



Editor: Ron Dehn

# FOOTPRINTS

Commemorating Paul Revere's Ride (get out your history book)

## The Spring Runoff 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



### Comin' at Ya

This is the scene about 3 seconds after the starting gun sounded at the Spring Runoff. This marked the 28th annual running of the event sponsored by the Pueblo Chieftain. It also marked a new record in participation with 662 participants. There were another 75 finishers in the 1-mile fun run and 50 or so toddlers in the toddlers race.

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**SCR Notes from the March, 2006 meeting**

Attendance: Jeff Arnold, Stan Hren, Rich Hadley, Don Pfof, Lois Pfof, Diana Tiffany, Larry Volk, Mike Orendorff, Hilbert Navarro, Jaqueline Wall, Dave Diaz, Gary Franchi, Ken Raich, Terry Cathcart, Victoria Herrera.

Spirit Fest On The Riverwalk: June 3 - Hilbert Navarro reported that plans have been finalized with Jesse Centa for an out and back 5K event. SCR and Stan Hren will assist Hilbert with finish line support. May newsletter will have entry forms.

CINCO DE MAYO May 7th - Hilbert Navarro reported all plans underway for 5K, 10K, and fun walk/run to be held at Colo State Fairgrounds.

YMCA YBI Duathlon April 9<sup>th</sup> and YMCA Ordinary Mortals Triathlon May 20/21: Victoria Herrera discussed possibility of new location for these events due to increased traffic in Pueblo West. Entry forms for YBI will appear in the newsletter and on SCR website. Mike Orendorff provided several contacts for Victoria to research the feasibility of Chip Timing for these events.

Officer Reports Membership Chair: Group discussion was held to explore ways to increase paid up memberships for 2006. Some ideas offered for consideration were sending newsletters to area High School coaches, providing special spring edition and fall edition with full coverage of track and cross country events, and distribution of the newsletter to new sites such as the Health Dept.

Webmaster: Mike Orendorff reported the new website is function-

ing properly.

Treasure: The treasurer's report was approved as presented by Dave Diaz.

Upcoming Races: Spring Run Off March 5: Terry Cathcart reported 449 entrants have pre-registered. The Bike Raffle for Angelo Aragon will occur during the results segment of this event. Don Pfof displayed the Attractive Wooden Awards manufactured for overall winners of this event.

Ben and Matt's Trail Mix March 18Th: Entrants for this prediction event were reminded to bring their own water supply.

Ramsgate 8 April 8<sup>th</sup>: Don Pfof reported that this prediction event will be run on a new course this year.

Survival Run: Jeff Arnold reported possible date change to April 22ND.

Activity Recaps/Updates/Revisits: Frostbite 5: Victoria Herrera reported a very successful event with only 5 fewer entrants than last year in spite of inclement weather.

Valentine Twosome: Jeff Arnold reported a fun filled successful event with 22 couples participating.

Spring Runoff Tuneup: Ken Raich thanked 19 participants which made for a fun 10k event on a very cold Pueblo morning.

Women's Distance Festival July 8Th: Diana Tiffany reported that the park pavilion has been reserved for this event.

Blazing 5k CSU Pueblo: Report from Craig Binkley that event will occur on April 22, 06 with an 8:30 am start time.

New Business: Larry Volk reported

on a new 10k predict run to be held on the South Shore Trails at the Reservoir on Sunday September 17Th.

Adjournment: Meeting adjourned at 9 p.m.

Respectfully Submitted

Stan Hren



**Southern Colorado Runners**  
www.socorunners.org

**SCR Mailing Address:**

700 N. Albany Avenue  
Pueblo, CO 81003

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

**"Footprints" Issue No. 288**

"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		
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Newsletter Co-Editor	Ron Dehn	547-9273
Newsletter Co-Editor	Debra Wall	544-4254
Editorial Consultants	Gary Franchi, Clyde Tombaugh *	
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

**Contributing Writers / Photographers**

Gary Franchi, Rocky Khosla, Shaun Gogarty Don Pfof

Larry Volk, Jeff Arnold, Stan Hren

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.

\* Clyde Tombaugh discovered the planet Pluto in 1930.



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



**The '66 Colts are "reunioning" at the Gold Dust**

**See us about reunions, graduations, retirement parties, and other celebrations**

**217 South Union**



# Great Stuff

by Gary Franchi

An idea whose time has .com



Thought for today's lunch, compliments of Gustave Flaubert (no doubt a relative of yours): "To be stupid, selfish and have good health are three requirements for happiness, though if stupidity is lacking, all is lost."

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## Musings about running, fitness and life:

I'm leafing through the newest issue of *Running Times* magazine and I'm starting to realize that runners sure must spend of ton of dough traveling to races. While a trip to Boulder or Fort Collins is a major to-do for me, American runners evidently think nothing of dropping a few hundred bucks or a "thou" and taking several days or a week or more traveling halfway around the world to run a race.

For instance, there's an ad for a tour to Beijing, China for the Great Wall Marathon in May, where I see that the "thou" I mentioned above actually starts at \$2,030 per person. You'll need to pony up a minimum of \$3,480 to do the White Nights Marathon tour in Moscow, Russia, undoubtedly a vacationer's paradise.

Or you can relive the original marathon adventure of Phidippides by making a trip to Athens, Greece in November. The ad says "various packages available." It should say "start saving a a bunch of loot for the various packages that are available."

Closer to home, *Running Times* has ads for the Lake Placid Marathon in New York; the Ukrop's Monument Avenue 10K in Richmond, Virginia; the inaugural Marathon de Mayo in Reno, Nevada; and the more well-known Chicago and San Francisco marathons.

By the way, what the heck is a Ukrop anyway? And is it contagious? I mean, can you catch a ukrop by going to Richmond? And what would make someone in Colorado cash in the penny jar to run a 10K in Virginia? Is the Ukrop 10K on Rich and Deb Hadley's agenda as they strive to run a race in all 50 states?

Anyway, all this stuff got me to thinking about what methods runners use to get the information they need to book trips to such places. For instance, how did Diane Lopez, Marijane Martinez and Ben Valdez plan their trips to Beantown for next month's Boston Marathon. Do they just go through their local travel agent? Or did they get online and research tour packages?

There are a ton of such packages out there on the Internet, ya know. Just type in "running vacations" and watch the world open up in front of you. Notice I said "you." You see, I'm not much of a traveler. I worry too much about the gutters falling off the house while I'm gone, and it's tough for me to face having to ante up \$2 or \$3 or more for a lousy cup of regular coffee in a strange place where I don't have my Loaf 'n Jug refill mug.

In most of its issues, *Runner's World* magazine likes to feature a different U.S. city, supposedly giving us all we need to know about it including great running routes and some things to see. But these are sort of Chamber of Commerce-ish type reports that come across as containing "vanilla" information and not a true picture.

Instead of that, wouldn't it be nice if you could really get the lowdown on what's a good place to stay and good places to eat and exciting things to see and cool places to run while on a race vacation?

That's why I think it's time we started utilizing a club resource to tap into the knowledge of certain club members for information. We could use our SCR List Server, so far used by only a handful of club members, to post travel questions to SCR folks. (To sign up, go to the bottom of the "Contacts" link page on the SCR website ([www.socorunners.org/](http://www.socorunners.org/)).

We have experts right in our little club who could respond. Who better than Mr. Bradley to give us the scoop on where to go when running a marathon in Alaska? Who knows Coeur d'Alene, Idaho better than Michael Orendorff,

who competed in a national triathlon there, or Don and Lois Pfof, who previously lived in Idaho? Who could tell us more about Rome than Dave and Stacey Diaz, who ran a marathon there last summer? Etc, etc.

While we're at it, maybe we could find out where to find some good Chinese food in a specific city, how to get some tickets to a sporting event from a scalper while there, where a good microbrewery is and when it has happy hour, a good bar for singles, etc.

And, most important, maybe where to get a good but cheap cup of coffee.

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## Ten things I was just wondering:

1. What does it tell us when the U.S. dominates the snowboarding events in the Olympics but hasn't won a major marathon in eons?

2. Why in the heck would anyone give bank account information to a stranger over the phone or in an e-mail?

3. How many of those radio and TV broadcasters really give a rats about the NASCAR stuff they have to report?

4. With a noon starting time for the Boston Marathon, will the smart runners stop at Waffle House for fueling early in the morning?

5. Can someone please tell me why greeting cards are so expensive?

6. Don't soft coffee stirrers make great tooth picks in a pinch?

7. Don't you wish you could know the taste and quality of a watermelon before buying it?

8. Heck with sliced bread – what's a better invention than a remote with a mute switch when those TV ads come on?

9. Don't you wish this column had a mute switch?

10. What happens to the ball after it's dropped?

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Until next month, see you at the next race in Pueblo -- if I'm up for the big trip from Cañon City.



## April

- 2 Jessica Gogarty  
Kathy Hruby  
John Maynar  
Begin Daylight Sav  
Emmylou Harris\*
- 3 Amy Braune  
Picabo Street\*
- 4 Eueene Arellano  
Maya Angelou\*
- 5 Sarah Gogarty  
Booker T. Washington\*
- 7 Gerald Puls  
Jackie Chan\*
- 8 Kathleen Rogers  
Betty Ford\*
- 9 Jesse Weaver  
Ward Bond\*
- 10 Gil Romero  
Joseph Pulitzer\*
- 11 Brad Van Buskirk  
Louise Lasser\*
- 13 Joe Farra Jr  
Chuck Mason  
Al Green\*
- 15 Traci Winterbottom  
Leonardo da Vinci\*
- 16 Dakota Beard  
Edie Adams\*
- 17 Christopher Roman  
Robert Santoyo  
Russell Smith  
Jennifer Garner\*
- 18 Grace Braune  
Conan O'Brien\*
- 20 Kieran Hughes  
Luther Vandross\*
- 22 Ashley Smith  
Jack Nicholson\*
- 23 Gregory Meier  
Shirley Temple\*
- 24 Robert Kelher  
Kelly Clarkson\*
- 25 Mark Rickman  
Meadowlark Lemon\*
- 28 Ethan Barbieri  
Penelope Cruz\*

\*honorary member



# Rocky on Fitness

By Rocky Khosla, M.D.

## Glucosamine & Chocolate

(the real story)



Before getting into this month's column, I just wanted to express how impressed I was at Ken Raich's efficiency at getting the race results up on the screen right away at the Spring Run Off! With the record number of runners, and walkers, and with the different race distances, I say three cheers for Ken!

Two studies caught my eye recently, so I thought that I would share these with you.

First, the results of the Glucosamine/chondroitin Arthritis Intervention Trial or GAIT were just recently released in the New England Journal of Medicine. Glucosamine and chondroitin are over the counter supplements that are supposed to help patients with arthritic pain. GAIT was a 6 month, 12.5 \$million study sponsored by the National Institute of Health and it looked at 1580 arthritis sufferers, and asked the question whether glucosamine by itself, chondroitin by itself, glucosamine and chondroitin together, or Celebrex (an anti-inflammatory) did better than placebo for joint pain. The bottom line is that for patients with mild to moderate arthritis pain, neither glucosamine nor chondroitin either separately or taken together showed any significant improvement over placebo. However, in patients with moderate to severe arthritic pain, 79% of patients taking the glucosamine/chondroitin combination had at least a 20% reduction on their pain scores. In comparison, 69% of patients taking Celebrex, 66% of patients taking glucosamine alone, 61% taking chondroitin alone and 54% taking placebo had at least a 20% reduction in their pain scores. At this point, I am telling most of my patients with osteoarthritis to try the glucosamine/chondroitin combination for 3 months, and if they see improvement in their pain, then to continue on the combo, but if they

don't feel any improvement in 3 months, then the chance of seeing improvement by continuing is low to nil.

