



Editor: Ron Dehn

# FOOTPRINTS



Look what the wind blew into your mailbox

## The Spring Equinox Edition

### We're skipping an issue of *Footprints* this summer

Please note that the June and July newsletters will be combined. (No separate July issue.) This may affect race directors wishing to insert a race flyer, or other individuals wishing to make an announcement.

The June / July issue will be mailed in late May.

There will be NO newsletter mailed in late June

The August issue will be mailed in late July



Defending Predict champ Steve Wall makes his prediction for the 6 mile Spring Runoff Tune-up Predict while volunteers Sam McKee & Pixie Raich look on

Shaun is Back!!!  
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The SRO Tune-up  
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The Cinco de Mayo  
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## SCR Notes from the February, 2005 meeting

Attendance: Mike Orendorff, Stan Hren, Rich Hadley, Don Pfof, Lois Pfof, Ron Dehn, Hilbert Navarro, Jeff Arnold, Craig Binkley, Jill Montera, Sandy Reinsch, Dave Diaz, Ken Raich, Jacqueline Wall, Steve Wall, Victoria Herrera, Gary Franchi, Terry Cathcart.

Minutes of the January 2006 Meeting were approved.

Cinco de Mayo: Hilbert Navarro reported that planning is underway for this event to be held on Sunday May 7 at the Colo. State Fairgrounds. The event will include a 5K race, a 10K race, and a fun walk/run and will benefit Project Respect.

Spirit Fest on the River Walk June 3: Jesse Centa made a follow up presentation to the club concerning a possible SCR race in conjunction with this event. Hilbert Navarro expressed interest in functioning as race director for this event and will report back to the club after further discussion with Jesse Centa.

Officer Reports: Treasurers report as presented by Dave Diaz was approved.

Membership: Ron Dehn thanked Larry Volk for the many photos provided to the club at no charge. Ron also discussed storing a set of past newsletters for the club's archives, combining the June-July newsletters, and utilizing Jacqueline Wall as a back-up for newsletter stuffing.

Webmaster: Mike Orendorff reported that the new SCR website is in place. Mike also suggested that the website might include a section on SCR club history and a newsletter information section.

Upcoming Races:  
Frostbite 5, Feb. 4: Victoria Herrera of the YMCA reported that 53 runners have registered for this event to date.

Valentine's Twosome, Feb. 11: Jeff Arnold reported that all plans are in place for this annual event.

Spring Runoff, March 5: Terry Cathcart reported that volunteers for the water stops at this event will include Brooke Tibbs and DECCA members from Pueblo West High School and possibly Cross Country members to from Pueblo County High School.

Spring Runoff Tune-up, Feb, 19: This 10K prediction race will be held at Pueblo City Park. Don Pfof gave an enthusiastic presentation concerning the prediction series events as an opportunity for SCR members to establish new friendships.

Activity Recaps/Updates/Revisits  
SCR Banquet: Sandy Reinsch and Jill Montera made a presentation to include the names of nominees for runner awards in the SCR newsletter and on the SCR website.

Benefit Raffle For Angelo

Aragon: Ron Dehn reported that raffle tickets for the donated bicycle will be available at the Frostbite 5 and the Valentine's Twosome events. The bicycle will be raffled off in conjunction with the 2006 Spring Runoff.

(Continued on page 14)



**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. 287

"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 Pfof	544-9633
Newsletter Co-Editor	Ron Dehn	547-9273
Newsletter Co-Editor	Debra Wall	544-4254
Editorial Consultants	Gary Franchi, Zhang Dan and Zhang Hao *	
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

#### Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty Don Pfof

Larry Volk, Jeff Arnold, Lisa Paige, Michelle Martinez

SCR meetings generally are held the first Wednesday of each month at the Pueblo YMCA in downtown Pueblo. All SCR members are welcome and may bring family, relatives, and pets, as long as he/she also brings treats for all members.

**ADVERTISING POLICY:** The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.

\* Zhang Dan and Zhang Hao from China competed in the 2006 Olympic pairs figure skating competition. On their very first element - what would have been a historic throw quadruple Salchow had she landed it - Zhang Dan's ankle seemed to buckle as she came down. She smashed her left knee on the ice and then went crashing into the sideboard. The pair stopped the program while Zhang Dan received a brief medical exam. They decided to continue, and put in a gutsy and beautiful performance - enough to win the silver medal. Wow!



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

**Spring into  
The Gold  
Dust**

**217 South Union**



# Great Stuff

by Gary Franchi

## A Few New Olympic Possibilities



Thought for today's lunch, compliments of George Carlin: "Cigarettes are the only product that, if used as intended, kills the consumer."

### Musings about running, fitness and life:

I'm sitting here watching the Winter Olympics and I'm totally absorbed at the types of events they have in these things.

For instance, how did the luge ever become a sport? (It IS a sport, isn't it?) How was such an activity ever founded anyway? And what about skeleton? I'll bet what happened was that one day a luger got on the frickin' sled the wrong way and said to himself, "You know, that might be a great way to smash my face in. I think I'll ride it face first this time."

Then there's curling. I became fond of this sport (It IS a sport, isn't it?) while growing up in Detroit and watching it on a Canadian TV station since Windsor was right across the Detroit River. This was back when they actually used to use regular brooms instead of those swiffer-like mops they use now. Being a kid, I always hoped to see one of those sweepers fall on his patooley. But shoot, it never happened.

Way back then, I'm sure kids all over Canada dreamt of being one of those guys who wielded a broom. I can just picture them running home after school to practice their broom-swishing technique on the ice ponds or in driveways.

The rest, as I see it, are natural winter events, especially ski jumping. That no doubt evolved when a bunch of skiers were, uh, stoked up on something and decided to risk their lives since their brains were fried. But it sure is fun to watch this from the comforts of one's home. Heckuva lot safer, I know that, especially if you've gotten stoked by making a few trips to the 'fridge.

