





Editors: Ron Dehn & Debra Wall



FOOTPRINTS



Holiday Wishes from our home to yours

The Happy Holidays Edition

NOTICE:

Look at your address label on this month's newsletter. If in the upper right-hand corner you see: "Exp Dec 31, 2005"...your membership will expire at the end of this year. After that, you will no longer receive this newsletter. If you find yourself in this category, you can get your membership up-to-date by filling out a 2006 Membership Form and returning it before the end of the year. If you have already returned your 2006 membership form and the label indicates that your membership will expire in 2005, please call Membership Chair Ken



Raich at 564-0847 so we can make sure you don't miss the next issue of your favorite newsletter.

Membership Info

By Ken Raich




ALSO:

If in the upper left-hand corner of your address label you see: "CR=YES"...you will continue to receive Colorado Runner Magazine through 2006. On the other hand, if in the upper left-hand corner you see: "CR=NO"...you will receive your final issue of Colorado Runner Magazine in December. After that you will no longer receive the magazine. The 2006 SCR Membership form has a checkbox where you identify whether or not you wish to re-

ceive the magazine. Your label will indicate "CR=YES" if you checked the checkbox. Selecting to receive Colorado Runner Magazine does not increase or decrease you membership fee. SCR gave everyone a choice because there is no point in sending the magazine to those who do NOT wish to receive it. If you failed to check the checkbox but DO wish to receive Colorado Runner Magazine, call Membership Chair Ken Raich at 564-0847.



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SCR Notes from the November, 2005 meeting

Attendance: Gary Franchi, Stan Hren, Ken Raich, Lois Pfof, Don Pfof, Ron Dehn, Jacqueline Wall, Steve Wall, Terry Cathcart, Dave Diaz, Kathy Stommel, Joe Stommel, Bryon Beard, Jan Dudley, Sandy Reinsch, Brooke Tibbs.

Minutes of October 2005 meeting were approved as presented.

Officer Reports: Treasurer's report was approved as presented by Dave Diaz. Ron Dehn reported that photos in the November newsletter were much lighter and improved quality. Ken Raich reported that membership forms for 2006 will be available at upcoming races Such as Atalanta and Rock Canyon. A motion passed unanimously to renew web page at \$20.00 per year for a five year period.



Race Recaps: Dave Diaz reported that the Harvest Poker Run

Had 34 runners and thanked all volunteers. Dave also reported all systems go for Atalanta Women's 5k on November 12, 2005 and Rock Canyon half Marathon on December 3, 2005. Nick and Mojo's predict run is on schedule for December 18, 2005: There was a brief discussion about banning dogs at Predict Races. The discussion was tabled pending further study of RRCA Insurance requirements. Brooke Tibbs from Pueblo West High

thanked the club for assistance with Deca Dash and presented race shirts to those in attendance.

Byron Beard of the Pueblo West Rotary Club requested and was promised assistance with timing and results for a Spring Run to be held in conjunction with the annual fishing contest in Pueblo West in the Spring 2006.

Activity Recaps/ Updates/ Revisits: In an attempt to learn more about services available to our club from RRCA, Ron Dehn will contact Lisa Paige from RRCA and perhaps invite her to a future club meeting.

New Business:

SCR Banquet: Sandy Reinsch gave presentation on pre-planning for this year's banquet. It was decided that the event will be held at Whiskey Ridge on Saturday January 14, 2006 at 5 p.m. The program will tentatively include a guest speaker, awards, and a raffle.

2006 Officers: Preliminary discussion was held to solicit interest from the those present in serving as SCR officers for 2006. Several members expressed interest.

Junior Olympics and Rye School Athletes: A letter was presented to the club from Jeff Arnold regarding a possible loan from the club of up to \$5000.00 to assist with expenses of sending athletes to Junior Olympics Events in Denver and Rhode Island. The club declined and dem-

onstrated no interest in involvement in loans of any kind.

Colo Runner Magazine: SCR ad in upcoming issue will be totally devoted to spring runoff for 2006.

Adjournment: Meeting adjourned at 9p.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. 284

"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	275-2420
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, Zoila Gomez*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty

Dave Diaz, Ken Raich

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.

* Zoila Gomez is a former Adams State College standout who placed 20th in the women's division of the 2005 New York City marathon with a time of 2:41:43.



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

HAPPY HOLIDAYS!!!

From Ruth & Shelly at The Gold Dust

217 South Union





Great Stuff

by Gary Franchi

What would we do without technology?



Thought for today's post-election lunch, compliments of George Carlin "*Next time they give you all that civic crap about voting, keep in mind that Hitler was elected in a full, free democratic election.*"

Musings about running, fitness and life:

Isn't it simply wonderful how technology has made our lives so much easier?

The time-saving, life-enhancing and leisure-expanding results of technological improvements are everywhere. Gads, I've never seen so many people with gobs of ample time on their hands because of all this technology. Ya know, just thinking about it makes me giddy with glee. Whee-hoo!

Take cell phones, for instance. What a fantastic invention! It's so great to be able to just walk around the planet having deep, meaningless chats with fellow enjoyers of leisure whenever we want and wherever we are.

