



Editor: Ron Dehn

# FOOTPRINTS



Be my Valentine???

**The Sweetheart Edition!!!**



The Pueblo Chieftain  
**28TH ANNUAL SPRING RUNOFF**

MARCH 5, 2006

## The Spring Runoff

March 5, 9:00

- 2 mile walk
- 5k run
- 10k run
- 10 mile run

Toddlers Run @ 8:45

1 Mile Youth Run @ 10:45

Start of 2006  
Predict Series  
Page 5

Angelo Benefit  
Page 7

The Annual Banquet  
Page 8



## SCR Notes from the January, 2006 meeting

Attendance: Don Pfost, Lois Pfost, Stan Hren, Gary Franchi, Rich Hadley, Jeff Arnold, Ken Raich, Diana Tiffany, Amanda Cisneros, Chavonne Bowers, Ron Dehn, Dave Diaz, Jesse Sena, Paulette Stuart, Jaqueline Wall, Steve Wall, Sandy Reinsch, Ben Valdez

Minutes of December 2005 Meeting were approved

Congratulations were extended by all present to Ron Dehn and his editorial staff, as our newsletter "Footprints" has been selected as the outstanding running newsletter in the western United States.

Simple Games: Several Pueblo County High School runners were present and asked the club for assistance with their expenses in traveling to Pocatello Idaho for the February 16th Simple Games, which is the largest indoor track meet west of the Mississippi. A motion passed unanimously to allocate \$100 for each runner entered.

Spring Runoff: Paulette Stuart from the Pueblo Chieftain updated the club on the upcoming Spring Runoff to be held on Sunday March 5th. Dutch Clark Stadium has been secured for this event, and the course and entry fees will be the same as last year.

Spiritfest on the Riverwalk: Jesse Centa, community activist and organizer of this end of school year celebration to be held on June

3,2006, asked if the club would be interested in staging a Saturday morning race in conjunction with this event. Discussion concerning this proposal was tabled until later.

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

Membership: Ken Raich reported that 67 members have renewed for 2006 as of this date.

Newsletter: Ron Dehn reported that there will be space in the newsletter to remind membership about YMCA donations.

Race Recaps: Farewell Excellent Adventure: Gary Franchi reported that there will be a new prediction race in 2006 to replace this successful event.

Valentine's Twosome: Jeff Arnold reported all plans are in order for this Feb 11,2006 event which is being advertised in Rocky Mountain Sports Magazine.

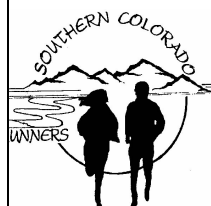
Spring Runoff Tuneup: Ken Raich reported that this event will be a 10k prediction run on Feb 19th at City Park.

Activity Recaps/Updates/Revisits SCR Banquet 2006: Sandy Reinsch reported that all plans are finalized for this event to be held on Sat Jan 14th at Whiskey Ridge Restaurant. Our guest speaker will be Lisa Rainsberger, a world class athlete and former Boston Marathon winner. The banquet will also include

raffles, awards, and installation of officers for 2006.

Benefit Raffle for Angelo Aragon: General discussion was held as a follow up to presentation at a previous meeting at Pueblo county High School athletes in seeking club assistance for Angelo Aragon. Raffle of a donated bicycle one possibility discussed.

2006 Race Calendar Update: July 8 , 2006 was set  
(Continued on page 5)



**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. 286

"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	Ken Raich	564-0847
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	Don Pfost	544-9633
Newsletter Co-Editor	Ron Dehn	547-9273
Newsletter Co-Editor	Debra Wall	544-4254
Editorial Consultants	Gary Franchi, Myra Rhodes*	
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

#### Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty Don Pfost

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.

\* Myra Rhodes of Centennial shattered the course record for her age group at the 2005 Portland Marathon. At age 73, she posted a 3:59:04, beating the old mark by 30 minutes.



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

Take your Sweetheart

to the  
Gold  
Dust!



217 South  
Union



Gary Franchi

## Great Stuff

by Gary Franchi

### They light up my throat

Thought for today's lunch, compliments of George Carlin: *"Just think, right now, all over the world there are people exercising bad judgment. Somebody, right this minute, is probably making the mistake of his life."*

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

Cough! Cough! Cough! Hack! Hack! Hack!

Excuse me, but I'm still trying to recover from the New Year's Day smokeathon. Well, my tender, red and irritated throat is still trying to recover.

OK, so I exaggerate a bit since this event actually took place several weeks ago. But if memory serves me correctly, which I realize would be a rare occurrence, a scratchy throat did a real number on me that day.

