





Editors: Ron Dehn & Debra Wall



FOOTPRINTS



Could it be that another month has zoomed by???

The State Fair Edition

Nick and Marijane's Excellent (Las Vegas) Adventure - Coming Soon



MoJo & Nick
foto by franchi

Nick Leyva & Marijane Martinez have been SCR Club members extraordinaire. It is truly an exception to go to an SCR event of any kind, and not find both of

them in attendance. If there's a run going on, they are either running or working somewhere on the course. They attend nearly every club meeting and newsletter stuffing.

Each has served as club president and Marijane (aka MoJo) recently served a term as co-secretary. For several years the N & MJ duo have been race directors for Nick & Marijane's Excellent Adventure Predict Race. Up until a couple years ago, Marijane served as the official race director for the Women's Distance Festival for at least 10 years, and Nick was the unofficial co-race director.

It is tradition for Nick to emcee the annual SCR banquet, the Spring Runoff, and other events.

Nick and MoJo are excellent runners and have a substantial collection of medals, ribbons, and the like. Marijane qualified

for, and ran the Boston Marathon a couple years back. In addition to being excellent runners, both compete well in duathlons and triathlons. They are gifted athletes.

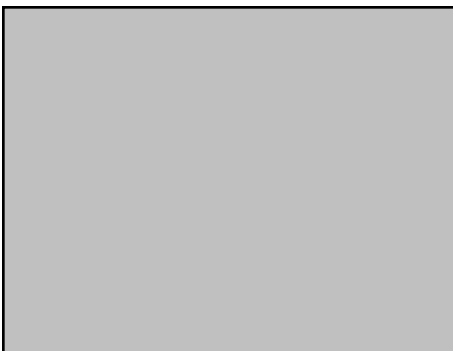
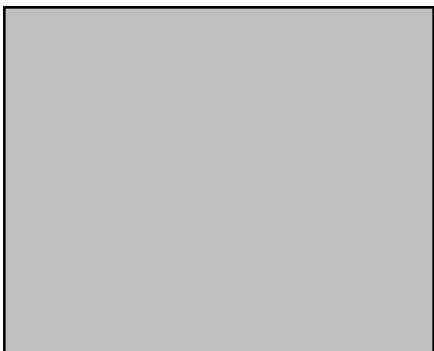
All of that is cool, but most importantly – Nick and Marijane are simply good people. They are the kind of people you want as neighbors, fellow workers, and friends. They lighten your load, and improve a gathering, just by being there.

And so, we wish them bon voyage as they "sail" away to Henderson, Nevada.

Beginning this fall, Nick will be the principal of a 2-year old school in Henderson. School officials have had their eye on Nick for at least a couple years, and just recently coaxed the veteran educator to head up an elementary school of about 700 students.

(Continued on page 8)

PIC-I-NIC
August 6th
After the
Beulah Challenge

SCR Notes from the July, 2005 meeting

Attendance:
Ken Raich, Stan Hren, Dave Diaz, Jeff Arnold, Don Pfost, Lois Pfost, Craig Binkley, Adam Arina, Ruth Ann Rentfrow, Brooke Tibbs, Jacqueline Wall.

Minutes of June Meeting: As printed in July newsletter were approved with one minor correction.

DECA Dash: Brooke Tibbs, DECA officer from Pueblo West High School asked for club assistance at 5 k event to be held Oct 8, 2005. Proceeds will benefit project mercy, a program for Ethiopian children; Brooke was advised by club members to seek help from the school coaching staff and administration in organizing the event. Ron Dehn and Stan Hren will assist at the finish line and the club will provide additional support.

Officer Reports: Treasures report by Dave Diaz was approved as presented.

Newsletter Update: Ron Dehn reported that August newsletter is being compiled on schedule.

Race Reports: Run For Rio: Jeff Arnold reported that while numbers were down, it was a successful race with good volunteers from Rye High School.

Belmont Butt Buster: Was a successful event with 24 participants.
Women's Distance Festival: had

14-16 runners, 4 walkers. Excellent shirts and awards.

Upcoming Races: Pioneer Run: Will be held July 23, 2005 at Colo City to benefit summer camp for Rye students.

Moonlight Madness: Prediction run to be held on July 23, 2005 at 7:30 p.m. **Beulah Challenge:** Exciting new course 10k event to be held on August 6, 2005.

CSU Pueblo Women's Cross Country Team: Craig Binkley, newly hired coach, gave the club an upbeat report on this new program. He reported on recruiting activities and thanked SCR for financial support.

