



Editors: Ron Dehn & Debra Wall

# FOOTPRINTS

Caution - Reading this may spoil your appetite

## The Thanksgiving Edition

### Join Now and Avoid the Rush

Believe it or not - 2005 is slipping away. If you are currently a member, your membership is about to expire. If you are not a member, but enjoy reading *Footprints* and attending SCR events, consider a membership. Give a membership as a gift to a loved one or to yourself.

You can sign up via paper registration or on the web at [active.com](http://active.com). Go to [www.socorunners.org](http://www.socorunners.org) and click the Membership link. Then click the "register online" link. Active.com charges a small fee. The website also has info about perks and discounts for members.

Note: If you do not renew by January 20th, you will not receive the 1st issue of Colorado Runner magazine.

### Congratulations Jeff!!!



Jeff Arnold will be inducted into the Greater Pueblo Sports Hall of Fame on the evening of Nov. 16 at CSU-Pueblo.

Jeff was one of the original founders of SCR in 1980 and has always been very active in the club. Of course, it is his activity mostly outside of the club as a long-time educator, coach, athlete, race director, etc., that led to his nomination and selection.

Kudos to Jeff. This is quite an honor. Be sure to congratulate him when you see him.

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**SCR Notes from the October, 2005 meeting**

Attendance: Gary Franchi, Rich Hadley, Jeff Arnold, Terry Cathcart, Dave Diaz, Ron Dehn, Jan Dudley, Stan Hren, Kathy Strommel

Minutes of September 2005 meeting were approved as presented

SDRA Turkey Trot: 5k run and 2 mile walk will be held at Riverwalk on October 29, 2005. Entry form will appear in October newsletter.

Office Reports: Treasurer report was approved as presented by Dave Diaz. Ron Dehn reported that pictures in the upcoming October newsletter will be lighter and of a higher quality. Reporting for an absent Ken Raich, Gary Franchi reported that 159 members are receiving Colorado Runner magazine.

Race Recaps: Pueblo Tribute Run-Dave Diaz reported that the event had 21 runners-all present agreed that the event needs to increase in numbers next year. Deca Dash: Ron Dehn reported that all is in order for the 5k run and walk to be held at Pueblo West High School on Sat Oct 8. Corporate Cup Bike Ride: Dave Diaz reported that the event had enlisted plenty of volunteers. Harvest Poker Run: Dave Diaz reported that a bonfire will follow this event to be held at Lovell Park in Pueblo West on Sat Oct 22. A pot luck will also be part of the festivities. Atalanta Women's 5k: Dave Diaz reported that all is in order for this event to be held on Nov 12. Awards have been ordered,

entrants will receive attractive women's hooded shirts, and entry forms will appear in September's newsletter. Hustle for Russell: 5k run and 1 mile walk will be held at Pleasand View Middle School on Sat Nov 5, 2005. Entry forms will appear in October newsletter.

Activity Recaps/Updates/Revisits YMCA campus fund raising: It was agreed that the club include a line for YMCA donations on our club membership forms for 2006.

It was also agreed that a club gift of \$1000.00 to the YMCA be presented in conjunction with the Spring Runoff.

New Business: Race Clock: Club authorized use of a big race clock at District 60 meets on Oct 11 and Oct 20 and also at City meet and regionals. Race Calendar: A tentative race calendar for 2006 was presented for preliminary review.

Adjournment: Meeting adjourned at 8:15 p.m.

Respectfully Submitted  
Stan Hren



**Colorado Runner Magazine**

Hopefully you have noticed that you have been receiving a magazine called Colorado Runner. This is free to members, however it does cost the club a fee to send this to you. THEREFORE, when you renew your membership - please indicate that you wish to receive the magazine *only* if you read it. We're glad to offer this to members, but if you are simply tossing the magazine, save a tree, and save the club a few \$ too. Thanks!



**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. 283**

"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, Carolyn Davidson*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

**Contributing Writers / Photographers**

Gary Franchi, Rocky Khosla, Shaun Gogarty  
Larry Volk, Deb Hoefler, Marijane Martinez

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.

\* Carolyn Davidson - Portland State University student. In 1971 Nike paid her \$35 for its "swoosh" logo. Years later, the company gave her an undisclosed amount of stock.