The incident I'm referring to took place Jan. 1 after the Rescue Run, which I traditionally like to run in hilly Palmer Park up in Colorado Springs because I enjoy setting the tone for each new year by subjecting myself to this humbling racing experience. Actually, being of limited athletic prowess, just about ANY race that I run is a humbling experience. Well, shoot, why put limits on it? Make that any race PERIOD that I do is a humbling experience. Usually painful, too, which makes for a nice double whammy.

Afterward, as is the norm at many out-of-town races, discussion centered on the all-important post-race dining plans. Well, truth be told, I think the conversations about after-race breakfast started well before the race, while many were standing around, warming up and looking for a couple of thick trees to sneak behind since the lines for the one-stall men's and women's restrooms stretched halfway to the Chapel Hills Mall.

Personally, I started thinking about it much earlier, mentioning the Waffle House while pulling out of the garage for the drive north from Cañon City. No, wait! I remember mentioning the double pecan waffles at Waffle House the evening before while washing down a salmon & steak feast with a little wine.

Whatever, at some point after the race, word trickled out that the SCR contingent was going to the Village Inn, which was just down the road on Academy Blvd. What innocent fools we were!

You see, unlike Pueblo, Colorado Springs still allows smoking in restaurants. With the non-smoking section at Village Inn having a waiting list as long as the Chinese restaurant in that "Seinfeld" episode, we opted for the smoking section since we didn't want to wait until hell froze over to be seated. With the Rescue Run's 10 a.m. starting time, it was pushing past High Noon by the time we left Palmer Park, so we were famished. Obviously, speed was of the essence.

Ah, but haste ruined taste. With us being seated in the smoking section, we had smokestacks all around us, lighting up one after another. I tried to hold my breath but realized I wasn't a fish. I recall Ben pulling his sweatshirt up over his nose and mouth, hoping to avoid carcinogenic exposure.

All in all, with the food's taste clouded in smoke, it was an experience that sucked mightily.

Ah, but pretty soon such days should be over. A bill has been introduced in the current legislative session that would ban smoking in restaurants, casinos, bars, bowling alleys and other public places throughout Colorado. If it passes into law as expected, it would take effect July 1.

Hallelujah! Hallelujah!

By then, my scratchy throat should be completely healed from that New Year's Day rendezvous with stench. And we'll all be able to breathe easier.

That's the good news; now the bad.

I got all pumped up while browsing on the Internet over the holiday break when I learned about a new triathlon that's coming to Colorado Springs. The Prospect Lake Triathlon will be held on June 25 with distances of 800 meters for the lake swim, 13 miles on the bike and a 5K run.

New triathlon, nice distances, close

to home – all reasons to rejoice, right?

Well, not so fast, toe clips breath!

A glance at the entry fee is painful. It's \$70, and that's if you register before April 1. After that the fee escalates to a second home mortgage level. And remember, this is for a sprint triathlon. Further reading showed that there is an elite division in this race and the top athletes will compete for \$5,000 in prize money.

Hence, you and I are expected to empty our wallets so that the studs and studettes – many of whom will probably have their entry fees "comped" – can duel for a nice fat paycheck.

But I won't. It's time to take a stand and refuse to enter such events and to let the race directors know why. The e-mail addresses for Prospect Lake Tri race directors are on that web site. Let 'em know what you think.

Don't be gouged.

#### Ten things I was just wondering:

1. Has a shoe clearance magazine ever had your shoe size available? Didn't think so.

2. When radio or TV announcers get off work, do they hate to talk?

3. Do we really need 80,000 different types of writing pens to choose from?

4. Don't you think it would be easier to have mental toughness in a race if you had some talent?

5. How many pro teams would stay in existence if corporations stopped buying season tickets to sporting events?

6. Does anyone with a mind not understand that we should all eat more fruits and vegetables?

7. Have triathlons priced themselves out of the range of the common folk and become an activity for the rich?

8. What exactly is a lead balloon? Anyone ever seen one?

9. How much time is wasted annually waiting for PhotoShop to open?

10. For the safety of cyclists, how about conducting random drug testing on cars that drive through City Park?

Until next month, be thankful for Pueblo's no smoking law.