Of course, people can now contact us at any time, including when we're escaping our stressful jobs to take a few minutes to gobble down lunch before heading back to check office voice mails and e-mails.

Ring, ring, ring.

Mr. G: "Hello. This is counting toward my minutes so make it fast."

Caller: "Hi, Gary. I live in Denver and I'm going to be down in Pueblo the weekend of December 17 and I was wondering if you could tell me if there are going to be any races there that weekend."

Mr. G: "Just a second while I swallow this bite."

It's great technology.

Then there are computers. What marvels of geeky stupendousness! Even the technological improvements in software programs are wonderful, making our jobs so simple, easy, time-saving.

This column could not have been written if I didn't have a computer and the "Microsoft Word" software program. "Word," by the way, can conduct your next function before you even think about doing it. How does it know what to do? Oh sure, you then have to go back

and change the automatically programmed change, but its ability to think for you is something to marvel at.

The beauty is that we can do much with computers, especially before they crash. Or before all our data is mysteriously lost. Or before they go obsolete. I just always hope that I can send this column to Newsletter Editor Ron Dehn before a virus hits my computer and wipes out my hard drive.

What great technology it is!

And then there is the Internet.

What a fantastic tool! So inviting. Such a resource of information. It's sort of the epitome of instant gratification.

Want a 10-day weather report for the western tip of Lake Superior? At your fingertips. Need a recipe for that beef stew a la mode strudel? Even if it doesn't exist, you can probably find it there. Wonder how long it takes bluegrass turf to grow? If you're willing to look (as long as it takes for the bluegrass turf to grow), it's probably there somewhere.

Just look at how the Internet has enhanced the world of running and racing.

Now, when a race is held in Pueblo or Colorado Springs, the results are available that same day on the SCR or Pikes Peak Road Runners' web sites. How cool to be able to have the world discuss so quickly that you ran a particular race two minutes slower than last year. Makes you think that, if you're running a lousy race, you're almost better off DNF'ing so you can say you suffered an injury instead of having your slow times scrutinized by fellow runners from around the globe.

There's more. You can search web sites of running clubs and races all over the country and access race calendars and even entry forms that make it so easy to plan your next humbling running experiences. Even maps. And active.com makes it so easy to register. Its' so simple.

Oh sure, you often have to go through the multiple-link process that melts away half-hour blocks of time before you can snap your fingers, but what's a little extra time when technology is saving you gobs of time to begin

with. Yeah, sometimes the web sites have huge graphics that take a while to download, but this gives you a chance to go to the kitchen and get a cup of coffee. It's really a win-win situation because otherwise you wouldn't have had the time to get the cup of coffee.

You just can't beat such technology. What an easy life it has made for us. Now let's see, what am I going to do with all that extra free time I have at 10 o'clock tonight after I answer all my e-mails at home?

Ten things I was just wondering:

1. Whatever happened to Pat Porter of Alamosa?

2. Don't you question a report that says the U.S. murder rate is at a 40-year low? Next, can we expect them to say that the world's suicide bomber rate is down, too?

3. So when did so many people become color blind and dye their hair blue?

4. Having just done some running shoe research for my next pair, I ask you: when did so many pairs of running shoes start costing over \$100?

5. What's worse -- changing a flat tire or seeing that irritating waving on street corners by politicians and their supporters on the day of an election?

6. Could you say that someone is a football fanatic if they rush back into a room to see the replay of a field goal attempt?

7. Why the heck would anyone pay \$22,600 for one of Napoleon's teeth?

8. Does cat food count as dog food when your dog dines on cat cookies?

9. Why can't sewing needle holes be bigger?

10. Isn't it sort of perversely fun to watch sideline photographers at NFL games get totally bowled over onto their patooeys by a running back or receiver that gets knocked out of bounds?

Until next month, have fun enjoying all the extra time you have because of technology. Oh, and don't forget to get the week's groceries before you go to bed Sunday night.



December

- 2 Humberto Paredes
Lucy Liu*
- 3 Karin Romero
Daryl Hannah*
- 8 Richard Greet
Caleb Smith
Sammy Davis Jr.*
- 9 Nicole Lopez
Sandra McKenna
Emmett Kelly*
- 11 Dave Dehn
Rita Moreno*
- 12 Kathy Stommel
Anthony Diaz
Gingerbread House Day
Cathy Rigby*
- 13 Nicole Rosa
Carrie Slover
Dick Van Dyke*
- 14 Rochelle Beier-Kemmet
Charlie Rich*
- 16 Damoe Paredes
Margaret Mead*
- 18 Mark Wilkinson
Tom Willumstad
Ty Cobb*
- 19 Terry Cathcart
Cicely Tyson*
- 20 Charles Hall
John Holiman
Uri Geller*
- 21 Jerry Tiller
Winter Solstice
Florence Griffith Joyner*
- 22 Barbara Smith
Kaylene Khosla
Steve Garvey*
- 24 Richard Hadley
Howard Hughes*
- 25 Jesus of Nazareth*
- 26 Hanukkah begins
- 27 Joanne Dehn
Marlene Dietrich*
- 30 Kyle Beard
Jared Bruce
Tiger Woods*

*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

Avian Flu



I have been getting asked a lot of questions recently about the potential risk of the bird (avian) flu, and strategies that could be used if there is an outbreak, so I thought I would write a column about that.

