



Editor: Ron Dehn

FOOTPRINTS

The Colorado State Fair Edition

Just when you thought it was safe to go to your mailbox... We're Back!!!

**Do you currently receive
or want to receive
Colorado Runner Magazine?**

Are you receiving your free issue of Colorado Runner Magazine? It is being provided free on a quarterly basis, courtesy of Southern Colorado Runners and Colorado Runner Magazine. If you are not receiving the magazine, but want to get in on this deal – please notify SCR Membership Director, Don Pfof. And, on the other hand – if the mail carrier is bringing Colorado Runner Magazine to you and you are simply using it to line your bird cage – please let Don know. You can reach Don Pfof via e-mail at dlpfof1@mindspring.com or if you prefer low-tech, call Don at 544-9633. P.S. If you are reading this notice and are not yet an SCR member – there is a checkbox on the SCR membership form for you to indicate that you do / do not wish to receive Colorado Runner Magazine.

SCR members plan our Summer Feast aka Picnic

By Jeff Arnold

The annual SCR Picnic will be held at Pueblo Mountain Park in Beulah Sunday August 13. It's scheduled to start at noon with food catered by Cinfully Delicious scheduled to arrive at 1:00. The menu will include beef and chicken enchilada casseroles, beef and bean burritos, green chili, beans, rice and salad. Dave Diaz will bring beer and Don and Lois Pfof soft drinks.

There is plenty of shade with hiking trails nearby, and a softball field if anyone wants to try to get this aging group organized for anything like that. Last year the picnic was a great place to kick back after the Beulah Challenge. Unfortunately that fine race will not be held this year, so if you want to run first, contact Rich Hadley or Jeff Arnold for trail tips.

When you arrive at the fork of the road at the edge of Beulah, turn left onto

South Pine Drive. Biking is doable if you're up for a 50 mile round trip from Pueblo, or if you have someone to take you and your bike back afterwards. At about three miles start looking for a sign that says Pueblo Mountain Park. You'll turn right up a fairly steep dirt road. Keep going until you see Dave with a keg of beer in his truck. Then please drive over and help. We'll see you there.

Editor's note: This is a family outing, so please bring your kids. We will have activities. Bring an appetite, sunscreen & bug repellent. No RSVP is required!



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Warnings
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**The Women's Distance
Festival
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SCR Notes from the June, 2006 meeting

Attendance: Gray Franchi, Stan Hren, Rusty Smith, Diana Tiffany, Terry Cathcart, Rich Hadley, Dave Diaz, Larry Volk, Ken Raich, Jeff Arnold, Lois Pfof, Don Pfof, Hilbert Navarro, Ron Dehn, Mike Archuletta.

Special Guest: Bud O'Hara of the Pueblo Board of Water Works made a special presentation to the club on the proposed development of Lake Minnequa as a recreational area by the City of Pueblo. This project is to include a running trail around the perimeter of the lake. SCR will send a letter to the city planning department and to Pueblo City Council delineating our desires in construction of the running trail. The possibility of SCR staging a running event at Lake Minnequa was also discussed. Minutes of the May 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 initiated a discussion concerning the need to print full results of all SCR and YMCA events in the newsletter. It was agreed that there was merit in not printing results of large events such as OMT which had relatively few SCR participants and also provide full results on the internet. Membership Chair: Don Pfof reported that the club currently has 175 paid up members for 2006 and is sending out 210 newsletters.

Upcoming Races: Belmont Butt Buster June 24-Don Pfof reported that this prediction series event will

include a great 5 mile course which can be viewed on the club website. Women's Distance Festival July 8: Diana Tiffany reported that entry forms have been sent to last year's participants and are also included in the newsletter.

Activity Recaps/Updates/Revisits: Cinco de Mayo May 7: Hilbert Navarro reported on a very successful event which had 224 walkers and runners including 40 participants from SCR. Ordinary Mortals Triathlon May 20: Larry Volk reported that there were 200 participants which is down considerably from last year. Larry also outlined some safety issues that occurred in the transition from the bike event to the run. Lois Pfof reported that the company hired to provide results for this event lacked personnel and organization. Survival Run May 21: Mike Archuletta reported a successful event with 30 runners and 5 walkers at Mineral Palace Park. Run for Rio June 3: Jeff Arnold reported that the event went well, but with few runners and no support from the school. Spirit Fest on the River Walk June 3: Hilbert Navarro reported a very successful event with 40 runners and thanked volunteers for their assistance. Trail-builders: Motion was passed unanimously to provide our annual contribution of \$100.00. Nature Center: Motion passed unanimously to provide donation of \$250.00. YMCA: SCR will provide \$1000.00 now as part of a previously passed motion.

