



Editors: Ron Dehn & Debra Wall

FOOTPRINTS



We're Baaaaaak!

The Fireworks Edition

Good Luck Ben!

Best wishes to Ben Valdez as he begins a new career journey. After 24 years and an immeasurable contribution to the Pueblo community through the YMCA, Ben is headed north to take on the role of Director of Community Education and Recreation for Widefield School Dist. No. 3.

Ben explained that the Widefield School District works with the community to provide education and recreation opportunities to school children as well as the community. He will oversee a staff of 180 in a district that includes two high schools, five middle schools and nine elementary schools.

He will be in charge of three parks, five ball fields, outdoor volleyball and tennis courts, pools, community centers, an after-school activities program and even a library. He said he could not have written a "more perfect job description".

As a junior in college, Ben did an internship at YMCA's Camp Jackson. One thing led to another and resulted in varied and progressive responsibilities at the Y throughout the years, including those of: Youth Service Director, Health & Fitness Director and Vice President of Operations/Senior Program Director.

It would be fun to know how

many games of flag football, t-ball, soccer, and basketball, that Ben was responsible for through the years; or how many swim, aerobic, or weight training programs took place under his watch. The point is, that tens of thousands of people of all ages have participated in some type of healthy activity that Ben helped produce.

He's also played various key roles through the years in the production of the Corporate Cup, one of Pueblo's largest sporting and fitness events.

And we haven't even talked about the SCR "connection".

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Challenge
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**NEW TO THE SCHEDULE
Buttbuster
Predict
June 25
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**Results
Results
Results
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SCR Notes from the June, 2005 meeting

Call to Order: President Gary Franchi called meeting to order at 7:08 pm.

Present: Franchi, Ken Raich, Marv Bradley, Rich Hadley, Troy Davenport, Dave Diaz, Ron Dehn, Don Pfof, Lois Pfof and Diana Tiffany.

Minutes: Minutes of May meeting were unavailable at meeting time.

Treasurer's Report: Nothing exciting to report this month according to Dave Diaz. Dave rented a storage shed to keep the club's equipment and supplies safe and secure. The treasurer's report included an inventory of these items that have been moved from the YMCA and other locations to the shed. It was recommended to buy a fully equipped first aid kit. Lois Pfof suggested creating a check-out sheet to keep track of the inventory. The treasurer's report was approved as submitted.

Newsletter: Dehn reported that the letter will be going out the week of the 13th.

Membership: Raich reported on current membership stats. This is the slow point of the year.

Race Recaps

- Ordinary Mortals Triathlon – There were some problems with reported results on the first day. Otherwise, the race went well and was well organized.

Upcoming Races

- Run for Rio is ready for 8 a.m. this Saturday, at Rye H.S.

- Little Run on the Prairie is ready for 8:30 a.m. this Saturday at Lovell Park in Pueblo West.

- Belmont Butt Buster is scheduled for Saturday, June 25, at 8 a.m. This will be a potluck at Gina Benfatti's House.

- Women's Distance Festival is scheduled for July 2. Need help in marking course. Walk begins at 7:15 am, run to follow at 7:30 am.

- Moonlight Madness is scheduled for July 23 at 7:30 pm at Diana Tiffany's house, exit 87 from I-25, then 4 miles east (3685 Verdi Green Road). This is a potluck BBQ.

- Pioneer Run is scheduled for July 23 at Hollydot Golf Course in Colorado City beginning at 7 am. Troy Davenport reported that this will be a fund raiser for the Rye cross country team. SCR will accept donations for this fund if needed.

Other activities


- Picnic: The SCR membership picnic was scheduled for August 6 at Pueblo Mountain Park in Beulah. Dave and Jeff will work on providing food. Diana will check on games for children. This is the same day as the Beulah Challenge run.

- Meeting Place: SCR board will continue to meet at the YMCA on the first Wednesday of the month.

- Donation: A request for a donation for a runner's expenses to state competition was tabled and student will be asked to attend the board meeting for further information.

Adjournment: Meeting adjourned at 8:19 pm.

Respectfully Submitted by Marv Bradley and Stan Hren.



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. 279

“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		
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Dr. Rocky Khosla Shaun Gogarty Gary Franchi
Samantha Davenport Ken Raich Karin Romero

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



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

**Don't Fizzle on the 4th.
Visit the Gold Dust**



**217 South
Union**



Trail Notes

By Shaun Gogarty

The Trail Registry



July Birthdays

1	Philip Quattlebaum Marijane Martinez Dan Aykroyd*
2	Don Pfost Christopher Hruby Maxi Sandoval Paul Willumstad Vicente' Fox*
3	Sandy Reinsch Tom Cruise*
4	Zarela Vidal-Paredes Geraldo Rivera* The U.S.A.*
7	Jill Montera Ringo Starr*
8	Gloria Gogarty John D. Rockefeller*
13	Jack Janney Harrison Ford*
15	Kevin Hughes Rembrandt*
17	Regie Marquez Diahann Carroll*
18	Byron Beard John Glenn*
20	Bill Veges Jr Matt Stommel Carlos Santana*
21	Marsha Littau Robin Williams*
22	Marian Heesaker Zane Khosla Danny Glover*
24	Nikole Wilcox Lynda Carter*
27	Leland Wilcox Hector Leyba Alex Rodriguez*
29	Kelsey Learned Diana Reno Martina McBride* Peter Jennings*
30	Hedy Goodman Buddy Guy*
31	David Clapp J.K. Rowling*

* Honorary SCR Member

In larger running communities, people actually run together. Because there are more runners, people can more easily find a companion or group for regular runs. But in towns like Greenhorn Valley, seeing someone running is such a rare event, we usually assume something illegal has occurred, which is a much more common event in Greenhorn Valley than running. Perhaps also, it is the nature of trail runners or the nature of people who live in Greenhorn Valley, but we don't usually run together. However, in spite of our seeming independence, we stay closely linked by a unique little book at the beginning of some of our favorite trails. Today I want to pay special tribute to that valueless little notebook with priceless information found at the start of our favorite trails – the trail registry.

In my most recent entry (6/3), under the activity column, I printed the word “run”. To be honest, when I finally arrived back at the trailhead at the end of the “run”, I amended it to include “walk”. The run (walk) was the Apache Falls trip via Bartlett Trail. For the better part of an afternoon I struggled up, then down, and then up and down again as I traversed the Southeast flank of Greenhorn Mountain. The vegetation along the route included everything from cactus to ferns. The views stretched from the snowy summit all the way out to Kansas it seemed. The hundred foot cascading waterfall was beautiful. I sweat, I chilled, I ached and I stared in awe through hours of beautiful solitude in a wilderness just minutes from my door. And all of this was summarized in one line: # in party – 1, # of days – 1, name – Gogarty, home – Colorado City, destination – Apache Falls, activity – run (walk), comments – beautiful.

Of course, the wonder of the trail registry is that one line IS sufficient to convey the beauty, struggle and wonder of a run along the trail because anyone reading the registry is going to experience at least some if not all of the same things your one liner described. When they read your entry a picture is clear in their mind of what you experienced. They appreciate and know what you really meant but could only poorly describe with one word: beautiful. They “feel” the strain of the

steep ascent back out of the Apache Creek drainage and understand that even if you said you ran it was probably slower than a walk. And often, wonderfully, they know you and think of you out on the trail by yourself – just like them. Because in “our” Greenhorn Mountain registries there are “other” entries from other towns and even states, but always there are the recurring, local “club” entries of Batting, Vorndam, Rosa and yours truly.

We don't own the trails, and we sure don't mind others using the trails but when it comes right down to it Greenhorn and Bartlett are our trails. In fact we do more maintenance on them the Forest Service. Downed trees surprisingly are cleared every spring. Brush is cleared along the edges. Logs are lashed together and laid to form bridges over creeks. Nothing is ever organized but everyone participates to keep our trails open. Bruce has been on Greenhorn so many times he could walk it blindfolded and not trip. Paul has been up it a million times as well, but he's so fast he still doesn't know what it looks like. And Nikki, although a recent “club” member, has already experienced the trails' beauties in all the seasons. We rarely see each other, but I'm certain we all smile as we “see” each other running, walking and enjoying our trails when we read one another's' entries in the trail registry.

CONGRATS Jordan

Congrats to Jordan Montera (age 12). Out of 180 6th graders at Skyview Middle School, Jordan was awarded the National Physical Fitness Award for fastest mile. He ran a 6:20. And -- he ran it in his old basketball high-tops. We have a future elite runner in our midst.





Rocky on Fitness

By Rocky Khosla, M.D.



Medications and NAION

Before I launch into this issue's column, I want to wish Ben Valdez the best of luck as he is leaving the YMCA and is going to be joining the Widefield school district, I believe. Even though it sounds like a great opportunity for Ben, this is going to be a terrible blow to the YMCA, and to our community in general. I have known Ben since I came to town way back in 1984, and I don't think he was ever given the thanks and recognition that he truly deserves. To me, he fully embodies everything that the spirit of the YMCA and good sportsmanship represents: dignity, honor and fair play. I don't think we will truly know how much Ben has done for the whole community till he leaves. Having said that, if anyone has any ideas that would keep Ben from leaving, please let me know and I think a bunch of us would do anything to keep him here! Because as we all know, a good man is hard to find. Let me now segue to ...