Storage Unit: It was reported that storage unit for SCR equipment was working well and access needs to be controlled.

SCR Picnic: Will be held at Beulah Park on August 6, 2005. Activities will include picnic, ball field, and children's games. More information will be in the newsletter.

Meals On Wheels: SRDA Turkey Trot 5 k run and 1.5 mile walk will be held Oct29, 2005 at Lake Victoria Pavilion SCR will assist at finish line.

Adjournment: Meeting adjourned at 8:15

Respectfully Submitted, Stan Hren

Congrats Humberto

SCR member Humberto Paredes ran a 4:03 marathon in South Africa. His brother Hector ran a 4:33.



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. 280

"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, Lester Tucker*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847
Contributing Writers / Photographers		



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

Cowboy Up and Visit the Gold Dust



217 South Union

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



The Beulah Challenge

By Jeff Arnold



When I told Karin Romero that I would measure the new course for the 2005 edition of the Beulah Challenge, we had a couple of months before the race and I figured I had plenty of chances to get it done. Suddenly I had just three or four possibilities and Beulah was evacuated because of fire threat. But we did get together July 15.

Those who choose to run this summer Classic are in for a, well, challenge. In spite of a massive course change the start and finish lines are in about the same places as in previous year, both near Beulah School. The first two and a half miles is a steady uphill on South Pine Drive to the upper entrance to Pueblo Mountain Park. The good news is that it is shaded. The course continues to climb in the park to about the three mile mark. The good news is that the

roads in the park are fairly smooth dirt and that once it starts down, there's quite a bit of down. For those who like some variety, the good news is that there will be some uphill on Pennsylvania. However, once the race gets to Beulah's main street, it really is all downhill from there. For those who plan to be competitive, some long downhill sprints might be in order.

If the July 15 temperatures are anything to go by, you may want to soak your shirt just before you start. I'm sure Karin's crew will have plenty of water on the course, but it's likely to be above 70 during the race. Sure, the course is hilly, but it's beautiful. There was no evidence of fire when I was there. And on this course the downhill comes at the end.

For those who have been scared off by my description of the race course, there is a 5K walk which shows you some of the same lovely scenery, about half of it. The Beulah Art Show is a short walk from the finish, and the rumor is that the club is having its annual picnic in Pueblo Mountain Park, with food ready to eat at noon.



August Birthdays

1	Zach Heesaker
	Frank Aragon
	Jerry Garcia*
2	Joshua Walker
	Jay Goodman
	James Baldwin*
3	David Sorenson
	Tom Ratzlaff
	Tom Brady*
	SCR Meeting 7pm
4	James Schwartzberger
	Aaron Lopez
	Louis Armstrong*
5	Jerica Khosla
	Jace Khosla
	Neil Armstrong*
	Festival Friday - Arts Ctr
6	Mary Rudolf
	Melissa Van Buskirk
	Kerry Meier
	Lucille Ball*
7	Debra Wall
	Garrison Keillor*
	Family Day at Zoo

9	Dave Diaz
	Whitney Houston*
10	Cathryn Sanchez
	Eddie Fisher*
11	Paula DelPriore
	Ron Dehn
	Alex Haley*
12	Bill DeMoss
	Ross Westley
	Pete Sampras*
13	Don Learned
	Hope Goodman
	Alfred Hitchcock*
14	Frank Lopez-Cepero
	Gus Appenzeller
	Steve Martin*
15	MaryDee Carter
	Napoleon*
16	Jeff Arnold
	Frank Gifford*
17	Gianna Cervone
	Paul Vorndam
	Len Gregory
	Davy Crockett*
18	Melanie Hughes
	Meriwether Lewis*
19	Jordan Montero
	Willie Shoemaker*
21	Jessica Mason

21	Misti Frey
	Kenny Rogers*
22	Diane Archuleta
	Ray Bradbury*
23	Brian Ropp
	Gene Kelly*
24	Cheryl Cook-McCoy
	George Slaughter
	Lou Huie
	Neal Kinsinger
	Cal Ripken Jr.*
25	Taylor Lopez-Ceparo
	Sean Connery*
26	Becky Beard
	Michael Tearpak
	Macaulay Culkin*
	State Fair Starts
27	Grant Schemmel
	Mother Teresa*
28	Michael Bleakley
	Shania Twain*
29	John Vukich
	Brett Lagerblade
	Elliot Gould*
27	State Fair Parade
31	Henry Hund
	Dwight Martinez
	Frank Robinson*

* Honorary SCR Member



Rocky on Fitness

By Rocky Khosla, M.D.