New Stuff/Old Stuff: SCR will provide finish line clock at the Little Run On The Prairie. South Shores Predict Run: Larry Volk will arrange a meeting with himself, Stan Hren, and Brad Henley with Colorado State Parks to discuss problems associated with this proposed event.

Adjournment: Meeting adjourned at 9:00 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. 291

"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
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Membership Chair	Don Pfof	544-9633
Newsletter Co-Editor	Ron Dehn	547-9273
Newsletter Co-Editor	Debra Wall	544-4254
Editorial Consultants	Gary Franchi, Tiffany Joh *	
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Shaun Gogarty, Don Pfof

Stan Hren, Jill Montera, Ken Hughes, Jeff Arnold

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

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

* Tiffany Joh, a 19-year-old golfer from UCLA who was the champion at the 30th annual Women's Amateur Public Links championship held at Pueblo's Walking Stick Golf Course in late June.



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



**Mosey on over
for some
vittles
before
going to the state
fair rodeo**

**At the Gold Dust
217 South Union**

SCR Notes from the July, 2006 meeting

Gary Franchi, Stan Hren, Dave Diaz, Jessica Higgins, Diana Tiffany, Jan Dudley, Lois Pfof, Don Pfof, Ron Dehn, Ken Raich, Jeff Arnold, Erica Reschley, Scott Reschley

Special Guests: Kelsey Johnston from Pueblo West High School, who was recently crowned Miss Teen Colorado, was a guest along with her mother. Kelsey made a presentation to announce an upcoming fundraiser to be held at Pueblo West High School on July 22 at 7:30 AM. The event will be called "The Run For The Rose", and will include a 5K run and Walk.

Officer Reports: Treasurer's report as presented by Dave Diaz was approved. Membership Chair: Don Pfof reported that the club currently has 175 paid members. He also reported that a recent overcharge by Colorado Runner Magazine to SCR is being corrected. Newsletter Editor: Ron Dehn once again asked those present if there were any members interested in doing the newsletter on an every other month basis.

Upcoming Races: Women's Distance Festival July 8: Diana Tiffany reported that 15 entries have been received to date. The club will continue to support this event in spite of low numbers. Moonlight Madness July 29: Diana Tiffany reported that the event will be held at 7:30 PM and will include a potluck, a 5 mile predict course, and possibly a bon-

fire. South Shores Predict Run: Don Pfof reported that Larry Volk has been unable to resolve issues surrounding this event with State Parks officials. SCR members present considered a proposed parking fee by the state to be unacceptable. Stan Hren will discuss further with Larry Volk.

Activity Recaps/Updates/Revisits: Belmont Butt Buster June 24: It was reported that all participants enjoyed this 5 mile predict run

New Stuff/Old Stuff: Lake Minnequa Outing: A 7 person contingent including Ken Raich and Don and Lois Pfof from SCR recently toured Lake Minnequa and determined that the perimeter is suitable to stage a race. SCR has requested the use of the lake for a race in 2007.

SCR Picnic: Discussion was held to determine a date and a site for SCR annual picnic. The date of Sunday August 13 was agreed upon. Primary site agreed upon was Lovell Park in Pueblo West. Stan Hren will contact Pueblo West Parks and Recreation to check on availability of this site. If not available, the club will choose a secondary site- perhaps Pueblo Mountain Park.

Cinco De Mayo Giveback: Possibility of donating all or part of the \$500.00 fee given to SCR for help in staging this event to Project Respect was discussed. The proposal was tabled and will be open for fur-

ther discussion.

Adjournment: Meeting adjourned at 8:15 PM

Respectfully Submitted: Stan Hren



Footnotes Magazine & other RRCA Notes

Did you know that the RRCA magazine is both free and online? Go to the RRCA homepage and click on the *Footnotes* link.

If you would like to contribute royalty free images or content to future issues of FOOTNOTES, contact Jean Knaack at execdir@rrca.org.

Save the Dates:

50th Annual RRCA National Convention – Chicago, IL – March 21-25, 2007

1st Annual RRCA National RUN@WORK Day – September 22, 2006

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

Discounts to Members

Be sure to check out the discounts to SCR members listed on our web site. Go to www.socorunners.org and click the sponsor link.



Join the SCR E-Mail List

Various SCR announcements and news are distributed via the SCR electronic mailing list. To join, go to the SCR homepage (www.socorunners.org)

and click the contacts link. Then scroll to the bottom of the page to the section "Join our mailing list". Click the icon and follow the directions.





