



Editor: Ron Dehn

FOOTPRINTS

Roll out those lazy, hazy, crazy, days of summer

The Father's Day / Summer Solstice Issue

Boston Marathon revisited with a couple of new twists..... by MoJo

When I went to Boston two years ago to run the marathon I really didn't think I'd be going back. However, I had made a promise to Diane Lopez that if we both qualified and she wanted to go I would go with her. We qualified as did Ben Valdez so the three of us along with our support person, Sandy Reinsch made the trek to Boston.

This marathon was different than the last in a couple of ways. Number one and most important it was more special because it was the first time I was going to run a marathon as a "grandmother". Our granddaughter, Emeri Rae Hale was born March 22, 2006 and needless to say she is PRECIOUS. Also, since Nick and I now live in Las Vegas some of my long runs were done here with members of the Las Vegas Track Club (LVTC). The club had organized training runs for the Boston Marathon and the San Diego Marathon which Gina Benfatti will be running in just a few weeks. The LVTC had the course marked and water stations complete with Gatorade and gels for each long run. In addition there were goodies at the end of the training runs too. The number of run-

(Continued on page 14)



Ben Valdez, Diane Lopez, and Marijane Martinez were SCR's representatives in the 2006 Boston Marathon

The Predict Series
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**Maratona della
citta di Roma**
Pages 10 & 11

**The Cinco de Mayo
Results**
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SCR Notes from the May, 2006 meeting

Attendance: Stan Hren, Ken Raich, Jesse Sena, Craig Binkley, Mike Archuleta, Ron Dehn, Victoria Herrera, Paulette Arns, Don Pfof, Lois Pfof, Mike Orendorff, Jeff Arnold, Samantha Davenport, Troy Davenport, Hilbert Navarro, Ramon Arriaga, Dave Diaz, Gary Franchi.

Minutes of the April 2006 meeting were approved as printed in the newsletter.

Officer Reports: Treasurer's report as presented by Dave Diaz was approved. Newsletter Editor: Ron Dehn thanked Larry Volk for the excellent photos provided from the Yi-Bi duathlon. Membership Chair: Don Pfof reported that he had sent 29 letters to members who had not renewed for 2006 with 12 positive responses. Currently there are 170 paid up members. Webmaster: Mike Orendorff reported all is well with the website and asked all at the meeting to submit to him more informational items to keep the website more appealing to all.

Upcoming Races: Ordinary Mortals Triathlon May 20: Victoria Herrera reported that there have been 300 entries to date for this event which will have chip timing by Race Management of Denver. SCR will assist her in changing a portion of the bike portion of the course in order to remove a half mile of unpaved roadway from the course. Cinco de Mayo May 7: Hilbert Navarro and Ramon Arriaga reported that all is ready for this event with 150 participants registered to date. Run for Rio June 3rd: Jeff Arnold reported

that all is ready for this excellent 5K event which provides scholarship money for Rye High School athletes. Spirit Fest on the River Walk June 3: Jesse Sena and Hilbert Navarro reported that all is ready for this event and entry forms will be included in the upcoming SCR newsletter.

Activity Recaps/Updates/Revisits: Ramsgate 8 April 8: Don and Lois Pfof reported a great event with a great course that was enjoyed by all. Spank Blasing April 22: Craig Binkley reported a successful event with only a few minor problems. Lunch with Lisa April 29: Ken Raich reported that luncheon visit with Lisa from RRCA was very informative and that RRCA will be going through major organizational changes during the year.

New Business: Pueblo Advocacy Center: Troy Davenport of the Pueblo Advocacy Center Board and his daughter Samantha made a presentation to SCR on behalf of this organization which assists abused children in re-adjusting to society following traumatic abuse. SCR was asked for assistance with regard to a fundraiser planned for Sunday Sept 10. This event will be a bicycle tour from Pueblo to Beulah and back followed by a spaghetti dinner. SCR will provide a time clock at the finish. A motion also passed unanimously to donate \$250.00 to this worthwhile cause. Discussion was held to explore ways of getting more younger runners involved in SCR and road racing. Suggestion

was made that we offer a discounted entry fee of \$5.00 for school age athletes competing in SCR sponsored events.

CSU women's Cross Country: Craig Binkley reported that there are 8-10 possible prospects for next year's cross country team at CSU Pueblo.

Adjournment: Meeting adjourned at 8:45 PM.

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. 290

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Current SCR Officers

President	Ken Raich	564-0847
Vice President	Rich Hadley	784-6514
Co-Secretary	Stan Hren	647-9736
Co-Secretary	Marv Bradley	275-1855
Treasurer	Dave Diaz	564-9303
Non-Elected Officers		
Membership Chair	Don Pfof	544-9633
Newsletter Co-Editor	Ron Dehn	547-9273
Newsletter Co-Editor	Debra Wall	544-4254
Editorial Consultants	Gary Franchi, Bobby Aragon *	
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty, Don Pfof

Linda Strange, Marijane Martinez, Stan Hren, Ross Barnhart

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.

* Bobby Aragon of Pueblo Central set three regional records in track at the May 13th Regional Meet at Dutch Clark Stadium. The records are: 400 meters – 48.46 seconds, 100 meters – 11.19 seconds, 200 meters – 21.93 seconds



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

Why Not?



Take Dad to Lunch

**At the Gold Dust
217 South Union**



Great Stuff

by Gary Franchi

Speed is of the essence



Thought for today's lunch, compliments of Bart Simpson: "Thanks to television, I can't remember what happened 8 minutes ago."

Musings about running, fitness, life:

The problem with speed work is that the more I understand the principles involved, the less I am able to actually do the speed work. Not that I'm suggesting in any way that I ever could in the first place. I mean, c'mon, let's get serious.

Not having been a runner nor an endurance athlete of any kind back in the ancient times of my youth, I never learned speed work principles. It wasn't until I started jogging during the first running boom, seemingly back during the Civil War, that I found out a runner might become faster by doing speed work. I stress the word "might."

Back then, I was introduced to doing quarter-mile repeats on a track. Because the distance and contours rarely change from week to week, quarter-mile repeats are easy to measure. This makes it possible to gauge progress over time, especially if you have a good memory or can keep a training log, which also depends on having a good memory as well as note-taking industriousness.

The problem with track workouts is that they are boring. A tad monotonous, too. Oh, and not a lot of fun but a lot of hard work.

One of the biggest things I learned from these is how bad the local tracks were. Like the old USC oval that had cracks so big that you could stick whole fingers in them. Sometimes when a bit short of cash, I'd look for coins in those cracks.

By today's standards, those workouts seem so primitive. Instead, now I look for coins in the parking lots outside convenience stores and grocery outlets.

No, seriously, speed work is really sophisticated today. You can get on the Internet or pick up any issue of a running magazine and learn detailed techniques one can use to get swifter.

These are usually written by past running greats who are being called on to pass on their knowledge to others.

They cover all the training buzzwords like lactate threshold, tempo runs, cruiser tempos, fartlek (tee-hee!), VO2 max, etc., to carefully and scientifically explain the process of becoming a stud runner. You get the feeling that anyone who follows the program can become a good runner.

That's all great and all but, uh, some of us are actually real human beings not blessed with the talent needed to do such workouts. Some of us might even work, meaning that when we finish our workday, the last thing we want to do at 6 p.m. is an intense workout.

And, yes, these sessions are still boring and a lot of hard work.

Maybe if the workouts were livened up a bit, made more entertaining with some new visuals, we might be more apt to try them. Being who I am, I've been scouting around for some new locations for doing some speed work sessions.

How about Dutch Clark Stadium, for instance? During the year, why not schedule speed work sessions on the track when you're able to get in there during high school football games and soccer matches? Hey, it would be fun to run in front of a crowd for a little variety.

What about the runway at the airport? You'd have to mark off distances, but think of the rush of running next to a moving airplane.

What about the main straightaway at the Pueblo Mall? If the walkers can get in there in the morning, why not runners? This would be for shorter intervals.