February

2	Christa Rogers
	Groundhog Day
4	Michelle Riddock
4	Rachael Walker
	Rosa Parks*
11	Judy Navarro
11	Diana Quattlebaum
	Thomas Edison*
12	Alexander Paredes
	Abraham Lincoln*
13	Jerry Lopez
	L.L. Bean*
14	Allen Weaver
	Drew Bledsoe*
16	Cody Carter
	Sonny Bono*
20	Beverly Skroch
	Sidney Poitier*
22	Aaron Diaz
22	Ashlee Withrow
	Vijay Singh*
24	Andrew Smith
	Abe Vigoda*
25	Alyssa Bruce
25	Joseph Bulow
	Zeppo Marx*
26	Nancy Mitrick
	Levi Strauss*
27	Andrea Lepik
27	Vicki Meier
27	Jace Montera
	John Steinbeck*
28	Marisa Kemm
	Sandra Messick
	Brian Withrow
	Linus Pauling*

\*honorary member



# Rocky on Fitness

By Rocky Khosla, M.D.

## Female Athlete Triad



First of all, Happy New Year everybody! I got a feeling that 2006 is going to be a good year!

There was an article in the Pueblo Chieftain about the Female Athlete Triad and its effects on one of my patients recently, and it has really generated a lot of discussion, so I thought it would be a good topic for this month's column.

The Female Athlete Triad (I will refer to it as FAT from here on it to save space, and sorry about the really unintentional pun here) is made up of the classical combination of eating disorder, diminished bone mass and loss of periods seen in some female athletes. Obviously, only women have the FAT, but men can have similar effects if they put themselves under lots of physical and psychological stress combined with excessive exercise and disordered eating.

Let's take a look at each of the components of the FAT. First, eating disorders usually seen with FAT are either anorexia nervosa or bulimia nervosa.

Anorexia nervosa involves having a distorted body image, having a morbid fear of becoming fat, and a refusal to maintain a weight that is at least 85% of that expected for height and age. Bulimia nervosa is seen in patients who have recurrent episodes of binge eating, where there is a sense of lack of control over eating. These patients often follow the binge eating with purging by vomiting, using laxatives, or diuretics.

The second component of FAT is diminished bone mass, which usually shows up as osteoporosis. Often, I see patients who are suffering from FAT because they present to the office with a painful stress fracture. We don't completely understand the cause of the decreased bone mass, but it probably is related to decreased estrogen levels seen in women with FAT.

The third component of the FAT is loss of periods, or amenorrhea. Amenorrhea can be primary or secondary: primary amenorrhea is where a female has never had any periods by age 14 and there are no secondary sexual characteristics or by age 16 if there are secondary sexual characteristics. Secondary amenorrhea is usually defined as not having had a period for at least 3 months in a female who was having regular periods previously, or not having a period for 6 months if the previous periods were irregular. Generally, the first test I do in the work-up of a patient who presents with amenorrhea is a preg-

nancy test, which is usually negative. In FAT, we think a bunch of hormonal factors go astray, which then leads to decreased levels of estrogen which then leads to loss of periods.

The treatment of FAT is tough and usually involves a multi-disciplinary approach using nutritionists, behavioral specialists, and the primary care physician. I think educating the patient that thinner is not always better and that excessive training can actually lead to diminished performance results are key points that I try to raise with patients who have FAT or may be on the way to FAT.

If you or someone you know may have some or all of the components of FAT, please get this person some help, as untreated this can lead to lots of medical problems, and may have a mortality rate in severe cases as high as 20 to 30%!

Here's hoping that 2006 is a fabulous year for you and yours!

Sincerely,

Rocky Khosla, M.D.

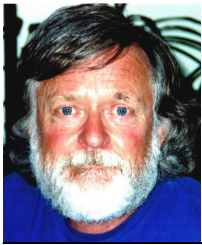
### The Best in the West

Congrats to all the contributors to *Footprints*.

We recently received word that *Footprints* was named as RRCA's top small club newsletter in the Western Region.

It does indeed take a team to put this newsletter together, and this team spends many hours each month prior to delivery to your mailbox. There are writers, photographers, web page builders, data base managers, editors, advisors, stuffers, and last but not least the printer. Speaking of the printer - we've never publicly thanked Noel at Paperworks. She handles all printing & setup duties each month. THANKS & Congrats to ALL!!!





## Tune-up Signals Start of 2006 Predict Series

by Don Pfost



The Spring Runoff Tune-up, starting at 9:00 am, Sunday, February 19, kicks off the 2006 Predict Series. As the name implies, the six-mile Tune-up will cover the Spring Run-Off course, but will start and finish just inside the west entrance to City Park off Pueblo Boulevard. Ken and Pixie Raich will host a PPP (see below) at their home, 3912 Goodnight Avenue, a short distance west of the start/finish line.

Because this is the kickoff to this year's predict series, and because I am replacing Ken Raich as series' coordinator, let me describe how the predicts work, what the benefits and rewards are, and so forth. This will be "old stuff" to those who've done the series in the past, so I'm hoping to recruit some new participants.