This year's Winter Olympics have already gotten me to thinking about the next Summer Olympics, which I always prefer because of the swimming and running events. I mean, I feel closer to those types of events because I can always sloth around in a pool or on a track, but you sure aren't going to catch me doing

the luge on one of those tiny sleds. And the ski jump? Hey, I may be crazy but I'm not insane.

But I'm perplexed about something. You see, I heard recently that softball and baseball have been voted to be dropped as Summer Olympic sports, and I'm wondering why. I mean, don't people play these sports enough all over world to merit them being Olympic sports?

I guess maybe they got tired of having to build one more additional big stadium at every host site, especially one able to accommodate the 10,000 journalists that cover the Games. And you know baseball and softball would attract the most journalists because those two events have all that between-innings leisure time when media types can run over to the chow line in the press room to grab a free sandwich and a cold one and run back to their press-row seats in plenty of time to catch the action.

Anyway, I've been wondering what activities could take the place of softball and baseball in the Summer Games. And a few natural ones with wide-scope interest come to mind to choose from:

Poker. Hey, if it's on ESPN it must be a sport, right? Let me think, do more people play poker or ride a sled down an icy chute face first? That's what I thought.

Needlepoint. This HAS to be a universal activity throughout the world. And it would give some seniors the chance to be in the Olympics.

Bocci. If curling is in the Winter Olympics, than bocci belongs in the Summer Olympics. Plus, my fellow Italians would rule.

Inner-tube racing. This Corporate Cup pool favorite could add another coed event into the Olympics.

Tattoo artistry. Just try and tell me that this doesn't require great hand-eye coordination and skill! Imagine the point system that could be developed. Plus, competitors could make a few bucks while they compete.

Graffiti. A close corollary to tattoo artistry but on a bigger landscape. Judging from world photos, this is popular everywhere. Plus, we'd get some degen-

erates off our streets for a couple of weeks in the summer.

Halo video games. Finally, a chance to get real young kids involved in the Olympics, which would open up a whole new spectrum of interest in the Games.

Bull riding. Hey, why not? Has it ever been bigger? This would give Paul DallaGuardia's kid "Pepper" a shot at becoming world-renowned.

OK, OK, enough. Just start dusting off that "According to Hoyle" book. You could become the next Olympic poker phenom.

### Ten things I was just wondering:

1. So, is the name of the city Turin or Torino, Italy?

2. Don't you hate it when a cover photo partially obscures the name of the magazine?

3. So, like, was anything ever done with the results of that SCR membership questionnaire conducted two years ago?

4. Why is it that when I see the \$160 price tag of the new Nike Air Max 360 running shoe, I immediately think of triathlon entry fees?

5. If they did a study, would they find that at least 20% of sports talk radio shows are devoted to promoting the stations?

6. Why would anyone steal a penguin from a zoo?

7. Hate to be prejudiced, but isn't it a tad difficult to listen seriously to someone who wears a baseball cap sideways?

8. How is it that an activity that involves merely putting one foot in front of the other has led to a course called "Spirituality of Running" at Merrimack College?

9. Can you "listen to your body" if you are deaf?

10. Can't they put the "mute" notation somewhere else on the TV screen so it doesn't obscure the game's score?

Until next month, let's start working on that luge technique for the next Winter Olympics.



## March

- 1 Kristy Davenport  
Beer Day, Iceland
- 2 Melisa Maes-Johnson
- 2 Priscilla Portillos
- 2 Rachael Ratzlaff  
Dr. Seuss\*
- 3 Haley Beard
- 3 Larry Rogers  
Jackie Joyner-Kersey\*
- 5 Brianna Diaz  
Academy Awards
- 6 Sarah Clapp
- 6 Brandon Hruby
- 6 Bob Mutu  
Ed McMahon\*
- 7 Mildred Horner  
Ivan Lendl\*
- 8 Brandon Baca
- 8 Nancy Martinez
- 8 Kenneth Raich  
Freddy Prinze Jr\*
- 9 Brittany Tibbs  
Barbie debuts (1959)
- 10 Tina Withrow  
Chuck Norris\*
- 12 Paul Barela
- 12 Paul Koch  
Al Jarreau\*
- 17 Angelica Wall  
Nat "King" Cole\*
- 18 Laura Clark
- 18 Jonathan Huie  
National Quilting Day
- 22 Stephen Hruby  
Reese Witherspoon\*
- 24 Bob Gassen
- 24 Kristen Meier  
Peyton Manning\*
- 25 Laura Schilf  
Aretha Franklin\*
- 26 Marvin Bradley
- 26 Susan Gebhart  
Kenny Chesney\*
- 29 Dean Volk  
Peyton Manning\*
- 30 Jay Garcia  
Eric Clapton\*

\*honorary member



# Rocky on Fitness

By Rocky Khosla, M.D.

## Getting Ready for Spring



Since spring is just around the corner (though I guess there is going to be 6 more weeks of winter according to Puxatawny Phil), I thought it would be a good idea to review some strategies to help prevent injuries, and maybe improve some running results.

First of all, make sure your equipment is in good shape. The most important piece of equipment for us runners is our running shoes. You should probably change your running shoes once they get 450 to 500 miles on them. Even though they may look okay, the shock absorption is not as good. A trick I use to help figure out when to change my shoes is to write the date that I start running on a new pair of shoes with a laundry marker. I write on the inside edge of the shoe, and can then figure out approximately how many miles I have put on the shoes based on the miles per week that I usually run. I like to buy two pairs of shoes at a time and alternate shoes which seems to keep them fresher and keeps my gym bag from standing up by itself!

Next, check out your shorts, tops, and sox. I like the Coolmax type of material in the summer as it really keeps you cool and dry. I like the

double layer blister free sox, and get different lengths; quarter sox for hot days, and crew size for cooler days.