The interstate. Setting up some cones to block off a lane could be difficult, so you may have to run on the right shoulder. Could be a little noisy, but just crank up the headphones.

The State Fair grounds. It's awesome in there and the gates are open all year round. Might be tough navigating around the crowds in late August

through Labor Day, though.

OK, one more and this one's my favorite -- the new Wal-Mart in Pueblo West. I mean INSIDE the store, not outside. Ever look down a main aisle of the grocery section from the front of the store? Man, the dairy section at the back appears to be a half-mile away. Think of the repeats you could do in there.

Shoot, and on your recovery jogs you could look for coins on the floor.

Ten things I was just wondering:

1. How could all those shooters possibly miss James Bond every time?

2. So when exactly was it that the media came up with the ridiculous idea that the NFL draft is as hype-worthy as the Super Bowl?

3. How did the practice of patting an athlete on the butt for making a good play ever get started?

4. Wouldn't a better word for "proactive" actually be "preactive?"

5. Sometimes, don't you just feel like staying ON the beaten path?

6. How would you like to be the silkscreen company that has the contract for Bolder Boulder shirts?

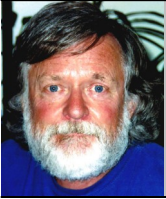
7. Gee, can't the writing pen manufacturers give us a couple more dozen or so pen styles to choose from?

8. How come they don't have a "black dye" food additive?

9. How would you like to be a lawyer having to defend a terrorist that you detest?

10. Wouldn't you love it if a product ad was truthful and said: "New and about the same" instead of "New and improved?"

Until next month, let me know how your next speed work session at the airport comes out.



Predictions

by Don Pfof

A Yappy Yappy-Dog Predict



True to its name, there were lots of yappy dogs—the smaller, the yappier it seemed—along the course of the Yappy-Dog 8.6M predict run, held Sunday, April 23, a morning that was calm, clear and crisp.

The course started and finished at South Mesa Elementary School, taking in a large chunk of the South Mesa as it looped east and south of the school. The course covered a variety of surfaces—pavement on South Road, gravel on Cortner Road, and dirt, some of it freshly turned from recent digging, on a maintenance road that parallels the Bessemer Ditch—and traversed terrain that included long, flat stretches of open countryside balanced by rolling hills, and two crossings of the St. Charles River. And, as would be expected in an area of small farms, there was a variety of aromas, some quite pungent, and interesting sights—the cattle seemed mildly curious about the humans chasing after one another on the road, sending ripples of commotion through an otherwise tranquil morning.

Thanks to the hard work of race director Ross Barnhart and his crew, the course was extremely well marked—large chalk arrows at crucial turns and as reassurance along the way that we were headed in the right direction, cones at turns and “hazards”, such as muddy spots on the road’s shoulder, mile markers, and much appreciated inspirational humor in the form of a large chalk “AHH” just over the crest of a hill near the six mile mark on Cortner Road.

And, oh yes, did I mention? There were plenty of yappy dogs along the way.

Fifteen runners took part in the race. Larry Volk placed first, both overall and in the predict, just three seconds off his predicted time, followed closely by Rooster Barnhart, eight seconds under his predict, and then Jill Montera, Ron Dehn, and Don Pfof, fourteen, eighteen and thirty seconds off their respective predicts. The top ten finishers were

rounded out by Sandy Reinsch, Carrie Slover, Stacey Diaz, Dave Diaz and Ben Valdez.

Katie Hurtado participated in her first predict, and Troy Chantala, new to the series this year, completed his third. It’s always nice to see new faces.

The post-predict potluck was especially enjoyable, thanks to the warm and gracious hospitality of Ross and his extended family. The entire event had the air of a family effort, which was clearly evident in the work that went into marking the course, setting up two water stops, recruiting lead and follow bikes, and the warm and welcoming atmosphere from the moment we arrived until we left. Included among Ross’ helpers were brother, Rooster (marked the course), and sister-in-law, Missy (water stop), who were visiting from Delta, cousin Scott (lead bike) and wife, Diane (water stop), Ross’ mother and stepfather, Nancy and Ivan, who were co-hosts and headed the kitchen crew, and family friend, Charles (follow bike). Thanks also to the other volunteers—Dave Diaz for getting equipment and supplies from the storage shed and Lois Pfof for doing the finish line.

A small group of us gathered to eat and gab in the gazebo that Ivan is building, pretty much single-handedly. Even though it is only partly finished, Ivan’s artistry was apparent in the design and construction of the gazebo, which is attached to the patio of the family residence by a wood walkway. We paid tribute to his work, chatted with him about his plans for wrapping up the project, and look forward to joining him next year in the gazebo, finished or not.

The great job that Ross and his crew had done marking the course was another topic of conversation under the gazebo. The consensus seemed to be that, even though there was no way of determining our pace without watches, the mile markers were still helpful in keeping us oriented and motivated, especially those

of us who struggled a bit finishing the last couple of miles.

At the end of four races in the prediction series, Dave Diaz still leads the cumulative standings, as he has from the start of the year, with 312 out of a possible 400 points, followed by Larry Volk (277), Sandy Reinsch (266), Matt Sherman (255), Don Pfof (242), Stacey Diaz (237), and Ron Dehn (217). A total of thirty-six runners have done at least one race in the series, and, not surprisingly, the four who have completed all four events dominate the overall standings. However, there is still a long way to go in the series, so any predictions about an eventual winner are clearly premature. With six races remaining—possibly seven if Larry gets approval for the run near the dam—there is plenty of opportunity for anyone, even those who’ve not yet run a race, to challenge the current leaders.

The next predict event is the Belmont Butt Buster, to be held on Saturday, June 24, and hosted by Gina and Vince Benfatti. Check the SCR website for a description of the course. Briefly, starting and finishing at Franklin Elementary School, it’s a challenging course that wends its way through the shaded residential streets of Belmont, with a rough balance of up- and down-hills. The post-predict potluck is always a social and culinary delight, with Vince’s breakfast burritos a popular item.

Finally, one rule governing the predictions series is that watches are not allowed during the run. In addition, because concerns have been voiced about the use of iPods and similar electronic devices, to avoid suspicion and controversy, such devices will no longer be allowed during predict runs.



Predict Series Results

Compiled by Don Pfost



2006 Prediction Series

Cumulative Points as of Predict #4 for top 20 runners

Place	Name	Tunup	Trl Mx	Rmsgt	Yap Dg	Total
1	Dave Diaz	100.00	100.00	65.00	46.67	311.67
2	Larry Volk		82.35	95.00	100.00	277.35
3	Sandy Reinsch	78.95	70.59	50.00	66.67	266.20
4	Matt Sherman	68.42	94.12	60.00	33.33	255.87
5	Don Pfost	84.21		85.00	73.33	242.54
6	Stacey Diaz	73.68	35.29	75.00	53.33	237.31
7	Ron Dehn	57.89		80.00	80.00	217.89
8	Ben Valdez	52.63	88.24		40.00	180.87
9	Bill Veges		76.47	100.00		176.47
10	Wendy Garrison	94.74	64.71	15.00		174.44
11	Jill Montera	15.79		70.00	86.67	172.46
12	Kris Spinuzzi	89.47	11.76		20.00	121.24
13	Gary Franchi		58.82	55.00		113.82
14	Rooster Barnhart				93.33	93.33
15	Matthew Drake			90.00		90.00
16	Troy Chantala		29.41	25.00	26.67	81.08
17	Jeremy Keener	47.37		30.00		77.37
18	Marijane Martinez	31.58		35.00		66.58
19	Steve Wall	63.16				63.16
20	Carrie Slover				60.00	60.00

