



Editor: Ron Dehn

# FOOTPRINTS

I resolve to read *Footprints* cover to cover in 2006

## The 2005 Predict Series Champions!!!

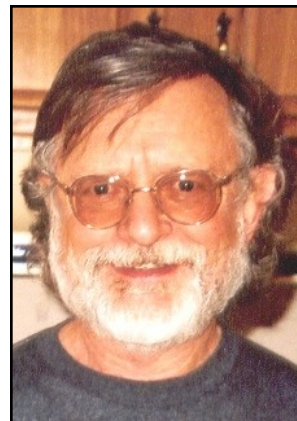


Left  
Larry Volk  
(2nd Place)

Below  
Jeremy  
Keener  
(5th Place)



1st Place  
Steve Wall



Right  
Rich Hadley  
(3rd Place)

Below  
Don  
Pfost  
(4th Place)



Photos courtesy  
of Larry Volk  
and the  
archives

Nominations  
Sought  
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The Rock Canyon  
Half Marathon  
Page 8

The 2005  
Predict Series  
Page 13



## SCR Notes from the December, 2005 meeting

Attendance: G. Franchi, S. Hren, J. Arnold, D. Pfost, R. Hadley, M. McIntyre, Casey Atteberry, Chelsey Atteberry, A. Cooley, M. Drake, L. Pfost, M. Orendorff, S. Reinsch, J. Wall, S. Wall, V. Herrera, K. Raich, D. Diaz, T. Cathcart, C. Binkley, H. Navarro.

Minutes of Nov meeting were approved.

Special Items: PWHS X-Country team: Adrian Cooley and several team members made a presentation requesting financial assistance from SCR for travel expenses to meets in the upcoming season. They will return to a future meeting with more specifics & budget.

Angelo Aragon Fundraiser: A contingent of runners from Pueblo County High School made a presentation concerning possible fundraising activities for Angelo Aragon who is currently without income due to recent surgery for a brain tumor. SCR will assist with all activities when finalized.

CSU-Pueblo women's cross country: Craig Binkley requested assistance from the club in finding a location for the RMAC 2006 cross country meet which will be hosted by CSU-Pueblo on October 20, 2006. Craig also asked the club for assistance with a 5k event to be held at CSU-Pueblo on April 8, 2006. Jeff Arnold suggested several contacts for Craig to pursue concerning a site for the RMAC meet and the club promised use of SCR equipment for the 5k event.

Web Page Presentation: Mike Orendorff made a presentation concerning change of SCR Web to a commercial server with expanded space and capability. A motion passed unanimously to allocate \$10 monthly for the year 2006.

Officer Reports: Treasurer's report as presented by D. Diaz was approved.

Membership: K. Raich reported that approx 37 members have renewed for

2006 to date, with 21 renewals requesting Colorado Runner Magazine.

Race Recaps: Atalanta Women's Race: J. Wall reported a very successful event with 108 participants and great weather. There were 20 entrants under age 19.

Temple Canyon Predict: Rich Hadley reported a very successful event with 67 participants.

Rock Canyon Half Marathon: Dave Diaz reported on another very successful Rock Canyon event. In spite of inclement weather, there were 303 runners registered with 135 from Colo Springs.

Activity Recaps/Updates/Revisits:

Allowing dogs in races: After review of RRCA insurance regulations, a motion was passed to prohibit dogs at SCR races.

Race Calendar 2006: Was presented to the club by Dave Diaz. The calendar includes approximately one event per month.

SCR Banquet 2006: Sandy Reinsch reported on this event to be held at Whiskey Ridge Restaurant on January 14. Guest speaker will be Lisa Rainsberger, a world class athlete and renowned speaker. Invitations will be mailed shortly.

2006 Officer's Update: Discussion was held with regard to SCR officers for 2006. There currently exists a need for a Prediction Series Coordinator.

Frostbite 5 Update: Victoria Herrera from the YMCA reported that the event will be held on February 4, 2006 on the same course as last year.

New Business:

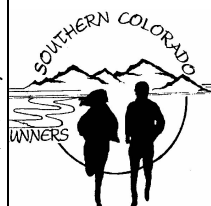
More Awards for Young Runners: Discussion was held concerning expanding age group awards for younger runners under 19 years of age. The consensus was that this is a desirable idea and

should be at the discretion of individual race directors.

Volunteer Awards: Dave Diaz displayed attractive fleece jackets which will be presented as volunteer awards for 2005.

USA National Cross Country Meet: Theresa Duran, mother of Abigail Duran sent a letter to SCR requesting financial assistance for Abigail's travel expenses to Rhode Island for the USA National Cross Country 12 and Under event. A motion passed unanimously to donate \$200 for this purpose.

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. 285

"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, Fay Wray*	
Newsletter Advisor	Chris Dehn	
Web Master	Ken Raich	564-0847

### Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty

Larry Volk, Jeff Arnold

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.

\* Fay Wray was the actress who played Ann Darrow in the 1933 version of King Kong. She appeared in nearly 100 films during her career.



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

**Happy 2006!**



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

**217 South Union**



# Great Stuff

by Gary Franchi

## No more Mr. Nice Guys



Thought for today's lunch, compliments of Rolling Stones lead guitarist Keith Richards: *"When I was a junkie, I learned to ski and we made 'Exile on Main Street.' There are millions of people with clean urine who have never made music that was a hundredth as good."*

### Musings about running, fitness and life:

If nice guys finish last, the Colorado State Patrol will never be at the bottom of the standings.

Individually, they're probably very fine, wholesome people with high, upstanding personal lives. But collectively, they sure laid an egg recently. A pretty rotten one, too.

In case you haven't heard what happened, you're probably not a cyclist. But recently, the Colorado State Patrol decided to cap the number of cyclists in any organized state bicycle tour or event at 2,500 participants. The reason they gave is to "ensure safety."

Think this might have upset some folks?

Well, you might say that the organizers of the Elephant Rock Bicycle Festival, which drew 6,800 riders in Castle Rock this past June, weren't too overjoyed at the decision. Planners of the MS-150, a fund raiser that benefits research for multiple sclerosis and anticipates 3,000 cyclists in 2006, probably weren't doing cartwheels either. Officials behind the Triple Bypass tour that had 3,500 riders in 2005 weren't seen celebrating by hoisting martini glasses. And on and on.

Yeah, the stench is pretty strong.

Following a deluge of outcry from thousands of cyclists throughout the state, the Colorado State Patrol relented, saying it would delay the implementation of the ban for one year. Gee, now nice. Aren't we lucky.

An early fallout to the ban will be the Lance Armstrong Foundation's (LAF) plan to have an annual LiveStrong ride in Denver with more than 3,500 riders. The inaugural ride in the summer of 2006 is still "a go" be-

cause of the State Patrol's one-year ban delay, but the Bicycle Colorado organization has learned that LAF will move the event to another state in 2007, taking with it riders from approximately 30 states and Canada.

One thought and I'll move on: Isn't it just great that the state that bills itself as being perhaps the outdoor fitness capital of the United States is the first to throw a monkey wrench into the sport of cycling?

What nice guys!

Speaking of being nice ...

New University of Pennsylvania research has found that workers who are pressured to fake being nice to their telephone customers suffer from feeling "emotionally exhausted," which is a major factor in burnout. The research focused on call-center telecommunications employees who are trained to be nice on the phone, regardless of the rudeness level of the callers. Many of them are even given mirrors and told to smile when they're on the phone with customers because their voices will sound happier.

Isn't this bit of news just dandy? I mean, not only do these folks get to deal with people having negative charisma, but they get to pay a price for faking "niceness" at the same time and risking emotional exhaustion and burnout.

Hoo-boy, now THAT'S a job that I want!

I'm thinking about these topics because the start of a new year is when many of us resolve to better ourselves by losing weight or getting in better shape or striving to become better runners or, yes, even being nicer to others.

OK, that's all wonderful and everything.

But while you're trying to make good on those resolutions, just remember to get in all those long bike tours in Colorado this year because they'll be gone in 2007. And to avoid burnout, just hang up on the boors on the phone.