Kool Kayaking with Khosla

I have recently gotten started on a new activity that I am really enjoying, so I thought that I'd write about it. I figured with the opening of the new Kayak course right smack dab in the middle of town, it would be an opportune time to learn a bit about Kayaking, and I am having a great time!

If you are considering doing this, I would strongly advise taking some classes and getting good, dependable equipment. I took my classes through the Edge under the tutelage of Bob Walker and had a great experience. The classes were comprised of 5 to 6 of us, and we spent two days in the pool at CSU-Pueblo, with each session lasting about 2 hours, and then a session on the river. The cost of the lessons was \$150, and all of the equipment needed was supplied, so all you had to do was show up in your swimsuit to the pool. We learned the basics of getting into and out of the Kayak, some basic paddling techniques, and got introduced to the roll (which I still have trouble doing, but I'll get it soon I'm sure).

After the pool sessions, I had the great fortune of getting a one-on-one learning experience with Jay Pluskett as we went on the river from the Pueblo Dam to the Nature center. I was very impressed with how this stretch of the river has been beautifully riverscaped with diagonally placed rock berms that make for fun and exciting kayaking. After the on the river experience I knew that I wanted to keep kayaking, so we went back to the Edge and I bought the complete package, which I will run through next

Going from head-to-toe, we start with a Kayak helmet. Since there are all sorts of obstacles under the surface like rocks, tree limbs, etc you have got to protect your noggin, and so a good fitting Kayak helmet is a must.

Next, I got nose clips, which attach via a tether to the helmet. When approaching a trickier portion of water where you might end up in the drink, these are nice to slip on your nose so you get spared from getting a cold jet of

water up your nose.

I then got a true Kayaker's life jacket. This is probably the most important piece of safety equipment, and it absolutely has to fit you snugly. I also wear a farmer john type of wet suit underneath the life jacket as it provides added insulation if I get into the cold water, not to mention also providing more buoyancy. I also had scuba booties and gloves that I wear.

The next piece of apparel that I got was a skirt! Yes, I got in touch with my feminine side, and got a nice gray, silver form fitting skirt! Now before you get the wrong idea, a skirt is a tube like piece of water-resistant material that has a collar on it to fit the opening to your kayak. Once you are seated in the kayak, you pull the skirt over the opening and it keeps water from getting into the kayak.

I got a Wave Sport Diesel 375 8 foot Kayak, a nice entry-level kayak that weighs about 48 lbs. I have 2 air bladders that fit in the stern compartment that would keep the kayak from sinking even if a bunch of water got in, and I have a carbon fiber oar that has ergonomically bent handgrips that are nice and feel comfortable.

To top things off, I got 2 straps that allow me to secure the kayak to my Suburban, and I was good to go. The whole package cost about \$1800 (without the wet suit, scuba booties, gloves as I already had these). I know it seems pricey, but I think unlike skiing (which is still my favorite sport), you don't have to buy a ticket to get on the river! I could have saved some money by going to REI Coop, etc, but I like supporting local businesses when I can, and feel that the guys at the Edge were super with the classes and the fitting, and will be there for advice should I need it. Also, I believe that Bob Walker, the owner of the Edge was one of the people instrumental in bringing the Kayak water park to fruition, and he deserves our accolades and our business for that!

So if you want to add another activity that lets you enjoy more of the

beauty of living in a great state like Colorado, try your hand at kayaking. Being primarily a runner, it helps to add an activity that gives your upper body a workout occasionally. But remember; get some instruction and good, dependable equipment if you are going to get on the river, because millions of gallons of water will always win if you decide to fight the river. Here's hoping you a safe and happy summer on the ground and in the water!

Sincerely,

Rocky Khosla, M.D.

Stuff (not "Great Stuff" - just stuff)

The Walt Disney World Marathon Weekend.

January 5th through January 8th.

Full marathon and half. Fitness Expo.

Are you Goofy enough to accept the challenge?

Visit

www.disneyworldmarathon.com for more info.

Barbie (the doll) has a last name: Roberts. Ken's last name is Carson.

I know what I was feelin'
But what was I thinkin'?

From the song: *What was I thinkin'?*
by Dierks Bentley



Great Stuff

by Gary Franchi

Taking a Tour with Lance

Thought for today's lunch, compliments of the late Orson Welles: "Ask not what you can do for your country, ask what's for lunch."

Musings about running, fitness and life:

I sure am a sucker for the Tour de France. Hey, what can I say – I can't get enough of it. This happens every year, or at least since Lance Armstrong has been winning the Tour.

