



Editors: Ron Dehn & Debra Wall

FOOTPRINTS



Caution - produced on a haunted keyboard...

And a great big BOO to you!

The CMRA

By Bob Gassen

One of the advantages of entering road races is that it sometimes gives the runner a chance to see parts of Colorado and even other states that he or she would not normally see. This year, I decided to enter some Colorado Masters Running Association (CMRA) races. My experience with this Denver area club was totally positive.

When entering a CMRA race, the first factor the runner notices is cost. Non CMRA runners pay \$10 per race. However, membership is open to everyone, and the yearly \$25 membership fee entitles the member to enter all thirteen races free of charge.

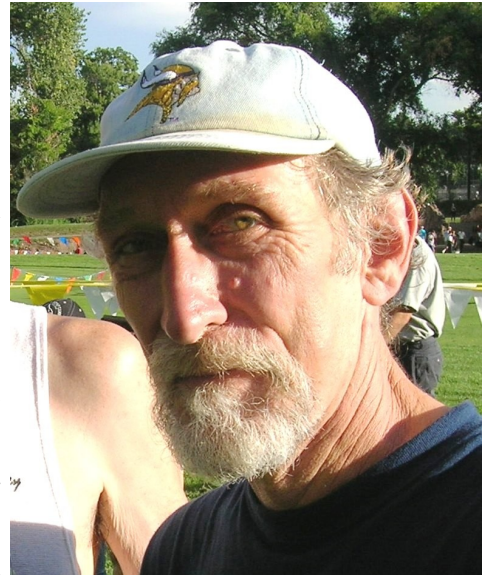
Races are often very competitive, and age groups are in five year brackets. Although age group awards are given, runners receive no shirts. In my case, I really don't want another shirt. After the awards ceremony, the race director raf-

fles off gift certificates and baked goods donated by area merchants.

CMRA races are managed with precision. In the four races in which I have participated, I noticed no glitches. The courses are well marked, traffic control is outstanding, and the water stops are more than adequate.

Finally, race distances vary from 5k to 10 miles over the thirteen race season, the courses are usually challenging, and the settings are beautiful. Many of the races are held at scenic local or state parks with river trails and spectacular mountain views.

For more details visit CMRA at www.comastersrun.org.



**Thunderwolf
Cross Country
Page 5**

**The Hot to Trot
Pages 6 & 7**

**Coin the Caption
Contest
Page 12**



SCR Notes from the September, 2005 meeting

ATTENDANCE: G. Franchi, R. Dehn, S. Hren, K. Raich, Rochelle Garcia, Sandy Reinsch, Rich Hadley, Terry Cathcart, Jeff Arnold, Jan Dudley, Jacqueline Wall, Steve Wall, Dave Diaz, Don Pfof, Lois Pfof, Tamara Moore, Craig Binkley, Victoria Herrera

MINUTES OF AUGUST 2005 MEETING: As printed in the September newsletter were approved.

BEULAH CHALLENGE RECAP: The club received a "Thank You" message from Race Director Karen Kyte Romero along with a great set of photos from the event.

OFFICER REPORTS: TREASURE REPORT: Was approved as presented by Dave Diaz. Ron Dehn reported all ok with the newsletter and continues to do a masterful job. Ken Raich reported club membership at 168.

A motion was passed unanimously to provide complimentary subscription to Colorado Runner magazine to SCR members for another year. The club also will take advantage of one-eighth page ads in upcoming issues.

RACE RECAPS: Pueblo Tribute Run: Rochelle Garcia reported that all is ready for the upcoming event to be held at Elmwood Golf Course and thanked Dave Diaz for his assistance with this event.

Corporate Cup 5K Sept 23,05: Victoria Herrera and Tamara Moore from the Y requested volunteer assistance for this event and received a commitment from several in attendance.

Hot To Trot 5K Sept 25,05: All is on schedule for this event. Pueblo Chamber of Commerce will provide medals for this event and also shirts.

DECA Dash Oct 8,05: Brooke Tibbs

reported that all is in order for this event to be held at Pueblo West High School. Shirts will have SCR logo on the back and proceeds will go to Project Mercy. She anticipates 100-150 entrants.

Tunnel Drive Prediction Run: Rich Hadley reported a great event with 39 participants.

Photo Caption Contest: Motion passed unanimously to give \$25.00 gift certificate to gold Dust Saloon to winner.

Activity Recaps: SCR Picnic: There were 40 attendees with perfect weather and plenty of great food. There was positive feedback with regard to continuing to stage the picnic in conjunction with the BEULAH CHALLENGE RUN.

New Business: Medals for Middle School Runners: After a report by Jedd Arnold that on occasion coaches personally purchase medals for middle school runners, a motion passed unanimously that the club provide \$40.00 to purchase 30 medals for these young athletes.

Upgraded Chronomics: Ken Raich reported on a new chronomic device that can be purchased for \$1095. The device prints bib numbers adjacent to times and can be uploaded to computer results.

Step Programs: Lois Pfof solicited help from Victoria of the YMCA in locating pedometers that are badly needed for these programs.

Race Dates and Calendar: Gary Franchi inquired about YMCA races for next year and Victoria said she will submit race dates in the near future. It was agreed that work should begin

now on a race calendar for 2006.

CSU Womens Cross Country: Craig Binkley reported that of four potential runners, one is ineligible, one failed to pass a physical, one sustained an injury. One athlete will compete at a meet in Colby Kansas on Friday.

Adjournment: Amid an atmosphere of fun and frivolity punctuated by "disarming one-liners" and raucous laughter, the meeting adjourned at 8:30 p.m.