After, of course, telling them to have a nice day.

### Ten things I was just wondering:

1. You know, isn't it about time that the JFK conspiracy folks give up the chase?

2. How could you NOT like a marathon named Flying Pig?

3. Do we really need to be subjected to New Year's resolutions stories every year?

4. If NFL field goal kickers were never allowed to wash their uniforms, would anyone ever notice?

5. Who invented the word "fartlek," and couldn't it have been translated into something like "speed play" or "speed bursts" or something similar?

6. If you watch NBA games regularly, don't you get the idea that no player ever thinks he commits a foul?

7. Couldn't we say that our most common running error is not being blessed with any quality talent?

8. Does Marv Bradley suffer withdrawal symptoms on those rare weekends when he's not running a marathon?

9. What does it really mean when an ad says that a running shoe is "cushioned?" I mean, if it's a new running shoe, it's got to be cushioned, doesn't it?

10. Wouldn't it be kinda cool if running shoe manufacturers came out and admitted that all the technological jargon they claim is really just a bunch of mumbo-jumbo nonsense?

Until next month, avoid emotional exhaustion – write a nasty letter to the Colorado State Patrol. You'll feel better afterward.





## January

4	Nick Mason
	Jeremy Dehn
	Sir Isaac Newton*
5	Wendy Garrison
	Kayla Romero
	Diane Keaton*
6	Nathan Comden
	Nancy Lopez*
7	Carey Moreschini
	Kenny Loggins*
12	Kyle Reno
	Joe Frazier*
13	Chuck Moore
	Julia Louis-Dreyfus*
14	Logan Gogarty
	Andy Rooney*
15	Chris Kirkpatrick
	Emily Borrego
	Martin Luther King Jr.
16	Mary Simmons
	Chief Reno
	Dizzy Dean*
17	Scott Barbieri
	Muhammad Ali*
18	Gloria Montoya
	Cary Grant*
19	Jan Dudley
	Robert E Lee*
22	Heather Baca
	Sir Francis Bacon*
23	Jim Hruby
	John Hancock*
24	Ruth McDonald
	John Belushi*
25	Monica Diaz
	Edwin Newman*
27	Mike Messick
	Gabrielle Wall
	Holly Carter
	Lewis Carroll*
28	Joshua Smith
	Christine Willumstad
	Jackson Pollock*
29	Rebert Quintana
	Tom Selleck*
30	Coby Gogarty
	Franklin Roosevelt*

\*honorary member



# Rocky on Fitness

By Rocky Khosla, M.D.

## Running "Toys"



Since we are in the Christmas season, I want to write about one of the coolest gadgets that I have some across in a long time, and you may want to keep an eye out for any pre or post Christmas specials featuring this little cutie. And, even though this will sound like an advertisement, I swear I have not been paid any endorsement fees.

Well, before I talk about this gadget, a little background story is in order: I love to run, but sometimes the long runs get boring. Running while listening to music is a whole different and cooler experience especially if there is good stuff on like anything by the Rolling Stones. I started running with a radio back in the 70's, then moved on to having a Walkman tape player in the 80's, then the Walkman CD player in the 90's, but these were pretty bulky, and inconvenient. Now I run with a combo radio/MP3 player that weights close to nothing, and assures me of having music even if I'm in an area with poor radio reception. So is this about MP3 players? Partly, but there is more...

Since I am a family physician, I am on call. My call tends to be every fourth day or so, and in the past this generally meant that I had to have access to a phone fairly readily. In the past before cell phones, I knew exactly where the pay phones were along my running route and I would carry dimes and quarters. I couldn't run out on the trails because there were no phones, but that wasn't a huge problem. However, that changed with cell phones. My first cell phone weighed about 10 pounds, but what a liberator. And it was a handy weapon if any dogs or other predators tried to mess with me! So is this about cell phones? Partly, but read on...

Till about a month ago, if I went running while on call, I would look like I had Batman's utility belt on because I would have my beeper, my cell phone, and my combo radio/MP3 player on. While running if my beeper went off, I would whip off the headphones, turn off the radio/MP3 player, grab the beeper and scroll down for my message, turn on the cell phone, call the number of whoever paged me, turn off the cell phone, turn on the radio/MP3 player, put the headphones back on, and get back to the run. Once while I was doing all of the above, I almost ran right on top of a

rattlesnake!

So what is this column about? This column is about the Samsung a950 combo cell phone/MP3 player. I love this thing! It is actually a combination camera/camcorder/MP 3 player, though I don't use the camera/camcorder part much. Now when I am on call and want to go for a run, I clip on the cell phone, and put on the stereo Jabra headphones. If I get called, the phone automatically stops my MP3 player, and puts the call through my earphones, and I can talk through the tiny microphone built into the headphones! When the call is over, I'm back listening to the MP3 player! How much cooler can it get! I got rid of my pager so that I just have the answering service call me on the cell phone. I got this phone for about \$99, and then had to pay extra for the Jabra headset, the SD Transflash card and card reader, but for the whole enchilada, it was about \$200. I am no techo wizard, but with a little bit of time invested, I can now download a ton of music onto the tiny memory card and am good to go.

A word of caution, though. Please make sure that you don't crank up the volume too much as it can hurt your hearing, and don't get too distracted and run into traffic (or onto a rattlesnake!). So if you know of someone who is on call a lot and likes to run and listen to music while running, here's a great gift idea. Till next time, Happy Holidays and Seasons Greetings to one and all!

Sincerely,

Rocky Khosla

### Wanted: Nominations for 2005 Outstanding Runner

Here's your chance to nominate a fellow SCR member for Runner of the Year honors. The Awards Committee is accepting nominations from the membership for awards for outstanding SCR male and female runners and outstanding youth runner. Please submit names along with a statement supporting your nomination to Jacqueline Wall ([scjwall@juno.com](mailto:scjwall@juno.com)). Jacqueline will distribute a compilation of the nominations at the banquet for review before voting takes place. This is your chance to give special recognition to a fellow runner. Because the banquet is around the corner, the deadline for nominations is noon on January 10<sup>th</sup>.



# Ramblin'

by Ron Dehn



## Winter Running



It has taken me many years to appreciate winter, let alone winter running. Like most kids, I loved the summer for several reasons. First, there was no school. Then there were other things that happened in the summer like vacations, camping, sleeping out in the back yard with my friends, the Colorado State Fair, long days and warm nights, and of course my birthday. I used to think that summer was the only “good” time of the year. I looked forward to summer from September through May.

Sure, I enjoyed other activities throughout the year, but seemed to have a yearning for summer. Slowly however, I began to realize that you cannot build snowmen in the summer, and you cannot have a snowball fight in July, and that these are fun things too. Little by little, I began to see that the other seasons offered activities and opportunities unique to themselves, and even became aware that there was beauty in each.

Later I began to observe and began to

understand the cycle of nature. Sunrise, Sunset. Seeds sprouting to become plants, plants producing fruit, fruit producing seeds. And of course, Spring, Summer, Autumn, and Winter. A constant cycle of endings and beginnings. For me, the cycle is a metaphor for life. It is important to note that I’m still in the “beginning” stages of truly understanding these things.

And getting back to winter, and eventually winter running - there is a quietness, a stillness that winter offers. There is plenty of life, but some forms become dormant, so that others may step forward. The grasses and most plants get small and brown, but that just provides an opportunity for the evergreens to take center stage. And, there is something spectacular about snow crystals clinging to the spine of a cholla.

You can run almost any time of the day in winter (at least in Colorado). It is never too hot and if you dress for it, seldom too cold.

Most of my running takes place on trails, and my favorite time to run in winter is in the calm during or after a new snow. You are making tracks where no other person has tread. There is often evidence of other life. The footprints of a deer, a rabbit, a coyote, and even the delicate reminders of a bird looking for seeds through the snow. Some-

times I go off-trail to follow prints for a while – and feel a connection with some animal who passed through an hour or two before me.

I love the squeak/crunch sound that my shoes make as they record my steps in the snow. There is something great about the cool air hitting your cheeks, and seeing your breath as you run. It is a time to think, to contemplate, to meditate.

