



Editors: Ron Dehn & Debra Wall

FOOTPRINTS



Like the poker player says, "read it and weep"

The Back to School Edition

The Beulah Challenge



Yes, The Beulah Challenge is back. On August 6th, nearly 150 walkers and runners crossed the finish line on a great and challenging new course. Some faces we recognized at the start include: Dave Diaz, Chris Hulett, Gus Appenzeller, Mac Singer, Dave VanManen, Gil Romero, Jeremy & Aaron Rochester, Carrie Slover, Stacey Diaz, Steve Wall, Ron Dehn, Jonathan & Lou Huie, Jeff Arnold, Rich Hadley, and if you get out your magnifying glass, you will probably be able to name a dozen others.

After the event, several runners and walkers visited the Beulah Arts Show. And then, SCR members gathered for the annual picnic just up the road in Pueblo Mountain Park. See page 10 for the story and more photos.

**The Hot to Trot
Is Back
Page 8**

**Sidney Arnold
In the Spotlight
Page 9**

**The DECA Dash
Page 9**



SCR Notes from the August, 2005 meeting

ATTENDANCE: Gary Franchi, Rich Hadley, Stan Hren, Ken Raich, Terry Cathcart, Jeff Arnold, Adam Arina, Dave Diaz, Karen Kyte Romero, Jacqueline Wall, Angelo Aragon

MINUTES OF JULY 2005 MEETING: As printed in the August newsletter were approved.

SPECIAL GUESTS: Tamara Moore, YMCA Program Director reported on upcoming corporate cup. 5km event to be held as CSU Pueblo on September 24, 2005 and 1 mile event at Colo State Fairgrounds on September 29, 2005 and the bike event at industrial park on October 9, 2005. Victoria Herrera was introduced as YMCA Health & Fitness Director.

OFFICER REPORTS: TREASURE REPORT: Was approved as presented by Dave Diaz. Ken Raich reported that his program is being utilized in new chip timing program. The chips are disposable and attached to bib numbers.

RACE RECAPS: MOONLIGHT MADNESS: A successful event with 13 entrants on a hot & windy day.

PIONEER RUN: Jeff Arnold reported about event, with some discussion about change of course for next year.

UPCOMING RACES: BEULAH CHALLENGE: Karen Kyte Romero displayed beautiful awards to

be given at this event, with about 40 runners and 40 walkers registered to date.

TUNNEL DRIVE PREDICTION RUN: Rich Hadley reported all on schedule for this August 27, 2005 event.

PUEBLO TRIBUTE RUN: Dave Diaz reported that entry forms will be in September's newsletter.

ACTIVITY RECAPS/ UPDATES/ REVISITS: SCR PICNIC: All is ready for event to be held on Saturday August 6, 2005.

DECA DASH: Gary Franchi reported that Brooke Tibbs has organized the event to be held on Dirt Trail behind Pueblo West High School on October 8, 2005.

CSU WOMEN'S CROSS COUNTRY TEAM: Motion was passed unanimously to donate \$500.00 for this program.

ADJOURNMENT: Meeting adjourned at 8:15

Respectfully Submitted Stan Hren

Yes, we did have a club picnic on August 6th, right after the Beulah Challenge. BUT - this issue was so full, we'll have to wait until next month for photos



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. 281

"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

Gary Franchi, Rocky Khosla, Shaun Gogarty

Jeff Arnold, Brooke Tibbs, Karin Romero, Stacey Diaz

SCR meetings generally are held the first Wednesday of each month at the Pueblo YMCA in downtown Pueblo. All SCR members are welcome and may bring family, relatives, and pets, as long as he/she also brings treats for all members.

ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.

*Lester Tucker of Grand Prairie, Texas owns the world record for eating 42 quail eggs in 60 seconds. Not as easy as it sounds because the eggs are pickled in hot sauce. Lester works for a telephone company and has won the championship seven years in a row.



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

Next time you feel like prospecting for golden fries



Visit
The Gold
Dust

217 South Union



Great Stuff

by Gary Franchi

Is Pueblo a Great Running City?



Thought for today's lunch, compliments of actress Rue McClanahan: "Don't trot off into the sunset. Age disgracefully."

Musings about running, fitness and life:

Well, I must say that I am a bit mystified, and it's not because I'm wondering why my checkbook is so low again this month.

No, it's because I'm finally getting around to reading the July issue of Runner's World magazine that rates the 25 best running cities in America. And although I keep going over the list, I still don't see Pueblo in it.

Boulder is in there at No. 7. Denver is No. 9. There's Colorado Springs at No. 14. And to prove this list isn't totally restricted to cities with a huge gaggle of people, Fort Collins comes in at No. 25 -- and kudos to Pueblo native Steve Cathcart for having his Runners Roost there called the city's favorite running shoe store.

In case you are interested, and even if you are not, San Francisco is rated the best running city in the U.S. of A. Let me stress that I don't think the fact that the author of the article has lived most of his life in San Francisco has anything to do with the ranking. Of course not.

Being curious enough about the ranking qualifications, I learned that it was based on these factors:

- Number of running clubs and races in each city
- Available park area for runners

- Average precipitation and temperature levels

- Crime rate

- Popularity of running

Correct me if I'm wrong here, but don't some of those criteria sound a bit like a "quantity vs. quality" type of thing?

I mean, what's more important, having a bunch of running clubs or having one great one like Pueblo has? Who gets more done than the Southern Colorado Runners? What club helps more

organizations put on quality events, whether it's the YMCA's Corporate Cup or fund-raising groups like Parkview Hospital? What group supports more youth runners financially? And, most important, what club contributes most to the economic stability of its watering holes?

It's the same thing with the number of races. Would you rather have the 40 races that Denver is listed as having or a few fantastic ones like the Spring Runoff, Rock Canyon Half-Marathon, two women-only races and our socially uplifting Prediction Series races that promote schmoozing and fine dining?

Meanwhile, I don't know why "available park area" is considered so important in the rankings, but, what better parks to run in and around than our City Park and Mineral Palace Park? Besides, wouldn't "nice available running locations" have been a better criteria? Hint: Think of our River Trail system, the mesa above the Nature Center, the trails being developed south of the reservoir, the private property on the Baculite Mesa, etc.

Now, in terms of precipitation and temperature levels, can you really beat Pueblo's weather for running? Does Anchorage, Alaska (No. 16 on the list) get even close to 300+ days of sunshine? I don't think so. Does Colorado Springs enjoy the weather that Pueblo does in its banana belt? Get serious, snow blower users!

Regarding the subject of crime, do cities with the murder statistics of Washington, D.C. (No. 5), New York City (No. 3) and Philadelphia (No. 13) really have less criminal activity than Pueblo with its petty window-smashing vandals and nickel bag marijuana dealers? Don't even try to go there, Bubba!

Finally, if they're talking about cities that have a large population of runners, they need to figure it on a per-capita basis. Sure, the bigger cities have more total runners. But how about ranking them on a percentage of total population? If you're trying to tell me that, say,

weather-challenged Madison, Wis. (No. 23) has a higher percentage of runners than Pueblo, I ain't buyin' it.

Where did Runner's World come up with such a list? Well, I'm reading the article again, and it notes that the magazine polled more than 1,300 runners. Did you get a call? Do you think Rod Slyhoff at the Greater Pueblo Chamber of Commerce got a call? How about Ruth or Shelley at the Gold Dust, or the president of the Southern Colorado Runners? No, no, no and no.

So what are we to think of the Runner's World list?

Well, it has nice pictures of runners in some of the cities. It helps fill pages in the magazine. It's got a nice photo of the Garden of the Gods that is sure to attract some tourists to Colorado, which will help the state's tax base and help fund higher education and, in turn, help me stay employed.

Oh, and it gave me something to write about.