Respectfully Submitted,
Stan Hren



Southern Colorado Runners
www.socorunners.org

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

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

"Footprints" Issue No. 282

"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, Diamonte Love*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty

Craig Binkley, Dave Diaz, Bob Gassen, MoJo, Jan Dudley

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.

* Diamonte Love is a 6 year old boy who was found carrying a 5 month old and leading 5 other toddlers in New Orleans in the aftermath of Katrina. One was his brother, 2 were his cousins, and three lived in his apartment building. Diamonte not only led the others, but provided authorities with information that led to an eventual reunion with parents who were in a shelter in San Antonio.



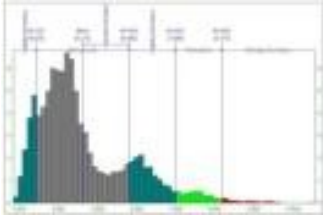
SCR is associated with RRCA, Road Runners Club of America.
See: www.rrca.org

If you feel like scaring up a Good Time



Visit The Gold Dust

217 South Union



Great Stuff

by Gary Franchi

Let's study those research studies



Thought for today's lunch, compliments of Al Lewis of The Denver Post: "*Clearly, there's something about cell phone technology that short-circuits self-awareness.*"

Musings about running, fitness and life:

Don't you just love all the self-righteous rhetoric and opinions being exchanged over the issue of the gambling casino that's been proposed for Pueblo? So-and-so is certain that it will be great for Pueblo because of the jobs it will create. So-and-so knows that it will produce a seedy, degenerate-filled area. And so on and so forth.

It's all highly entertaining and makes for great reading material in *The Daily Bugle* newspaper. But I'm just waiting for all the pompous know-it-alls to start pulling out their research studies because that's when the real fun will begin.

You see, I've never put a whole lot of stock in research studies. I mean, out of all the TV polls that are always being done, have you ever been called for your opinions? Anyone you know ever been called for their opinions? Didn't think so.

My thoughts on research studies were enhanced recently by an Associated Press article that said 16% of original health studies were later disproved and found that an equal number (16%) of other health studies were weakened by subsequent data. Now, I'm not a math genius or anything, but it seems to me that this article concluded that 32%, or almost one-third of original health studies, turn out to be incorrect.

Hitting two out of three might make for a great baseball batting average but it's not too swift for most things in the real world. For instance, how long do you think you would survive in the world of contract bidding if you messed up your estimates one-third of the time? What if you hit the right stocks two-thirds of the time as an investment counselor? What if you were a teller and gave

an incorrect amount of money to every one of three customers?

You know, stuff like this makes me wonder about ALL of the studies that I read about. I mean, people can toss all kinds of data out there, and who's gonna know if it's really true? What are we to really believe?

For instance, the 2005 Ultimate Weight Solution calendar claimed on July 9 that "Statistically, 66 percent of all Americans do not exercise."

How do they know that? Did they ever contact you or any of your relatives? Did Herman Gonzales across the street get a call? Who conducted this study? Using the above one-third incorrect scenario, it could be that 87% do not exercise or that only 45% would rather cozy up on the sofa having a brew or two or ten while watching NFL games on TV instead of getting out and running for a half-hour or so.

Then there's the lying factor. How many people are really telling the truth when they are contacted by researchers?

Researcher: "How many days a week do you visit a health club to work out?"

Joe Smith, while scarfing down a super-sized burger and fries: "Every chance I get. At least 7 days a week, sometimes more."

Hence, to me, research studies are an inexact science. And for all I know, it could pertain to everything that's published in the *Runners World* magazines that I read each month. Shoot, who's to say how accurate the RW information is about running shoes and training methods?

For instance, there's an article in the current issue about hyponatremia, which refers to over-hydrating. This Dr. Almond guy said he based his study on 488 Boston Marathon finishers, 63 of whom were clinically hyponatremic after the race. Now, it seems to be that there were a tad more than 488 Boston Marathon finishers when Almond con-

ducted his study. What about the rest of them? Maybe the 488 that he researched were the runners in the first aid tent after the race. Maybe NONE of the thousands of other runners who ran the race suffered from hyponatremia. Who's to say?

Advertisements, of course, are even more non-believable. I'm looking at an ad for Accelerade sports drink that claims Accelerade has an 88% rehydration rate compared to 75% for Gatorade and 53% for water. Where's the proof? Hey, they could have just picked these figures out of a hat and put them in the ad. Again, who's to say?

What if I claimed that 87.8% of *Great Stuff* column readers were shown to have a higher IQ than those don't read it? Would you believe me? (It's actually closer to 100%, which is why they read it.)

So what are we to concur from all this? Well, I'd say that the next time you read an article claiming something about the benefits or detriments of casino gambling in Pueblo, just remember that there's a one-third chance that the writer is incorrect and a 20% chance that the people quoted in the article suffer from byponatremia, which lowers their IQ and makes them say things they don't mean.

Other than that, you take the information to the bank. Just don't expect the teller to give you the correct amount of money.

Ten things I was just wondering:

1. Is there a public restroom hand-drying paper dispenser that doesn't have a flaw?

2. So, like, what Frenchman monitors the refrigerators where those Tour de France urine samples are stored?

3. How come no one comes up with a "Dumbest Cities" list?

4. When France's *L'Equipe* magazine's "evidence" against Lance Armstrong is disproved, don't you hope Lance sues them for all they've got and

(Continued on page 8)



Rocky on Fitness

By Rocky Khosla, M.D.

Achilles Tendonitis



I have seen quite a few runners with Achilles tendonitis recently so I thought it would be a good time to write about this condition.