Yappy Dog Prediction Run

4/23/2006 - 8.6M

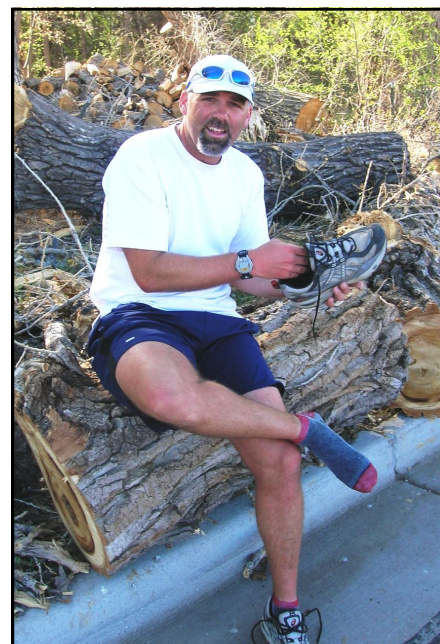
A Scenic and Odorous Run on the South Mesa
Race #4 of the 2006 Prediction Series

Place	Name	Predict	Actual	Difference	Points
1	Larry Volk	0:58:25	58:21.84	00:03.16	100.00
2	Rooster Barnhart	1:17:37	1:17:29.16	00:07.84	93.33
3	Jill Montera	1:09:00	1:08:46.29	00:13.71	86.67
4	Ron Dehn	1:23:01	1:22:42.89	00:18.11	80.00
5	Don Pfost	1:36:45	1:36:15.32	00:29.68	73.33
6	Sandy Reinsch	1:22:02	1:22:39.25	00:37.25	66.67
7	Carrie Slover	1:23:01	1:23:56.13	00:55.13	60.00
8	Stacey Diaz	1:23:00	1:23:55.95	00:55.95	53.33
9	Dave Diaz	1:02:30	1:00:35.50	01:54.50	46.67
10	Ben Valdez	1:11:30	1:09:05.11	02:24.89	40.00
11	Matt Sherman	1:03:30	1:06:05.78	02:35.78	33.33
12	Troy Chantala	1:09:00	1:04:21.41	04:38.59	26.67
13	Kris Spinuzzi	1:24:07	1:30:37.52	06:30.52	20.00
14	Katie Hurtado	1:30:00	1:23:23.31	06:36.69	13.33
15	Diana Tiffany	1:24:30	1:35:32.64	11:02.64	6.67

See the Results Link on the SCR website
for complete results of all predict runs

Thanks to the Yappy Dog Predict volunteers: Race Director: Ross Barnhart, Finish Line: Lois Pfost, Water stations: Missy Rogers and Diane Stevenson, Lead and Follow Bikes: Scott Stevenson and Charles Hastings, Chalk Master: Rooster Barnhart, Storage King: Dave Diaz, Hosts and Kitchen Crew: Nancy and Ivan Martin, Results: Don Pfost

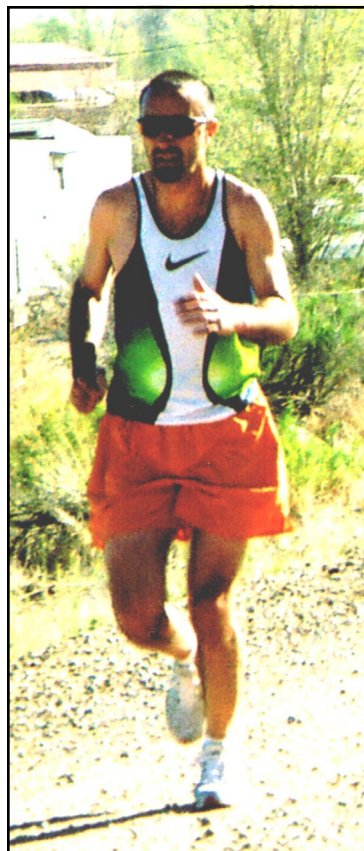
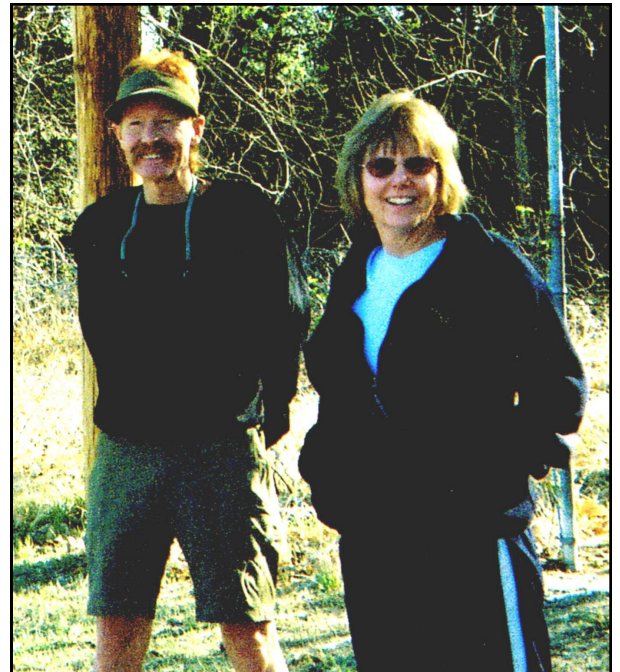
Below: Carrie Slover and Ivan chat in Ivan's gazebo
Right: As Don said, the course was well marked & Matt Sherman gets ready for the 8.6 mile course.





Predict Series Photos

Taken by Ross & Ron (Barnhart & Dehn)



Clockwise from Upper Left

Diana Tiffany & Kris Spinuzzi "strategize"

Rooster Barnhart & Diane Stevenson
relax after the run

Katie Hurtado in her 1st Predict Run

Larry Volk shows winning form

Don Pfof nears the home stretch



June

- 1 Ryan Romero
Deborah Rose
Morgan Freeman*
- 3 Jacqueline Wall
Tony Curtis*
- 4 Gina Benfatti
John Gunn
Angelina Jolie*
- 5 David Crockenberg
Jeremy Keener
Martha Kinsinger
Cole Tibbs
Kenny G*
- 6 Maria Appenzeller
Bjorn Borg*
- 8 James Robinson
Donald Duck*
- 9 Samantha Davenport
Gregory Drake
Johnny Depp*
- 11 Nikki Archuleta
Margaret Vorndam
Adrienne Barbeau*
- 14 Abbigail Duran
Janice Huie
Seth Withrow
Flag Day
Harriet Beecher Stowe*
- 15 Jim Montera
Waylon Jennings*
- 18 Hilbert Navarro
Kenneth Price
Father's Day
Paul McCartney*
- 19 Mike Archuleta
Paul DallaGuardia
Lou Gehrig*
- 20 Melissa Babcock
Kira Hughes
Donna
Nicholas-Griesel
Lionel Richie*
- 21 Carol Brimmer
Jane Russell
- 22 Lorraine Hoyle
Lindsay Wagner*
- 26 Noah Smith
Jesse Stommel
Derek Jeter*
- 27 Emily Gogarty
Bob Keeshan*
- 30 Todd Hund
Harry Blackstone Jr*

*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

Baby Boomers and Knees



There are a lot of us baby boomers out there running who may be having knee pain from degenerative osteoarthritis, and I thought it may be useful to write a column about options available to help these folks.

First of all, what is degenerative osteoarthritis of the knee? The knee is a complex joint, but for our purposes we will focus on the relationship at the knee between the thigh bone called the femur and the two bones of the lower leg called the tibia and the fibula, along with the biggest sesmoid bone in the body called the patella (a.k.a, the kneecap). The majority of the weight bearing done by the knee is between the ends of the femur and tibia, and the patella helps the knee straighten by gliding in the groove in the femur in the front. Bones are covered at their ends by something called articular cartilage, and in the knee there are also two c-shaped additional cartilaginous structures called the menisci between the tibia and fibula. The back of the patella is similarly covered with articular cartilage. The job of the menisci is two fold: these act to absorb shock as we walk and run, and they also produce synovial fluid which acts to lubricate the joint and also is a source of nutrition for the joint. Degenerative osteoarthritis is the process of wearing away of the cartilage, and in the knee it may involve the menisci, or the articular cartilage covering the back of the patella or the ends of the tibia and femur. This process leads to increasing joint stiffness, pain and swelling.