Great Stuff

by Gary Franchi

Get the drug talk out of sports



Thought for today's lunch, compliments of George Carlin: "One great thing about getting old is that you can get out of all kinds of social obligations simply by saying you're too tired."

Musings about running, fitness, life:

Having been hypnotized once again this year while watching bicycle wheels go round and round and round at the Tour de France, my mind is wandering across the information universe. Here are a couple of things that it has stopped to think about:

Operation Puerto

We have Barry Bonds and all those pro baseball mush heads taking steroids, amphetamines and, heck, probably rat turds if they think it will make the ball carry an extra 10 feet. Some pro basketball players waste a good chunk of their monopoly money on marijuana, cocaine and probably things we haven't even heard about yet. Football players have pretty stringent testing so they've come up mostly clean for the past few years except for a few running backs who like to light up and some lunkhead punters who use ephedra so their kicking legs, like their heads, will be lighter.

Ah, but these world-class bicyclists are an altogether different breed. The league they inhabit is one where ability advantages are slight, endurance surpasses what any ultramarathoner could imagine and getting a slight edge of any kind can be significant.

Hence, we have bike frames weighing slightly more than 2 pounds, training days of 6 or 7 hours or cycling up Mt. McKinley followed by training days of 6 or 7 hours up Mt. McKinley and -- shhhh! -- cheating. In the past, cheating in cycling usually translated into using EPO. Today, it translates into using EPO, human growth hormone and blood doping.

With Lance Armstrong retired from bike racing, this was the year that all the other hotshots were going to finally have a chance to win the Tour de

France. Instead, favorites Jan Ullrich and Ivan Basso along with 11 other Tour riders and 58 pro riders in all were implicated when Spanish police raided a Madrid clinic and found performance-enhancing drugs and dozens of packets of frozen blood that were to be used for blood doping.

My question is, why do sports authorities even bother anymore? Why try to police athletes who will do anything to have an edge in search of almighty glory and, yes, almighty riches? Why spend so much money trying to police those who strive to be one step ahead of the drug-detection game?

I say, let's let them use all the drugs they want. Let's legalize anything and everything those fools want to try and let 'em go at it.

No more drug tests. No more drug policies. No more anti-doping agencies. No more accusations. No more French newspapers making up stories claiming someone's drug usage. No more lies. It's every druggie for himself. And herself.

In summary, let's take drug talk out of sports!

Chip sealing

Since it takes grant money to afford anything in education and public government nowadays, everyone looks for cost-cutting modes of operation. Hence we have chip sealing of public roads. They last longer over time, thus saving maintenance and budget dollars.

But does chip sealing really contribute to quality of life? Ask any cyclist what he or she thinks. Chip-sealed roads and cycling are like oil and water, a nice, smooth ride becoming a choppy, unfriendly one.

I bring this up because Pueblo West is in the process of turning to chip sealing. The city has horrible roads as any of you Y-Bi Classic Duathlon or Ordinary Mortals Triathlon participants are well aware of. With little available funds to deal with them, chip sealing is its only hope.

Somehow I doubt that a fitness-

oriented community like Boulder would ever let this happen. But, as always, money talks.

Have a nice ride!

Ten things I was just wondering:

1. How many beers are needed to be attracted to participating in the Running of the Bulls?

2. What does it say about the status of the NHL when you know more Tour de France riders than NHL players?

3. If there wasn't a female gender, would balloons have ever been invented or used in today's world?

4. Claritin has a 24-hour "non-drowsy" pill. Now just think about that. Why would anyone want to take a non-drowsy pill that lasts 24 hours?

5. Seriously now, why don't some people flush?

6. With all the wind that we've had this year, why isn't there such a thing as a "wind heat factor" index ("winditure")?

7. How come those really cool cycling jerseys never go on clearance so someone wouldn't mind buying one?

8. How can we possibly use all those return address labels that charitable organizations keep sending us while seeking donations?

9. Why is "sugar" listed twice in the list of ingredients for Pearson mint patties?

10. When a print advertisement lists a business' attributes and states "and more" at the bottom, do you really believe there is anything more than what they've listed?

Until next month, see you on the chip-sealed roads.