First of all, who was Achilles and why should we care? Achilles, according to mythology, was a Greek demi-God and a fierce warrior. He had been held by his heels and dipped in the River Styxx shortly after birth and, this supposedly made him invincible all over his body except for the region by his heels. Achilles died in the Trojan War as a consequence of being shot in the heel by an arrow. So if any of you have Achilles tendonitis, rejoice as you have something in common with a Greek demi-God! Yea!

Achilles tendonitis is an overuse injury of the tendon that attaches the muscles of the lower leg to the heel. This injury is seen in athletes competing in sports that require running and jumping, and it accounts for 6.5 to 11% of lower leg injuries in runners. The pain of Achilles tendonitis is felt about 1 to 3 inches above the heel on the back of the leg, and is usually worse with running, especially sprinting. Most patients with this almost always complain of morning stiffness in the calf.

Risk factors that increase the chance of developing Achilles tendonitis include:

1. Training errors: increasing distance, speed or length of activity too rapidly. Remember, most of us in Sports Medicine feel that increasing any of these parameters by more than 10% per week is asking for trouble! Also, adding hills to the regimen too frequently is also asking for trouble
2. Using poorly cushioned shoes. Remember that even though the shoes may look okay, the midsole starts to lose its shock absorption by about 400-500 miles.
3. Having tight heel cords. If you calves are rigid and inflexible, that increases your risk of Achilles tendonitis.
4. Malalignment of the ankle, foot or leg. Sometimes, orthotics may help improve the alignments.
5. Floroquinolones. This is a class of antibiotics that have been found to increase the risk of tendonitis and rupture of the Achilles tendon. Cipro has been the most common offending member in this class. So if you are going to Mexico and are planning on running of the beach and you

doctor gives you Cipro for diarrhea, you may be at risk for Achilles problems!

So what do you do if your have this condition? First of all, don't deny that there is a problem, because if you keep running with the Achilles tendonitis, it significantly increases your risk of developing a rupture of this tendon. Also, you could be putting yourself at risk for ankle, hip or knee problems as you change your stance to compensate for having a painful calf.

In general, I will have patients with Achilles tendonitis take a break from running on dry land for 2 weeks, but they can run in the pool. I also will have them wear heel inserts in the shoes, do calf stretching exercises three times a day, and will often put them on a short course of anti-inflammatories.

I wish you a glorious fall full of running in cooler weather! Till next time,

Rocky Khosla



Hustle for Russell

How about running the "Hustle for Russell" at 8:15 a.m. Sat., Nov. 5. It is a 5K run and 5K & 1K walk, as well as a kids run. It takes place at Pleasant View Middle School, 23600 Everett Rd.

Rusty Weiler was a teacher at Pleasant View who was quite an inspiration to his students. He died of a heart attack at age 50, and his widow Karen (542-7813) heads up the race. Registration will start at 7 a.m. and the \$20 fee, includes a t-shirt. Proceeds go for a college scholarship to a Pueblo County High School student and to the American Heart Association.

- 1 Crystal Berndt
Rod Carew*
 - 2 Desiree DallaGuardia
Kelly Ripa*
 - 4 Joe Stommel
Damon Runyon*
 - 5 Daniel Rottinghaus
Patrick Roy*
 - 7 Kristin Mason
Desmond Tutu*
 - 8 Rosa Navarro
Chevy Chase*
 - 9 Nick Leyva
Jackson Browne*
 - 10 Tom McKenna
Dale Earnhardt Jr*
 - 12 Michael Duran
Marion Jones*
 - 13 Tristan Dohrmann
Paul Simon*
 - 14 Cecil Townsend
Roger Moore*
 - 16 Donald Johnson
Dan Comden
Terri Tibbs
Oscar Wilde*
 - 18 Brandon Van Buskirk
Chuck Berry*
 - 19 Stephanie Van Buskirk
Jane Chess
Jeannie C Riley*
 - 23 Wendy Bulow
Pele*
 - 24 Ariel Caprioglio
The "Big Bopper"*
 - 25 Marta Stommel
Karen Kirkpatrick
Helen Reddy*
 - 26 Katherine Dvorsky
Mahalia Jackson*
 - 27 David Linkowski
Scott Dudley
Charles Braune
Trevor Hadley
John Cleese*
 - 28 Madelene Khosla
Bill Gates*
 - 30 Betty Duran
Henry Winkler*
 - 31 Ellie Carter
Gunnar Burton
Dale Evans*
- * honorary member



CSU-Pueblo X-Country Update

By Craig Binkley



Editor's Note

Craig arrived in Pueblo only a few months ago and is coaching the first women's cross country team at CSU-Pueblo in many years. He is an accomplished athlete himself and competed at Augustana College in Sioux Falls, S.D., where he ran in the national collegiate cross country championships in 1999. In track he focused on the 5,000- and 10,000-meter races. He has coaching experience at Emporia State and Augustana.

CSU - Pueblo Cross Country Team Kicks Off Inaugural Season

The CSU-Pueblo women's cross country team got its first glimpse of how competitive collegiate cross country is when they competed in the Colby Community College Open cross country meet in Colby, Kansas on September 9th. Chaimie Pewitt, Andrea Fox, and Celeste Denetso toed the line for the Thunderwolves and took a step into history as they were the first cross country athletes to compete for the school in many years.

Facing stiff Kansas winds during the race, Andrea Fox was the first finisher for CSU-Pueblo in 17th place out of 21 runners with a time of 20:28 for the 4K course while Chaimie Pewitt finished 21st in 23:04 while battling a side stitch for about ¾ of the race. Celeste Denetso gave a valiant effort during the race considering she was medically cleared to race only a few days prior; however, she was not able to finish due to pain in her abdomen.