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

**Happy Thanksgiving**



**From Ruth & Shelly at The Gold Dust 217 South**

# E-MC<sup>2</sup>

## Great Stuff

by Gary Franchi

### Why we learn something new every day



Thought for today's lunch, compliments of the late Jim Morrison: *"There are things known and there are things unknown, and between them are doors."* (That's where the name of The Doors band came from.)

#### Musings about running, fitness and life:

They say we learn something new every day. I suppose that's putting a positive spin on the fact that there are a heckuva lot of things we don't know, so we keep stumbling and bumbling across things we weren't aware of before.

I guess you can say that the less knowledge we have, the more we learn. Nah, that sounds too negative. Let's change that to say that we learn more by being curious enough to seek more new things, regardless of how much we already know. Yeah, that sounds better, regardless of whether it's true.

Whatever, some things that we run across are pretty cool. For instance, I was just reading the entry form for the New Las Vegas Marathon that will start and finish on the Strip on Dec. 4, and I ran across this gem: "Participants who register by September 1, 2005 will have the opportunity to have their first name or their nickname printed on their bibs."

Now just think about that for a minute. If your nickname since high school has been "Mental," you could have had that put on your race bib, which means that you could have your official New Las Vegas Marathon race bib with Herman "Mental" Johnson framed and put on your office wall along with your marathon finishing certificate and finisher's medal. Is this a great country or what? Think of how that would impress the chicks, too.

Ah, but there's a catch here. Point #2 under the "Bib Name" heading on that entry form says: "We reserve the right to edit any name on your application." Hence, if you have been called "Buttmunch" all these years and you write that on the form, race officials can change it to, say, "Munchkin" or what-

ever they like. Thus, the original offer, which sounded so cool at first, sort of loses its luster, don'tcha think?

We run across a lot of things that, even though they might be new ideas to us, we don't particularly want to know or hear about them. For instance, going back to that New Las Vegas Marathon entry form, I didn't want to know that the entry fee is \$95 and that it's \$105 during the week of the race. I mean, sure, that might be useful for those who were considering running the race, but it didn't exactly put me in a good mood. I don't like to see excessive race entry fees because I know that it could translate into a gouging-level high entry fee for a future race that I do somewhere.

But getting back to things we know and things we don't know, I ran across this great quote on my desk calendar's Oct 18 entry:

*"There are known knowns. There are things we know that we know. There are known unknowns. That is to say, there are things that we know we don't know. But there are also unknown unknowns. There are things we don't know that we don't know."*

That crystal clear bit of "whizdumb" actually came from the mouth of Defense Secretary Donald Rumsfeld during a Pentagon briefing as he was trying to clarify the war on terrorism. Yep, he sure clarified THAT point with pure logic. I'll bet he didn't get chicks after THAT verbal display of genius.

Statements like that remind me of why I like to run – to escape from the fake world into my own real world. There, I can let my mind wander over personal issues that actually have some meaning to me, unlike the gobbledygook that we often are bombarded with throughout each day from the world of advertising and, yes, politics.

It gives me time to ignore the claims of pompous individuals who distort the facts in an attempt to espouse their own agendas and points of view. It allows me to focus on the positive, good

things that make this glorious life fun and worth living.

Mostly, each occasion on the roads and trails gives me an opportunity to stumble or bumble across something that I don't already know. Given my miniscule level of knowledge, I guess that's a given.

Nah, it's actually because I'm, uh, so curious about things. Yeah, that's it.

#### Ten things I was just wondering:

1. Is life really too short to hold grudges? Doesn't it seem like there is plenty of time to do so?

2. Why can't we change the spelling to "Wensday?" Better yet, how about "Wenzday?"

3. If you ever walk into a bowling alley and watch the participants, isn't it just amazing how many lousy bowlers there are?

4. Do elite runners consider the rest of us as being lousy runners?

5. Isn't "convoluted" a great, descriptive word?

6. How did someone come up with the idea of putting egg whites in Peppermint Patties?

7. Because of the effects of global warming, why aren't more people moving to cooler states like Montana and North Dakota?

8. Don't you love food product ingredients that say "may contain such and such?" I mean, does it contain it or not?

9. If you can't have your cake and eat it too, why even have it?

10. Don't you think we can do without bullbleep words/phrases like "facilitate," "process," "share with you," "strategic" and "constituents?" Oh, and isn't "on the cutting edge" just a tad irritating, too?