Ten things I was just wondering:

1. Why does the ASICS shoe company always tell us that we have to "size up" one-half or a full size? Why doesn't it just eliminate this major hassle by making its shoes the same sizes as all the other shoe companies?

2. If backpacks are outlawed in public transit, will only outlaws wear backpacks in public transit?

3. Doesn't it sometimes seem that cell phones have more "dead zones" than "live zones"?

4. Why do so many ink pens need to be "primed" before they work? Can't these companies figure out how to make them work with the first stroke?

5. Concerning computer "tech support," does anyone actually work there?

6. Wouldn't it be nice if we could all pay per cable channel and have 90 percent of the rest of them eventually disappear forever?

7. If someone isn't "worth his

(Continued on page 15)



Ramblin'

by Ron Dehn

It was a Dark and Stormy Day



It has become tradition for Shaun Gogarty to write about predicaments that intertwine with his running experiences. True, I'm not as adventurous as Shaun, but I did get into a bit of a fix today, and even though my story ends with "they all lived happily ever after", there were several moments, that I had doubts.

My training for the Pikes Peak Ascent has been shall we say, "moderate". In addition to my Pueblo West running, I did have the opportunity to run in altitude a few times. I ran in Granby, Cripple Creek, Vail, and in the Sangre de Cristos above Westcliffe. I also did some hiking on West Spanish but did not actually step onto the Barr Trail until July.

So in July, I made a couple trips up the trail, but turned around before Barr Camp. So, with one exception, all of my training had been below 10,000 feet.

So, I thought it a good idea to train at higher altitude. In previous years, I've driven the Pikes Peak highway to the summit and ran to A-Frame (3 miles one-way) or beyond and then "ran" the return trip.

The summit can be chilly and sometimes windy, so I don't like to start too early. I got to the toll booth shortly after 9am. The sign said the temperature at the top was 44 degrees, but the attendant said that was probably an exaggeration, and it was probably not that warm.

The weather report indicated a change in weather for late afternoon, but I planned to be back in Pueblo West before then.

About half way up the road, traffic was being stopped due to construction. I figured they were finally putting in guard rails. Wrong – they are putting in a water drainage system. The delay was supposed to be up to 30 minutes. I parked, walked around, and took a short snooze in my truck. Traffic started moving about an hour and a quarter later.

As I drove up the road, black clouds began to form above. This was not a good sign. I was greeted at the top by sleet and thunder. I figured I'd wait it out.

I ate a snack and sure enough, the clouds began to break close to an hour later. I started down the mountain around noon. Much later than I'd planned, but the sky was blue.

About 2 miles down, the clouds began to move in, but I was facing east and looking at the sunny landscape before me. It's too soon for another storm, I thought. I'll go to A-Frame, and then turn around. At A-Frame, I looked at the sky again, and it was darker, but not menacing, so I continued for another half mile and then turned around.

It is amazing how much things change when you are running uphill and facing the clouds. Even though I've been on the Peak many times, it still comes as a shock to me how much more difficult it is to run up than run down.

They say wait 15 minutes and Colorado weather will change. I took off my sunglasses at timberline. Things were looking ominous but still OK at the 2 mile mark; but it was there that the sound effects began to start. I tried to pick up my speed, but speed is not a word I use at 13,000 feet and going uphill. I saw one set of hikers huddling under a large rock. We chatted for a minute, but I thought it better to try to get off the mountain before things got worse. I was probably a mile and a quarter from the top when the lightning really got my attention. And again!

I started looking for shelter and trying to make myself small. I found a low rock among higher ones and crawled under. The opening was a tad small, so I moved a half dozen softball sized rocks to make a bit more room. I laid down so I could get most of my body under the rock. It was raining and my legs were getting

wet. Fortunately I tend to carry more clothes than I normally need, so I took out my nylon shell and put it over my legs. It got colder, so I curled up to conserve heat. I had another layer in my fanny pack, but things were too tight to maneuver, so I left it in the pack. Besides, I was using the pack for a pillow. (note: lying down was probably not a good idea – see the related article containing lightning safety tips.)

The weather is supposed to change again in 15 minutes. Right? I laid there and watched the lightning in the east and hoped "my cloud" was moving in that direction. There was not much of a wind, so the storm moved pretty slowly. After about 20 minutes I realized that I was getting cold. I began to think about options. Going up seemed to be the best option if the lightning would let up.

About 15 minutes later, I decided that there were now more rumbles than crashes, so I left my little shelter and headed up. I was constantly looking for low lying places to hide and took brief refuge in a few of them. The last mile is steep and rocky, and I was tired, but I tried to summon the adrenalin. I did pass a couple hikers who, like me, were "hop scotching" between "shelters".

There's not much cover once you hit the 16 Golden Stairs, so I made the commitment. The Stairs start about a half mile from the summit, but given my mix of fatigue and adrenalin, I was still 12 to 15 minutes from Summit House. (Many of you could do this much faster, but if you haven't run uphill at 14,000 feet, you might be surprised.) At this point there were rumbles in the sky, but lightning flashes didn't seem to be in the immediate area. At least, that's what I told myself.

Eventually Summit House. Whew!

Most stories have a lesson. This one has a LESSON.

(Continued on page 5)



Lightning Tips

by Ron Dehn



After my little adventure, (see this month's Ramblin' column), I thought it would be a good idea to do a little research and share some tips with the readers. These tips are from a combination of several websites including: Okeechobee County Emergency Management, FEMA, KRDO TV, the National Weather Service, the Sierra Club, the National Lightning Safety Institute, and the Pikes Peak Ascent / Marathon booklet

There are an average of 67 documented deaths in the U.S. each year due to lightning. This is actually higher than the average number of deaths caused by either tornados or hurricanes.

In an average Colorado summer, lightning kills 3 people and injures 13.

As with most of life's problems, prevention of a problem is far superior to solving it. In short, avoid a dangerous lightning situation. However, here are some tips, just in case.

- If outside, get inside a building or an all-metal vehicle (not a convertible) and roll up the windows.
- Avoid leaning against vehicles. Get off bicycles and motorcycles.
- Avoid being the tallest object in the area. If only isolated trees are nearby, crouch on the balls of your feet in the open, keeping twice as far away from a tree as it is tall. Keep your feet together if possible.
- Plant your feet on anything that will insulate you from the ground (jacket, pack, etc).
- If in the woods, find an area protected by low clump of trees --never stand underneath a single large tree in the open.
- Avoid contact between hands and ground.
- Avoid hilltops and open spaces.
- If you are isolated in a level

field or prairie and you feel your hair stand on end (which indicates that lightning is about to strike), bend forward, putting your hands on your knees. A position with feet together and crouching while removing all metal objects is recommended. Do not lie flat on the ground.

- If you are in a group, keep separated by at ten to fifteen feet. If one member is struck, the others should provide CPR if necessary. Lightning victims are not electrically charged; and are safe to touch. Lightning strike victims have a very good chance of resuscitation when they are immediately given CPR.
- Get out of the water, off the beach and out of small boats and canoes. If caught in a boat, crouch down in the center of the boat, away from metal hardware.
- Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles, tennis racquets, or camping equipment.
- Don't be under a carport or in an open garage.
- If indoors, stay away from doors and windows, porches, fireplaces, radiators, stoves, metal pipes, sinks, and plug-in electrical devices. Stay out of the shower or bathtub and off of the toilet. Do not use a corded telephone or a computer. Unplug major appliances such as televisions and air conditioners. Lightning can enter the house through electrical, telephone and plumbing connections.
- Do not lie on concrete floors or lean against concrete walls.
- Use the 30-30 rule. When you see lightning, count the time until you hear thunder. If that time is 30 seconds or less, the

thunderstorm is within 6 miles of you and is dangerous. Seek shelter immediately. The threat of lightning continues for much longer period than most people realize. Wait at least 30 minutes after the last clap of thunder before leaving shelter. Don't be fooled by sunshine or blue sky!