Mostly, I really find it hard to believe that a group of around 180 cyclists can travel 120 miles on any given day at speeds sometimes close to 30 miles per hour and have the winner determined by a sprint finish. And then do it all again the next day.

Also, how can they climb up those mountains for miles at a time? How can there be that much talent out there? How can Lance be so dominant? And why couldn't I have been given a little of that talent? I'd settle for a smidgen, even now. Please.

Anyway, it's that time of year when, once again, I am consumed with Tour de France thoughts while my fingers touch the keyboard keys. Included in the gobs of Tour and Lance reading material that I've been inhaling recently are some gems that I feel are worth sharing with you. Hope you enjoy the ride as much as I have:

- The Discovery Channel provided Lance's team with Trek Madone 5.9 bicycles that cost about \$5,169 each. They also have a Madone SL5.9 climbing bike that costs roughly \$5,400 each. They have a specially-designed bike for time trials.

- The Discovery team has a budget of \$15 million. It is believed that only one other team in the Tour de France has a higher budget.

- OLN-TV had 195 hours of Tour de France coverage last year. This year, it scheduled more than 300 hours of programming from July 2 - 24.

- Tour de France cyclists ride for about 3 hours on rest days between

stage races.

- Like hills? This year's Tour de France had climbs totaling 112,595 feet.

- The finish line in each Tour de France stage was equipped with 2 super cameras that could shoot as many as 5,000 images per second. That's how they determine the official placing of riders in those packs at the finish.

And now a few words about Lance Armstrong:

- The cyclometer on Lance's Trek bike has 57 functions.

- Lance's meals during the Tour de France consist of about 70% carbohydrates, 15% fat and 15% protein. He weighs his food before each meal.

- Armstrong consumes about 6,000 calories on long race days.

- Armstrong's heart is twice as powerful as the average person's, and his VO2 max (maximum oxygen consumption, expressed as milliliters of oxygen per kilo of body weight per minute) is just about off the charts, according to Chris Carmichael's website on training.

- In recent years, Armstrong spent 355 days per year on his bicycle.

- Over the years, Armstrong averaged about 700 miles per week riding when training for the Tour de France.

- Armstrong won the Iron Kids Triathlon at the age of 13 and became a professional when he was only 16 years old.

- During his senior year of high school, Armstrong trained with the U.S. Olympic cycling developmental team in Colorado Springs.



OK, enough on Lance and the Tour. There's one more topic to explore.

It seems that Denver is determined to take a shot at hosting another marathon. This time, city planners in Denver, Aurora and Lake-

wood are teaming to organize a Colfax Avenue Marathon on May 21, 2006.

The race will start in Aurora and finish in Lakewood, taking a side trip through City Park along the way. The idea is to showcase businesses along the strip.

This reminds me that Las Vegas recently announced that it is axing the marathon, half-marathon and 5K that it hosted annually in late January or early February in favor of having an early December marathon down the Las Vegas Strip and through the downtown Fremont State before returning to and finishing on the Strip.

Let's see, one has bright, neon lights and the other has its share of, uh, shall we say red lights? No, the Colfax Avenue marathon won't have the vistas, but you still have to credit those city planners for their revitalization dreams. And besides, that gives area runners another marathon option close to home.

Ten things I was just wondering:

1. Why is every Eddy referred to as "Fast Eddy?" Aren't there any slow Eddys around?

2. How long is it going to take before they make the Ride the Rockies a fund-raising event for charity?

3. Isn't it fun trying to turn around to look behind you when you are wearing your seat belt and trying to back into a parking space?

4. Why do some people go to a restaurant with a friend when all they want to do there is talk on their cell phones?

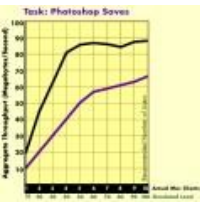
5. Why can't gas tanks all be in the same location on all cars?

6. If you normally purchase your vehicle's gasoline with cash, don'tcha hate gas stations that require prepaid cash payments?

7. A recent survey showed that 66% of Americans do not exercise at all. Let me guess: Could they be the ones who are keeping the manufacturers of Fiddle Faddle and Twinkies in business?

8. Just about anything is avail-

(Continued on page 8)



The Predict Series

Pueblo West Cross Country runner Matt Drake led the pack at the Belmont Butt Buster with a prediction variance of .08 seconds. Humberto Paredes was less than 1 second off, but had to settle for 2nd. How often does that happen?