On Friday, the FDA issued a warning for the potential for visual adverse effects for Viagra, Levitra and Cialis. It appears that so far there have been 38 reported cases of blindness in users of Viagra, 4 cases in users of Cialis and I case in a user of Levitra. All of these cases appear to have been due to a condition called non-arteritic anterior ischemic optic neuropathy or NAION. This condition seems to effect anywhere from 1000 to 6000 patients per year, and very often is seen in patients with co-existent diabetes and/or heart disease. To put this in perspective, there have been 23 million men who have used Viagra and of these, only 38 have developed NAION.

It appears that the same physiologic factors probably increase the risk of developing NAION that also give rise to erectile dysfunction. Some experts have believed that erectile dysfunction (the regularly diminished capacity for a male to achieve a satisfactory erection) may be a harbinger of endothelial dysfunction. I believe I am the first to have come up with the catchy phrase "when you hear erectile dysfunction, you

should look for other signs of endothelial dysfunction". So what does "endothelial dysfunction" mean? It turns out that the inner lining of the smallest vessels is made up of single cells called endothelial cells. These endothelial cells are very important and when healthy, open up and allow blood flow to increase when exposed to a bunch of factors, the most important one being nitric oxide. As these cells become unhealthy from years of exposure to high sugars, nicotine, high blood pressure, etc, they become less sensitive to nitric oxide, and so do not allow more blood flow, as they should when exposed to nitric oxide. Nitric oxide, isn't that what Dennis Hopper was inhaling in that sick and twisted movie Blue Velvet? No, that was actually nitrous oxide, and we won't go there except to say, just say no unless you are having some significant dental work done! Actually nitric oxide has been getting lots of attention from physiologists because it may be the missing element that used to be called the "endothelial relaxing factor" responsible for good changes in the vascular tree. And it turns out that Viagra and all of the other PD-5 inhibitors (Levitra, Cialis) actually increase the amount of nitric oxide produced at the endothelium. So shouldn't that be a good thing? I think it is a good thing, and I don't think that there is a cause and effect that will be shown between the PD-5 inhibitors and NAION.

To further complicate life, it turns out that PD-5 inhibitors work by blocking the phosphodiesterase enzyme in the genitalia, but this enzyme is also present in the retina, which is in the back of the eyeball. This can lead to changes in color perception in the blue-green area in some users of the medications such as Viagra, Levitra and Cialis. But this effect is felt to be temporary and is not associated with an increased risk of developing NAION.

So what do you do if you have erectile dysfunction and are considering using one of the above medications? I think you should talk to your doctor and

make sure that the same thing that may have lead to erectile dysfunction hasn't put you at risk for other conditions such as heart disease, peripheral vessel disease and cerebrovascular disease. And if you don't truly have erectile dysfunction but are considering using the above named medications as a super stud pill, then you are doing the wrong thing. Till next time, see you around!

Sincerely,

Rocky Khosla, M.D.

The PIONEER 5K by Samantha Davenport

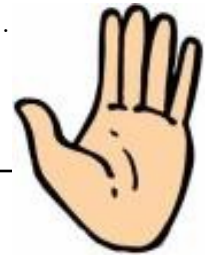
The youth runners in Colorado City and Rye were given the unique opportunity of having a race as their fundraiser for this year. For the past couple of years they've come together and gotten almost all of Rye High School's cross country team to take their training further and attend a running camp over the summer. They're doing the same this year, and to raise money for the camp and the rest of the season they are hosting the Pioneer 5k on Saturday, July 23, 2005. The start will be at the community center in Colorado City. It's a 5k race with beautiful loops through the Hollydot Golf Course, and through trees on a well kept dirt cart path.

The race starts at 7:00 am and will be followed by refreshments and awards. This is a great run and a hugely appreciated way to help the kids out. We hope to see you all there!!



Great Stuff

by Gary Franchi



Keep Your Hand on Your Wallet

Thought for today's lunch, compliments of the late Jackie Gleason: "The second day of a diet is always easier than the first. By the second day, you're off it."

Musings about running, fitness and life:

You know, this whole competitive fitness game isn't for those who are light of wallet. Oh sure, we compete for the experience and to test our level of fitness and all that great stuff, but the "price-ometer" is chiming pretty loudly these days.

A case in point is the Bolder Boulder, a truly great race experience and quite the spectacle for reveling in afterward in Folsom Stadium, too. I mean, if you don't like the Bolder Boulder, you wouldn't know a good time if it slapped you in the face. Shoot, the belly dancers alone make it worthwhile.

But, believe me, it doesn't come cheap. The race entry fee this year was \$33, and that was without a shirt. WITH a T-shirt it was \$41, or \$46 if you wanted a long-sleeved shirt. I figure that came to about 5 bucks per gyration from the belly dancers.

There's more. If you wanted to check your extra clothing near the start of the race and have it transported to the finish, that was an extra 2 bills. And if you utilized the convenient round-trip Park-n-Ride bus service, you got to fork over another \$6. I'm not even going to mention the cost of the adult liquid refreshment around Folsom Stadium.

Whatever, as I mentioned already, it's a gas of a time and a memorable, moving experience. And next year there might even be some sunshine on race day so people will want to stick around and party in Folsom Stadium afterward.

Don't think running has the corner on hefty price tags.

For instance, if you wanted to take a nice, casual bike ride with a couple of thousand people in the Elephant Rock Cycling Festival on June 5, you had to ante up either \$25, \$35 or \$45 depending on your chosen ride distance or your age. That's if you registered by June 1. The price tag went up 10 bucks across the

board after that.

Again, though, it's an experience. And, yes, you got a lot more goodies and services than what comes with a free round-trip Sunday morning ride from the south side of Pueblo to Peppe's out on the county.

But the world of triathlon is an altogether different breed when it comes to the pocketbook.

This is a boom time for triathlete numbers and in the number of triathlons that are available. Oh, and the price tag for entering certainly has kept pace with the interest.

Let's just say that if "Mr. Run a Race Almost Every Weekend" Rich Hadley were a triathlete, he'd be eating in soup kitchens.

A few examples, you say? OK, here goes:

- The 5430 Sprint Triathlon up north on June 19 carried a \$60 price entry fee. But that's if you registered my March 15, which is about when most of us start thinking about cleaning the cobwebs off the bicycle, not planning our triathlon schedules. Through May 15, the price tag was \$70, and it grew to \$80 after that. Remember, this is for a sprint distance event.

- The Boulder Peak Olympic-distance Tri on July 24 cost \$85, but you had to be registered by the end of May to get that rate. I'm afraid to look at what it cost after that. First-born son, perhaps? The positive is that the proceeds benefit MS, definitely a worthy cause.

- For the off-road crowd, the big one is the Xterra on Aug. 13-14. Off-road events are called "adventures" because it's an adventure to take out a second mortgage to afford these things. OK, maybe I exaggerate. This one only costs \$115 – IF you registered by May 31.

- I had to really do some research to find the ultimate in "pricey," but I think I found it, thanks to *Inside Triathlon* magazine (which isn't cheap either, by the way). It lists Ironman Revisted in Honolulu on Aug. 14 as having a \$1,250 entry fee, which benefits the Challenged Athletes Foundation. No, that's NOT a typo -- it's one thousand, two hundred and fifty geeks. And you have to provide

your own support crew. This one's limited to 30 or so entrants. Since I wouldn't want to cause someone else to miss out on being able to enter, I'll probably skip this one. Maybe next year -- if I win the lottery.

Aw, shoot, it's a great life and we need to grab some gusto. We live for experiences, so what's a few extra bucks once in a while? Besides, the kids can get a few more months out of those worn-out shoes.

Now how much is that carbon bike again?

Ten things I was just wondering:

1. So when are those marathon fanatics going to starting trying to run a marathon in every country?

2. Do squirrels flirt?

3. How did watermelon seeds get so slippery?

4. Why can't they invent a conversion chart that can give us a ballpark translation of what a swimmer's pool time will be for the same distance in open water?

5. When the media says they are going to give us an analysis, are you like me in thinking that they're just going to give us their opinions?

6. So, like, how long have those corn dogs been going around and around at Loaf 'n Jug?

7. Is there really enough material and audience to justify writing a book on the history of Cracker Jack prizes?

8. Why isn't it called kiddygarden instead of kindergarten?

9. Could you say that the Sailin' Shoes race officials have their, uh, stuff together by stating on the entry form that participants in the 1-mile Kids Race must be "potty trained?"

10. Does it get much lower than someone smoking discarded cigarettes that have been pilfered from an ash receptacle?

Until next month, remember that you only go around once in this life. So hold onto your wallet.



The Beulah Challenge

by Karin Romero

The Beulah Challenge Race is back by popular demand. This fundraising event will be the 7th Annual Beulah Challenge, taking place on August 6, 2005. This is a 10 kilometer run and a three-mile walk that starts and finishes at Beulah School at 8734 School House Lane. The route has been changed a bit but as usual we will have water stops on the route and refreshments at the finish. We will also award wonderful handcrafted prizes and each participant will receive a t-shirt designed by artist Jill M. Starkey. All proceeds from the race go to the Volunteer Beulah Fire and Ambulance Services, the Beulah Mountain Park Environmental Center, and the Beulah Arts Council.