First, a little bit of historical review: in 1918, approximately 50 million people died from a very virulent strain of influenza. The influenza virus regularly goes through mutations, and if the mutation is a relatively small change in its genetic makeup, it's called a drift, and if it is a major change, then it is called a shift. Most influenza viral strains will originate in the East and will then be carried across the oceans to Europe and North America by migrating birds, usually in the fall.

Avian viruses are so called because they primarily infect birds. What is worrisome to a lot of us is that there are now cases where the avian flu has infected humans, and has then been possibly spread from one human to another. This avian flu has been typed as H5N1 (the H and N are two distinct types of antigens present on the outer protein coat of the virus).

A group of scientists made a very chilling (sorry, no pun intended) discovery recently when they were able to analyze a body that had been found frozen in Siberia and the person had died from influenza in 1918. The genetic analysis showed that the influenza virus from 1918 had actually started as an avian flu, and had then mutated to allow person-to-person spread! Isn't that eerie!

So why can we just get a new flu shot against H5N1 and not worry about this nasty bug? First of all, this is a brand new type of virus that we would have to develop a new vaccine against, and our traditional methods of developing vaccines using chickens may take 6 to 9 months. So the virus may cause a pandemic before an effective vaccine could be produced by traditional methods. Secondly, no vaccine is 100% effective, so even if you got vaccinated, the failure rate may be significant. Lastly, often new vaccines may have significant side effects, including major nasty ones that could lead to paralysis and even death.

Aren't there medications that can cure you if you get this flu, you might ask? We thought initially that Tamiflu and Relenza would be highly effective if given within 24 to 48 hours of symptoms, but some recent data suggests that H5N1 may have greater resistance to these drugs

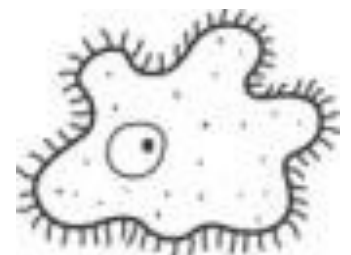
than we originally thought. I have had a lot of patients ask me to call in a 10 day supply of Tamiflu for themselves and their family members just in case of an outbreak, and I think this is a big mistake! If enough people do this it could lead to world-wide hoarding of these type of medications, and could lead to a critical shortage when and if the drugs were needed. So please don't do this!

What should you do right now to help yourself and your loved ones. First, don't panic. Even in the worst case scenario, we are in a lot better shape now than we were in 1918: we have antibiotics to treat secondary infections, we have better capacity to help with airway, fluid support, etc. Secondly, unless there is a reason not to, have everyone get their flu shot. If the avian flu hits in 2006 as we suspect it might, people who have the regular flu may be medically weakened enough to have a higher risk of troubles with the avian flu. Lastly, if the avian flu hits our community, lets be anti-social. What did you just say, Rocky? Why should we be anti-social? The influenza viruses are spread by droplets from person to person, and also by hand to hand transmission. So if a major episode of mutated avian flu was to hit Pueblo, I would strongly discourage people from going out to the shopping centers, movies, etc and I would discourage shaking hands to decrease the chance of spread.

I think there is an excellent chance that we will have an effective vaccine against H5N1 soon, and a lot of what we are worried about may never come to pass, but I think preparing for the worst and hoping for the best is always a smart philosophy. Till next time, here's hoping that the flu bug stays away from you!

Sincerely,

Rocky Khosla, M.D.





The 2006 Banquet

by Sandy Reinsch



Attention Runners Club Members - New and Exciting!

FEATURED SPEAKER TO COME TO BANQUET YOU WON'T WANT TO MISS THIS EVENT!!!!

As the holiday season winds down and you start the new year off with new goals about your fitness (and losing those extra holiday pounds) for the upcoming year, you won't want to miss the opportunity to hear Lisa Rainsberger, renowned speaker, at this year's Runner's Club Banquet. We have a whole new agenda and event. Mark your Calendars!

What: Runner's Club Banquet

When: January 14, 2006 at 5:00 p.m

Where: Whisky Ridge Restaurant

Invitations will be coming in the mail with additional information on this special event to recognize our clubs accomplishments and enjoy a fun filled night with an educational and motivational speaker.

Here is a little information on our featured speaker. If you would like additional information on her accomplishments, please check out her web site at www.traininggoals.com

At the age of six in 1968, Lisa Rainsberger launched an athletic career by swimming 1500 meters across Goguc Lake and winning her age group award!

Lisa went on to Swim and run Track & Cross Country at the University of Michigan, earning All-America honors in all three sports.

Her victories at the Boston Marathon in 1985, two-time winner of the Chicago Marathon in 1989 and 1990 and numerous American & World Records highlight her running accomplishments.

