizes or mail them to the out-of-

towners.

There would be no weather worries and no need to round up volunteers. You could paint pictures of orange cones on the pavement at each turn. If participants make a wrong turn, too bad for them! This would force them to study the course map for once, which is detailed on the web site.

It's sheer brilliance. Borderline genius, really.

One more quick note:

Did you know that as a member of the Southern Colorado Runners, you are eligible to attend the Road Runners Club of America's annual convention? Actually, even if you AREN'T an SCR member they'd probably still take your money and let you attend, especially if you aren't a released felon.

But that's not the point, and pretty soon now I'm sure I'm going to remember what it was.

Oh, yeah. I wanted to mention that the site for this year's convention is New Orleans, which right off the bat is a good reason to attend. Some other reasons are that it will be held May 12-15 (perfect weather promised by the 2005 Old Farmer's Almanac), the guest speaker is Lorraine Moller, there is a luncheon cruise on Steamboat Natchez and there are a ton of cool-sounding seminars, including one on running a marathon in all 50 states, tailored especially for folks like Sam McClure, Marv Bradley and Cheryl Cook-McCoy.

For specifics, go to the Road Runners Club of America web site. Bon voyage!

Ten things I was just wondering:

- 1, So, like, who won the Hula Bowl?
- 2, Is "not thinking" the key to running a good marathon?
- 3, Wouldn't it be refreshing to be able to go into a restaurant to eat and not be bombarded with music you don't want to listen to?
- 4, When you turn a sink faucet on to the "warm" position, why does it get colder before it gets warmer?

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The Ramsgate 8 8k Predict

By Don & Lois Pfost

The eleventh running of the Ramsgate 8 8K Predict run took place on Saturday, April 9, with 20 runners turning out to run and eat. The weather was nearly ideal, unlike last year when it rained and snowed on race day, causing us to move the run to an alternate all-street, out-and-back course from our house to CSU, and unlike the next day this year, when blizzard like conditions caused the cancellation of the Y-Bi and its rescheduling to the following Sunday.

This year's course, which starts at our home and covers dirt trails and roads north of the CSU campus, included slight modifications from previous years because of a new housing development just east of the Walking Stick Golf Course club house. We re-measured the course the weekend before the predict event, trying to ensure that it was as accurate as possible. The day before the run, we marked the course with paint and chalk arrows, but despite our best efforts, a few runners did miss the markings and got slightly off course—as far as we know, all who started found their way to the finish line.

Ron Dehn took top honors, finishing about 12 seconds off his predict, followed closely by Larry Volk, at 15 seconds under his predict, and Misty Frey and Emily Borrego, at 25 seconds below and above their predicts, respectively. Twelve of the twenty runners finished within one minute of their predicted times. New faces at the predict included our neighbor, Arron Levinson, who runs cross county for East High School, and Jeremy Keener, who is a new and enthusiastic convert to running. The runners thank Ross, Jan and Lois for doing the finish line.

Following the run, we got down to the serious business of the after-race potluck. No complaints, of course, from anyone about the eats.

A final thought from Don: Over the past six months, I've watched the development near Walking Stick with more than passing interest as I've made my frequent runs on one of my favorite courses. There has been extensive excavation that has transformed what was once the open prairie to a nascent residential area, complete with underground utilities, soon-to-be paved streets, and a number of building sites, two of which already have the start of what are sure to be expensive, estate-like houses. As a runner, I've lamented the passing of this and other local running courses that include dirt trails and make it possible to avoid the traffic, which seems to be getting more and more dangerous for runners and pedestrians as drivers become more aggressive and inconsiderate. Alas, it makes me long for more courses like the Tunnel and Temple Canyon predict runs hosted by the Hadley's, and the Yappy Dog course Ross has laid out on the Mesa, which offers, along with the pungent odors, running on long stretches of gravel roads and along an irrigation ditch with virtually no vehicle traffic.

And to take the point further, all of this development may fit into broader historical patterns, as spelled out in Jared Diamond's interesting book, *Collapse: How Societies Choose to Fail or Succeed*. Briefly, Diamond contends that the complex interplay between environmental factors, such as the amount rainfall and soil type, and societal factors, such as trade with neighboring societies, as well as internal economic and political structures, shape the survival of societies. And, as the title implies, Diamond argues that the choices societies make determine whether they fail or succeed, though he makes it clear that humans don't always recognize the full implications of their choices.

The book opens with an analysis of what's taking place in the Bitterroot River Valley of southwestern Montana. According to Diamond, the area has long been marginal for agriculture because of

low rainfall and the alkaline soil. Recently, it has witnessed a population explosion of sorts as wealthy outsiders, trying to escape the congestion, pollution and other problems of urban areas, move into the region, buy up more and more land, and build private estates. This change is fed by the fact that it provides a market for the long-time and aging farm families, who sell and develop their land as a means of meeting their immediate needs and of financing their retirement. He suggests that these changes are sure to continue, making survival in the Bitterroots even more precarious, with profound, possibly disastrous, consequences for the residents, both natives and transplants.

Diamond uses the situation in Montana to analyze how the mix of various natural and social changes, including the choices the members of different societies have made, caused the collapse of particular societies, including Easter Island, the Mayas, and the "Ancient Ones" at Chaco Canyon, Mesa Verde and other once-thriving human settlements in the southwestern US. As a sociologist, I find it a fascinating book.

So, does this mean that the housing development east of Walking Stick portends the collapse of not only trail running in Pueblo, but the eventual collapse of complex industrial societies, including our own? Possibly, as this would seem to be the direction in which Diamond's analysis is heading, but I have two-thirds of the book yet to read. I invite you to join me.