August

- 1 Frank Aragon
Zach Heesaker
Jerry Garcia*
- 2 Joshua Walker
James Baldwin*
- 3 Tom Ratzlaff
David Sorenson
Tom Brady*
- 4 Aaron Lopez
Schwartzberger
Festival
- 5 Jerica Khosla
Jace Khosla
Day
- 6 Kerry Meier
Mary Rudolf
Lucille Ball*
- 7 Debra Wall
Colorado Day
- 9 Dave Diaz
Melanie Griffith*
- 11 Ron Dehn
Paula DeI Priore
Helen Moore
Alex Haley*
- 12 Bill DeMoss
Raquel Kemm
Ross Westley
Pete Sampras*
- 13 Don Learned
Annie Oakley*
- 14 Gus Appenzeller
Halle Berry*
- 15 MaryDee Carter
Julia Child*
- 17 Gianna Cervone
Len Gregory
Paul Vorndam
Robert DeNiro*
- 18 Melanie Hughes
Bad Poetry Day
- 19 Jordan Montera
LeAnn Womack*
- 21 Misti Frey
Jessica Mason
Kenny Rogers*



Rocky on Fitness

By Rocky Khosla, M.D.

Smoking and Smoking Cessation



I thought that I would write this month's column about something very near and dear to my heart: smoking. And since Colorado has, as of July 1, become a state where public smoking is largely now banned, I thought we could discuss some new approaches that may help your friends or family to quit smoking.

First of all, I am thrilled and still in disbelief that Colorado has now become largely smoke free! I was shocked when Pueblo passed its smoking ban, but to have the state follow suit is just incredible!

When I was in medical school, one of my teachers made the statement that "if you are lousy in all other aspects of medicine, but got all of your patients to quit smoking, you will have done more for your patients than any other physician in history". I took that to heart and believe that my teacher was right on the money. According to the latest data released this month, over 1 billion people will die from the direct and indirect effects of cigarette smoking in the 21st century, which is 10 times the number similarly affected

- 22 Diane Archuleta
Be an Angel Day
- 24 McCoy
Lou Huie
Neal Kinsinger
George Slaughter
Mason Williams*
- 26 Becky Beard
Michael Tearpak
Begins
- 27 Carol McEntuly
Grant Schemmel
Mother Teresa*
- 28 Michael Bleakley
Shania Twain*
- 29 John Vukich
Elliot Gould*
- 31 Henry Hund
Dwight Martinez
Frank Robinson*

*honorary member

in the 20th century. Currently there are 44.5 million adult smokers in the U.S., and of these, 70% want to quit, 40% make a serious effort to quit each year, but less than 5% succeed in any one year, according to the latest National Institute of Health data.

So why is it so hard to quit smoking? That is a hard question to answer, but I have come to the conclusion that nicotine for some people is a truly monstrously addictive drug that just cannot be will powered away. Studies have suggested that animals that are made dependant on various drugs such as heroin, cocaine, alcohol and nicotine will eventually quit the other drugs rather than starve, but the majority of nicotine addicted animals would rather starve than give up the nicotine.

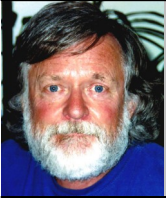
When humans light up a cigarette, nicotine from the inhaled smoke hits receptors in a part of the brain called the locus accumens within 7 to 10 seconds. These receptors, when activated, cause release of many neurotransmitters, dopamine being one of the chief ones. Increased dopamine levels seem to lead to a sense of calming and pleasure. Interestingly enough, a lot of drugs of abuse seem to also increase dopamine levels. Also, exercise tends to increase dopamine levels!

What does all of this have to do with helping your brother or sister or other loved one quit smoking? Well, the newest addition to our armamentarium for helping with smoking cessation is a drug called Chantix(varenicline). This drug appears to work by being a partial agonist for the nicotine receptor. What this means is that it sits on the same receptor where the nicotine would, and so blocks the nicotine from getting on the receptor, and also leads to increased release of dopamine. Does it work? I think the answer is that nothing will work if the smoker really isn't ready to quit smoking. However, in a study done to look at smokers who wanted to quit, and were randomized to either Chantix, Zyban or placebo, after 12 weeks, the Chantix group had 44% success in staying off the cigarettes versus 30% for the Zyban group and 17% for the placebo group. The cost of this drug is about the same as the cost of a pack of cigarettes/day for a month. The big side effect is nausea and if the dose is adjusted up gradually, this effect can be minimized.

So if you or your loved ones are interested in quitting smoking, there is another tool that may help you towards that goal. Till next time, ain't it great to breathe in the fresh, clean air, both indoors and out in Colorado?

Rocky Khosla, M.D.

