



Editor: Ron Dehn

FOOTPRINTS

May, Simply May

The Happy Mother's Day Issue

No Jinx for Hut Trip #13 (Margy's Hut April 7-9, 2006)

By Jan Dudley

When I realized that my April hut trip to Margy's Hut would be my thirteenth backcountry ski hut trip, I hesitated a moment to ask myself, "Am I superstitious?" Luckily not, since trip #13 was a tremendous success, without jinx. Besides, who would quit at No. 12 over a superstition?

My 'runner friends' know that I haven't been running much in 2006. I'm up to 4.5 miles now – total, not per week. But they don't understand the snow junkie in me. I love winter, mountains, snow, and all the ways to slide downhill, even if they involve climbing uphill, as backcountry ski trips require.

About ten years ago, I set a goal to ski and stay at one of the twenty-one backcountry huts operated in Colorado by the 10th Mountain Division Hut Association. I needed gear, training, and people with whom to share the adventure. Fortunately, the Colorado Mountain Club

(CMC) is a wealth of resources. I joined the Gore Range Group (GRG) of the CMC in 1997 because their activity schedule matched my goals. (The local El Pueblo group of the CMC also schedules a wide range of activities.) Through the CMC, I gained knowledge and experience along side experienced mountaineers. Some of the gear is expensive – you do not venture into the mountain backcountry without an avalanche beacon, shovel, probe, and emergency equipment, all of which require training and practice to be useful if needed.

The GRG annual hut trip is in April, with the destination hut having been determined the previous year through the 10th Mountain Division lottery for hut reservations. Margy's Hut, near Aspen, and is one of the first two huts in



the 10th Mountain system, built in 1982 in memorial to Margy McNamara, wife of Robert McNamara, former U.S. secretary of defense. The hut has a tribute to Margy's life and work on the wall.

My friends ask me, "What is a hut trip?" Here you go:

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Early Deadline for submissions to June/July issue is May 17th !
Don't forget - we're skipping an issue this summer.



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CSU-Pueblo
Walk for Women's
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SCR Notes from the April, 2006 meeting

Attendance: Stan Hren, Mike Archuletta, Christina Ortiz, Lois Pfof, Don Pfof, Gary Franchi, Jeff Arnold, Terry Cathcart, Michael Orendorff, Hilbert Navarro, Jesse Sena, Dave Diaz, Larry Volk, Matt Hutchings, Ken Raich, Craig Binkley, Sandy Reinsch, Victoria Herrera.

CSU Pueblo X-Challenge: Matt Hutchings presented an overview of event which will include Frisbee Golf, Run, Bike, Kayak, and a Rope course. The club approved use of SCR clock for this event. Survival Run: Mike Archuletta reported that this event will be held on May 21st at 8am.

High School Cross Country Championship Trials Oct 16 2007: Jeff Arnold reported that Pueblo West coach Joe Arrazola is making bid to host this event at City Park. More info and discussion to follow.

Minutes of the March 2006 meeting were approved as presented in the newsletter.

Officer Reports:

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

Membership Chair: Don Pfof reported that there were 154 paid memberships in SCR to date. It was suggested that the club send complimentary newsletters to all high school track and cross country coaches in Pueblo County to achieve bulk rate quota of 200 newsletters. A motion passed

unanimously to provide free lifetime memberships to SCR members 70 years of age and older.

Upcoming Races: Ramsgate 8: Don Pfof reported all is ready for this predict event to be held on April 8. Spirit Fest on The River Walk: Hilbert Navarro and Jesse Sena reported on this 5K event to be held on June 3rd. Jesse presented a proof of poster and entry form which will appear in the upcoming newsletter. YMCA Y-BI Duathlon: Victoria Herrera outlined final plans for this event to be held in Pueblo West on April 9th. Cinco De Mayo: Hilbert Navarro reported that there are 69 entries to date for this event to be held at the State Fairgrounds on May 7th. Pueblo Shores Predict Run: Larry Volk reported that this new predict event will be 10KM or longer in distance and possible dates are Sept 10th or 17th.

Activity Recaps/Updates/Revisits: Spring Runoff: Terry Cathcart reported a successful event with 662 total participants. Terry thanked all volunteers and indicated that The Pueblo Chieftain was pleased with the event. Donation for Levi Medina: A motion passed unanimously to donate \$100.00 to assist Levi Medina to travel to Australia and participate in a running event.

Adjournment: Meeting adjourned at 9:20 PM.

Respectfully Submitted: Stan Hren

Thanks!!!

Thank you to the Ramsgate Volunteers: Race Directors: Don & Lois Pfof; Finish line: Ken Raich, Ross Barnhart, Lois Pfof, and Results: Don Pfof

Thanks again to Lois & Don Pfof for working the finish line at the CSU-Pueblo Walk for Women's Athletics.



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. 289

"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
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Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty Don Pfof

Larry Volk, Stan Hren, Jan Dudley

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.

* Kenya's Robert Cheruiyot and Rita Jeptoo were winners of the 2006 Boston Marathon. This marked Kenya's 4th sweep since 2000.



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

If you love her a bunch,
Take your Mom to lunch



At the Gold Dust
217 South Union



Great Stuff

by Gary Franchi

Simplot is not for simpletons



Thought for today's lunch, compliments of Ernest Haskins, no doubt a realist: *"Save a little money each month and at the end of the year you'll be surprised at how little you have."*

Musings about things I stumbled upon:

Origins of Simplot -- For years now the Southern Colorado Runners organization has been donating money from its Youth Fund to send local high school runners to compete in the Simplot Games, a national track and field meet held each February in Idaho. It's part of the "do-good" effort that helps us live up to our mission of promoting running, health and fitness in southern Colorado.

But, ya know, I always wondered what "Simplot" was. Is it the name of the city in Idaho where the event is held? Is it a shortened variation of "simpleton" that was adopted to poke fun at the mental acumen of these high school competitors? Is it a word invented to befuddle easily-confused running columnists?

Well, no, no and no. Actually, I ran across an explanation while reading "Fast Food Nation," a fascinating and detail-filled non-fiction book written by Eric Schlosser and published about four years ago. It's got a chapter in there about french fries, and it spills the potatoes on the word "Simplot."

The name "Simplot" comes from John Richard Simplot, who is considered the potato baron of Idaho. Mr. Simplot never even competed in track. He dropped out of school at the age of 15 and left home to fend for himself in order to get away from his domineering father. A keen businessman from the start, he parlayed many different money-making schemes to eventually establish a potato and agribusiness empire in Aberdeen, Idaho. (The Simplot Games are held in Pocatello.)