Finally, don't increase your mileage, running frequency or speed too rapidly. Generally, the body can tolerate an increase of 10% per week at most. If you are going to be running a longer race in the late summer or early fall, give yourself enough time by building your base mileage now. Also, be very careful with speed workouts. Though they can help you get faster, interval training often leads to injury. Most runners should not do interval training more than once every week to 10 days.

Here's hoping that you have a fabulous spring time in the Rockies, and have a great running season.

Sincerely,  
Rocky Khosla, M.D.

## Colorado State University- Pueblo Sponsors Seventh Annual X-Challenge Sprint Adventure Race

by Eddie Valdez, Jeff Appel, & Yusuke Ota

As XX winter Olympic is heating up in Turin, the seventh annual X-Challenge is on its way at Colorado State University -Pueblo, scheduled on Saturday, April 15 on the CSU-Pueblo campus. This sprint adventure race competition consists of teams of two who will be racing on mountain bikes through a Frisbee golf course, running, kayak-



ing, and participating in several ropes/course events, for each team's share of prizes and the esteemed honor of being named the 2006 X-Challenge Champions. The new format this year makes the event continuous in nature, with start times established by performance on the ropes course. There are three categories, men's, women's, and co-ed teams. This event is organized by the students in the CSU-Pueblo Department of Exercise Science and Health Promotion and Recreation, in conjunction

with the University's Experimental Learning Center. Pre registration fees are \$40 for teams with two students, and \$50 for non-student teams. The competition is open to ages 18 and up. Registration will be available at [active.com](http://active.com). All participants will receive food, t-shirts, and refreshments throughout the day, and the chance to win prizes. For more information about CSU-Pueblo X-Challenge, call George Dallam at (719)549-2616.

# Trail Notes

by Shaun Gogarty

## OCD (obsessive compulsive disorder)



While many people are familiar with the disease OCD (obsessive compulsive disorder). Most have probably never heard of a similar but much more painful disease called ODD (obsessive distance disorder). While a little OCD can actually be good for you - helping you keep your teeth clean and possibly land a career as a doctor - ODD is a sadly debilitating and chronic disorder. Fortunately, it only affects a few people worldwide.

Those affected by ODD can be easily identified without any special blood or psychological testing. Very simply they are people that run ultras. Support groups, like SOCORunners, can help the afflicted but sadly there are no known cures. And, like cancer, the ODD just gets worse with time – first a marathon, then a 50K and a 50 miler, a 100k isn't much further and finally, desperately a 100 miler. One poor ODD schmuck actually ran 300 miles! Ironically, many a person with ODD has felt like they were cured when they were about 80% through an ultra event. Unfortunately, the cure is quickly “reversed” at the finish line with some food, water and rest.

Like many diseases I wasn't really aware that I was afflicted at first. But as the years passed, signs of the disease became more and more apparent: running a 50K along muddy trails in a snowstorm made me wonder if I was ODD. Then on a 100K last summer, at 3 am, running in the black of night up the

side of a mountain, it became certain: I was definitely ODD. Once I was sure of the diagnosis I began to study the disease. I knew there wasn't a cure, but perhaps with some insight to the condition I might be able to at least treat some of the symptoms.

One aspect of ODD people is they often lack basic mathematical understanding. Unfortunately, the running community has “played into” the disease with little tricks like 50K's and 50M's. Kilometer, mile what's the difference – it's just 50 isn't it? Besides having trouble with “units” they also don't understand proportions. After their first 5K a 10K is obviously the next “step” in their running. To them, it is NOT twice the previous distance; it is just the next distance. Before long they are running some very ODD distances. The best way to “treat” this symptom, if you are ODD, is to only allow your spouse or significant other to sign you up for a race. As long as you do NOT have a life insurance policy with them as a beneficiary, this approach should help.

Extremely short memory (not to be confused with short attention – ADD) is also characteristic of ODD people. At mile 2 they don't even remember mile one. Lets face it, when running a 100K you pretty much have to have forgotten the first 50K to run the second 50K! At first it seems like a blessing, but with a short memory they can't remember peoples names nor where they have run. Often they'll find themselves deep in the woods wondering what ODD set of circumstances put them there. And generally, since they can't even remember peoples' names, no one likes them and they are not only deep in the woods they are alone – of course this just leads to them running further. So if you think you are ODD, find someone else that is ODD to run with. They won't know your name either and the sum of your memories might approach normal.

Finally, if you are ODD, invest in a running shoe company. You will never get over your ODD behavior but at least you might get some return on your investment.

**SUDOKU**  
Puzzle provided by [www.sudokuworks.com](http://www.sudokuworks.com) puzzle software Solution-pg 14

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





## Spring Runoff Tune-up

by Don Pfof



Nineteen hearty souls turned out in the chill and cold to run the Spring Runoff Tune-up on Sunday, February 19. The unofficial temperature of 10 degrees at start time likely accounted for the smaller turnout compared to last year, when thirty six showed up. Otherwise—and thankfully—the conditions were sunny and windless.

The Tune-up covers the Spring Runoff course, only it starts and finishes just inside the west entrance to City Park, and is shortened slightly from 10K to 6 miles. Ken and Pixie Raich directed the run, and, along with their crew of volunteers, did a great job marking the course, keeping us headed in the right direction, and handling the finish line.

The results were impressive and portend a close and challenging series. Seven runners finished within about thirty seconds of their predicted times. Dave Diaz hit his predict right on the head, winning the event and earning 100 points as he did in last year's Tune-up. Four others finished within ten seconds of their predicted finishes, times that are often good enough for first place—Wendy Garrison and Kris Spinuzzi were four seconds off their predicts, Don Pfof seven seconds, and Sandy Reinsch nine seconds. Stacey Diaz and Matt Sherman rounded out the top seven, both finishing about thirty seconds over their predicts. No runner was off her/his predict by more than three minutes, again a pretty impressive performance.

Jim “The Rocket” Robinson had the fastest time overall, apparently inspired by the fact that on February 19, twenty three years ago, he and Helen were married, so they were celebrating their anniversary—congrats on both accounts!