What causes degenerative osteoarthritis of the knee? We don't know for sure, but it looks like accumulated damage to the cartilage over time leads to degeneration. Does running by itself increase the risk of developing arthritis of the knee? I don't think it does unless there has been other injury to the knee.

What can you do if you have degenerative osteoarthritis of the knee? We now have a lot of options, both surgical and non-surgical. In the non-surgical arena, people who have mild symptoms and mild signs on x-rays or MRIs may benefit from Tylenol, anti-inflammatories, Glucosamine, chondroitin or all of these, though the effectiveness of the last two have recently been questioned in the GAIT study that I mentioned in last month's column. Another non-surgical option is viscosupplementation with medication such as Hyalgan or Synvisc. These products are meant to imitate the fluid that is normally produced by the menisci, and are given as 3 to 5 shots into the knee over a 15 to 30 day period.

Another non-surgical approach is to inject corticosteroids into the knee, and if this is done judiciously (for me that means no more than 3 shots of steroids into any joint in the period of a year), then it doesn't look like there is any ill effect to the bones in the joint.

One of the most significant changes in the management of moderate to severe degenerative osteoarthritis of the knee has been the improvements in joint replacement technology. When I was in medical school (when it seemed that dinosaurs still roamed the Earth!), I was taught that the typical artificial knee joint would only last 10 to 12 years at best. And replacing an already replaced knee was and is fraught with problems, so one really didn't think about joint replacement till the patient's life expectancy was less than 10 to 12 years. Now, because of changes in the materials used and in the techniques used, knee joints can be expected to last 15 to 20, and possibly 30 years. What this means is that a lot of patients who are in their 40s, 50's and 60's may be candidates for total knee replacement. Also, the materials used in the joints are allowing these patients to still remain fairly active in sports.

Other surgical options besides total knee replacement are hemi-arthroplasty, chondrocyte transplant, microfracture and cartilage resurfacing, to mention a few. Hemi-arthroplasty involves replacing just the femoral and tibial joint and leaving the rest alone. Chondrocyte transplant involves taking cartilage cells from one part of the knee where a lot of joint loading doesn't occur and putting the cells where there is more joint loading. Microfracture involves intentional creation of small fractures in the articular surface, and cells then may get activated to create new cartilage as repair occurs. Finally, cartilage resurfacing involves removing a piece of cartilage from the patient, growing these cells into larger pieces in tissue culture, and then filling defects in the cartilage with these larger pieces.

If you have significant degenerative osteoarthritis of the knee to the point that you cannot do a lot of things that you have enjoyed doing in the past because of pain, stiffness or swelling, talk with your doctor about newer options that may get you back into the game. Till next time, may the road rise up to meet you, and may your knees stay nice and happy!

Sincerely,

Rocky Khosla, M.D.



Trail Notes

By Shaun Gogarty

The X-Challenge



As far as winning goes, I don't have a lot of room to talk. In fact, until last month I had only won a single race, and that was against a cripple. Of course my second win might have had something to do with being the only entrants in the male/male team category. But when you win as infrequently as I do, you're not proud – so you'll take it anyway.

The X-Challenge at USC-Pueblo was the venue for my latest (ok, second) race "victory". The press release listed the race as an event "which features up to 16 four-person co-ed teams climbing, cycling, running, kayaking, and solving logical ropes course problems in a test of fitness, daring, creative problem solving, and teamwork". This was not "just" a run – which of course was why I had a chance to win. And even though I "don't play well with others", the team aspect of the event further improved my chances at winning. Logan, my 17 year old son, and I were the team. We were the daring, problem solving duo ready to test our fitness against the variables of the course. Unfortunately, the biggest challenge in the X-Challenge became the weather, or more specifically the wind roaring across the prairie around the USC campus.

The challenges began with the USC ropes course on the east side of the campus. Each team had 3.5 minutes at each of 6 stations to get their best of 3 chances was recorded, or if it wasn't completed you were given 3.5 minutes as your time. In general they required some balance – walk a wire – some teamwork – hold a board for your teammate to cross and ingenuity. We completed all of the events in good time except one – I think it was called the Whale Walk, which it would seem I would do well at, but actually required a large degree of balance between teammates. Trying to balance a platform on a fulcrum with Logan the Bean Pole on one end and Shaun the Michelin Man on the other was impossible: score 3.5 minutes.

The total score from the ropes course determined our starting position in the bike leg of the race. We started second, a minute or two behind team one. Of course with the wind, team one had barely left the start when we began. Trying to save some "team" energy by letting my son draft me seemed like a good idea, but being blown backwards into the draftee generally negates the

value of drafting in bike racing. Of course when the course finally went downwind I was Lance Armstrong tearing across the prairie! We gained some ground, passed team one and were in first place.

The bike race ended at the start of the Frisbee golf course – I call it blue collar golf and generally enjoy it much more than stuffy white collar golf. The objective was to run through the course while "playing" each hole. However, with the wind it became find the Frisbee in the trees, on the roof and Kansas! We finally settled on the hunchback stumble: throw the disc about 10 feet in front of you onto the ground – run to it – repeat about 60 times to each basket. At the seventh hole, the "disc to Kansas" course ended but we continued running across campus to the pool for the kayak leg.

Logan and I started kayaking last year with the opening of the Pueblo course. Taking 4 trips around the pool in the kayak was a pleasant break from the wind. For the non-boating teams it was occasionally a frantic flailing of the arms and paddle but I don't think anyone became too wet. Out of the boat and back into the shoes we were ready for the final run back across campus to the finish line.

The finish lines of my two running "victories" have been a little disappointing. When I came to the tape running against the crippled guy, someone raised it over my head. They wanted the crippled guy to break the tape! Winning the X-Challenge there wasn't even any tape to break. There were a few spectators at the finish line – but I think they were there for college class credit. And even if there had been cheering hoards we probably couldn't have heard them over the wind. We happily return next year but hope the wind won't.




July

- 1 Marijane Martinez
Philip Quattlebaum
Carl Lewis*
- 2 Angelo Aragon
Christopher Hruby
Don Pfost
Maxi Sandoval
Brooke Tibbs
Paul Willumstad
Richard Petty*
- 3 Sandy Reinsch
Tom Cruise*
- 4 Zarela Vidal-Paredes
Rube Goldberg*
- 6 Abbey Smith
Frida Kahlo*
- 7 Jill Montera
Michelle Kwan*
- 8 Gloria Gogarty
Roone Arledge*
- 13 Jack Janney
Harrison Ford*
- 15 Kevin Hughes
Rembrandt*
- 17 Regie Marquez
Diahann Carroll*
- 18 Byron Beard
John Glenn*
- 20 Matt Stommel
Bill Veges Jr
Carlos Santana*
- 21 Marsha Littau
Don Knotts*
- 22 Marian Heesaker
Zane Khosla
Danny Glover*
- 24 Nikole Wilcox
Jennifer Lopez*
- 27 Hector Leyba
Leland Wilcox
Peggy Fleming*
- 29 Kelsey Learned
Diana Tiffany
Martina McBride*
- 31 David Clapp
J.K. Rowling*

*honorary member




Potpourri

Congrats to Stan Hren, SCR's secretary. Stan was recently elected to the Pueblo West Metro Board (Pueblo West's version of a City Council).

And, give a thumbs-up to George Dallam, CSU-P professor and SCR member. George was named USA Triathlon Coach of the

hat trick (hat trik) noun
 Three successes in a game or another endeavor. For example, taking three wickets with three successive deliveries by a bowler in a game of cricket, three goals or points won by a player in a game of soccer or ice hockey, etc. [From cricket, from the former practice of awarding a hat to a bowler who dismissed three batsmen with three successive balls.]



Hi folks,

This message is to thank Steve Cathcart for his generous contribution to Southern Colorado Runners.