I started the race nine years ago. It was a brainstorm that my husband and I had - we were avid runners at the time and we thought it would be a great way to raise funds for the community. By forming a small group of people to help with the race, it became a huge success and soon became well-known throughout the state. We have full support of the Southern Colorado Runners in Pueblo and for years we teamed up with the Beulah Valley Arts Council to put the race on. Two years ago, just weeks

before the race, I chose to cancel it due to the death of Richard Reyes (he was one of my best friends and he was doing the race course on his bike when he had a heart attack) and also due to the dangerous drought in the valley. The following year, I again cancelled due to drought, but because of outside persistence and prodding, I formed a new committee and we have "taken off." I believe this year's race will be the best ever!

At the conclusion of the race, participants and their families and/or friends are encouraged to attend the Beulah Art Show which is free, within walking distance, featuring artwork, hand crafts, food and entertainment.

Directions: From south of Pueblo take I-25 to Pueblo Blvd. west, then southwest on Hwy 78 to Beulah, or from north Pueblo, take Hwy 50 exit west, then south on Pueblo Blvd., to Hwy 78 (also Northern Ave.) and continue southwest for 22 miles to Beulah. Go right at fork in the road, onto Grand Ave. and follow signs to school (approx. 1 mile).



Race Director Karin Romero at the 2001 Beulah Challenge

(photo from SCR website photo archives)

The Belmont Butt Buster

by Ken Raich

The Belmont Butt Buster Prediction Race has been Scheduled for June 25th



Yes, folks, the Belmont Butt Buster has been scheduled for 8:00 AM on June 25th. This race has been on the SCR calendar all year, but has not had an official date...until now.

The Butt Buster is a 5-Mile prediction race that begins and ends at Gina and Vince Benfatti's home at 1318 Horseshoe Dr. in Belmont. Last year marked the inaugural running of this event and the course received terrific reviews. Gina and Vince will host a "potluck" breakfast after the race...so bring an appetite (and even a covered dish...if you wish). For more information, you can contact Gina or Vince at 719-542-5148 or 719-248-9585.

Recall that the results from your best 5 races will be used to calculate the 2005 Prediction Series winners. Therefore, you must participate in at least 5 races to qualify for the awards. This year, because there are 10 races to choose from...you could actually "throw away" your 5 "worst" finishes. Because the Belmont Butt Buster is the 5th race in this year's series, you can even start now and still get 5 races "under your belt" before the end of the series.

See you there...



The Little Run on the Prairie

The Little Run on the Prairie took place on June 4th in Pueblo West.

Pl	Name	Time	Age Cat	Pl
2K walkers- women				
1	Janet Greer	17:48	50-59	1
2	Terry McWilliams	17:52	60-69	1
3	Rose Lontine	19:45	60-69	2
4	Rosemary Martinez	19:45	60-69	3
5	Gabrielle Stageberg	19:59	12 & under	1
6	Barbara Ramirez	20:22	40-49	1
7	Judie Krueger	23:07	60-69	4
8	Pat Cross	25:01	60-69	5
9	Virgina Chamberlain	28:19	70+	1
10	Kylie Papineau (3)	34:52	12 & under	2
11	Sandy Papineau	35:44	30-39	1
2K walkers- men				
1	Marc Strasner	16:43	20-29	1
2	Patrick Greer	16:48	50-59	1
3	Matthew Ramirez	17:34	12 & under	1
4	Chase Papineau	17:36	12 & under	2
5	Nicholas Ramirez	17:42	12 & under	3
6	Jacob Ramirez	19:46	12 & under	4
7	Ron Krueger	23:14	60-69	1
8	Bill Cross	25:02	70+	1
5K runners- women				
1	Michele Herrera	23:06	14-19	OA
2	Shalana Gray	23:32	14-19	1
3	Keri Myers	25:53	20-29	1
4	Mariana Horan	26:16	30-39	1
5	Jene Herrera	29:01	30-39	2
6	Elizabeth Stageberg	32:21	13 & under	1
7	Bonny Jakus	32:28	40-49	1
5K runners- men				
1	Andrew Abdella	17:28	14-19	OA
2	Angelo Aragon	19:30	40-49	1
3	Michael Barris	19:59	40-49	2
4	Steve Wall	20:22	40-49	3
5	Matt Scanlan	20:39	14-19	1
6	Matt Drake	20:45	14-19	2
7	Brandon Hunsaker	20:50	14-19	3
8	Eugene Mares	22:03	40-49	4
9	Tony Abdella	22:09	50-59	1
10	Bill Mares	22:28	30-39	1
11	Bob Gassen	22:36	50-59	2
12	Aaron Drake	22:44	13 & under	1
13	Stan Hren	22:59	60-69	1
14	Frank Aragon	23:28	40-49	5
15	Jeff Leyva	23:55	30-39	2
16	Len Horan	24:27	30-39	3
17	Tim Jakus	25:40	14-19	4
18	Ron Dehn	25:44	50-59	3
19	Max Strasner	29:59	50-59	4
20	Torey Kuznick	31:51	13 & under	2
21	John Stageberg	32:22	30-39	4
22	Chuck Mason	32:47	40-49	6

To the right: Pueblo West X-Country coach and LROP Race director Dale Papineau hands Barbara Ramirez her 1st place medal



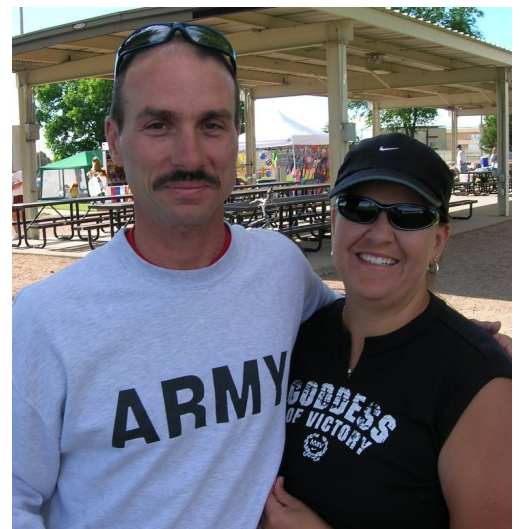
Below: Elizabeth, John, and Gabrielle earned 1st place medals in their respective divisions.



Below: Steve and Jacqueline Wall at the LROP. Steve finished 3rd in a very tough division.

In this space, imagine a photo of Stan Hren, Steve Wall, and Bob Gassen.

Your friendly editor got a new digital camera and had the camera set in "movie" mode. So we have movies, but not photos of Stan, Steve, and Bob.





Ordinary Mortals Triathlon Results

(Ladies)