MoJo currently owns the series lead, but will no doubt have trouble making many more of the races. (see cover story)

My money for 2005 is on Don Pfost. Don had an excellent predict season in '04, and is lurking right behind the leaders in '05. But - Don has only 4 races completed, so with one good race, He will likely be at the top of the heap.

Other runners to watch are Larry Volk, Dave Diaz, Steve Wall, Emily Borrego, Gary Franchi, Carrie Slover, and everybody else.

The Predict Series is roughly half over, so anything can happen. Each runner in the above paragraph has put together at least 2 good races, and could easily be collecting 1st place next January.

But - no matter what happens with respect to standings, this series is quite enjoyable. It gives club members an opportunity to run together, enjoy some friendly competition, and oftentimes eat. The runs are varied in length and terrain.

The Tunnel Drive run on August 27th is one of the more scenic events, and is headed up by Deb and Rich Hadley. Much of the course overlooks the Arkansas River, and yes, there are tunnels.

To get to the race from Pueblo, take Highway 50 west through Canon City. Go past Veteran's Park (last chance for a rest room if you need one before the run). Continue past the prison and the power plant. At the state highway barn (located on your right) - be looking for the parking lot located on your left—right about where highway 50 curves to the right. Park in the lot. If you see the PCC extension office or Salida—you have gone too far, and much too far.



Scenes from the Butt Buster
(clockwise from upper right)

Dependable Ken Raich did results
Emily Borrego eats healthy
Mary Rudolf, Diana Tiffany, Angelo Aragon,
& Frank Aragon relax after the run

Above - A Family Affair
Angela & Gina Benfatti
John Neari & Vinnie (Gina's Dad & Son)
Vince (Gina's husband) helped put on the
event, but our camera missed him.





The Predict Series Standings

Name	Spg R'Off	Ben & Matt's	Rams 8K	Yap Dog	Butt Bstr	Tot Pts	Best 5 Races
Marjane Martinez	83.33	83.33	60.00	27.78	70.83	325.28	325.28
Hilda Garcia	88.89	41.67	20.00	16.67	4.17	171.39	171.39
Don Pfost	97.22		65.00	55.56	87.50	305.28	
Larry Volk	77.78	45.83	95.00	38.89		257.50	
Dave Diaz	100.00	100.00	25.00	22.22		247.22	
Sandy Reinsch	44.44	91.67	40.00		62.50	238.61	
Emily Borrego		58.33	85.00		79.17	222.50	
Humberto Parades	63.89	62.50			95.83	222.22	
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	
Ron Dehn			100.00	44.44	58.33	202.78	
Steve Wall				100.00	91.67	191.67	
Ben Valdez	47.22	50.00	75.00		8.33	180.56	
Jeremy Keener		79.17	50.00	11.11	37.50	177.78	
Mary Rudolf	5.56	75.00	80.00		16.67	177.22	
Nick Leyva	55.56	16.67		83.33	20.83	176.39	
Gary Franchi	91.67			77.78		169.44	
Carrie Slover		70.83		94.44		165.28	
Mary Simmons	72.22		55.00		12.50	139.72	
Angelo Aragon	33.33	25.00			75.00	133.33	
Bill Veges	61.11			72.22		133.33	
Rusty Smith		20.83			83.33	104.17	
Matt Sherman	69.44	33.33				102.78	
Matt Drake					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	
Paul DallaGuardia	80.56					80.56	
Diana Tiffany				50.00	29.17	79.17	
Joe Bulow	30.56				45.83	76.39	
Frank Aragon	8.33				66.67	75.00	
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	
Anthony Diaz		54.17				54.17	
Gina Benfatti					54.17	54.17	
Melinda Orendorff	11.11	12.50		5.56	25.00	54.17	
Phil Quattlebaum	52.78					52.78	
Jeff Arnold	50.00					50.00	
Wendy Bulow					50.00	50.00	
Aaron Levinson			5.00		41.67	46.67	

Name	Spg R'Off	Ben & Matt's	Rams 8K	Yap Dog	Butt Bstr	Tot Pts
Chief Reno	41.67					41.67
Meryl Dohrmann	38.89					38.89
Becky Medina	36.11					36.11
Jacqueline Wall					33.33	33.33
Mike Archuleta	27.78					27.78
Robert Santoyo	16.67		10.00			26.67
Paula DelPriore	25.00					25.00
Todd Hughes			15.00			15.00
Debra Wall	13.89					13.89
Jack Janney		8.33				8.33
Robert O'Callaghan		4.17				4.17
Dwight Martinez	2.78					2.78



Diana Tiffany,
Mary Rudolf,
and Sandy Reinsch
study the results after the
Butt Buster

(Nick & Marijane, Continued from page 1)

I had the honor of working with Marijane for several years at CSU-Pueblo / USC. In 1987 the two of us, along with some co-workers, convinced our administrators that the university should enter a team in the annual YMCA Corporate Cup. The university has participated every year since, and has also been a sponsor for most of those years. Since 1987, MoJo has served in a number of capacities including: team director, event coordinator, participant, volunteer, and gopher. Nick has been equally active in the Corporate Cup for District 60 for several years.