Until next month, may you know when it's smarter not to know something, if you know what I mean.



November

- 1 Ross Barnhart  
Gary Player\*
- 3 Julie Arellano  
Barbara Hadley  
Kate Capshaw\*
- 4 Sean Bryan  
Art Carney\*
- 5 Jessie Quintana  
Roy Rogers\*
- 7 Huston Powell  
Madame Curie\*
- 11 Jed Balestrieri  
Demi Moore\*
- 13 Michael Phillips  
Whoopi Goldberg\*
- 16 Robert O'Callaghan  
Burgess Meredith\*
- 17 Lawrence Volk  
Cole Ratzlaff  
Rocky Khosla  
Danny DeVito\*
- 18 Steven Wall  
Linda Evans\*
- 23 Chris Dehn  
Harpo Marx\*
- 24 Robin Van Buskirk  
Dale Carnegie\*
- 25 Lenore Raich  
Joe DiMaggio\*
- 26 Mike Borton  
Tina Turner\*
- 28 Karen VanHaverbeke  
Nancie Biery  
Ed Harris\*
- 29 Lisa Walker  
Kim Delaney\*

\*honorary member



# Rocky on Fitness

By Rocky Khosla, M.D.

## Wrestling & Health



Since fall is in the air, a bunch of you may have kids that are going to be taking part in one of the most grueling athletic activities: wrestling. So I thought I would write a column about some common issues seen in wrestling.

Every year I end up signing cards qualifying wrestlers for their minimum weight. If you have a child who is a wrestler, please talk to them about not doing unhealthy things to “cut weight”. In a national study of high school wrestlers, the following statistics were reported:

Activity	% Using
Frequent Fasting	75%
Severe Fluid Restriction	75%
Run or jog	73%
Exercise devices	59%
Rubber suits	34%
Sweat in sauna	14%
Vomiting	8%
Diuretics	2%

You might look at the 3<sup>rd</sup> entry entitled “Run or jog” and think what’s wrong with that? In the study, the wrestlers used high mileage over short periods just to make weight, which is mighty unhealthy.

I try to educate the wrestlers by telling them that getting down to the lowest possible weight doesn’t necessarily mean that they will be better wrestlers, as often they will be so tired and dehydrated that their performance and their health will suffer.

For high school wrestlers, we feel that the lowest % body fat that is acceptable is 7%. The formula that I use to determine the minimum weight allowed (M.W) is as follows:

$$*M.W. = \frac{\text{current wt in lbs}(1-\text{fraction body fat})}{1-\text{desired fraction of body fat}}$$

So, for example, for a 150 lbs. high school wrestler who has 9% body fat, M.W. =

$$\frac{(150)(1-0.09)}{(10.07)} = \frac{(150)(.91)}{(0.93)} = 146.77 \text{ lbs}$$

\*A note of caution in these calculations is that there should not be a weight loss of more than 2 lbs per week.

The next issue is some skin conditions seen that are peculiar to wrestlers:

1. Herpes gladiatorum: this is caused by the herpes simplex virus, and is usually

spread by skin-to-skin contact. These lesions are usually fluid filled blisters on a reddened base. Often there is burning or stinging sensation before the rash appears. Treatment with antivirals can help shorten the course of infection and can reduce the infectivity. Also, if your wrestler has had problems with recurrent episodes of this, you may want to talk to your doctor about using medicines to prevent these episodes from happening during wrestling season.

2. Tinea gladiatorum. This is caused by the ringworm group of organisms, and the lesion is usually spread skin-to-skin, but may also be spread from clothing, head gear, mats, etc. Anti-fungal medication can help get rid of this.

Lastly, a few words on cauliflower ears. These are ears that get damaged from wreslers not wearing ear protection. As a wrestler wrestles without head gear, they may traumatize the external ear and get bleeding on top of the cartilage in the ear. This can then cause cosmetic changes called cauliflower ear. Talk to your wrestlers about always wearing head gear when wrestling, and if there is trauma to the ears, get medical attention right away!

Here’s hoping that your young wrestlers stay healthy, happy and strong. Sincerely,

Rocky Khosla, M.D.