First, here are the mechanics of the predicts. Participants begin by writing down their predicted run times for each event, then watches are removed, and the start command is given. As runners cross the finish line, their respective run times are recorded on a stop watch. Scores are determined by the difference between each runner's predicted and actual times, the smaller the difference, the higher the score. The interval between places is computed using the following formula:  $\text{interval} = 100/N$ , where  $N$  = the number of participants in the predict. So, for example, if there are 16 runners, the interval is 6.25 points; the runner closest to his/her predicted time earns 100 points; second place gets 93.75 points, and so forth, down to the sixteenth place finisher, who receives 6.25 points.

An important point, then, to note about the predict series, as compared to regular competitive runs, is that speed doesn't necessarily win. Instead, the winners are those who predict most closely the time it will take them to run the course. This is one of the many instances in life where the maxim "Know Thyself" rings true.

The results for each race, as well as current standings in the series, are posted on the SCR web site shortly after each event. Ken has done a tremendous job over the past several years posting the results quickly, which I'm sure all of us have appreciated. I'll make every effort to be as timely as Ken has been. The overall standings and other series' tidbits are published monthly in the newsletter.

Ten predicts are scheduled for this year, so here's the list of the other nine (check the SCR website and the race calendar published in the newsletter for more details):

- Mar 18, Ben and Matt's Trail Mix, 10+ M
- Apr 8, Ramsgate 8, 8K, PPP
- Apr 23, Yappy Dog, 8.6M, PPP
- Jun 24, Belmont Butt Buster, 5M, PPP
- Jul 22, Moonlight Madness, 5M, PPP
- Aug 26, Tunnel Drive, 5M
- Oct 21, Harvest Poker Run, 5M, PPP
- Nov 25, Temple Canyon, 4M
- Dec 17, Excellent Adventure, 8M, PPP

As you can see, the distances vary, as do the challenges, sights, sounds and smells of the different courses for the series, with the Tunnel Drive and Temple Canyon predicts in Canon City favorites of many series' participants.

Those finishing at least five predict events are eligible for awards, which are presented at the annual SCR banquet. For those doing more than five, the five highest scores are used to compute their total score and final standing in the series.

The gastronomic delights that follow predicts having post-predict potlucks—informally known as PPP (see above)—are yet another benefit of the predict series. Obviously, the time of day determines the menu, but whether morning or evening, the food is plentiful, tasty and varied.

There is still more. In addition to self-knowledge, receiving an award for finishing the series, and chowing down at many of the events, there is the wonderful camaraderie and sociability associated with the predicts. Think of the possibilities—here's an opportunity to exaggerate or modestly understate your performance in the Spring Runoff, the Bolder Boulder, or the Pike's Peak Ascent, share plans or news about your vacation, complain about the job, talk about your family, or just plain shoot the bull with a friend you haven't seen since the last predict. After all, this is the stuff of our existence as social beings, and it may be the biggest payoff from taking part in the predict series.

One final point: the predict series has been characterized as "low key". Personally, I have my doubts—participants are too eager to find out who won and where they placed in each event and too much interest is shown in the overall standings for "low key" to be convincing. Still, I may be wrong. Give it a try and judge for yourself.

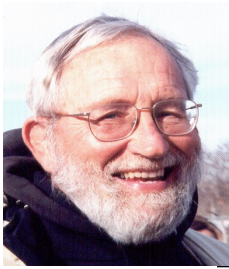
In sum, those who have taken part in the series in the past are encouraged to do so again this year, and those who haven't, either runners or walkers, are invited to join the rest of us. Hope to see you on February 19 at the west entrance to City Park.

as date for Women's Distance Festival

Adjournment: many thanks to our outgoing president Gary Franchi who has done a masterful job this past year in presenting an excellent agenda at every SCR meeting and chaired each meet in an efficient and orderly manner.  
Meeting adjourned at 8:45 pm

Respectfully Submitted

Stan Hen



## A Little Bit Poetry A Little Bit Running

by Jeff Arnold



On January 7, 2006 I mailed in a packet of 43 poems to a contest. In one sense I had been preparing for this for forty years or more. On the other hand none of the poems had been written for the contest. Each was written for its own sake, because something was inside me that needed to come out. I think I've learned some things over the years about crafting words to, but good poetry is more than craft. If my poetry is generally better now than it was years ago, it's partly because I'm a more fully realized person.

I don't date my poems for the most part but I know that at least eleven I submitted were written in 2005. Some of those seem to me the best I've ever written. I hope the judge likes them.