Second, the results of a study done by the Dutch should brighten the day of us chocolate lovers. The study was published in the February 27<sup>th</sup> issue of the Archives of Internal Medicine and looked at the eating habits of 470 Dutch men aged 65 or older in 1985, and followed these folks for 10 years. The bottom line was that men who consumed the most amount of products made from cocoa beans: things like chocolate bars, cocoa drinks, chocolate pudding, etc had lower blood pressures and a 50% reduction in the risk of death than those that had the least consumption of cocoa products. It looked like eating the amount of cocoa in about one third of a bar of chocolate per day conferred this benefit. So chocolate lovers, lets party!

Finally, I have an idea that I would like someone to work out the practical details on, and to send me big bucks for just having the idea. How about a chocolate bar with glucosamine and chondroitin in it! You would theoretically then have lower blood pressure, live longer and have less moderate to severe arthritis pain! I should apply for some kind of patent on this, don't ya think? Heck, I even have a name in mind: the Hershey's Choco-Flex bar!

Till next time, wishing you a fabulous spring time in the Rockies!

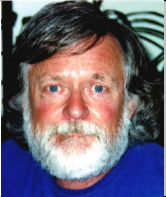
Sincerely,

Rocky Khosla, M.D.

### Update on Angelo Aragon

In case you missed an issue or two of *Footprints*, SCR member Angelo Aragon has been battling brain cancer. He recently sent a note to thank SCR and the Khosla family for the fund raising efforts. A while back, he finished seven weeks of chemotherapy and radiation in Denver with no major side effects except for some fatigue. He is not able to run but walks daily. His next surgery is scheduled for mid April. Angelo – best wishes from your SCR Family.

By the way, the bike was won by Melissa Babcock. Thanks to all of you who helped out with the drawing.



# Predictions

by Don Pfost

## Trail Mix Gets Rave Reviews



On Saturday, March 18, a morning that dawned clear and crisp with an unofficial temperature of 36 degrees at starting time, seventeen runners took part in Ben and Matt's Trail Mix predict run. The 10.5-mile course, which covers the hills, ravines and mesas west of the Nature Center, was given rave reviews by many runners. Several, breathless as they crossed the finish line, commented enthusiastically about the challenge of the course and the beautiful views it offered of Pueblo Reservoir and the surrounding countryside from atop one of the mesas. On the other hand, a few, who all but collapsed as they finished, were less effusive in their assessments and just seemed thankful to have survived a course that pushed the limits of their endurance and will.

Kudos to all those finishing what is probably the most demanding run in the prediction series.

Three runners finished at least fifteen seconds under their predicts—Dave Diaz again took top honors, finishing just four seconds over his predict, earning 100 points; Matt Sherman was eleven seconds over his predict, and Ben Valdez was close behind, at thirteen seconds off his predict. Larry Volk finished fourth at forty-five seconds over his predict and also had the fastest overall time of 1:23:51.

Several out-of-towners and two first-time local runners joined the group of regulars. Ron Burk, visiting from Durango, and Jim and Clayton Keller, who drove down from Breckenridge, were among those offering the most enthusiastic and favorable comments about the beauty and ruggedness of the course. Troy Chantala and Damon DuRapau, both Pueblo residents, took part in their first predicts.

The current standings are shown in the accompanying table [or whatever referent you want to use]. It's early in the series, of course, so a lot can change before the end of the year. Still, the results are noteworthy. As he did last year, Dave Diaz has started the series by winning the first two events, earning 200 total points. Matt Sherman, Wendy Garrison, Sandy Reinsch and Ben Valdez finish out the top five places.

By the way, Dave seemed embarrassed at having won the first two predicts in this year's series, especially since he did the same last year. Apparently concerned that others suspected his performance was due to more than skill and a little luck, he volunteered to submit to a strip search for a watch or other device that might have aided his first place finish. There were no takers.

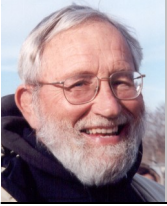
April will see two predict events. On Saturday, April 8, starting at 8:00 am, an 8K run will take place at 8 Ramsgate. Lois and I have laid out a new course that takes advantage of the softer surface on trails east of CSU, so we're hoping the weather holds the week before the run, otherwise we'll run an alternate all-asphalt course. Later in the month, on April 23, Ross Barnhart will host the Yappy Dog predict. Starting and finishing at South Mesa Elementary School on the St. Charles mesa, this is a great 8.6 mile course that includes long stretches on dirt roads, running along side an irrigation ditch, the rich smells of the farming countryside, and, yes, a yappy dog or two. Post-predict potlucks will be held after both of these events.

Good news. There is the possibility that another race will be added to the series. Larry Volk has been talking with officials about a run on the trails southwest of the Pueblo Reservoir dam. He's looking at a date in September and hopes to have details before long.

And finally, a correction to what I wrote last month about the length of the Spring Runoff Tune-up: I have it on good authority that the Tune-up is essentially the same length as the 10K Spring Runoff course, rather than being slightly shorter at 6M. Recalculate your pace for the Tune-up, if you're so inclined.

These are the current results of the 2006 Prediction Series.

Place	Name	TuneUp	Trail Mix	Tot Points				
1	Dave Diaz	100.00	100.00	200.00	14	Joe Bulow		52.94
2	Matt Sherman	68.42	94.12	162.54	15	Jeremy Keener	47.37	47.37
3	Wendy Garrison	94.74	64.71	159.44	16	Jim Keller		47.06
4	Sandy Reinsch	78.95	70.59	149.54	17	Theresa E. Duran	42.11	42.11
5	Ben Valdez	52.63	88.24	140.87	18	Anthony Diaz		41.18
6	Stacey Diaz	73.68	35.29	108.98	19	Becky Medina	36.84	36.84
7	Kris Spinuzzi	89.47	11.76	101.24	20	Marijane Martinez	31.58	31.58
8	Don Pfost	84.21		84.21	21	Troy Chantala		29.41
9	Larry Volk		82.35	82.35	22	Stan Hren	26.32	26.32
10	Bill Veges		76.47	76.47	23	Clayton Keller		23.53
11	Steve Wall	63.16		63.16	24	Mary Simmons	21.05	21.05
12	Gary Franchi		58.82	58.82	25	Ron Burk		17.65
13	Ron Dehn	57.89		57.89	26	Jill Montera	15.79	15.79
					27	Jim Robinson	10.53	10.53
					28	Damon DuRapau		5.88
					29	Jordan Montera	5.26	5.26



## Spring Bike Ride and Demo

by Jeff Arnold



Today I rode an \$1800 bicycle. That's about the price of a stripped brand new Chevy or Ford when I was in high school, and probably more than twenty times the price of my first ten-speed, a Schwinn Continental I bought in the fall of 1960. To be honest, today's bike was probably the best I've ever ridden, and it was less than half the price of the tricked out mountain bike with adjustable shocks front and rear, vented disc brakes on both wheels and other features the price kept me from asking about. My first house cost only about twice that bike's price.

The occasion was the annual spring, or St. Patrick's Day, ride and bike demo sponsored by the Great Divide. The long course was 38 miles, out to the Transportation Technology Center, Inc. and back, with a loose starting time of about 10:30 am. I started more than 20 minutes early and rode only 25 miles. My excuse was that I was riding an old mountain bike and wasn't used to being in the saddle for more than an hour.

I think the wind was out of the ESE when I started, and the first guys I saw coming back, who either started very early, or turned very soon, gloated about enjoying the tailwind while coming down the first hill. I think I saw only five of those early birds. Amazingly, once over the first hill, I saw someone ahead and thought if I caught up, I might have someone to share the wind breaking with. It turned out to be a man with two very young children, going significantly slower than me, so I passed, which turned out to be a unique experience that day.

After I'd been out about half an hour the first riders, clad in lycra, whistled past me going out. I was just getting out of serious riding about the time lycra, and wild colors were getting their toes in the door. I was wearing the hooded sweatshirt the running club gave as a volunteer award a couple of years ago and my baggy bike shorts. The road bikers went by me so fast that at best we had time for a Hi. I think a few more than twenty passed me before I turned around, and I

saw about thirty still going out as I headed back, several of them running club members.

The whole time the wind had been shifting gradually to the west and I think it was just West of South by the time I got back. By then, though my sitting area was getting sorer and sorer, I was gaining confidence. When a woman passed me, I actually was able to gain on her for a very brief period, and then we were back. I had completed about 25 miles in just under two hours.

I got to talk to Samantha Davenport who was waiting for her dad to finish the ride, and then later I had some of the good food Lee and his friends provided, including some homemade cookies. Joe Stommel and I talked about wars and I shook hands with lots of folks I see rarely. If you're even a sporadic rider, you might want to put this on your calendar for next year. There's no telling what the new bikes will be like by then.



Here at *Footprints*, we cover sports other than running. In this photo, (young) Paul DallaGuardia sits on top of a bull just prior to the opening of the gate in the bullriding competition during a recent Penrose rodeo. A 10 mile run sounds a lot easier than this. Paul is a high school sophomore.  
foto by franchi



## Crossing Borders

by Jeff Arnold



In those days there were giants in the land  
and I thought I was one of them,  
or at least hoped to be,  
so I never let myself be daunted  
by the long, slow slope  
of the first real hill  
on the test track road going east.

We never ran much farther  
than that long, almost flat top  
and were rewarded by the relative ease  
of running down.

At the bottom we were back in familiar territory,  
and depending on the day,  
it was a steady slog, or race,  
back to school.

The hill beyond was another country.  
Maybe once I ran to the frontier,  
though I always pretended  
I could have gone much farther.

I went beyond once or twice  
on a bicycle  
but forever was much farther  
on a bike then.

I seduced myself into riding there again  
a quarter-century later  
and remembered the bravado  
of old times  
to help me over the first two hills.  
The third was in another country,  
though the prairie through which  
the road snaked  
was about the same all along,  
dun grass, snakeweed and cactus.

Luckily the muscles remembered  
the countless miles long ago,  
the steady spin,  
pushing just enough  
to work through wind,  
not fight it.  
I knew better than to race  
and turned around with new countries  
still to be discovered.

The wind that should have been at my back  
on the homeward leg  
shifted,  
but by then I knew I would make it,  
if not well enough to brag,  
without disgrace.

And afterwards the camaraderie  
of having done something  
others had done.

I was alone the whole way  
but we went the same road;  
several turned where I did.

We ate and talked.  
Joe told me about his college mates  
protesting the Vietnam war  
by drinking beer,  
tearing up a street  
and burning the asphalt.  
I was listening, and talking,  
but all the time  
part of me was back  
in my bicycling days.  
Who says there is no such thing  
as time travel.

### Anonymous (X) Challenge to Mr. G.

10 Reasons why Gary Franchi and a friend of his choice need to do the X Challenge Sprint Adventure race ;-).

1. We need a celebrity entrant and you're it.

2. You've got to get outside the triathlon box.

3. Those who can do enter, those who can't write about it.

4. How often do you get to put the hurt on

college kids who are long on biceps, short on endurance? Or college professors who are long on boring, short on intrepid?

5. Have you ever really toured the CSU-Pueblo campus – the Kalichi mud flat laced desert north of here is quite beautiful.