This is only a sample of the many "rules" and tips listed by my references. If you have a suggestion or observation, send an e-mail to ron.dehn@colostate-pueblo.edu and we'll print your thoughts in next month's Footprints.

(Ramblin, Continued from page 4)

I know better. Afternoon summer storms in the Rockies are a common occurrence. Never be exposed on a mountain in the afternoon. The sky can change from blue to dark gray in literally 15 minutes.

This was not a fun experience. It was plain scary. The lightning was clearly present, but very unpredictable. For about an hour and a half, I was exposed. When inside my so called shelter, I was only slightly less exposed.

Next time I will either abandon the run and turn around and drive down, or simply do the top mile a few times. That way, I'll never be too far from shelter.

As in most cases, preventing the problem is far better than dealing with it. But just in case you find yourself in a lightning predicament, I did some research and compiled a list of tips. See the "Lightning Tips" article.

I will not allow myself to get into this situation again, and hopefully you will file away the essence of this story for future reference.



Rocky on Fitness

By Rocky Khosla, M.D.



Running on a Road Trip

At the risk of turning off some or all of you, I wanted to write a little bit about vacations and running as my family and I have just completed our road trip vacation. The wife, our four kids and I traveled a little over 2000 miles in our suburban over the past 8 days, visiting Mesa Verde, the Grand Canyon, White Sands National Monument, Carlsbad Canyons, and Roswell, New Mexico (home of the International UFO museum). Make yourself comfortable as we dim the lights and get ready to show you our vacation slide show of about 200 pictures! Just kidding: I've had that happen to me and I can't do that to you!



I think the reason we Americans don't take as much time off as we should is probably because we have at the heart of us a deep respect for the idea of having a good work ethic, and of being as productive as we can be. While I think that is largely a good thing, I also think that it may lead us to getting more stressed out. If you compare us to the Europeans, we take vacations infrequently, and when we do, we take an average of 5 days off, whereas the Europeans take frequent summer and winter vacations, and have an average of 20 days of holiday per year. We may be more productive, but we also have higher rates of high blood pressure, obesity, diabetes, heart disease, stroke, etc., which may be all or partly due to increased stress.

I don't think we take as many vacations or days off as we should. And when I say "we", I mean we Americans.

While on vacation, I love to go running. It seems like you can get into a running rut by doing the same out route and seeing the same old sights. There's nothing like exploring new terrain to

freshen up your running. This past week I had a chance to hit some early morning runs by the Cliff Dwellings in Mesa Verde, on the south rim of the Grand Canyon, and around the Carlsbad Caverns, and the runs were out of this world! If you are going on vacation, I highly recommend incorporating your running into the vacation. I would advise being careful as you could come across unexpected trouble as happened to me in the cute town of St. Johns, New Mexico where I was given chase by a large Bull Dog: a squirt of pepper spray came in handy in that situation! I think carrying pepper spray and a cell phone while running in unfamiliar territory is probably a good idea.

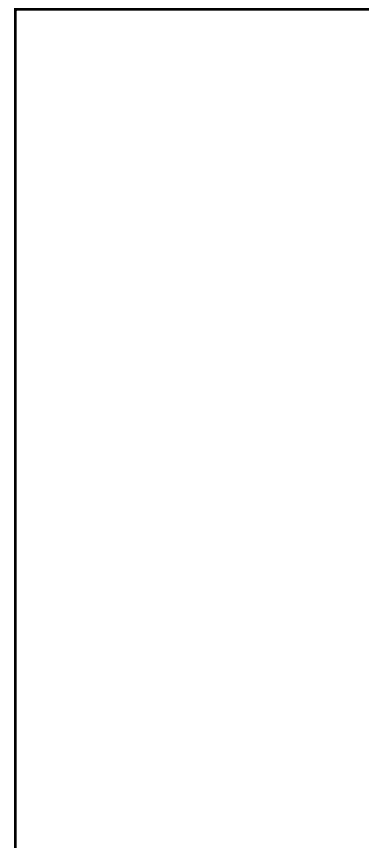
Till next time, if you haven't taken a vacation recently, do it! Just remember the old Chinese saying (which I just made up): keeping your nose to the grindstone may lead to loss of face! Sincerely, Rocky Khosla, M.D.

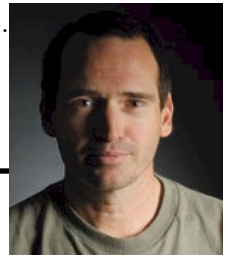


1	Robert Bruce
	Dr. Phil*
2	Lillian Rivera
	Maria Weaver
	Christa McAuliffe*
3	Jamie Castelano
	Luis Gonzalez*
5	Cassy Berndt
	Raquel Welch*
8	Bobby Valentine
	Sid Caesar*
9	Sarah Beard
	Bob Horner
	James Martinez
	Leo Tolstoy*

10	M. Edmund Vallejo
	Jose' Feliciano*
11	Aaron Berndt
	Tana Rocco
	O. Henry*
12	Jim Dudley
	Yao Ming*
13	Ted Johnson
	Mel Torme*
14	Tiffany Reno
	Clayton Moore*
15	Cory Rose
	Matthew Diaz
	Dan Marino*
17	Connie Goodman
	John Ritter*
18	Michael Orendorff
	Lance Armstrong*
20	Carter Braune
	Gary Cole*
21	William Van Buskirk
	Tomas Duran
	Stacey Diaz
	Faith Hill*
22	Elliott Dudley
	Scott Baio*

23	Mike Cook
	Rodge Rodgers
	Amy Wolf
	Hilda Garcia
	Gary Franchi
	Ray Charles*
	Chili & Frijoles
	Festival Starts
24	Walt Dehn
	Jim McKay*
25	Jennifer Sherman
	Randy Comden
	Kerry Roman
	Shel Silverstein*
26	Kelly Hale
	Serena Williams*
27	Robin Krueger
	Debra Hadley
	Stacie Taravella
	Joeseoph D'Angelo
	Meat Loaf*
29	Rylan Dehn
	Miguel de Cervantes*
30	Stanley Hren
	Johnny Mathis*
	* honorary member





Trail Notes

By Shaun Gogarty

Shaundilocks and the *Ursus Arctos Horribilis*

Colorado's Division of Wildlife notes that bear attacks are rare and that for every death caused by a black bear, there are 17 deaths from spiders, 25 from snakebites, 67 from dogs, and 150 from tornadoes. Those statistics are reassuring, except on my last run up Greenhorn I didn't see any spiders, snakes, dogs or tornadoes. I did see a bear. When I told my friend Jay about seeing the bear he gave me some sage advice: "the bear is digging for grubs when you come running up the trail. He looks at you and then at the grubs – which does he choose". Personally, with my extra rolls of fat, that is exactly why I don't run in white spandex! But besides trying to not look like a grub, is it safe to run in bear country?

Black bears rarely attack, and even when they do many "experts" say that fighting back may scare them away. On the other hand with - the grizzly bear - experts suggest playing dead if attacked. Apparently, while you might "just" get your arm torn off by a black bear, you might as well play dead with a grizzly and accept your fate. Fortunately for SOCO runners, Colorado bears (regardless of color) are all *Ursus americanus* – the common black bear. However, recently I ran in my wife's homeland of Alberta, Canada: also home of *Ursus arctos horribilis* – the grizzly bear. Grizzly bears like to attack and tear you apart like a rabid dog tears apart a rag doll. OK, maybe I'm exaggerating a little, but they have really big teeth, can weigh nearly 1000 pounds and their name – horribilis – is even scary! Always the safety conscious runner, I did a little research about this different trail "danger" prior to a couple of runs in beautiful Waterton National Park – the Canadian side of Glacier National Park.