The J.R. Simplot Company's annual sales of \$3 billion come from food, fertilizer, turf and horticultural, cattle feeding and other enterprises related to agribusiness. But it is one of the

world's largest frozen-potato processors, annually turning out 3 billion pounds of french fries and other potato products worldwide, many of which are purchased by fast food enterprises.

Hence the reason for Schlosser having a chapter on it in his book.

Now I know. And now you're asleep.

Bolder Boulder mind field

With the Bolder Boulder 10K right around the corner, the entry forms are out and the articles on it are being written in the Denver newspapers. Each year my excitement for the race is kindled anew, whether I make the trip up there for the race or not. Here are some facts and recent related thoughts that I've had about it:

The Bolder Boulder is the second largest road race in the country and sixth largest in the world, with 42,391 having finished it in 2005. Information in the Denver Post said the Peachtree 10K Road Race in Atlanta is the biggest in the U.S., with an estimated 47,000 runners having finished last year.

Huh? Now think about that for a minute. Why is the number estimated? How come they don't know how many racers finished Peachtree last year? Did a slew of runners pull a Rosie Ruiz and jump in during the race? Did a gaggle of runners walk off the course near the finish to hug family members or grab a beer and never went through the finish chute? Did a bunch of others go through the finish chute several times? If so, what for?

Anyway, the Bolder Boulder will have 78 waves this year. In contrast, the Boston Marathon only had 2 waves for its 20,000+ participants on April 17. I was thinking that it would be nice if everyone at Boulder could have their own start, like triathletes do during snake swim triathlon legs in a pool.

Think about it. If they let 1 runner/walker start every 3 seconds of the Bolder Boulder and using last year's 42,391 runners as a guide, it would take them 127,173 seconds or 2,120 minutes or 35+ hours to start the entire field.

Instead of being the biggest road race, the Bolder Boulder could be promoted as the longest 10K time-wise in the galaxy. But, boy, those volunteers would need to be paid big bucks.

My mind thinks about such things.

Ten other things I was just wondering:

1. Why not put the oils with the salad dressings in grocery stores so that olive oil and balsamic vinegar can be down the same aisle?

2. How does ultramarathoner Dean Karnazes convince his kids that they need their sleep?

3. How could researchers possibly come up with (make up?) data claiming that a low-fat diet has no major benefit?

4. What does it tell you about the current quality of movies when you've got six HBO channels and are never interested in watching any of them?

5. Why does the thought of running the inaugural Colfax Marathon in Denver in May make me think of running down Lake Avenue in Pueblo?

6. Don't you kind of root for Kobe Bryant to miss every shot he takes?

7. Don't you think the world would be a better place if they never wrote stories about the salaries that professional athletes are paid?

8. Wouldn't it be a drag to be on a major league baseball team that finishes .500 and have to walk off the field a loser 81 times during the season?

9. C'mon now, do you really believe that George Harrison was stealing the music of the song "He's So Fine" when he wrote "My Sweet Lord"?

10. Some runners like to run in the heat, but do any cyclists like to bike in the wind?

Until next month, remember that the next time you place an order of fries, you're probably subsidizing the company that the Simplot Games are named after.



Predictions

by Don Pfost

The Ramsgate 8



On Saturday, April 8, twenty runners turned out for the Ramsgate 8 predict, an 8K run on a new course that took advantage of the soft surface of the trails east of the CSU-Pueblo campus.

Lois and I had measured and mapped the course in early February, as one of three alternate routes for the Ramsgate 8. During the week of the race, we anxiously watched the weather forecasts, concerned that rain or snow would turn the course into a muddy mess and force the use of the all-asphalt alternate route. Thankfully, the weather held and the morning of the race dawned clear and calm. Judging by the comments afterwards, runners generally liked the course for a variety of reasons—its newness, the long, mostly downhill stretch on dirt trails, the view of Spanish Peaks, and the challenges of crossing two gullies, one that required fording a small stream, and the other that required grabbing roots and branches to pull oneself up the opposite bank.

Marijane Martinez, Gina Benfatti and Sandy Reinsch arrived about an hour early and ran the entire course to “warm up” and get in their ten miles for the day—for Marijane and Gina, it was part of their training for the Boston and San Diego marathons, respectively.

For the predict run itself, nine runners

finished within one minute of their predicted times, noteworthy considering that the course was new and unfamiliar to most.

Bill Veges placed first, finishing just ten seconds off his predict, followed closely by Larry Volk, eleven seconds faster than his predict, and Matthew Drake, who also had the fastest overall time, thirteen seconds off his predict. Don Pfost and Ron Dehn rounded out the top five places, twenty-nine and thirty-four seconds off their respective predicted times.

As winner, Bill has the dubious honor of being the first to have his name and the year of his win etched on “Ramsgate”, the whimsical race mascot, crafted in the form of a large number eight from cherry wood by Don, and wearing a derby hat, turned from red wood by Lois. (Unfortunately, not everyone appreciates fine art, it seems—after looking at “Ramsgate”, one of the other runners said to me in a voice dripping with sarcasm, “Don, you have too much time on your hands.”)

A potluck followed the run.

Three races into the 2006 Prediction Series finds Dave Diaz in the lead with 265 out of a possible 300 points; Matt Sherman (222.54), Sandy Reinsch

(199.54), Stacy Diaz (183.98) and Larry Volk (177.35) fill out the top five spots. The rest of the top ten includes Bill Veges, Wendy Garrison, Don Pfost, Ben Valdez and Ron Dehn. Of course, the series is in its early stages and, if history is any indication, the standings are likely to change frequently and significantly throughout the year.

The results of the Yappy Dog 8.6M predict, held on Sunday, April 23, along with updated cumulative standings for the series, will be reported in the next issue of *Footprints*.

The next predict is the Belmont Butt Buster, a five-miler, scheduled for Saturday, June 24. Watch the newsletter and webpage for updates.

And finally, the current issue of the UCal-Berkeley *Wellness Letter* has a short piece on the benefits of running for those fifty and older, noting that the risk of injury can be minimized by running on dirt trails—a point well understood by readers of this newsletter and reflected in the favorable comments about the new Ramsgate 8 course. The article includes the website of the All-American Trail Running Association that lists good running trails by state—www.trailrunner.com. It’s worth checking out.