A note from Lisa:

I have enjoyed an athletic career which has spanned three decades, and I have had the privilege of competing in Swimming, Running and Triathlon.

Now I am enjoying the opportunity of sharing the knowledge and experience I have gained with athletes of all levels of ability—from those who are "just getting started," to World Class Runners, Paralympics and Professional Triathletes.

Happy Training,

—Lisa Larsen Rainsberger

We are very lucky and very excited to have Lisa coming to share her stories with our club and I know we will each go home being a little more enriched and excited for 2006. See you Soon and Happy Holidays.



The Predict Series Standings



Here's the Numbers

Name	Spg Roff	Ben Matt	Rams 8K	Yap Dog	Butt Bstr	Moon Mad	Tunl Drv	Hrvst Pokr	Tmpl Cnyn	Tot Pts	Best 5
Steve Wall				100.00	91.67	92.31		91.67	83.58	459.22	459.22
Larry Volk	77.78	45.83	95.00	38.89		100.00	61.54	100.00	74.63	593.67	447.41
Don Plost	97.22		65.00	55.56	87.50	61.54	69.23	63.89	77.61	577.55	396.56
Ron Dehn			100.00	44.44	58.33		48.72	88.89	85.07	425.46	381.01
Dave Diaz	100.00	100.00	25.00	22.22				53.85	95.52	396.59	374.37
Emily Borrego		58.33	85.00		79.17	84.62		41.67	61.19	409.98	368.31
Humberto Parades	63.89	62.50			95.83		71.79	50.00		344.02	344.02
Jeremy Keener		79.17	50.00	11.11	37.50		92.31		70.15	340.23	329.12
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
Bill Veges	61.11			72.22			94.87	22.22	59.70	310.13	310.13
Stacey Diaz	19.44	66.67	30.00	88.89		23.08	33.33	55.56	55.22	372.19	299.67
Jill Montero	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
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
Rich Hadley	94.44						76.92	83.33	89.55	344.25	
Matt Sherman	69.44	33.33					66.67	94.44		263.89	
Gary Franchi	91.67			77.78			23.08	61.11		253.63	
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	
Matt Drake					100.00				52.24	152.24	
Phil Quattlebaum	52.78							97.22		150.00	

The Temple Canyon Run on November 26th brought out a record number of participants. Sixty-seven runners took part in the 4-mile predict race.

Rich and Deb Hadley did their usual terrific job of putting on a race. It appears they also recruited a bit. A large number of young athletes took part in the run. This included quite a few area cross country runners, and also several high school wrestlers getting in shape for the upcoming season.

The standings in the Predict Series shuffled a bit with the November 26th Temple Canyon 4-mile predict. Steve Wall completed his 5th race and also took over 1st place with a score of 83 points and some change. Larry Volk is a close second, and the top spot is still up for grabs with one race to go. Expect some shuffling in the top 10 with the December 18th running of Marijane & Nick's Excellent Adventure. This will be the last running of the Excellent Adventure. It is also a pot luck. Hope to see you there



Those with 150 points or less		Jeff Arnold	83.33	Jane Chess	58.21	Justin Hayden	37.31	Tyler Reger	17.91
		Jason Adamic	82.09	Kraig Reiter	56.72	Rock Coger	36.11	Maria Elena Weave	16.67
Jan Huie	146.15	Aaron Smith	80.60	Jonathan Haynes	56.41	Benny Ontiveros	35.82	Tyrel Matthews	16.42
Joe Bulow	140.49	Al Weaver	80.56	Anthony Diaz	54.17	Adam Garcia	34.33	Todd Hughes	15.00
Robin Krueger	140.28	Paul DallaGuardia	80.56	Eric Brown	53.73	Jacqueline Wall	33.33	Mark Koch	14.93
Mary Simmons	139.72	Karen Van Haverbe	80.56	Susan Gebhart	51.40	Richie McBeth	32.84	Debra Wall	13.89
Wendy Garrison	137.82	Paul Murphy	79.10	Larry Minogue	51.28	Kelly Delatoffe	31.34	John Usery	13.43
Becky Medina	126.50	Jordan Montero	77.78	Chad Hopkins	50.75	Jordon Hall	30.77	Aaron Sanders	11.94
Diana Tiffany	125.32	T Greg Merrion	76.12	Wendy Bulow	50.00	Ralph Book	30.77	Simon Vi	10.45
Diane Lopez	107.50	Kasey James	75.97	Matt Scanlan	49.25	Ralph Book	30.77	Cassie Okken	10.26
Jeff Vanwarden	100.00	Frank Aragon	75.00	Aaron Levinson	46.67	Lucas Aguirre	29.85	Nick Romano	8.96
Matt Garouthe	98.51	Bryan Masse	73.13	Lorissaq Barritt	44.78	Rico Garcia	28.36	Jack Janney	8.33
Jim Robinson	97.01	Dave Dehn	71.64	Adam Mokhibi	43.59	Mike Archuleta	27.78	Callista Barritt	7.69
Bryon Holloway	94.03	Terri Tibbs	69.44	Ross Westley	43.28	Cory Batty	26.87	Ryan Douglas	7.46
Tammy Stone	92.54	Matt Chavez	69.23	Audra Sanford	41.79	Jim King	25.64	Christoph Gain	5.97
Jean Caper	91.04	Tim Michand	68.66	Chief Reno	41.67	Chris Cichantik	25.37	Cheryl Cook-McCo	5.56
Art Long	89.74	Hilbert Navarro	67.22	Michael Bradley	41.03	Paula DelPriore	25.00	Brenda Rothenbuch	4.48
Theresa E Duran	88.06	Chris McIntyre	67.16	Paul Koch	40.30	Troy Davenport	25.00	Robert O'Callaghan	4.17
Andrew Valerio	87.18	Brian Vanwarden	65.67	Cesar Parades	38.89	Cody Lunger	23.88	Rian Hopkins	2.99
Stacy S Gonzales	86.57	Dale Papineau	64.18	Meryl Dohrmann	38.89	Kevin Snyder	22.39	Dwight Martinez	2.78
Craig Binkley	86.11	Curt Massey	62.69	Ed Youngberg	38.81	Cody Hall	20.90	Marv Bradley	2.78
Aaron Romani	84.62	Ashley Withrow	58.97	Paul Packard	38.46	Ed Whitcraft	20.51	Larissa Barritt	2.56
						Brian Torrel	19.40	Travis Williams	1.49