After a recent Predict Race & at the Valentine's Twosome

I've run with Nick, but only if he is taking it easy, otherwise I can't begin to keep up with him. When I'm in shape, I can run along side Marijane, but only if I work hard. I'm not good at setting my own pace, so I count on her to set the speed, and we've run tons of races together from the Corporate Cup 1-mile to the Rock Canyon Half Marathon. We've also taken many lunchtime runs with our university buddies on the trails around CSU-Pueblo.

Nick and Marijane - on behalf of SCR – many thanks to both of you. You've done so much for the club. We hope that you'll visit Pueblo from time to time, and who knows – maybe 40 or 50 of us will charter a bus and head for the flashing lights in the desert. Got room?



MoJo Showed off her pedicure after the Butt Buster

We'll print most anything

THANKS

THANKS to our volunteers at:

The Women's Distance Festival 5K Run & 5K Walk held July 2 at City Park in Pueblo. Race Director: Diana Tiffany, Registration: Ruth McDonald, Setup: Mary Rudolf, Finish Line: Dave Diaz, Don Pfof, Nick Leyva, Misti Frey, Bill Veges, Results: Karin Kyte Romero, Ken Raich, Course: Jeff Arnold

The Belmont Butt Buster 5-Mile Prediction Race was held June 25 in Pueblo. Race Director: Gina Benfatti, Aid Station: Vince Benfatti, Kitchen Duty: Pixie Raich Finish Line: Lois Pfof, Ken Raich

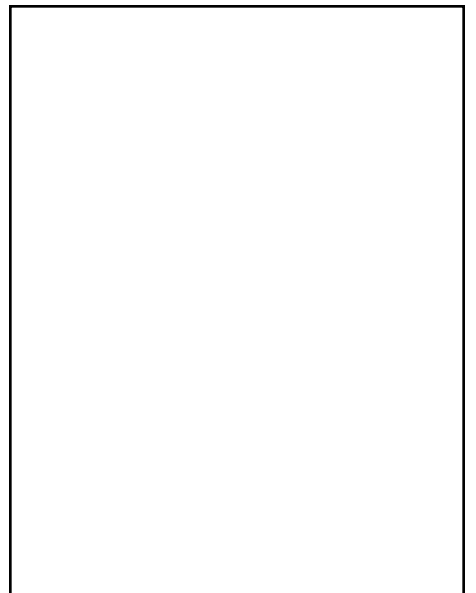
(Great Stuff Continued from page 5)

able on eBay, but is there someone out there who would actually pay \$26 for a "Vintage 1954 Running of the Bulls – Pamplona Spain" video?

9. Would we be better runners if we did more training instead of reading about how to train?

10. Would we be better cyclists if we did more training during the time we spent watching the Tour de France?

Until next month, cycling fans, give thanks to Outdoor Life Network.





Women's Distance Festival Results



	Name	Age	PI	Div	Town	Time	Pace
5k Run							
1	Stacey Diaz	44	1	Overall	Pueblo	23:05	7:26
2	Carrie L Slover	52	1	50-59	Pueblo	23:34	7:35
3	Terri Tibbs	41	1	40-49	Pueblo West	23:57	7:43
4	Diane Lopez	47	2	40-49	Pueblo	24:30	7:53
5	Sandy Reinsch	32	1	30-39	Pueblo	24:37	7:55
6	Hilda Lucille Garcia	49	3	40-49	Pueblo	24:52	8:00
7	Marjane Martinez	53	2	50-59	Pueblo	25:13	8:07
8	Joan Sindler	50	3	50-59	Canon City	25:37	8:15
9	Jerica Khosla	13	1	13-15	Pueblo	25:50	8:19
10	Laura Schilf	43	4	40-49	Canon City	26:28	8:31
11	Mary Rudolf	49	5	40-49	Pueblo	26:37	8:34
12	Adriana M Arteaga	24	1	20-29	Pueblo	27:08	8:44
13	Gina M Benfatti	44	6	40-49	Pueblo	27:11	8:45
14	Melinda Orendorff	53	4	50-59	Pueblo	27:22	8:48
15	Angelique Espinoza	34	2	30-39	Iorado City	28:24	9:08
16	Maria Elena Weaver	45	7	40-49	Canon City	29:02	9:21
17	Ruth Ann Rentfrow	64	1	60+	Falls Church VA	36:16	11:40
18	Jeanine Cady	36	3	30-39	Pueblo West	42:44	13:45
5k Walk							
1	Ida Mae Martin	66	1	Overall	Walsenburg	38:46	12:29
2	Bernadette Mattson	48	1	40-49	Pueblo	41:01	13:12
3	Amy L Pauli	45	2	40-49	Pueblo	43:23	13:58
4	Lois H Pfost	63	1	60+	Pueblo	46:28	14:57