Next time it snows, lace up your running shoes and head for the trail. Feel the coolness, watch your breath, hear the squeak, and let your mind go wherever it wills.





## The Maryland State Cross-Country Championships

by Jeff Arnold



I had the opportunity to see the Maryland state cross country championships November 12, 2005. I think that cross country is the most team-like of the individual sports. Seven runners, five in small school divisions, race at the same time over the same course and the top five, or four, score to determine team places. Only one runner can win first place in a given race, but most of the racers are competing against a select few they know, often their teammates, and themselves.

In Maryland I didn't know a single runner, but apart from the course, which has been called the toughest in high school running, things seemed familiar, especially the runners. Cross country runners tend to be lean, and often appear to be younger than they really are. Most are smart, introspective, and good students. Their camaraderie is visible. Some try to be "different" so it's not unusual to see face painting, temporarily dyed hair, ribbons in team colors in braided hair, and even more bizarre getup in non-participating teammates who line the course to cheer.

I would not have been there except for an article in the Washington Post the morning of the races, emphasizing the "toughest course" aspect. My friend

asked if I wanted to go and, after locating the time and place on the internet, we set off. It was just under eighty miles from her place in Falls Church, Virginia and amazingly traffic wasn't a serious problem. We arrived in the very small town of Parkton in time to see parts of two races as we walked from our parking place to the course itself. Then there was an hour and a half break for awards for the schools that had already completed their races. During that time we walked the course.

The course starts innocuously enough on a soccer field and winds around on a road that skirts the school's athletic complex before coming to the infamous "dip." Runners cross this very steep drop and climb out of a creek bottom twice during the race, once each way. The steep part of the climb either way is less than a hundred yards long, but it is steep. I found it difficult to walk. We have much longer hills here, of course, but with the exception of the sixteen Golden Stairs, I don't think any stretch on Pikes Peak is nearly as steep. After going through the dip the first time the trail continues to climb and goes around a field hidden by tall deciduous trees, including pecans. Then it winds back to the dip and takes one more tour around the athletic fields before leading to the

finish chutes.

We watched three different races and in each one got to see at least some of the runners at the dip. One thing I'd never seen before was that as they started the downhill, some runners held their arms straight out to their sides, more or less horizontal and still. I have no idea if it helps or how it might. I guess that about a quarter of the runners did that. When they were going up it was obvious that the runners were straining, but there was nothing as unusual as the horizontal arms. Although the course was 3 miles compared to Colorado's 5,000 meters, times seemed to be slower. We didn't get to see his race but Matt Centrowicz, offspring of two Olympians and a nationally ranked runner, had the fastest time of the day, 16:01. He almost certainly would have been in the low 15's, possibly high 14's at the Colorado championships.

When their races were over, the runners became kids again, walking with friends, smiling. Some were surely heartbroken, others triumphant, but for the most part they seemed to know they had run hard and were glad, like runners everywhere.

**The Pueblo Chieftain's 28th annual  
Spring Runoff**

**Sunday, March 5, 2006**  
Dutch Clark Stadium in Pueblo



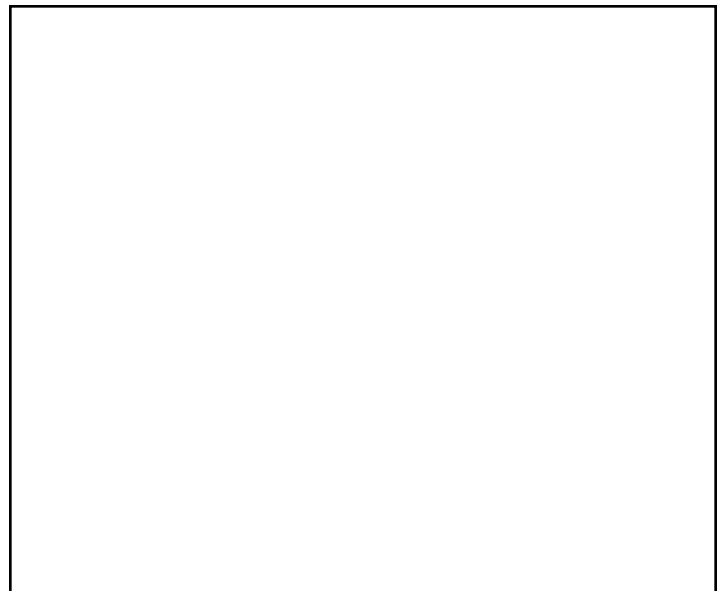
SOUTHERN COLORADO  
RUNNERS

***Pick your race distance!***

- 5K, 10K & 10-Mile runs
- 2-Mile fun walk & Kids 1-Mile fun run
- Plus a 50-yard toddlers race

*A premium event produced by  
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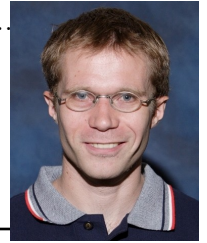
**For race information: [www.socorunners.org/](http://www.socorunners.org/)**





## CSU-Pueblo Cross Country Season Wrap Up

by Craig Binkley



The Colorado State University – Pueblo women’s cross country team had to deal with every grueling aspect of a college cross country season (early morning practice, injuries, hard workouts, long road trips, and running an endless amount of miles), yet everyone survived (thankfully) and became stronger by the end of the season. The second half of the season started off with a pleasant surprise when Jennifer Lane (former CSU-Pueblo softball player) decided to join the team in early October. Jen was welcomed gracefully by her new teammates, while I appreciated the fact that I had someone new to tease and ridicule (um, I mean coach).

Miss Lane didn’t have much time to get comfortable with her new sport since the team’s next meet was October 8<sup>th</sup> in Hays, Kansas. Celeste Denetso and Andrea Fox joined Jennifer on the trip out to the grand tropical oasis of western Kansas (sarcasm intended here). The drive to Hays went without incident aside from the fact that Andrea almost went insane from staring at barren fields of wheat for 5+ hours. The 5K race itself went well as Andrea showed steady improvement again by finishing 64<sup>th</sup> out of 78 runners in a time of 22:47, while Jennifer finished her first ever cross country race in 25:14 (73<sup>rd</sup> place) and Celeste overcame her injury woes to finish in 29:04 (77<sup>th</sup> place).

Following the race in Hays, the team’s next meet took place on October 22<sup>nd</sup> in Denver. This meet carried a little more significance since it was the RMAC conference championship and also provided the first occasion where the girls would race against the two most dominate cross country programs in NCAA division II in Western State and Adams State. Once again Andrea Fox lead the way by finishing the 4 mile course in 74<sup>th</sup> place out of 94 runners with a time of 30:16. Chaimie Pewitt was the next finisher for the Thunderwolves in 88<sup>th</sup> place with a time of 34:34, while Jennifer Lane immediately followed her in 89<sup>th</sup> in a time of 37:15 and Celeste Denetso finished 92<sup>nd</sup> in 38:21. Since the meet provided a much more challenging course and a higher level of competition, the girls demonstrated that they had made improvements and were able to compete at a much higher level than earlier in the year.

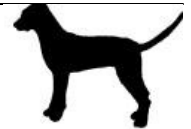
The final race of the season on November 5<sup>th</sup> lead the team back to the wonderfully scenic and vibrant metropolis of Hays, Kansas (sarcasm again). This time it was the North Central Regional Championship which meant the girls would be competing against 25 other teams for the coveted four qualifying berths to the national cross country meet. While dealing with an intense championship atmosphere and running

against approximately 170 harriers, everyone had their best race of the season. Andrea Fox charged home in 129<sup>th</sup> place with a new 6K personal best of 26:25 (beating her old mark by over three minutes). Jennifer Lane had a spirited finishing kick and placed 160<sup>th</sup> with a time of 30:59, while Chaimie Pewitt and Celeste Denetso showed guts and determination by battling through illness and injury to place 161<sup>st</sup> (31:01) and 166<sup>th</sup> (33:50) respectively. The race results here proved to be very encouraging due to the fact that Andrea, Jennifer, and Celeste all had faster 5K split times than their previous 5K race in Hays four weeks ago while Chaimie claimed a new 6K personal best by over a minute and a half.