Predict Series Results

Compiled by Don Pfost



Ramsgate 8 Prediction Run

4/8/2006 - 8K

Belmont, CSU-Pueblo Campus and Trails East of Campus
Race #3 of the 2006 Prediction Series

2006 Prediction Series

Cumulative Points as of Predict #3

Place	Name	Predict	Actual	Difference	Points
1	Bill Veges	41:00	40:49.83	00:10.17	100.00
2	Larry Volk	33:50	33:38.96	00:11.04	95.00
3	Matthew Drake	31:15	31:28.24	00:13.24	90.00
4	Don Pfost	57:08	57:37.48	00:29.48	85.00
5	Ron Dehn	44:08	43:33.49	00:34.51	80.00
6	Stacey Diaz	46:00	45:23.09	00:36.91	75.00
7	Jill Montera	40:50	40:09.97	00:40.03	70.00
8	Dave Diaz	40:00	39:16.86	00:43.14	65.00
9	Matt Sherman	34:30	35:23.07	00:53.07	60.00
10	Gary Franchi	43:00	41:57.60	01:02.40	55.00
11	Sandy Reinsch	53:45	52:41.83	01:03.17	50.00
12	Jim Robinson	33:33	35:02.89	01:29.89	45.00
13	Robert Santoyo	41:00	39:19.08	01:40.92	40.00
14	Marijane Martinez	53:30	51:41.26	01:48.74	35.00
15	Jeremy Keener	43:53	42:01.97	01:51.03	30.00
16	Troy Chantala	35:00	36:58.34	01:58.34	25.00
17	Gina Benfatti	52:53	50:32.66	02:20.34	20.00
18	Wendy Garrison	48:00	45:21.43	02:38.57	15.00
19	Becky Medina	48:35	45:22.06	03:12.94	10.00
20	Mary Simmons	44:08	47:47.45	03:39.45	5.00

Place	Name	TuneUp	TrailMix	Ramsgate8	Total
1	Dave Diaz	100.00	100.00	65.00	265.00
2	Matt Sherman	68.42	94.12	60.00	222.54
3	Sandy Reinsch	78.95	70.59	50.00	199.54
4	Stacey Diaz	73.68	35.29	75.00	183.98
5	Larry Volk		82.35	95.00	177.35
6	Bill Veges		76.47	100.00	176.47
7	Wendy Garrison	94.74	64.71	15.00	174.44
8	Don Pfost	84.21		85.00	169.21
9	Ben Valdez	52.63	88.24		140.87
10	Ron Dehn	57.89		80.00	137.89
11	Gary Franchi		58.82	55.00	113.82
12	Kris Spinuzzi	89.47	11.76		101.24
13	Matthew Drake			90.00	90.00
14	Jill Montera	15.79		70.00	85.79
15	Jeremy Keener	47.37		30.00	77.37
16	Marijane Martinez	31.58		35.00	66.58
17	Steve Wall	63.16			63.16
18	Jim Robinson	10.53		45.00	55.53
19	Troy Chantala		29.41	25.00	54.41
20	Joe Bulow		52.94		52.94
21	Jim Keller		47.06		47.06
22	Becky Medina	36.84		10.00	46.84
23	Teresa E. Duran	42.11			42.11
24	Anthony Diaz		41.18		41.18
25	Robert Santoyo			40.00	40.00
26	Stan Hren	26.32			26.32
27	Mary Simmons	21.05		5.00	26.05
28	Clayton Keller		23.53		23.53
29	Gina Benfatti			20.00	20.00
30	Ron Burk		17.65		17.65
31	Damon DuRapau		5.88		5.88
32	Jordan Montera	5.26			5.26



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Ken Raich, Mary Simmons and Wendy Garrison check results

Larry Volk, Matt Sherman, and Jill Montera make predictions

This Page

Mary Simmons & Lois Pfost

Bill Veges admires the Ramsgate Trophy



No Jinx for Hut Trip #13 (Margy's Hut April 7-9, 2006)

(continued)

by Jan Dudley



(Continued from page 1)

8 AM Friday – Meet in Carbondale; distribute group dinner food to meal teams (breakfast and lunch are individual); put climbing skins on skis. This takes awhile. When ready, we caravan by car to the trailhead at the small community of Lenado, CO at 8640' elevation.

11 AM Friday – After a couple wrong turns, and waiting for a missing car, our group of 15 got a very late start for the 6.3 mile trek with a gain of 2660' along the Johnson Creek route to Margy's Hut at 11,300'. We will work up a heat, and it's important not to overdress, but it's also raining at low elevation and spitting snow on us. Staying dry is important. We are wearing telemark boots and skis with climbing skins attached to the ski bottoms. We have packs that contain sleeping bags, clothing, food, first aid, repair supplies, and range from around 30 lb for light packers to over 40 lb for those who require more luxuries (and fresh vs. dried food) at the hut. Of course, we have the required avalanche gear and walkie-talkie radios to communicate from the front of the group to the tail, which by the end of the trek is spread out by a couple hours. (Picture "March of the Penguins". Progress is very slow on the steep sections.)

Similar to my experience with marathon training, my feet grow with each hour on the trail, and by 3:30, I need to stop to change to a thinner liner sock so my

swelling feet can function in the boots. Only 0.7 miles to go.

3:15 PM Friday – The advance group arrives at the hut. After shedding packs & skis, they start with the most important arrival duties: Check out the bivy (outhouse), start a fire in the wood stove, shovel snow into the big pot on the wood stove to melt for water supply, take in the views and listen on the radios to the progress of the rest of us on the trail.

Friday evening – Meal Team #1 prepares dinner of veggies, chili & tortillas. (Meal Team #2, captained by yours truly & spouse Jim, gets to relax!) Following dinner, hutters disperse to a variety of conversation, catching up on each other's adventures for the year, yoga, games, reading material in the hut, and some spirited Euchre card rounds. Some group members have very impressive mountaineering credentials, such as Denali, 6 of the 7 highest peaks on the continents, the 100 highest peaks in Colorado, or all of Colorado's 14'r peaks. This is an esteemed group to mentor with!

Sleeping arrangements are similar in most of the huts, with some common bunk areas and a few private bedrooms that may have a few bunks. Often, huts have mixed groups, rather than all from the same group. It all works out, but don't expect privacy, and bring earplugs. The bunks have a thin mattress and pillow provided; we bring sleeping bags and a personal pillowcase.