Reading through the "very" helpful and undoubtedly comprehensive information contained in the 2-page park brochure I was pretty sure I was ready for my wilderness run. Under the "wildlife encounters" section I was informed that to

avoid bear encounters, travel in **groups**, talk and **visit** as you walk, don't **startle** bears and if all else fails and you do run into a grizzly – play dead. It was apparent that my being alone, with no one to talk to and running down the trail might not be the best bear avoidance tactics. But the country was so incredibly beautiful I "overlooked" the first 3 recommendations and trusted in my ability to play dead or perhaps just be dead. If playing dead failed, I was comforted by my recent purchase of a wonderful new product called "Bear Spray".

Crossing the bridge over Red Rock Canyon on an early (afternoon) start I was ready for anything with water bottle, practiced "dead" positions, and a small fire extinguisher sized can of "Bear Spray". A few hundred feet down the trail I started to wonder about using the "Bear Spray". If I did run into a bear, would I really have the wherewithal to use the spray properly? Some "testing" seemed the best preparation. I carefully unstopped the top, grabbed the trigger and took aim off the side of the trail. Whoosh – an incredibly loud sound accompanied a huge cloud of red spray out into the field. Terrified that the noise would attract an angry Park Ranger I quickly put the can away and began running back up the trail. Unfortunately, I hadn't checked wind direction and I was soon reduced to a coughing/gagging/wheezing/crying mess stumbling down the trail after getting a "taste" of the Bear Spray. If a bear had half the reaction I was having, then the spray could easily save my life – assuming I didn't get down wind again and die first.

After some water in the face, eyes, nose and throat I was almost able to see and breath again. Fear of hitting the "cloud" behind me kept me moving forward up the trail. Within a mile I was confronted by something almost as dangerous as me - a bear about 100 feet away rearing up on his (could have been a her) hind legs. The next thought of course is grizzly or black bear? Unfortunately to the un-

trained eye (mine) that is a little like standing on I-25 in the dark and trying to decide if the headlights coming toward you are a car or a truck. Best thought is keep moving as long as the bear doesn't move and so further up the trail I went. With my first bear sighting so early on I began to think pretty hard about my bear spray – specifically, how much spray was actually still in my canister. Had I used it all with the "test" spray? Would the second shot only go half as far? Would the bear run away if I just threw an empty can at it? For the next 25 kilometers to my destination and back these questions would haunt my every step – especially as I stepped over pile after pile of bear poop.

Some of you might be interested to know what the run was like in terms of scenery, trail and conditions. I would like to know as well. Unfortunately, for the entire 25-kilometer run I was too busy looking for friendly animals (travel in groups) singing songs out loud (talk to each other), and yelling around every corner (don't startle bears) to even notice much of where I was running. Actually, I did get a few glimpses of thick woods, crystal clear lakes and streams and snowfields on the sides of steep, rocky peaks – but jumping around like a scared jack rabbit every time a twig cracked or leaves rustled in the wind kind of limited the visual experience. When I finally emerged back at the start, my voice was gone and my arms still burned from the practice spray. I had learned that while *Ursus arctos horribilis* is definitely a very scary bear – the really scary bears are the ones you never see. More importantly I was in one piece and anxious to get back to the safety of running in Colorado with my friends the black bears.





The Hot to Trot

By Gary Franchi

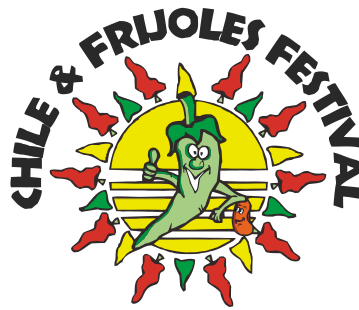


After a one-year hiatus, the Hot to Trot road race is being brought back to the Pueblo running calendar this fall in a huge way.

The Sunday, Sept. 25, race – which includes a 5-kilometer run and 2-mile walk – has a new race director, a beautiful and unique new course, cool T-shirts and a few special perks. It will start and finish in front of the Gold Dust Saloon on Union Avenue

One thing that remains constant from its historical roots is that the Hot to Trot is held in conjunction with Pueblo's Chile & Frijoles Festival. Now in its 11th year, the festival has surged in popularity to become what is now a three-day event, Sept. 23-25, in the Union Avenue Historical District area at the foot of downtown Pueblo.

Thus, race participants have access to a full schedule of festival activities and entertainment before and on the day of the Sunday race, making it especially attractive to visitors from out of town. For information on Chile & Frijoles weekend activities, check the Greater Pueblo Chamber of Commerce website at pueblochamber.org/ or call the Chamber office at 542-1704.



It's a gas!

Previously a Chamber race that was produced by the Southern Colorado Runners, the Hot to Trot has been taken over completely by the SCR. Ruth McDonald, co-owner of the Gold Dust Saloon on Union Avenue, is the new race director with help from an SCR committee.

"Having such a great course and being held in conjunction with all of the activities that will be taking place on Union Avenue that weekend, this race could really grow," said McDonald, who is excited about finally getting a race based at her business establishment after dreaming about it for years.

The walk will begin at 7:45 a.m. and the run at 8 a.m. The running course will include the Union Avenue Historic District, the Riverwalk and the Arkansas River Trail. The majority of

the walk will be around the Riverwalk.

Entry forms are available at the Gold Dust, YMCA and other fitness center locations in Pueblo as well as in running shoe stores in the downtown Colorado Springs area. Online registration is available through active.com, which is accessible from the Southern Colorado Runners website (socorunners.org).

After the race, a breakfast that will be FREE for participants (and \$5 for others) will take place in the Gold Dust's back patio, where the awards ceremony also will take place. Diners will have a breakfast choice of French toast, pancakes or huevos rancheros.

The top overall male and female run winners will receive special prizes, and the top three finishers in seven age divisions of the run also will receive awards. All walkers will receive customized finisher's medallions. In addition to a T-shirt and a free breakfast coupon, race packets will contain a discount coupon book good at Historic District restaurants during the festival.

The Pioneer Run

Pioneer Day 5K Run was held on Saturday July 23, 2005 in Colorado City. The Overall winners were Kyle Reno, 18:12 and Samantha Davenport, 25:40.

Mark Litton, Clean-Up: Bill Snyder, Yelena Snyder, Crystal Berndt

Results

Thank you volunteers!!!
 Race Directors: Pat Berndt, Gloria Gogarty, Course: Logan Gogarty, Water Stop/Course Marshalls: Shelby Ambler, Ellie Carter, Brittanie Kilts, Shaun & Sarah Gogarty, MC: Aaron Berndt, Ethan Barbierre, Refreshments: Maureen Litton, Finish and Results: Troy Davenport, Mary Dee Carter, Dean Carter, Music/Sound System:

Female	
19 and under	
Samantha Davenport	25:40
Ariel Ambler	27:28
Cassie Berndt	29:22
Tiffany Ambler	35:43
Yo Yo Snyder	35:44
30-39	
Kelly Hale	25:55
Angelique Espinoza	30:31
40-49	
Jill Ambler	32:24

Male	
19 and Under	
Nathan Comden	19:14
Ethan Barbriere	20:45
Aaron Berndt	21:39
Andy Smith	23:27
Joe Valdez	27:25
Sam Ambler	32:13
Kevin Hughes	35:47
20-29	
Kyle Reno	18:12
30-39	
Joseph Bulow	25:05
Ken Hughes	35:47

40-49	
Angelo Aragon	18:34
Rich Hadley	18:57
David Baker	21:27
Frank Aragon	25:45
Troy Davenport	26:24
Chuck Mason	36:35
50-59	
Raul San Miguel	28:04
Dan Comden	29:06
Loyd Cox	34:10
60-69	
Jack Valdez	31:15



The DECA Dash

By Brooke Tibbs



Hello Southern Colorado Runners!