All in all the team had a successful season by making large improvements in fitness and displaying a tremendous amount of character. Although Rebecca Packard (I promised I’d mention her name) was not able to compete this year due to NCAA clearinghouse issues, the team looks forward to having her and new additional runners being able to compete next year as the program looks to progressively gain positive momentum from this inaugural season.



### Notice to the SCR Membership



Following extensive discussion at the November and December SCR monthly meetings, the club’s board has voted to disallow dogs from participating in club-sponsored and insured events, including the SCR Prediction Series.

The action was taken primarily because the Road Runners Club of America states in its insurance policy guidelines that it “strongly discourages” allowing dogs to participate in races because of liability concerns. The SCR is a member of and insured through the RRCA. Hence, in the board’s view, it felt the SCR should adhere to RRCA policy in order to avoid jeopardizing our insurance coverage and rates. In addition, the SCR board’s decision reaffirms a position taken by the club

several years ago.

Please note that the board struggled with this issue and recognizes that many runners are dog lovers. It sincerely wishes NOT to offend any of our members, and it also realizes that many runners – including several board members -- train with their dogs as running companions.

From this point on, entry forms for SCR races must include a statement to the effect that dogs may not participate in club races. The board wants to make it very clear that the ban on dogs applies only to participation in the running event itself and NOT to the presence of dogs at the event.



## The Rock Canyon Half Marathon

by Jeff Arnold



The morning of the Rock Canyon Half Marathon revealed an overnight snow and wet streets, an unwelcome but anticipated sight, I'm sure, to race director Dave Diaz. Dave must have been out in the dark early morning placing cones at critical places on the course.

It was snowing hard at my house as I put the bike carrier on by car and prepared to drive in to ride with three boys from Rye High School. When I got to the Pavilion, I discovered that four boys were running, as well as Desiree Dalla Guardia, who had graduated from Rye in June. I asked around and discovered that Paul Koch had returned to a race he has run many times, last winning in 2001.

The snow had almost stopped by starting time, but the actual start was held up because so many people arrived later than expected due to poor driving condition that the lines outside the rest rooms numbered more than the total number of starters in some races in Pueblo. I started behind the mass of runners and saw two or three determined folks at a brisk walk right from the gun. I reversed course and rode the other way around the park. About four minutes into the race it was clear that Koch was starting on a solo effort.

Koch came through the mile mark about 6:00 with nobody closer than about 15 seconds.

I was amazed to see a slight girl, whom I later learned was Anna Marie Marshall of Pueblo West, come by with a lovely springing stride. She was faster than 7 minutes. My guys, Ethan Barbieri, Aaron Berndt, Brandon Hrubby, and Cory Rose came through together at 7:31, right at target pace. I was able to find a gap in the field and catch up to them and then pass, but was unable to catch Koch before the 2 mile mark. In fifth place though a guy who was pushing a baby stroller had to pull off to adjust a few things and then flew back into the race. I assume he left the stroller, and baby,

with someone before going down onto the trail. My guys had slowed to about 7:50 pace in their second mile.

I was again able to find some space and rode very slowly down the steep, snowy path to the trail, just behind local stand-out Emily Borrego. I waited for my guys on the north side of the river, just past the bridge. From then on until Brandon began to pull away from his teammates about four and a half miles in, I rode behind the group and listened to their chatter. They were obviously running well within themselves.

Although I thought I might be in for a terrible day fighting snow and slush, the conditions for riding were pretty good, and beautiful. The leafless trees were frosted white against a gray sky. The surface was pretty good too, especially on the road beyond the Nature Center, which soon turned into two narrow tracks of exposed gravel with fresh snow in the middle.

When Brandon left his teammates, I followed. He passed five miles in 39:18 and seemed to be very strong. He continued to pass runners now and then. Somewhere on the dirt path off the main trail on the state property, perhaps about seven miles into the race, we met Paul Koch coming back. His lead was even larger than it had been in the park.

Back on the River Trail, near the swimming area, we no longer were meeting the leaders and I was able to pull ahead. I could see that Brandon was gaining strongly on Aaron Levinson, a sophomore from East.

Brandon was running well under 7:30 pace and continued to be fast for him until the 10 mile mark. From then on he steadily faded as might be expected of a fifteen year old doing his first serious off season training. In Rye the sun goes behind Greenhorn Peak before 4 pm this time of year so a seven mile run ends in the dark. Brandon finished 46<sup>th</sup> overall and second, behind Matthew Drake of

Pueblo West, in 1:42:09. The last 1.1 mile had taken him 10:13.

Teammates Aaron and Ethan came in 52<sup>nd</sup> and 53<sup>rd</sup>, separated by a second after nearly an hour and three-quarters of running, 1:44:11 to 1:44:12. Matt Drake, 17, from Pueblo West was relatively from another planet finishing ninth overall in a remarkable 1:29:11. Desiree Dalla Guardia finished in 1:52:27, a good race for her, considering her rather casual training—three or four days a week, rarely more than five miles. She was second in the 19 and under division. Thirteen year old Anna Marie Marshall faded from her early pace but still won her division easily with a time of 1:44:45. Cory Rose who has had limited training opportunity because of classes at CSU Pueblo and travel from Rye to Beulah finished in 1:54:05.

There were many notable performances, especially considering the conditions. Lauren Dunsmoor, 21, who was a good intermediate hurdler for Pueblo West High School and had a fine career as a volleyball player for CSU Pueblo rocketed to the top of Pueblo running with a 1:32:08. She actually was the first finisher who listed Pueblo as her address. She was 15<sup>th</sup> overall, won her age division and was second woman finisher in her debut in a major open race. Lou Huie, 59, a club member from Colorado Springs had another fine race, finishing in 1:41:55. But even that fine time wasn't good enough to win the age division. George Jones, 55, of Monument took that honor with 1:36:20 and a 29<sup>th</sup> place overall.

Paul Koch won overall male by just over a minute with 1:23:26. After the race we talked about conditions. He thought he was ready to run 1:18 or 1:19 with normal weather. Many top runners who ran in 2004 were five minutes or more slower in the snow. Super consistent Rich Hadley was only 1:57 slower in

*(Continued on page 9)*



# The Rock Canyon Half Marathon

continued

(Continued from page 8)

1:31:46. In fact Rich is only just over five minutes slower than his 1999 Rock Canyon when he ran 1:26:38. Amy Shertzer, 27, from Monument was the female winner, 12<sup>th</sup> overall, in 1:29:11. Darren Eisman from Golden, 3<sup>rd</sup> overall, was first male in the Master's division with 1:24:43 and Amy Regnier from Colorado Springs won the women's Master's division in 1:32:19.

The truly remarkable thing is that Dave and Stacey Diaz seem to keep make one of Pueblo's best races even better, even with snow surprises. Ken Raich and the finish and results crew had results ready to begin awards before the last two medal winners crossed the finish line. In spite of snow on the course almost nobody went off course, and two walkers who missed the second lap in the park did an extra lap after crossing the finish line, thanks to quick thinking by Gary Franchi.

The number of finishers, 226, was well down from last year but significant numbers undoubtedly were deterred by driving conditions. By my non-computerized count only 46 of the finishers were from Pueblo County. I guess if you build a really good race, they will come.



Paul Koch shows his winning form on a partially snow covered trail.