MARATONA DELLA CITTA DI ROMA

By Dave Diaz



To say I'm not much of a traveler is a giant understatement. I've done 35 marathons but all in Colorado, Arizona or Nevada. As Stacey and I flew from DIA, I realized that somewhere over Kansas was the farthest east I'd ever been. I don't think you could say I was nervous about traveling to Italy and Spain, I think terrified better describes it. So how I came to do the Rome Marathon is just a series of unplanned events. It's not like it was ever a dream of mine to run in Europe. It just sort of happened.

My youngest son Matt is a senior at the Colorado School of Mines and is spending the 2004-05 school year as an exchange student at the Polytechnical University of Valencia in Spain. We originally had planned a trip to visit Matt but I learned about a marathon in Valencia in early February and I decided to do it. We just couldn't arrange all the details by Feb so I began to look at a later marathon in Barcelona. That didn't work out either and so I chose the Rome Marathon by default. As it turns out we just couldn't have picked a better place to run a marathon.

We booked our trip with Marathon Tours---an organization that caters to runners---they handled all the travel details, entered us in the race, arranged a guided tour of the ancient ruins in Rome led by a local university professor, and hosted a pre-race dinner with all the American runners. They even got us to the start of the race. We all stayed at a 4-star Hotel in the center of Rome (the hotel had heated towel racks, TV's and phones in the bathroom). I was surprised at the single women from all over the U.S. who came to Rome by themselves and shared a room with someone they had never met before. It's surprising how quickly you can develop new friendships when you share a common passion.

The race itself was just amazing. It started in the heart of the Roman Empire, directly in front of the Coliseum near the Forum. It seemed as though we were on a movie set. At the start I tried not to think of it as a race but just tried to experience the intense moment. 10,000 runners ran by Circus Maximus then off along the Tiber River on cobblestone, tree lined streets. Everywhere you look you see the very places described in the pages of the history of mankind. It's amazing how ancient and new exist side by side.

The highlight of the race was at about 10K when we ran through the square

but since entry was included in the package deal we ran about 12 miles together then she stopped and took the subway back to the hotel.

I continued on but hardly felt like I was running---more like a tour of Rome. It's a wonder I didn't fall as I tried to take in everything. The churches, the fountains, the bridges, the narrow canyon like, cobblestone streets lined with cheering people. I was living an unforgettable run, both on an athletic and emotional level. I was so happy, I couldn't believe what I was doing and yet so overwhelmed I felt like crying. I know I'll never be back but I have the memories to last a lifetime.

The marathon package was for 4 days and after that most of the runners we met scattered, some spent more time in Rome, others left to other parts of Italy. We flew to Barcelona then took a high-speed train along the Mediterranean coast to Valencia to visit my son.

Thank you Stacey for sharing this moment with me, thank you Matt for making me travel and thank you Rome, for providing us the thrill of running through your eternal streets.

By the way, Matt has been to London, Paris, Madrid, Rome and Tangier in Morocco plus many smaller places in between. He hopes to make it to Germany before he comes home in June and I... am back to work. Cíao.



directly in front of St Peters Basilica in Vatican City. We stopped and had a spectator take our picture. I carried a disposable camera and took all 27 pictures along the course. Stacey didn't plan on running the entire marathon

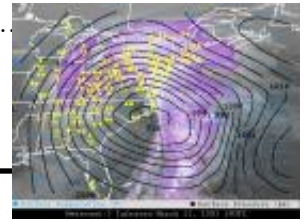




Guest Column

By Bob Oliver

A Close Call



Hi all,

I live in Palmer Lake and have spent countless hours and 100's of miles running and Mt. biking the trails up above this town in the mountains. They are awesome, with interconnections and spurs running everywhere. I know these mountains like the back of my hand.

However, if you go into the high country, be prepared!!! If you have the time, please read my story below. Mother Nature does not spare you, and gives you no margin. Always take a water bottle, have some spare food, and let somebody know where you are going.

Yes, I was close to dying on Sunday. May you learn from my experience.

Happy, safe (be prepared!), training!
Bob O.

I leave the house for an hour run or so at 3:30 pm. I decide I'm going to the top of Mt. Chatauqua, which when the trails are dry takes about 25 minutes or so to get up there. At the top there are fantastic views, with one of Pikes Peak framed between the mountains way to the south. So I figured with a little snow and ice on the trail, it might take 30 minutes or so.

About half way up the snow is 3 to 4 inches on the north slope of the mountain. I meet a guy named Kim, on his way down, who tells me he almost slipped off the mountain further up, and that I'm crazy to be running up much further, and does anyone know I am out here? I lied and said yes (nobody really knew where I was), and he said "be careful" or I'll be reading about you in the Gazette tomorrow.

I get to where he stopped. The traction wasn't too bad, he had thrown down the challenge, on to the top. □

The last 1/3 of the mountain does get quite steep, and there was ice under the snow from previous hikers on the trail from the past weeks. However, I was now far away from any of the cliff ledges, so I continued up. It started snowing, but not too hard, so I continued up to the top.

At about the 35 minute mark, I got to the top. Instead of the great view, it was snowing and the visibility had dropped. I decided to continue south along the ridge line, then circle down around the reservoirs. When dry, I have done that loop in 1hr and 5 minutes, so I figured from the mountain top, it was mostly down hill, and much less steep than the way I came up Mt. Chatauqua, so it may be an hour 20 minutes or so, but I was feeling fine.

I'm flying down the saddle-back, moving toward the back side of the reservoirs. The snow was coming down really hard now, and it was difficult to see. The snow pack was between 6-8 inches, so it was hard to see the trail. Suddenly I noticed a very steep drop-off to my right, and I thought "I've not seen that before, I must have wandered slightly to the right off the trail". So I went back down towards the left, and now saw I was moving into a valley between ridges. I figured I just had missed the trail, so all I had to do was go over to that next ridge.