Studies have suggested that ani-



Predictions

by Don Pfost

The Blustery Belmont Butt Buster



Fourteen runners turned out for the Belmont Butt Buster, hosted by Gina and Vince Benfatti, on Saturday, June 24. Starting and finishing at Franklin Elementary, the well-marked five-mile course wended its way through the tree-shaded and sometimes hilly residential streets of Belmont.

The wind may have been the most noteworthy condition, unusual so early in the day this time of the year. But 'twas definitely a blustery Butt Buster. According to the National Weather Service website, when the butt busters were running around Belmont, the winds, out of the North, averaged thirty-eight mph, gusting to fifty-two; in contrast, the three hours before the run saw W/NW winds that averaged just six mph.

The Butt Buster course is essentially a large spiral: the first two miles are mostly a hilly helix on Alexander Circle, dropping onto Bonforte for the last quarter mile or so; then it climbs the long hill on Constitution, dipping sharply over the crest just before the three mile mark at East High School; mile four includes a flat stretch on MacNeil, followed by a gradual uphill on Massari and Endeavor; and mile five covers short sections on Bonforte and MacAlester and finishes on Yorktown, mostly downhill. Runners faced all points of the compass.

Still, despite all these twists and turns, my sense was that the wind was mostly in my face, rather than pushing at my back. Others voiced the same impression. However, there is little evidence that the windy conditions had a significant effect on how close runners came to hitting their predicts. The average difference between predicted and actual times for each of the five completed events in the 2006 prediction series was computed; the smaller this average, the closer the group, as a whole, came to hitting their respective predicts, and conversely. A comparison of these average differences suggests that the greater the distance of the run, the greater the amount of time by which the group

misses its predict. For instance, the 10.5M Trail Mix run produced the largest average difference of 4min:35sec, followed by the 8.6 Yappy Dog at 2:37. The average difference for the Butt Buster was 2:04, and for 10K Tune-Up and the 8K Ramsgate 8, the average differences were 1:20 and 1:21, respectively. Of course, an array of factors, such as the terrain, familiarity with the course and the skill mix of runners, can shape the overall average of predict runs, but distance seems to be at least one of the relevant factors.

For the Butt Buster, two high school cross-county runners, Matthew Drake, Pueblo West, and Aaron Levinson, Pueblo East, set the pace, finishing first and second overall with times of 31:16 and 36:11, respectively. Matthew also won the predict, missing his predict by just thirteen seconds; Ron Dehn was second, twenty-seven seconds off his predict, followed by Dave Diaz, Joe Bulow, and Jim "Rocket" Robinson, who were thirty-five, forty-five and ninety-one seconds off their respective predicts.

Brittany Merrion, Ron Dehn's niece, who was visiting from Farmington, NM for a family reunion, was a welcome guest. And, along with Aaron, Paul DallaGuardia, Sam McClure and Melinda Orendorff were local runners who completed their first 2006 predict runs.

The post-predict potluck was, as always, enjoyable in terms of both eats and socializing. The eats included Vince's tasty and popular burritos, complemented by the standard fare of fresh fruit, one of Stacey's fancy egg dishes, breads, pastries and drinks. In the socializing department, Gina received kudos for her impressive performance in the San Diego marathon; and topics bantered about included upcoming triathlons and great sale prices on running shoes.

Hosting a predict is lots of work, so our sincere thanks to Gina and Vince for

their warm hospitality. Thanks, also, to Lois Pfost for doing the finish line and to Michael Orendorff for helping as a course marshal.

With five races in the predict series completed, Dave Diaz, as he has done all year, leads the cumulative standings with 397 points. Ron Dehn (311), Don Pfost (300), Larry Volk (277) and Sandy Reinsch and Stacey Diaz, who are virtually tied (266), round out the top five slots. Matt Sherman (256) and Wendy Garrison (239) are also looking strong.

The standings may change dramatically over the next several events, as point totals will be based on the five best scores, so those who have done more than five events will have their lowest scores dropped from the calculation of their totals. Right now only Dave and Stacey Diaz have done all five predicts.

Although the series is about half over, there is still time to get in the running. Upcoming predicts include the Moonlight Madness, Saturday, July 29, starting at 7:30 pm, hosted by Diana Tiffany, with a post-predict potluck, including a bonfire, weather permitting. Then, the ever-popular Tunnel Drive run will be held in Canon City on Saturday, August 26, starting at 7:30 am, hosted by Rich and Deb Hadley. And finally, Larry Volk is firming up plans for a new predict, so mark Sunday, September 10 on your calendar. The 12K run, which Larry characterizes as "technically difficult", will take place near the dam, starting at 7:30 am. Details will follow in the September newsletter and on the SCR website. This will add an eleventh event to the 2006 prediction series, offering even more opportunity to meet the five-race minimum necessary for award eligibility at year's end.