Paul was the first overall finisher with a time of 1:23:26

His pace was 6:22 for the half marathon run

## R E S U L T S

Pl	Name	Age	Sex	Pl	Gp	Group From	Time	Pace
1	Paul L Koch	37	M	1	OA	Colo Spgs	1:23:26	6:22
2	Neal Oseland	36	M	1	35-39	Colo Spgs	1:24:32	6:27
3	Darrin Eisman	40	M	1	Master	Golden	1:24:43	6:28
4	Robert E Yara	50	M	1	50-54	Colo Spgs	1:25:07	6:30
5	Eric Swope	31	M	1	30-34	Colo Spgs	1:26:09	6:34
6	Scott Robert Nalbach	29	M	1	25-29	Colo Spgs	1:26:21	6:35
7	Eric William Zolner	32	M	2	30-34	Colo Spgs	1:27:21	6:40
8	Danny Cowell	32	M	3	30-34	Colo Spgs	1:28:57	6:47
9	Matthew Drake	17	M	1	0-19	Pueblo Wst	1:29:11	6:48
10	Vernon M Smith	48	M	1	45-49	Colo Spgs	1:29:18	6:49
11	Fred Creamer	43	M	1	40-44	Colo Spgs	1:29:31	6:50
12	Amy Shertzer	27	F	1	OA	Monument	1:29:36	6:50
13	Kenneth Wright	35	M	2	35-39	Colo Spgs	1:31:33	6:59
14	Rich Hadley	49	M	2	45-49	Florence	1:31:46	7:00
15	Lauren Dunsmoor	21	F	1	20-24	Pueblo	1:32:08	7:02
16	Ian L Saffer	35	M	3	35-39	Denver	1:32:19	7:03
17	Amy K Regnier	43	F	1	Master	Colo Spgs	1:32:28	7:03
18	Stephen H Vaughan	51	M	2	50-54	Colo Spgs	1:32:29	7:03
19	Lou M Johnson	49	M	3	45-49	Monument	1:32:36	7:04
20	Daniel J Tallon	50	M	3	50-54	Placitas NM	1:32:55	7:05
21	Connilee S Walter	32	F	1	30-34	Colo Spgs	1:33:09	7:06
22	Kevin G Noleen	29	M	2	25-29	Castle Rock	1:33:25	7:08
23	Edgar D Trillo	30	M	4	30-34	Colo Spgs	1:34:35	7:13
24	Stanley Lambros	40	M	2	40-44	Florissant	1:34:41	7:13
25	Mike Wasson	40	M	3	40-44	Monument	1:35:16	7:16
26	Todd Ewy	35	M	4	35-39	Colo Spgs	1:35:36	7:18
27	Kenneth McMurry	38	M	5	35-39	Nathrop	1:35:51	7:19
28	Mike Buckley	45	M	4	45-49	Colo Spgs	1:36:05	7:20
29	George W Jones	55	M	1	55-59	Monument	1:36:20	7:21
30	Andrew Coleman	24	M	1	20-24	Colo Spgs	1:36:38	7:22
31	Trev or Reeves	16	M	2	0-19	Colo Spgs	1:36:40	7:22
32	Janine Baker	27	F	1	25-29	Littleton	1:36:46	7:23
33	Bruce Kirschner	52	M	4	50-54	Louisville	1:36:50	7:23
34	Daniel I Montilla	20	M	2	20-24	USAF	1:37:14	7:25
35	Emily J Borrego	37	F	1	35-39	Pueblo	1:37:21	7:26
36	Glenn Strebe	40	M	4	40-44	Colo Spgs	1:37:29	7:26
37	James S Robinson	54	M	5	50-54	Pueblo	1:37:39	7:27
38	Myron Berg	43	M	5	40-44	Colo Spgs	1:37:43	7:27
39	Keith Austin	38	M	6	35-39	Colo Spgs	1:38:51	7:32
40	Lisa McCone	39	F	2	35-39	Colo Spgs	1:39:42	7:36
41	Dave McCone	41	M	6	40-44	Colo Spgs	1:39:42	7:36
42	Cathi Webber	36	F	3	35-39	Colo Spgs	1:39:54	7:37
43	Tom Kraus	52	M	6	50-54	Boulder	1:40:45	7:41
44	Bob Irving	51	M	7	50-54	Lakewood	1:41:21	7:44
45	Lou Huie	59	M	2	55-59	Colo Spgs	1:41:55	7:46
46	Brandon Hruby	15	M	3	0-19	Rye	1:42:09	7:48
47	Aaron McHugh	33	M	5	30-34	Colo Spgs	1:42:25	7:49
48	Ellis D Rainsberger	49	M	5	45-49	Colo Spgs	1:42:25	7:49
49	Jim English	51	M	8	50-54	Colo Spgs	1:42:48	7:51
50	Naascha VanderMolen	21	F	2	20-24	Colo Spgs	1:42:49	7:51
51	David E Baker	48	M	6	45-49	Pueblo	1:43:54	7:56
52	Aaron Berndt	17	M	4	0-19	Rye	1:44:11	7:57
53	Ethan Barbieri	17	M	5	0-19	Colorado City	1:44:12	7:57
54	Roger C Baer	51	M	9	50-54	Colo Spgs	1:44:29	7:58
55	Allen S Weaver	52	M	10	50-54	Canon City	1:44:30	7:58