Sat. AM – Mornings are a relaxed pace to prepare breakfast and plan the days' ski routes on maps, while waiting for the temperature to warm and soften the snow for skiing. Pumping the melted 'snow water' through water filters to restock Camelbacks and water bottles is a never-ending task. Around 10:30, everyone is dressed to go, gear ready, and we head to nearby Mt. Yeckel

(11,765'). The entire group summited and we skied a variety of routes from there. The routine: skin up, ski down, skin up, ski down, as many times as your cardio and quads can manage. The skinning up may take 20-30 minutes for a 2-3 minute ski down. The views are spectacular. Three of our group found a steeper section of exception snow and left impressive tracks from their route. Skiing the nearby terrain occupies the day, which was sunny and warm this year.

Sat. evening – Our Meal Team #2 menu included margaritas that we experimented on at home for weeks to get a dry mix light enough to carry with 32 oz. of tequila. Success! We shared Pueblo Anaheim chili's in a recipe with chicken & pepper jack cheese (hereby dubbed "Pueblo Chicken") with appropriate accompaniments. Magnificent. After dinner, more lies and laughter about the day's skiing, Scrabble, Euchre, and Indian Poker, all in rousing contests.

Sun. AM – We surveyed the damage from a pine marten (critter) that gained access to the cold food storage and enjoyed some of our leftovers. Too bad he didn't drag it all away, since we have to carry out everything we took in, trash and all. After breakfast, we set about packing, distributing all the trash, and cleaning the hut for the next guests.

The trail out is usually pretty exciting, skiing a fast downhill trail with the unwieldy weight of packs on our backs. Injury prevention is a priority for the whole trip, but especially the trail out! Wherever you might crash, there is likely a tree involved. Quads burn from the power-wedge (snowplow) position. Except that it means the end of the weekend adventure, the ski out is one of my favorite parts. What took about 5-1/2 hours to climb on Friday took only 1-1/2 hours on the fast downhill out on Sunday. Enough snow melted over the weekend that we had to walk the last half mile on muddy road, carrying our

(Continued on page 8)



May

- 2 Ben Valdez
- Sheri Tiller
- Theodore Bikel*
- 4 Paul DallaGuardia
- Audrey Hepburn*
- 5 George Dominguez
- Scott Reno
- Troy Davenport
- Tammy Wynett*
- 10 Melinda Orendorff
- Albert Finney*
- 11 Shaun Gogarty
- Salvador Dali*
- 12 Carol Ratzlaff
- Yogi Berra*
- 13 Steven Lamy
- Stevie Wonder*
- 14 Bonifacio Cosyleon
- Mother's Day
- George Lucas*
- 18 Mark Koch
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- 20 Diane Lopez
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- 21 Thresea Duran
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- 22 Tiffany Bowen
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- 25 Katie Couch
- Mary Davenport
- Miles Davis*
- 26 Lois Pfost
- Hank Williams Jr.*
- 29 Mark Shipe
- Memorial Day
- Patrick Henry*

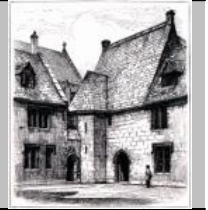
*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

Nostalgia and Whimsy



This column is going to be an equal mix of nostalgia and whimsy, so I thought I would warn you before commencing. I had a chance to go up and spend 3 days in Fort Collins as our 14 year old twins were part of the Colorado Science and Engineering Fair. We all had a great time, and I felt like I had been transported back in time, seeing all the great college buildings and students hustling and bustling about.

I went to college at UCLA, but it is eerie how much the student center at CSU felt like the student center had at UCLA. There was the smell of old paper and coffee, and students in flip-flops and mussed hair. While the twins were manning their station for the required 4 hours per day or so, I had a chance to take in the campus and the town. I found a delightful trail system called the Poudre trail, and it took my breath away! The trail was composed of smooth asphalt with a well kept dirt trail running along side of it: the trail ran parallel to the Poudre river, with gorgeous views of mountains, ducks, and all sorts of wildlife. I felt rejuvenated! And I wondered how many students at CSU take advantage of running or riding along the trail to help deal with the stress of exams, grades, etc. Frankly, I don't think I could have gotten where I am today if I didn't have

exercise as a way to cope with all sorts of things. It's amazing how a problem doesn't seem as big after a good hour run as it seemed before the run!

I also had a chance to hear a presentation by Len Barron entitled "Science, Fairy Tales and Rhythm". In his presentation, Len made a lot of very interesting observations about the life of Einstein and other famous scientists.. Among these was the fact that Einstein was a late talker and didn't start to talk till he was 4. Also, Einstein loved to walk, and never got a drivers license, because he felt that "cars were too complicated for him to figure out". Finally, Len made the point that Einstein felt knowledge was very important, but imagination and playfulness were probably more important.

I'm not sure what the point of this column was, except that those of us who have been lucky enough to have discovered the beauty of a quiet run along a babbling brook have found a way to stay healthy and playful! Till next time, may all your runs be filled with great beauty and wonder.

Sincerely,

Rocky Khosla, M.D.

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

Puzzle provided by
www.sudokuworks.com
 puzzle software
 THANK YOU
 SUDOKUWORKS!

In case you have not worked a sudoku puzzle, here's the rules:

Each row, each column, and each of the nine 3x3 mini-grids must contain the numbers 1 through 9 exactly once.

There's no math involved, just use logic and the process of elimination to determine the placement of the numbers in each cell.

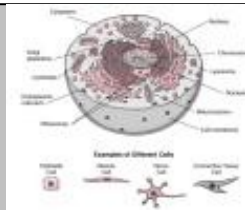
There's only one solution to the puzzle. See the above website for more info and tips, and see page 8 for the solution to this puzzle.

Trail Notes

By Shaun Gogarty
Putting Things



in Perspective



About this time four years ago, I was signed up and ready (well, I had a bike and some spandex) to go on “Ride the Rockies”. A very good friend of mine had convinced me that bike riding was a good alternative to running. Always one to jump in over my head, my friend had further convinced me that a good ride was Ride the Rockies – 7 days and about 500 miles. He had actually made a “weak” (basically unprepared) attempt several years before -completing about 1.5 days of the ride. He was now anxious to redeem himself and wanted me to be with him for his long awaited success – or maybe my demise was to be his excuse if we failed. Undoubtedly, I would have been completely in over my head if we had done the ride. Fortunately for me we never started. Unfortunately for him, instead of riding he went for surgery, radiation and chemotherapy.

This could be an article about “running for the cure” or how I ran and raised money to save my friend. But I didn’t “run” for my friend. I would have loved to help find a cure for my friend, my money seemed more helpful then my running. And at the risk of offending everyone that has ever run one of those

racers (and for once I honestly do not mean to offend), I have never quite understood the connection between my running and money for “curing”. I guess it just seems like the runner is an unnecessary middleman (or woman). Why don’t people who want to help find a cure, just donate money to people who are working on a cure. In my mind the only need for a “runner” in that equation is if the donator or researcher just happens to be a runner. Of course, if donors feel better about donating and runners feel better about running because a race is involved – then good for the middleman (or woman) in helping get closer to a cure. Which sort of brings us back to my friend, because he was “cured”, at least until last week.