So down and up to that ridge. Tough climb, but I'm feeling strong. I get to the top of that ridge, it didn't look right, but thought I would follow that ridge line down to the south. That would be the original trail I was planning on running. I continue on down that ridge line, and suddenly it starts plummeting. The gentle slope I had planned was now about as steep as Mt. Chatauqua. I run a few more minutes. The ridge line turns into a promenade, with about a 200 foot sheer drop off right in front of me. Whoa, time to turn around. Its now getting close to 5:00pm, way longer than I planned on running in total.

So back up to the top of that mountain. I'll just retrace my steps, I thought, and go back down Mt. Chatauqua. Heck its steep, but I'll make it back before darkness falls. Once it is dark in the mountains, it is pitch black. I go back to the left to get to the original trail, but this is different. It is snowing really hard now, I am lost. I go down into the valley, but this time it has 3 foot snow

drifts. This is not the one I was on before. Where the heck am I? The snow was so hard I couldn't figure out where I was.

I climb back out of those huge drifts and go straight up the side of the mountain. I am soaked underneath the light gore-tex jacket I have on. I am in trouble. The one blessing is there is all this virgin snow around, I eat it to keep hydrated. I'm hungry but hydrated.

I get to the top of that mountain. Its now 5:50 pm. It is getting dark. I don't have a clue where I am. I only have 20-30 minutes before total darkness. I decided that if I am on the top of a ridge line and it gets dark, I could be going down a cliff with a sheer drop off. So it was time to get the heck off of the top. I decided to simply head down into the next valley and at least if it gets to be total darkness I won't be falling off any cliffs. Then I thought that might be better than freezing to death

Suddenly the snow gets much lighter. I see what appears to be a break in the continuity of the mountains, and it is off to my right. The break usually defines where Palmer Lake is located, but I was sure it should be to the left. How did Palmer Lake move over to the right? If that was where I needed to go, how the heck did I get so turned around. And if that is not Palmer Lake, and I'm heading into the mountains, then I am toast. The sun had long since gone down, and with all the snow clouds it was impossible to figure out where it had gone down, as the dim light is evenly disbursed.

So I committed to heading towards that break. I go down the right side of the mountain, even though it just didn't make sense. This mountain was steep and I weaved back and forth to avoid the sheer drop-offs. There was this loose scree that I could slide on, kind of like riding my snowboard but just in the running shoes.

Alright, last 1/3 of the mountain to get down. I see a stream at the bottom, where the heck am I??? I

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Birthdays



June

May

2	Ben Valdez
	Sheri Tiller
	Lesley Gore*
4	Paul DallaGuardia
	Audrey Hepburn*
5	George Dominguez
	Scott Reno
	Troy Davenport
	Tammy Wynette*
8	Mother's Day
10	Melinda Orendorff
	Donovan*
11	Shaun Gogarty
	Salvatore Dali*
12	Carol Ratzlaff
	Emilio Estevez*
13	Steven Lamy
	Stevie Wonder*
14	Bonifacio Cosyleon
	George Lucas*
18	Mark Koch
	Tina Fey*
20	Michael Archuleta
	Diane Lopez
	Lori Gregory
	Jimmy Stewart*
21	Trena Johnson
	Raymond Burr*
23	Sidney Arnold
	Mitch Albom*
24	Alec Romero
	Rosanne Cash*
25	Katie Couch
	Mary Davenport
	Mike Myers*
26	Lois Pfost
	Stevie Nicks*
29	Justin Gutierrez
	Mark Shipe
	Melissa Etheridge*
30	Memorial Day

1	Deborah Rose
	Ryan Romero
	Morgan Freeman*
3	Jacqueline Wall
	Tony Curtis*
4	Matt Sherman
	Gina Benfatti
	John Gunn
	Angelina Jolie*
5	Karl Tameler
	David Crockenberg
	Martha Kinsinger
	Kenny G*
6	Maria Appenzeller
	Gary U.S. Bonds*
8	James Robinson
	Tim Berners-Lee*
9	Gregory Drake
	Samantha Davenport
	Michael J. Fox
11	Margaret Vorndam
	Nikki Archuleta
	Adrienne Barbeau*
14	Seth Withdraw
	Janice Huie
	Harriet Beecher Stowe*
	Father's Day
15	Jim Montera
	Waylon Jennings*
17	Helen Caprioglio
	M.C. Escher*
18	Hilbert Navarro
	Kenneth Price
	Paul McCartney*
19	Mike Archuleta
	Joshua Claudio
	Paul DallaGuardia
	Blaise Pascal*
20	Melissa Babcock
	Donna Nicholas-Griesel
	Nicole Kidman*
21	Carol Brimmeier
	Prince William*
	1st Day of Summer
22	Lorraine Hoyle
	Freddie Prinze
24	Laurice Lopez-Cepero
	Mick Fleetwood*
26	Jesse Stommel
	Noah Smith
	Joe Dvorsky
	Babe Didrikson Zaharias*
27	Emily Gogarty
	Helen Keller
30	Todd Hund
	Harry Blackstone Jr.*

Bob Oliver Continued

(Continued from page 6)

know these mountains inside and out, but just couldn't figure out where I was. I only have to get down several hundred feet to get to that stream. There is loose scree all along, so I figure I'm just going to surf that down. I could see on the other side of the stream what looked like a level section before the next mountain rose up, and that might be a ledge I could go across to the opening.

Down the scree, what a ride. Its now 6:00 pm, and getting very dark. I surf down to the bottom. Ok, mission accomplished. Now to get across that stream and up the other side. I find some rocks to get across, although my right shoe lands in the ice stream and immediately fills with freezing water. Oh great, I'm exhausted, I'm soaking wet under the light jacket, and now my right sock and shoe are soaking wet. I eat a bunch of snow to keep that hydration up.

I hike up the other side of the stream. There is a little man-made log square with a fire ring in the middle. Wonderful I thought, these are always close to a trail. People just don't make these out in the middle of nowhere.