Pl	Dv	Name	Age	City	Swm	Bk+ Trns	Run	Tot
1		Whitney Henderson	24	Boulder	7:35	35:50	20:55	1:04:20
2		Laura H Tingle	21	Louisville	7:03	35:21	22:45	1:05:10
1		Heather Huntington	36	Lafayette	9:21	35:12	23:15	1:07:48
1		Melissa Neal	27	Boulder	6:56	38:47	22:42	1:08:25
2		Emily Borrego	37	Pueblo	9:24	37:32	22:09	1:09:05
2		Pamela C Welch	28	Colo Spgs	8:44	37:42	23:48	1:10:15
1		Stephanie Hirst	19	USAFA	7:19	39:06	24:18	1:10:43
3		Susan Dallam	37	Colo Spgs	8:41	38:14	24:21	1:11:16
4		Terri Walters	38	Colo Springs	7:52	38:50	24:35	1:11:17
3		Jennifer L Rincon	29	Colo Springs	8:40	39:14	24:30	1:12:24
5		Robin P Krueger	36	Pueblo	8:51	41:05	23:39	1:13:34
2		Diana Dalrymple	18	USAFA	9:12	40:37	24:00	1:13:48
1		Tatjana Smith	33	Colo Spgs	10:52	39:36	23:46	1:14:13
2		Trista Eve Francis	34	Hilands Rnch	11:39	38:51	23:50	1:14:19
3		Heidi Kelly	33	Hilands Rnch	11:50	38:15	25:01	1:15:06
6		Sandy Lee Love	39	Salida	8:56	41:04	25:59	1:15:59
7		Leanne McAllister	38	Longmont	10:28	40:42	25:12	1:16:22
1		Carrie M Yeager	44	Colo Spgs	11:44	39:10	25:31	1:16:25
2		Diane R Wright	43	Woodlnd Prk	8:19	44:41	23:36	1:16:36
4		Jill Howard	34	Littleton	11:41	40:47	24:28	1:16:57
8		Tracy Squires	39	Woodlnd Prk	10:58	40:26	25:38	1:17:02
5		Holly Lee Johnson	32	Colo Spgs	10:10	41:58	25:00	1:17:07
3		Jessi N Leuschen	20	USAFA	9:10	42:02	25:56	1:17:09
3		Patti Killian	44	Aurora	10:05	40:34	26:35	1:17:14
4		Trena L Johnson	28	Pueblo West	12:52	41:47	23:04	1:17:43
5		Beth Carter	28	Colo Spgs	9:23	43:15	25:22	1:18:00
6		Kathleen Cefus	34	Divide	9:02	42:05	27:39	1:18:46
4		Arienne Morrison	21	USAFA	10:12	39:37	29:33	1:19:22
1		Karen Y Clement	49	Gunnison	10:43	39:58	28:51	1:19:32
9		Dawn Kilgore	38	Conifer	10:20	40:43	28:31	1:19:35
2		Marti Harvey	49	Divide	9:30	40:43	30:06	1:20:19
3		Morgan J Love	13	Salida	9:04	44:19	27:17	1:20:39
6		Annie Rudisaile	25	Gunnison	10:01	44:06	26:32	1:20:40
1		Diane K Cridennda	52	Colo Springs	11:01	41:20	28:27	1:20:48
10		Michelle Hart	37	Littleton	9:19	43:30	28:00	1:20:49
5		Stephanie Rice	20	USAFA	8:19	45:13	27:19	1:20:51
4		Susan E Davidson	44	Colo Spgs	10:21	41:21	29:14	1:20:56
3		Karen Stuckey	46	Gunnison	10:46	44:17	26:01	1:21:04
2		Laurie M Hakala	53	Lakewood	10:15	45:38	25:12	1:21:05
7		Norine Mali Amato	28	Fountain	11:45	41:53	27:32	1:21:10
8		Ruth P Roerber	25	Colo Spgs	10:26	42:46	28:24	1:21:36
7		Heather L Lee	34	Wheat Ridge	10:34	41:34	29:55	1:22:03
3		Carrie L Slover	52	Pueblo	8:35	46:24	27:08	1:22:08
6		Kendra Stuckey	22	Gunnison	8:39	49:19	24:18	1:22:16
11		Jennifer Chambers	36	Pueblo	8:25	43:25	30:37	1:22:27
7		Kristina Uban	24	Denver	8:44	44:00	29:56	1:22:40
12		Colleen A Wells	35	Littleton	10:41	42:12	29:49	1:22:42
8		Amy E Braune	32	Pueblo West	13:11	44:55	24:44	1:22:50
5		Stacey A Diaz	44	Pueblo	12:13	45:54	25:01	1:23:09
1		Judith Russell	58	Colo Spgs	10:39	45:54	26:48	1:23:21
6		Susie Dorle	42	Colo Springs	10:28	45:21	27:46	1:23:36
4		Courtney R Mitros	18	Colo Spgs	8:12	44:22	31:07	1:23:40
13		Kim Dodds	39	Pueblo West	11:19	46:29	25:55	1:23:43
8		Beth Brockman	20	USAFA	9:14	45:05	29:27	1:23:46
7		Susan E Hirst	44	Colo Spgs	8:37	42:59	32:19	1:23:55

Pl	Dv	Name	Age	City	Swm	Bk+ Trns	Run	Tot
8		Karen Lundberg	44	Salida	12:14	41:49	29:53	1:23:56
4		Tami Sue Maciejko	47	Gunnison	9:19	44:27	30:19	1:24:05
9		Cari Lynn Beasley	34	Salida	9:25	43:37	31:08	1:24:10
9		Sue Visser	43	Boulder	12:40	43:15	28:47	1:24:42
9		Jennifer D Rogers	28	Pueblo	14:47	41:38	28:28	1:24:53
5		Debbi M Oleson	46	Colo Spgs	9:37	44:22	30:58	1:24:57
14		Jodi Petit	37	Ft Carson	12:00	43:40	29:19	1:24:59
10		Hannah Joiner	31	Colo Spgs	10:49	45:27	28:43	1:25:00
9		Megan A Wilson	23	Denver	10:51	45:26	28:58	1:25:15
15		Stephanie McCorkle	35	Colo Spgs	11:47	49:12	24:35	1:25:34
4		Cassi Bailey	50	Louisville	14:04	45:37	25:56	1:25:37
6		Jan M Spahn	47	Hilands Rnch	10:12	44:24	31:21	1:25:56
5		Beverly Schnitker	50	Laramie, WY	10:17	47:13	28:47	1:26:17
1		Karen Fady	62	Colo Spgs	11:23	45:07	30:01	1:26:31
16		Mikyong Hand	36	Golden	12:33	42:17	31:43	1:26:33
10		Wendie Wilhide	44	Colo Spgs	13:01	43:58	29:38	1:26:37
17		Amy Hunt	38	Castle Rock	10:15	46:30	29:55	1:26:40
5		Monica Wu	19	USAFA	9:09	49:36	28:15	1:26:59
7		Audy Leggere-Hickey	48	Boulder	14:09	44:20	28:36	1:27:05
18		Clare Oroke	35	Boulder	12:39	48:06	26:37	1:27:22
6		Jan Dudley	50	Pueblo	12:30	42:57	31:58	1:27:25
11		Deborah Kaye Dusek	33	Calhan	15:07	45:41	26:56	1:27:44
10		Felisa Marie Hervey	21	USAFA	11:55	50:35	25:16	1:27:47
7		Camille Yarbrough	54	Houston, TX	12:24	45:29	30:01	1:27:53
8		Marijane Martinez	52	Pueblo	15:47	45:59	26:20	1:28:07
11		Kathy Seidman	41	Colo Spgs	9:05	42:48	36:42	1:28:35
19		Shiela Dawn Harrell	35	Woodlnd Prk	14:42	43:13	30:40	1:28:36
2		Barbara Malloy	56	Gunnison	12:07	46:16	30:18	1:28:42
11		Rebecca E Payne	24	Colo Spgs	10:55	48:20	29:32	1:28:47
12		Carrie Andrew	30	Colo Spgs	12:22	44:17	32:12	1:28:52
12		Sarah Stroh	24	Denver	11:08	47:22	30:29	1:28:59
9		Karen Kristine Brown	51	Palmer	11:48	46:43	30:29	1:29:00
12		Kerry Jacobs	40	Louisville	9:26	50:22	29:15	1:29:03
13		Holly Sue Aldridge	30	Colo Spgs	13:56	45:34	29:42	1:29:12
13		Kirby L Clark	21	Boulder	12:59	48:01	28:13	1:29:13
14		Kate Simons	31	Colo Spgs	11:02	47:54	30:41	1:29:36
13		Robin Dean	44	Lafayette	11:49	47:08	30:39	1:29:37
15		Stormie Wells	30	Colo Spgs	11:52	49:25	28:29	1:29:47
20		Elizabeth VanDoren	37	Hilands Rnch	12:56	42:09	34:53	1:29:58
16		Kerith Marie Gray	34	Superior	11:26	48:08	30:30	1:30:04
17		Michelle Simmons	30	Salida	10:29	46:54	33:05	1:30:28
6		Rebecca Toussaint	19	Evergreen	10:47	48:26	31:21	1:30:34
10		Meghan V Ederle	28	Colo Spgs	11:06	50:40	28:59	1:30:45
10		C.J. Hartman	50	Castle Rock	12:18	44:57	33:47	1:31:03
21		Debora A Langer	36	Lafayette	12:43	48:06	30:16	1:31:05
14		Julie Stevenson	22	Denver	14:51	48:53	27:23	1:31:07
14		Betsy A Thinger	41	Colo Spgs	12:14	46:54	32:07	1:31:15
15		Anna L Weyeneth	22	Thornton	12:25	50:33	28:20	1:31:18
22		Christine Oberndorfer	38	Pueblo	11:18	50:18	29:51	1:31:27
7		Sarah Mayne	18	Colo Spgs	8:54	48:49	33:48	1:31:32
23		Ellen Barron	37	Gunnison	12:07	47:10	32:18	1:31:35
11		Jennifer Martin	29	Denver	11:09	49:19	31:16	1:31:45
11		Jane L Chess	51	Florence	14:06	51:23	26:20	1:31:48
18		Erin E Elliott	31	Hilands Rnch	12:01	45:42	34:11	1:31:54
24		Laura Ayotte	35	Colo Spgs	12:50	44:42	34:24	1:31:56



Ordinary Mortals Triathlon Results

(Ladies - continued)