Towards the end of 2005 we talked again about finally doing Ride the Rockies. He wasn’t sure he would be in shape but it would be good to finally attempt the goal. Then, almost four years to the day, he found a lump in the area where his used to have a breast and pectoralis muscle (1% of breast cancer occurs in men). Finding a lump once is scary. Knowing what a lump can really mean (i.e. surviving surgery, chemo, and

radiation) and finding one again is terrifying. Unfortunately, the lump was cancer again and Ride the Rockies is not going to happen – again. In fact at this point he doesn’t even know what is going to happen or if he will live to have an opportunity to go on Ride the Rockies.

Cancer puts life, or maybe more accurately death, in perspective. But the reality of life, with or without cancer is that there will be death. Which is kind of a weird and not very fun topic for my column except for how all of this has put my running and riding in perspective. Maybe you can “run or ride for a cure” or run and ride just to avoid the need for some cures, but something will eventually kill you. When you start thinking about the “end”, is it really which race you ran or how fast you ran that you think about – in other words does what you did really matter? Or is the truly important issue who you did things with and how you treated them. I sure wish I had made more time to ride with my friend on any road at this point. Someday I may still like to do Ride the Rockies, but if it isn’t with my friend, it probably won’t really be worth the ride.

(Continued from page 6)

skis. The cooler in the car contains a couple “col’ beer” rewards.

Next year we are returning to the Fowler/Hilliard hut, the site of my first trip with the group in 1998. I’d better start running to get in shape.

For more information:

10th Mountain Division Hut Association

(<http://www.huts.org/>)

The Colorado Mountain Club

(<http://cmc.org/>)

Colorado Avalanche Information Center

(<http://geosurvey.state.co.us/avalanche/>)

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

Solution to Puzzle on Page 7





Ramblin

by Ron Dehn

Tribute to Mike



This month's column is dedicated to Mike Tearpak. Mike recently passed away at the age of 55. The column below is a reprint from the October, 2004 Footprints.

Editor's Note: For this month's column, we thought we'd share a nomination letter that Marijane and I wrote for the Spirit of the Corporate Cup Award. This award is given to one person in each division who most embodies the ideals of the event. Read on and you will see what I mean. Mike is an SCR member and won the Spirit Award for Division 3.

It is an honor to nominate Michael Tearpak from CSU-Pueblo for the Spirit of the Corporate Cup Award for 2004. Mike has always had a focus on healthy living. He has been a life long runner, beginning with cross-country in high school. He has participated in Corporate Cup since he began working at CSU-Pueblo and prior to that he participated

for the City/County Health Department.

In spite of a healthy lifestyle, this spring Mike was diagnosed with lung cancer. Mike began to refocus his energies. He became a living model of the YMCA triad of Spirit, Mind and Body. Mike already had deep spiritual roots. He is one of the most positive people you will ever encounter.

Mike has undergone 6 rounds of chemotherapy, yet has not stopped exercising. He had to modify his exercise routine, many times walking rather than running, but he persisted. His doctors told him surgery would be required to remove the diseased portion of his lung but with time new cells began replacing the bad cells and miraculously his lung healed without surgery. Mike's last chemo treatment was in July. A few weeks ago his doctors pronounced him cancer free!

In spite of the cancer and the side effects of chemotherapy, Mike participated in

the Corporate Cup 1 mile run and 5k walk/run.

Mike's story is one of courage, determination, attitude and just plain guts. While facing a life threatening disease, he maintained a positive attitude, and took action necessary to regain his health. In spite of his own struggles, he found the strength to reach out and help other individuals diagnosed with cancer. Mike Tearpak is an inspiration to all and lifts the spirits of all who have contact with him. Mike is worthy of being awarded the Spirit of the Corporate Cup Award for 2004.

Second Editor's Note: We asked Mike for permission to print this letter he had two items he wanted to share. First, he wanted people to understand the importance of being strong and focusing on the positive when facing great difficulties. Secondly, Mike is quite spiritual. He gives the ultimate credit for his healing to God and His son Jesus.

Epilogue:

Unfortunately, a few months after the above article appeared, the cancer returned. And - Mike continued to fight.



Mike's faith and determination never wavered. He remained positive, and in spite of his pain and the effects of the treatments, he continued to be a joy to those around him. He continued to be one of those rare people who

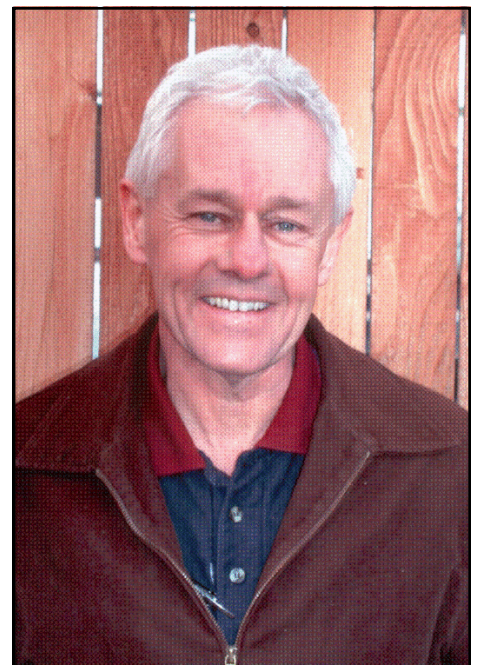
could light up a room, simply by being there.

He remained strong in Spirit and Mind, even though his body was under siege. He knew he was dying, but a week before he passed away, he told me that he was still stronger than the cancer. And he was. The cancer took his physical life, but never took away Mike's essence. He simply would not let it.

Mike and I used to run together on the trails near CSU-Pueblo. I had to mentally prepare myself when we ran, because he always pushed me.

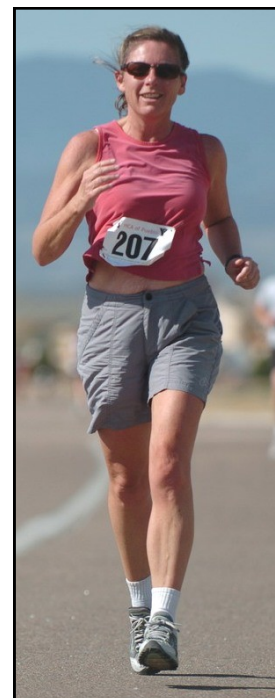
He did something unusual. He would sprint up the hills. I asked him why he did this and he said that he ran fast to finish them quicker. In other words, he met the hills head-on. That's the way he met other challenges as well.