A bit of background: For several months SCR has wanted to purchase a device like "The Time Machine" for use at the finish line. The Time Machine is similar to the Seiko printing stopwatches we currently use...but it can print a runner's bib number in addition to that runner's finishing time. In addition, the captured data from a Time Machine can be directly uploaded to a "results" computer.

Unfortunately, a Time Machine costs over \$1000 so SCR has not been overly enthusiastic about purchasing a new one. We hoped to find someone selling a "used" Time Machine, but had not found one.

I assume Terry Cathcart (Steve's dad and the Race Director for the Spring Runoff) told Steve we were looking for such a device. Steve had a time machine in which the printer had failed, but instead of having it repaired he donated it to Southern Colorado Runners. I determined which model of printer it used, got a replacement (only cost us \$45.95), and installed it. SCR now has a working Time Machine.

Again, I'd like to express my sincere thanks to Steve (and to Terry),

Kenneth Raich, President Southern Colorado Runners Club

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

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

For solution (don't peek 'till you've tried it) - see page 14.



Guest Article

by Linda Strange

Maratona della citta di Roma



Editor's Note: We received this article from Linda Strange, a runner new to the Pueblo area. Here's her intro followed by her article. Welcome to Pueblo Linda!!!

Hi guys:

I ran Rome in 4:40. I went to Italy with my husband and two young daughters, but ran with a guy I "met" over the Internet, from New York City. I hope to

run Chicago in 2007, because I heard it is a fast course and I really want to do it in 4 hours. I'm spending the next year working towards that.

We moved here from Seattle. My husband has worked for Microsoft for 8 years, and now telecommutes. I have run one other marathon, the Capital City Marathon, in Olympia WA, in 2002. 4:15. My partner cramped up at mile 22, and we had to walk for over a

mile. So, based on that wrinkle and my resulting time, I know I can do 4 hours.

I did run the 10 mile portion of the '06 Spring Runoff. What a fun run!

When I got back from Rome, I wrote up a synopsis of the adventure, to preserve it for posterity's sake. I've attached that, but I don't know if it will be useful.

hope this is okay (and not too much!),

linda

#7,753. That's where I ranked in my second marathon. Out of just over 12,000 starters, and 10,000 finishers, I was #7,753 at the 2006 Rome Marathon (Maratona della citta di Roma). Ugly. Frustrating. Demoralizing. The cobblestones did not rise up to meet me. I think they conspired my downfall...

We arrived in Rome on the Friday night before the Marathon. On Saturday, we had to get out to the marathon headquarters to get my race packet (which included a great little duffel bag, t-shirt, chocolates, Gatorades, and random trinkets. Lots of walking. Then I insisted we get to the Sistine Chapel before it closed. Back across town via the Metro, lots more walking, then shuffling through a 2 hour line inside just to get to the Chapel. Afterwards, we went back to the hotel, took a nap, then found some dinner. I didn't sleep well, but woke up early, took a quick shower, ate my pre-race bagel, and tried to rally myself. I wrote on each palm, "Step lightly" and "Carpe Diem".

Then I headed out into the misty pink dawn. I saw hundreds of others, from every direction, making the same bleary-eyed trot to the Coliseum. I met up with a friend, Jay from New York, and we were both grateful for the company amid the 12,000 strangers. We chatted and ignored our nerves until race officials started to herd runners to the start line corrals. It was still misty, but the sun was up and the view was amazing there

at the Coliseum. Jay and I squeezed ourselves into the mass of tank tops and sunglasses and steamy breaths, right behind the pacemakers for 4:30. We were shooting for 4:15, but the crowd was packed too tightly to work our way forward. At the last minute, there was a mad rush of men (and women) running out of line, over the sidewalk, and into the scenery to pee one last time. Nothing like seeing rows of men lined up at one of the ancient walls of Rome, leaving their own kind of mark on history. Women also lost all sense of modesty in the face of the running with a full bladder, and bare behinds were everywhere. In addition, all the extra clothing runners were wearing to ward off the morning chill was removed, and pitched over the sidelines. Abandoned and forlorn t-shirts everywhere.

The announcer began warming up the crowd, with much Italian enthusiasm, with the theme to Chariots of Fire blasting. Then the countdown in Italian - dieci, nove, otto, sette, sei, cinque, quatto, tre, due - UNO! Vai, Vai, Vai! And with much excitement and gusto, we jogged slowly - to the start line, where the runners thinned slowly. It took 3 miles for it to thin out to run comfortably.

My friend Jay and I ran a comfortable pace of 9:15 for the first 10 miles. The crowds were small, and fairly quiet. There was a jovial crowd at the Vatican, and again at Piazza Navonna. Spectators tried to cross the road occasionally, and usually at the

worst times, so it became part of the entertainment to heckle the Italians crossing the roads. (Why do they cross the road?)

There were refreshment tables every 5 KM, offering sparkling water (blech!), "still" water (which I didn't trust, sure I would get the one cup of water "with gas" mixed in), and Gatorade. Once we passed KM15, food was offered also - apples, bananas, cookies. Yep, that's right, banana peels were cast aside everywhere, and more than a few slipped!

The cobblestones were a widely feared foe and loomed large in the marathon's internet lore. They were part of the beginning of the course, but at that point, your legs are fresh and enthusiasm vast, so they appeared harmless. But sometime after KM15, they reappeared with a vengeance, taunting me for my earlier misconceptions. By KM 17, my thigh muscles right over my knees had cramped up so badly, I couldn't run anymore. I had to stop and stretch for 30 seconds, then walked a few seconds. I urged my friend Jay to run on without me, so he wished me well and headed on to his own appointment with destiny. I jogged (hobbled slowly?) stiff-legged on, wincing at the leg cramping, until KM20, where there were refreshments. I drank, stretched, walked. Nothing seemed to stop the cramps, so I decided to just keep running, otherwise I'd be walking all day.

The crowds and sights and sounds blur

(Continued on page 11)



Guest Article (continued)

by Linda Strange

Maratona della citta di Roma



together after that. I had reached the mythical Wall sometime after KM32. I couldn't believe I was still cramping, I couldn't believe after all the training and praying and preparation, it had come down to this dismal performance. I stopped off to the side to stretch again, hoping to eek out a few more minutes of actual running. A spectator was sitting on a wall, watching me. Finally, she called out to me in Italian - "Hey" (no translation needed), then stretched out her hand, holding a half-drunk bottle of Gatorade. "Take it," she said in Italian. "Drink." I didn't care that she was a stranger, and didn't reflect on the number of new germs I was ingesting as I gulped down the lukewarm electrolytes. I hugged her, and while I'm sure she enjoyed the sweaty American holding her so close, she laughed and urged me to go, "Vai! Vai!" I hobbled on.

Right before KM35, I had to walk again, because the cramps had not abated but my will had. It was warm by then, over 70 degrees. I saw my family, like a mirage, on the side of the road up ahead. I began a dazed sideways track towards them, where they offered pretzels, gummy bears, water and support. I took a handful of each, then suggested I lay down for a minute, just a minute. My husband strongly discouraged that course of action, and redirected my body back to the road. So, with water bottle in one hand, assorted munchies in the other, I ran on.

The last 8 miles of the course were an "out and back", away from all the historic sites and crowds of well-wishers, along a busy street. Cobblestones were intermittent. Shade was sparse. Exhaust fumes from the stalled traffic were thick as the runners passed by. It was the most grueling part of the race. Many of the runners were on a death march of sorts, running, walking, or shuffling. Some were sitting on the curbs, dazed or emotionless, heads in their hands. I saw several being wheeled off on ambulance stretchers. One woman jogged by, dressed way too warmly in a

long-sleeve shirt and lined pants, dazed, mumbling in Italian and weeping quietly.