6. Michael Orendorff has done the X challenge and he is very cool.

7. We're begging you? – we've got Pizza!!!

8. We'll comp you for free promotion?

9. We're calling you a weenie behind your back if you don't.

10. That's all I can come up with – forget about 8 – it's not happening.

X Challenge – it's a two person team continuous race now folks so endurance and compatibility help. Check us out at: <http://ceeps.colostate-pueblo.edu/exhpr/xchallenge.htm>

Contributed by an unreliable source loosely associated with the event.





# Ramblin

by Ron Dehn

## More on Brain Exercises



I had the good fortune to do some traveling recently. I attended a pottery conference in Portland, Oregon. Yes, people gathered from all over the country (and several other countries) to talk about clay, glazes, form, technique, history, firing, and all sorts of other fun topics. I could go on and on about the conference, but suffice it to say that there is tremendous energy when 4,500 clay artists (and a few of us wannabees) gather under the same dome.

And, since I was in Portland, I took a few side trips. Elaine, Larry, and son Mark (kinfolk) live in Beaverton, just outside of Portland. They provided me with room, board, transportation and great company. And look out when Elaine puts on her “Cruise Director” hat. If there is something happening within 100 miles, you are going to be a part of it.

We were on the go from the time I landed until takeoff 6 days later, and I had a fantastic time. A sample of activities includes: a tour of the city along with several art galleries, exercise, a winery tour (wine is a good source of anti-oxidants), a symphony, a visit to the Adidas employee gym where Mark is a trainer, and the Adidas store (new running shoes for Ron), eating at some fun places, a visit to Larry’s wood carving class, and a lecture entitled “Healthy Aging and the Brain” by a couple experts from Johns Hopkins. Yes, I did

also attend the pottery conference, but there are 24 hours in a day.

The lecture was most informative and does fit in with a recent *Footprints* column on keeping your brain healthy. The speakers were careful to mention that science is merely knocking on the door of a total understanding of brain function with respect to aging.

They did point out an apparent correlation between maintaining mental ability and the following:

1. Keeping mentally active.
2. Keeping physically active.
3. Keeping socially engaged.

I figured the single most beneficial thing that an SCR member could do along these lines is to attend one of our potluck predict races. We have stimulating conversations to exercise the brain. (Plus we have to do all that arithmetic when comparing our predicted times with our actual times). We run, which is definitely a physical activity. And talk about a social and engaging group of

people. Wow! Are we on the right track, or what?

As far as diet, the speakers said if it is good for the heart, it is good for the brain. They also believed in antioxidants to help prevent “rust” on the brain. (So don’t leave your brain out in the rain.)

They encouraged the audience to work puzzles, crosswords, sudoku, etc. So – in addition to having fun, you are helping to maintain a healthy brain.

So, we have another Sudoku for this month and again, we extend out thanks to [www.sudokuworks.com](http://www.sudokuworks.com) who provided us with this month’s puzzle.

Enjoy!

And - if any of you have any sort of brain teasers, puzzles, or whatever promotes using the “gray matter”, please send them to us. We want keep our legal department happy, so make sure that we have appropriate permissions.

<p><b>SUDOKU</b> Puzzle provided by <a href="http://www.sudokuworks.com">www.sudokuworks.com</a> puzzle software Solution on page 16</p>			8	2	4	6	7		
		2						5	
	7		6		9		8		4
	4			8		2			5
	6		5		7		2		3
	3			6		1			8
	5		3		2		1		9
		4							6
			1	4	6	3	5		



# The Spring Runoff

## 5k Results

### 5k

Pl							Pl										
Pl	Name	Age	Sx	Dv	Dir	From	Time	Pace	Pl	Name	Age	Sx	Dv	Dir	From	Time	Pace
1	Mark Wamby	27	M	1	OA	Cob Spgs	15:31	5:00	66	Noah M ayhew	13	M	16	13-19	Cob Spgs	25:14	8:07
2	Craig Binkley	27	M	1	25-29	Puebb	18:02	5:48	67	Duane Scott	36	M	8	35-39	Puebb	25:25	8:11
3	Chuck Smead	54	M	1	50-54	Mosca	18:15	5:52	68	Michael Ramirez	37	M	9	35-39	Puebb	25:30	8:12
4	Steven Stoot	15	M	1	13-19	Cob Spgs	18:22	5:55	69	Janette Stoot	45	F	2	45-49	Cob Spgs	25:33	8:13
5	Ignacia Mata	19	M	2	13-19	Cob Spgs	18:35	5:59	70	Tim Jakus	16	M	17	13-19	Puebb Wst	25:42	8:16
6	LieLBudden	45	M	1	45-49	Cob Spgs	18:36	5:59	71	Steve J Kastner	43	M	10	40-44	Puebb	25:43	8:17
7	Mark Rein	38	M	1	35-39	Canon	19:17	6:12	72	Casey Attebery	18	F	7	13-19	Puebb	25:47	8:18
8	Regis M Marquez	29	M	2	25-29	Puebb	19:33	6:18	73	Chelsey Attebery	18	F	8	13-19	Puebb	25:48	8:18
9	Anthony Silva	16	M	3	13-19	Cob Spgs	19:43	6:21	74	Tamara Price	23	F	2	20-24	Cob Spgs	25:55	8:20
10	TobyLee Doub	35	M	2	35-39	Puebb	19:50	6:23	75	Jemy Lopez	55	M	2	55-59	Puebb	26:03	8:23
11	Shawn Borton	22	M	1	20-24	Puebb	19:54	6:24	76	Martha Kettelkamp	31	F	1	30-34	Puebb	26:04	8:23
12	Ethan Babbie	17	M	4	13-19	Cob City	20:08	6:29	77	Ron A rant	51	M	5	50-54	Trinidad	26:06	8:24
13	Clinton Zundel	28	M	3	25-29	Puebb	20:16	6:31	78	Victor Silva	43	M	11	40-44	Cob Spgs	26:07	8:24
14	Johannes Von Bueren	17	M	5	13-19	Cob Spgs	20:19	6:32	79	Joe Comlova	37	M	10	35-39	Puebb Wst	26:11	8:26
15	Michael Barris	41	M	1	40-44	Puebb Wst	20:21	6:33	80	Alex M irick	9	M	3	0-12	Puebb	26:15	8:27
16	Davin Hamon	16	M	6	13-19	Cob Spgs	20:28	6:35	81	Zane Khosla	10	M	4	0-12	Puebb	26:19	8:28
17	Jeff S Roybal	29	M	4	25-29	Trinidad	20:39	6:39	82	Talle Koncilia	46	F	3	45-49	Puebb	26:21	8:29
18	Steve C Wall	42	M	2	40-44	Puebb	20:52	6:43	83	Dave Reyher	49	M	8	45-49	Wiley	26:24	8:30
19	Jordan Montero	13	M	7	13-19	Puebb Wst	21:02	6:46	84	Curt (Eugene) Straub	62	M	1	60-64	Puebb Wst	26:24	8:30
20	Mark C Shippe	51	M	2	50-54	Puebb	21:15	6:50	85	Patrick Kummholz	33	M	2	30-34	Puebb	26:28	8:31
21	Loren Javencik	14	M	8	13-19	Canon	21:19	6:52	86	Robert J Guasta	58	M	3	55-59	Puebb Wst	26:30	8:32
22	Shawn Loppnow	38	M	3	35-39	Puebb	21:22	6:53	87	Len Gregory	63	M	2	60-64	Puebb Wst	26:38	8:34
23	Dan Aragon	37	M	4	35-39	Puebb	21:29	6:55	88	Abby Comlova	33	F	2	30-34	Puebb	26:52	8:39
24	Jacob Nelson	28	M	5	25-29	Hooper	21:38	6:58	89	Gabriela Kemm	14	F	9	13-19	Puebb	26:57	8:40
25	Rocky Khosla	47	M	2	45-49	Puebb	22:15	7:10	90	Pancho Lopez	36	M	11	35-39	Puebb	26:57	8:40
26	Mark W Gumble	43	M	3	40-44	Puebb	22:23	7:12	91	Lance M Holmes	35	M	12	35-39	Cob Spgs	27:00	8:41
27	Josh Hebert	16	M	9	13-19	Boone	22:24	7:13	92	Jennifer D Rogers	29	F	1	25-29	Puebb	27:10	8:45
28	Eugene Mares	43	M	4	40-44	Puebb	22:27	7:14	93	Jessica Lanham	27	F	2	25-29	Puebb Wst	27:17	8:47
29	John Musso	36	M	5	35-39	Puebb	22:31	7:15	94	Katie Howard	21	F	3	20-24	Puebb Wst	27:18	8:47
30	Bill J Mares	40	M	5	40-44	Puebb	22:37	7:17	95	Laurie Lopez-Cepeda	34	F	3	30-34	Puebb	27:19	8:48
31	David Young	18	M	10	13-19	Cob Spgs	22:45	7:19	96	Francine C Borton	59	F	1	55-59	Puebb	27:20	8:48
32	Mark J Hooper	44	M	6	40-44	Puebb	23:02	7:25	97	Heidi Knaggs	15	F	10	13-19	Louisville	27:26	8:50
33	Bill Veges Jr.	48	M	3	45-49	Puebb	23:04	7:25	98	Alex M arck	10	M	5	0-12	Puebb	27:28	8:50
34	Meg Gaura	35	M	6	35-39	Puebb	23:07	7:26	99	Mark H Madril	29	M	6	25-29	Puebb	27:35	8:53
35	John Montoya	48	M	4	45-49	Raton NM	23:17	7:30	100	Jeff Keith Kephart	41	M	12	40-44	Trinidad	27:37	8:53
36	Joe W Fama Jr	59	M	1	55-59	La Junta	23:18	7:30	101	John E Gunn	49	M	9	45-49	Weston	27:40	8:54
37	Joanna McIntyre	24	F	1	OA	Cob Spgs	23:20	7:31	102	Debra S Wall	39	F	2	35-39	Puebb	27:42	8:55
38	Edward L Greigo	54	M	3	50-54	Trinidad	23:25	7:32	103	Brian Aguelo	32	M	3	30-34	Puebb	27:42	8:55
39	Matt A rant	15	M	11	13-19	Trinidad	23:36	7:36	104	Keith Carpenter	53	M	6	50-54	Puebb	27:45	8:56
40	Jerem y Gregory	21	M	2	20-24	Puebb	23:37	7:36	105	Mike D oward	31	M	4	30-34	Puebb	27:56	8:59
41	Lindsey Hemenz	18	F	1	13-19	Puebb Wst	23:37	7:36	106	M ary Rein	41	F	2	40-44	Canon	27:58	9:00
42	Shannon Rodriguez	14	M	12	13-19	Puebb	23:46	7:39	107	Cemeta G rines	44	F	3	40-44	Cob Spgs	28:05	9:02
43	David Gonzalez	31	M	1	30-34	Puebb	23:46	7:39	108	Kathleen A Bachicha	33	F	4	30-34	Trinidad	28:06	9:03
44	Michelle Hemenz	16	F	2	13-19	Puebb Wst	23:47	7:39	109	Amanda Cisneros	18	F	11	13-19	Puebb	28:08	9:03
45	Nick Reiss	16	M	13	13-19	Cob Spgs	23:52	7:41	110	John M irick	41	M	13	40-44	Puebb	28:09	9:04
46	Kyle Snow	15	M	14	13-19	Canon	23:53	7:41	111	Bill G ebel	46	M	10	45-49	Puebb	28:10	9:04
47	Patrick Comlova	38	M	7	35-39	Puebb	23:55	7:42	112	Jace Khosla	14	M	18	13-19	Puebb	28:10	9:04
48	Michael Ramirez Jr	9	M	1	0-12	Puebb	24:04	7:45	113	Jerem y Ley	30	M	5	30-34	Canon	28:26	9:09
49	Ganett R Dodds	11	M	2	0-12	Puebb	24:06	7:45	114	Cruz Martinez	67	M	1	65-69	Cob Spgs	28:28	9:10
50	Christna Lobato	14	F	3	13-19	Rocky Ford	24:07	7:46	115	Jackie DeCarb	36	F	3	35-39	Puebb	28:31	9:11
51	Andrea Fox	22	F	1	20-24	Puebb	24:08	7:46	116	Jeffery J Comlova	12	M	6	0-12	Puebb	28:31	9:11
52	Rick JM achias	45	M	5	45-49	Puebb	24:16	7:49	117	Rosie Ontiveros	32	F	5	30-34	Rocky Ford	28:38	9:13
53	Sara Kettelkamp	14	F	4	13-19	Puebb	24:18	7:49	118	Kevin G Hageman	36	M	13	35-39	Fowler	28:40	9:14
54	Desiree Romero	13	F	5	13-19	Cob Spgs	24:20	7:50	119	Jack M Pecora	64	M	3	60-64	Cob Spgs	28:41	9:14
55	Brad Van Buskirk	44	M	7	40-44	Puebb	24:29	7:53	120	William Van Buskirk	70	M	1	70+	Thomton	28:42	9:14
56	Kim A Dodds	40	F	1	40-44	Puebb Wst	24:34	7:54	121	Rosa Navano-B muce	43	F	4	40-44	Puebb	28:47	9:16
57	Brian L Dodds	49	M	6	45-49	Puebb Wst	24:34	7:54	122	Marisa Kemm	13	F	12	13-19	Puebb	28:48	9:16
58	Gary M Johnson	44	M	8	40-44	Puebb	24:46	7:58	123	Salvador Sanchez	63	M	4	60-64	Trinidad	28:49	9:16
59	Geoffrey Charleston	14	M	15	13-19	Puebb	24:51	8:00	124	Mebdy Bums	43	F	5	40-44	Cob Spgs	28:56	9:19
60	Todd Kettelkamp	49	M	7	45-49	Puebb	24:52	8:00	125	David Watson	43	M	14	40-44	Puebb Wst	29:04	9:21
61	Howard Stringert	50	M	4	50-54	Cob Spgs	24:54	8:01	126	Jennifer Price	26	F	3	25-29	Trinidad	29:05	9:22
62	Lynnda G rissom	48	F	1	45-49	Fowler	24:56	8:01	127	Ardiana A rteaga	24	F	4	20-24	Puebb	29:07	9:22
63	Nancy Musso	36	F	1	35-39	Puebb	24:58	8:02	128	Carlton Brown	11	M	7	0-12	Puebb Wst	29:12	9:24
64	Jerica Khosla	14	F	6	13-19	Puebb	25:07	8:05	129	Michelle Comlova	30	F	6	30-34	Puebb Wst	29:14	9:25
65	Randy Smith	43	M	9	40-44	Canon	25:12	8:07	130	Bobbie Swallow	51	F	1	50-54	Puebb	29:17	9:25