Thanks Mike!



The Y-Bi Results & Photos

OA	Gp	PI	PI	Name	Ag	Sx	From	5k Run	Bik + Trns	5k Run	Tot
1	1	1	1	Michael Hagen	43	M	Colo Spgs	18:10	36:10	19:24	1:13:45
2	2	2	2	Steve R Pyle	47	M	Riverside, CT	19:56	36:19	20:21	1:16:36
3	3	3	3	Dean Maruna	46	M	Erie	18:10	38:10	21:33	1:17:53
4	1	1	1	Jim Webber	38	M	Colo Spgs	19:23	38:23	20:23	1:18:09
5	4	4	4	Darrin Eisman	41	M	Golden	18:27	40:38	19:42	1:18:47
6	2	2	2	Edward G Oliver	37	M	Littleton	20:15	37:35	22:20	1:20:10
7	3	3	3	Stephen A Dupree	38	M	Boulder	18:19	43:05	19:29	1:20:53
8	1	1	1	Jesse Jakomait	29	M	Pueblo Wst	21:54	37:10	22:40	1:21:44
9	1	1	1	Woody Noleen	50	M	Colo Spgs	20:06	40:30	21:14	1:21:50
10	4	4	4	Chris Borton	30	M	Golden	18:12	44:11	19:53	1:22:15
11	5	5	5	Randy Evans	44	M	Boulder	20:10	41:58	20:49	1:22:58
12	6	6	6	Gus Appenzeller	43	M	Pueblo Wst	20:27	41:21	21:39	1:23:26
13	5	5	5	Kent Murray	37	M	Colo Spgs	20:28	42:36	21:40	1:24:44
14	6	6	6	David G. Zybowski	34	M	Brighton	19:30	44:53	21:17	1:25:40
15	2	2	2	Shaun K. Riebl	25	M	Colo Spgs	20:16	44:09	21:42	1:26:07
16	7	7	7	Thom LeDoux	32	M	Canon City	21:45	42:16	23:11	1:27:11
17	1	1	1	Lianne K. Evans	36	F	Boulder	22:17	42:48	22:58	1:28:04
18	8	8	8	Matt Larsen	35	M	Colo Spgs	21:43	42:24	24:28	1:28:35
19	2	2	2	Eva Hagen	38	F	Colo Spgs	20:51	47:07	21:36	1:29:34
20	3	3	3	Chris S McIntyre	26	M	Colo Spgs	20:58	47:14	22:02	1:30:14
21	7	7	7	Roger A Giordano	41	M	Pueblo	20:57	46:17	24:32	1:31:46
22	4	4	4	Jeff D. Vanlwarden	25	M	Aurora	21:53	47:40	22:47	1:32:20
23	1	1	1	Alicia J Hamilton	28	F	Pueblo Wst	22:47	45:54	24:28	1:33:09
24	5	5	5	Brian S. Vanlwarden	26	M	Canon City	21:34	49:31	22:34	1:33:39
25	2	2	2	Dave M Diaz	57	M	Pueblo	21:24	49:35	22:55	1:33:54
26	6	6	6	Joshua Johnson	26	M	Colo Spgs	23:22	45:02	26:00	1:34:24
27	8	8	8	Chris Gredig	46	M	Pueblo	23:12	47:06	24:43	1:35:02
28	9	9	9	Tom Ratzlaff	45	M	Pueblo Wst	23:12	47:19	24:31	1:35:02
29	9	9	9	Shawn P Loppnow	39	M	Pueblo	23:15	47:14	24:35	1:35:04
30	10	10	10	Kenny Johnson	43	M	Colo Spgs	23:34	48:19	24:13	1:36:06
31	3	3	3	Mark S Stecher	56	M	Arvada	23:40	46:35	26:02	1:36:17
32	11	11	11	Stephen P Miller	45	M	Greenw d Vlge	24:41:00	44:56	26:58	1:36:35
33	12	12	12	Richard A Edrich	45	M	Denver	20:42	53:17	22:55	1:36:54
34	13	13	13	Steven C. Wall	42	M	Pueblo	22:40	50:02	26:54	1:39:35
35	1	1	1	Stacey A Diaz	45	F	Pueblo	25:36:00	51:58	26:35	1:44:09
36	4	4	4	James Beckenhaupt	58	M	Colo Spgs	25:12:00	51:27	28:07	1:44:46
37	7	7	7	Lee Feigenbaum	29	M	Colo Spgs	25:57:00	48:57	30:49	1:45:43
38	2	2	2	Terri A Tibbs	42	F	Pueblo Wst	24:25:00	54:06	27:13	1:45:45
39	14	14	14	Robert S Brotherston	47	M	Colo Spgs	25:58:00	54:25	25:27	1:45:50
40	10	10	10	Brian Landis	34	M	Colo Spgs	25:29:00	53:02	27:33	1:46:03
41	15	15	15	David Patrick	43	M	Colo Spgs	26:02:00	51:56	29:13	1:47:11
42	8	8	8	Marcus J Brady	28	M	Littleton	26:02:00	50:22	31:26	1:47:49
43	16	16	16	Larry Fruge	49	M	Colo Spgs	24:50:00	56:07	27:10	1:48:07
44	17	17	17	Mike Archuleta	45	M	Pueblo	26:20:00	51:25	30:27	1:48:12
45	11	11	11	David Lee	36	M	Colo Spgs	24:18:00	56:16	28:30	1:49:04
46	12	12	12	Dave Grove	38	M	Trinidad	25:44:00	55:58	28:37	1:50:19
47	3	3	3	Susan E Hirst	45	F	Pueblo	26:26:00	49:32	34:32	1:50:31
48	2	2	2	Stephanie Hirst	20	F	Pueblo	27:24:00	54:40	29:10	1:51:14
49	5	5	5	Byron Beard	53	M	Pueblo Wst	27:46:00	52:01	31:30	1:51:17