Temple Canyon Photos



Clockwise from upper left: Don Pfof, Jim Robinson and Mark Koch pose in front of the scenic backdrop
Sister-in-laws Diana Quattlebaum & Deb Hadley are the race's perennial volunteers
Dale Papineau, Pueblo West High School X-country coach, with 2 of his runners
Brother-in-laws Dave Dehn and T. Greg Merrion The Merrions from Farmington, NM, visit Pueblo every Thanksgiving

Give a high-five to the Atalanta Volunteers: Race Directors: Stacey Diaz & Jacqueline Wall, Setup: Carrie Slover, Course: Dave Diaz, Lead Bike: Don Learned, Finish Line: Don Pfof, Terry Cathcart, Paul DallaGuardia, Bill Veges, Gary Franchi & Anthony Diaz, Registration: June Jimenez, Results: Steve Wall & Ken Raich, Course Marshals: Karen Vanhaverbeke & Mark Slover, Photographers: Ron Dehn & Larry Volk

THANKS!!!

Thanks goes out to the Temple Canyon Volunteers: Race Director: Rich Hadley, Finish Line/Results: Diana Quattlebaum, Jacqueline Wall, and Course Marshals: Deb Hadley, Lois Pfof

The Atalanta Walk / Run

Congrats to the Atalanta Race Directors Stacey Diaz & Jacqueline Wall. They did a super job of promoting the November 12, Atalanta 5k. There were 103 finishers in the annual women's only event - the highest participation in recent memory.

Not only were there a lot of participants, there was a large youth turnout. There were 19 young ladies in the 19 and under age bracket.

Emily Borrego led the lady runners with

a 21:08. Jennine Lough paced the walkers with a 35:51.

Way to go Ladies!!!