After the run, the group gathered at Ken and Pixie's house for the post-predict potluck—lots of good food, drink and gabbing, even a levity or two. Visiting with Nick Leyva and Marijane Martinez, now residents of Las Vegas, made the occasion even more enjoyable.

The Trail Mix Run, scheduled to start at 9:00 am at the Nature Center on Satur-

day, March 18, is the next prediction series race. Ben Valdez and Matt Sherman direct this event. Ben reminded those planning to participate to bring their own water, as there won't be any water stops on the 10.5 mile course, which covers the trails west of the Nature Center. However, there will be snacks after the run.

While the Spring Tune-up is history, the fact that nine races remain in the series means that it's anybody's series to win. To test this claim, I constructed a prediction series scorecard by analyzing the final standings of the Prediction Series, 1999-2005, as posted on the SCR website. Focusing on the top five finishers for each of these seven years (granted, a somewhat arbitrary choice), I counted the number of times any one runner finished in the top five places. Next, to compute an overall score, I assigned five points for each first place finish, four points for each second place finish, and so forth, on down to one point for each fifth place finish, and then summed these points. The results are shown in the table on the next page.

As you examine the results, keep in mind that the series has changed in significant ways over the years. The number of races in the series has increased from seven in 1999 to ten since 2003, and, because the popularity of the series has grown, the number of runners completing enough races to qualify for an award, has increased steadily—from nine in 1999 to twenty-two the last two years. These changes have made the series more competitive and the likelihood of finishing in the top five more challenging.

Let me offer a few observations and comments. First, there are 35 slots for top five finishes for the seven years, and, if there were no repeats from year to year, there would be 35 different names on the list. Clearly, this is not the case. Fifteen different runners finished in the top five slots over the past seven years. Rich Hadley sits atop the scorecard with a total of six top five finishes, including one first place, and 19 points. Next, Ben

Valdez has five top five finishes, is the only runner to repeat as the Prediction Series winner, and earns an overall score of 16. Larry Volk has the third highest overall score, finishing in the top five three times, including a first and second place finish. Steve Wall has only two top five finishes, but earns a relatively high score because of first and second place finishes the past two years, swapping positions with Larry. The top half of the score card is rounded out by Marijane Martinez and Nick Levya, each with three top five finishes, and Matt Sherman and Dave Diaz, each with two top five finishes, one of which was second place. Most of the others placing in the top five have solo appearances, ranging from winners of the series—Ross Barnhart and Gina Benfatti, in 2002 and 2003, respectively—to third place or below, all noteworthy accomplishments.

The same runners do not end up in the top five spots each year, but, at the same time, some runners perform fairly consistently from year to year. A unique feature of the prediction series, in my view, is that it challenges each of us to estimate how long it will take to run a given course, taking into account an array of factors such as familiarity with the course, weather conditions, where we are in our training cycle, how hard we're willing to push ourselves, and so forth. The more accurately we can do this, the higher our scores and the greater the likelihood that we will finish among the top five—assuming that's a goal.

If finishing in the top five is one of your goals for 2006, Rich, Ben, Larry and Steve, among others, may have some useful advice to offer. Also, keep in mind that the results of the Prediction Series are posted on the web. Most of the predict runs take place on the same course year after year. If nothing else, consult the webpage to see what your time for a given course was last year, or how long it took someone whose ability is similar to yours to run the course.

Like I said, it's a wide open race to the finish.

# Spring Runoff Tune-up

continued

## Tune-up Race Results

	Name	Predict	Actual	Difference	Points
1	Dave Diaz	45:00	44:59.83	0:00.17	100.00
2	Wendy Garrison	58:00	57:56.08	0:03.92	94.74
3	Kris Spinuzzi	59:00	58:55.91	0:04.09	89.47
4	Don Pfof	1:07:00	1:07:06.92	0:06.92	84.21
5	Sandy Reinsch	58:48	58:56.99	0:08.99	78.95
6	Stacey Diaz	57:00	57:29.27	0:29.27	73.68
7	Matt Sherman	48:30	49:02.77	0:32.77	68.42
8	Steve Wall	48:34	47:29.67	1:04.33	63.16
9	Ron Dehn	55:26	54:18.31	1:07.69	57.89
10	Ben Valdez	49:00	50:09.43	1:09.43	52.63
11	Jeremy Keener	52:18	53:57.42	1:39.42	47.37
12	Teresa E. Duran	47:50	49:37.32	1:47.32	42.11
13	Becky Medina	58:10	1:00:15.95	2:05.95	36.84
14	Marijane Martinez	58:50	1:01:04.79	2:14.79	31.58
15	Stan Hren	48:46	51:10.09	2:24.09	26.32
16	Mary Simmons	58:30	1:00:56.12	2:26.12	21.05
17	Jill Montera	52:50	50:20.05	2:29.95	15.79
18	Jim Robinson	46:33	43:54.68	2:38.32	10.53
19	Jordan Montera	52:51	49:51.82	2:59.18	5.26

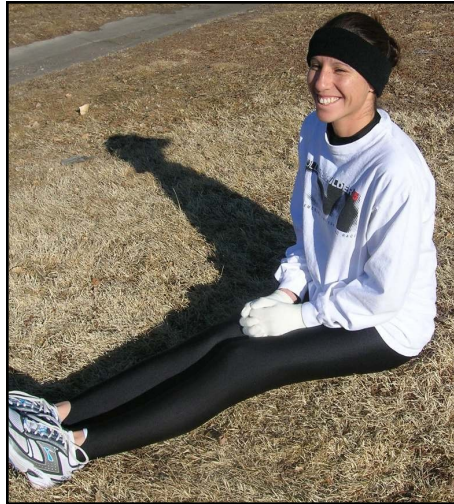
Thank you to the SRO Tune-up Volunteers: Race Directors: Ken & Pixie Raich,  
Course Marshals: Mike Orendorff, Lois Pfof, Sam McKee, Finish Line: Nick Leyva