I have reason to believe that well over 500 poets have entered or will enter the contest. The winner will get her or his book published plus \$1500. I don't expect to win but at this stage I'm unreasonably hopeful.

I knew that the two major problems before me, once I decided to enter, would be selecting the poems and putting them into the order that I think would be most pleasing to the judge. There is some mention in the contest rules of screening and final judges. I know that someone will see my manuscript without knowing who wrote it. I hope that, even if I don't win, the final judge will see it and I will get to know that she did.

The contest rules dealing with the creative aspects of the poetry are almost non-existent. Manuscripts may be single or double spaced, there is no minimum or maximum length though most are between 40 and 100 pages (mine is 52), theme and style are open. The other rules seem simple and straightforward: January 17 postmark deadline, \$25 reading fee, a stamped, self-addressed postcard for notification of safe arrival of manuscript, and a stamped, self-addressed envelope for contest results,

which will be announced in May. Last year my envelope was used to tell me the name of the winner.

My \$25 will get me into the contest and a year's subscription to *The Colorado Review*, the quarterly literary magazine of CSU. The stuff I read in last year's editions was good.

I've thought how different this contest is from athletic contests I've entered, most notably running races. When I was in my peak years as a runner, my goal was to win my age division. There are no divisions in this contest. Most races have separate categories for men and women, at least five age divisions, and at least three awards in each division. There will be only one contest winner. Perhaps the biggest difference between running races and this contest is that in races, results are available showing each runner's place and time. If there is any kind of final ranking in the contest, the poets are unlikely to find out.

Finally racing is objective; faster runners place higher. The poetry contest is subjective. It's likely that if ten different experienced judges were used to select the top ten manuscripts, a majority would agree on at least five. If these same ten judges were asked to pick the

single best manuscript, I'd bet there would be five different winners.

Twenty years ago, the differences from racing would probably be enough to keep me out of the poetry contest. Now I'm more likely to look at the differences and say they're good. For many years, even as an English major in college, I wanted there to be some consensus on who the Greatest Poet of all time is. Now I still have favorite poems and poets and will tell you what I like about them, but the more different poet I read carefully, the more poetry I like.

Writing poetry and running are also alike in some ways. In both, practice is important. Jim Hall, is a World War II veteran who was later editor of the Yale literary magazine. He is a regular at Pueblo poetry readings. He is fond of saying, "If you didn't write today, you aren't a poet." When Jim was recently undergoing chemotherapy for lymphoma and was very weak, he still found strength to write fifteen minutes a day. Many runners could learn from Jim.

*Editor's Note: Jeff is a many times published poet and well recognized in the Pueblo Poetry Community*

**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  
the Southern Colorado Runners.*

**For race information: [www.socorunners.org/](http://www.socorunners.org/)**



# Ramblin'

by Ron Dehn

## Keeping the "Grey Matter" Active

According to [www.alzheimers.org](http://www.alzheimers.org), "studies have shown that keeping the brain active is associated with reduced AD risk." This is only one of several sources that promote an active brain.

I'm fairly skeptical of "studies", because there are so many conflicting results. HOWEVER, (that's a big however), I have asked myself the question, what have I got to lose by "exercising" my brain? It can't hurt, and I've found that it can be fun. For my birthday last summer,



Bryan and Nikki gave me a book called "Brain Building Games". For some time, Jeremy has been encouraging me to work sudoku puzzles.

So... I'm introducing a new feature. I plan to run a puzzle of some kind each issue. I got hooked on sudoku and obtained permission from [sudokuworks.com](http://sudokuworks.com) to reproduce 12 puzzles.

This puzzle and solution was provided at no charge courtesy of [www.sudokuworks.com](http://www.sudokuworks.com) puzzle software. The website offers software, puzzle books, and lots of other puzzle related links and information. THANK YOU sudokuworks!

If you have a favorite puzzle, and we can legally reproduce it, please send it to me at [ron.dehn@colostate-pueblo.edu](mailto:ron.dehn@colostate-pueblo.edu).

THANKS!

p.s. Try this month's puzzle before looking at the answer. It's fun!