Results						Results									
PI	Name	Age	Div	City	Time	Pace	PI	Name	Age	Div	City	Time	Pace		
1	Emily Jeanne Borrego	37	1	OA	Pueblo	21:08	6:48	53	Mary Dee Carter	41	15	40-49	31:06	10:01	
2	Andrea Fox	21	1	20-29	Pueblo	22:02	7:05	54	Jessica Sisneros	24	6	20-29	31:08	10:01	
3	Desiree DallaGuardia	19	1	0-19	Colo City	22:25	7:13	55	Kristy Withrow	32	12	30-39	31:10	10:02	
4	Abbigail Duran	12	2	0-19	Pueblo	22:34	7:16	56	Donna A Nicholas-Griesel	59	8	50-59	31:26	10:07	
5	Robin Krueger	37	1	30-39	Pueblo	22:55	7:23	57	Diane Lopez	47	16	40-49	31:37	10:11	
6	Theresa E Duran	28	2	20-29	Pueblo	23:05	7:26	58	Trisha Ferguson	54	9	50-59	31:41	10:12	
7	Jerica Khosla	14	3	0-19	Pueblo	23:13	7:28	59	Misti Frey	38	13	30-39	31:44	10:13	
8	Stacey A Diaz	45	1	40-49	Pueblo	23:25	7:32	60	Jan Dudley	50	10	50-59	32:01	10:18	
9	Kathy F Hruby	42	2	40-49	Rye	23:36	7:36	61	Jayme Thompson	27	7	20-29	32:12	10:22	
10	Samantha Davenport	17	4	0-19	Colo City	23:46	7:39	62	Diana Tiffany	43	17	40-49	32:20	10:24	
11	Nancy Musso	36	2	30-39	Pueblo	24:05	7:45	63	Theresa Watson	34	14	30-39	33:29	10:47	
12	Kelly D Hale	38	3	30-39	Rye	24:13	7:48	64	Vickie Altstaetter-Morgan	48	18	40-49	33:37	10:49	
13	Debra S Wall	39	4	30-39	Pueblo	24:18	7:49	65	Joy Furman	34	15	30-39	33:39	10:50	
14	Terri Tibbs	42	3	40-49	Pueblo Wst	24:21	7:50	66	Marsha R Littau	49	19	40-49	33:43	10:51	
15	Gabriela Kemm	14	5	0-19	Pueblo	24:33	7:54	67	Laura Farmer	33	16	30-39	33:52	10:54	
16	Denise Miller	43	4	40-49	Pueblo	24:50	8:00	68	Nancy Mitrick	62	2	60+	Fremont CA	34:11	11:00
17	Carrie L Slover	52	1	50-59	Pueblo	25:05	8:04	69	Barbara Samuel	46	20	40-49	34:44	11:11	
18	Rachel Kleiner	10	6	0-19	Pueblo	25:12	8:07	70	Sally Berryman	53	11	50-59	35:26	11:24	
19	Marisa Kemm	12	7	0-19	Pueblo	25:20	8:09	71	Angelica Wall	8	14	0-19	35:44	11:30	
20	Joan Sindler	50	2	50-59	Canon City	25:39	8:15	72	Jacqueline J Wall	34	17	30-39	36:08	11:38	
21	Emily Collie	15	8	0-19	Pueblo	25:53	8:20	73	Lisa R Quintana	38	18	30-39	36:15	11:40	
22	Michelle Hooper	31	5	30-39	Trinidad	25:53	8:20	74	Rebekah Summers	29	8	20-29	36:26	11:44	
23	Juanita Peters	45	5	40-49	Bon Carbo	26:02	8:23	75	Tina Liljedahl	14	15	0-19	41:21	13:19	
24	Sandy Reinsch	33	6	30-39	Pueblo	26:11	8:26	76	Michelle Hannon	15	16	0-19	41:21	13:19	
25	Suzan Selle	41	6	40-49	Walsenburg	26:29	8:31	77	Ashley Smith	10	17	0-19	41:38	13:24	
26	Terra Spinuzzi	18	9	0-19	Pueblo	26:57	8:40	78	Barbara Smith	38	19	30-39	41:39	13:24	
27	Susan E Hirst	45	7	40-49	Colo Springs	27:13	8:46	79	Dyanne Beckman	29	9	20-29	42:17	13:37	
28	Laurel E Wright, MD	51	3	50-59	Pueblo Wst	27:15	8:46	80	Becky Wahlen	38	20	30-39	48:36	15:39	
29	Alice Anne Fitzgerald	43	8	40-49	Trinidad	27:15	8:46	81	Gabrielle Wall	6	18	0-19	52:16	16:49	
30	Gina M Benfatti	44	9	40-49	Pueblo	27:33	8:52	82	Autumn Nelson	16	19	0-19	55:32	17:52	
31	Mary Rudolf	50	4	50-59	Pueblo	27:42	8:55	83	Maria Elena Weaver	46	21	40-49	56:40	18:14	
32	Francine C Borton	58	5	50-59	Pueblo	27:53	8:58	84	Rita Everett	66	3	60+	Canon City	56:41	18:15
33	Darsey Swartwood	17	10	0-19	Pueblo	28:00	9:01	Walkers							
34	Wendy A Garrison	38	7	30-39	Pueblo	28:06	9:03	1	Jennine Lough	41	1	OA	Pueblo Wst	35:51	11:32
35	Brooke Tibbs	18	11	0-19	Pueblo Wst	28:07	9:03	2	Tiffany A Bowen	30	1	30-39	Pueblo	40:32	13:03
36	Melody Surat	24	3	20-29	Pueblo	28:08	9:03	3	Nancie Laree Biery	47	1	40-49	Pueblo	40:50	13:09
37	Heather Searls	34	8	30-39	Castle Rock	28:09	9:04	4	Bernadette Mattson	49	2	40-49	Pueblo	41:13	13:16
38	Jennifer Gale	22	4	20-29	Pueblo	28:10	9:04	5	Alissa Reed	39	2	30-39	Pueblo	42:58	13:50
39	Monica M Diaz	17	12	0-19	Pueblo	28:28	9:10	6	Trina Wertz	35	3	30-39	Pueblo	43:42	14:04
40	Heather Baca	33	9	30-39	Trinidad	28:29	9:10	7	Lois H Pfof	63	1	60+	Pueblo	44:18	14:15
41	Hilda Lucille Garcia	50	6	50-59	Pueblo	28:42	9:14	8	Sandra Proud	34	4	30-39	Pueblo	44:47	14:25
42	Gloria J Gogarty	49	10	40-49	Colo City	28:52	9:17	9	Shannon Roybal	35	5	30-39	Pueblo	46:36	15:00
43	Lofona Delta	38	10	30-39	Pueblo	29:15	9:25	10	Heather Smith	36	6	30-39	Pueblo	46:36	15:00
44	Carol Brimmeier	53	7	50-59	Trinidad	29:16	9:25	11	Priscilla Ellen Portillos	69	2	60+	Pueblo	49:02	15:47
45	Kristi Peters	16	13	0-19	Pueblo	29:16	9:25	12	Pat A Sternberg	60	3	60+	Pueblo Wst	49:05	15:48
46	Tina Clarke	47	11	40-49	Wstcliffe	29:42	9:34	13	Jane Ekland	63	4	60+	Pueblo	49:05	15:48
47	Betty Ann Prestipinu	49	12	40-49	Pueblo Wst	30:01	9:40	14	Debby Cortese	49	3	40-49	Pueblo	53:24	17:11
48	Michelle Simmons	30	11	30-39	Salida	30:37	9:51	15	Jamie Faris	27	1	20-29	Pueblo	53:24	17:11
49	Elisha Tucci	27	5	20-29	Pueblo	30:45	9:54	16	Jessica Dunks	36	7	30-39	Pueblo	55:23	17:50
50	Jessie M Quintana	62	1	60+	Pueblo	30:50	9:55	17	Kerry Roman	33	8	30-39	Pueblo	55:25	17:50
51	Kari Brantley	49	13	40-49	Salida	30:52	9:56	18	Melinda Orendorff	53	1	50-59	Pueblo	56:43	18:15
52	Tamela Lewis	40	14	40-49	Pueblo	31:06	10:01	19	Meredith Roberts	56	2	50-59	Aurora	56:49	18:17