# The Spring Runoff

## 5k Results

### 5k

P1	Name	Age	Sx	Dv	Dir	From	Time	Pace
131	RachelKleiner	10	F	1	0-12	Puebb	29:18	9:26
132	PhillipMondragon	32	M	6	30-34	Puebb	29:22	9:27
133	SarahLey	29	F	4	25-29	Canon	29:23	9:27
134	JackMayhew	46	M	11	45-49	Cob Spgs	29:24	9:28
135	OliviaYomasia	17	F	13	13-19	Puebb	29:26	9:28
136	ShannonDRodriguez	31	M	7	30-34	Puebb	29:27	9:29
137	TamiColler	47	F	4	45-49	Cob Spgs	29:36	9:32
138	DanComden	52	M	7	50-54	Puebb	29:46	9:35
139	MariaCFieth	43	F	6	40-44	Canon	29:50	9:36
140	BrandyRomero	25	F	5	25-29	Puebb	29:51	9:36
141	RaquelKemmer	11	F	2	0-12	Puebb	29:55	9:38
142	JacobGarcia	12	M	8	0-12	RockyFord	30:04	9:41
143	PaulLabar	44	M	15	40-44	Puebb	30:07	9:42
144	JessCosybon	59	M	4	55-59	PuebbWst	30:09	9:42
145	PatEDeLong	44	F	7	40-44	RockyFord	30:13	9:44
146	ChelsieBrown	13	F	14	13-19	PuebbWst	30:17	9:45
147	DennisChappell	53	M	8	50-54	Puebb	30:20	9:46
148	CathyKahler	54	F	2	50-54	Alamosa	30:21	9:46
149	JanetHDash	49	F	5	45-49	Puebb	30:22	9:46
150	ScottManchester	36	M	14	35-39	Canon	30:23	9:47
151	KatherineEdwards	25	F	6	25-29	FtCarson	30:30	9:49
152	MaxRStasner	57	M	5	55-59	PuebbWst	30:32	9:50
153	GeorgeVDomiguez	65	M	2	65-69	RatonNM	30:38	9:52
154	DennisRomero	27	M	7	25-29	Puebb	30:42	9:53
155	RalphRegalado	69	M	3	65-69	Puebb	30:43	9:53
156	JamesGKing	61	M	5	60-64	Puebb	30:48	9:55
157	KathySutphen	36	F	4	35-39	PuebbWst	30:50	9:55
158	LoriGregory	55	F	2	55-59	PuebbWst	30:54	9:57
159	JoeRael	52	M	9	50-54	Puebb	31:04	10:00
160	LarryDWalls	66	M	4	65-69	Puebb	31:08	10:01
161	KristyBums	42	F	8	40-44	Cob Spgs	31:21	10:05
162	AnnetteDemel	48	F	6	45-49	Cob Spgs	31:22	10:06
163	LauraLeannFamer	33	F	7	30-34	PuebbWst	31:25	10:07
164	StanYNakama	61	M	6	60-64	Puebb	31:29	10:08
165	MayBPotter	43	F	9	40-44	PuebbWst	31:32	10:09
166	LoganPrater	8	F	3	0-12	Cob Spgs	31:33	10:09
167	KristinMason	19	F	15	13-19	Trinidad	31:35	10:10
168	MaggieWells	25	F	7	25-29	PuebbWst	31:38	10:11
169	SarahMays	33	F	8	30-34	PuebbWst	31:39	10:11
170	DeannaMaksMayhew	40	F	10	40-44	Cob Spgs	31:41	10:12
171	PaulWilliamstad	56	M	6	55-59	Puebb	31:42	10:12
172	JeneHemera	40	F	11	40-44	PuebbWst	31:59	10:18
173	CherylAmmeter	42	F	12	40-44	Rye	32:07	10:20
174	EddieLongoia	69	M	5	65-69	Puebb	32:10	10:21
175	AndreaThomton	38	F	5	35-39	Puebb	32:17	10:23
176	JamieMunay	40	F	13	40-44	Canon	32:25	10:26
177	ShannonCoriova	34	F	9	30-34	LoveLand	32:27	10:27
178	NathanFord	36	M	15	35-39	CastleRock	32:31	10:28
179	LillianMJones	48	F	7	45-49	Puebb	32:33	10:29
180	TomJFiero	40	M	16	40-44	Puebb	32:41	10:31
181	JohnCVukich	49	M	12	45-49	PuebbWst	32:41	10:31
182	AliciaAnnGlassco	26	F	8	25-29	Puebb	32:43	10:32
183	RitaSueWilson	42	F	14	40-44	Hillsie	32:46	10:33
184	BethGladney	39	F	6	35-39	Puebb	32:48	10:33
185	MyrahHageman	31	F	10	30-34	Fowler	32:52	10:35
186	RhannonLockett	27	F	9	25-29	Puebb	32:55	10:36
187	TobyLockett	27	M	8	25-29	Puebb	32:56	10:36
188	LisaGalarido	32	F	11	30-34	Puebb	33:07	10:40
189	CurtPhillips	70	M	2	70+	Puebb	33:07	10:40
190	LaryBelkin	55	M	7	55-59	PuebbWst	33:10	10:40
191	RobertAMack	63	M	7	60-64	Puebb	33:11	10:41
192	BuffyLavoie	28	F	10	25-29	Westcliffe	33:31	10:47
193	JimAusth	63	M	8	60-64	Westcliffe	33:32	10:48
194	RussDash	48	M	13	45-49	Puebb	33:36	10:49
195	SusanKoch	42	F	15	40-44	Canon	33:44	10:51

P1	Name	Age	Sx	Dv	Dir	From	Time	Pace
196	KevinHughes	6	M	9	0-12	Puebb	33:54	10:55
197	KieranKenHughes	35	M	16	35-39	Puebb	33:55	10:55
198	HildaReyher	69	F	1	65-69	Wiley	34:15	11:01
199	BodieKettelkamp	12	M	10	0-12	Puebb	34:15	11:01
200	ChrisbullaSandoval	7	M	11	0-12	PuebbWst	34:18	11:02
201	ChadSandoval	34	M	8	30-34	PuebbWst	34:18	11:02
202	TomStorrey	45	M	14	45-49	PuebbWst	34:36	11:08
203	MarStasner	30	M	9	30-34	PuebbWst	34:36	11:08
204	ChndyLMiller	47	F	8	45-49	Puebb	34:38	11:09
205	BenTrujillo	54	M	10	50-54	Walsenburg	34:46	11:11
206	TraceyLucero	34	F	12	30-34	RockyFord	34:49	11:12
207	DonnaFitzimons	47	F	9	45-49	Puebb	34:50	11:13
208	ThomasMeehan	42	M	17	40-44	Puebb	34:54	11:14
209	ChuckAMason	40	M	18	40-44	Trinidad	34:58	11:15
210	NancyMerrick	63	F	1	60-64	FrenchmontCA	34:59	11:16
211	OliviaA.Eggeert	12	F	4	0-12	Puebb	35:13	11:20
212	VeronicaRomeroRomero	38	F	7	35-39	Puebb	35:14	11:20
213	DanSanchez	31	M	10	30-34	PuebbWst	35:19	11:22
214	JordanSanchez	7	F	5	0-12	PuebbWst	35:21	11:23
215	GeorgeAAlfonso	55	M	8	55-59	PuebbWst	35:22	11:23
216	AzadCasper	52	M	11	50-54	LaVeta	35:29	11:25
217	JeremiahVelasquez	16	M	19	13-19	Puebb	35:34	11:27
218	BonnyJakus	49	F	10	45-49	PuebbWst	35:48	11:31
219	LouisWAtreaga	56	M	9	55-59	Puebb	35:54	11:33
220	EliseGones	37	F	8	35-39	RockyFord	36:00	11:35
221	JanBurgie	48	F	11	45-49	Cob Spgs	36:02	11:36
222	ShawneeCharleston	9	F	6	0-12	Puebb	36:08	11:38
223	JenniferSanchez	31	F	13	30-34	PuebbWst	36:10	11:38
224	SherylWeseman	40	F	16	40-44	Canon	36:11	11:39
225	MargaretLKomber	52	F	3	50-54	Canon	36:11	11:39
226	JamiesAbeyta	49	M	15	45-49	Puebb	36:19	11:41
227	RachelDehenera	28	F	11	25-29	Cob Spgs	36:20	11:42
228	AndrewLobato	51	M	12	50-54	RockyFord	36:26	11:44
229	MikeShellenberger	16	M	20	13-19	Puebb	36:35	11:46
230	TiffanyABowen	30	F	14	30-34	Puebb	36:47	11:50
231	TerriKippie	28	F	12	25-29	Denver	36:48	11:51
232	KatieFores	23	F	5	20-24	Canon	37:04	11:56
233	JohnBHolman	79	M	3	70+	Puebb	37:12	11:58
234	PaulReyher	70	M	4	70+	Wiley	37:15	11:59
235	KathleenAttarocci	59	F	3	55-59	Puebb	37:16	12:00
236	RodgerRodgers	84	M	5	70+	Cob Springs	37:18	12:00
237	JeanetteBaysinger	41	F	17	40-44	PuebbWst	37:43	12:08
238	ScottBaysinger	42	M	19	40-44	Puebb	37:44	12:09
239	JulieMiller	41	F	18	40-44	GreenwoodVge	37:57	12:13
240	TemyJKnow	49	M	16	45-49	Puebb	37:57	12:13
241	MatthewWilson	16	M	21	13-19	Cob Spgs	38:38	12:26
242	JulieDKuhn	53	F	4	50-54	Puebb	39:17	12:39
243	LynnHansen	50	F	5	50-54	FortCollins	39:23	12:41
244	BillDeMoss	63	M	9	60-64	Puebb	39:53	12:50
245	DennisWMuphy	59	M	10	55-59	Puebb	40:22	13:00
246	JenniferNichols	32	F	15	30-34	RockyFord	41:22	13:19
247	JemyJackson	58	M	11	55-59	Puebb	42:06	13:33
248	BabPmedovich	47	F	12	45-49	PuebbWst	42:34	13:42
249	ChndyLCowan	36	F	9	35-39	RockyFord	42:35	13:42
250	ElizabethNelson	51	F	6	50-54	Alamosa	43:58	14:09
251	PattiSernano	60	F	2	60-64	Puebb	44:00	14:10
252	DnaMcaliso	49	F	13	45-49	Puebb	46:54	15:06
253	TimothySanchez	37	M	17	35-39	PuebbWst	46:54	15:06
254	MayeShepherd	17	F	16	13-19	RockyFord	47:45	15:22
255	RonDShepherd	53	M	13	50-54	RockyFord	47:45	15:22