6		4		2				5
		7			3			
			6	5			4	7
	9					3		
3		5		1		4		8
		2					6	
5	7			6	2			
			5			2		
4				7		5		6

A sudoku puzzle is presented above. The puzzle is a 9x9 grid. Each row and each column must contain the numbers 1 through 9 exactly once. There are 9 3x3 grids contained in the puzzle. Each of these squares must also contain the numbers 1 through 9. Enjoy!!! (turn page for solution)

## Benefit Raffle for Angelo Aragon

As many of you know, Angelo Aragon, is battling brain cancer. Last we heard, Angelo was under treatment and remaining positive. If you've ever seen Angelo run – you know he is a tough competitor. Angelo is the Assistant Principal at Pueblo County High School, and student groups have started a fund raiser for their popular leader. SCR has gotten involved and Rocky Khosla's family donated a 21 speed Raleigh women's bike with front shocks (model SC30) as a raffle prize. Raffle tickets were sold at the banquet, and will be available at upcoming SCR events, so we encourage you to bring an extra buck or two to the next race. The drawing will take place in conjunction with the Spring Runoff. THANKS!



Angelo and his son Jacob after the Beulah Challenge last summer

The bike donated for the fund raiser



## The 2005 Banquet

Sandy Reinsch, Jacqueline Wall, and Jill Montera were the primary organizers of the 2005 SCR Awards banquet held at Whisky Ridge on January 14<sup>th</sup>. Rich Hadley and Don Pfost headed up the awards portion of the event, and Ken Raich distributed personalized wind chimes to the top runners in the 2005 Predict Series.

The food was great, the company superb, and as a bonus, world class athlete, coach, and speaker Lisa Raisberger inspired the crowd with a “pearls of wisdom” gained through the years as an athlete and coach.

Lisa spoke of her journey through life and how she had to reinvent herself. Several times in her life, she was on a

path toward a goal, when circumstances changed and the initial goal became unattainable. Lisa qualified for the Olympic trials as a swimmer for the 1980 Moscow Olympics. The U.S. boycotted the Moscow games for political reasons, and Lisa had to choose between dwelling on the disappointment and reinventing herself. Lisa underwent many transitions including swimmer to runner, runner to triathlete, triathlete to coach, and from world class competitor to mom and wife. Each transition required a reinvention of self.

Gary Franchi was honored as Outstanding Club Member for 2005. Gary completed his second year as president, and is a fixture at events, either as a participant or a volunteer. Jacqueline Wall

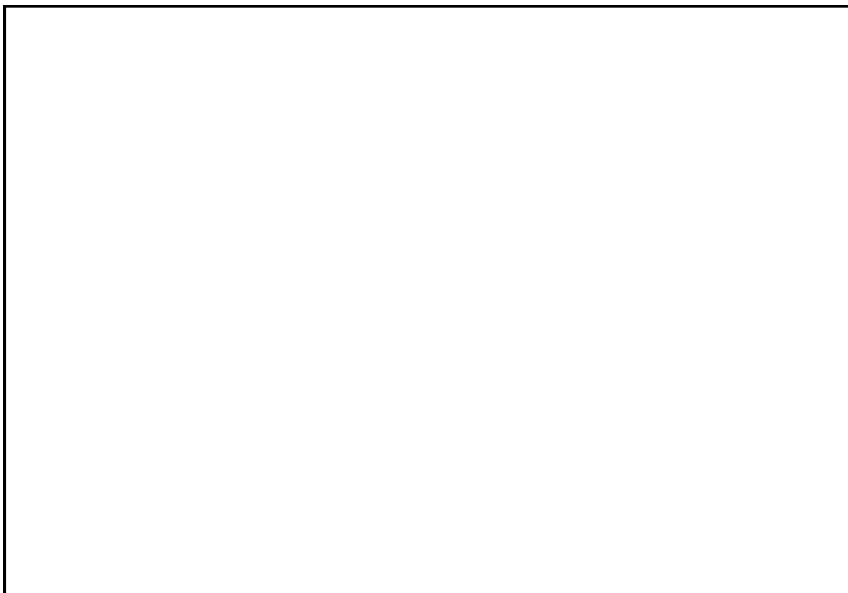
was awarded the prestigious Dirty Sock Award. This honor goes to someone who often works behind the scenes, often times unnoticed.

Award nominees included: Female youth runners: Ashlee Withrow, Desiree DallaGuardia, Samantha Davenport, Male youth runners: Logan Gogarty, Brandon Hruby, Aaron Berndt, Jordon Montera, Female runners: Stacey Diaz, Debra Wall, Emily Borrego, Male runners: Dave Diaz, Steve Wall, Paul Koch, Stan Hren. Ashlee Withrow, Jordan Montera, Emily Borrego, and Dave Diaz won in their respective categories.

All in all - a great banquet, an enjoyable evening!