THANKS to the Butt Buster Volunteers:
Race Directors: Gina and Vince Benfatti, Finish Line: Lois Pfost, Course Marshall: Michael Orendorff, Results: Don Pfost



Predict Series Results

Compiled by Don Pfost



Butt Buster Results

Pl Name	Predict	Actual	Diff	Points
1 Matt Drake	31:30	31:16.98	0:13.02	100.00
2 Ron Dehn	45:46	45:18.91	0:27.09	92.86
3 Dave Diaz	44:00	44:34.81	0:34.81	85.71
4 Joe Bulow	43:30	44:15.54	0:45.54	78.57
5 Jim Robinson	34:57	36:28.26	1:31.26	71.43
6 Wendy Garrison	49:30	47:43.63	1:46.37	64.29
7 Don Pfost	56:05	54:12.04	1:52.96	57.14
8 Aaron Levinson	34:00	36:11.01	2:11.01	50.00
9 Paul DallaGuardia	52:05	49:38.11	2:26.89	42.86
10 Brittany Merrion	46:00	48:30.87	2:30.87	35.71
11 Stacey Diaz	51:00	47:47.33	3:12.67	28.57
12 Kris Spinuzzi	50:00	46:25.42	3:34.58	21.43
13 Sam McClure	42:30	38:44.41	3:45.59	14.29
14 Melinda Orendorff	53:55	49:50.03	4:04.97	7.14

Top 25 Standings

Pl Name	2/19 Tune-Up	3/18 TrailMix	4/8 Rams	4/23 Yap Dog	6/24 Buster	Tot Pts
1 Dave Diaz	100.00	100.00	65.00	46.67	85.71	397.38
2 Ron Dehn	57.89		80.00	80.00	92.86	310.75
3 Don Pfost	84.21		85.00	73.33	57.14	299.69
4 Larry Volk		82.35	95.00	100.00		277.35
5 Sandy Reinsch	78.95	70.59	50.00	66.67		266.20
6 Stacey Diaz	73.68	35.29	75.00	53.33	28.57	265.88
7 Matt Sherman	68.42	94.12	60.00	33.33		255.87
8 Wendy Garrison	94.74	64.71	15.00		64.29	238.73
9 Matthew Drake			90.00		100.00	190.00
10 Ben Valdez	52.63	88.24		40.00		180.87
11 Bill Veges		76.47	100.00			176.47
12 Jill Montera	15.79		70.00	86.67		172.46
13 Kris Spinuzzi	89.47	11.76		20.00	21.43	142.67
14 Joe Bulow		52.94			78.57	131.51
15 Jim Robinson	10.53		45.00		71.43	126.95
16 Gary Franchi		58.82	55.00			113.82
17 Rooster Barnhart				93.33		93.33
18 Troy Chantala		29.41	25.00	26.67		81.08
19 Jeremy Keener	47.37		30.00			77.37
20 Marijane Martinez	31.58		35.00			66.58
21 Steve Wall	63.16					63.16
22 Carrie Slover				60.00		60.00
23 Aaron Levinson					50.00	50.00
24 Jim Keller		47.06				47.06
25 Becky Medina	36.84		10.00			46.84



Clockwise from upper right
Paul DallaGuardia has his eye on Joe Bulow's plate
Arron Levinson & Dad Dennis enjoy the potluck
Brittany Merrion & Uncle Ron





Hot Weather Precautions

From RRCA

June 21, 2006

Columbia, MD
Jean Knaack
410-290-3890

Please share this information with club members, race/event participants, and your community:

June 21, 2006 marks the first official day of summer, also known as the summer solstice or longest day of the year in the northern hemisphere. To celebrate the first day of summer, the Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

1. Avoid dehydration!!! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

Visit Gatorade Endurance's site at <http://www.itsonthecourse.com>. You will find great tools for developing a hydration strategy and coupons for Gatorade Endurance.

To stay hydrated on your run, consider using one of the many products designed by FuelBelt, Inc, "The Official Hydration Delivery System of the RRCA". Find them online at <http://www.fuelbelt.com>.

2. Avoid running outside if the heat is above 98.6 degrees, body temperature, and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

3. When running, if you become dizzy, nauseated, have the chills, or cease to sweat... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring

emergency medical treatment. For more information and symptoms of heatstroke visit <http://www.webmd.com/content/article/87/99468.htm>.