My name is Brooke Tibbs and I will be a senior this upcoming year at Pueblo West High School. DECA, a marketing program I have been involved with for the past two years, has showered me with opportunities. This year, I have the pleasure of chairing our second annual DECA Dash. The Dash originated as a tool to raise money for a DECA student from Denver who was paralyzed at an after prom. This year, all profits from the DECA Dash will go directly to Project Mercy, a relief program for children in Ethiopia. A dollar a day can clothe, educate, and feed one child.

The 5k walk/run DECA Dash will be held on October 8th



throughout the state of Colorado. When I was put in charge of the Pueblo location, I turned to an organization of runners who knew the 411 on hosting a race. Southern Colorado Runners themselves as well as their website have steered me in the right direction. Our cross-country coach, Mr. Papineau, is mapping out a trail for Dash, a team of volunteers is being organized, and prizes and donations for the winners of each age category are in the works. I would like to send a sincere thanks to Southern Colorado Runners for all their advice and help.

Please consider signing up for the DECA Dash. A registration form will be included in this newsletter. Pre-registration is \$20 and registration the day of the Dash will be \$25. The fee includes a t-shirt and a raffle after the race. The Dash will be a blast! Pueblo West DECA is very excited to host such an exciting event with happy runners/walkers ready to release endorphins! Thanks; hope to see you there!

Sidney Arnold In the Spotlight

In case you did not see it - there's a great article on SCR's Sidney Arnold in the August 7, 2005 Chieftain.

It's the lead story in the Sports Section and written by Joe Cervi. It is really well done. There are some good photos too.

If you missed the story and would like to read it online, here's the link:

<http://www.chieftain.com/sports/1123456777/1>

You will enjoy it!

Sidney at the finish line of the Beulah Challenge

Photo by Karin Romero



Thanks to our Volunteers

Readers, Here is a list of the current volunteer points through August. I only listed people who earned 25 points and up. If anyone has any questions regarding their points they can e-mail me at diazsd@aol.com. Thanks so much. Stacey Diaz

Mike Archuleta-40, Jeff Arnold-120, Ross Barnhart-50, Gina Benfatti-35, Aaron Berndt-40, Pat Berndt-50, Marv

Bradley-35, Steve Cathcart-30, Terry Cathcart-105, Chris Dehn-45, Ron Dehn-155, Aaron Diaz-35, Brianna Diaz-40, Dave Diaz-140, Monica Diaz-35, Stacey Diaz-35, Cindy Drieling-25, Jan Dudley-90, Joe Dvorsky-40, Gary Franchi-165, Misti Frey-50, Gloria Gogarty-30, Shaun Gogarty-20, Rich Hadley-35, Stan Hren-45, Rocky Khosla-40, Sarah Koch-40, Don Learned-45, Nick Leyva-70, Diane Lopez-50, Marijane Martinez-65, Hilbert Navarro-40, Don Pfof-75, Lois Pfof-100, Pricilla Portillos-25, Phil Quattlebaum-30, Ken Raich-185, Pixie Raich-30, Sandy Reinsch-65, Diana

Reno-70, Tiffany Reno-30, Mary Rudolph-75, Carrie Slover-30, Kathy Stommel-50, Ben Valdez-75, Bill Vegas-45, Debra Wall-25, Steve Wall-60, Jacqueline Wall-50.





The Beulah Challenge

By Jeff Arnold



After a three year hiatus many people were waiting for the return of the Beulah Challenge. It didn't seem like that based on early registration but a huge turnout on race day, including both overall run winners, brightened the outlook. In the end 67 runners and 80 walkers completed the new courses.

The walk provided the only complication of the day, but that was resolved due to the honesty of the lead walkers and the quick thinking of Jacqueline Wall and Ken Raich. The walkers and runners started together but separated after about a mile. Robert Quintana had a substantial lead on the rest of the walkers and the firemen marking that corner didn't think to turn him because at that point some of the runners were walking the uphill as well. Robert realized his error in time to go back and find himself well back in the walking pack. He actually finished about tenth of the walkers, but the first several walk finishers clamored that he should be the winner. Jacqueline took the walk tags and times to Ken who created a new time of 35:05 for Robert, a second faster than the first actual finisher, Eric Nielson, but probably not as fast as Robert would have recorded had he been properly directed. Everyone was happy. Renea Carter, a teacher at Beulah School was the first female walker in 36:00.

My perspective on the 10K run was very much back of the pack. Even though my father lived right on the course more than forty years ago, I had never run on South Pine Drive before this race. I suppose I wasn't really running even then but had I been in the walk, I would have disqualified myself. The big Ponderosa that line both sides of the road are beautiful in themselves and provided wonderful shade. I had talked for several minutes to Gary Kyte, Karin's father and a volunteer firefighter. He made me realize that had the wind been a little different during the Mason Gulch Fire in July, those big trees would have been charred sticks, the Beulah Valley would have been an ash heap and 1000

residents would have been homeless.

The good thing about my slogging along near the back, which I am still grateful to be able to do, was that I was able to see the first two male runners come off the lower Park road and head down towards the finish. Brad had perhaps a twenty second lead on JJ Huie at that point and both were blasting. Since I was gasping and falling even farther behind people who were walking ahead of me, I didn't look back to see who was third.

The climb off South Pine Drive and into the Park was steep but the surface was good, I had been concerned that it might be a muddy mess since it had rained 2.7 inches in the previous three days. I learned later that someone had spread several tons of new gravel on the Park roads the day before the race. About the time the uphill torment would have been intolerable I heard some drumming. A woman was sitting beside the road with a bongo pounding out encouragement. At that point that was better for me than belly dancers. Even better as I passed she said I'd reached the top.

From then on I felt like I was flying. I may have been going faster than ten minutes a mile, at least until I turned onto Pennsylvania. I walked those uphills. When I finished, at least a minute faster than my goal, I had two questions which were quickly answered by the nearly complete results posted on the school door.

Brad Winn, a UCCS senior who missed the finals of the NCAA Division II steeplechase by 0.8 seconds had not only held off JJ Huie, but increased his lead dramatically. Brad's time was 35:23 to JJ's 35:35. Brad's time is the fastest in the online archives of the race, and was run on what I think is a tougher course. JJ's time was just behind the second fastest, Paul Koch's 36:21 in the 2000 race.

My next question was which Loseke sister won. Heather is about to be a

sophomore at CSU in Fort Collins and runs for them. She was state champion in the 3200 meter run in 2003. Her sister Meghann is a May graduate of Colorado College where she was an outstanding soccer player. Soccer players run a lot, right? Meghann was a goalie. Nevertheless she beat little sister handily, 43:21 to 44:02, both outstanding times.

I knew the 2005 five edition of the race was an outstanding one when I was helping give awards Rich Hadley was third in the 40-49 division with a fine 41:29. Club newcomer Angelo Aragon was second with 40:29. The division winner was Kent Lang of Sedalia MO with an astonishing 37:27. What altitude problem? Similarly Lou Huie was third in the 50-59 age division, 47:53, Dave Diaz second 44:37 and the division was blown away by 57 year old Tom Burnett of Durango with 41:17.

Of course there were several other fine efforts as a good look at the complete results will reveal. One that caught my eye was 13 year old Anna Marshall of Pueblo West who ran 47:10 to be fourth female.

The race, like all of the races produced by Karin, had a magic touch. Karin probably can't claim responsibility for the cool weather overnight that made the start pleasant, but she can take kudos for the four water stops and the unique awards. Having the club picnic follow the race at the same park we struggled through was nice as well. Thanks to Dave Diaz we had a shady place to relax reserved.