# The Spring Runoff

## 10k / 10 Mile Results

10 k							10 k										
pl	Name	age	sex	pl	dv	city	time	pace	pl	Name	age	sex	pl	dv	city	time	pace
1	Matt Mosman	27	M	1	OA	Cob Spgs	33:48	5:22	68	Andrea Crockenberg	28	F	1	25-29	Puebb	56:16	9:03
2	Martin Wennblom	26	M	1	25-29	Cob Spgs	35:42	5:45	69	David W Crockenberg	58	M	7	55-59	Puebb	56:16	9:03
3	John Paul Goodbe	44	M	1	40-44	Cob Spgs	37:08	5:59	70	Alejo Kemm	39	M	5	35-39	Puebb	56:17	9:03
4	Gerard Romero	34	M	1	30-34	Cob Spgs	38:42	6:14	71	Raul San Miguel	55	M	8	55-59	Puebb	56:23	9:04
5	Alan Davidson	34	M	2	30-34	Cob Spgs	38:55	6:16	72	Ann Boyden	32	F	4	30-34	Puebb	56:36	9:07
6	Travis Edwards	25	M	2	25-29	Ft Carson	40:00	6:26	73	Casey Meschini	37	F	5	35-39	Puebb W st	56:36	9:07
7	Woody Noelen	50	M	1	50-54	Cob Spgs	40:05	6:27	74	Hibert Navamo	65	M	1	65-69	Puebb	57:08	9:12
8	Matt Larsen	35	M	1	35-39	Cob Spgs	41:28	6:40	75	Ann Huibett	46	F	1	45-49	Puebb W st	57:09	9:12
9	Brian Sweeney	51	M	2	50-54	Cob Spgs	43:03	6:56	76	Cathy Camer	42	F	8	40-44	LaVeta	57:33	9:16
10	Jeffery Jury	45	M	1	45-49	Fountain	43:11	6:57	77	Mark Thouse	46	M	9	45-49	Puebb W st	57:35	9:16
11	Trevor Reeves	16	M	1	13-19	Cob Spgs	43:27	7:00	78	Hilmar Wiesner	45	M	10	45-49	Cob Spgs	57:44	9:17
12	Katherine Carpenter	25	F	1	OA	Cob Spgs	43:32	7:00	79	Michael Trujillo	34	M	4	30-34	Cob Spgs	57:53	9:19
13	Alex Em an	17	M	2	13-19	Puebb W st	43:35	7:01	80	M. Duprez Mack	57	F	2	55-59	Canon C ty	57:59	9:20
14	Chris Scott McIntyre	25	M	3	25-29	Cob Spgs	44:26	7:09	81	Ross Manley	26	M	8	25-29	Puebb	58:13	9:22
15	Jeff Vanwarden	25	M	4	25-29	Canon C ty	44:40	7:11	82	Jerry Robert Tiller	41	M	7	40-44	Puebb W st	58:13	9:22
16	Lou Hue	59	M	1	55-59	Cob Spgs	44:56	7:14	83	Jeanne Sabetti	47	F	2	45-49	Cob Spgs	58:44	9:27
17	Aaron Berndt	17	M	3	13-19	Rye	45:16	7:17	84	Laurie Wertzbaugher	47	F	3	45-49	Canon C ty	58:56	9:29
18	Matthew Romo	37	M	2	35-39	Ft Carson	45:35	7:20	85	Joan Sndler	50	F	3	50-54	Canon C ty	58:57	9:29
19	Chiefa Reno	44	M	2	40-44	Puebb	45:47	7:22	86	Kay Wolman	40	F	9	40-44	Cob Spgs	59:08	9:31
20	Manuel Galardo	28	M	5	25-29	Puebb	46:03	7:25	87	Paul M Dalaguardia	47	M	11	45-49	Colorado C ity	59:17	9:32
21	Joe Teny Jr	30	M	3	30-34	Trinidad	46:05	7:25	88	Lisa Meiring	28	F	2	25-29	Golden	59:35	9:35
22	Lindsey Elaine Schwyer	23	F	1	20-24	Puebb W	46:05	7:25	89	Leigh Doutt	45	F	4	45-49	Puebb W st	59:37	9:36
23	Lane Bunner	42	M	3	40-44	Cob Spgs	46:13	7:26	90	Joe Whiteman	65	M	2	65-69	Las Vegas NM	59:59	9:39
24	Humberto Paredes	49	M	2	45-49	Puebb W st	46:20	7:27	91	Syl Gannetto	66	M	3	65-69	Puebb	1:00:12	9:41
25	Steve Hernandez	48	M	3	45-49	South Jordan UT	46:58	7:33	92	Kathy Istom mel	49	F	5	45-49	Puebb	1:00:18	9:42
26	Don Beece	53	M	3	50-54	Salida	47:03	7:34	93	Dan L Minor	57	M	9	55-59	Lamar	1:00:27	9:44
27	Bob Gassen	58	M	2	55-59	Canon C ty	47:53	7:42	94	Arvenia L Minor	49	F	6	45-49	Lamar	1:00:52	9:48
28	Karen Ortiz	41	F	1	40-44	Puebb	48:37	7:49	95	Gregory Joe Newland	44	M	8	40-44	Littleton	1:00:55	9:48
29	Jennifer Moore	23	F	2	20-24	Canon C ty	49:44	7:55	96	Greg D Eickelmann	40	M	9	40-44	Littleton	1:00:58	9:49
30	Dave Schouweiler	49	M	4	45-49	Canon C ty	49:23	7:57	97	Mary S Minor	55	F	3	55-59	Lamar	1:00:59	9:49
31	Nicholas Cotner	28	M	6	25-29	Centennial	49:37	7:59	98	Rebecca Curtis	57	F	4	55-59	Cob Spgs	1:01:14	9:51
32	Tami Tibbs	42	F	2	40-44	Puebb W st	49:48	8:01	99	Jan Sieg	56	F	5	55-59	Cob Spgs	1:01:17	9:52
33	Sheila Eckerson	37	F	1	35-39	Puebb	49:49	8:01	100	Kristy Whitrow	32	F	5	30-34	Puebb	1:01:18	9:52
34	Teri Fox	32	F	1	30-34	Puebb W st	49:52	8:01	101	Mike Jamack	61	M	2	60-64	Puebb	1:01:19	9:57
35	Stephen Amannich	56	M	3	55-59	Puebb W st	49:52	8:01	102	Katie Hurtado	23	F	3	20-24	Puebb	1:01:51	9:57
36	Keith Packard	39	M	3	35-39	Las Vegas NM	50:05	8:04	103	Adrian Martinec	58	M	10	55-59	LoveLand	1:02:38	10:05
37	Steve Rher	56	M	4	55-59	Puebb W st	50:34	8:08	104	Brandon Weidrick	32	M	5	30-34	Puebb	1:03:35	10:14
38	Karl Comiova	35	M	4	35-39	LoveLand	50:41	8:09	105	Jessie Quintana	62	F	1	60-64	Puebb	1:04:40	10:24
39	Suzanne Cote	43	F	3	40-44	Cob Spgs	50:51	8:11	106	Louise Samora	52	F	4	50-54	Puebb	1:05:18	10:31
40	Ben Esquibel	59	M	5	55-59	Puebb	51:04	8:13	107	Laura Zamora	36	F	6	35-39	Cob Spgs	1:05:22	10:31
41	Jill Byler	41	F	4	40-44	Cob Spgs	51:08	8:14	108	Elizabeth Pacheco	45	F	7	45-49	Puebb W st	1:06:18	10:40
42	Kelly Hale	38	F	2	35-39	Rye	51:34	8:18	109	Ronda Lambotte	33	F	6	30-34	Cob Spgs	1:06:19	10:40
43	Mason Smith	15	M	4	13-19	Rocky Ford	51:54	8:21	110	Rebecca Parrish	27	F	3	25-29	Puebb	1:06:29	10:42
44	Phanis Cotner	50	M	4	50-54	Canon C ty	51:58	8:22	111	Jude LaFollette	52	F	5	50-54	Puebb	1:06:38	10:43
45	Michael Shepherd	29	M	7	25-29	Puebb W st	52:01	8:22	112	John B Lobato	52	M	7	50-54	Puebb W st	1:06:39	10:44
46	Betsy Becraft	42	F	5	40-44	Puebb	52:10	8:24	113	Annette Shepard	28	F	4	25-29	Puebb W st	1:06:56	10:46
47	Mike Lambert	50	M	5	50-54	Puebb	52:19	8:25	114	Gary Voetberg	47	M	12	45-49	Puebb W st	1:07:00	10:47
48	Kathy Robinson	53	F	1	50-54	Colorado Springs	52:37	8:28	115	Dianne Trahan	39	F	7	35-39	Lakewood	1:08:24	11:00
49	Chloe Bueno	41	F	6	40-44	Puebb	52:53	8:31	116	Jonathan Sixel	49	M	13	45-49	Cob Spgs	1:08:27	11:01
50	Kenneth Reeves	47	M	5	45-49	Cob Spgs	52:58	8:31	117	David Cockrell	55	M	11	55-59	Puebb	1:08:27	11:01
51	Gayle Rael	40	M	4	40-44	Puebb	53:12	8:34	118	Don D Robinson	73	M	2	70+	Denver	1:08:42	11:03
52	Mike Archuleta	45	M	6	45-49	Puebb	53:18	8:35	119	Joy Fuman	34	F	7	30-34	Puebb W st	1:10:13	11:18
53	Michael Olson	49	M	7	45-49	Cob Spgs	53:19	8:35	120	Ashley Huff	13	F	1	13-19	Broomfield	1:10:29	11:21
54	Mario Aguilera	71	M	1	70+	Puebb	53:39	8:38	121	Adrian Johnston	64	M	3	60-64	Puebb	1:11:03	11:26
55	Troy Davenport	40	M	5	40-44	Colorado City	53:40	8:38	122	Diana P Kampa	23	F	4	20-24	Puebb	1:12:39	11:41
56	Patrick Swank	58	M	6	55-59	Puebb	53:58	8:41	123	Laura DeHemera	43	F	10	40-44	Manassa	1:13:51	11:53
57	Sandy Reinsch	33	F	2	30-34	Puebb	54:02	8:42	124	Joe Cisneros	53	M	8	50-54	La Jara	1:13:53	11:53
58	Kristine Spuzzi	36	F	3	35-39	Puebb	54:03	8:42	125	Kate Baird	26	F	5	25-29	Greenwood Vge	1:26:00	13:50
59	Gina Benfatti	44	F	7	40-44	Puebb	54:26	8:46									
60	Andy Fieith	41	M	6	40-44	Canon C ty	54:40	8:48									
61	Robert Seher	62	M	1	60-64	Canon C ty	54:50	8:49									
62	Jack Rink	51	M	6	50-54	Puebb	55:02	8:51									
63	Debra Anderson	56	F	1	55-59	Cob Spgs	55:10	8:53									
64	Brad Bilhart	48	M	8	45-49	Trinidad	55:27	8:55									
65	Jean Marie Whitt	34	F	3	30-34	Cob Spgs	55:31	8:56									
66	Wendy Garrison	39	F	4	35-39	Puebb	55:41	8:58									
67	Mary K Simmons	53	F	2	50-54	Puebb	56:01	9:01									