PI Dv	Name	Age	City	Swm	Bk+ Trns	Run	Tot
25	Heather B Rodriguez	35	Hilands Rnch	10:36	48:31	32:51	1:31:58
26	Angela Chambliss	38	Lakewood	10:30	48:12	33:42	1:32:23
12	Ruth E Spradling	29	Gunnison	15:00	48:27	29:00	1:32:27
3	Joy Miller	58	Divide	14:43	46:11	31:34	1:32:28
13	Jodi Bauman	27	Gunnison	13:03	50:20	29:20	1:32:43
19	Angela L Vesey	31	USAFA	13:02	53:03	26:41	1:32:46
27	Thia Whittle	37	Colo Spgs	12:15	48:12	32:25	1:32:52
14	Kerry Spetter	28	Gunnison	8:59	52:11	31:45	1:32:55
4	Mary Sue Dickerson	57	Grenwd Village	14:30	46:52	31:54	1:33:17
28	Jill E Goeken	38	Centennial	13:13	50:23	29:50	1:33:27
15	Betsy J Becraft	42	Pueblo	15:38	49:57	27:52	1:33:28
5	Ann Olson	56	Lakewood	14:02	47:06	32:50	1:33:57
29	Melissa Burke	37	Hilands Rnch	8:23	54:14	31:34	1:34:11
15	Jennifer Haas	28	Erie	13:28	46:05	35:02	1:34:35
20	Dawn Boden	32	Colo Spgs	11:33	49:14	33:49	1:34:36
30	Karen D Adamson	36	Salida	13:52	50:41	30:04	1:34:37
16	Julie Ann Obero	40	Broomfield	12:11	45:58	36:37	1:34:46
8	Randy Morgan	45	Gunnison	15:01	48:42	31:10	1:34:53
12	Martha K Kramer	50	Colo Spgs	16:47	47:29	31:13	1:35:30
13	Sarah Beth Savage	50	Leadville	14:19	48:40	32:35	1:35:34
31	Maryann Ulmer	37	Centennial	13:40	49:24	32:52	1:35:56
8	Mackenzie Morgan	13	Gunnison	8:56	55:22	31:43	1:36:02
21	Tiffany L Kochis	30	Brighton	10:58	50:10	35:01	1:36:09
16	Christy McNaul	29	Colo Spgs	12:58	49:41	33:46	1:36:25
17	Kelly C Sparks	29	Colo Springs	12:17	53:16	30:54	1:36:26
18	Wendy Grunthal	28	Boulder	12:42	53:04	30:48	1:36:35
32	Kali Hammett	37	Broomfield	15:41	49:58	31:32	1:37:11
17	Teresa D Wright	40	Fountain	14:15	49:33	33:55	1:37:44
19	Margaret DiMatteo	27	Rye	9:49	55:29	32:26	1:37:44
33	Lisa M Welch	37	Louisville	10:59	52:58	33:47	1:37:44
14	Pat Walker	54	Gunnison	14:38	52:23	30:44	1:37:45
22	Yvonne Faulkner	34	Hilands Rnch	12:05	52:12	33:32	1:37:49
16	Maggie Marie Welte	24	Pueblo	10:46	58:12	28:59	1:37:57
20	Heidi Graham	26	Littleton	12:59	55:14	30:07	1:38:20
9	Reva M Golden	19	Centennial	9:28	55:59	33:02	1:38:29
15	Lora Merkling	50	Hilands Rnch	13:06	51:47	33:54	1:38:47
34	Amy Anne Archer	37	Denver	11:05	53:15	34:31	1:38:51
35	Elizabeth A LaVelle	37	Erie	15:01	51:37	32:23	1:39:01
23	Stacey Chavarria	30	Colo Spgs	11:56	51:43	35:29	1:39:08
18	DeAnn E George	42	Greeley	11:06	49:13	38:59	1:39:18
19	Naomi Fieman	44	Englewood	14:21	53:26	32:09	1:39:55
20	Barbara Palmer	41	Colo Spgs	16:47	56:21	26:50	1:39:57
16	Debbie Caperton	52	Lakewood	14:18	51:08	35:25	1:40:50
21	B. Fredrickmeyer	40	Louisville	13:57	55:12	31:55	1:41:04
22	Robin L Zenisek	42	Gunnison	12:47	52:57	35:21	1:41:05
36	Cheri L Evans	38	Hilands Rnch	16:50	49:00	35:41	1:41:31
37	Jeri-Sue Beabout	36	Denver	12:08	51:26	38:56	1:42:30
24	Sheila Puana	34	Colo Spgs	11:42	55:21	36:07	1:43:10
17	Marjie Foster	54	Gunnison	11:16	56:49	35:06	1:43:10
9	Becky Moore	48	Boulder	11:53	56:22	35:03	1:43:18
10	Cheryl Lynn Coates	45	Morrison	17:58	53:57	31:43	1:43:38
38	Sheila Pote	39	Arvada	14:17	56:16	33:21	1:43:55
23	Carol Jeppsen	43	Littleton	17:57	58:03	28:34	1:44:34
25	Myrian L Hagerman	30	Fowler	14:43	57:48	32:10	1:44:42
26	Heather Pitzel	34	Denver	15:59	53:50	34:55	1:44:44

PI Dv	Name	Age	City	Swm	Bk+ Trns	Run	Tot
39	De Dee Stump	39	Littleton	15:02	59:26	30:25	
18	Judith Russo	53	Colo Spgs	16:55	55:36	32:24	
40	Paula Adams	37	Colo Spgs	13:06	56:38	35:24	
19	Judy Iwata	52	Colo Spgs	14:11	51:23	40:11	
6	Ann M Noble	57	Denver	10:57	52:36	42:37	
27	Kristina H Perry	31	Colo Spgs	16:52	55:30	34:06	
24	Heidi R Gard	44	Pueblo West	13:17	52:05	41:14	
41	Marilyn Vujcich	35	Pueblo West	17:17	58:58	31:15	
17	Lisa Marie Casey	24	Colo Spgs	9:05	55:45	42:40	
21	Malia Bodhaine	28	Denver	14:45	1:03:03	29:57	
25	Jackie Joyce	42	Westminster	15:21	55:58	36:38	
22	Amy C Emmerson	28	Colo Spgs	11:21	59:24	37:14	
20	Jane Lentz-Smith	50	Laramie, WY	16:18	1:02:20	30:18	
26	Jeanette M Nelson	40	Castle Rock	12:58	59:36	36:30	
2	Wanda E Carlile	61	Littleton	13:11	56:46	39:26	
28	Ronda Brulotte	32	Colo Spgs	18:08	57:36	33:44	
27	Barb Lines	40	Hilands Rnch	14:49	57:23	38:55	
21	Sue Noone	53	Gunnison	17:23	55:28	38:17	
11	Janet Diana Harrold	45	Colo Spgs	18:18	58:39	34:27	
12	Diana Quattlebaum	46	Florence	18:20	56:18	36:58	
22	Rona Kadish	52	Denver	14:33	55:23	42:00	
23	Emily Baer	27	Superior	12:46	55:51	43:59	
29	Stephanie Bures	30	Brighton	11:50	59:16	42:58	
30	Susan M Erickson	34	Littleton	13:11	1:02:23	38:44	
18	Sonya M Golden	23	Denver	9:33	1:02:59	42:45	
24	Jamaica Burke	29	Aurora	17:59	58:02	39:24	
25	Melanie Mahaffey	25	Colo Spgs	16:48	59:20	39:17	
28	Sally J McCall	44	Lafayette	12:02	1:10:03	34:39	
23	Jennifer Blair	53	Denver	15:49	56:17	45:34	
1	B. Williams-Neuen	67	Littleton	15:16			
10	Laura Russo	17	Colo Spgs	14:48	1:05:24	38:15	
26	Vanessa Blum	28	Aurora	10:40	1:10:28	37:23	
29	Tracy Weir	41	Littleton	11:09	1:06:34	42:00	
30	Rosalie I Pardo	42	Westminster	15:56	1:01:11	42:36	
27	Kristina Dean Davis	28	Colo Spgs	13:21	1:05:21	42:04	
13	Susie E Triem	45	Erie	11:18	1:14:12	36:13	
14	Karen Shondeck	48	Gunnison	12:49	1:05:17	43:36	
7	Susan Julian	58	Littleton	15:29	1:03:55	43:15	
42	Laura Zamora	35	Colo Spgs	12:17	1:11:38	39:08	
31	Kristina Brewer	30	Denver	12:11	1:14:53	37:34	
24	Kimberlee Douglass	51	Gunnison	19:30	56:24	48:46	
32	Juda P Filippi	33	Denver	17:28	1:05:43	44:16	
25	Marie Yoo	54	Thornton	16:53	1:01:39	49:00	
15	Paula Rogers	45	Rye	16:58	1:11:13	44:50	
26	Alexis M Holdman	54	Denver	15:02	1:12:52	46:04	
43	Kellie Coe	37	Boulder	20:25	1:08:23	46:01	
31	Lori M Hunnicutt	41	Windsor	20:24	1:08:24	46:04	
44	Lisa Marie Gould	36	Windsor	20:22	1:08:27	46:18	
1	Marilyn Olen	78	Denver	19:23	1:15:10	44:24	
45	Wendi Kuntz	39	Parker	15:20	1:11:45	54:44	
46	Diana R Beabout	38	Denver	19:07	1:12:11	50:52	
33	Teresa Jones	32	Denver	19:25	1:17:02	50:39	



Ordinary Mortals Triathlon Results

(Men)