Beulah Volunteers

There were tons of people who assisted with this race, and we don't have all their names. The SCR volunteers that we know about are: Race Director: Karin Kyte Romero, Finish Line: Don & Lois Pfof, Jacqueline Wall, Chris Dehn, Carol Hund, Results: Ken & Pixie Raich, Course: Jeff Arnold, Photographer: Ron Dehn



The Beulah Challenge Results

Pl	Name	Ag	Sx	Pl	Div	City	Time	Pace
1	Brad Winn	21	M	1	OA	Colorado Spgs	35:23	5:42
2	Jonathan J Huie	25	M	1	18-29	Colorado Spgs	36:35	5:53
3	Kent Lang	42	M	1	40-49	Sedalia MO	37:27	6:02
4	Todd Hund	26	M	2	18-29	Pueblo	38:27	6:11
5	Angelo Aragon	48	M	2	40-49	Pueblo	40:29	6:31
6	Tom Burnett	57	M	1	50-59	Durango	41:17	6:39
7	Rich Hadley	49	M	3	40-49	Florence	41:29	6:41
8	Scott Nalbach	29	M	3	18-29	Colorado Spgs	41:49	6:44
9	Gus Appenzeller	42	M	4	40-49	Pueblo West	42:29	6:50
10	Aaron Levinson	16	M	1	0-17	Pueblo	43:19	6:58
11	Meghann Loseke	22	F	1	OA	Pueblo	43:21	6:59
12	Heather Loseke	19	F	1	18-29	Pueblo	44:02	7:05
13	Dave M Diaz	56	M	2	50-59	Pueblo	44:37	7:11
14	Emily Borrego	37	F	1	30-39	Pueblo	45:00	7:15
15	Don Smith	36	M	1	30-39	Pueblo	46:01	7:24
16	Aaron Ruiz	23	M	4	18-29	Pueblo	46:37	7:30
17	Humberto Paredes	48	M	5	40-49	Pueblo West	46:54	7:33
18	Anna Marshall	13	F	1	0-17	Pueblo West	47:10	7:35
19	Renee Opferman	19	F	2	18-29	Pueblo	47:16	7:36
20	Steve C Wall	41	M	6	40-49	Pueblo	47:46	7:41
21	Lou Huie	58	M	3	50-59	Colorado Spgs	47:53	7:42
22	Tim L Royston	47	M	7	40-49	Colorado Spgs	48:59	7:53
23	Sam McClure	51	M	4	50-59	Canon City	49:17	7:56
24	Dan Aragon	37	M	2	30-39	Pueblo	50:06	8:04
25	Allen S Weaver	52	M	5	50-59	Canon City	50:25	8:07
26	Tom Ratzlaff	45	M	8	40-49	Pueblo West	50:28	8:07
27	John Musso	35	M	3	30-39	Pueblo	50:29	8:07
28	Gilbert E Romero	52	M	6	50-59	Beulah	50:58	8:12
29	Robin Krueger	36	F	2	30-39	Pueblo	53:18	8:35
30	Stacey A Diaz	44	F	1	40-49	Pueblo	53:29	8:36
31	Adam Avina	23	M	5	18-29	Pueblo	53:34	8:37
32	Carrie Slover	52	F	1	50-59	Pueblo	54:07	8:43
33	Mike L Borton	49	M	9	40-49	Pueblo	54:53	8:50
34	Ron Dehn	56	M	7	50-59	Pueblo West	54:55	8:50
35	Chris Hulett	44	M	10	40-49	Beulah	55:31	8:56
36	Sarah Bree Felt	32	F	3	30-39	Beulah	55:38	8:57
37	Stephen A Minnich	56	M	8	50-59	Pueblo West	56:11	9:02
38	Rusty E Smith	38	M	4	30-39	Pueblo West	56:12	9:03
39	Frank E Aragon	46	M	11	40-49	Pueblo	56:18	9:04
40	Patrick K Swank	57	M	9	50-59	Pueblo	56:24	9:05
41	Anthony Diaz	47	M	12	40-49	Pueblo	56:33	9:06
42	Hank Hund	63	M	1	60+	Pueblo	56:58	9:10
43	Aaron K Rochester	15	M	2	0-17	Beulah	57:02	9:11
44	Marti Marshall	42	F	2	40-49	Pueblo West	57:43	9:17
45	Robert S Kelher	62	M	2	60+	Canon City	58:09	9:21
46	David Crockenberg	58	M	10	50-59	Pueblo	59:01	9:30
47	Korina Lyons	27	F	3	18-29	Colorado Spgs	59:12	9:32
48	Dave C Vanmanen	49	M	13	40-49	Beulah	1:00:06	9:40
49	Allen Gross	42	M	14	40-49	Pueblo	1:01:30	9:54
50	Jessie M Quintana	61	F	1	60+	Pueblo	1:01:31	9:54
51	Wendy A Garrison	38	F	4	30-39	Pueblo	1:01:45	9:56

Pl	Name	Ag	Sx	Pl	Div	City	Time	Pace
52	Hilda Lucille Garcia	49	F	3	40-49	Pueblo	1:02:57	10:08
53	Cathie Bonham	36	F	5	30-39	Beulah	1:03:35	10:14
54	Katherine Singer	64	F	2	60+	Beulah	1:04:26	10:22
55	Amy Nicole Kagey	20	F	4	18-29	Pueblo	1:05:07	10:29
56	Donna A Sisson	29	F	5	18-29	Pueblo	1:05:24	10:31
57	Hank Humphreys	59	M	11	50-59	Beulah	1:05:24	10:31
58	Addison Johnston	64	M	3	60+	Pueblo	1:05:54	10:36
59	Jeremy Rochester	14	M	3	0-17	Beulah	1:06:17	10:40
60	Larry Ruiz	24	M	6	18-29	Pueblo	1:06:18	10:40
61	Malcom Singer	65	M	4	60+	Beulah	1:06:40	10:44
62	Erin P Rice	40	F	4	40-49	Pueblo West	1:08:44	11:04
63	Jesse Weesner	20	M	7	18-29	Pueblo West	1:08:44	11:04
64	Jeff Arnold	63	M	5	60+	Avondale	1:08:56	11:06
65	Paul Willumstad	56	M	12	50-59	Pueblo	1:12:26	11:39
66	Nancy Matrick	62	F	3	60+	Fremont CA	1:16:49	12:22
67	Annie Dunigan	44	F	5	40-49	Cotopaxi	1:20:52	13:01

Walk

Pl	Name	Ag	Sx	Pl	Div	City	Time	Pace
1	Robert J Quintana	62	M	1	OA	Pueblo	35:05	11:42
2	Eric A Nielsen	39	M	1	30-39	Pueblo	35:06	11:42
3	James Bergemann	63	M	1	60+	Beulah	35:06	11:42
4	Sidney Arnold	61	M	2	60+	Pueblo	35:42	11:54
5	Brett Olver	10	M	1	0-17	Beulah	35:44	11:55
6	Renea Carter	26	F	1	OA	Pueblo	36:00	12:00
7	Sheryl L Page	30	F	1	30-39	Pueblo West	36:01	12:00
8	Dennis L Page	34	M	2	30-39	Pueblo West	36:14	12:05
9	Tiffany Bowen	30	F	2	30-39	Pueblo	37:07	12:22
10	Kathleen Petkosek	38	F	3	30-39	Beulah	37:28	12:29
11	Laura Farmer	33	F	4	30-39	Pueblo West	37:29	12:30
12	Joann Shackelford	50	F	1	50-59	Pueblo West	38:52	12:57
13	Catheryn Gatts	52	F	2	50-59	Pueblo West	38:52	12:57
14	Carol Ratzlaff	43	F	1	40-49	Pueblo West	40:44	13:35
15	Racheal Ratzlaff	14	F	1	0-17	Pueblo West	40:44	13:35
16	Deb Hadley	48	F	2	40-49	Florence	40:58	13:39
17	Diana Quattlebaum	46	F	3	40-49	Florance	41:08	13:43
18	Joni Lyman	53	F	3	50-59	Beulah	41:32	13:51
19	Jim Lyman	50	M	1	50-59	Beulah	41:34	13:51
20	Mary J Conlon	60	F	1	60+	Beulah	41:39	13:53
21	Jenette Watkins	9	F	2	0-17	Pueblo	42:24	14:08
22	Linda Susan Robida	47	F	4	40-49	Beulah	42:35	14:12
23	Nick Adam Cotner	27	M	1	18-29	Centennial	42:35	14:12
24	Amanda Cotner	24	F	1	18-29	Las Vegas NV	43:03	14:21
25	Dusty Dunkerley	24	M	2	18-29	Las Vegas NV	43:05	14:22
26	Annabelle Corboy	57	F	4	50-59	Fort Worth TX	43:16	14:25
27	Michael Poteet	66	M	3	60+	Fort Worth TX	43:17	14:26
28	Jim Gonzales	64	M	4	60+	Pueblo	43:46	14:35
29	Becky Golob	44	F	5	40-49	Beulah	43:48	14:36
30	Mike Mutz	47	M	1	40-49	Beulah	43:49	14:36
31	Barbara Jackson	46	F	6	40-49	Pueblo	43:50	14:37