So I hike up to that ledge, yes ... it is a trail! Yes! Wonder which trail it is? I head to the left, toward that opening. I was heading down the trail, and after about 50 yards I figured it out, yes this is the Limbaugh Canyon trail. Shortly after that I reach Inspirational Lookout, which is 25 minutes from the house. The trail from there drops down steeply for about a mile, but then it is flat dirt roads back to the house. I was going to live after all!

Ah it felt good to be down and on the dirt roads. The snow is gently falling, and provides a good reflection so that I can see the path, even though it is now 6:30 and basically pitch dark. I'm home.

It's great to be alive!!!! Guess it wasn't my time in God's plan. Thank goodness for fitness and this triathlon lifestyle, or I'd probably still be out there frozen to death (literally), and somebody might have found me later after the Spring time thaw.

Bob O.

* Honorary SCR Member



Rocky on Fitness

By Rocky Khosla, M.D.



Update on Anti-Inflammatories

I have been deluged by phone calls from patients regarding the latest warning from the FDA regarding anti-inflammatories, so I thought that this would be a good topic to revisit. The FDA made their latest announcement on April 9th, when they ruled that Bextra should be removed from the market. Bextra is one of the newer anti-inflammatories that belongs to the group called COX-2 inhibitors. Other members of this group are Vioxx, Celebrex and Mobic. The reason that the FDA wanted Bextra removed from the market is that users of Bextra may be at a higher risk of developing a fairly rare dermatological condition called Stevens-Johnsons syndrome, where there can be an intense, inflammatory skin reaction that has a significant morbidity and mortality associated with it. This type of reaction is not seen with the whole COX-2 group, but rather, seems to occur largely with Bextra. The FDA also has now mandated that a black box warning be placed on all anti-inflammatories, and this warning is meant to remind users that all anti-inflammatories have risks and that their use should be restricted to the shortest duration and at the lowest

doses needed to get their effect.

So where does that leave patients who have pain from all sorts of causes? I personally believe that we should take the least amount of medicines that we can. However, there are conditions that will require taking medications, and every medication has some potential side effect. For example, if you have high blood pressure and have to take medication, there is not one medication that has no potential side effects. But if you didn't take your medication and continued to have high blood pressure, you would be putting yourself at a higher risk for stroke, heart attack, kidney disease, etc.

If you have pain from overuse, such as tennis elbow, then icing, a tennis elbow brace, and figuring out and changing what caused the tennis elbow would be a good start, and a short course of anti-inflammatories may also help. If you have had an ulcer or other gastrointestinal problems that may put you at higher risk of gastrointestinal bleeding, then using Celebrex or Mobic may be an option. The other option would be to use a non specific anti-inflammatory such as Ibuprofen and combining it with a proton pump inhibitor such as Prilosec,

Aciuphex, Prevacid, Nexium or Protonix. If you have no risk factors for stomach problems, the just using Ibuprofen with meals would probably be just fine. In this scenario, I would probably use the anti-inflammatory for two weeks and then stop

If you have arthritis, then you may need to take anti-inflammatories for longer periods. There are risks, but getting rid of pain is probably worth the risks.

I wish we had medications that worked and had no risk, but unfortunately, that is not the case and I don't think ever will be the case. In which case, I fall back to the basic tenets I was taught in pharmacology: use the lowest dose of the cheapest medication for the shortest time for the condition in question. Also, for every condition you have to look at the potential benefits versus risks of medication, and if the benefits far outweigh the risks, then use the medication, but if the risks/benefit ratio is not favorable, then don't use the medication.

Here's hoping that you have a fabulous springtime in the Rockies!

Sincerely, Rocky Khosla, M.D.

(Minutes Continued from page 2)

sponsorship of a new event in Pueblo West.

New Business: Jeff Arnold discussed the possibility of financial assistance by SCR to the new CSU Pueblo Women's Cross Country Team. It was decided to wait until a new coach is hired and have further discussions at that time.

The meeting adjourned at 8:45 p.m.

Respectfully Submitted

Stan Hren & Marv Bradley

(Great Stuff Continued from page 3)

5, How intelligent is it to get a highly-visible marijuana tattoo?

6, How could it be possible that the Canon City Piranhas Swim Team's website was designed by Landshark Web Site & Graphic Design?

7, What exactly is going through some lunkheads' minds when they empty their car ashtrays in the street or parking lot?

8, For you hoop fans, doesn't it hurt to watch 7-foot-6 Yao Ming run up and down the basketball court?

9, Why is the "e" in judge dropped from the word "judgment?"

10, What if the man or the woman refused to kiss his or her newlywed partner at the end of the wedding ceremony?

Until next month, don't forget to check the Old Farmer's Almanac when planning your race schedule.

Bumper Sticker

**HONK IF YOU LOVE
PEACE AND QUIET**

Correction

There was an error in last month's calendar. The Run in the Valley on May 28th in Westcliffe is a 6.25k run as it has been in the past. See the SCR website calendar for more information.



2-Mile Walk Spring Runoff Results

Apology: The results for the Spring Runoff 2-mile event were not formatted correctly in last month's issue, so here they are again. We're sorry for the misprint.