4. Run in the shade whenever possible, avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least SPF 15 sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to be transferred off the top of your head.

5. If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

6. Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat-related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

7. DO wear light colored breathable clothing. DO NOT wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

8. Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will go, and carry identification.

Stay hydrated, cool, and safe this summer!

###

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

Editor's comments: Even though this article included a "mini commercial", we thought the information about summer running would be a good reminder. We all KNOW better, but then again we all need reminded from time to time.

And... Rocky or Shaun would be real authorities, but this writer will NOT run when the temperature is even close to 98.6 degrees.

Youth Running

Skyview Middle School dominates the 1600 By Jill Montera

Eighth grader Anna Marshall and seventh grader Jordan Montera finished strong in the mile run May 4th. The district track meet was held at Pueblo County High School with 6 other middle schools. Coach Leonard Lopez asked the kids to set a goal they wanted to achieve before the season ended. Anna was clear on what she was after, a new district record in the girl's mile. The record of 5:53 was set in 2000. Jordan wanted to run a 5:30 at some point in the season.

The weather was perfect for racing, cloudy and 54 degrees with a slight breeze. Anna's race was first. With no one even coming close to her all season, winning was never the issue, but getting the district record was on the line. Anna put on a strong last quarter and finished with a 5:48, and set a new Middle School district record.

Next it was Jordan's turn at the Mile. The boy's race was a little tighter with 5 boys running in a pack most of the way. It was going to come down to who had the best kick at the end. With a quarter left, Jordan put on his final sprint winning the mile by 4 seconds over his nearest competitor and reaching his goal by posting a 5:29.

Watch for Anna this fall as she will become part of Pueblo West High School's Cross Country Team. Great job Anna and Jordan!

Jordan (above) and Anna



6 year old Kevin makes his mark By Ken Hughes

Kevin Hughes is 6 years old and has already competed in 6 races in the last year. He began his first race just a few days after turning six. It was the Pioneer 5K run in Colorado City. He ran it in 35:43 and claimed that he would never run another race again. He hated it. He complained, whined, and cried the entire last mile. Next was the Beulah 5K walk where he was very happy to learn that he had to walk the race and not run. Surprisingly, this Spring when he was asked if he wanted to race again for the Springs Runoff he said yes. He improved his time to 33:55 and seemed to really enjoy himself. He then ran the Cinco de Mayo in 29:41 and next ran the Bolder Boulder 10K in 1:00:03. Kevin placed 1st in his age group of 96 males. Next he placed 3rd in his age group (14 and under) in the 5K that took place on June 3rd along the River Trail. His time was 29:30. Kevin wishes that the races he runs would have a younger age group than the normal 14 or 17 and under.

Kevin Hughes does many sports. He has been playing t-ball, soccer, floor hockey, flag football, volleyball, and basketball since he was 3 with the YMCA and through La Gente. He has also wrestled for the last 2 years with La Gente and was ranked 6th going into the State tournament this last year.

Kevin is a student at St. Therese, where next year he will be in the first grade. His favorite subject is math. He also is a member of the South Side Athletic Club where he enjoys swimming and box aerobics. Kevin likes to ride his motorcycle and play video games.

Kevin was mentioned in a write-up by the Chaffee County Running Club after he participated in their Spiral Drive Run, a four-mile race up and down Tenderfoot Mountain.

Kevin Hughes, a six-year-old from Pueblo, finished the race in: 43:52.

Kevin & Ken Hughes at the '06 Runoff



(Continued on page 15)



The '06 WDF



2006 Womens Distance Festival 5K run & 5K walk was held July 8 at Pueblo City Park. Participation more than doubled that of the '05 event with 35 runners and 13 walkers. Tina Gray, Erica L Reschly, and Stacey A Diaz paced the runners, while Paulette Arns, Kay Perkins, and Ida Mae Martin led the walking division. Congrats to all participants.

Erica Reschly and her husband Scott are new to the Pueblo scene, just having arrived a few months ago. This was Erica's first Pueblo race, and we were impressed. Scott was quickly recruited to help with the finish line, so he's on

his way to earning volunteer points. Welcome to Pueblo and SCR!

Award winners were in for a special treat this year, due to the generosity of the Pueblo Woodturners Club. They provided an array of items, and winners picked from categories depending upon their placement. The wood-turned works of art were unique and more valuable than we could have afforded to pay for awards. Those donating awards were Jack Chick, Larry and Betty Zervas, Charlie Sandusky, Marvin Collins, Dan Miller, Dick Booth, and Lois Pfof. Don Pfof made the overall finisher awards and also provided some neck-

laces of a woman runner.