Upper Left: Carrie Slover & Stacey Diaz, 2nd and 1st OA WDF Runners
 Left: Ida Mae Martin, 1st OA WDF Walker

Below: Some of the SCR Gang at the Bolder Boulder





Ramblin

By Ron Dehn



Catchin' up with some mini-rambles

It's been a while since I've written a column, but due to the letters and phone calls providing encouragement (thanks Mom), it's about time to hit the keyboard with some Mini-Rambles.

Runnin' with Rylan

A few months back, I took our grandson Rylan for a run. He was 2 ½ at the time and I put him in the 3-wheeler. After about 2 miles, he said, "I want out Papa." He then proceeded to run with me. We ran his pace of course, and went about a mile. Then he wanted to push the 3 wheeler. He did this for another half mile. By then, we were almost to his house, so he hopped in for the duration.

Rylan loves to run. When he comes to our house, he wants to run laps in the yard. Day or night. And he won't let me just walk fast. If I try to get away with it, he tells me "Run, Papa", and watches to make sure I'm jogging.

He has the right idea. He runs because it is fun.



Runnin' with deer.

A couple months back, I went out for an early evening run on the trails. About a mile and a half into the run, I looked up and saw a deer emerging from a ravine just ahead of me. I try not to spook deer when I see them, so I stopped to watch her. Another deer followed, then an-

other, until seven deer crossed the path. I let them get out of sight, then resumed my run.

Two nights later, I ran the same route. I saw one deer about 2 miles into the run. She appeared to be alone. I was a bit disappointed that I had seen only one, but continued on the 5-mile loop and soon headed home. It was nearly dark, and I was running on the street to our house. I heard a noise ahead, and realized that a group of five deer were no more than 100 yards from our front porch. I stopped and one doe was more curious than usual. We watched each other and I talked to her for about five minutes before they slowly walked away.

Our daughter Melissa thought it a bit strange that I actually stopped to talk with a deer, but by now she's used to me being strange.

It's a small world.

While on our vacation in May, we went to Pike Place Market in Seattle. While walking among the thousands of visitors, I ran into Andy Ballou, Mary Lou Henson, and Tim and Sheila Spiro. Andy was active in SCR for many years, and served as race director for the Spring Runoff for a long long time. He also was the main player in providing computer support for the Corporate Cup for at least 10 years. Mary Lou now lives in the Denver area, but worked at the YMCA for several years and was a regular volunteer at the Y sponsored events such as the Corporate Cup, the Pueblo Marathon, etc, etc. Tim and Sheila lived in Pueblo at one time, and Tim was a physician who got into sports medicine, way back when that term was being coined. It's a small world.

Snake update.

Some of you may remember my several encounters with snakes on the trails last year. Since spring this year, I've been running wider trails and more asphalt than usual, just to avoid snakes. Well -

this worked, sort of. I have not seen any snakes on the trails, but we have had 2 slithery visitors to our house. The first was a small bullsnake curled up on our front porch. My wife Chris found him, and that event is a whole story in itself.

The second visitor was a mid-sized bullsnake looking for prey in our basement. Unfortunately he/she had found a sticky glue mouse trap (minus the mouse) and found out how sticky those things really are. Melissa is VERY "respectful" of snakes, but she and I both felt sorry for our house guest. We took the snake and the trap outside and proceeded to cut away as much cardboard from the trap as possible. This was especially difficult because Melissa refused to touch the snake or the cardboard. The scared bullsnake squirmed the whole time too. There was no way to remove all the cardboard without killing the snake, so we eventually turned him loose in the prairie across the street and hoped for the best.