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 Hacs	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



Healthy Kids Day 5k Run Walk Results

Place	Name	Age	Sex	Time
1.	Mark Nessner	43	M	18:14
2.	Michael Barris	40	M	20:08
3.	Steve Wall	41	M	20:41
4.	John Montoya	47	M	20:47
5.	Daniel Walters	12	M	22:37
6.	Frank Aragon	45	M	22:50:40
7.	Chris Segura	44	M	22:50:98
8.	Stan Hren	63	M	22:54
9.	Jordan Montera	12	M	23:18
10.	Greg Gauna	35	M	23:20
11.	Jill Montera	38	F	23:21
12.	Nick Leyva	51	M	23:44
13.	Jerry Tiller	40	M	25:37:00
14.	David Hopper	42	M	25:49:00
15.	Brandon Baca	35	M	25:50:00
16.	Jeff Leyva	34	M	26:25:00
17.	Paula Delpriore	40	F	27:08:00
18.	Mike Archuleta	44	M	27:10:00
19.	Alex Marce	9	M	27:34:00
20.	Rae Marie Nessner	45	F	28:04:00
21.	Jace Montera	8	M	28:08:00
22.	Sheryl Page	29	F	28:25:00
23.	Marian Heesaker	46	F	29:28:00
24.	Victor Garcia	12	M	31:01:00
25.	Louis Arteage	55	M	31:02:00
26.	Helen Whitener	47	F	32:07:00

Place	Name	Age	Sex	Time
27	Pedro Arreola	9	M	35:13:00
28	Kelli Barris	10	F	35:41:00
29	Samantha Bellah	10	F	36:28:01
30	Zack Heesaker	10	M	36:28:44
31	Lauren Stephens	10	F	37:34:00
32	Angela Richter	36	F	37:36:00
33	Tiffany Bowen	29	F	37:42:00
34	Ashley Smith	9	F	41:09:00
35	Canyon Pacheco	8	M	43:20:00
36	Jordan Tafoya	10	M	43:21:00
37	Lauren Martinez	9	F	45:05:00
38	Andrew Smith	8	M	45:11:00
39	Nicole Renee Bellah	8	F	46:38:00
40	Casey Plascencia	17	F	46:45:00
41	Joshua Smith	4	M	49:26:00
42	Pam Tiller		F	49:37:05
43	Sheri Tiller	36	F	49:37:42
44	Justin Roth	6	M	50:34:00
45	Jennifer Brown	29	F	52:14:00
46	Montana Pacheco	10	M	56:15:00
47	Sandra Arreola	10	F	56:32:48
48	Marisol Arreola	7	F	56:32:83
49	Emily Montez	53	F	56:45:00
50	Amber Arline	8	F	1:01:13
51	Dakota Pacheco	12	M	1:01:15
52	Greg Arline	4	M	1:01:21
53	Kim Arline	38	F	1:01:22

Survivor Run Results

The Survivor 5K Run and 5K Walk were held Sunday, April 17, at Mineral Palace Park in Pueblo. We'd like to thank the volunteers who helped to make the Sur-

vival Run possible: Race Director: Mike Archuleta, Course Layout/Lead Bike/Results: Jeff Arnold, Course Marshal: Jan Huie, Finish Line: Terry Cathcart, Don & Lois Pfost

Pl	Name	Age	Time
1	Johnny Ray Garcia	48	19:46
2	Aaron Levinson	16	19:46
3	John Montoya	47	20:52
4	Chris Segura	44	21:25
5	Frank Aragon	45	22:41
6	Stan Hren	63	22:51
7	Bob Gassen	58	23:18
8	Thomas Roukema	21	23:54
9	Theresa Duran	27	24:54
10	Jerry Tiller	40	25:14
11	Heather Knapp	29	25:16
12	Curt Straub	61	25:45

13	Troy Davenport	39	25:51
14	Bill Giebel	45	26:50
15	Randy Oles	45	27:35
16	Melody Burns	43	27:45
17	Paula DelPriore	40	27:46
18	Mary Rudolph	49	28:37
19	Joseph Latino	58	28:42
20	Casey West	32	30:03
21	Larry Walls	65	30:52
22	Christie Burns	41	31:15
23	Annette Demel	47	31:16
24	Brenda Fedde	29	31:58
25	Mark Ybarra	31	33:50
26	Sheri Tiller	36	34:06

27	Seana McKinstry	16	35:02
28	Christy Furman	56	35:11
29	Tiffany Bowen	29	36:41
30	Rosalind Sansom	52	38:20
31	Callie Schwab	22	38:39
32	De Moore	35	44:11
33	Karla Trujillo	34	46:47
34	Sue Giebel	42	46:47
35	Pat Sternberg	60	47:38
36	Patsy Archuleta	42	48:34
37	JoAnne Thompson	53	48:34
38	Jane Ecklund	63	49:48



Y-Bi Results

The Pueblo YMCA Y-Bi Classic Duathlon took place on April 17, 2005. The event consisted of a 5k run, 13.6 mile bike ride, and another 5k run. The Y-Bi was originally scheduled for April 10th, however some rather nasty weather forced a date change.

Here's the results:

Grp	PI	Name	Age	Sx	Cty, State	Run	Bik+Tr	Run	Total
	1	Mark Lowe	31	M	Wheat Rdge	17:46	36:40	18:31	1:12:57
	1	Todd A Hund	25	M	Pueblo	17:56	37:09	18:11	1:13:16
	1	Dean Maruna	45	M	Erie	18:07	37:18	20:10	1:15:35
	2	Steve Kovisto	41	M	Littleton	18:45	38:01	19:19	1:16:05
	2	Edward Oliver	36	M	Littleton	19:20	35:36	21:24	1:16:19
	3	Gus Appenzeller	42	M	Pueblo Wst	19:02	38:28	20:42	1:18:12
	3	David Zybowski	33	M	Brighton	19:50	40:36	21:04	1:21:31
	4	Larry Seidman	41	M	Colo Spgs	20:40	40:00	21:37	1:22:18
	4	Kent Murray	36	M	Colo Spgs	21:49	39:13	21:25	1:22:28
	5	John Hann	37	M	Colo Spgs	19:42	41:52	21:06	1:22:39
	6	Gerald B Romero	33	M	Colo Spgs	18:50	44:18	20:23	1:23:32
	7	Thom LeDoux	31	M	Canon Cty	21:40	39:09	23:35	1:24:23
	5	Richard A Edrich	44	M	Denver	20:03	44:08	20:17	1:24:29
	6	Gary Weston	49	M	Colo Spgs	19:53	44:12	20:29	1:24:34
	7	Kenneth A Staub	42	M	Colo Spgs	21:33	40:30	22:55	1:24:57
	8	Roger A Giordano	40	M	Pueblo	21:43	41:36	23:34	1:26:54
	8	Scott Moody	31	M	Colo Spgs	22:11	42:39	23:10	1:28:00
	2	Ryan Wegenast	22	M	Colo Spgs	20:43	44:32	24:09	1:29:24
	9	Todd Wolford	39	M	Colo Spgs	24:05	41:14	24:06	1:29:26
	9	Bruce Barrell	48	M	Colo Spgs	22:10	44:07	23:30	1:29:47
	1	Dave M Diaz	56	M	Pueblo	20:56	45:25	23:29	1:29:49
	10	Tom Ratzlaff	44	M	Pueblo Wst	22:58	44:26	23:49	1:31:13
	11	Chris A Gredig	45	M	Pueblo	22:59	44:26	23:48	1:31:13
	10	Justin G Gutierrez	30	M	Pueblo	20:48	47:01	23:43	1:31:32
	3	Shaun Motley	27	M	Colo Spgs	23:26	41:57	26:46	1:32:08
	4	John D Walker	22	M	Colo Spgs	21:20	47:20	23:51	1:32:31
	11	Brian Bracy	33	M	Fountain	22:39	47:29	23:31	1:33:38
	5	Bryan McNair	27	M	Ft Collins	24:13	42:50	26:51	1:33:54
	12	Johnny Lee Smith	33	M	Colo Spgs	24:11	41:19	28:43	1:34:14
	1	Desiree DallaGuardia	18	F	Colorado Cty	22:07	49:15	23:27	1:34:49

Grp	PI	Name	Age	Sx	Cty, State	Run	Bik+Tr	Run	Total
	13	Steven Lewis	37	M	Colo Spgs	24:01	41:35	29:40	1:35:17
	1	Susan Cris Repp	46	F	Colo Spgs	24:23	46:14	25:12	1:35:49
	6	Marcus Brady	27	M	Littleton	24:33	42:43	29:03	1:36:18
	12	Paul DallaGuardia	46	M	Colorado Cty	24:40	46:43	24:56	1:36:20
	1	Henry A Hund	63	M	Pueblo	25:09	43:38	27:38	1:36:25
	14	Frank A Negley	39	M	Colo Spgs	25:06	43:13	28:29	1:36:48
	13	Craig Henry	42	M	Centennial	26:08	42:53	28:20	1:37:22
	2	Tomas Duran	59	M	Pueblo	27:13	42:12	28:08	1:37:33
	3	Nick Leyva	51	M	Pueblo	24:38	48:53	24:05	1:37:36
	15	Thomas Gillette	35	M	Lakewood	24:16	48:11	26:02	1:38:30
	16	Frank M Nowak	36	M	Colo Spgs	25:31	44:44	28:45	1:39:00
	17	Joe Bulow	35	M	Pueblo	25:32	43:34	30:29	1:39:36
	7	Matthew R Kestian	28	M	Colo Spgs	25:00	47:36	27:12	1:39:48
	14	Raul Canales	40	M	Centennial	24:04	49:30	27:00	1:40:34
	2	Stacey A Diaz	44	F	Pueblo	25:08	49:48	26:02	1:40:58
	1	Jennifer D Rogers	28	F	Pueblo	24:57	46:55	30:10	1:42:02
	15	Mike Archuleta	44	M	Pueblo	25:27	47:32	29:40	1:42:39
	4	James Beckenhaupt	57	M	Colo Spgs	26:10	50:05	26:39	1:42:54
	16	Tom Chapin	45	M	Denver	30:31	44:40	28:26	1:43:37
	17	Von A Campbell	47	M	Colo Spgs	26:30	48:38	28:30	1:43:37
	1	Michelle Cisney	35	F	Pueblo	24:52	52:48	27:07	1:44:47
	18	Joseph Dziewit	41	M	Colo Spgs	26:44	48:36	30:23	1:45:43
	18	Eric S Leesom	38	M	Pueblo Wst	25:19	52:11	28:22	1:45:51
	1	Marijane Martinez	52	F	Pueblo	25:05	53:10	28:04	1:46:19
	3	Betsy Becraft	41	F	Pueblo	25:29	51:52	30:21	1:47:41
	2	Meghan Ederle	28	F	Colo Spgs	24:19	55:13	28:28	1:48:00
	5	Michael Moore	59	M	Pueblo	27:09	52:25	28:31	1:48:05
	19	Mark House	45	M	Pueblo Wst	26:11	53:35	29:00	1:48:46
	2	Deborah Dusek	33	F	Calhan	27:03	52:41	29:09	1:48:53
	6	Martin Thrasher	56	M	Colo Spgs	29:56	49:25	30:07	1:49:27
	8	William Collins	29	M	Colo Spgs	27:20	50:03	33:22	1:50:44
	20	Toney Welch	48	M	Penrose	26:27	52:55	32:14	1:51:36
	21	Kent Hootman	41	M	Pueblo	26:59	48:16	36:47	1:52:02
	3	Phyllis Rodela	32	F	Colo Spgs	30:30	51:43	33:43	1:55:56
	19	Ryan Norton	31	M	Colo Spgs	31:05	49:38	36:45	1:57:28
	3	Chrissy North	29	F	Colo Spgs	26:03	58:49	33:14	1:58:07
	1	John C Sturtevant	71	M	Salida	30:49	55:06	34:04	1:59:59
	4	Shawna Vandiver	23	F	Pueblo Wst	26:29	1:03:22	30:45	2:00:36
	5	Heather Haynes	24	F	Colo Spgs	26:04	1:09:16	31:10	2:06:30
	22	Jim Oliver	45	M	Pueblo Wst	28:10	1:07:44	36:25	2:12:18
	6	Annette M Shepard	28	F	Pueblo Wst	32:44	1:02:58	41:09	2:16:51
	7	Heather Hakes	26	F	Colo Spgs	36:03	1:06:31	44:49	2:27:23
	2	Gerald E Puls	79	M	Pueblo	38:42	1:22:05	51:05	2:51:52