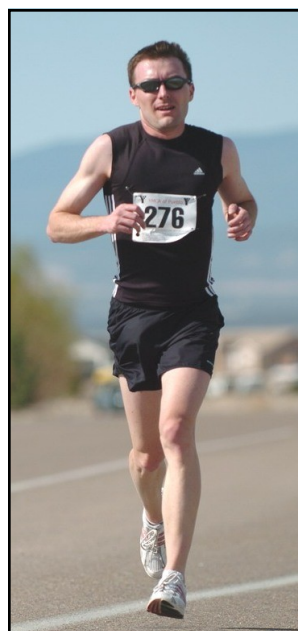
Next Page
Clockwise from top

Above L to R
Byron Beard
Barbara Hadley

Stacey Diaz
Wilmer Perez
Gus Appenzeller

Below
Chris Borton
Tom Ratzlaff

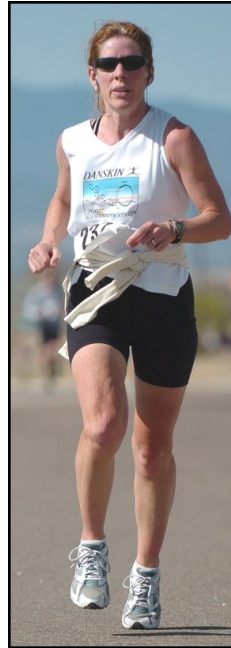
Dave Diaz
Ashley Samek
Mike Archuleta
Brandon Baca



The Y-Bi

Results & Photos

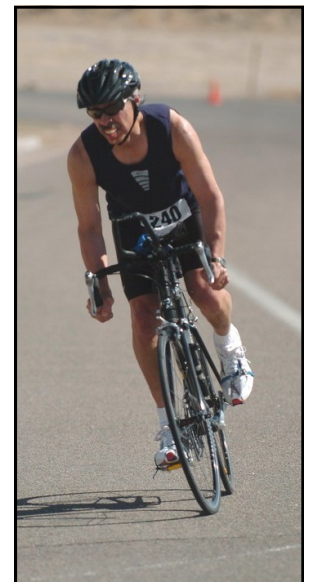
OA	Gp	PI	PI	Name	Ag	Sx	From	5k Run	Bik + Trns	5k Run	Tot
50	13			Brandon Baca	36	M	Trinidad	25:43:00	54:55	30:54	1:51:33
51	18			Tom Chapin	46	M	Denver	30:11:00	56:41	28:30	1:55:22
52	19			Mark T House	46	M	Pueblo Wst	27:48:00	58:05	29:36	1:55:29
53	14			Matt Maher	36	M	Colo Spgs	29:02:00	54:46	32:03	1:55:51
54	6			Roger D Pumphrey	58	M	Colo Spgs	29:42:00	55:16	30:59	1:55:56
55	7			Wilmer Perez	57	M	Pueblo	27:18:00	52:20	36:19	1:55:57
56	3			Rachel DeHerrera	29	F	Colo Spgs	28:46:00	57:44	29:29	1:55:59
57	15			Greg Gauna	36	M	Pueblo	24:01:00	1:04:25	27:50	1:56:16
58	9			William J Keener	26	M	Pueblo	25:38:00	1:03:45	29:24	1:58:46
59	8			Mike Borton	50	M	Pueblo	26:38:00	1:05:23	27:55	1:59:56
60	4			Ashley E. Samek	21	F	Pueblo	27:04:00	1:00:39	32:33	2:00:16
61	1			Barbara J. Hadley	52	F	Rye	27:36:00	1:04:08	29:27	2:01:11
62	3			Heather Baca	34	F	Trinidad	25:52:00	1:08:36	27:46	2:02:14
63	1			Karen Fady	63	F	Colo Spgs	30:36:00	1:01:12	31:35	2:03:24
64	4			Melanie K. Galay-Miller	36	F	Greenwd Vlge	29:26:00	1:02:05	32:19	2:03:51
65	10			David Gapper	24	M	Colo Spgs	24:35:00	1:13:04	27:31	2:05:10
66	20			Tim Peters	44	M	Boncarbo	27:10:00	1:03:15	35:19	2:05:44
67	5			Jennifer Borton	29	F	Golden	28:15:00	1:04:16	34:14	2:06:44
68	4			Meg Gredig	46	F	Pueblo	27:52:00	1:08:18	32:14	2:08:24
69	2			Maria Fruge	50	F	Colo Spgs	30:44:00	1:05:19	33:34	2:09:36
70	5			Kelley Klassen	39	F	Littleton	28:05:00	1:10:22	31:14	2:09:41
71	1			John C Sturtevant	72	M	Salida	32:48:00	1:03:08	35:23	2:11:19
72	3			Susan W. Jones	50	F	Englewood	28:00:00	1:11:38	31:53	2:11:31
73	16			Eric M. Clark	35	M	Trinidad	29:17:00	1:08:01	36:19	2:13:36
74	5			Laura B. Schafer	42	F	Pueblo	27:24:00	1:18:27	30:06	2:15:57
75	6			Kim Jones	37	F	Littleton	32:57:00	1:11:45	37:05	2:21:48
76	21			Damon D DuRapau	44	M	Pueblo	29:08:00	1:28:46	34:38	2:32:32
77	6			Brandy Krow-Romero	26	F	Pueblo	31:13:00	1:31:45	40:17	2:43:14
78	4			Ann M Noble	58	F	Denver	42:54:00	1:16:49	52:29	2:52:13



Photos courtesy of
Larry Volk
Of Event
Pictures .com

Go to the SCR
homepage and click
on the Results link
to see results and
view your photo

THANKS LARRY!





The CSU-Pueblo Walk for Women's Athletics & Spank Blasing 5k Run



The 4th annual Walk for Women's Athletics took place on Saturday, April 22. The event is a fund raiser at CSU-Pueblo. This year, the Spank Blasing 5k Run was added. Thirty-four runners completed the hilly course and an estimated 100 walkers raised funds and walked 2 miles. Participants were

treated to breakfast, massages, and a host of door prizes.

With a slight variation at the end, the course is identical to the Corporate Cup course, so next year you Corporate Cuppers can use this race as a spring tune-up.

Spank Blasing even showed up to fire the starting gun. Spank has been retired for over 20 years, but is a legend in Pueblo athletics. He taught and coached track and cross country at (then) PJC, SCSC, and USC. He also served the campus in administrative roles.