10 mile								
pl	Name	age	sex	pl	dv	city	time	pace
1	Scott Lebo	39	M	1	OA	Cob Spgs	58:14	5:49
2	Erk Packard	41	M	1	40-44	Mesa	1:00:54	6:05
3	John Victoria	51	M	1	50-54	LoveLand	1:02:19	6:09
4	Richard Hessek	40	M	2	40-44	Cob Spgs	1:02:31	6:15
5	Matthew Drake	17	M	1	13-19	Puebb W st	1:04:10	6:25

# The Spring Runoff

## 10 Mile Results (continued)

10 mile						10 mile					
pl	Name	age	sex	pl	city	pl	Name	age	sex	pl	city
6	Keith Long	48	M	1	45-49 Solano NM	73	Susie Doré	43	F	7	40-44 Cob Spgs
7	Bennet Krawchuk	20	M	1	20-24 USA F A cademy	74	William Jeremy Keener	26	M	3	25-29 Puebb
8	Tanya Christine Poel	40	F	1	OA Boulder	75	Martha Rosenau	42	F	8	40-44 Cob Spgs
9	Dan Tessier	56	M	1	55-59 Cob Spgs	76	Cathy Gosban	37	F	3	35-39 Puebb
10	Glenn Stebe	40	M	3	40-44 Cob Spgs	77	Constance D Ahmsbrak	66	F	1	65-69 Lakewood
11	SCraig Geiser Jr	21	M	2	20-24 USA F A cademy	78	Linda A Stange	35	F	4	35-39 Rye
12	Dave O Sadnick	50	M	2	50-54 Evergreen	79	Buzz Bonnis	53	M	7	50-54 Cob Spgs
13	Kent Murray	37	M	1	35-39 Cob Spgs	80	Carré Ann Palmer	30	F	3	30-34 Cob Spgs
14	Johnny Ray Garcia	49	M	2	45-49 Raton NM	81	Julie G Marshall	57	F	3	55-59 Canon Cty
15	Am yk Regnier	43	F	1	40-44 Cob Spgs	82	Wanen T Marshall	57	M	7	55-59 Canon Cty
16	Shannon Meredith	35	F	1	35-39 Cob Spgs	83	Heather Marie Baca	34	F	4	30-34 Canon Cty
17	Thom Ledoux	31	M	1	30-34 Canon Cty	84	Heather Olson	40	F	9	40-44 Cob Spgs
18	James S Robinson	54	M	3	50-54 Puebb	85	Jennifer Palmes	37	F	5	35-39 Monument
19	Brian Scott Vanwarden	26	M	1	25-29 Canon Cty	86	Sue Meyers	51	F	4	50-54 Cob Spgs
20	Lois Eslinger Vanmanen	25	F	1	25-29 Puebb	87	John R Cruise	55	M	8	55-59 Monument
21	Lisa L Rainsberger	44	F	2	40-44 Cob Spgs	88	Diane Cridennda	52	F	5	50-54 Cob Spgs
22	David E Baker	48	M	3	45-49 Puebb	89	Sam L Watson	38	M	6	35-39 Fountain
23	Traci Wintebottom	41	F	3	40-44 Cob Spgs	90	Ted Johnson	34	M	3	30-34 Puebb
24	David Garcia	16	M	2	13-19 Rocky Ford	91	Paul Johnson	36	M	7	35-39 Parker
25	Jacob Hall	20	M	3	20-24 Usaf A cademy	92	Katy Hoard	47	F	5	45-49 Cob Spgs
26	George R Greco	58	M	2	55-59 Cob Spgs	93	Anya L Watson	27	F	4	25-29 Fountain
27	Angel M Newsom	25	F	2	25-29 Cob Spgs	94	Sharon Bailey	57	F	4	55-59 Cob Spgs
28	Clay M Mitchell	23	M	4	20-24 Monte Vista	95	Alice Anne Fitzgerald	44	F	10	40-44 Trinidad
29	Ron Nelson	47	M	4	45-49 Cob Spgs	96	Juanita Peters	45	F	6	45-49 BonCarbo
30	Peggy K Muhn	53	F	1	50-54 Wheat Ridge	97	Kathy Heathcock	47	F	7	45-49 Peyton
31	Jay A Gavens	38	M	2	35-39 Cob Spgs	98	Martha K Kramer	51	F	6	50-54 Cob Spgs
32	Joe Stommel	56	M	3	55-59 Puebb	99	Michelle J Benoit	30	F	5	30-34 Cob Spgs
33	Matt Sherman	33	M	2	30-34 Puebb W st	100	María Elena Weaver	46	F	8	45-49 Canon Cty
34	Robert Botherston	47	M	5	45-49 Security	101	Jane L Chess	52	F	7	50-54 Florence
35	Carla Augenstein	47	F	1	45-49 Cob Spgs	102	Tamara Clark	34	F	6	30-34 Trinidad
36	Aileen S Weaver	53	M	4	50-54 Canon Cty	103	Aileen Gross	43	M	9	40-44 Puebb
37	Bernie Schneider	49	M	6	45-49 Cob Spgs	104	Sylvia Irene Amelano	39	F	6	35-39 Parker
38	Jim R Romeo	65	M	1	65-69 Denver	105	Cynthia G Huey	39	F	7	35-39 Chatham NJ
39	Katherine Frank Dvorsky	34	F	1	30-34 Puebb	106	Gina Perenchio	34	F	7	30-34 Cob Spgs
40	Keith Kauffeld	41	M	4	40-44 Cob Spgs	107	Carol Joanne Yokley	53	F	8	50-54 Lamar
41	Roy Hughes	53	M	5	50-54 Canon Cty	108	Richard W Kennett	70	M	1	70+ Saikia
42	Anna Marie Marshall	14	F	1	13-19 Puebb W st	109	Michael F A cuna	55	M	9	55-59 Puebb
43	Mike Burgie	50	M	6	50-54 Cob Spgs	110	Michael B Brown	22	M	5	20-24 Puebb
44	Robert Santayo	43	M	5	40-44 Puebb	111	Byron B Brown	45	M	8	45-49 Puebb
45	John A Stange	38	M	3	35-39 Rye	112	Dean Thompson	33	M	4	30-34 Wiley
46	Pete J Doyle	59	M	4	55-59 Cob Spgs	113	Ambert Thompson	30	F	8	30-34 Wiley
47	Polly S in S Zimmerman	50	F	2	50-54 Golden	114	Joe Baird	59	M	10	55-59 Denver
48	Chuck Norton	18	M	3	13-19 Puebb	115	Kerri Accarato	30	F	9	30-34 Denver
49	Christina Puko Jensen	40	F	4	40-44 Denver	116	Randy G Ryan	47	M	9	45-49 Cob Spgs
50	Dan Krajewski	29	M	2	25-29 Denver	117	Shannon Votuba	25	F	5	25-29 Cob Spgs
51	Jack Bany	67	M	2	65-69 Littleton	118	Alexa Cortez	58	M	11	55-59 Raton NM
52	Marcy Epperson	33	F	2	30-34 Canon Cty						
53	Ed G Leanos	58	M	5	55-59 Puebb						
54	Keri Coulter	51	F	3	50-54 Canon Cty						
55	Burke L Kaiser	42	M	6	40-44 Buena Vista						
56	Pete J Wame	42	M	7	40-44 Castle Rock						
57	Stephen Triebel	55	M	6	55-59 Glenwood Spgs						
58	Peg A Roddy Reeg	57	F	1	55-59 Cob Spgs						
59	John E Philibert	36	M	4	35-39 Cob Spgs						
60	Shane Comdova	38	M	5	35-39 Puebb						
61	Diane P Brown	42	F	5	40-44 Cob Spgs						
62	Kent B Mitchell	64	M	1	60-64 Erie						
63	Lorraine C Hoyle	58	F	2	55-59 Puebb						
64	Anthony Loudy	40	M	8	40-44 Puebb						
65	Marci Hughes	47	F	2	45-49 Canon Cty						
66	Tom Ratzliff	45	M	7	45-49 Puebb W st						
67	Carl E Bartecchi	66	M	3	65-69 Puebb						
68	Lacey Ledoux	27	F	3	25-29 Canon Cty						
69	Stacey A Diaz	45	F	3	45-49 Puebb						
70	Pamela Cherkofsky	36	F	2	35-39 Palmer Lake						
71	Diane H Wamer	46	F	4	45-49 Cob Spgs						
72	Marti Marshall	43	F	6	40-44 Puebb W st						

### Great Job Spring Runoff Volunteers!!!

A ton of people helped, (probably several tons, but that is not the point) and this listing is of the SCR members whom we know about: Race Director: Terry Cathcart, Chieftain Coordinator: Paulette Stuart, Registration: Sam McKee, Jacqueline Wall, Jim Stuart, Results: Ken & Pixie Raich, Finish Line: Dave Diaz, Don & Lois Pfost, Ron Dehn, Gary Franchi, Karen Vanhaverbeke, Theresa & Abigail Duran, Bill Veges, Mark Koch, Anthony Diaz, Aaron Diaz, Announcer: Ben Valdez, 2-Mile Coordinators: Rich & Deb Hadley and Workers: Diana & Phil Quattlebaum, Youth Run Coordinator: Pat Berndt, Course: Jeff Arnold, Aid Stations: Bob Tibbs