Pl	Dv	Name	Age	City	Swm	Bk+ Trns	Run	Tot
1		Eric Peterson	33	Colo Spgs	6:18	31:51	17:39	55:48
1		Michael J Hagen	42	Colo Spgs	7:40	31:26	17:10	56:16
1		William Gillaspie	29	Denver	6:33	32:18	18:37	57:28
1		Scott D Diehl	21	USAFA	7:19	32:03	18:51	58:13
2		Antonio M Molina	24	Boulder	7:47	32:16	18:37	58:39
1		Edward G Oliver	36	Littleton	8:23	31:06	19:28	58:57
1		Michael Orendorff	53	Pueblo	8:30	31:57	19:24	59:51
2		Mike Sharkey	25	Denver	9:12	33:15	17:48	1:00:15
3		Phillip Schumacher	24	Boulder	7:54	33:48	19:23	1:01:05
4		Jeffrey T Lucy	21	USAFA	8:38	34:09	18:23	1:01:10
2		Seth Murphy	36	Breckenridge	7:26	33:53	21:30	1:02:48
2		Bruce E Miller	43	Colo Spgs	9:01	32:58	20:57	1:02:56
5		Mason Jones	22	USAFA	7:49	33:55	21:26	1:03:10
3		Douglas Kretzmann	44	Littleton	8:19	34:26	20:32	1:03:16
6		Douglas Presley	20	USAFA	8:36	35:25	19:42	1:03:43
7		Eric J Forsyth	22	USAFA	9:22	35:16	19:06	1:03:44
8		Gabriel T Harris	22	USAFA	8:32	34:16	21:26	1:04:14
3		Nick Thelen	27	Colo Spgs	9:04	32:47	22:41	1:04:32
2		Kevin D Houghton	31	Colo Spgs	7:50	33:38	23:04	1:04:33
3		David Zybowski	33	Brighton	9:58	35:08	19:57	1:05:03
1		Samuel A Trevino	45	Westminster	9:08	34:42	22:00	1:05:50
4		Wayne McAllister	40	Longmont	8:52	34:39	22:33	1:06:04
2		Dennis Coombs	53	Longmont	9:10	34:54	22:30	1:06:34
3		Scott C Guenther	36	Boulder	9:32	37:31	19:50	1:06:53
4		Tim Condit	35	Colo Spgs	9:34	35:00	22:29	1:07:03
9		Seth R Beavers	20	Colo Spgs	10:08	36:00	22:50	1:09:07
5		Mike Jackson	37	Monument	8:52	37:37	22:40	1:09:09
5		Kriss L Dellota	40	Ft CollinsC	7:20	36:21	25:44	1:09:25
4		Jay Landgraf	25	Colo Spgs	9:22	37:37	23:52	1:10:51
2		N Desrochers	45	Evergreen	9:17	39:23	22:23	1:11:03
3		Paul C Thomas	52	Hilands Rnch	12:16	36:32	22:18	1:11:06
3		Don Powers	48	Colo Spgs	11:13	40:11	20:03	1:11:27
4		Raymond Goure	45	Lakewood	7:18	41:53	22:19	1:11:30
5		Chris A Gredig	45	Pueblo	9:56	38:50	22:50	1:11:36
1		Mark S Stecher	55	Golden	11:29	36:33	23:41	1:11:43
5		Jake Book	27	Pueblo Wst	9:46	41:26	20:48	1:12:00
6		Douglas J Shelton	29	Monument	9:50	40:26	21:47	1:12:04
6		Paul Searcy	38	Golden	11:16	37:40	23:23	1:12:19
4		Fernando Aguilar	50	Falcon	12:14	38:59	21:06	1:12:20
10		Ted Meeker	20	USAFA	9:56	38:13	24:18	1:12:27
5		Charlie Senz	51	Golden	8:58	37:34	26:13	1:12:44
4		David P Aldridge	32	Colo Spgs	10:13	40:26	22:11	1:12:51
6		Tommy Schwab	50	Monument	8:06	36:21	28:52	1:13:19
7		Richard Toussaint	53	Evergreen	9:59	38:28	24:54	1:13:22
7		Todd D Wolford	39	Colo Spgs	12:35	37:40	23:11	1:13:25
11		Austin M Pruneda	23	USAFA	9:24	40:01	24:11	1:13:36
8		Brad Whittle	39	Colo Spgs	10:56	39:41	23:19	1:13:56
9		Doug Beeman	35	Golden	10:47	39:58	23:43	1:14:28
10		Frank A Negley	39	Colo Spgs	10:08	39:05	25:24	1:14:37
6		Tom Ratzlaff	44	Pueblo Wst	10:15	40:28	23:58	1:14:40
12		Donald Alexander	20	USAFA	11:08	40:57	22:36	1:14:40
7		Steve C Wall	41	Pueblo	11:23	40:20	23:05	1:14:48
2		Dave M Diaz	56	Pueblo	13:15	39:35	22:06	1:14:56
13		Bo M Maciejko	20	Gunnison	8:41	41:00	25:36	1:15:17
1		Angus R Morrison	62	Colo Spgs	10:38	41:10	23:37	1:15:25

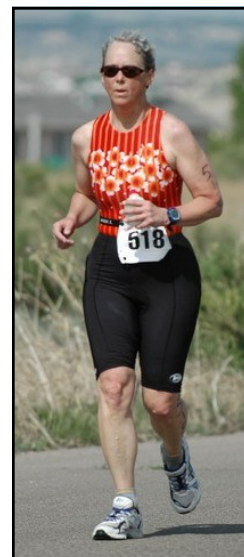
Pl	Dv	Name	Age	City	Swm	Bk+ Trns	Run	Tot
11		David W Johnson	35	Castle Rock	9:45	41:10	24:46	1:15:41
6		Paul DallaGuardia	47	Colo City	10:08	40:03	25:54	1:16:05
5		Scott Scheff	31	Boulder	9:26	40:03	27:13	1:16:42
14		Scott C Forrester	22	Denver	8:16	45:32	23:09	1:16:58
2		Johnny Chapin	64	Boulder	10:43	39:37	26:39	1:16:59
7		Rocky Khosla	46	Pueblo	10:17	43:42	23:34	1:17:34
3		Gary Franchi	56	Colo City	8:40	43:24	25:44	1:17:48
6		Chuck Braune	32	Pueblo Wst	11:18	42:39	23:59	1:17:56
8		Charles Thinger	44	Colo Spgs	10:56	40:28	27:15	1:18:40
15		John D Banker	20	USAFA	9:15	48:21	21:07	1:18:43
9		Kent Montavon	43	Denver	10:11	41:14	27:27	1:18:52
1		Don Whitford	67	Aurora	12:50	40:38	25:39	1:19:07
8		Buzz Borries	52	Colo Spgs	9:33	41:57	27:41	1:19:11
10		Shawn Hill	43	Hilands Rnch	10:58	41:43	26:33	1:19:14
7		Alex Chavarria	31	Colo Spgs	9:28	42:08	27:41	1:19:17
9		Nick Leyva	51	Pueblo	12:51	42:51	24:13	1:19:55
12		Daniel Aragon	36	Pueblo	11:42	45:03	23:23	1:20:08
16		Philip C Jackson	22	WorthingtonOH	10:44	41:08	28:52	1:20:44
17		Serge Mettes	24	USAFA	10:30	41:27	28:47	1:20:45
18		Michael Iwata	21	Colo Spgs	7:56	44:56	27:54	1:20:47
8		Tony Watson	45	Arvada	12:23	42:10	26:17	1:20:50
8		Blaine H Miller	32	Colo Spgs	13:15	46:03	21:36	1:20:55
7		John Van Hoven	26	Denver	9:38	40:10	31:24	1:21:12
13		Joe Bulow	35	Pueblo	12:58	40:27	27:48	1:21:13
11		Troy Davenport	40	Colo City	11:07	42:30	27:38	1:21:15
14		Jeth A Fogg	39	Monument	13:56	39:47	28:22	1:22:05
4		William Yoo	55	Thornton	11:02	39:59	31:19	1:22:20
2		Leonard W Moore	69	Nathrop	10:35	41:09	30:43	1:22:28
9		Ross Jacobsen	46	Colo Spgs	12:23	44:39	25:57	1:22:59
9		Michael R Merson	33	Peyton	10:47	42:11	30:07	1:23:05
5		Michael P Moore	59	Pueblo	10:56	45:58	26:15	1:23:09
12		Kent M Bramley	43	Littleton	12:22	41:48	29:04	1:23:14
13		Stuart W Pattison	41	Parker	11:23	45:40	26:29	1:23:32
6		Joe Stommel	55	Pueblo	14:12	46:50	22:49	1:23:51
10		Brian Perry	32	Colo Spgs	13:55	46:07	24:04	1:24:06
7		Randy G Allen	56	Colo Spgs	12:08	41:31	30:28	1:24:07
19		Doug D Donaldson	23	Golden	10:38	48:28	25:37	1:24:44
11		Jeffrey McClung	33	Colo Spgs	11:13	48:21	25:13	1:24:47
8		J Beckenhaupt	58	Colo Spgs	13:46	45:52	25:29	1:25:08
10		Ron Heath	47	Castle Rock	10:41	46:17	28:19	1:25:16
14		Mike Archuleta	44	Pueblo	15:58	42:50	26:51	1:25:40
15		Joseph S Dziewit	42	Colo Spgs	11:29	45:51	28:39	1:25:59
3		Joseph Giles	60	Colo Spgs	13:40	47:35	25:08	1:26:24
16		James R Fajt	42	Pueblo	8:19	45:31	32:36	1:26:26
8		Brian Burke	28	Aurora	11:13	43:34	32:22	1:27:09
17		Steve B Payne	44	Colo Spgs	14:45	44:58	27:38	1:27:21
11		Mark T House	45	Pueblo Wst	14:05	46:55	27:11	1:28:11
12		Jerami Mahaffey	32	Colo Spgs	10:04	51:38	26:33	1:28:15
15		Mike Dean	36	Denver	11:50	47:35	29:20	1:28:45
9		Dana Duthie	59	Colo Spgs	11:21	42:20	35:11	1:28:53
18		Dudley Delfis	40	Colo Spgs	12:30	46:00	30:40	1:29:10
16		Rod T Schafer	38	Hilands Rnch	11:03	47:45	30:28	1:29:16
17		William Patterson	36	Littleton	14:27	48:23	26:44	1:29:34
9		Matt Sherwood	29	Denver	15:24	49:33	24:52	1:29:49
19		Greg Connors	42	Lakewood	12:50	51:16	25:45	1:29:51