The four hour drive home provided the most entertainment for the group as Chaimie informed everyone that the farthest west she had been in the United States was Denver. A statement that not only lacked directional sense but also was immediately contradicted ten seconds later when she expressed her enjoyment about going to Gunnison during mountain vacations with her family. Upon hearing Chaimie's comments, the van exploded with laughter which lasted a good five miles down I-70.

More than likely, sleep deprivation and post race fatigue played a major role in the extent of humor that everyone found with this subject. The women will now train for two weeks and prepare themselves for the Colorado College Invitational on September 24th.

CSU - Pueblo Cross Country Competes at Colorado College Invite

In just the second meet of the season, the women's cross country team showed improvement at the Colorado College Invitational. Chaimie Pewitt and Andrea Fox were the lone Thunderwolves that competed in the 6K race and stepped up to the challenge of running in a larger and more competitive cross country race. Andrea was the first finisher of the two with a time of 29:52 and was 59th out of 70 runners. Chaimie placed 67th with a time of 32:02.

An encouraging aspect of both performances was the fact that their race pace was at least 15 seconds faster per mile than their 4k race in Colby, Kansas two weeks ago. An unfortunate aspect of the meet was that Celeste Denetso was not able to compete due to the pain caused by shin splints that had only arisen two days before the race.

After the meet, the team had lunch at the Olive Garden restaurant to load some much needed calories back into their bodies. Chaimie displayed a very impressive appetite by eating two large bowls of salad in addition to her plate of chicken parmesan.

By ordering the never ending pasta bowl (only \$7.95), I was able to hush certain critics on the team about my eating ability by finishing 3 bowls before anyone else had finished their meal. If the people at Olive Garden weren't aware prior to our arrival, they are now aware that you should never underestimate a runner's ability to eat! The women will race next in Fort Hays, Kansas on October 8th.



The Hot to Trot

By Jeff Arnold



After years of disappointment about one aspect of the race or another, a Hot to Trot 5K came out well. Thanks to Ruth McDonald there was a race and it went well. Part of what Ruth did was take care of details and get volunteers. Ken Raich's race program and his projector system for race results made results quick and enjoyable. The breakfast at the Gold Dust after awards was spectacular, something that might have rescued the previous disappointing races. It added a golden touch to this very good one.



Thanks to Jacqueline Wall, the runners got to use a brand new course. It went from the Gold Dust over the Main Street bridge and down the trail on the south side of the Arkansas. Praise be, the section of this trail from Main Street to the

part of the trail that is hung on the levee is still dirt. The course went over the footbridge just beyond Santa Fe to Runyon Lake and back to Fay's Crossing and onto HARP to Union and back to the Gold Dust for the finish.

I volunteered to be lead bike but was afraid that I wouldn't be able to stay ahead of the fastest runners going up the Main Street bridge. I made it, gasping for breath and by the time I could really look around, the only people I could see were Angelo Aragon in first and Larry Caffee in second. They maintained those positions to the finish, Angelo getting his first outright win in the Pueblo area that I'm aware of since coming back to be Assistant Principal at County High. His winning time was 18:18 on a course some described as tough. Angelo ran cross country for Central in the mid-seventies and has been in Fort Collins recently.

Larry Caffee, whose time was 19:09, also ran for Central, about six years later. He then went on to run at USC, maybe it was even SCSC then. He hadn't been running for several years, but got back into it because of his kids. His

daughter is one of the top runners on South's team. Larry told me that he runs three or four miles a day. Look out if he gets time to do more.

After those two crossed the finish line, I headed back to make sure runners got up off the HARP system ok. I saw the third guy and realized that he'd missed a turn back down onto HARP. So did the next ten or so runners before I got to the place where a HARP worker had erased the arrow I'd put in at 6:30 that morning. Just sprucing up. The group who missed the turn probably were a few seconds faster than if the arrow had been there but I'm sure that no one gained or lost a place.

Emily Borrego was the second runner to miss the turn, but she was a long way ahead of the fifth overall finisher and even farther ahead of the second woman. Emily's time was 21:37 which would have been a fine one if it had been a minute slower, let alone a few seconds.

There were plenty of impressive performances which you can see by looking at the complete results. One that impressed me was that of thirteen year old Jordan Montera who was ninth overall in 22:44.

Ruth can be proud of her first race as director. Now Pueblo can brag about the Hot to Trot.