# The Predict Series Standings



The Harvest Poker run had it all: Thirty-six runners took part. There was lots of great food, plenty of volunteers, and Dave Diaz got clearance from the fire department for a bonfire about a half hour before race time.

It was a typical October evening run. Most ran in short sleeves and shorts, but as soon as the sun went down, so did the temperature. Long pants, sweatshirts, jackets, and hats became the order of dress. That bonfire felt good!

At every mile mark of the run, runners picked up an envelope containing a card from a box that Dave had set out. At the end of the 5-mile run, each runner picked up his / her final card. Five card stud. Read 'em and weep. Each runner had put in \$5. Some of the money to paid for food. Ben Valdez (3 fours) and Wendy Garrison (3 deuces) split the proceeds.

Mr. Predictable, Larry Volk turned in another great run, with a variance of

under 6 seconds. That netted Larry 100 points, 1st place, and a healthy 51 point cushion over Don Pfoost who is a solid 2nd. Emily Borrego is in 3rd place, and the top lady in the standings.

If you enjoy beautiful Colorado scenery (doesn't everybody?), be at Temple Canyon west of Canon City on November 26<sup>th</sup> for the next predict run – a 4 miler. Details are on the last page of this issue.

p.s. Check out Steve Wall's numbers.

## Here's the Numbers

Name	Spg Roff	Ben& Matt	Rams 8K	Yap Dog	Butt Bust	Moon Mad	Tunl Drv	Hvst Pok	Tot Pts	Best 5
Larry Volk	77.78	45.83	95.00	38.89		100.00	61.54	100.00	519.04	434.32
Don Pfoost	97.22		65.00	55.56	87.50	61.54	69.23	63.89	499.94	382.84
Emily Borrego		58.33	85.00		79.17	84.62		41.67	348.78	348.78
Humberto Parades	63.89	62.50			95.83		71.79	50.00	344.02	344.02
Ron Dehn			100.00	44.44	58.33		48.72	88.89	340.38	340.38
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	27.78	348.44	320.66
Dave Diaz	100.00	100.00	25.00	22.22			53.85		301.07	301.07
Jill Montera	75.00	37.50	35.00	61.11				72.22	280.83	280.83
Carrie Slover		70.83		94.44		15.38	35.90	58.33	274.89	274.89
Stacey Diaz	19.44	66.67	30.00	88.89		23.08	33.33	55.56	316.97	274.44
Jeremy Keener		79.17	50.00	11.11	37.50			92.31	270.09	270.09
Ben Valdez	47.22	50.00	75.00		8.33		46.15	47.22	273.93	265.60
Mary Rudolf	5.56	75.00	80.00		16.67	53.85			231.07	231.07
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
Robert Santoyo	16.67		10.00			7.69	17.95	19.44	71.75	71.75
Steve Wall				100.00	91.67	92.31		91.67	375.64	
Matt Sherman	69.44	33.33					66.67	94.44	263.89	
Rich Hadley	94.44						76.92	83.33	254.70	
Gary Franchi	91.67			77.78			23.08	61.11	253.63	
Bill Veges	61.11			72.22			94.87	22.22	250.43	
Rusty Smith		20.83			83.33		74.36	52.78	231.30	
Misti Frey		87.50	90.00	33.33				11.11	221.94	
Lou Huie	86.11						100.00		186.11	
Gina Benfatti					54.17		97.44	30.56	182.16	
Nick Leyva	55.56	16.67		83.33	20.83				176.39	
Angelo Aragon	33.33	25.00			75.00	38.46			171.79	
Phil Quattlebaum	52.78							97.22	150.00	

## Those with less than 150 points (begin at lower left)

Anthony Diaz	54.17
Larry Minogue	51.28
Wendy Bulow	50.00
Aaron Levinson	46.67
Adam Mokhribi	43.59
Chief Reno	41.67
Michael Bradley	41.03
Cesar Parades	38.89
Meryl Dohrmann	38.89
Paul Packard	38.46
Rock Coger	36.11
Jacqueline Wall	33.33
Jordon Hall	30.77
Ralph Book	30.77
Kasey James	28.21
Mike Archuleta	27.78
Jim King	25.64
Paula DelPriore	25.00
Troy Davenport	25.00
Ed Whitcraft	20.51
Maria Elena Weaver	16.67
Todd Hughes	15.00
Debra Wall	13.89
Cassie Okken	10.26
Jack Janney	8.33
Callista Barritt	7.69
Cheryl Cook-McCoy	5.56
Susan Gehhart	5.13
Robert O'Callaghan	4.17
Dwight Martinez	2.78
Marv Bradley	2.78
Larissa Barritt	2.56