5k Results

Pl	Name	Sx	Time	Pace
1	Matt Drake	M	18:31	5:58
2	Lauren Dunsmoor	F	19:08	6:09
3	Jake Book	M	19:41	6:20
4	Glen Clemons	M	20:13	6:30
5	Major Willette	M	20:53	6:43
6	Kevin Van Hook	M	20:54	6:44
7	Rachelle Christensen	F	20:59	6:45
8	Lindsey Schryver	F	21:52	7:02
9	Troy D Chantala	M	22:10	7:08
10	Bill Mares	M	22:12	7:09
11	Gene Mares	M	22:26	7:13
12	Greg Guana	M	22:31	7:15
13	Andrea Fox	F	22:48	7:20
14	Jeremy Gregory	M	22:48	7:20
15	Shannon T Rodriguez	M	23:17	7:30
16	Trent Fechter	M	23:37	7:36
17	Brenda Baker	F	25:07:00	8:05
18	Synquios Carter	F	25:10:00	8:06
19	Donald Di Prince	M	25:15:00	8:08
20	Ron Dehn	M	26:38:00	8:34
21	Jennifer Lane	F	26:46:00	8:37
22	Laura Henkel	F	26:46:00	8:37
23	Keith Cater	M	27:03:00	8:42
24	Jennifer Rogers	F	27:18:00	8:47
25	Tom Katzlaff	M	27:19:00	8:48
26	Todd Kelly	M	27:24:00	8:49
27	Laurie Wertzberger	F	27:44:00	8:56
28	Joan Sindler	F	27:44:00	8:56
29	Shannon D Rodriguez	M	27:52:00	8:58
30	Dan Comden	M	29:19:00	9:26
31	Bonifacio A Cosyleon	M	35:11:00	11:19
32	Mike Duran	M	35:12:00	11:20
33	Jim Gonzales	M	35:47:00	11:31
34	Chuck Zenvett	M	41:32:00	13:22



Clockwise from above

Laura Brandt and Richard Joyce head up the Alumni Contingent of Walkers



Spank Blasing, a Pueblo legend

Dan Comden heads for the water

The massage tables were filled



2006 Calendar from here to there*

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

May-06

6th-Sat-8:00am	Blossom Festival 5K	5K	Sarah Ley 269-8790
	Canon City (3 rd & Main)		St Thomas More HFC
6th-Sat-8:00am	Lamar Spring Sprints	1.5mi/5K/10K	Shawna Hodge
	Gazebo @ Willow Creek Park		719-336-6720
			Prowers Medical Center
7th-Sun-7:30am	(a) Cinco de Mayo Runs	10K, 5K,	Ramon Arriaga
	State Fairgrounds, Pueblo	1.5mi fun walk	719-549-7659
13th-Sat-8:00am	Alex Hoag Run for Sunshine	5K Run/Walk	Kim Hoag
	Colorado Springs, CO	1 mi compet.	719-660-1346
20th-Sat-6:45am	(a) YMCA Ordinary Mortals Triathlon	525yd/12mi/3mi	Victoria Herrera-YMCA
	Pueblo County HS		(719)543-5151
21st-Sun-8:00am	(a) Survival Run	5K	Mike Archuleta
	Mineral Palace Park		(719)583-4420

Jun-06

25th-Sun	Prospect Lake Triathlon	750m/13.1mi/5K	Lisa Rainsberger
7:30am Adults	Memorial Park	Kid's Tri varies by age	(719)337-2727
10:00am Kids	Colorado Springs		
Tentative			
3-Jun Sat	Run for Rio	5K	Jeff Arnold
(c) 24-Jun Sat	Belmont Butt Buster	5M	Gina Benfatti - <i>Prediction Series</i>

Jul-06

Tentative			
(c) 8-Jul Sat	Women's Distance Fest	5K	Diana Tiffany
(a) 22-Jul Sat	Pioneer Day	5K	Shaun Gogarty
(c) 22-Jul Sat	Moonlight Madness	5M	Diana Tiffany - <i>Prediction Series Event</i>

Aug-06

5th-Sat-7:15am	Rocky Mountain State Games Triathlon	750M/15mi/5K	Travis Oosthoek
	Colorado Springs, CO		719-634-7333x1003
6th-Sun-7:30am	Rocky Mountain State Games 5K	5K Run/Walk	Travis Oosthoek
	Colorado Springs, CO		719-634-7333x1003
11th-Sat	Wild West Relay	195 miles	www.wildwestrelay.com
	Ft Collins to Steamboat Springs	6 or 12 person teams	
Tentative			
(a) 5-Aug Sat	Beulah Challenge	5K, 10K	Karin Romero
(c) 26-Aug Sat	Tunnel Drive	5M	Rich Hadley - <i>Prediction Series</i>

The 5k Survival Run

is scheduled for an 8:00 am start on May 21st, 2006 at Mineral Palace Park. There will be male and female divisions for 19 and under, 20-29, 30-39 ... 60-69, 70+. 1st, 2nd, and 3rd place in each group will receive an award, and each entrant will receive a shirt and goodie bag. The race fee for early registration (before May 14th) is \$20 (SCR \$17) and \$25 after that. Contacts: Mike Archuleta, Director ER, Parkview Medical Center, 584-4917 and Christina Ortiz, Executive Director, Pueblo Rape Crisis Center, 583-4420.



Sunday, June 11, 2006, will mark the 30th running of the Garden of the Gods 10 Mile Run, a race that some say has it all: a spectacular setting, a physically demanding course and competition in nearly all age groups. Although the start line is outside the boundaries of the park, most of the run is inside the beautiful Garden of the Gods on the west edge of Colorado Springs. For more information, and to register, see: <http://www.pikespeakmarathon.org>

*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
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***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.



The Cinco de Mayo runs will take place on the Sunday closest to cinco. This year, the event will be held beginning at 7:30 am on May 7th at the State Fairgrounds. You have your choice of a 1.5 mile fun walk, a 5k run, or a 10k run. There's usually lots of other activities that day as well.

There's some changes this year for the YMCA Ordinary Mortals Triathlon (OMT). First, there is a new location. The OMT will be held at Pueblo County High School on the Mesa east of Pueblo. Secondly, both men and women compete on the same day, Saturday, May 20th. Slots are limited, so register early. See the SCR website for more info.



Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org

The Next Meeting: SCR meetings are typically held at 7 pm on the 1st Wed of each month at the Pueblo YMCA. Once in a while there is an exception, but not often. All SCR members are welcome!!! See you on May 3rd and June 7th.

The Final Thoughts...
 If I have seen farther than others, it is because I have stood on the shoulders of giants. -Isaac Newton, philosopher and mathematician (1642-1727)
 If you break your neck, if you have nothing to eat, if your house is on fire - then you got a problem. Everything else is inconvenience. -Robert Fulghum
 Silent gratitude isn't very much use to anyone. -Gertrude B. Stein
 After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him... The moral: When you're full of bull keep your mouth shut. Will Rogers