Atlanta Photo Collage

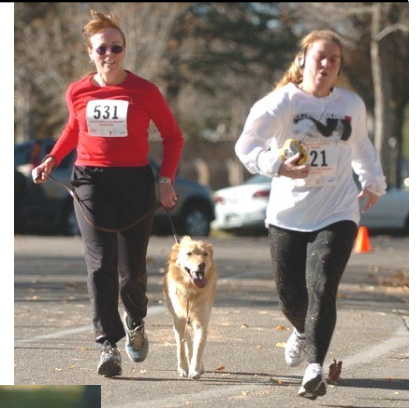


L to R

Fran Borton

Donna Nicholas-Griesel

Marsha Littau
&
Joy Furman



L to R

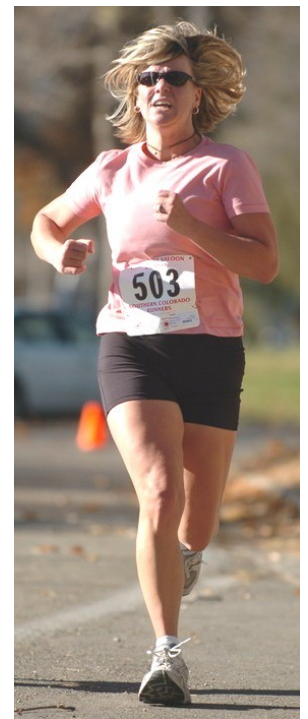
Samantha Davenport

Desiree DallaGaurdia

Carol Brimmeier

Nancie Biery

Kelly Hale



L to R

Joan

Sindler

Pat
Sternberg

&

Jane
Ekland

Heather
Baca

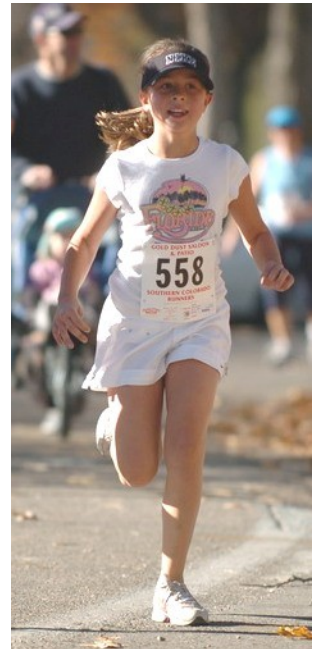
More Atalanta Photos



L to R
Gloria Gogarty
(Aunt)
Debra Wall
&
Gabrielle Wall
Angelica Wall

We thank Larry Volk of eventpictures.com for the Atalanta photos. To order a photo or to see all 455 photos:

go to
www.socorunners.org
click Results
click Atalanta Women's Run
click Event Pictures
Logo



Jeff Arnold is Inducted into the Greater Pueblo Sports Hall of Fame

On November 16, Jeff Arnold along with six other standouts in Pueblo athletics was inducted into the Greater Pueblo Sports Association Hall of Fame.

Jeff began his sports career as a wrestler at Central High School and wrestled there for 3 years. He then wrestled in college at the Colorado School of Mines and University of Colorado at Boulder where he lettered in 1962 and '63.

He did some running as part of his training, but then began to enjoy running itself as a sport. His first long-distance race was a 10K in Littleton in July, 1966. Since then he has run in many, many races including twenty-two Pikes Peak Marathons / Ascents, two Mount Evans Marathons, and numerous other marathons, and races of every conceivable distance.

After college, Jeff began teaching and coaching. His coaching career in cross country, track, and wrestling spans 48 years and counting, the bulk of which has been at Pueblo County and Rye High Schools.

In 1980, Jeff was an original founder of the Southern Colorado Runners Club, and served as president for the first 2 years. Jeff is a "fixture" at SCR events. He directs several races each year and volunteers for whatever job is needed. Because of his extensive experience, he is a great resource for our running club.