## PREDICTION SERIES SCORECARD, 1999-2005

Name	Count of Finishes in Top 5 Places					Total Top 5 Finishes	Total Points
	1st	2nd	3rd	4th	5th		
Rich Hadley	1	1	3	0	1	6	19
Ben Valdez	2	1	0	0	2	5	16
Larry Volk	1	1	0	1	0	3	11
Steve Wall	1	1	0	0	0	2	9
Marijane Martinez	0	1	0	2	0	3	8
Nick Leyva	0	0	1	2	0	3	7
Matt Sherman	0	1	1	0	0	2	7
Dave Diaz	0	1	0	1	0	2	6
Ross Barnhart	1	0	0	0	0	1	5
Gina Benfatti	1	0	0	0	0	1	5
Jim Robinson	0	0	1	0	1	2	4
Don Pfof	0	0	0	1	1	2	3
Bill Veges	0	0	1	0	0	1	3
Ron Dehn	0	0	0	0	1	1	1
Jeremy Keener	0	0	0	0	1	1	1

# Spring Runoff Tune-up

continued



Clockwise from top left  
Mary Simmons  
Teresa Duran  
Michael "ninja" Orendorff  
MoJo & Steve Wall  
Jeremy Keener stays in the  
truck until the last minute  
Kris Spinuzzi & Sandy Reinsch  
Center: Nick Leyva





# The 2006 Valentine's Twosome Story

by Jeff Arnold



When Chuck Smead got to the Pavilion area before the start of the 2006 edition of the Valentine's Twosome, I asked if his drive over La Veta Pass was snowy. He said it was cold, 19 below at the top according to his car's outdoor temperature sensor. The temperature in Pueblo was considerably warmer, maybe about 20 at race time. The sun was shining, but a noticeable breeze out of the west kept it from feeling tropical. Chuck, who grew up in California, is not one who delights in freezing conditions. Still the 54 year old ran the fastest split of the day (9:17), about 5:50 mile pace. His wife Carol runs for health and fitness and her first ever race put Chuck close enough that he ran down everyone he could see. Together they took second place overall and first in the 101 (combined ages) and over division.

Trent Brady led off for his team and was the first to exchange to his partner Rachael Walker. At that point the lead was so great that Pat Berndt said she thought the race was decided. The third person to make the exchange was Chavonne Bowers. Chavonne is one of the County High runners the club is supporting for the trip to the Simplot Games in Pocatello. She has made dramatic

improvement in the last year due to steady work. She came through in 11:47. Her partner and boyfriend, Keith Dugan, caught the two runners ahead and pulled away steadily and crossed the finish line first, over a minute ahead of the Smeads.



Twenty other couples ran and seemed to enjoy themselves, one of which I want to mention. Sister and brother Ashley and Andrew Smith were the youngest couple with a combined age of 18. I think that means they can compete six more years together before having to move up an age category, but in six more years Ashley may have a boyfriend. Choose a runner, Ashley. Even though twenty-two couples was the second largest number in the seven years the club has results on the web site, it was still small enough to be friendly. The batons this year seemed particularly good except in one category. I don't

think anyone is really trying to make or find an ugly baton. Maybe ugliness is in the eye of the beholder, but I liked the gourd that won the ugly award this year. My personal favorite was the rose Matt McIntyre made for his girlfriend and running partner Casey Atterberry. The stem is copper tubing with an OD of about 1/4", the leaves are hammered sheet copper and the petals are also hammered but enameled a deep crimson as well.

There were four couples in the 101+ category this year, more than any other except the 30-39 and 50-59 groups which also had four. I'm thinking of adding a 121+ category next year. I will continue to try to be sure that everyone who runs gets chocolate. Nettie's Colorado Candies gives us a good discount and I urge you to try their amazing range of candy. In spite of the relatively small runners who run this race, it continues to be a moneymaker for the club and the profits go directly to the youth fund. I haven't seen any of the entry forms but my estimate is that somewhere between \$125-\$150 will be added to the fund this year. I hope to see you there, with hearts on, February 10, 2007.

## Results

Pl	Names	Age	Time	Comb	Dv	Pl	Division
1	Chavonne Bowers and Keith Dugan	32	21:57	1	Overall	57	27:24 4 50-59
2	Carol and Chuck Smead	109	23:32	1	101+	64	27:30 2 60-69
3	Casey Atterberry and Matt McIntyre	36	23:40	1	30-39	15	27:35 3 30-39
4	Jamie Vigil and Chief Reno	84	23:41	1	80-89	16	28:10 3 101 +
5	Kekki and Michael Barris	52	23:50	1	50-59	17	29:50 1 Oldest
6	Melinda and Michael Orendorff	107	24:53	2	101+	18	33:52 2 30-
7	Rachel Walker and Trent Braddy	32	24:55	2	30-39	19	34:05 2 80-89
8	Melissa and David Woody	66	25:34	1	60-69	20	34:21 1 90-99
9	Kristi Kunselman and David Elliot	57	25:54	2	50-59	21	34:24 3 80-89
10	Barbara and Rusty Smith	77	26:29	1	70-79	22	34:57 1 Youngest
11	Sarah and Jeremy Ley	59	26:34	3	50-59		
12	Jherica and Jace Khosla	28	27:01	1	30-		

Batons Winners: Most Creative: Orendorffs, Heart-covered Boxer Shorts & Frog, Most Romantic: Smeads, Engagement ring on ribbon, Biggest: Cook-McCoy/Bradley Cupid's Bow, Ugliest: Sotelo and Berndt Gourd



## March is National Nutrition Month®

by Lisa Paige,

RRCA CO State Rep and Western Region Director



National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition.

The American Dietetic Association's mission is to promote optimal nutrition and well being for all people by advocating for its members. With nearly 65,000 members, ADA is the world's largest organization of food and nutrition professionals. The majority of ADA's members are registered dietitians and dietetic technicians, registered.