Anyway – Mom I hope you enjoy.

To Ponder

In our every deliberation, we must consider the impact of our decisions on the next seven generations. -Iroquois Nation Maxim

Definition

sudoriferous (soo-duh-RIF-uhr-rus)
adjective Sweaty or sweat producing.

[From Late Latin sudorifer, from Latin sudor sweat, from sudare (to sweat), ultimately from Indo-European root sweid- (to sweat) that also resulted in words sweat and exude.]

From "A Word A Day", see: <http://wordsmith.org/>

2005 Calendar for August & Beyond *

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

AUGUST

Sat 6	Beulah Challenge (a)	10K Run/5K walk 8:00 am	Beulah School, Beulah 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
Sun 21	Pikes Peak Marathon	26.21 MI	Manitou Springs
Sat 27	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514

SEPTEMBER

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

OCTOBER

Sat 22	Harvest Poker/Bonfire Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West Dave Diaz - (719)564-9303
Sat 29	SRDA Turkey Trot 5K Run/1.5M Walk (c) Benefit for Meals on Wheels	5K 8:00 am	Pavilion on Lake Victoria, Riverwalk, Pueblo Information - (719)545-8900

NOVEMBER

Sat 12	Atalanta Womens' Run (Run/Walk) (c)	5K 9:00 am	City Park, Pueblo Stacey Diaz - (719)564-9303
Sat 26	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514

DECEMBER

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



Runners,

This year's Rim Rock Run, the 37k run over the Colorado National Monument will be held on Saturday, November 12.

The RRCA has designated the RRR the Colorado State Championship 37k. Colorado Runner magazine has included it as this year's last race in their Point Series.

The race course is one of America's most scenic runs. It takes you from high desert through redrock canyons, majestic mesas and towering rock monoliths. It is a challenging course from gate to gate on paved Rimrock drive in western Colorado just minutes south of Grand Junction.

Check out www.rimrockrun.org to find out more information and to sign up for the race.

Katie Hill, Race Director



Comrades:

Check out this. The LV marathon has a new date, course, etc. No more half-marathon and no more 5K. It's on December 4. Got this from the website:

--
New Las Vegas Marathon
Weekend Schedule

Friday, December 2, 2005
New Las Vegas
Marathon Expo opens
(Time and location to be
announced)

Saturday, December 3,
2005

New Las Vegas
Marathon Expo continues
(Time and location to be
announced)

Pasta Party (Time
and location to be an-
nounced)

Sunday, December 4, 2005
New Las Vegas

Marathon starts in front of
the Mandalay Bay Hotel
and Casino at 6:00 am

Post Race Concert
(Time, location and head-
liner to be announced)

--
Race capped at 15,000
runners.
Go to the website to learn
more.

See: [http://
www.lvmarathon.com/](http://www.lvmarathon.com/)

Mr. G



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 Picnic

The Beulah Challenge - August 6th.

This is a great run. It is extremely well organized, is a great course, is within walking distance of the Arts & Crafts Fair, and is right down the road from the SCR Annual Picnic. Karin Romero is the race director and always does a terrific job. This year marks the 7th running, but there was a 2 year break since the last Challenge. Another important note: 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.

Speaking of the SCR Picnic...

The annual picnic will take place on August 6th after the Beulah Challenge at Pueblo Mountain Park in Beulah. The festivities start around 11 and we will eat around noon. We will set up near the ball field. Look for SCR signs and tired runners. We hope to play some softball, so bring gloves, bats, and a softball.

The Tunnel Drive 5 Mile Predict - August 27th.

This is a beautiful and scenic run. The race starts at the Canon City State Highway Barn. From Pueblo, take Highway 50 west through Canon City. Go past Veteran's Park (last chance for a rest room if you need one before the run). Continue past the prison and the power plant. At the state highway barn (located on your right) - be looking for the parking lot located on your left— just about where highway 50 curves to the right. Park in the lot. If you see the PCC extension office turn around - you have gone too far.

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 August 3rd. If you are really planning ahead - see you on September 7th.

The Final Thoughts...

One day's exposure to mountains is better than cartloads of books. See how willingly Nature poses herself upon photographers' plates. No earthly chemicals are so sensitive as those of the human soul. -John Muir, naturalist, explorer, and writer (1838-1914)

It is a glorious thing to be indifferent to suffering, but only to one's own suffering. -Robert Lynd, writer (1879-1949)

He that would be a leader must be a bridge. -Welsh proverb

English? Who needs that? I'm never going to England! - Homer Simpson