# The Rock Canyon Half Marathon

results continued

Gp								Gp									
PI	Name	Age	Sx	PI	Group	From	Time	Pace	PI	Name	Age	Sx	PI	Group	From	Time	Pace
56	Anna Marie Marshall	13	F	1	0-19	Pueblo Wst	1:44:45	7:59	111	John W Benson	46	M	15	45-49	Englewood	1:58:58	9:04
57	Kent Bailey	55	M	3	55-59	Woodland Prk	1:45:20	8:02	112	Mark Bailey	55	M	5	55-59	Louisville	1:59:08	9:05
58	Greg Allen Policky	46	M	7	45-49	Salida	1:45:22	8:02	113	Lindy Crawford	41	F	2	40-44	Colorado Spgs	1:59:18	9:06
59	Jay A Garvens	38	M	7	35-39	Colorado Spgs	1:45:50	8:04	114	Mike L Borton	50	M	16	50-54	Pueblo	1:59:25	9:07
60	Bill J Mares	40	M	7	40-44	Pueblo	1:46:06	8:06	115	Shawna Vandiver	24	F	4	20-24	Pueblo Wst	1:59:28	9:07
61	Carla Augenstein	47	F	1	45-49	Colorado Spgs	1:46:11	8:06	116	Roland V Erickson	55	M	6	55-59	Golden	1:59:33	9:07
62	Lori Jo Meloni	29	F	2	25-29	Canon City	1:46:25	8:07	117	Diane H Warner	46	F	2	45-49	Colorado Spgs	1:59:47	9:08
63	Sean Patrick Tiernan	38	M	8	35-39	Colorado Spgs	1:46:37	8:08	118	Rolf Dietrich	48	M	16	45-49	Colorado Spgs	1:59:55	9:09
64	Eugene Mares	43	M	8	40-44	Pueblo	1:47:53	8:14	119	Jessica Lehman	32	F	5	30-34	Colorado Spgs	1:59:56	9:09
65	Pete J Warne	42	M	9	40-44	Castle Rock	1:48:27	8:16	120	Jessica Linder	27	F	6	25-29	Colorado Spgs	2:00:15	9:10
66	Marc Weaver	54	M	11	50-54	Boulder	1:48:47	8:18	121	Sharon D Merrill	53	F	2	50-54	Colorado Spgs	2:00:28	9:11
67	Bill Hayes	40	M	10	40-44	Boulder	1:48:53	8:18	122	Thomas E Scheetz	49	M	17	45-49	Colorado Spgs	2:00:28	9:11
68	Dennis L Coombs	53	M	12	50-54	Longmont	1:48:53	8:18	123	Pete J Doyle	59	M	7	55-59	Colorado Spgs	2:00:42	9:12
69	Steve Jones	39	M	9	35-39	Colorado Spgs	1:49:04	8:19	124	Jennifer Hayes	34	F	6	30-34	Canon City	2:01:05	9:14
70	Reid Sheffield	44	M	11	40-44	Colorado Spgs	1:49:08	8:19	125	Lora Hutchison	44	F	3	40-44	Englewood	2:01:19	9:15
71	Joe Stommel	56	M	4	55-59	Pueblo	1:49:42	8:22	126	Melissa Adams	25	F	7	25-29	Colorado Spgs	2:01:26	9:16
72	Jay B Simonson	44	M	12	40-44	Denver	1:50:11	8:24	127	Lori R Kisley	35	F	4	35-39	Colorado Spgs	2:01:41	9:17
73	Mike A Phillips	41	M	13	40-44	Monument	1:50:24	8:25	128	Felix R Colonnies	44	M	18	40-44	Colorado Spgs	2:01:54	9:18
74	Lauren E Davidson	28	F	3	25-29	Colorado Spgs	1:50:29	8:26	129	Susan Fulkerson	40	F	4	40-44	Longmont	2:02:27	9:20
75	Melissa Wolfe	23	F	3	20-24	Florence	1:50:46	8:27	130	Patrick K Swank	57	M	8	55-59	Pueblo	2:02:50	9:22
76	Aaron M Levinson	16	M	6	0-19	Pueblo	1:51:02	8:28	131	Brian Landis	34	M	11	30-34	Colorado Spgs	2:03:21	9:25
77	Chuck Carillo	46	M	8	45-49	Northglenn	1:51:05	8:28	132	Constance Ahrensbrak	65	F	1	65-69	Lakewood	2:03:51	9:27
78	Jen A McMurry	34	F	2	30-34	Nathrop	1:51:18	8:29	133	Christina Tiernan	n	F	5	35-39	Colorado Spgs	2:04:15	9:29
79	Gordon L Neal	49	M	9	45-49	Colorado Spgs	1:51:20	8:30	134	James Beckenhaupt	58	M	9	55-59	Colorado Spgs	2:04:26	9:30
80	Chalea Rae Walter	27	F	4	25-29	Canon City	1:51:20	8:30	135	Erica Austin	33	F	7	30-34	Colorado Spgs	2:04:28	9:30
81	Ted Johnson	34	M	6	30-34	Pueblo	1:51:29	8:30	136	Jennifer M Reed	29	F	8	25-29	Denver	2:04:51	9:31
82	Brandon Vail	31	M	7	30-34	Longmont	1:51:44	8:31	137	David Crockenberg	58	M	10	55-59	Pueblo	2:05:00	9:32
83	Bobby Valentine	41	M	14	40-44	Pueblo	1:51:54	8:32	138	Stacey A Diaz	45	F	3	45-49	Pueblo	2:05:09	9:33
84	Desiree DallaGuardia	19	F	2	0-19	Colorado City	1:52:27	8:35	139	Tori Phillips	42	F	5	40-44	Monument	2:05:24	9:34
85	Sean P Bryan	46	M	10	45-49	Colorado Spgs	1:52:33	8:35	140	Kelly Phillips-Henry	37	F	6	35-39	Colorado Spgs	2:05:25	9:34
86	Bruce M Casson	37	M	10	35-39	Colorado Spgs	1:52:38	8:36	141	Audra Sanford	17	F	3	0-19	Penrose	2:05:53	9:36
87	Chu H Son	34	M	8	30-34	Aurora	1:52:52	8:37	142	Byron R Beard	53	M	17	50-54	Pueblo Wst	2:06:27	9:39
88	Marcy Epperson	33	F	3	30-34	Canon City	1:53:43	8:40	143	Hannah Radner	r	F	4	0-19	Pueblo	2:06:27	9:39
89	Tom Ratzlaff	45	M	11	45-49	Pueblo Wst	1:53:54	8:41	144	Carrie E Wirt	32	F	8	30-34	Colorado Spgs	2:07:09	9:42
90	Jessica Reid	25	F	5	25-29	Colorado Spgs	1:53:54	8:41	145	Herman Goellnitz	59	M	11	55-59	Colorado Spgs	2:07:22	9:43
91	Cory Rose	18	M	7	0-19	Beulah	1:54:05	8:42	146	Tom Barnwell Warley	52	M	18	50-54	Colorado Spgs	2:07:29	9:43
92	Lonnie Schmidt	20	M	3	20-24	USAF	1:54:06	8:42	147	Amy Lynne Wasson	38	F	7	35-39	Monument	2:07:33	9:44
93	Tammy Stone	43	F	1	40-44	Florence	1:54:17	8:43	148	Curtis Wright	64	M	2	60-64	Pueblo Wst	2:07:36	9:44
94	Steve C Wall	42	M	15	40-44	Pueblo	1:54:58	8:46	149	Henri St-Martin	47	M	18	45-49	Colorado Spgs	2:07:57	9:46
95	Don Byers	49	M	12	45-49	Colorado Spgs	1:54:59	8:46	150	Carey Moreschini	36	F	8	35-39	Pueblo	2:08:08	9:46
96	Clayton Clester	40	M	16	40-44	Woodland Prk	1:55:14	8:47	151	Beth A Spradley	28	F	9	25-29	Centennial	2:08:11	9:47
97	Jesse Robert Ward	24	M	4	20-24	Pueblo	1:55:15	8:47	152	Susan Cogswell	57	F	1	55-59	Colorado Spgs	2:08:23	9:48
98	Jon S Hollon	50	M	13	50-54	Colorado Spgs	1:55:23	8:48	153	Heather L Olsen	40	F	6	40-44	Colorado Spgs	2:08:23	9:48
99	Cassi Bailey	51	F	1	50-54	Louisville	1:55:33	8:49	154	Diane K Cridennda	53	F	3	50-54	Colorado Spgs	2:08:26	9:48
100	Mike Burgie	50	M	14	50-54	Colorado Spgs	1:55:59	8:51	155	Diane P Brown	42	F	7	40-44	Colorado Spgs	2:08:45	9:49
101	Stanley E Hren	64	M	1	60-64	Pueblo Wst	1:56:37	8:54	156	Beverly Ann Carver	46	F	4	45-49	Colorado Spgs	2:08:54	9:50
102	Angela L Vesey	31	F	4	30-34	Usafa	1:56:47	8:55	157	Jeff T Chadwick	35	M	11	35-39	Colorado Spgs	2:09:04	9:51
103	Pablo Najera	32	M	9	30-34	Colorado Spgs	1:56:57	8:55	158	Kasey James	17	F	5	0-19	Penrose	2:09:45	9:54
104	David E Diaz	33	M	10	30-34	Denver	1:57:28	8:58	159	Laurel E Wright	51	F	4	50-54	Pueblo Wst	2:10:06	9:55
105	Steve Walls	49	M	13	45-49	Monument	1:57:30	8:58	160	Jeremy Keener	26	M	3	25-29	Pueblo	2:10:39	9:58
106	Mark L Alexander	46	M	14	45-49	Colorado Spgs	1:57:58	9:00	161	Anna Chaney	25	F	10	25-29	Canon City	2:10:56	9:59
107	Danny Mathews	9	M	8	0-19	Colorado Spgs	1:58:03	9:00	162	Wendy M Grider	30	F	9	30-34	Colorado Spgs	2:11:23	10:01
108	Jesse Mathews	13	M	9	0-19	Colorado Spgs	1:58:07	9:01	163	John Grider	35	M	12	35-39	Colorado Spgs	2:11:23	10:01
109	Jeff Mathews	44	M	17	40-44	Colorado Spgs	1:58:07	9:01	164	Clara Marie Stiefel	15	F	6	0-19	Colorado Spgs	2:12:13	10:05
110	Steven A Jennings	51	M	15	50-54	Colorado Spgs	1:58:44	9:03	165	Lori L Ray	35	F	9	35-39	Colorado Spgs	2:13:02	10:09