The Beulah Challenge Results



Pl	Name	Ag	Sx	Pl	Div	City	Time	Pace
32	Lori Huber	43	F	7	40-49	Beulah	43:50	14:37
33	Kayla Rose Romero	17	F	3	0-17	Beulah	43:55	14:38
34	Priscilla Portillos	69	F	2	60+	Pueblo	44:18	14:46
35	Ludee Vskovits	31	F	5	30-39	Beulah	44:31	14:50
36	Elizabeth Gross	13	F	4	0-17	Pueblo	45:34	15:11
37	Jackie Gross	40	F	8	40-49	Pueblo	45:34	15:11
38	Jack Lansford	9	M	2	0-17		45:43	15:14
39	Harold Rundell	34	M	3	30-39	Colorado City	45:57	15:19
40	Lisa Rundell	34	F	6	30-39	Colorado City	45:59	15:20
41	Virginia Moraga	48	F	9	40-49	Westcliffe	46:36	15:32
42	Kristi Jo Corey	45	F	10	40-49	Westcliffe	46:37	15:32
43	Lance Rochester	55	M	2	50-59	Beulah	46:56	15:39
44	Marc Pratarelli	50	M	3	50-59	Beulah	47:02	15:41
45	Judith Fodor	46	F	11	40-49	Pueblo	47:03	15:41
46	Peggy Sconce	62	F	3	60+	New Castle	47:37	15:52
47	Kevin Hughes	6	M	3	0-17	Pueblo	48:06	16:02
48	Ken Hughes	35	M	4	30-39	Pueblo	48:06	16:02
49	Alma Potestio	58	F	5	50-59	Beulah	48:24	16:08
50	Taylor Humphreys	10	F	5	0-17	Beulah	48:32	16:11
51	Hannah Oliver	7	F	6	0-17		48:44	16:15
52	Shannon Montalbano	31	F	7	30-39	Pueblo	48:44	16:15
53	Dianna Calvert	34	F	8	30-39	Pueblo	48:44	16:15
54	Christine Rochester	40	F	12	40-49	Beulah	48:54	16:18
55	Diana Humphreys	39	M	5	30-39	Beulah	48:55	16:18
56	Derek Watkins	10	M	4	0-17	Pueblo	49:32	16:31
57	Barbara Byrne	41	F	13	40-49	Pueblo West	49:59	16:40
58	Darryl Della Rossa	43	M	2	40-49	Pueblo West	50:00	16:40
59	Audrey Rupnow	58	F	6	50-59	Denver	50:30	16:50
60	Leslie Kron	56	F	7	50-59	Pagosa Spgs	50:32	16:51
61	Gwen Watkins	38	F	9	30-39	Pueblo	50:43	16:54
62	Betty Jones	53	F	8	50-59	Beulah	50:44	16:55
63	Barbara Mullen	59	F	9	50-59	Westcliffe	51:04	17:01
64	Peggy Smith	61	F	4	60+	Pueblo	51:05	17:02
65	Mike Hausman	56	M	4	50-59	Beulah	52:00	17:20
66	Jan Hausman	57	F	10	50-59	Beulah	52:22	17:27
67	Marsha Perry-Ellis	60	F	5	60+	Pueblo	52:23	17:28
68	Margaret Janney	70	F	6	60+	Beulah	52:31	17:30
69	Judy Waite	55	F	11	50-59	Beulah	52:31	17:30
70	Deborah Geller	55	F	12	50-59	Beulah	52:44	17:35
71	Dee Anderson	57	F	13	50-59	Denver	54:54	18:18
72	Marilyn Mahoney	59	F	14	50-59	Beulah	55:06	18:22
73	Marie Lansford	43	F	14	40-49		55:36	18:32
74	Roxie Harford	50	F	15	50-59	Pueblo West	56:33	18:51
75	Grant Brewer	22	M	3	18-29	Pueblo West	56:56	18:59
76	Marge Hausman	81	F	7	60+	Beulah	1:00:11	20:04
77	Helen Cassidy	76	F	8	60+	Pueblo West	1:00:12	20:04
78	Peggy Turman	79	F	9	60+	Beulah	1:00:31	20:10
79	Violet Felt	6	F	7	0-17	Beulah	1:07:27	22:29
80	Pete C Conlon	57	M	5	50-59	Beulah	1:07:28	22:29



Photos - Clockwise from upper left

This page
 Hank Humphreys, Bonifacio (Boney) Cosyleon
 Meghann Loseke
 Heather Loseke
 Dale Hopes (volunteer extraordinaire)

Next page
 Jeff Arnold and Karin Romero hand out awards
 Jim Gonzales, Anthony Diaz
 Kayla Rose Romero
 The Hund Family in the crowd
 Maria & Rachel Appenzeller (in stroller), Chris Hulett,
 Mary Conlon, Margaret Janney, Violet Felt,
 Sarah Bree Felt, Pete Conlon, Marsha Perry-Ellis
 Hal Murray (EMT) and Humberto Paredes,

Center: Jonathan & Lou Huie
 Photos by Karin Romero and Chris Dehn

More Beulah Photos





The Predict Series Standings

Don Pfof and Larry Volk are being chased by the ladies. Now, don't get the wrong idea. Don & Larry are numbers 1 and 2 in the Predict standings, but places 3 through 8 are currently held by lady runners: Marijane Martinez, Mary Rudolf, Stacey Diaz, Hilda Garcia, Melinda Orendorff, and Emily Borrego.

Don took over 1st place when he earned nearly 62 points at the Moonlight Madness, but Larry served notice with a 100 point effort. Runners will be jostling around in the standings for the next couple races as more and more runners reach the 5 race goal. Look out for Steve Wall who has a 94 point average

in his three races. Steve made a charge last year and ended up a strong 2nd.

Don is currently in the driver's seat with four races remaining on the schedule, and last month, your friendly newsletter staff predicted Don would be in the hunt at the end of the season.

But - if we really knew what was going to happen - we'd be picking shares at the stock market or numbers at the lotto.

On the other hand, unlike the stock market and the lotto, we can make predictions here and it won't cost us anything.

One prediction we know to be true: If

you race in the Predict Series - you will have fun. Think about the Tunnel Drive Predict on August 27th. It's a scenic trail run. See Upcoming Races at the end of the newsletter for directions.

And... We'd like to thank the Moonlight Madness volunteers: Race Director: Diana Tiffany, Setup: Mary Rudolph, Aid Station: Dave Diaz, Kitchen Duty: Mark & Carrie Slover, Finish Line: Jacqueline Wall, Tiffany Bowen, Lois Pfof, and Jessica Higgins.