Predict Series Photos



photos by ross & ron

Clockwise from Upper Left
Stacey Diaz and Emily Borrego,
Hilda Garcia,
the Gang Eats,
Jeremy Keener,
Misti Frey and Carrie Slover dig in,
Nancy Martin & Diane Stevenson took on kitchen duties





Predict Series Standings

Name	Spring Runoff	Ben & Matt's	Rams 8K	Yappy Dog	Total Points
Larry Volk	77.78	45.83	95.00	38.89	257.50
Marjane Martinez	83.33	83.33	60.00	27.78	254.44
Dave Diaz	100.00	100.00	25.00	22.22	247.22
Don Pfof	97.22		65.00	55.56	217.78
Misti Frey		87.50	90.00	33.33	210.83
Jill Montera	75.00	37.50	35.00	61.11	208.61
Stacey Diaz	19.44	66.67	30.00	88.89	205.00
Sandy Reisch	44.44	91.67	40.00		176.11
Ben Valdez	47.22	50.00	75.00		172.22
Gary Franchi	91.67			77.78	169.44
Hilda Garcia	88.89	41.67	20.00	16.67	167.22
Carrie Slover		70.83		94.44	165.28
Mary Rudolf	5.56	75.00	80.00		160.56
Nick Leyva	55.56	16.67		83.33	155.56
Ron Dehn			100.00	44.44	144.44
Emily Borrego		58.33	85.00		143.33
Jeremy Keener		79.17	50.00	11.11	140.28
Bill Veges	61.11			72.22	133.33
Mary Simmons	72.22		55.00		127.22
Humberto Parades	63.89	62.50			126.39
Matt Sherman	69.44	33.33			102.78
Steve Wall				100.00	100.00
Diane Lopez		29.17	70.00		99.17
Robin Krueger		95.83			95.83
Rich Hadley	94.44				94.44
Lou Huie	86.11				86.11

Name	Spring Runoff	Ben & Matt's	Rams 8K	Yappy Dog	Total Points
Paul DallaGuardia	80.56				80.56
Hilbert Navarro	22.22		45.00		67.22
Jan Huie	66.67				66.67
Karen VanHaverbeke				66.67	66.67
Wendy Garrison	58.33				58.33
Angelo Aragon	33.33	25.00			58.33
Anthony Diaz		54.17			54.17
Phil Quattlebaum	52.78				52.78
Diana Reno				50.00	50.00
Jeff Arnold	50.00				50.00
Chief Reno	41.67				41.67
Meryl Dohmann	38.89				38.89
Becky Medina	36.11				36.11
Joe Bulow	30.56				30.56
Melinda Orendorff	11.11	12.50		5.56	29.17
Mike Archuleta	27.78				27.78
Robert Santoyo	16.67		10.00		26.67
Paula DelPriore	25.00				25.00
Rusty Smith		20.83			20.83
Todd Hughes			15.00		15.00
Debra Wall	13.89				13.89
Frank Aragon	8.33				8.33
Jack Janney		8.33			8.33
Aaron Levinson			5.00		5.00
Robert O'Callaghan		4.17			4.17
Dwight Martinez	2.78				2.78

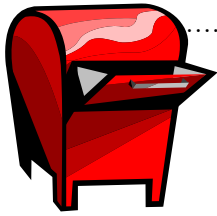


Left:
Joe Stommel,
grandson,
and dogs
(who did not yap)
show up for a
visit

Right:
Scott Stevenson
(lead bike) &
Ross Barnhart
(Race Director)
at the Yappy Dog



4 24 '05



The SCR Mailbag

Letters to the Editor

Dear Readers,

We had a huge response to last month's article entitled "Dave Diaz is Mr. Perfect" Here's but a small sample of our letters.

Ed

Dear Ed,

In your last issue, you had an article about "Mr. Perfect." Was there a printing error, because I could have sworn that the article was about Dave Diaz?

Name Withheld

Dear Ed,

Say, About your article on Dave Diaz, aka "Mr. Perfect". We should talk.

Signed,

By 32 members of the Diaz Family

Dear Ed,

I know that you sometimes write your articles in the wee hours of the morning. Were you dreaming when you wrote that Mr. Perfect article? I haven't slept a wink since reading it.

Signed,

Sleepless in Pueblo.

Dear Ed,

I'm canceling my subscription. I think you know why.

Signed,

J.D. President, Citizens for Truth in the Press Committee

Dear Ed,

Keep up the GREAT work!!! I loved your article about Mr. Perfect!!! More! More!

Signed,

Please withhold my name, but my initials are D. D.

Dear Ed,

You know that article on "Mr. Perfect"? Are there 2 people in the club with the name Dave Diaz?

Signed,

Confused, Very Very Confused

Dear Readers,

All of the above letters are fake. Yes, we made them up - all of them. Dave Diaz is such a good guy, we thought we'd have a little fun.

Dave is probably not totally perfect, but as far as SCR goes, he is really close to it. He serves as race director of several races during the year and is a frequent volunteer at many others. He led all club members in volunteer points in 2004, and has served as club treasurer since dirt was invented.

So - even though his last two predict races were not perfect, we applaud Dave for all his contributions.

Ed

Dear Ed,

Volunteers are needed for the Garden of the Gods 10 Mile Run. The race date is Sunday, June 12th, and the time frame is from about 5:30 AM - 9:30 AM. Volunteers are mostly needed to support water stops out on the course. A few people with digital cameras are also needed to take some pictures.

If you are interested in volunteering, or know of a family member or a friend or a stranger at the mall who is interested in volunteering, please let us know by responding to this e-mail and we'll get you setup.