# The Rock Canyon Half Marathon

results continued

PI	Name	Age	Sx	PI	Group	From	Time	Pace
166	Gina M Benfatti	44	F	8	40-44	Pueblo	2:13:08	10:09
167	Monica Landeros	33	F	10	30-34	Colo Spgs	2:13:18	10:10
168	Melissa A Getz	35	F	10	35-39	Manitou Spgs	2:14:47	10:17
169	Gina Valenty n Todd	29	F	11	25-29	Denver	2:15:15	10:19
170	Nicole Sprunger	24	F	5	20-24	Centennial	2:15:15	10:19
171	Joe Lynch	29	M	4	25-29	Westminster	2:15:17	10:19
172	Martha K Kramer	50	F	5	50-54	Colo Spgs	2:15:18	10:19
173	Buzz Borries	52	M	19	50-54	Colo Spgs	2:15:33	10:20
174	Paul M DallaGuardia	47	M	19	45-49	Colorado City	2:15:35	10:21
175	Kathy Heathcock	47	F	5	45-49	Peyton	2:15:53	10:22
176	Sally C Kennett	63	F	1	60-64	Salida	2:16:14	10:24
177	Mike Archuleta	45	M	20	45-49	Pueblo	2:16:39	10:25
178	Wilmer Perez	57	M	12	55-59	Pueblo	2:16:45	10:26
179	JoAnne N Lavender	58	F	2	55-59	Colo Spgs	2:17:14	10:28
180	Brian Prescott	26	M	5	25-29	Colo Spgs	2:17:45	10:30
181	Erica Neuendo	31	F	11	30-34	Colo Spgs	2:17:46	10:31
182	Chris Grove	30	F	12	30-34	Colo Spgs	2:17:47	10:31
183	Tony Merschorf	38	M	13	35-39	Colo Spgs	2:17:59	10:32
184	Michele J Vaughan	41	F	9	40-44	Colo Spgs	2:18:11	10:32
185	Teresa Ricketts	52	F	6	50-54	Alamosa	2:18:15	10:33
186	Rich Ricketts	57	M	13	55-59	Alamosa	2:18:15	10:33
187	Michelle J Benoit	30	F	13	30-34	Colo Spgs	2:18:23	10:33
188	Maria Elena Weaver	46	F	6	45-49	Canon City	2:20:25	10:43
189	Janell Kush	39	F	11	35-39	Fountain	2:21:28	10:47
190	George Nelson	45	M	21	45-49	Colo Spgs	2:22:04	10:50
191	William P Walker	44	M	19	40-44	Colo Spgs	2:22:04	10:50
192	Bill E Wellman	59	M	14	55-59	Crawford	2:22:10	10:51
193	Amanda Burns	25	F	12	25-29	Usafa	2:22:13	10:51
194	Marilee McDonald	52	F	7	50-54	Colo Spgs	2:22:18	10:51
195	Talon Windwalker	37	M	14	35-39	Lakewood	2:22:21	10:52
196	David A Bishton	52	M	20	50-54	Longmont	2:23:34	10:57
197	Kim Neyens	32	F	14	30-34	Colo Spgs	2:23:43	10:58
198	Michelle Rauch	32	F	15	30-34	Colo Spgs	2:24:15	11:00
199	Chuck Hachmeister	52	M	21	50-54	Colo Spgs	2:25:03	11:04
200	Courtney Dodson	27	F	13	25-29	Denver	2:25:55	11:08
201	Pamela Hosea	26	F	14	25-29	Denver	2:25:55	11:08
202	Joe Baird	59	M	15	55-59	Denver	2:26:04	11:09
203	Richard W Kennett	69	M	1	65-69	Salida	2:26:18	11:10
204	Guy Morris	42	M	20	40-44	Littleton	2:26:29	11:10
205	Daniel Embry	24	M	5	20-24	Woodland Prk	2:26:57	11:13
206	Keith Carpenter	53	M	22	50-54	Pueblo	2:27:26	11:15
207	Laurie Baer	50	F	8	50-54	Colo Spgs	2:27:33	11:15
208	Philip L Prater	41	M	21	40-44	Colo Spgs	2:28:38	11:20
209	Beth A MacDonald	40	F	10	40-44	Colo Spgs	2:29:42	11:25
210	Lorne T MacDonald	48	M	22	45-49	Colo Spgs	2:29:42	11:25
211	Leah J Pingel	29	F	15	25-29	Pueblo	2:30:25	11:28
212	Brad L Pingel	30	M	12	30-34	Pueblo	2:30:26	11:29
213	Randy G Ryan	47	M	23	45-49	Colo Spgs	2:31:10	11:32
214	Kirsten Angel Mitchell	36	F	12	35-39	Woodland Prk	2:33:52	11:44
215	Mae L Nezv ensky	50	F	9	50-54	Pueblo	2:35:38	11:52
216	Butch Nezv ensky	50	M	23	50-54	Pueblo	2:35:39	11:52
217	Michelle Simmons	30	F	16	30-34	Salida	2:35:48	11:53
218	Donna A Nicholas-Griese l	59	F	3	55-59	Coaldale	2:36:05	11:54
219	Jennifer S Steele	43	F	11	40-44	Colo Spgs	2:36:29	11:56
220	Paul C Magarelli	52	M	24	50-54	Colo Spgs	2:49:00	12:53

PI	Name	Age	Sx	PI	Group	From	Time	Pace
221	Jacqueline S Giamp	48	F	7	45-49	Pueblo	2:49:45	12:57
222	Linda Fuqua-Jones	48	F	8	45-49	Monument	2:52:35	13:10
223	Amy Shieff	35	F	13	35-39	Colo Spgs	2:53:07	13:12
224	Richard Shieff	35	M	15	35-39	Colo Spgs	2:53:07	13:12
225	Christina M Barrier	34	F	17	30-34	Colo Spgs	3:09:58	14:29
226	Krissy M Cordova	33	F	18	30-34	Falcon	3:09:59	14:30

Right:  
Aaron Berndt &  
Ethan Barbriere  
sprint to the  
finish

Below:  
Byron Beard  
leads a pack  
across the  
bridge

Bobby Valentine  
cruises home  
with music  
in his ears



# The Rock Canyon Half Marathon

photos



Clockwise from  
upper right

Lauren Dunsmoor

Tom Ratzlaff

Mike Phillips

Brandon Hruby

David Crockenberg

Carey Moreschini



NOTE: A great big THANKS goes to Larry Volk for the great photos. Larry snapped 772 pics at the Half Marathon and provided the photos for this newsletter. If you want to view / order your photo, go to the SCR website, click Results, click Rock Canyon Half Marathon, then click the Event Pictures logo.





# The '05 Predict Series Final Standings



## Here's the Numbers

Name	Spg Roff	Ben& Matt	Rams 8K	Yapy Dog	Butt Bust	Moon Mad	Tunl Drv	Harv Pokr	Tmpl Cnyn	MoJo Nick	Tot Pts	Best 5 Races	
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	31.3	624.92	447.41	
Rich Hadley	94.44						76.92	83.33	89.55	68.8	413.00	413.00	
Don Pfof	97.22		65.00	55.56	87.50	61.54	69.23	63.89	77.61		577.55	396.56	
Jeremy Keener		79.17	50.00	11.11	37.50				92.31	70.15	93.8	433.98	385.37
Marijane Martinez	83.33	83.33	60.00	27.78	70.83						87.5	412.78	385.00
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	
Sandy Reinsch	44.44	91.67	40.00		62.50		82.05	27.78		81.3	429.69	361.91	
Gary Franchi	91.67			77.78			23.08	61.11		100	353.63	353.63	
Humberto Parades	63.89	62.50			95.83		71.79	50.00			344.02	344.02	
Bill Veges	61.11			72.22			94.87	22.22	59.70	6.25	316.38	310.13	
Mary Rudolf	5.56	75.00	80.00		16.67	53.85				75	306.07	300.51	
Stacey Diaz	19.44	66.67	30.00	88.89		23.08	33.33	55.56	55.22		372.19	299.67	
Jill Montera	75.00	37.50	35.00	61.11				72.22		18.8	299.58	280.83	
Matt Sherman	69.44	33.33					66.67	94.44		12.5	276.39	276.39	
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		50	323.93	269.44	
Hilda Garcia	88.89	41.67	20.00	16.67	4.17					25	196.39	192.22	
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	
Gina Benfatti					54.17		97.44	30.56		62.5	244.66		
Rusty Smith		20.83			83.33		74.36	52.78			231.30		
Misti Frey		87.50	90.00	33.33				11.11			221.94		
Matt Drake					100.00				52.24	43.8	195.99		
Lou Huie	86.11						100.00				186.11		
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		
Jan Huie	66.67						79.49				146.15		
Joe Bulow	30.56				45.83		64.10				140.49		
Robin Krueger		95.83						44.44			140.28		
Mary Simmons	72.22		55.00		12.50						139.72		
Wendy Garrison	58.33						12.82	66.67			137.82		
Jim Robinson									97.01	37.5	134.51		
Becky Medina	36.11						15.38	75.00			126.50		
Diana Tiffany				50.00	29.17	46.15					125.32		
Diane Lopez		29.17	70.00					8.33			107.50		
Jeff Vanwarden									100.00		100.00		

First things first. Congrats to Steve Wall for garnering 1st place in the 2005 Predict Series. Not only did Steve finish on top in the point standings - he accomplished it with the minimum number of races possible. He had NO throw-aways.