Finally, the corner was turned, and we all began the final 4 miles to the finish line. Sponge stations had exhausted all their sponges, which littered the ground in the hundreds. Runners took to cupping their hands in the tubs of water, dousing themselves as best they can. Others, like myself, grabbed used sponges off the ground, and dipped and wringed, dipped and wringed. The coldness of the water took my breath away. Then I jogged on, watching others making the same shuffle to the end.

At KM40, there was a huge, inflated banner over the road. Music was playing. The crowds picked up again. The Coliseum loomed ahead. Some's feet got faster, some slower. I heard a man tell his girlfriend, "See that, just 1.2 miles more..." Armed with that knowledge, I continued shuffling, as the sound of my shoes scuffing on the pavement began to be drowned out by the finish line roar. I followed the course, as it wound around the Coliseum. That darn finish line has got to be here somewhere. Somewhere. Keep winding around. Man, that building is bigger than it looks. Then finally, the finish line appeared. Music was blaring. I saw the finish line clock, mocking me, as I approached. I dug deep and flat-out sprinted the last 50 meters to the end, as the announcer cheered us on in Italian,

and I heard praise for the "little American woman" who raced to the end, then more cheering from the announcer about this being a race of the Ages, of the World.

After crossing the line, little groups of race workers converged on me, busying themselves with the business of removing my timing chip, draping my hard-earned race medal around my neck, wrapping me in a cool metallic race wrap to prevent chill, then steering me back into the crowd of other exhausted runners. I staggered on, dazed, wheezing, and aware of how much I smelled, looking for the exit. I ended up walking past rows and rows of buses waiting to take runners back to far-flung hotels, past scores of runners sprawled all over the ground, and kept walking until I reached my hotel. 45 minutes later, I leaned against the elevator wall as it creaked its way upstairs, marveling in the mirrored paneling at how bad I looked. I then went into the room, where I cried on my husband's shoulder, out of exhaust, disgust, and sheer relief.

81% of the participants finished the 2006 Rome Marathon – compare that to 98% of those running the New York City Marathon in 2005. My real time was 4:40, 25 minutes slower than my goal. Jet lag, too much walking the day before, insufficient training – all played a role. But I had dreamed of this race, running in the footsteps of history, for years, and I had done it.



The Cinco de Mayo

Results

The Cinco de Mayo Run took place on May 7th at the Colorado State Fair Grounds

5k Results

Pl	Name	Age	Sx	Grp		Time	Pace
				Pl	From		
1	Alejandro Dominguez-Cabrera	27	M	1	Chihuahua MX	17:00	5:28
2	Jake Book	28	M	1	Pueblo West	18:34	5:59
3	Matthew Robert Drake	17	M	1	Pueblo West	18:36	5:59
4	Johnny Ray Garcia	49	M	1	Raton NM	19:56	6:25
5	Mark W Gurule	44	M	2	Pueblo	20:19	6:32
6	Jason Ramos	33	M	1	Pueblo	20:32	6:37
7	Rachelle Christensen	24	F	1	Pueblo	20:34	6:37
8	Justin Guitierrez	31	M	2	Pueblo	20:57	6:45
9	Dalton Day	12	M	2	Pueblo	21:07	6:48
10	Abbigail Duran	12	F	1	Pueblo	21:09	6:48
11	Chris Segura	45	M	3	Raton NM	21:12	6:49
12	Eugene Mares	43	M	4	Pueblo	21:18	6:51
13	Andrea Fox	22	F	1	Pueblo	21:36	6:57
14	Sylvester A Jackson	45	M	5	Pueblo West	22:11	7:08
15	Amy Bertsch	36	F	1	Colo Springs	22:36	7:16
16	Shay Gard	36	F	2	Colo Springs	22:38	7:17
17	Greg Gauna	36	M	3	Pueblo	22:58	7:24
18	Theresa E Duran	28	F	2	Pueblo	23:14	7:29
19	Stanley E Hren	64	M	1	Pueblo West	23:18	7:30
20	Jeremy Aaron Gregory	22	M	2	Pueblo	23:22	7:31
21	David Gonzalez	31	M	4	Pueblo	23:42	7:38
22	Angelo Montoya Sr	38	M	5	Pueblo	23:50	7:40
23	Joe Cordova	37	M	6	Pueblo West	24:01	7:44
24	Troy D Davenport	41	M	6	Colo City	24:09	7:46
25	Brandon Schaffer	15	M	3	Pueblo West	24:22	7:51
26	David D Woody	35	M	7	Pueblo West	24:30	7:53
27	Roderick Ware	30	M	8	Pueblo West	24:33	7:54
28	Maria Alejandra Perez	30	F	3	Pueblo	24:56	8:01
29	Wilmer Perez	57	M	1	Pueblo	25:18	8:09
30	Laurice R Lopez-Cepero	34	F	4	Pueblo	25:18	8:09
31	Paul LaBar	45	M	7	Pueblo	25:31	8:13
32	Nancy Musso	36	F	5	Pueblo	26:01	8:22
33	Brad Brillhart	48	M	8	Trinidad	26:10	8:25
34	Mark Koch	46	M	9	Pueblo	26:11	8:26
35	Jeff Lebya	35	M	9	Pueblo West	26:17	8:28
36	Salvador Sanchez	63	M	2	Trinidad	26:45	8:37
37	Michelle Cordova	30	F	6	Pueblo West	27:38	8:54
38	Kathleen A Bachicha	33	F	7	Trinidad	27:42	8:55
39	Roger Weitzel	46	M	10	Pueblo	27:54	8:59
40	Alan Brownstein	49	M	11	Fountain	28:07	9:03
41	Mike P Hurley	36	M	10	Pueblo	28:18	9:07
42	Paulette Arns	53	F	1	Pueblo West	28:23	9:08
43	Marisa Kemm	13	F	2	Pueblo	28:24	9:08
44	Paul M DallaGuardia	48	M	12	Colo City	28:27	9:09
45	Gary Voetberg	47	M	13	Pueblo West	28:36	9:12
46	Ralph Regalado	69	M	3	Pueblo	28:40	9:14
47	Rosa Bruce	43	F	1	Pueblo	28:53	9:18
48	Margarito Fuentes Jr	53	M	2	Pueblo	29:06	9:22
49	Melanie Kempf	24	F	3	Pueblo	29:11	9:24
50	Brandon Wiedrick	32	M	11	Pueblo	29:12	9:24
51	Sheryl Lynn Page	30	F	8	Pueblo West	29:27	9:29
52	Paula Arriaga	23	F	4	Pueblo	29:28	9:29
53	Kevin Hughes	6	M	4	Pueblo	29:41	9:33
54	Ken Hughes	36	M	12	Pueblo	29:42	9:34
55	Vernon Stringer	55	M	3	Pueblo	29:57	9:38
56	Dennis Romero	27	M	3	Pueblo	30:41	9:53
57	John B Lobato	53	M	4	Pueblo West	30:46	9:54

Grp

Pl	Name	Age	Sx	Pl	From	Time	Pace
58	Henry "Hank" Berg	47	M	14	Raton NM	31:56	10:17
59	Jared Bruce	11	M	5	Pueblo	32:07	10:20
60	Lisa Gallardo	32	F	9	Pueblo	32:10	10:21
61	Tristen Kemm	10	M	6	Pueblo	32:24	10:26
62	Victor Navarro	59	M	5	Denver	32:30	10:28
63	Angela A Earl	27	F	5	Trinidad	32:47	10:33
64	Alex A Cortez	59	M	6	Raton NM	32:54	10:35
65	Erin-beth Ponsor	29	F	6	Colo Springs	32:57	10:36
66	Bethany Waldenmeyer	24	F	7	Pueblo	33:16	10:42
67	Lillian M Jones	48	F	2	Pueblo	33:18	10:43
68	Jorge Silox	55	M	7	Pueblo West	33:19	10:43
69	Raquel Kemm	11	F	3	Pueblo	33:36	10:49
70	Monica M Diaz	18	F	4	Pueblo	33:42	10:51
71	Nancy Tanner	58	F	2	Pueblo	33:51	10:54
72	Mary Kay Rachwalski	73	F	1	Silverthorne	34:28	11:06
73	Kristin Mason	19	F	5	Trinidad	34:42	11:10
74	Chuck A Mason	41	M	15	Trinidad	35:07	11:18
75	Melissa Green	23	F	8	Pueblo	35:46	11:31
76	Nicole Lopez	23	F	9	Pueblo	35:47	11:31
77	Adam Rachwalski	42	M	16	Pueblo	36:03	11:36
78	Loretta Arguello	43	F	3	Pueblo West	36:28	11:44
79	Patti Serrano	60	F	1	Pueblo	42:49	13:47
80	Meredy Brownstein	49	F	4	Fountain	42:50	13:47
81	Alexis Smith	10	F	6	Pueblo West	48:23	15:34
82	Mackenzie Pacheco	11	F	7	Pueblo West	55:57	18:00
83	Briana Rodriguez	9	F	8	Pueblo West	55:58	18:01