OMT Results & Photos*

Men - Continued

Pl	Dv	Name	Age	City	Swm	Bk+ Trns	Run	Tot
10		James Evans	56	Colo Spgs	11:48	48:44	29:44	1:30:16
18		Eric S Leedom	38	Pueblo Wst	10:39	50:26	29:53	1:30:57
10		Darek Spring	28	Parker	10:12	52:41	28:19	1:31:12
11		Michael Wilshusen	29	Colo Spgs	16:08	49:25	25:40	1:31:14
20		Marc Austin	22	USAFA	11:57	55:49	25:06	1:32:52
1		John C Sturtevant	71	Salida	14:10	47:35	32:04	1:33:49
20		Paul Harris	41	Divide	13:12	49:32	32:08	1:34:51
12		David Martinez	27	Denver	13:33	48:19	33:07	1:34:58
13		Mark Ulmer	33	Centennial	12:10	47:49	35:11	1:35:10
14		Jeff D Leyva	34	Pueblo Wst	18:36	49:05	29:40	1:37:21
21		Davin Korsstjens	24	Aurora	10:45	53:15	33:28	1:37:28
10		Sam Iwata	52	Colo Spgs	17:57	49:20	30:12	1:37:30
12		Randy Smith	48	Franktown	13:50	54:37	29:58	1:38:25
21		James Bishop	44	Colo Spgs	12:14	57:08	29:36	1:38:57
11		Michael J Hoover	51	Colo Spgs	13:43	50:55	35:31	1:40:08
22		Karl S Goeken	42	Centennial	16:21	51:05	33:33	1:41:00
2		Gerald E Puls	79	Pueblo	23:56	1:11:18	51:21	2:26:36



Left to Right from the top:
 Steve Wall,
 Chuck Braune,
 Carrie Slover,
 Stacey Diaz,
 Mike Archuleta,
 Kim Dodds,
 Robin Krueger,
 Jan Dudley,
 Rocky Khosla

*We are grateful to Larry Volk for supplying the OMT photos. If you did the OMT and would like your photo, go to www.socorunners.org and click Results, then click Ordinary Mortals Triathlon. Click Womens or Mens Race Pictures to view your photo and learn how to place an order.



Blossom Day 5K Results

(Race held May 7th in Canon City)

Time	Name	Sx	Group	Notes
16:42	Adam Rich	M	20-29	1st OA male
19:16	Mark Riem	M	30-39	1st M 30-39
20:45	Brian Vanwarden	M	20-29	2nd M 20-29
20:46	Chris McIntyre	M	20-29	3rd M 20-29
21:02	Jeff Vanwarden	M	20-29	
21:05	Thom LeDoux	M	30-39	2nd M 30-39
21:11	Mark Gurule	M	40-49	1st M 40-49
21:16	Emily Borrego	F	30-39	1st OA female
21:28	Steve Wall	M	40-49	2nd M 40-49
22:15	Andy Chaney	M	20-29	
22:47	Doug Cain	M	40-49	3rd M 40-49
22:53	Don Breece	M	50+	1st M 50+
23:32	John Maynard	M	40-49	
23:35	Joanna McIntyre	F	20-29	1st F 20-29
23:42	Frank Aragon	M	40-49	
23:58	Ricky McFarland	M	20-29	
24:03	Lacey LeDoux	F	20-29	2nd F 20-29
24:17	Tabor Stevens	M	19-	1st M under 19
24:55	Marcy Epperson	F	30-39	2nd F 30-39
25:10	Dave Jarvis	M	40-49	
25:15	Larry Trujillo	M	30-39	3rd M 30-39
25:44	Frank Vigil	M	40-49	
26:00	Debra Wall	F	30-39	3rd F 30-39
26:33	Jane Chess	F	50+	1st F 50+
26:59	Mary Riem	F	40-49	1st F 40-49
27:04	Laurie Wertzbaugher	F	40-49	2nd F 40-49
27:20	Mike Archuleta	M	40-49	
27:27	Glenn Hayes	M	30-39	
27:28	Michelle Mills	F	20-29	3rd F 20-29
27:31	Paula DelPriore	F	40-49	3rd F 40-49
27:49	Karen Neinas	F	30-39	
27:58	Jim Cain	M	50+	2nd M 50+
28:27	Valerie Etter	F	40-49	3rd F 40-49
28:29	Mary Rudolf	F	40-49	
28:43	Anna Chaney	F	20-29	
28:49	Richard Eitzroth	M	50+	3rd M 50+
28:51	James Carmack	M	20-29	
29:03	John Sturtevant	M	50+	
29:33	Mark Zupan	M	19-	2nd M under 19
29:38	Gina Benfatti	F	40-49	
29:43	Kristi Kunselman	F	30-39	
29:49	Dirk Kunselman	M	30-39	
30:08	Jayme Thompson	F	20-29	
30:15	Eric Renicker	M	30-39	
30:46	Kirsten Javernick	F	30-39	
30:53	Rebecca Ernster	F	40-49	
30:53	Shyla Swisher	F	20-29	
30:54	Maria Davis	F	40-49	
30:56	Dale Swisher	M	40-49	
31:43	Cindy Robinson	F	40-49	
31:45	Barbara Berge	F	40-49	
31:46	Leo DiOrio	M	40-49	
31:53	Ashley Steward	F	20-29	
31:59	Kathy Jenkins	F	30-39	
32:00	Tim Jenkins	M	30-39	
32:01	Deb Hadley	F	40-49	
32:16	Karen Patrick	F	40-49	

32:26	Cindy Mills	F	40-49		
33:14	Brad Berger	M	50+		
33:26	Dawnell Barr	F	20-29		
33:39	Jo Marriher	F	30-39		
33:41	Sarah Mills	F	20-29		
33:56	Phil Quattlebaum	M	50+		
34:11	Lisa Nell Jarvis	F	40-49		
34:11	Carla Braddy	F	30-39		
35:04	Dennis Shrum	M	50+		
35:05	Katherine McGregor	F	50+	2nd	F 50+
35:49	Kristi Williams	F	20-29		
36:04	Diana Quattlebaum	F	40-49		
36:42	Shaudin Kunselman	F	30-39		
37:02	Annie Dunigan	F	40-49		
37:10	Tiffany Bowen	F	20-29		
39:29	Erica Renicker	F	30-39		
40:46	Eileen Powers	F	50+	3rd	F 50+
43:48	Nancy Schiel	F	50+		
45:07	Patricia Sternberg	F	50+		
45:43	Corbett Lowe	F	19-	1st	F under 19
47:06	Rachel Hayes	F	19-	2nd	F under 19
47:07	Jennifer Hayes	F	30-39		
48:05	Becky Lowe	F	50+		
50:59	Joellen Brown	F	40-49		
51:00	Judy Menke	F	40-49		
52:49	Shirley Vanwarden	F	50+		
52:50	Margaret Korber	F	50+		
52:52	Carrie Masse	F	50+		
52:53	Char Lindner	F	50+		
54:03	Shirley Edsall	F	50+		
54:07	JiLan Lowe	F	19-	3rd	F under 19
56:38	Alissa Brown	F	20-29		
56:38	Eric McCall	M	20-29		
57:51	Mary Brock	F	20-29		
57:52	Tiffany McCall	F	20-29		

THANKS!

We'd like to thank our many volunteers for their fine work

For the 2005 Cinco de Mayo 10K & 5K Runs and 1.5-Mile Walk held May 1 at the State Fair Grounds in Pueblo: Race Director: Hilbert Navarro, Announcer: Nick Leyva, Registration: Ruth McDonald, Shelley Riddock, Finish Line: Dave Diaz, Mark Koch, Don & Lois Pfost, Terry Cathcart, Priscilla Portillos, Results: Ken Raich, Course: Jeff Arnold, Ran results into Ken ONCE...plus collected free water bottles for the volunteers at the finish line: Marijane Martinez

For the Run for Rio 5K Run and 5K Walk held Saturday, June 4 in Rye.
5K Run: Course Layout/Results: Jeff Arnold, Finish Line: Maureen Litton, Beth Barbieri

We do not have a volunteer list for the Blossom Day Run, the Little Run on the Prairie, or the tons of volunteers at the OMT.