For 2006, the key messages during NNM reflect the need for healthy choices and balance in our busy lives. Specifically, the food and physical activity choices made today – and every day – affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.

Do any of these statements sound like you?

- It's hard to choose. There's so much decision-making! I just want a simple plan to eat right. What should I do?
- I don't have time to think about getting in a workout and making dinner. The kids don't like what I prepare so why should I bother?
- What the heck is a serving size anyway? I think I practice moderation but I still weigh too much. Am I supposed to carry measuring cups around with me?
- Food doesn't matter. I take all the nutrients I need in these little pills. How can I possibly afford to eat right? All that organic and natural stuff

is expensive!

Most of us care about our health. We want to make the right choices. But trying to understand all the news about what to eat and what not to eat takes another chunk of your squeezed time. Plus how are you supposed to know that you are making the right choices? The good news is that you can start one step at a time to better nutrition. "Step Up to Better Nutrition" is the theme for NNM. This means you can start to work on your nutritional foundation now and enjoy a more healthful lifestyle later. Here are a few suggestions:

- **Be a Champion of Breakfast.** If you aren't eating breakfast, start today. It doesn't have to be the traditional American farmer's breakfast and it shouldn't be a soda and doughnut. Try something different – how about half of a sandwich and half of a piece of fruit? If that's too much for you to stomach, cut the halves into halves. Is black coffee your go-go juice for the morning? Try a half cup instead of a full cup. Substitute apple juice. The point is, start with a small step, but be sure to start.
- If It's Bigger Than Your Head, Don't Eat It. Seriously, the portion sizes for Americans have become much larger than what our stomachs can comfortably hold. One of the best ways to manage your weight is to eat less. Practice eating one smaller meal each day. Keep track of the days that you eat a smaller meal. If you skip a day or two, then choose to make the next meal a smaller portion size. After a week, see how many times you have selected smaller portions. Try this for a month. At the end of the month, make sure to celebrate your healthy choices. Then do it again for the next week, and the next month. Are you saving money with smaller portions? Great! Color your hair, buy that new handbag, indulge in an ice-cream cone, just don't forget to give yourself a pat on the back for actually sticking to your plan.

As a member of the RMRR, you have access to the national programs of the Road Runners Club of America (RRCA). In January, RRCA partnered

with FoodFit.com to bring a new service to its members. The partnership will promote fitness and healthy living and bring valuable nutrition information to the running community.

FoodFit.com is an award-winning healthy eating and active living website dedicated to providing consumers with the information and tools they need to lead a healthier life. FoodFit integrates hundreds of features and interactive tools with thousands of recipes and tips from over 100 leading chefs. Its reliable guidance combines information from experts in the fields of nutrition, medicine and fitness. FoodFit was founded by its CEO Ellen Haas, a former USDA Undersecretary for Food, Nutrition and Consumer Services.

"We are delighted to partner with RRCA because it offers an exclusive opportunity to promote FoodFit's healthy lifestyle plan to the nation's premier organization of runners," says Haas. "Healthy eating is central to good performance and FoodFit offers an exceptional diet and fitness plan developed by leading experts at the University of California, Davis Medical Center."

To kick off the program, the RRCA is offering its members FoodFit's Healthy Living Plan, and will be providing healthy living and nutrition information from FoodFit contributors. By joining the FoodFit's Healthy Living Plan, members of the plan will receive:

- Daily meal plans tailored to your nutritional goals and needs. The easy-to-use meal plans include healthy and delicious recipes for breakfast, lunch, dinner and snacks. The menus emphasize seasonality, and come with interactive shopping lists that ease the journey from store to kitchen.
- Thousands of simple, original chef-created recipes with full nutritional analysis Support and advice from leading nutrition and medical experts and the FoodFit community