Jan Huie	146.15	Matt Drake	100.00	Karen Van Haverbeke	80.56
Joe Bulow	140.49	Art Long	89.74	Jordan Montera	77.78
Robin Krueger	140.28	Andrew Valerio	87.18	Frank Aragon	75.00
Mary Simmons	139.72	Craig Binkley	86.11	Terri Tibbs	69.44
Wendy Garrison	137.82	Aaron Romani	84.62	Matt Chavez	69.23
Becky Medina	126.50	Jeff Arnold	83.33	Hilbert Navarro	67.22
Diana Tiffany	125.32	Al Weaver	80.56	Ashley Withrow	58.97
Diane Lopez	107.50	Paul DallaGuardia	80.56	Jonathan Haynes	56.41

## Predict Series Photos



Clockwise from upper left

Matt Sherman,  
Race Directors, Rich & Deb Hadley

Larry Volk & Ben Valdez

Art Long  
(a week after the Leadville 100)

Becky Medina & Wendy Garrison

Dave Diaz, Bill Veges, and Gary Franchi

# More Predict Series Photos



Clockwise from upper left

Misti and Deb warm up by the fire

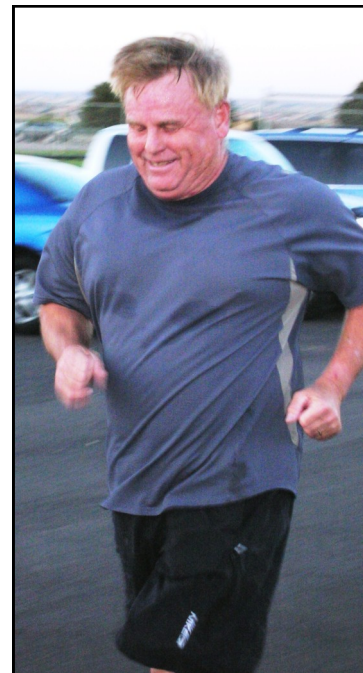
Phil Quattlebaum takes 2nd place

Jordan Montera & Mom (Jill) & Terri Tibbs

Sandy collects Ben's winnings from Dave

Center

Craig Binkley was first to cross the finish line with a 30:25 for the five miler



### THANKS!

#### Harvest Poker Run Volunteers

Race Directors: Dave & Stacey Diaz. Finish Line: Mark & Brenda Koch, Lois Pfost. Results: Ken Raich. Course Marshal: Jacqueline Wall. Aid Station: George Slaughter. Photographer: Ron Dehn. Wood: Terry Cathcart, Troy Davenport. Poker Results: Jim & Jan Dudley.





# The DECA Dash

Twenty-three runners and walkers took part in the 2005 DECA Dash fund-raiser Run / Walk, held at Pueblo West High School on October 8th. Proceeds from the event went to benefit "Project Mercy" to aid children in Ethiopia

Rich Hadley turned in a very nice 19:03 to lead all runners. Jan Huie led the ladies with a 25:59.

Race Director Brooke Tibbs got the event started with the quote, "If it is meant to be; it is up to me!"

Brooke, a senior at PWHS, is the daughter of SCR member Terri Tibbs. She is also a race director extraordinaire. Brooke first attended an SCR meeting many months ago when she outlined the

project and made a request for SCR assistance. She attended several more meetings; each time providing an update. Brooke also enlisted the help of fellow DECA students and Cyclone Cross Country coach Dale Papineau.

The students rounded up a considerable list of sponsors to make the fund raiser successful.

Race day went off without a hitch, due to all that planning. DECA Cyclones you are to be congratulated.