top to bottom

Don Pfof works the
Finish Line

Angelo Aragon, Bill Mares,
Jeremy Gregory and
Gino Mares

The Breakfast Club

Ruth give Henry Hund his 2nd
place award

photos by Dave Diaz





Hot to Trot Results

Runners

Pl	Name	Age	Sx	Gp		Time	Pace
				Pl	From		
1	Angelo Aragon	48	M	1	Pueblo	18:18	5:53
2	Larry Caffey	42	M	1	Pueblo	19:09	6:10
3	Donall Smith	37	M	1	Pueblo	20:46	6:41
4	Emily Jeanne Borrego	37	F	1	Pueblo	21:37	6:57
5	Eugene Mares	42	M	2	Pueblo	21:48	7:01
6	Brooks Williams	22	M	1	Colo Spgs	22:17	7:10
7	Bill J Mares	39	M	2	Pueblo	22:23	7:12
8	Pranay Bahuguna	35	M	3	Pueblo	22:43	7:19
9	Jordan Montero	13	M	1	Pueblo Wst	22:44	7:19
10	Rocky Khosla M.D.	46	M	3	Pueblo	22:57	7:23
11	Jeremy Aaron Gregory	21	M	2	Pueblo	22:58	7:23
12	Stanley E Hren	63	M	1	Pueblo Wst	23:10	7:27
13	Gregory Atkinson	42	M	4	Pueblo Wst	23:42	7:38
14	Edward L Griego	54	M	1	Trinidad	23:48	7:40
15	Robert M Santoyo	43	M	5	Pueblo	24:27	7:52
16	Rusty E Smith	38	M	4	Pueblo Wst	24:33	7:54
17	Mike L Borton	49	M	6	Pueblo	24:40	7:56
18	Stacey A Diaz	45	F	1	Pueblo	24:58	8:02
19	Gregory King	32	M	5	H-Ranch	25:15	8:08
20	Gregory Berryman	50	M	2	Pueblo Wst	25:29	8:12
21	KC Caster	51	M	3	Franktown	25:39	8:15
22	Stephen D MacKerrow	47	M	7	Pueblo	26:07	8:24
23	Henry Hund	64	M	2	Pueblo	26:08	8:25
24	Joan Sindler	50	F	1	Canon City	26:25	8:30
25	Susan E Hirst	44	F	2	Colo Spgs	26:58	8:41
26	Rand Morris	53	M	4	Pueblo	27:15	8:46
27	Allen Gross	43	M	8	Pueblo	27:16	8:46
28	Hilbert Navarro	65	M	3	Pueblo	27:20	8:48
29	Kathleen Ann Bachicha	33	F	1	Trinidad	27:26	8:50
30	Becky Medina	35	F	2	Pueblo	27:31	8:51
31	Melvin R Henson	51	M	5	Pueblo Wst	27:46	8:56
32	Wendy A Garrison	38	F	3	Pueblo	27:55	8:59
33	Janet H Dash	48	F	3	Pueblo	28:32	9:11
34	Salvador Sanchez	63	M	4	Trinidad	28:45	9:15
35	Torry Baby Bolen	37	F	4	Pueblo Wst	28:54	9:18
36	John E Gunn	49	M	9	Wston	29:05	9:22
37	Kevin Cother	29	M	3	Pueblo Wst	29:22	9:27
38	Dax Charles	34	M	6	Pueblo	29:49	9:36
39	Angelique L Espinoza	34	F	5	Colo City	30:08	9:42
40	Lori King	33	F	6	H-Ranch	30:31	9:49
41	Kristina Peters	16	F	1	Pueblo	31:02	9:59
42	Lafonna Pacheco	35	F	7	Pueblo	31:02	9:59
43	Bob Erickson	62	M	5	Pueblo	32:07	10:20
44	James G King	60	M	6	Pueblo	32:46	10:33
45	Charles Henry King	55	M	6	Louisville	33:12	10:41
46	Addison Johnston	64	M	7	Pueblo	33:27	10:46
47	Angela Earl	27	F	1	Trinidad	33:33	10:48
48	Susan M Campbell	60	F	1	Pueblo	34:04	10:58

Pl	Name	Age	Sx	Gp		Time	Pace
				Pl	From		
49	Jan Dudley	50	F	2	Pueblo	34:58	11:15
50	Chuck A Mason	40	M	10	Trinidad	35:39	11:28
51	Russ Dash	48	M	11	Pueblo	35:55	11:34
52	Lisa R Quintana	38	F	8	Pueblo	36:31	11:45
53	Michell Hannon	16	F	2	Pueblo	36:36	11:47
54	Annie Dunigan	44	F	4	Cotopaxi	36:42	11:49
55	Wendy Foster	42	F	5	Canon City	36:46	11:50
56	Tiffany A Bowen	30	F	9	Pueblo	38:37	12:26
57	Sally Berryman	53	F	3	Pueblo Wst	39:09	12:36
58	Jessica Dunks	36	F	10	Pueblo	39:18	12:39
59	Susan McComsey	55	F	4	Pueblo	41:54	13:29
60	Jim Grimley	68	M	8	Denver	44:27	14:18

Walkers

Pl	Name	Age	Sx	From	Time	Pace
1	Sidney Arnold	61	M	Pueblo	23:00	11:30
2	Jackson Gross	11	M	Pueblo	27:41	13:51
3	Dede King	55	F	Louisville	27:44	13:52
4	Jackie Gross	41	F	Pueblo	27:45	13:52
5	Paige Atkinson	41	F	Pueblo Wst	27:49	13:54
6	Elizabeth Gross	13	F	Pueblo	27:49	13:54
7	Jan Pullin	55	F	Pueblo	47:54	23:57
8	Carole Partin	53	F	Avondale	47:54	23:57



Hilbert Navarro
Took home a 3rd place
award as well as a full
stomach from the great
breakfast at the Gold
Dust





Running with Ski Poles... Are You Nuts?

By Don McMahon



Are you looking for ways to increase your mobility and lessen the impact on your knees when running on our beautiful mountain trails?

Are you looking for ways to almost guarantee stability and at the same time give your weak upper body a stimulating workout?

Are you worried about the long term impact on your knees, hips and ankles from all the trail running you've been doing?

There is a solution, one that is as old as the hills themselves. Remember your grandfather's walking stick? Well, grandpa was ahead of his time. Research now shows that the use of poles can reduce the sometimes painful stresses placed on the knees going up and down hills.

Here are a few statistics for your consideration: A runner who is 5'6" tall and weighs 155-165 pounds, jogging at a slow training pace experiences about 192 pounds of impact per foot strike. That's about 425,856 pounds of peak force per mile, a lot of accumulated force on the joints of the lower extremities. Running with ski poles can reduce the accumulated force by about 6 tons over the course of a mile.

Light weight, aluminum or carbon

downhill poles are recommended as cross country poles are too long for use on snowless terrain. It's also recommended to remove the baskets at the lower end to provide for more ease in swinging the poles around roots, stumps and rocks. Be certain to utilize the wrist straps to avoid over-working your hand-grip.