The Run for Rio



Notes

The Run for Rio Scholarship Run took Place on June 4th in Rye. The run is in memory of Rio Martinez, who attended Rye High School.

5k Walk Results

Pl	Name	Age	Time
1	Karol Heady	53	42:48
2	Pat Cunningham	57	43:46
3	Walt Dennis	50	46:51
4	Mary Salazar	47	46:51
5	Ben Cunningham	64	50:03
6	Matt Brimmeier	65	50:05
7	Gretchen Roman	37	50:06
8	Michelle Hopper	30	51:31
9	Janice Otten	50	52:03
10	Nancy Cox	50	52:12
11	Jerri Baker	41	53:25
12	Becky Stringer	56	53:25
13	Paul Stringer	58	55:04
14	Philancy Monck	40	57:50
15	Lillian Bumgardner	77	57:50
16	Cindy Monck	67	59:37
17	Jim Martinez	60	59:38
18	Curtis Sloan	58	59:56

5k Run Results

Pl	Name	Age	Time
1	Kyle Reno	23	19:47
2	Ethan Barbieri	17	20:47
3	Aaron Levinson	16	22:06
4	David Baker	47	22:12
5	Cory Rose	17	22:22
6	Desiree Dalla Guardia	18	22:27
7	Ron Nelson	46	23:48
8	Shiloh Crawford	18	24:17
9	Gary Franchi	56	24:52
10	Hillary Crawford	14	25:42
11	Marcella Burg	18	25:45
12	Donna Trujillo	29	25:58
13	Leo Ellinger	56	26:40
14	Jason Salazar	17	26:41
15	Scott Barbieri	26	26:52
16	Patrick Swank	57	26:58
17	David Hopper	42	27:22
18	Jennifer Alvarado	34	30:28
19	Ty Van Oort	11	30:29
20	Dick Greet	66	30:56
21	Gloria Gogarty	48	31:08
22	Bruce Batting	68	31:38
23	Carol Brimmeier	52	32:33
24	Yelena Snyder	17	35:43
25	Douglas Cox	53	36:27
26	Carole Walls	57	38:03
27	Larry Walls	66	38:04

SCR's Humberto Paredes of Pueblo West is going to go run a Marathon in South Africa this summer

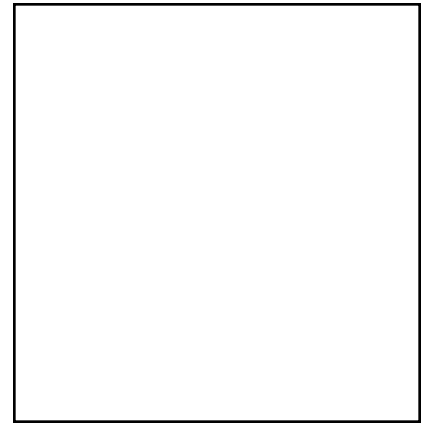
Every Year, 5,000 people injure themselves shooting pool.

20 million bats live in Texas's Bracken Cave. They eat 100 tons of insects every night.

Thirteen countries have issued Elvis Presley postage stamps.

It takes 720 peanuts to make a pound of peanut butter.

From Uncle John's Bathroom Reader Calendar.



(Continued from page 1)

Ben has served as an unofficial liaison between the Y and SCR. He's a regular at SCR meetings, races, and functions. He's been involved in the production of the Pueblo Marathon, the Pumpkin Pursuit, the Frostbite 5, the Y-BI, the Ordinary Mortals Triathlon, Ben & Matt's Trail Mix, and the Healthy Kids Day 5k, just for starters.

Ben expressed his appreciation for the YMCA – SCR "connection" and said it helped to create lots of opportunities. He said that with SCR's help, he "never ran out of staff".

He reminisced about the pasta dinners at the Gold Dust, gathering pumpkins for the Pumpkin Pursuit, the annual Y-Bi storm, and the predict series.

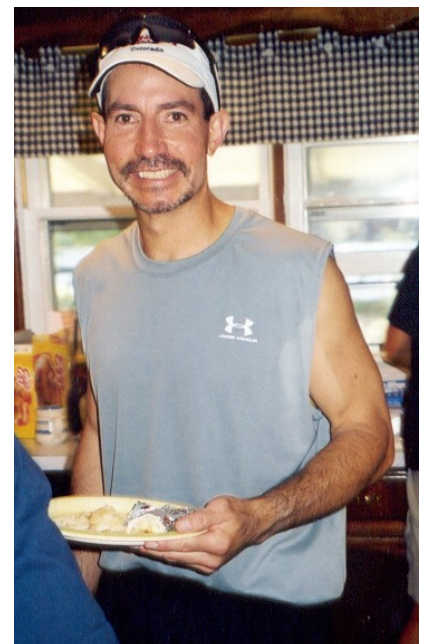
His new job will be demanding, especially at first, but Ben still hopes to participate in SCR activities as time permits.

We hope so. And, thanks Ben!

p.s. Ben recently qualified for the Boston with a 3:26 marathon in Ft Collins.

(Note: some of the above information was "borrowed" from Gary Franchi's *Fit to be Tied* column in the Pueblo Chieftain. See <http://www.socorunners.org/garycols.htm> Also, see Rocky's opening comments in his column on page 4)

Ben gets a plate of food at one of the Predict Pot Lucks



2005 Calendar for the end of June & Beyond *

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

June 2005

Sat 25 Belmont Butt Buster 5M
Prediction Run (c) 8:00 am
1318 Horseshoe Dr, Pueblo
Gina Benfatti - (719)542-5148

July 2005

Sat 02 Women's Distance 5K Walk/Run
Festival (c) 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)
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 5M
3685 Verde Rd (exit 87 off I25)
Prediction Run (c) 7:30 pm
Diana Reno - (719)676-7343

Sat 23 Pioneer Run (a) 5K
7:00 am
Hollydot Golf Course, Colorado City
Shaun Gogarty - (719)676-3353

Sat 23 Grin & Bear It Trail Run 9.3 MI
Crested Butte, CO

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 5M
State Hiway Barn, Cañon City
Prediction Run (c) 7:30 am
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

October 2005

Sat 22 Harvest Poker/Bonfire 5M
Prediction Run (c) 5:00 pm
Lovell Park, Pueblo West
Dave Diaz - (719)564-9303

November 2005

Sat 12 Atalanta Womens' Run 5K
(Run/Walk) (c) 9:00 am
City Park, Pueblo, CO
Stacey Diaz - (719)564-9303

Sat 26 Temple Canyon 4M
Prediction Run (c) 9:00 am
Cañon City
Rich Hadley - (719)784-6514

December 2005

Sat 3 Rock Canyon 13.1M
Half Marathon (c) 9:00 am
City Park, Pueblo, CO
Dave Diaz - (719)564-9303

(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.



The Crested Butte Mountain Runners "Grin and Bear It Trail Run" will be held on July 23, 2005 starting at 9.00am. For entry forms or to register online see: www.cbmountainrunner.org

Here's some marathons of potential future interest:



The Road Runner Akron Marathon is October 1, 2005. According to the website, the race was named one of the "50 great U.S. marathons". in a recently-published book titled, "From Fairbanks to Boston - 50 Great U.S. Marathons."

See:

www.akronmarathon.org

P.F. CHANG'S

The P.F. Chang's Rock 'n' Roll Arizona on January 15, 2006. This is the 3rd annual race and features over 60 live bands. The race takes place in the Phoenix area. See:

www.rnrz.com

On the other hand, if you prefer country music, you may want to consider the Country Music Marathon and 1/2 Marathon on April 29th of 2006. This event takes place in Nashville. See:

www.cmmarathon.com

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 Picnic

NEW TO THE SCHEDULE The **Belmont Buttbuster** will take place at 8am on Saturday, June 25th. It's a good course with a few good hills. Bring your appetite and some food - it's also a pot luck breakfast. See the article on page 6.

On Saturday, July 23rd, you can run the 5k **Pioneer Run** at 7 in the Morning in Colorado City and the **Moonlight Madness** Predict at 7:30 in the evening. The Pioneer Run is at Hollydot golf course. The Moonlight Madness is at Diana Tiffany's house on Verde Road. Take exit 87 from I-25 and head approximately 4 miles east. The Moonlight Madness is a pot luck. We runners love to eat.

The **Beulah Challenge** - always a great race and a model of race organization will take place on Saturday, August 6th. The Beulah Arts & Crafts Show will be within walking distance. See Karin's article on page 6.

PICNIC TIME!!! The annual SCR picnic will take place at the Pueblo Mountain Park in Beulah on the same day as the Beulah Challenge. (August 6th). More info later.



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 July 6th. If you are really planning ahead - see you on August 3rd.

The Final Thoughts... (about walking / running)

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. -Paul Dudley White, physician (1886-1973)

You can out-distance that which is running after you, but not what is running inside you. -Rwandan Proverb

He who would leap high must take a long run. -Danish Proverb

Now, here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that! -Lewis Carroll, mathematician and writer (1832-1898)