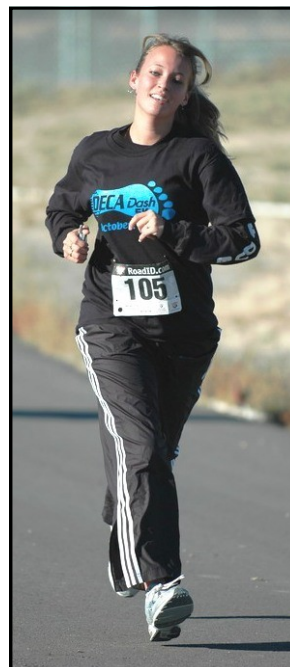
**GREAT JOB!!!**

Brooke thanks these SCR volunteers for their assistance. Finish line: Deb Hadley, Stan Hren, Terry Cathcart. Photographer: Larry Volk. Course: Dale Papineau, Results: Ron Dehn



The DECA Team who did such a great job and young runners from Pueblo West

"If it is meant to be; it is up to me!"



## Combined Results Runners / Walkers

Pl	Name	Age	Sex	Time
1	Rich Hadley	49	M	19:03:00
2	Chief Reno	43	M	20:48:00
3	Matt Sherman	33	M	21:13:00
4	Lou Huie	56	M	21:33:00
5	Bill Mares	40	M	21:54:00
6	Eugene Mares	42	M	22:12:00
7	Jordan Montera	13	M	22:15:00
8	Jeremy Gregory	21	M	22:59:00
9	Bob Gassen	58	M	23:12:00
10	Rusty Smith	38	M	24:07:00
11	Cole Tibbs	13	M	25:45:00
12	Jan Huie	56	F	25:59:00
13	Michaela Gallina	18	F	28:46:00
14	Jeff King	51	M	30:18:00
15	Ken Price	62	M	43:14:00
16	Lori Harrison	42	F	47:12:00
17	Jamison Wagner	29	M	47:52:00
18	John Gallina	49	M	48:06:00
19	Tony Linkowski	39	M	48:07:00
20	Michelle Erickson	37	F	52:08:00
21	Susan Kinnischtzke	37	F	52:09:00
22	Ed Harrison	48	M	53:42:00
23	Lacey Harrison	15	F	53:43:00



## More DECA Dash Photos



Left  
Mr. Sherman, science teacher from PWHS (and SCR member)



Right  
Mr. Price, retired science teacher from South High (and SCR member)

### Coin the Caption Winners!

Jan Dudley won last month's Coin the Caption contest with the caption below. Take a deep breath before reading it – it's a long one. (but very clever) Jan wins a \$25 gift certificate to the Gold Dust.

"Representing Colorado Springs and Pueblo, Don Learned and Mary Rudolf decided the future of the Southern Delivery System (SDS) water contracts in the Bureau of Reclamation 'SDS Sucking Contest'. Competing on behalf of Pueblo, Mary won, winning praise from kayakers throughout Pueblo County."

Honorable mention goes to Ross Barnhart and Troy Dav-enport for: "Now THAT is a starting line!" (Ross) and "Darn, I'd give anything for a spoon"! (Troy)

Ross and Troy win a pat on the back, and get their names published in Footprints. Is that a prize or what?

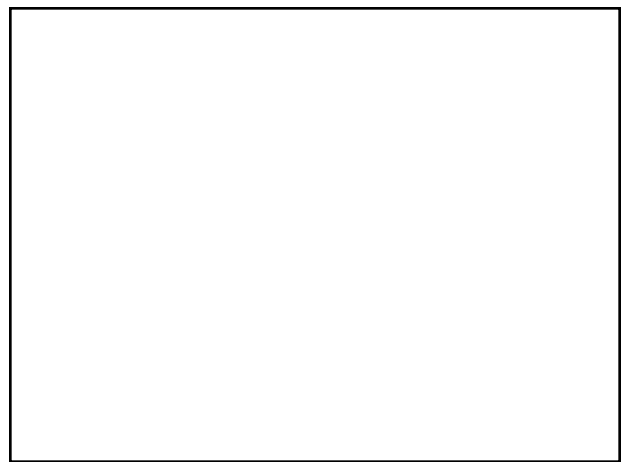


**Before year's end, discover great racing in Pueblo!**

**Atlanta Women's 5K**  
Saturday, Nov. 12, 2005  
*A women's-only run/walk*

**Rock Canyon Half-Marathon**  
Saturday, Dec. 3, 2005  
*A premium, scenic race*

**For complete race information, check our website at [www.socorunners.org/](http://www.socorunners.org/)**



The inaugural Runnin' with the Lopes took place on October 8th in Lamar at Lamar Community College (LCC). Over 40 walkers and runners took part in the 3k fun walk, and 5k and 10k races. Participants collected numerous door