Running with ski poles can also provide a way to boost the efficiency of your workout. Since the upper body contains nearly 50% of the body's muscle mass, the transfer of force away from the legs helps firm the whole body. Research has shown that running with poles increase oxygen consumption 20-25 % when compared to running without them. Harder work? Yes, but the payoff seems to be worth the effort.

Running with poles is an excellent way to stack the deck in your favor as a preventative measure against injury. The technique is particularly important for those with any history of knee pain, as well as those who are concerned about injury from repetitive impact from vertical forces.

This technique can also become a major improvement in balance over uneven terrain, helping to prevent slips, ankle injuries and abrasions from falling. But it takes a little getting used to.

Start slowly, perhaps even walking. The pole plant is in opposition to foot plant, as the left pole plants when the right foot hits the ground, etc. In essence you become a four-legged animal with much greater sense of balance and less worry about slippage. The benefits far outweigh the frustrations of getting it right.

Once you become familiar with the technique, try it on some of our nearby mountain trails with your friends. Their laughter will soon turn to envy when you pass them on every steep section and they begin to understand your efficient display of trail running. However, don't plan on taking your poles with you to Pikes Peak, as Marathon race officials at the famous, 14,110 foot peak have outlawed the use of poles for safety reasons.

Don McMahon is a retired cross country coach with 54 years of running experience. He currently works part-time as a Fitness Trainer at Cheshire Fitness Club in Black Mountain, and directs the annual Valentine Sweetheart 5K and Sourwood Festival 5K.

Editor's Note: This article was originally published in "Running On", the newsletter of the Asheville (NC) Track Club. We got it courtesy of Jeff Arnold and it is reprinted with Don's permission. THANK YOU Don!!!

The Incredibles

Congrats to SCR's Paul Vorndam. Paul took 3rd in his age bracket at the Pike's Peak Ascent with a time of 3:21. A couple weeks later, Paul was 2nd in his age group on Imogene Pass with a 3:13.

While we're talking about incredible feats. Dave Diaz finished 11th in his division of the Ascent with a 3:49, then turned around the next day and finished 5th in his

division for the Marathon with a 6:14.

If that's not enough, Paul Koch was 9th overall in the Marathon with a 4:15. No, this is not a typo, and he ran both up and down in 4 hours and 15 minutes.

In the words of the Sundance Kid, "Who are these Guys???"

(Great Stuff Continued from page 3)
causes them to go out of business?

5. Why are so many motorcycles allowed to be so loud?

6. Why are so many motorcyclists allowed to drive so fast?

7. Do roofers have "strategic planning" meetings?

8. Wouldn't you love to hear a pro athlete say that he was "looking past his next opponent?"

9. Why would a greater being make too much sunshine exposure cause skin cancer?

10. Does anyone really believe all the information in the magazines that are available for free in health food stores?

•
Until next month, remember to run at least 7 days this week.



The Tribute Run Results & Photos

Pueblo Tribute 5K Run was held Saturday, Sept 10, 2005 at Elmwood Golf Course in Pueblo City Park. The citizen's race took place prior to the high school and middle school events.

Citizen's Race Results

Pl	Name	Age	Time
1	Narron Sloan	28	18:02
2	Angelo Aragon	48	18:35
3	Rich Hadley	49	19:25
4	Larry Volk	41	20:26
5	Jason Ramos	32	21:45
6	Bill Mares	39	22:25
7	Gene Mares	42	22:45
8	Jeremy Gregory	21	23:14
9	Ron Nelson	46	23:17
10	Rocky Khosla	46	23:50
11	Stan Hren	63	24:08
12	Henry Hernandez	32	24:46
13	Bob Gassen	58	24:54
14	Rusty Smith	38	25:31
15	Mike Borton	49	25:32
16	Katie Walker	28	26:01
17	Troy Davenport	40	27:56
18	Adrian Hernandez	37	29:00
19	Dan Comden	51	30:30
20	Don Pfost	65	30:53
21	Jeff Arnold	64	33:26



Clockwise from upper left
 Race director Rochelle Garcia
 Stan Hren & Bob Gassen
 Volunteer Paul DallaGuardia sets some posts
 Troy Davenport
 Roncalli Runners
 Jace Khosla &
 Ben Comden



Annual SCR Picnic Photos



The annual SCR picnic took place on August 6th after the Beulah Challenge. (we ran out of room in last month's *Footprints*)

Clockwise from upper right
Dick Greet and grandbaby
Maria & Al Weaver
Jacob & Angelo Aragon
The "Gang" visiting
Young Borrego finds a new
use for an SCR cone





The Predict Series Standings



Out of 380 points, one third of one point sounds fairly insignificant. However, with seven of ten races complete in the '05 series, Don Pfof leads Larry Volk by .34 seconds.

There is a 55 point gap to third place, but that won't last. Thirteen runners have completed 5 races, and any "good" score by these thirteen will replace a lower score. And there are quite a few runners with 4 races under their belts. Several of these will jump up in the

standings with the next race.

Speaking of the next race, mark your calendars for Saturday night October 22nd. The club furnishes the chicken and the drinks. Bring a side dish. We have permission for a bonfire as long as the wind doesn't blow.

The race starts at 5pm at Lovell Park in Pueblo West. It is also a poker run. There is a nominal entry fee. At each mile, each runner pulls an envelope from



a box, and at the finish, the male and female with the best poker hands split the pot. It won't make you rich, but it is lots of fun.

And, by the way, congrats to Lou Huie, Gina Benfatti, Bill Veges, Jeremy Keener, and Art Long who placed 1st through 5th at the Tunnel Drive Run. Thirty-nine runners took part in the August 27th event.