*(Continued on page 14)*

# The Frostbite 5

## Results

Pl	Name	Age	Sx	Gp	Pl	Name	Age	Sx	Gp	Time	Pace
1	Paul Koch	37	M	1 Overall	53	Tamsin Clark	34	F	5 30-39	30:02	6:00
2	Rich Hadley	50	M	1 Master	54	Ashlee Montgomery	25	F	4 20-29	31:00	6:12
3	Hal Walter	45	M	1 40-49	55	Dan Comden	52	M	7 50-59	31:19	6:16
4	Michael S Orendorff	54	M	1 50-59	56	Janet Dash	48	F	4 40-49	31:42	6:20
5	Shawn Ooley	45	M	2 40-49	57	Kathy Stommel	49	F	5 40-49	31:58	6:24
6	Aaron M Levinson	16	M	1 0-19	58	Ike Lucero	24	M	3 20-29	32:52	6:34
7	Michael Barris	41	M	3 40-49	59	Duncan McAuliff	55	M	8 50-59	33:42	6:44
8	Jeff Sarek	16	M	2 0-19	60	Mark Koch	46	M	14 40-49	33:44	6:45
9	James S Robinson	54	M	2 50-59	61	Annette Shepard	28	F	5 20-29	34:18	6:52
10	David E Baker	48	M	4 40-49	62	Jeff Arnold	64	M	4 60-69	34:48	6:58
11	Dominique L Rael	15	M	3 0-19	63	Rebecca Parrish	27	F	6 20-29	35:28	7:06
12	Loren Javernick	14	M	4 0-19	64	Phil Rose	68	M	5 60-69	35:58	7:12
13	Allen S Weaver	52	M	3 50-59	65	Jessie Quintana	62	F	1 60-69	37:16	7:27
14	Ted Johnson	34	M	1 30-39	66	Maria C Fieth	43	F	6 40-49	37:28	7:30
15	John Musso	36	M	2 30-39	67	Andrew G Fieth	41	M	15 40-49	37:36	7:31
16	Robert Brotherston	47	M	5 40-49	68	Marsha Littau	49	F	7 40-49	37:40	7:32
17	Robert M Santoyo	43	M	6 40-49	69	Victoria Brunow	55	F	3 50-59	37:43	7:33
18	Mary Walter	45	F	1 Overall					37:44	7:33	
19	Carlos Rivera	32	M	3 30-39					38:40	7:44	
20	Pete Doyle	59	M	4 50-59					38:55	7:47	
21	Stanley E Hren	64	M	1 60-69					39:31	7:54	
22	Rusty Smith	38	M	4 30-39					40:33	8:07	
23	Bryan Muth	20	M	1 20-29					40:34	8:07	
24	Anthony L Diaz	48	M	7 40-49					40:58	8:12	
25	Tiffanie Gooden	21	F	1 20-29					41:04	8:13	
26	Tim Caudill	45	M	8 40-49					41:27	8:17	
27	Tami Wise	37	F	1 30-39					41:40	8:20	
28	Mike Borton	50	M	5 50-59					41:47	8:21	
29	Brandon Schaffer	15	M	5 0-19					42:00	8:24	
30	Gary L Rael	40	M	9 40-49					42:02	8:24	
31	Patrick Swank	58	M	6 50-59					42:04	8:25	
32	Claire Bueno	41	F	1 Master					42:05	8:25	
33	Ryan Moore	28	M	2 20-29					42:40	8:32	
34	Joseph Bulow	35	M	5 30-39					42:55	8:35	
35	Robert Kelher	62	M	2 60-69					43:41	8:44	
36	Wendy A Garrison	39	F	2 30-39					43:54	8:47	
37	Becky Medina	35	F	3 30-39					44:10	8:50	
38	Greg Cress	47	M	10 40-49					44:33	8:55	
39	Marissa Quarles	22	F	2 20-29					44:54	8:59	
40	Juanita Peters	45	F	1 40-49					44:57	8:59	
41	Maria-Elena Weaver	46	F	2 40-49					44:59	9:00	
42	Alice Anne Fitzgerald	44	F	3 40-49					45:10	9:02	
43	Heather Baca	34	F	4 30-39					45:17	9:03	
44	Donald Moore	37	M	6 30-39					45:28	9:06	
45	Fran Borton	58	F	1 50-59					45:57	9:11	
46	Jerry Tiller	41	M	11 40-49					46:06	9:13	
47	Mike Archuleta	45	M	12 40-49					46:17	9:15	
48	Steve Kastner	43	M	13 40-49					46:38	9:20	
49	Alfredo Kemm	39	M	7 30-39					46:41	9:20	
50	Hilbert Navarro	65	M	3 60-69					47:02	9:24	
51	Jennifer Rogers	29	F	3 20-29					47:06	9:25	
52	Melinda Orendorff	53	F	2 50-59					47:12	9:26	



Dan Comden finishes  
just ahead of Janet Dash

# The Frostbite 5

photos



We thank Larry Volk (above) for generously providing the photos. If you wish to order a photo, see the results link on the SCR website.  
[www.socorunners.org](http://www.socorunners.org)



Clock wise from Up Left  
Larry Volk  
Heather Baca  
Mary Walter & sidekick  
Victoria Herrera  
Paul Koch  
Robert Kelher



# The Frostbite Five

more photos



Clockwise from Up Left  
Claire Bueno & Gary Rael

Hal Walter

Jerry Tiller

Becky Medina

Mike Borton

Marsha Littau





# CINCO DE MAYO RUN

By Michele Martinez



Project Respect is hosting their annual Cinco De Mayo Run on Sunday, May 7<sup>th</sup> 2006. All proceeds from the race go directly to Project Respect, which is a school/community collaboration between District 60 and the community of Pueblo, Co.

The program involves 19 advocates working in 12 schools ranging from elementary to high school. The program is designed to serve students that have been suspended, expelled, or are at-risk of school disengagement as evidenced by chronic absences, behavior problems, or failing grades. Project Respect formed an alliance with the 10<sup>th</sup> Judicial District, starting the 2004-2005 school year, to serve students from the Keating Educational Center. The magistrate

summons chronically truant students to court and ordered to not only attend school but to work in school as well. During the 2004-2005 school year, 243 students were served in Project Respect by 19 advocates with an average of 82 face-to-face contact, 16 phone calls, and 8 home visits per week. Grades improved an average of 16% in reading, 12% in math, and 11% in language arts.

Project Respect will also be hosting a number of runners from Mexico and runners training for the Olympics. The run will start at 7:30 a.m. at the State Fair Event Center and it will end also at the Event Center. There will be a 10k run, a 5k run, and also a 1.5 mile fun walk. Early registration starts anytime before April 28<sup>th</sup>, for \$20.00, late regis-

tration is between April 28<sup>th</sup> and May 6<sup>th</sup> for \$25.00, and to register the day of the race is \$30.00. You can pick up a registration packet at Project Respect, at Keating Educational Center, 215 E. Orman, Gold Dust Saloon, 217 S. Union, or at the Econo Lodge, 4615 N Elizabeth St. If you need more information or would like to lend a helping hand, please feel free to contact Hilbert Navarro at 564-7685 or Ramon Arriaga at 546-7973, 549-7659.

*(Continued from page 10)*

•An Interactive Food and Fitness Diary for easy in-take tracking, plus more powerful online tools to help members achieve their fitness goals

"FoodFit's Healthy Living Plan is a great on-line resource providing healthy living and nutrition information," says Jean Knaack, RRCA Executive Director. "The Plan is about making lifestyle changes and balancing daily eating habits to achieve weight loss or weight maintenance goals. The partnership is a

great opportunity to bring our members a new tool that can help them achieve their nutrition and healthy living goals." The proceeds from the partnership will benefit the RRCA's Personal Fitness Program.

For valuable healthy living information and to join FoodFit's Healthy Living Plan, visit <http://www.rrca.org/programs/programs.html#P5> and click on the FoodFit banner ad. For answers to your basic nutrition questions, visit the FoodFit.com nutrition dictionary as well.