Thanks many miles for taking the time to read this and good luck with your running.

Karla Kinser
 Volunteer Coordinator, Garden of the Gods 10 Mile Run
 karla.kinser@att.net

Dear Ed,

The First Annual Gleneagle 5k Run/Walk for Fun will take place in Colo Springs (Across I-25 from the Air Force Academy) on Sat May 14, 2005 from 8 AM-12 Noon.

This is a professionally run charity event with all net proceeds benefiting the Local Boy Scout Troop #194.

The registration Fee includes: 5k Run/Walk with Water Stations, Gold/Silver/Bronze Medals in 8 Age Classifications, Pasta/Salad Feed (provided by Whole Foods), Rock and Roll Concert (The Monument Hill Band), Leg and Ankle Massages (International School of Massage Therapy) and lots of Interactive Activities (Fire Truck Display, Putting Greens, etc.).

To register, contact Mark Rudolph (719) 492-3974 Cell. We welcome the participation of all club members and family. It will be a great event!!!

Yours in Running,
 Mark Rudolph

2005 May June, July, Aug, Sept Calendar *

(see calendar link on SCR website for links & up to date information)

MAY 2005

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 County Run in the Valley (a)	6.25K/1M 8:15 am	Westcliffe www.custercountyco.com Toll Free:(877)793-3170
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
Sat 04	Little Run on the Prarie	5K Run/2K walk 8:30 am	Lovell Park, Pueblo West, CO Dale Papineau - (719)821-5463
Sun 05	Steamboat Marathon	Marathon	Steamboat, CO
REGISTER EARLY!! Fills up by early May			
Sat 11	YMCA 2005 Enduro Classic	10K Run/5K Run/Walk 8:30 am	Downtown, Trinidad, CO Fisher's Peak YMCA - (719)845-1730
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
Sat 02	Spiral Drive Run	4 MI 8:00 am	Riverside Park, Salida, CO Tom Sobal - (877)772-5432
Mon 04	Gothic to Crested Butte	1/3Marathon(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 (take 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
Sat 30	Rky Mtn State Games-Tri	1/3M/17.5M/3.1M	Colorado Springs, CO

AUGUST 2005

Sat 6	Beulah Challenge (a)	10K Run/5K walk 8:00 am	Beulah School, Beulah, CO Karin Romero - (719)485-3820
Sat 13	Stonewall Century	25,50,102MI	La Veta, CO
Sat 13	Georgetown to Idaho Springs	Half-Marathon	Georgetown, CO
Sat 20	Pikes Peak Ascent	13.32 MI	Manitou Springs, CO
Sun 21	Pikes Peak Marathon	26.21 MI	Manitou Springs, CO
Sat 27	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514

SEPTEMBER 2005

Sat 02	Tenderfoot Triathlon	1000M/25MI/10K 7:00 am	Salida Hot Springs Aquatic Center, Salida, CO Stashia Keller - (719)539-6738
Sat 10	Pueblo Tribute Run (c)	5K 7:00 am	City Park (Elmwood) Golf Course, Pueblo, CO Rochelle Garcia - (719)549-7735
Sun 18	Easy Street Half-Marathon	1/2 Marathon	Ft. Collins, 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.

Attention

Adventure Seekers,

Colorado State University – Pueblo's Experiential Learning Center (ELC) is looking for participants to run in a backcountry relay race at the end of this coming summer. The race will take place September 16-17, 2005 and will start in Idaho Springs, CO and will end in Glenwood Springs, CO. The race covers 170 miles and will take place over a 24 hour period. Participants will run in a team of 10 people and will each be responsible for running three legs of the race in continuous rotation. We are also looking for support staff for the race. Support staff will hand out food and water, shuttle runners, and encourage participants.

For more information please contact the ELC or look at the race website at outwardboundrelay.com.

Michal Hughes
Assistant Director of
Experiential Learning
Center
Colorado State Uni-
versity – Pueblo
(719) 549-2087

THANKS!!!

The Yappy Dog Predict volunteers included: Race Director Ross Barnhart, Cast: Nancy Martin, Ivan Martin, Lois Pfof, Scott Stevenson, Diane Stevenson, Mark & Brenda Koch (with phantom water stop again).

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

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



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

Issues of "Footprints"
are not forwarded.

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

Upcoming Races



The Ordinary Mortals Triathlon takes place on May 14th for the ladies and on the 15th for the men. If you are not signed up and want to be a part of the action, call Ben Valdez at 543-5151 and he'll give you a volunteer job. It's a fun event - even for volunteers.

If you are looking for a little altitude training and some beautiful scenery, the Custer 2020 Run in the Valley 6.25 k takes place in Westcliffe on May 28th at 8:15. For more info see: www.custercountyco.com or call Toll Free:(877)793-3170.

The Run for Rio is a fund raiser for a scholarship and is run in memory of Rio Martinez who was a student at Rye high school when he died. Several SCR members have been recipients of the scholarship. The 5k run starts at 8am at Rye High School on June 4th.

The 5th annual Little Run on the Prairie takes place at Lovell Park in Pueblo West at 8:30 on June 4th. The event features a 5k run and 2k walk.

On Saturday, June 11 the YMCA 2005 Enduro Classic will take place in downtown Trinidad. The race starts at 8:30 and consists of a 10k run and a 5k run / walk. Contact the Fisher's Peak YMCA - (719)845-1730 for more information.



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 June 1. If you are really planning ahead - see you on July 6th.

The Final Thoughts...

Easy reading is damned hard writing. -Nathaniel Hawthorne, writer (1804-1864)

No mistake is more common and more fatuous than appealing to logic in cases which are beyond her jurisdiction. -Samuel Butler, writer (1835-1902)

Without darkness there are no dreams. -Karla Kuban, novelist

Never kick a cow chip on a hot day. Will Rogers

If you find yourself in a hole, stop digging. Will Rogers