Here's the Numbers...

Name	Spg	Ben	Rams	Yap	Butt	Moon	Tnl	Total	Best 5
	Rof	Mat	8K	Dog	Bstr	Mad	Drv	Points	Races
Don Pfof	97.22		65.00	55.56	87.50	61.54	69.23	436.05	380.49
Larry Volk	77.78	45.83	95.00	38.89		100.00	61.54	419.04	380.15
Marijane Martinez	83.33	83.33	60.00	27.78	70.83			325.28	325.28
Sandy Reinsch	44.44	91.67	40.00		62.50		82.05	320.66	320.66
Dave Diaz	100.00	100.00	25.00	22.22			53.85	301.07	301.07
Jeremy Keener		79.17	50.00	11.11	37.50		92.31	270.09	270.09
Stacey Diaz	19.44	66.67	30.00	88.89		23.08	33.33	261.41	241.97
Mary Rudolf	5.56	75.00	80.00		16.67	53.85		231.07	231.07
Ben Valdez	47.22	50.00	75.00		8.33		46.15	226.71	226.71
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	
Humberto Parades	63.89	62.50			95.83		71.79	294.02	
Steve Wall				100.00	91.67	92.31		283.97	
Ron Dehn			100.00	44.44	58.33		48.72	251.50	
Bill Veges	61.11			72.22			94.87	228.21	
Carrie Slover		70.83		94.44		15.38	35.90	216.56	
Misti Frey		87.50	90.00	33.33				210.83	
Jill Montera	75.00	37.50	35.00	61.11				208.61	
Gary Franchi	91.67			77.78			23.08	192.52	
Lou Huie	86.11						100.00	186.11	
Rusty Smith		20.83			83.33		74.36	178.53	
Nick Leyva	55.56	16.67		83.33	20.83			176.39	
Angelo Aragon	33.33	25.00			75.00	38.46		171.79	
Rich Hadley	94.44						76.92	171.37	
Matt Sherman	69.44	33.33					66.67	169.44	
Gina Benfatti					54.17		97.44	151.60	
Jan Huie	66.67						79.49	146.15	
Joe Bulow	30.56				45.83		64.10	140.49	
Mary Simmons	72.22		55.00		12.50			139.72	
Diana Tiffany				50.00	29.17	46.15		125.32	
Matt Drake					100.00			100.00	

Those with under 100 points

Diane Lopez	99.17	Chief Reno	41.67
Robin Krueger	95.83	Michael Bradley	41.03
Art Long	89.74	Meryl Dohrmann	38.89
Andrew Valerio	87.18	Paul Packard	38.46
Aaron Romani	84.62	Jacqueline Wall	33.33
Paul DallaGuardia	80.56	Jordon Hall	30.77
Frank Aragon	75.00	Ralph Book	30.77
Wendy Garrison	71.15	Kasey James	28.21
Matt Chavez	69.23	Mike Archuleta	27.78
Hilbert Navarro	67.22	Jim King	25.64
Karen VanHaverbeke	66.67	Paula DelPriore	25.00
Ashley Withrow	58.97	Ed Whitcraft	20.51
Jonathan Haynes	56.41	Todd Hughes	15.00
Anthony Diaz	54.17	Debra Wall	13.89
Phil Quattlebaum	52.78	Cassie Okken	10.26
Robert Santoyo	52.31	Jack Janney	8.33
Becky Medina	51.50	Callista Barritt	7.69
Larry Minogue	51.28	Susan Gehhart	5.13
Jeff Arnold	50.00	Robert O'Callaghan	4.17
Wendy Bulow	50.00	Dwight Martinez	2.78
Aaron Levinson	46.67	Larissa Barritt	2.56
Adam Mokhibi	43.59		

We thank our Predict Volunteers for recent races.

Moonlight Madness: Race Director: Diana Tiffany Setup: Mary Rudolph Aid Station: Dave Diaz Kitchen Duty: Mark & Carrie Slover Finish Line: Jacqueline Wall, Tiffany Bowen, Lois Pfof, Jessica Higgins

Tunnel Drive: Race Director: Rich Hadley Finish Line and Results: Deb Hadley, Diana Quattlebaum, and Tammy Stone Aid Station: Phil Quattlebaum Data Entry: Ron Dehn

Potpourri

Coin the Caption

Don Learned and Mary Rudolf are doing something, but we don't know what.

So - our staff figured, why not have a contest?

Come up with a caption for this photo, then send it via e-mail to:

ron.dehn@colostate-pueblo.edu

Judges will not know the identities of entrants.

The "best" caption coiner will win a \$25 gift certificate to the Gold Dust.

Entries are due by midnight, October 20th.

This is a family magazine, so make sure your entry is fit for family reading.

We thank Jan Dudley for the photo!



Pikes Peak Notes

The 2005 Ascent and Marathon were events to remember and we'll have more on that topic next month. Below are the area Ascenders and further below are the Up and Downers.