Steve Cathcart, a 2004 GPSA Hall of Fame Inductee summed it up in a letter of recommendation. "For me, Coach Arnold was the instrumental person in molding my future not only as an athlete, but also as a person who tries to give back to the sport I love. Coach Arnold's tutelage continues through my efforts and others, a contagious effect that grows with each person he influences."



Terry Cathcart, Jeff Arnold, and Steve Cathcart

2005 Calendar from here to there*

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

DECEMBER

Sat	3	Rock Canyon Half Marathon (c)	13.1M 9:00 am	City Park, Pueblo, CO Dave Diaz - (719)564-9303
Sat	17	Jingle Bell Run	5k 5pm	Raton, NM ratracer65@msn.com
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.

Tentative

Date		Race Name	Distance	Race Director
2006				
11-Feb	Sat	Valentine's Twosome	1.6 M	Jeff Arnold
19-Feb	Sun	Spring Runoff Tune-up	6 M	Ken Raich
5-Mar	Sun	Spring Runoff	2M,5K,10K,10M	Terry Cathcart
18-Mar	Sat	Ben & Matt Trail Mix	10+M	Ben Valdez
8-Apr	Sat	Ramsgate 8	8K	Don Pfof
16-Apr	Sun	Survival Run	5M	Jeff Arnold
23-Apr	Sun	Yappy Dog	8.6M	Ross Barnhart
30-Apr	Sun	Cinco de Mayo	2M,5K,10K	Hilbert Navarro
3-Jun	Sat	Run for Rio	5K	Jeff Arnold
24-Jun	Sat	Belmont Butt Buster	5M	Gina Benfatti
1-Jul	Sat	Women's Distance Fest	5K	Diana Tiffany
22-Jul	Sat	Pioneer Day 5K	5K	Shaun Gogarty
22-Jul	Sat	Moonlight Madness	5M	Diana Tiffany
5-Aug	Sat	Beulah Challenge	5K,10K	Karin Romero
26-Aug	Sat	Tunnel Drive	5M	Rich Hadley
9-Sep	Sat	Pueblo Tribute Run	5K	Rochelle Garcia
24-Sep	Sun	Hot to Trot	5M	Ruth McDonald
21-Oct	Sat	Harvest Poker Run	5M	Dave Diaz
11-Nov	Sat	Atalanta	5K	Stacey Diaz
25-Nov	Sat	Temple Canyon	4M	Rich Hadley
2-Dec	Sat	Rock Canyon	13.1M	Dave Diaz
17-Dec	Sun	Excellent Adventure	8M	Nick Leyva

The **TENTATIVE** schedule for 2006 YMCA races is:

Frostbite-5	Sat, Feb 4
Y-BI	Sun, Apr 9
OMT	Sat, Sun, May 13, 14

CAUTION

The above schedule is VERY tentative!

If you are a race director and wish to confirm or change one of the above dates, please contact

Dave Diaz at Diazsd@aol.com or 564-9303



Hi: Could you please add our Jingle Bell Run 5K set for Saturday December 17, 2005 at 5:00 pm in Raton, NM to your calendar of events. This year we will be adding a new feature to our race, in that we will be offering prize money for male/female totaling \$300.00.

George Dominguez
ratracer65@msn.com



Nick & Mo'Jo's Excellent Adventure - The Farewell Tour

Hello from Las Vegas fellow SCR members. Just wanted to let you know that the Excellent Adventure 8 mile run on Sunday, December 18, 2005 will be the final one as a Prediction Series run from this location. It has been a pleasure hosting this run for many years. Our daughter Traci and her fiancé Eric who now live in the home have graciously allowed us to host this run one last time. The run will start at 9:00a.m. from 117 Regency Blvd. A potluck will follow the event. If you need more information please email us at nlmjm@cox.net
Happy Holidays!

MoJo & Nick

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 / Events



Start the year off right. Run the Res-
cue Run on January 1st. It is a 5k /
10k run in Palmer Park in Colorado
Springs that starts at 10 am. Get
more info by following the "Details"
link on the SCR calendar web page.
There is a kids run at 9:30.

The first race in the PPRR Winter Series takes place at 10am
on Saturday, January 14th in Colorado Springs. It is a 5k / 10k
run. Again, see the SCR calendar web
page for more information.

And – don't forget the SCR annual
awards banquet on Saturday, January 14th
at Whisky Ridge Restaurant. There is a
speaker this year, and the food will be
great. See Sandy's article on page 5 for
details. This is always a fun celebration
and night out with your fellow runners.
We hope to see you there!



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 De-
cember 7th.

The Final Thoughts...

I slept and dreamt that life was joy. I awoke and saw that life
was service. I acted and behold, service was joy. -
Rabindranath Tagore, philosopher, author, songwriter,
painter, educator, composer, Nobel laureate (1861-1941)

A sneer is the weapon of the weak. -James Russell Lowell,
poet, editor, and diplomat (1819-1891)

If you think nobody cares about you, try missing a couple of
payments. Steven Wright

Half the people you know are below average. Steven Wright