Steve's work schedule limited his weekend activities this year, so he had to finagle a bit to get in 5 races. His worst score was a very respectable 83.58 in the Temple Canyon. We should all be that good!

While we're giving out kudos, we'll give a pat on the back to the runner up (and 2004) champion, Larry Volk. Larry was in the hunt all year, and led the series several times.

Rich Hadley took 3rd place for the 2nd year in a row with a good run at Nick & Mojo's. Rich also had only 5 races, so that speaks to his consistency.

Don Pfof moved up from 5th in 2004 to 4th this year with a steady effort throughout the series.

Jeremy Keener finished his rookie year in style at 5th place. His consistency and his times have improved greatly. Look out in '06.

MoJo scored big (87.5 points) in her homecoming race, and was the top lady finisher. Great Finish!

And the good news - It starts all over again in 2006!

### Others who earned points

Matt Garouthe	98.51	Aaron Smith	80.60	Matt Chavez	69.23	Anthony Diaz	54.17
Bryon Holloway	94.03	Al Weaver	80.56	Tim Michand	68.66	Eric Brown	53.73
Tammy Stone	92.54	Paul DallaGuardia	80.56	Hilbert Navarro	67.22	Susan Gebhart	51.40
Jean Caper	91.04	Karen Van Haverbeke	80.56	Chris McIntyre	67.16	Larry Minogue	51.28
Art Long	89.74	Paul Murphy	79.10	Brian Vanwarden	65.67	Chad Hopkins	50.75
Theresa E Duran	88.06	Jordan Montera	77.78	Dale Papineau	64.18	Wendy Bulow	50.00
Andrew Valerio	87.18	T Greg Merriion	76.12	Curt Massey	62.69	Matt Scanlan	49.25
Stacy S Gonzales	86.57	Kasey James	75.97	Ashley Withrow	58.97	Larissa Barritt	47.34
Craig Binkley	86.11	Frank Aragon	75.00	Jane Chess	58.21	Aaron Levinson	46.67
Aaron Romani	84.62	Bryan Masse	73.13	Kraig Reiter	56.72	Adam Mokhrabi	43.59
Jeff Arnold	83.33	Dave Dehn	71.64	Jonathan Haynes	56.41	Ross Westley	43.28
Jason Adamic	82.09	Terri Tibbs	69.44	Kris Spinuzzi	56.25	Audra Sanford	41.79

And 51 others with fewer points. 139 runners took part in the 2005 series.

# Nick & Mojo's Excellent Adventure

The brunch was delicious and well attended, but only 16 brave souls ran in Nick & Marijane's Excellent Adventure, the final run in the 2005 Predict Series.

Matt Drake, a cross country runner from Pueblo West High School crossed the finish line first, turning in a 57:23 for the 8+ mile course.

Gary Franchi, Jeremy Keener, and Marijane Martinez were 1, 2, 3, in prediction accuracy, which moved each up in the

final standings for the year.

The footing was a bit tricky at times, and nearly everyone finished with ice on their eyebrows, beards, and the ends of their noses. But, it is December in Colorado.

The '05 predict series was quite popular. 139 runners took part in at least one run, and 22 participants completed at least 5 runs, the minimum required to be included in the official competition.

As Don Pfof recently pointed out, our predict races sometimes draw participants from outside Southern Colorado. We've recently had runners join us from Chicago, Arvada, and Grand Junction. In the 2004 Butt Buster, a cross-country team from Arizona took a side trip to Belmont on their way back to Arizona.

If you haven't participated in a predict run, consider it in 2006. The runs are low-key, friendly, and lots of fun.



Above

Marijane runs

Nick heads up the kitchen crew  
Martha (Mom) Drake & son Matt

Below

Ken Raich & Jill Montera

Someone's cold feet  
Ben Valdez & Sandy Reinsch



Thank you  
Volunteers!  
Race Directors:  
Marijane  
Martinez &  
Nick Leyva  
Finish Line:  
Lois Pfof,  
Ron Dehn  
Results:  
Ken Raich



# 2005 Calendar from here to there\*

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

## JANUARY

Sun 1	Rescue Run 2005	5K/10K 10:00 am	Palmer Park, Colo Springs
Wed 4	SCR Club Meeting	7:00 pm	Pueblo YMCA, 700 Albany
Sat 14	PPRR Winter Series I	10K/5K 10:00 am	Fox Run Park, Colo Spgs Patricia Lockhart - (719)598-2953
Sat 14	SCR Annual Awards Banquet & Installation of Officers	6:00 pm	Whiskey Ridge Restaurant
Sat 28	PPRR Winter Series II	8M/4M 10:00 am	El Pomar Youth Sports Ctr, C. Spgs Patricia Lockhart - (719)598-2953

## FEBRUARY

Sat 11	Valentine's Twosome (c) (1.6M each partner)	5K 9:00 am	City Park Pavilion, Pueblo Jeff Arnold, Race Dir - (719)947-3682
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\*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 Pfost
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 Still 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](mailto:Diazsd@aol.com)  
or 564-9303

## THANK YOU Rock Canyon Volunteers!

Race Directors: Dave & Stacey Diaz, Data Entry: Steve & Jacqueline Wall  
Setup: Carrie Slover, Finish Line: Don Pfost, Gary Franchi, Bill Veges, Ron Dehn, Mark Koch, Gary Franchi & Deb Hadley, Registration: Kathy Stommel, Jan Dudley, Emily Borrego, Ruth McDonald, Tim from the Gold Dust, Results: Jeff Arnold, Lois Pfost, Ken Raich, Photographer: Larry Volk

### Wanted:



A used baby jogger for our new grandson, Luke David Dehn. Please give the proud grandparents (Cathy & Dave) a call at 564-7639

### Also Wanted:

Reporters, photographers, writers, wanna-be writers, etc. for *Footprints*. We would like to include info about SCR participants in "away" events, reports on high school track & cross country, running experiences, etc. This would be an excellent opportunity for writers young and old to get published. Writers get 5 volunteer points for a finished article. Contact the editor at [ron.dehn@colostate-pueblo.edu](mailto:ron.dehn@colostate-pueblo.edu)

**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**

Don't forget the SCR annual awards banquet on Saturday, January 14<sup>th</sup> at Whisky Ridge Restaurant. There is a speaker this year, and the food will be great. See Sandy's article in the December issue 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](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 January 4th.



The Valentines Twosome is a fun run. It is a low key event for sweethearts, friends, brother & sister, Dad & daughter, Mom & son, or whatever. The first partner runs 1.6 miles then passes the baton to his / her running partner. I've not seen the entry form, but traditionally, there are prizes for various categories of batons including most romantic, largest, ugliest, and most creative. And, if tradition continues, most if not all entrants win some form of chocolate. You don't have to wear a costume, but they are encouraged. At least wear something with RED. The run is scheduled for Saturday, February 11th at City Park

## **The Final Thoughts...**

Poetry is when an emotion has found its thought and the thought has found words. -Robert Frost, poet (1874-1963)

Nobody made a greater mistake than he who did nothing because he could do only a little. -Edmund Burke, statesman and writer (1729-1797)

We can't solve problems by using the same kind of thinking we used when we created them. -Albert Einstein, physicist, Nobel laureate (1879-1955)

Good judgment comes from experience, and a lot of that comes from bad judgment. -Will Rogers (1879-1935)

Always drink upstream from the herd. -Will Rogers