Place

in Div	Name	Age	From	Time
103	Russell L Brown	34	Pueblo	4:16:43
65	Donall R Smith	36	Pueblo	3:47:49
162	Jerardo B Reyes	39	Pueblo	4:52:49
39	Frederick A Vigil	51	Pueblo	3:55:06
64	Hugh G Parker	53	Pueblo	4:09:42
11	Dave M Diaz	57	Pueblo	3:49:43
52	Patrick K Swank	57	Pueblo	4:52:06
67	Ron E Dehn	57	Pueblo West	5:18:03
69	Max R Strasner	56	Pueblo West	5:22:47
50	Jennifer D Rogers	28	Pueblo	5:40:16
79	Stacey A Diaz	44	Pueblo	4:55:10
12	Sharon K Vigil	48	Pueblo	4:01:33
86	Hilda L Garcia	49	Pueblo	5:29:30
30	Carrie L Slover	52	Pueblo	5:03:38
3	Paul E Vorndam	58	Rye	3:21:41
11	Brian S Vaniwarden	26	Canon City	3:17:54
21	Jeff S Vaniwarden	25	Canon City	3:38:33
149	Mark B Kwitek	42	Canon City	5:07:36
5	Dean E Sandoval	50	Canon City	3:07:04
33	Karen Van Haverbeke	43	Canon City	4:02:51
9	Richard W Kennett	69	Salida	5:20:43
3	Sally C Kennett	63	Salida	4:23:03

Place

in Div	Name	Age	From	Ascent	Descent	Total
39	Phil R Knowles	33	Pueblo	4:06:14	2:31:21	6:37:35
85	Gary A Hermes	41	Pueblo West	4:40:11	3:17:59	7:58:10
32	Ben K Valdez	45	Pueblo	4:01:37	2:23:04	6:24:41
5	Dave M Diaz	57	Pueblo	4:08:54	2:05:26	6:14:20
5	Jessie M Quintana	61	Pueblo	4:57:23	3:58:39	8:56:02
5	Paul L Koch	37	Colo Springs	2:33:22	1:41:53	4:15:15
106	Robin R Gooldy	51	Canon City	6:24:50	3:34:26	9:59:16



Gary Franchi snapped this photo prior to the Ascent. L to R Dave & Stacey Diaz, Carrie Slover, Karen VanHaverbeke and Hilda Garcia



2005 Calendar from here to there*

(see calendar link on SCR website for links & e-mail addresses)

October

Sat	08	Grizzly 5K Run	5K	Alamosa, CO
Sat	08	DECA Dash	5K run/wlk	Pueblo West High School 661 W Capristano Ave, Pueblo West, CO 8:00 am Brooke Tibbs -(719)251-4789 Benefit for Project Mercy to aid children in Ethiopia
Sat	08	Runnin' with the Lopes	10K,5K	Wellness Ctr, Lamar Comm College, Lamar, CO 8:00 am Deborah Sherman-Hoefler- (719)336-6645
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)	5K 8:00 am	Pavilion on Lake Victoria, Riverwalk, Pueblo, CO Information - (719)545-8900 Benefit for Meals on Wheels
Sun	30	Fall Series III	5.5M	Colorado Springs, CO
Sun	30	Ghost Run	10K,5K 8:00 am	Canon City, CO John Maynard -(719)429-5633

NOVEMBER

Sat	05	Hustle for Russell	5K 8:15 am	Pleasant View Middle School, Pueblo, CO Karen Weiler - (719)542-7813
Sat	12	Atalanta Women's 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

Sat	3	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo, CO Dave Diaz - (719)564-9303
Sun	18	Marijane & Nick's Prediction Run (c)	8M 9:00 am	117 Regency, Pueblo Mary Rudolf 564-9599 (Pueblo) or marijane.martinez@colostate-pueblo.edu

(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. Check the website.



Hello,

From the Canon City Optimist Club I would like to invite all Pueblo Runners to out Oct 30th run. This is a 10K race and 5K Family Fun Run. Registration is available by mail or on Active.com. Thanks in advance,

John Maynard
Race Director

THANKS

We'd like to thank the Hot to Trot volunteers: Race Directors: Ruth McDonald & Shelley Riddock, Finish Line: Don & Lois Pfof, Bill Veges, Carol Hund, Results: Ken & Pixie Raich, Course: Jeff Arnold, Equipment: Dave Diaz

While we're dishing out thanks - give a hand to the volunteers for the Pueblo Tribute Run. Race Director: Rochelle Garcia, Finish Line: Paul Dallaguardia, Lois Pfof, Ron Dehn, Deb Hadley, Course Clocks: Ken Raich, Results: Dave Diaz

From the St. George Marathon

Nick Leyva	3:53:14
Diane Lopez	4:07:39
Hilda Garcia	4:29:27
Nicole Pirraglia	5:31:23
Amber Autabee	5:31:25

photo by Marijane Martinez



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

Don't forget the Harvest Poker Run / Bonfire / Pot Luck / Predict 5-miler on October 22nd. Be at Lovell Park in Pueblo West for a 5pm start. We'll have a bonfire if the wind permits. Bring a side dish and a few dollars (usually \$5) for the entry fee, and leave your watch in your car. This is race 7 of 10 in the Predict Series.



The Turkey Trot benefit run / walk takes place October 29th at the Riverwalk. This event is a fundraiser for Meals on Wheels.

On November 12th, be at City Park for the all-ladies Atlanta 5k run / walk. This race is filled with history and tradition. Guys, you can attend, but plan on being a worker or a spectator.

The Temple Canyon 4-mile run is my personal favorite of the 10 courses in the SCR Predict Series. It is up, down, through the creek, and around the cedars. To get to Temple Canyon from Pueblo, go west on HWY 50 to the west end of Canon City. On 1st Street, go south (left) for approximately 2 miles. Note—this is an approximate distance. At the Temple Canyon sign, turn right and follow the road until you see the SCR gathering place. This run takes place on November 26th, the Saturday after Thanksgiving.

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 October 5th. Bring a smile or cookies.

The Final Thoughts...

Happiness is a place between too little and too much. Finnish Proverb

Truth does not change according to our ability to stomach it. - Flannery O'Connor, writer (1925-1964)

It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy. -George H. Lorimer, editor (1868-1937)

If life was fair, Elvis would be alive and all the impersonators would be dead. Johnny Carson