10 K Results

Pl	Name	Age	Sx	Grp		Time	Pace
				Pl	From		
1	Ramon Dominguez-Cabrera	22	M	1	Chihuahua MX	34:35	5:34
2	Bernaloe Navarro-Rodriguez	43	M	1	Chihuahua MX	37:44	6:04
3	Jose Antonio Gallegos-Jimenez	48	M	2	Chihuahua MX	38:19	6:10
4	Francisco Paredes-Aleman	51	M	1	Chihuahua MX	41:32	6:41
5	Glenn Clemons	44	M	3	Pueblo	41:47	6:43
6	Jesus Gpe Escudero	58	M	2	Chihuahua MX	42:14	6:48
7	Matt Sherman	33	M	1	Pueblo West	42:25	6:50
8	Manuel Gallardo	29	M	1	Pueblo	42:30	6:50
9	Bill Bertsch	43	M	4	Colo Springs	43:53	7:04
10	Dale Papineau	39	M	2	Pueblo West	44:19	7:08
11	Lindsey Elaine Schryver	23	F	1	Pueblo W	44:25	7:09
12	Lane Brunner	42	M	5	Colo Springs	44:36	7:11
13	Lou Huie	59	M	3	Colo Springs	45:13	7:17
14	John Montoya	48	M	6	Raton NM	46:23	7:28
15	Adrian Paredes-Rubia	26	M	2	Chihuahua MX	47:08	7:35
16	Robert Santayo	44	M	7	Pueblo	47:26	7:38
17	Ted Johnson	34	M	3	Pueblo	47:30	7:39
18	Teri Fox	32	F	1	Pueblo West	48:07	7:45
19	Brad Schloss	25	M	3	Pueblo	49:12	7:55
20	Richard Vigil	23	M	4	Pueblo	49:30	7:58
21	John Musso	36	M	4	Pueblo	49:33	7:58
22	Karen Ortiz	42	F	1	Pueblo	49:39	7:59
23	Pharris D Cother	50	M	4	Canon City	49:53	8:02
24	Libor Kubicek	36	M	5	Colo Springs	50:11	8:05
25	Shane Cordova	38	M	6	Pueblo	50:20	8:06
26	John Roman	61	M	1	Pueblo	50:33	8:08
27	Michael H Shepherd	30	M	7	Pueblo West	50:42	8:10
28	Raquel Majalca-Aguirre	19	F	1	Chihuahua MX	50:55	8:12

The Cinco de Mayo

Results Continued

10 K Results (continued)

Pl	Name	Age	Sx	Grp		Time	Pace
				Pl	From		
29	Lacey LeDoux	27	F	1	Canon City	51:02	8:13
30	John Castanha	46	M	8	Rye	51:37	8:18
31	Mike L Borton	50	M	5	Pueblo	52:08	8:23
32	Gina M Benfatti	44	F	2	Pueblo	52:14	8:24
33	Jack Vigil-Seledon	51	M	6	Pueblo	52:34	8:28
34	Betsy Becraft	43	F	3	Pueblo	53:34	8:37
35	Alice Anne Fitzgerald	44	F	4	Trinidad	53:45	8:39
36	Wendy A Garrison	39	F	2	Pueblo	55:40	8:57
37	Alfredo Kemm	39	M	8	Pueblo	55:44	8:58
38	Raul San Miguel	55	M	7	Pueblo	55:48	8:59
39	Cathy Cramer	42	F	5	La Veta	55:51	8:59
40	Leroy Trujillo	54	M	8	Pueblo	56:05	9:02
41	Michelle Cisney	36	F	3	Pueblo	56:15	9:03
42	Jennifer D Rogers	29	F	2	Pueblo	56:23	9:04
43	Charles Potter	47	M	9	Colo Springs	56:40	9:07
44	Jeff Cleaver	55	M	9	Pueblo	57:14	9:13
45	Brandy Lynn-Krow Romero	26	F	3	Pueblo	59:45	9:37
46	Annette M Shepard	29	F	4	Pueblo West	1:00:27	9:44
47	Kindra Johnson	24	F	5	Pueblo West	1:01:01	9:49
48	Lydia Claire McKenzie	30	F	4	Pueblo West	1:02:33	10:04
49	Elisa Dorsh	28	F	6	Colo Springs	1:02:36	10:04
50	Jessie M Quintana	62	F	1	Pueblo	1:04:06	10:19
51	Donna A Nicholas-Griesel	59	F	1	Coaldale	1:04:38	10:24
52	Susan M Campbell	61	F	2	Pueblo	1:09:27	11:11



Thanks goes out to the Cinco de Mayo race volunteers. Race Director: Hilbert Navarro, Registration: Ramon Arriaga, Finish Line: Dave Diaz, Jacqueline Wall, Michael Orendorff, Bill Veges, Anthony Diaz, Mike Archuleta, Craig Binkley, Results: Ken & Pixie Raich, Lead Bike: Jeff Arnold

1.5 Mile Walk

Pl	Name	Ag	Sx	From
1	Taylor Lopez-Cepero	10	F	Pueblo
2	Christopher Bozeman	27	M	Rye
3	Cynthia Fuentes	54	F	Pueblo
4	Dale L Boone	53	M	Pueblo
5	Jacqueline Fresquez	11	F	Pueblo
6	Teri Bozeman	29	F	Rye
7	Sherie Archuleta	12	F	Pueblo
8	Carlos Duaree	11	M	Pueblo
9	Irsa Nidia Arenales-Carmona	27	F	Chihuahua
10	Tina Lynn Madison	44	F	Woodland Prk
11	Jessica Romero	35	F	Pueblo
12	Beverly F Madison	63	F	Pueblo Wst
13	Julie Nixon	12	F	Pueblo
14	Dominique Romero	11	F	Pueblo
15	Jung Valdez	51	F	Pueblo
16	Sandy Gomez	42	F	Pueblo
17	Kristen Clason	20	F	Pueblo Wst
18	Alice Clason	51	F	Pueblo
19	Christine Romero	41	F	Pueblo
20	Ariane Duran	11	F	Pueblo
21	Jessica Alire	11	F	Pueblo
22	Amy L Pauli	45	F	Pueblo
23	Daniella Maestas	11	F	Pueblo
24	Talesa Jaramillo	4	F	Pueblo
25	Rebecca Pineda	44	F	Pueblo
26	Bernay Brumbaugh	36	F	Pueblo
27	Laura Brown	56	F	Pueblo
28	Cristal Whittaker	34	F	Pueblo Wst
29	Nicole Martin	25	F	Pueblo
30	Sarah Hall	35	F	Pueblo
31	Donovan Lucero	11	M	Pueblo
32	Harold Baca	51	M	Pueblo
33	Jerry Garcia	53	M	Pueblo
34	Vicky Dixon	44	F	Pueblo
35	Dan Dixon	47	M	Pueblo
36	Denise Torrez	37	F	Pueblo
37	Rena Finn	46	F	Pueblo
38	Vanessa Torrez	12	F	Pueblo
39	Emily Anderson	11	F	Pueblo
40	Albert Hon	17	M	Pueblo
41	Mark Martin	12	M	Pueblo
42	Tina Garcia	33	F	Pueblo
43	Raymond Gonzales	42	M	Pueblo
44	Janet Ribal	50	F	Pueblo
45	Hanna Levine	6	F	Pueblo
46	Arleen Aguirre	45	F	Pueblo Wst
47	Karen Perricone	50	F	Pueblo
48	Linda Garcia	53	F	Pueblo
49	Cathy Munoz-Baca	49	F	Pueblo
50	Josie Padilla	30	F	Pueblo
51	Lexi Mayber	5	F	Pueblo Wst
52	Frances Giron	37	F	Pueblo
53	Alita Giron-LaBar	7	F	Pueblo
54	Elaine Okuda	68	F	Colo Spgs
55	Roger B Okuda	77	M	Colo Spgs