# The Spring Runoff

## 2 mile Walk / 1 Mile Fun Run Results

PI Name	Ag	Sx	From	Time	Pace	PI Name	Ag	Sx	From	Time	Pace	PI Name	Ag	Sx	From	Time	Pace
1 Victoria Mitrick	6	F	Pueblo	21:20	10:40	45 Ina Bernard	39	F	Pueblo	28:17	14:09	89 Monica Sweeney	39	F	Pueblo	32:33	16:16
2 Peggy Mitrick	41	F	Pueblo	21:21	10:40	46 Laurine Smith	48	F	Pblo Wst	28:18	14:09	90 Naomi J Fuller	55	F	Pueblo	32:35	16:18
3 Dale L Boone	53	M	Pueblo	21:41	10:51	47 Mary Dichellis	52	F	Pueblo	28:24	14:12	91 Deborah Fuller	35	F	Pueblo	32:37	16:18
4 Patrick Greer	54	M	Pueblo	22:39	11:20	48 Donald Metzger	60	M	Pueblo	28:37	14:18	92 Shirley Sanchez	61	F	Walsenbg	32:47	16:24
5 Sally C Kennett	63	F	Salida	22:48	11:24	49 Jackie Gross	41	F	Pueblo	28:42	14:21	93 Donald Sanchez	61	M	Walsenbg	32:48	16:24
6 Kay Perkins	61	F	Pueblo	23:02	11:31	50 Elizabeth Gross	13	F	Pueblo	28:44	14:22	94 Tana M Fowler	45	F	Pueblo	33:03	16:32
7 Lori Kraus	46	F	Rye Co	24:22	12:11	51 P. Naccarato	64	F	Pueblo	28:48	14:24	95 Brenda L Marino	44	F	Pblo Wst	33:04	16:32
8 R. Sansom	53	F	Colo Spgs	24:31	12:15	52 Kelly Naccarato	26	F	Denver	28:49	14:24	96 Scott Williams	52	M	Pblo Wst	33:06	16:33
9 N. Kettelkamp	48	F	Pueblo	25:03	12:32	53 Jayne Renkosik	43	F	Pueblo	28:51	14:26	97 Melanie Williams	49	F	Pblo Wst	33:08	16:34
10 Jeannie Koch	54	F	Pblo Wst	25:04	12:32	54 Shirley Chambers	53	F	Pueblo	28:52	14:26	98 Mary Moya	65	F	Pblo Wst	33:09	16:34
11 Amber Kraus	20	F	Rye Co	25:07	12:33	55 Sue Crockett	53	F	Pueblo	29:00	14:30	99 Penny Austin	40	F	Fountain	33:11	16:36
12 Joe D Miller	47	M	Pueblo	25:16	12:38	56 Chuck Crockett	64	M	Pueblo	29:00	14:30	100 Maria Davis	46	F	Beulah	33:12	16:36
13 Trina Wertz	36	F	Pueblo	25:52	12:56	57 Kent Couch	49	M	Pueblo	29:11	14:36	101 Vicky Dixon	44	F	Pueblo	33:53	16:57
14 Annette Fenwick	38	F	Avondale	25:53	12:57	58 Dennis Kampa	51	M	Pueblo	29:19	14:39	102 Dan Dixon	47	M	Pueblo	33:54	16:57
15 JA Occhiuto	49	F	Pueblo	26:11	13:06	59 Victoria Kampa	48	F	Pueblo	29:20	14:40	103 Bobbie Jo Trujillo	45	F	Walsenbg	33:58	16:59
16 Dennis Page	34	M	Pblo Wst	26:12	13:06	60 Debbie Zinanti	45	F	Pueblo	29:50	14:55	104 Ruth Johnson	66	F	Pueblo	34:01	17:00
17 Sheryl Lynn Page	30	F	Pblo Wst	26:13	13:06	61 Becki Vettese	47	F	Canon	29:51	14:56	105 Peggy Krenz	59	F	Santa Fe	34:18	17:09
18 Nancy Baker	71	F	Pueblo	26:14	13:07	62 Theresa Bensik	49	F	Pblo Wst	30:01	15:00	106 Nancy Metzger	63	F	Pueblo	34:19	17:09
19 Janice Medrano	49	F	Pueblo	26:26	13:13	63 Sheri Tiller	37	F	Pblo Wst	30:02	15:01	107 Maggie Ewing	36	F	Pueblo	34:21	17:10
20 Rebecca Woods	31	F	Pueblo	26:27	13:14	64 Tom Carleo	47	M	Pueblo	30:03	15:02	108 Julia Dunham	30	F	Pueblo	34:24	17:12
21 Shannon Roybal	35	F	Pueblo	26:28	13:14	65 Boney Cosyleon	56	M	Pueblo	30:04	15:02	109 Kelly Thomas	24	F	Pblo Wst	34:34	17:17
22 Heather Smith	36	F	Pueblo	26:29	13:15	66 Paula Carleo	51	F	Pueblo	30:05	15:03	110 Cody Thomas	26	M	Pblo Wst	34:35	17:18
23 Nancy L Moya	44	F	Pueblo	26:36	13:18	67 Janis Pickard	43	F	Pueblo	30:05	15:03	111 Lynette Wilz	51	F	Pueblo	34:42	17:21
24 R. Sappington	49	F	Pueblo	26:37	13:18	68 Walt Pickard	47	M	Pueblo	30:06	15:03	112 Marion Schaeffer	67	F	Pueblo	36:20	18:10
25 Kristy Davenport	10	F	Colo Cty	26:47	13:24	69 C. Willumstad	57	F	Pueblo	30:07	15:03	113 Peggy Hancock	47	F	Pueblo	36:22	18:11
26 Cathy L. Halprin	33	F	Pueblo	26:53	13:27	70 Dan Korb	52	M	Ft Collins	30:33	15:16	114 Paula G Klein	42	F	La Junta	36:37	18:18
27 C. Krupka	33	F	Pueblo	26:54	13:27	71 R. Waggener	53	M	Pueblo	30:34	15:17	115 Amy L Pauli	45	F	Pueblo	36:38	18:19
28 Jackson Gross	11	M	Pueblo	26:56	13:28	72 J. Kelly-Cardenas	34	F	Gardner	30:40	15:20	116 Beth Jones	60	F	Pueblo	36:41	18:21
29 Lynn Burton	45	F	Pueblo	27:02	13:31	73 K. Shellenberger	14	F	Pueblo	30:43	15:21	117 Marvin L Jones	62	M	Pueblo	36:42	18:21
30 Jessica Medrano	17	F	Pueblo	27:03	13:32	74 S. DeMoss	37	F	Pueblo	30:44	15:22	118 Michele Graham	48	F	Pueblo	36:43	18:21
31 Barbara Gama	43	F	Pueblo	27:04	13:32	75 M. Santa Cruz	13	F	Pueblo	30:45	15:22	119 Peggy Cevrone	47	M	Pueblo	36:44	18:22
32 Jane Eckland	64	F	Pueblo	27:10	13:35	76 Kyma Porestio	18	F	Pueblo	30:51	15:26	120 Jo Hatley	53	F	Ft Collins	36:45	18:22
33 Janet E Greer	53	F	Pueblo	27:11	13:36	77 Ramona Novak	69	F	Pblo Wst	30:52	15:26	121 Edith Graham	77	F	Swink	37:11	18:36
34 Marsha Eckerson	62	F	Pblo Wst	27:16	13:38	78 Kelly Novak	47	F	Pueblo	30:53	15:27	122 Jim Hatley	56	M	Ft Collins	37:12	18:36
35 Alisa Eckerson	10	M	Pueblo	27:16	13:38	79 Alex Feeback	9	F	Colo Spgs	30:59	15:30	123 A. Bartholomew	8	F	Pueblo	38:17	19:09
36 Kenneth Loudy	69	M	Pueblo	27:25	13:42	80 Gae Ryan	35	F	Pueblo	31:00	15:30	124 Robin Steranka	37	F	Pueblo	38:18	19:09
37 Wilfred L Baum	74	M	Pueblo	27:34	13:47	81 Stacy Marquez	37	F	Pueblo	31:11	15:36	125 Angelica Barada	13	F	Parker	38:45	19:22
38 Jim Gonzales	65	M	Pueblo	27:37	13:48	82 Annette Casias	34	F	Pueblo	31:12	15:36	126 Nicole Barada	11	F	Parker	38:46	19:23
39 Levi E Ropp	12	M	Pueblo	27:38	13:49	83 Betsy Hill	52	F	Pblo Wst	31:13	15:36	127 Anna Arellano	34	F	Parker	39:54	19:57
40 Leanne E Ropp	42	F	Pueblo	27:40	13:50	84 Frank S Hill	52	M	Pblo Wst	31:14	15:37	128 Sandra Barada	38	F	Parker	39:55	19:57
41 Angelica Medrano	17	F	Pueblo	27:45	13:52	85 Brad W Heath	34	M	Pueblo	31:15	15:38	129 Naomi Zeleny	73	F	Pueblo	39:59	20:00
42 Emily Giebel	11	F	Pueblo	27:57	13:58	86 Amy L Heath	32	F	Pueblo	31:16	15:38	130 Richard Zeleny	77	M	Pueblo	40:00	20:00
43 Susan A Giebel	43	F	Pueblo	27:58	13:59	87 Eric Richardson	36	M	Pueblo	31:16	15:38	131 Roger B Okuda	77	M	Colo Spgs	40:02	20:01
44 Diane Stevenson	54	F	Pueblo	28:16	14:08	88 Matthew Welte	29	M	Pblo Wst	32:06	16:03	132 Elaine Okuda	68	F	Colo Spgs	40:04	20:02