Above: Stan Hren, Ken Raich, Ron Dehn, Rich Hadley, Gary Franchi  
Right: Rich Hadley, Sandy Reinsch, Jacqueline Wall, Jill Montera



Answer to this month's suduko puzzle								
6	8	4	7	2	1	9	3	5
9	5	7	4	8	3	6	1	2
2	3	1	6	5	9	8	4	7
7	9	8	2	4	6	3	5	1
3	6	5	9	1	7	4	2	8
1	4	2	8	3	5	7	6	9
5	7	9	3	6	2	1	8	4
8	1	6	5	9	4	2	7	3
4	2	3	1	7	8	5	9	6



## More on the Banquet



Clockwise from upper left  
Lisa Raisberger gives words of wisdom,  
Steve Wall receives his 1st place wind chime from Ken Raich,  
Ben Valdez has a good laugh,  
Gary Franchi thanks attendees,  
Jordan Montera receives the youth runner award





## A Look Back at 2005

by Marv Bradley



*Editor's Note: Several people have asked Marv Bradley about the number and type of runs he's done this past year, so he's compiled a list. All I can say is: WOW!*

### A LOOK BACK AT 2005

Lots of miles - and lots of smiles, lots of new places - and lots of new faces.

Many new T-shirts - just a few minor hurts, an award here and there - and medals galore.

2005 was a milestone year, filled with memories I'll forever hold dear.

From Texas to Memphis - here's the list:

Date	Race	Time	Age Group	Place
1/1	Texas Marathon, Kingwood TX ©	3:55:40		1
2/6	Frostbite Five, Pueblo	37:14		1
2/19	BiLo Myrtle Beach Marathon, S. Carolina ©	4:09:19		2
3/5	Umstead State Park Trail Marathon, N. Carolina ©	4:55:52		NA
3/12	St Patricks 5K, Colorado Springs (*)	21:50		2
4/2	Yakima River Canyon Marathon, Washington ©	4:24:46		3
4/17	New Jersey Marathon, Long Branch ©	4:11:46		1
4/30	Country Music Marathon, Nashville	4:23:32		3
5/8	Old Town Half Marathon, Ft. Collins (*)	1:38:06		1
5/14	Fargo Marathon, North Dakota ©	4:21:45		12
5/22	CO Rockies Home Run 5K, Denver (*)	20:50		3
5/29	Narrow Gauge 10 Mile, Durango (*)	1:15:37		1
6/5	Stadium Stampede 5K, Denver (*)	21:14		2
6/12	Garden of the Gods 10 Mile, COS (*)	1:15:19		1
6/18	Mayor's Midnight Sun Marathon, Anchorage ©	4:29:50		3
7/4	FireKracker 5K, Ft Collins (*)	21:50		1
7/10	Trespass Trail 10 Mile, Nederland (*)	1:35:15		3
7/31	San Francisco Marathon, CA	4:35:33		10
8/13	Crater Lake Marathon, OR ©	4:57:04		NA
9/3	Pocatello Marathon, ID ©	4:27:02		1
9/11	Stowe Marathon, VT ©	4:49:26		5
9/18	Pisgah Mt Trail 50K, New Hampshire ©	9:17:04		NA
9/25	Boulder Backroads Marathon	3:56:34		1
10/2	Twin Cities Marathon, Minneapolis ©	4:35:15		17
10/9	Durango Marathon	3:56:52		2
10/30	Marine Corps Marathon, Washington DC ©	4:29:31		21
11/12	Sunburst Richmond Marathon, VA ©	4:19:44		4
12/3	Memphis Marathon, TN ©	4:15:09		3

© Cheryl Cook-McCoy also ran these marathons

(\*) Races in the Colorado Runner Magazine Series.

Earned 2<sup>nd</sup> place in the Senior Division (60 plus)

And to top off 2005, I encountered a bear on a training run on the Riverwalk in Canon City early this fall. Last month I came upon a mountain lion in almost the same spot. Fortunately neither of them were very interested in me and we went our separate ways without incident. I'm looking forward to a quiet 2006.

# 2005 Calendar from here to there\*

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

## FEBRUARY 2006

4th-Sat-10:00am (a) YMCA Frostbite Five  
City Park Pavilion 5 miles  
(719)543-5151 Victoria Herrera-YMCA

11th-Sat-9:00am (c) Valentine's Twosome  
City Park Pavilion 1.6 miles (each partner)  
(719)947-3682 Jeff Arnold-Race Dir

19th-Sun-9:00am (c) Spring Runoff Tune-up  
Prediction Series Event 10K Ken Raich 719-564-0847