The Road Runners Club of America is a non-profit organization of over 700 running clubs and 175,000 members across the United States. The RRCA chapters organize races, have training runs, provide safety guidelines, promote children's and masters fitness running programs, and have social programs. <http://www.RRCA.org>

*(Continued from page 2)*

Renewal of RRCA Membership: Dave Diaz reported that SCR has renewed membership for 2006.

New Business: Craig Binkley from CSU Pueblo reported that a new date of April 22nd has been set for the event to be held on CSU Pueblo Campus.

Meeting Adjourned at 9:00 PM.

Respectfully Submitted,  
Stan Hren

Sudoku  
solution for  
puzzle on  
page 5

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

# 2005 Calendar from here to there\*

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



The RRCA is accepting applications for our 2006-2007 Roads Scholar Class. The application can be found at <http://www.rrca.org/programs/programs.html#ROADS>. The deadline for applying is March 31, 2006. If you would like to make a contribution to the Roads Scholar program, send a check payable to the RRCA and mail c/o Jeff Darman, 110 East State Street, Suite 15, Kennett Square, PA 19348. If you prefer to contribute online, please use the following link to make your contribution <http://www.signmeup.com/52614>.

<b>MARCH 2006</b>			
5th-Sun-9:00am	(a) <b>Chieftain Spring Runoff</b>	10mi / 10K	<a href="#">Terry Cathcart</a>
8:45am	Dutch	5K /	(719)547-
Toddlers	Clark Stadium	2mi	2777
10:45			
Youth 1mi			
18th-Sat-9:00am	<b>A Run Through Time</b>	Marathon on Salida, CO	Jon MacManus 719-539-7626
18th-Sat-9:00am	(c) <b>Ben &amp; Matt's Trail Mix</b>	10+ Miles	Matt Sherman 719-547-8182
	<a href="#">Prediction Series Event</a>		
<b>APRIL 2006</b>			
9th-Sun-Men	(a) <b>YMCA Duathlon</b>	5K/14 mi/5K	<a href="#">Victoria Herrera-YMCA</a>
	Site TBD		(719)543-5151
8th-Sat-8:00am	(c) <b>Ramsgate 8</b>	8K	<a href="#">Don &amp; Lois Pfof</a>
	<a href="#">Prediction Series Event</a>		719-544-9633
23rd-Sun-8:30am	(c) <b>Yappy Dog</b>	8.6M	Ross Barnhart 719-543-6982
	<a href="#">Prediction Series Event</a>		
Tentative			
(a) 16-Apr Sun	Survival Run		5M

<b>MAY 2006</b>			
6th-Sat-?::?am	<b>Blossom Festival 5K</b>	5K	Sarah Ley 269-8790
	Canon City (3 <sup>rd</sup> & Main)		St Thomas More HFC
7th-Sun-7:30am	(a) <b>Cinco de Mayo Runs</b>	10K, 5K,	Hilbert Navarro
	State Fairground, Pueblo	2 mi fun walk	(719)564-7685
13th-Sat-8:00am	<b>Alex Hoag Run for Sunshine</b>	5K Run/Walk	Kim Hoag
	Colorado Springs, CO	1 mi compet	719-660-1346
20th-Sat-Women	(a) <b>YMCA Ordinary Mortals Triathlon</b>	Sprint Dist TBD	<a href="#">Victoria Herrera-YMCA</a>
	Site: TBD		(719)543-5151

## Thank you Volunteers

### SRO Tune-up Volunteers

Race Directors: Ken & Pixie Raich,  
Water Station: Pixie Raich,  
Course Marshals: Mike Orendorff, Lois Pfof, Sam McKee,  
Finish Line: Nick Leyva,  
Points Calculation: Don Pfof

### Frostbite Five Volunteers

Race Director: Victoria Herrera,  
Pre-Registration: Janelle Markert, Tamara Moore,  
Course Layout: Jeff Arnold,  
Course Marshals: Crystal Sanchez, Jeremy Keener,  
Finish Line: Dave & Stacey Diaz, Don & Lois Pfof,  
Bill Veges, Ron Dehn, Anthony Diaz,  
Results: Pixie & Ken Raich, Aid Station: Terry Cathcart, and Robert Tibbs,  
Photographers: Ron Dehn & Larry Volk



## Thank you to the Valentine's Two-some Vols

Race Director & Course Marking: Jeff Arnold,  
Race day Registration AND Finish Line: Don and Lois Pfof,  
Results: Jeff Arnold and Lois Pfof,  
Baton Award Committee: Pat Berndt, Mrs. Barri

\*Thanks to Dave Diaz and Michael Orendorff for the above info. Some items may change. Check the SCR 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.

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## **Upcoming Races / Events**

### **Ben & Matt's Trail Mix**

Hello Everyone,

Yes, Ben and Matt's Trail Mix is planned for March 18th, 9:00 a.m. @ the Nature Center. It will be approximately 10.5 miles, and we will have some light refreshments after the run, as always. The contact can be Matt or myself at 561-9232. Remember no water stops, so bring your own water.

Thanks -Ben Valdez

### **Crazy Eights**

Well, actually it's called the Ramsgate 8. Be there on April 8th for an 8am start. Don & Lois Pfof host the run and pot luck breakfast. The festivities take place at 8 Ramsgate. And, in case you haven't guessed by now, the run is an 8k. I think every predict time should have at least one 8.



And Don't forget the Y-Bi in April for cyclists and runners. It has been known to be snowy, so wear your warm clothes.

**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 March 1st and April 5th.

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

The life of every man is a diary in which he means to write one story, and writes another, and his humblest hour is when he compares the volume as it is with what he vowed to make it. -J.M. Barrie, novelist and playwright (1860-1937)

You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions. -Naguib Mahfouz, writer (1911-)

The problem with the gene pool is that there is no lifeguard.  
Stephen Wright