Boston Marathon Revisited (continued)

(Continued from page 1)

ners would vary each weekend with the majority of them running the shorter distances as there were only a handful training for Boston. I actually did see one of the women I ran a training run with near the end of the marathon which I found pretty amazing considering all the people. Since Traci was getting close to giving birth to Emeri I had made the trek to Pueblo to be with her and therefore was also able to train with some of my running buddies too. Life is Good!

Overall we had a wonderful time but like all trips we also encountered difficulties along the way. Ben and Sandy had difficulties with their flight out to Boston. Sandy did some quick talking and managed to get them in Boston close to their originally scheduled time and they were able to travel in first class! Diane and I went on a different airline so we had no problems on the way out, however on the return we were in airports and on planes from 7:00a.m. to 7:00 p.m. On the upside we were both given round trip tickets which will be good for one year. In addition the evening of the marathon our hotel ran out of hot water!!! We went to dinner without showering and that was not real pleasant, especially for those around us. Again Sandy did some quick talking and managed to get our room discounted. And last but not least we had problems with a bathroom overflowing when we were in Cape Cod. I learned that you really need to have a sense of humor when you travel. We were all fairly cool, calm and collected overall. I went to places I had never been (Cape Cod and Martha's Vineyard to name a couple) and met people from all over the U.S. Diane and I actually talked with one of the elite male athletes (Peter Vail from Boulder, Colorado who finished 26th overall in 2:17+) at the airport in Atlanta when he saw my marathon jacket and struck up a conversation with us. Under the tent while waiting for the start another male saw my sweatshirt from one of the Rock Canyon half mara-

thons and he said that he had run that race too. In many ways a small world.

The major downfall was the fact that Ben got sick and up until marathon morning he didn't know if he was going to be able to run. He started feeling ill Friday night when we met in Denver to have dinner. Saturday night after we arrived and settled into our room we went out to dinner and he wasn't able to finish his dinner and overall felt pretty crappy. We went back to the hotel where he immediately went to bed. Sunday morning he did go with us to the expo but after picking up his packet he sat on the floor by the door waiting for us. He didn't know if he was going to be able to run the marathon so he opted not to buy a marathon jacket at the expo. On Monday morning he woke up feeling better and decided to go for it. Under the circumstances he ran a good race, finishing in 4:08+. Diane and I ran about 18 miles together and had a great time. I had my running nickname "MoJo" visible and the crowd absolutely loved it. Diane told me she felt as though she were running with a celebrity at which point I politely asked her to please step out of my limelight. We ran by some male college students and they chanted my name while bowing to me. When I asked Ben, Sandy and Diane to do the same later they refused! Apparently Diane tired of hearing the "MoJo" chanting because she left me and eventually finished approximately 7 minutes ahead of me. Our times were 4:12+ and 4:19+ (11 minutes faster than my previous Boston). I've decided Boston is a race where you try to run a respectable time and enjoy the

ambiance. As I said last time I ran this race, it's like being in a 26.2 mile long parade with masses of people who are there to cheer you on practically the entire distance. Once again the students at Wellesley College were phenomenal! The course is a difficult one but the cheering fans do help you forget that somewhat. Going to Boston with friends and running the prestigious Boston Marathon while also taking time to enjoy the sights is one of many memories I will always cherish.

Hopefully Ben was able to order his jacket on line because they are very cool and a must have if you run the marathon. If you are ever in a position to run the Boston Marathon I highly recommend the experience, at least one time if not more!

From Las Vegas, Nevada

Emeri's Grammi
Marijane (AKA MoJo)

Solution to Sudoku puzzle on page 9

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

2006 Calendar from here to there*

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

Jun-06

3rd-Sat-8:00am	(a) Run for Rio	5K	Nancy Martinez
	Rye, CO		719-859-5136
3rd-Sat-8:00am	(a) Spirit Fest on the Riverwalk	5K	Hilbert Navarro
			719-564-7685
	<i>Spirit Fest Entry forms can be picked up in Pueblo at World Gym and Gold Dust Saloon</i>		
10-Sat-8:30am	Little Run on the Prairie	5K run	Dale Papineau
	Lovell Park, Pueblo West	2 mi walk	719-289-1411
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		
24th-Sat-8:00am	(c) Belmont Butt Buster	5mi	Gina Benfatti
	Prediction Series Event		719-544-1029

Jul-06

Tentative

(c) 8-Jul Sat	Women's Distance Fest	5K	Diana Tiffany
(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		634-7333x1003
6th-Sun-7:30am	Rocky Mountain State Games 5K	5K Run/Walk	Travis Oosthoek
	Colorado Springs, CO		634-7333x1003
11th-Sat	Wild West Relay	195 miles	wwr@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 Event</i>

Sep-06

4th-Mon	American Discovery Trail	*26.2mi/*13.1mi/5K	Bob Mutu
var start times	Colorado Springs	*RRCA Regional Championships	(719)598-2953

Tentative

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

Oct-06

Tentative

(c) 21-Oct Sat	Harvest Poker Run	5M	Dave Diaz - <i>Prediction Series Event</i>
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PSA for Ouray to Ridgeway Half Marathon

From: Mt. Sneffels Education Foundation of Ouray County. Come celebrate summer and run beneath the beautiful San Juan Mountains of SW Colorado! Race begins at 7:30 am in Ouray, Colorado on Saturday, August 26, 2006. The 13.5 mile course starts at the Ouray Hot Springs Park, and winds down the Uncompahgre River Valley, ending in Ridgeway, Colorado. Registration fee: \$30.00 pre registration, \$35 day of race. Pre register on www.active.com or call 1-800-325-4746.

Register Today for the LIVESTRONG(r) Challenge The LIVESTRONG Challenge is the Lance Armstrong Foundation's (LAF) signature fundraising event. This annual series of events takes place in five cities across the country, enabling anyone to support the LAF's mission to inspire and empower people affected by cancer.

In 2006, the LIVESTRONG Challenge will be held in:

Southern CA - Jun 25

Portland, OR - July 30

Denver, CO - August 20

Philadelphia, PA - Sept 10

Austin, TX - Oct 8

See:

www.livestrongchallenge.org/ for more info

*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 Runs

Want to run in the mountains? Want to support a scholarship effort? Then be at the Run for Rio 5K in Rye on June 3rd for an 8am start.



Don't have time to drive to and from Rye on June 3rd? The inaugural running of the Spirit Fest on the Riverwalk 5K This race too, starts at 8am.

How about a run in Pueblo West? The Little Run on the Prairie takes place on June 10th, beginning at 8:30. Race Director Dale Papineau has changed the run portion on the course to be "runner friendly" (dirt)
YEAH!!!



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 June 7th.

The Final Thoughts...

We either make ourselves happy or miserable. The amount of work is the same. -Carlos Castenada, mystic and author (1925 -1998)

Our plans miscarry because they have no aim. When a man does not know what harbor he is making for, no wind is the right wind. -Seneca

Children have never been very good at listening to their elders, but they have never failed to imitate them. -James Baldwin

What's another word for Thesaurus? -- Steven Wright