## MARCH 2006

5th-Sat-9:00am (a) Chieftain Spring Runoff  
8:45am Toddlers Terry Cathcart  
10:45 Youth 1mi (719)547-2777  
Dutch Clark Stadium 10mi / 10K / 5K / 2M  
Tentative Ben Valdez  
18-Mar Sat Ben & Matt Trail Mix Predict 10+M

## APRIL 2006

8th-Sat-8:00am (c) Ramsgate 8  
Prediction Series Event 8K Don & Lois Pfost 719-544-9633

23rd-Sun-8:30am (c) Yappy Dog  
Prediction Series Event 8.6M Ross Barnhart 719-543-6982

Tentative  
16-Apr Sun Survival Run 5M Jeff Arnold

## MAY 2006

13th-Sat-8:00am Alex Hoag Run for Sunshine  
Colorado Springs, CO 5K Run/Walk, 1 mi compet.  
Kim Hoag 719-660-1346

20th-Sat-Women (a) YMCA Ordinary Mortals Triathlon  
21st-Sun-Men 525m/12mi/3mi  
Pueblo West, CO Victoria Herrera-YMCA (719)543-5151

Tentative  
07-May?? Sun Cinco de Mayo 2M,5K,10K Hilbert Navarro

## JUNE 2006

3-Jun Sat Run for Rio 5K Jeff Arnold  
24-Jun Sat Belmont Butt Buster 5M Gina Benfatti

## JULY 2006

8-Jul Sat Women's Distance Fest 5K Diana Tiffany  
22-Jul Sat Pioneer Day 5K Shaun Gogarty  
22-Jul Sat Moonlight Madness 5M Diana Tiffany

## AUGUST 2006

5-Aug Sat Beulah Challenge 5K,10K Karin Romero  
26-Aug Sat Tunnel Drive 5M Rich Hadley

## SEPTEMBER 2006

9-Sep Sat Pueblo Tribute Run 5K Rochelle Garcia  
24-Sep Sun Hot to Trot 5K Ruth McDonald

## OCTOBER 2006

21-Oct Sat Harvest Poker Run 5M Dave Diaz

## NOVEMBER 2006

11-Nov Sat Atalanta 5K Stacey Diaz  
25-Nov Sat Temple Canyon 4M Rich Hadley

## DECEMBER 2006

2-Dec Sat Rock Canyon 13.1M Dave Diaz  
17-Dec Sun Excellent Adventure 8M Don Learned



## Don't Forget

To renew your SCR membership for 2006.

To check the box in the lower left corner of the membership form if you wish to receive free bi-monthly issues of *Colorado Runner magazine*.

You may make a donation to the YMCA Campus Campaign Fund (optional) when renewing your membership.

You may make a donation to the SCR Equipment Fund (optional) when renewing your membership.

PIKES PEAK  
**ASCENT**  
13.32 MILES  
7,815' VERTICAL GAIN

Registration for the 2006 Pikes Peak Ascent & Marathon will start on March 1st, 2006 at 8:00 am Mountain Time. Registration will only be available via online registration. That is, there will be no mail-in nor walk-in registration for the 2006 Pikes Peak Ascent & Marathon.

Last year the both races filled up within a few days, so if this is something you want to do – LOGIN ON MARCH 1<sup>ST</sup>!  
[www.pikespeakmarathon.org](http://www.pikespeakmarathon.org)

## Bicycle Event Cap

If you want to follow up on Gary Franchi's January article about the Colorado State Patrol's proposal to limit the number of riders in Colorado biking events, see: <http://bicyclecolo.org>  
The site has lots of other interesting links also.

## Coffee Trivia

One laborer can pick approximately 100 pounds of coffee in one day.



\*Thanks to Dave Diaz and Michael Orendorff for the above info. Caution - some items may change. Check the website.

**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



The Frostbite 5 is often brisk, hence the name. Be at the City Park Pavilion on February 4th for the 10 am start. A nice run on a nice course next to the river.

Be my Valentine? Find a partner and be at the Valentines Twosome on February 11th. 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.



See the cover for information on the Spring Runoff. It is the largest Pueblo race of the year. It is a first class production with lots of age groups, great medals, and great courses. If you decide not to run, we need lots of volunteers. Contact Terry Cathcart at 547-2777.

**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 February 1st, and maybe even March 1st.

## The Final Thoughts...

Some painters transform the sun into a yellow spot; others transform a yellow spot into the sun. -Pablo Picasso (1881-1973)

To love and be loved is to feel the sun from both sides. - David Viscott

Worry is like a rocking chair - it gives you something to do but it doesn't get you anywhere. -Dorothy Galyean

Thousands of years ago, cats were worshipped as gods. Cats have never forgotten this. -Unknown