# RUNNIN' with the LOPES

— 5K & 10 K Race and 3K Fun Walk —

October 8th, 2005

Sponsored By:

LAMAR COMMUNITY COLLEGE • KVAY VALLEY RADIO • DELOACH'S WATER CONDITIONING  
CITY OF LAMAR PARKS & RECREATION • MARPLES COUNTRY MARKET

prizes donated by event sponsors. The race was a fund raiser for the Lamar Community College Foundation. Deb Hoefler, Director of the Foundation, headed up the event. They'll be back next year.

## Official Results for 5 & 10 k Races

Dean Thompson	10K	50.09	1st – Men's
Steve Gallegos	10K	50.38	2nd – Men's
Dan Minor	10K	57.08	3rd – Men's
Janet Hanstad	10K	56.56	1st – Women's
Mary Minor	10K	57.26	2 <sup>nd</sup> – Women's
Amber Thompson	10K	58.06	3rd – Women's
Joe Farra	5K	23.27	1st – Men's
Ibraheem Ackall	5K	35.1	2nd – Men's



Above: Joe Farra registers with race director Deb Hoefler

Below: Ibraheem Ackall finishes the 5k, Dean Thompson leads the 10k on a great looking trail.



# 2005 Calendar from here to there\*

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

## NOVEMBER

Sat	05	Hustle for Russell	5K	Pleasant View Middle School, Pueblo, CO
			8:15 am	Karen Weiler - (719)542-7813
Sat	12	Atalanta Women's Run (Run/Walk) (c)	5K	City Park, Pueblo, CO
			9:00 am	Stacey Diaz - (719)564-9303
Sun	13	Fall Series IV	7M	Colorado Springs, CO
Sun	13	Panicking Poultry	5K	Boulder, CO
Sat	26	Temple Canyon Prediction Run (c)	4M	Cañon City
			9:00 am	Rich Hadley - (719)784-6514

## DECEMBER

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

(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.



### Pikes Peak Registration 2006

Registration for the 2006 Pikes Peak Ascent & Marathon will start on March 1st, 2006 at 8:00 am Mountain Time. Registration will only be available online. That is, there will be no mail-in nor walk-in registration for the 2006 Pikes Peak Ascent & Marathon. If you want to do either of these events, make up your mind early, and register on March 1st. In 2005, the Ascent filled in approximately 3 days.



Diane Lopez visited Nick and Marijane in Las Vegas, and just happened to put a few coins in a slot machine.

Why is Diane smiling?  
The visit was, shall we say, profitable?

photo courtesy of Marijane Martinez

### SCR Royalty

Congrats to Brooke Tibbs and Kayla Romero. Brooke and Kayla were recently named as homecoming queens at Pueblo West High and South High Schools respectively.



**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

Are you a female? Would you like to own a women's cut hoodie shirt with a great design? Can you be at City Park on Saturday, November 12th? Would you like to be in a women's only 5k run / walk? The Atalanta 5k starts at 9am. It is a Pueblo Classic, and this is the 26th annual race. You can print a mailable entry form from the SCR website. Hope to see you there!



**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://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 November 2nd and December 7th.



The Temple Canyon 4-mile course 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.

And do NOT forget one of Pueblo's finest and most popular runs - The Rock Canyon Half Marathon on Saturday, December 3rd. See the SCR website calendar to register through Active.Com. The sweatshirts are always great!

### The Final Thoughts...

Lower your voice and strengthen your argument. -Lebanese proverb

There are two kinds of fool. One says, "This is old, and therefore good." And one says, "This is new, and therefore better."  
-John Brunner, science fiction writer (1934-1995)

Happiness is not a state to arrive at, but a manner of traveling.  
Margaret Lee Runbeck

The brain is a wonderful organ. It starts working the moment you get up in the morning and does not stop until you get into the office. Robert Frost (1874 - 1963)