PI Name	Ag	School	Time	PI Name	Ag	School	Time	PI Name	Ag	School	Time
1 Dugan, Keith	15	County HS	6:00*	27 Nash, Dustin	7	Highland Prk	8:49	53 Martinez, Brittney	11	Highland Prk	10:25
2 Chavez, Jeremy	14	Roncally	6:36	28 Lopez-Cepero, T.	10	Sunset Prk	8:51	54 Kidd, James	9	Desert Sage	10:35
3 Cervi, Michael	11	Highland Prk	6:42	29 Alton, Reiley	9	Goodnight	8:51	55 Reed, Dean	7	Fowler	10:40
4 Mayhew, William	9	Pauline	6:54	30 Manchester, Zach	8	Skyline	8:57	56 Kraemer, Meagan	12	Roncally	10:53
5 Kremer, Michael	15	Central HS	7:08	31 Harris, Sydney	9	Highland Prk	8:59	57 Ray, Brianna	11	Highland Prk	11:06
6 Romero, Bryan	13	Cesar	7:18	32 Fesmire, Noah	8	Morton	9:00	58 Bartholomew, A.	8	Sunset Prk	11:30
7 Spinuzzi, Nathan	9	Sunset Prk	7:26	33 Mason, Alisha	10	Highland Prk	9:14	59 Whitt, Jessica	5	N/A	11:53
8 Espinoza, Sonny	10	Minnequa	7:28	34 Sanchez, Jordan	7	Pueblo WEle	9:23	60 Mares, Mason	10	Beulah Heights	12:15
9 Ashton, James	9	Highland Prk	7:34	35 Abeyta, Dominic	8	Highland Prk	9:39	61 Arellano, Tyler	7	Highland Prk	12:23
10 Lucero, Charles	10	Highland Prk	7:41	36 Dawson-Rich, J.	9	McClelland	9:42	62 Davenport, Kristy	10	Rye Elem	12:25
11 Fesmire, Nicholas	9	Morton	7:46	37 Mason, Jessica	8	Fisher's Peak	9:44	63 Reed, Tressa	5	Fowler	12:30
12 Cervi, Nick	10	Highland Prk	7:48	38 Romero, Brandi	11	Cesar Chavez	9:45	64 Demetrius, Eden	7	Highland Prk	12:34
13 Waggener, Emily	10	Belmont Elem	7:55	39 Papineau, Chase	8	Desert Sage	9:50	65 Woodard, Kelly	7	Morton	12:41
14 Marshal, Susan	10	Sierra Vista	8:01	40 Eden, Andrew	8	Highland Prk	9:52	66 Woodard, Nicki	7	Morton	12:42
15 Martinez, Marcus	10	Highland Prk	8:02	41 Paredes, Daniel	10	Swallows	9:57	67 Gutierrez, toni	5	Eva Baca	12:52
16 Cordova, Abby	9	Sunset Prk	8:03	42 Austen Reese	6	Heritage Elem	9:58	68 Pickard, Stephany	7	Highland Prk	13:06
17 Kleiner, Rachel	10	Highland Prk	8:08	43 Garrison, Ashley	7	McClelland	10:00	69 Levine, Hanna	6	Monarch	13:08
18 Valentish, Rory	8	Highland Prk	8:10	44 Whitehead, Robert	10	Morton	10:01	70 Kleven, Lauren	7	Highland Prk	13:08
19 Paredes, Alex	12	Skyview Mid	8:14	45 Mc Murray, Michael	7	Irving	10:02	71 Dawson-Reich, S.	6	McClelland	13:29
20 Dawson-Rich, C.	10	McClelland	8:18	46 Kleven, Jessica	10	Highland Prk	10:03	72 Kleven, Kent	5	Preschool	13:57
21 Mason, Nick	12	Trinidad Mid	8:23	47 Trujillo, Emelio	8	Irving	10:08	73 Flores, Isaiah	7	Morton	14:18
22 Kemm, Raquel	11	Sunset Prk	8:27	48 Chavez, Angel	7	Beulah Heights	10:09	74 Eden, Saffire	6	Highland Prk	15:17
23 Waggoner, Melissa	8	Belmont Ele	8:28	49 Chavez, Jacob	14	Roncally	10:10	75 Goodloe, Leah	3	N/A	19:29
24 Cervi, Christopher	7	Highland Prk	8:29	50 Baysinger, Madison	9	Desert Sage	10:12				
25 Buchanan, Kodi	10	Highland Prk	8:42	51 Ladrini, Bailah	10	Highland Prk	10:14				
26 Kemm, Tristan	10	Sunset Prk	8:47	52 Garcia, Jalen	10	Highland Prk	10:16				

p.s. Highland Park won the participation award

# The Spring Runoff

photos

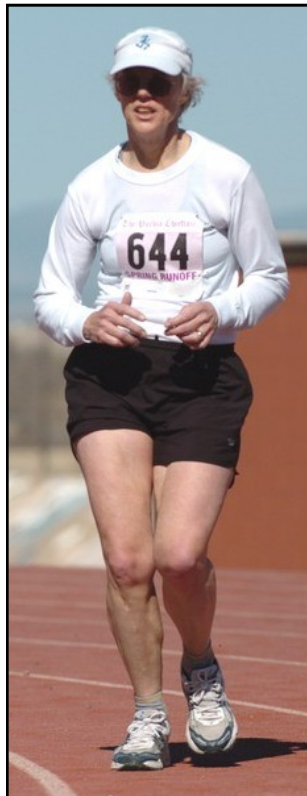


The Spring Runoff  
can be a family affair

Clockwise from upper left

Len & Lori Gregory  
Kevin & Kieran Hughes  
Gabriela, Marisa,  
& Raquel Kemm  
Julie & Warren Marshall

We again thank Larry Volk of Event Pictures for the great action photos of the race. If you wish to view or order a photo from the web, go to: [www.socorunners.org](http://www.socorunners.org) and click "Pictures by Larry Volk" in the "Latest News & Results" section



# The Spring Runoff

more photos



Clockwise from Upper Left

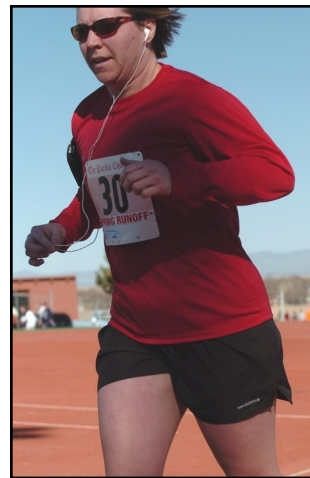
Bill DeMoss  
Chuck Mason  
Awards made by Don Pfost  
Jerry Tiller  
Karl Cordova  
Jessie Quintana  
(who is way too happy)  
Craig Binkley  
(2nd in the 5k)

Photos by Larry Volk



# The Spring Runoff

more photos



Clockwise  
from Upper Left

Start of the  
1-mile fun run

Paulette & Terry  
work results

Shannon Cordova

Rylan Dehn (toddler run)

Terri Tibbs

## Some notes on the Pikes Peak Ascent and Marathon

The Ascent is 100% full as of 3/1/2006, 5:53 pm  
(Ascent filled in 9 hours and 53 minutes)  
Ascent Waiting List is 100% full as of 3/1/2006, 9:15 pm

The Marathon is 100% full as of 3/2/2006, 7:00 am  
(Marathon filled in 23 hours)  
Marathon Waiting List is 100% full as of 3/2/2006, 12:00 pm  
2006 Fastest On The Draw (first registrant for Ascent & Marathon)  
Ascent: Michael Knight, Colorado Springs, CO  
Marathon: Duane Limbaugh, Dale, TX  
2006 Just Barely Made It (last registrant before race filled)  
Ascent: Roger Pumphrey, Colorado Springs, CO  
Marathon: Cheston Souza, Colorado Springs, CO

Solution to puzzle on page 8  
Don't look until you've tried it

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



## 2006 Calendar from here to there\*

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



The RRCA publication  
*FootNotes*  
is now available online.  
See:  
[rrca.org/news/index.php?](http://rrca.org/news/index.php?article=2016)  
article=2016

### April, 06

8th-Sat- 8:00am	(c)	<b>Ramsgate 8</b> <a href="#">Predict</a>	8K	<a href="#">Don &amp; Lois Pfost</a> 719-544-9633
9th-Sun- 9:30am	(a)	<b>YMCA Duathlon</b>	5K/13.6mi/5K	<a href="#">Victoria Herrera-YMCA</a> (719)543-5151
22nd-Sat- 8:45am	(c)	<b>Spank Blasing 5K</b> Walk for CSU-P Women's Cross Country	5K	Craig Binkley
23rd-Sun- 8:30am	(c)	<b>Yappy Dog</b> <a href="#">Predict</a>	8.6M	Ross Barnhart 719-543-6982

Tentative 16-Apr Sun Survival Run 5M Date confirmed but no other info available yet

### May, 06

6th-Sat- ?:??am		<b>Blossom Festival 5K</b> Canon City (3 <sup>rd</sup> & Main)	5K	Sarah Ley 269-8790 St Thomas More HFC
7th-Sun- 7:30am	(a)	<b>Cinco de Mayo Runs</b> State Fairgrounds, Pueblo	10K, 5K, 1.5mi fun walk	<a href="#">Ramon Arriaga</a> 719-549-7659
13th-Sat- 8:00am		<b>Alex Hoag Run for Sunshine</b> Colorado Springs, CO	5K Run/Walk 1 mi compet.	Kim Hoag 719-660-1346
20th-Sat- 6:45am	(a)	<b>YMCA Ordinary Mortals Triathlon</b> Pueblo County HS	525yd/12mi/3mi	<a href="#">Victoria Herrera-YMCA</a> (719)543-5151

### June, 06

25th-Sun 7:30am Adults 10:00am Kids		<b>Prospect Lake Triathlon</b> Memorial Park Colorado Springs	750m/13.1mi/5K Kid's Tri varies by age	<a href="#">Lisa Rainsberger</a> (719)337-2727
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Tentatives 3-Jun Sat Run for Rio 5K Jeff Arnold

(c) 24-Jun Sat Belmont Butt Buster 5M Gina Benfatti - *Prediction Series Event*

### July, 06

Tentatives (c) 8-Jul Sat Women's Distance Fest 5K Diana Tiffany

(a) 22-Jul Sat Pioneer Day 5K 5K Shaun Gogarty

(c) 22-Jul Sat Moonlight Madness 5M Diana Tiffany - *Prediction Series Event*

### August, 06

5th-Sat- 7:15am	Colo Spgs	<b>Rocky Mountain State Games Triathlon</b>	750M/15mi/5K	Travis Oosthoek 719-634-7333x1003
6th-Sun- 7:30am	Colo Spgs	<b>Rocky Mountain State Games 5K</b>	5K Run/Walk	Travis Oosthoek 719-634-7333x1003
11th-Sat		<b>Wild West Relay</b> Ft Collins to Steamboat Springs	195 miles 6 or 12 person teams	<a href="http://www@WildWestRelay.com">www@WildWestRelay.co m</a>

Tentatives: (a) 5-Aug Sat Beulah Challenge 5K,10K Karin Romero

(c) 26-Aug Sat Tunnel Drive 5M Rich Hadley - *Prediction Series Event*

### Oops

There is a real advantage to producing *Footprints* on a computer. To create the April issue, I simply start with the March issue, delete the items that will change, and viola – there is a template for the April issue. This saves lots of time and works well unless I don't read very carefully. The March issue still had 2 references to 2005 which should have said 2006. If you happen to spot an error – please send an e-mail to [ron.dehn@colostate-pueblo.edu](mailto:ron.dehn@colostate-pueblo.edu). Your input is appreciated!

### Cinco de Mayo

Don't forget the Cinco de Mayo events. This year, the events will be held on May 7th at the State Fair Grounds. There are plenty of choices including a 1.5 mile fun walk, and 5k and 10k runs. Always a good time!!!

\*Thanks to 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.

**Upcoming Races / Events**

**Predict Predict Eat Eat**

The Ramsgate 8k on April 8th, and  
 the Yappy Dog 8.6 mile on April  
 23rd are both  
 potlucks. Oh



- by the way,  
 we'll be run-  
 ning too. So if you want a great break-  
 fast (please bring a dish to share) and  
 want to run too, mark your calendars.

**The YMCA Duathlon (Y-BI)** takes place  
 on Sunday, April 9th. How does 5k - 14miles -  
 5k sound? The best of both worlds!!!



**The Spank Blasing 5k**



The 4<sup>th</sup> Annual Walk for Women's Ath-  
 letics will take place on Saturday, April  
 22<sup>nd</sup>. And – this year, organizers are in-  
 troducing the Spank Blasing 5k. The race  
 begins at 8:45 in the parking lot west of  
 Massari Gym on the CSU-Pueblo campus.  
 Breakfast starts at 9:45. To find out more,  
 see: [twelves.colostate-pueblo.edu/walk/  
 index.asp](http://twelves.colostate-pueblo.edu/walk/index.asp) and from there, you can link to  
[active.com](http://active.com) to register.

**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  
 April 5th and May 3rd.

**The Final Thoughts...**  
 Do not believe that it is very much of an advance to do the  
 unnecessary three times as fast. -Peter Drucker (1909-)  
 The main ingredient of stardom is the rest of the team. -John  
 Wooden  
 If I had eight hours to chop down a tree, I'd spend six sharp-  
 ening my axe. -Abraham Lincoln (1809-1865)  
 A sandwich walks into a bar. The bartender says, "Sorry we  
 don't serve food in here."  
 Two termites walk into a bar. One asks, "Is the bar tender  
 here?"  
 A jumper cable walks into a bar. The bartender says, "I'll  
 serve you, but don't start anything."