Here's the Numbers...

Name	Spring Runoff	Ben & Matt's	Rams 8K	Yappy Dog	Butt Bustr	Moon Mad	Total Points	Best 5 Races
Don Pfof	97.22		65.00	55.56	87.50	61.54	366.82	366.82
Larry Volk	77.78	45.83	95.00	38.89		100.00	357.50	357.50
Marijane Martinez	83.33	83.33	60.00	27.78	70.83		325.28	325.28
Mary Rudolf	5.56	75.00	80.00		16.67	53.85	231.07	231.07
Stacey Diaz	19.44	66.67	30.00	88.89		23.08	228.08	228.08
Hilda Garcia	88.89	41.67	20.00	16.67	4.17		171.39	171.39
Melinda Orendorff	11.11	12.50		5.56	25.00	76.92	131.09	131.09
Emily Borrego		58.33	85.00		79.17	84.62	307.12	
Steve Wall				100.00	91.67	92.31	283.97	
Dave Diaz	100.00	100.00	25.00	22.22			247.22	
Sandy Reinsch	44.44	91.67	40.00		62.50		238.61	
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	
Ron Dehn			100.00	44.44	58.33		202.78	
Carrie Slover		70.83		94.44		15.38	180.66	
Ben Valdez	47.22	50.00	75.00		8.33		180.56	
Jeremy Keener		79.17	50.00	11.11	37.50		177.78	
Nick Leyva	55.56	16.67		83.33	20.83		176.39	
Angelo Aragon	33.33	25.00			75.00	38.46	171.79	
Gary Franchi	91.67			77.78			169.44	
Mary Simmons	72.22		55.00		12.50		139.72	
Bill Veges	61.11			72.22			133.33	
Diana Tiffany				50.00	29.17	46.15	125.32	
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	

Name	Spring Runoff	Ben & Matt's	Rams 8K	Yappy Dog	Butt Bustr	Moon Mad	Total Points
Robin Krueger		95.83					95.83
Rich Hadley	94.44						94.44
Lou Huie	86.11						86.11
Paul DallaGuardia	80.56						80.56
Joe Bulow	30.56				45.83		76.39
Frank Aragon	8.33				66.67		75.00
Matt Chavez						69.23	69.23
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
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
Chief Reno	41.67						41.67
Meryl Dohrmann	38.89						38.89
Becky Medina	36.11						36.11
Robert Santoyo	16.67		10.00			7.69	34.36
Jacqueline Wall					33.33		33.33
Ralph Book						30.77	30.77
Mike Archuleta	27.78						27.78
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

2005 Calendar from here to there*

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

AUGUST 2005

Sat 27	Tunnel Drive Prediction Run (c)	5M 7:30 am	State Hiway Barn, Cañon City Rich Hadley - (719)784-6514
Sat 27	Arkansas Valley Fair	10K	Rocky Ford, CO

SEPTEMBER 2005

Sat 02	Tenderfoot Triathlon	1000M/25MI/10K 7:00 am	Salida Hot Springs Aquatic Center, Salida Stashia Keller - (719)539-6738
Mon 05	Am Disc Trail Marathon	Marathon, 1/2	Colorado Springs, CO
Sat 10	Pueblo Tribute Run (c)	5K 7:00 am	City Park (Elmwood) Golf Course, Pueblo Rochelle Garcia - (719)549-7735
Sun 11	CS Race for the Cure	5K	Colorado Springs, CO
Sun 18	Pony Express Trail Run	15M	Rampart Reservoir, Colorado Springs
Sun 18	Easy Street Half-Marathon	1/2 Marathon	Ft. Collins, CO
Sun 25	Boulder Backroads Marathon	Marathon, 1/2	Boulder, CO

OCTOBER 2005

Sun 02	Fall Series I	3.5M	Colorado Springs, CO
Sun 09	Durango Marathon	Marathon, 1/2	Durango, CO
Sun 16	Fall Series II	4.5M	Colorado Springs, CO
Sat 22	Harvest Poker/Bonfire Prediction Run (c)	5M 5:00 pm	Lovell Park, Pueblo West, CO 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
Sun 30	Fall Series III	5.5M	Colorado Springs, CO

NOVEMBER 2005

Sat 12	Atalanta Womens' Run (Run/Walk) (c)	5K 9:00 am	City Park , Pueblo, CO Stacey Diaz - (719)564-9303
Sun 13	Fall Series IV	7M	Colorado Springs, CO
Sat 26	Temple Canyon Prediction Run (c)	4M 9:00 am	Cañon City Rich Hadley - (719)784-6514

DECEMBER 2005

Sat 3	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park , Pueblo, CO Dave Diaz - (719)564-9303
18th	Marijane & Nick's Prediction Run (c)	8M 9:00 am	117 Regency, Pueblo Marijane Martinez - (719)564-6043

(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.

**We not only want you,
we need you!**



We need lots of volunteers to put on races. And – you can earn

volunteer points while having a good time. Please consider

helping at a September event. If your company is not involved in the Corporate Cup – your help at any of the C.C. events would be especially appreciated.

We are going to need many volunteers in September. We have: Tribute Run Sept 10, Corp Cup 5k Sept 24, Hot to Trot 5k Sept 25, Corp Cup 1-mile Sept 29.

If you can help with any of these please contact Dave Diaz at diazsd@aol.com

Note: For Corporate Cup events you may contact either Dave Diaz diazsd@aol.com or Tamara Moore at the YMCA, 543-5151.

THANKS!

*(Great Stuff,
Continued from page 3)*

salt,” can we assume he is “worth his pepper?”

8. Could the Discovery Channel have possibly received more exposure than it did by sponsoring this year's U.S. cycling team in the Tour de France?

9. Why don't they just make the use of vehicle turn signals optional since so many people don't bother to use them?

10. Why can't magazines print the page numbers on each page?

•
Until next month, forget the rankings; just enjoy running in Pueblo and all of southern Colorado.

The Excellent Adventure is ON!

Hi there from Las Vegas, Nevada!

Just wanted to let you know Nick and I will be hosting the Excellent Adventure Predict on Sunday, December 18th at 9:00a.m. from our daughter Traci's house at 117 Regency Blvd. Please be sure that the word gets out that it will be a pot-luck. Thanks!

MoJo

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 Tunnel Drive 5 Mile Predict - August 27th.

In case you forgot the directions.
Here they are: The race starts at the
Canon City State Highway Barn.
From Pueblo, take Highway 50 west
through Canon City. Go past Vet-
eran'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. This is a great trail run. You'll be glad.



The Pueblo Tribute Run - September 10th.

Have you ever run on a golf course? If asphalt is a 2,
and a dirt trail is a 5, then golf course running is a 10.
Your feet will love you. It's a 5k and it is run in con-
junction with a high school cross country meet. Be at
Elmwood (City Park) Golf Course for a 7am start!



Don't forget the **Hot to Trot** (September 25th)
and the **DECA Dash** on October 8th. See the
articles in this issue for more information.

Visit our Web Site: For racing schedules, results,
contact info, etc, see: www.socorunners.org

The Next Meeting: SCR meetings are typically held
at 7 pm on the 1st Wed of each month at the Pueblo
YMCA. Once in a while there is an exception, but not
often. All SCR members are welcome!!! See you on Au-
gust 3rd. If you are really planning ahead - see you on
September 7th.

The Final Thoughts...

Yesterday is a canceled check; tomorrow is a promissory
note; today is the only cash you have. Spend it wisely. -
anonymous

Use the talents you possess, for the woods would be a very
silent place if no birds sang except the best. -Henry Van Dyke

The trouble with life in the fast lane is that you get to the
other end in an awful hurry. -John Jensen

I just got lost in thought. It wasn't familiar territory. -Stephen
Wright