The shirts were popular and proudly stated, "Run Like a Girl!" Kathy Godec, daughter of Lois & Don Pfof, created this years shirt design. Thanks Kathy!

Event volunteers included: Race Director: Diana Tiffany, Awards/T-Shirts: Lois Pfof, Setup: Mary Rudolf, Registration: Ruth McDonald, Course Marshals: Dave Diaz, Ben Valdez, Finish Line: Don Pfof, Chief Reno, Scott Reschly, Bill Veges, Ron Dehn, Lead Bike: Jim Dudley, Results: Ken Raich, Course: Jeff Arnold.

Runners

Pl	Name	Age	Gr	Group	From	Time	Pace
1	Tina Gray	23	1	Overall	Colo Spgs	22:18	7:11
2	Erica L Reschly	29	1	20-29	Pblo Wst	23:08	7:27
3	Stacey A Diaz	45	1	40-49	Pueblo	23:34	7:35
4	Kelly D Hale	38	1	30-39	Rye	23:50	7:40
5	Karen M Hurley	27	2	20-29	Redwood Cty CA	23:56	7:42
6	Sandy Reinsch	34	2	30-39	Pueblo	24:23	7:51
7	Cathy G Osban	37	3	30-39	Pueblo	24:33	7:54
8	Laurice R Lopez-Cepero	35	4	30-39	Pueblo	24:36	7:55
9	Denise A Miller	44	2	40-49	Pueblo	24:45	7:58
10	Kristine Spinuzzi	37	5	30-39	Pueblo	24:59	8:03
11	Annie Housman	17	1	16-19	Pueblo	25:02	8:03
12	Jerica Khosla	14	1	13-15	Pueblo	25:03	8:04
13	Gina M Benfatti	45	3	40-49	Pueblo	25:11	8:06
14	Katie Hurtado	23	3	20-29	Pueblo	25:45	8:17
15	Barbara Smith	39	6	30-39	Pblo Wst	26:02	8:23
16	Elisha Tucci	28	4	20-29	Pueblo	26:11	8:26
17	Rachel Kleiner	10	1	0-12	Pueblo	26:34	8:33
18	Wendy A Garrison	39	7	30-39	Pueblo	26:57	8:40
19	Marisa Kemm	13	2	13-15	Pueblo	27:07	8:44
20	Maria Elena Weaver	46	4	40-49	Canon City	27:10	8:45
21	Raquel Kemm	11	2	0-12	Pueblo	27:15	8:46
22	Jessica M Sisneros	25	5	20-29	Pueblo	27:20	8:48
23	Brandy Lynn-Krow Romero	26	6	20-29	Pueblo	27:55	8:59
24	Logan Prater	8	3	0-12	Colo Spgs	28:28	9:10
25	Gabriela Kemm	14	3	13-15	Pueblo	29:13	9:24
26	Adriana M Arteaga	25	7	20-29	Pueblo	29:16	9:25
27	Jackie Allen	37	8	30-39	Pueblo	29:25	9:28
28	Charity Krow	25	8	20-29	Pueblo	29:29	9:29
29	Sarah Collie	20	9	20-29	Pueblo	29:39	9:33
30	Jessie M Quintana	62	1	60+	Pblo Wst	29:43	9:34
31	Martha L Drake	52	1	50-59	Pblo Wst	30:13	9:44
32	Sandy Messick	47	5	40-49	La Junta	31:08	10:01
33	Kathryn N Deetz	42	6	40-49	Pblo Wst	31:49	10:14
34	Luann Aasen	52	2	50-59	Pueblo	32:21	10:25
35	Sheri Tiller	38	9	30-39	Pblo Wst	32:41	10:31

Walkers

Pl	Name	Age	Gr	Group	From	Time	Pace
1	Paulette Arns	53	1	Overall	Pblo Wst	36:58	11:54
2	Kay Perkins	62	1	60+	Pueblo	39:09	12:36
3	Ida Mae Martin	67	2	60+	Walsenburg	39:42	12:47
4	Nancie Laree Biery	48	1	40-49	Pueblo	40:33	13:03
5	Rochelle Beier-Kemmet	47	2	40-49	Pblo Wst	42:53	13:48
6	Lynn Brown	52	1	50-59	Pblo Wst	44:19	14:16
7	Shannon N Roybal	35	1	30-39	Pueblo	44:37	14:22
8	Rebecca Woods	31	2	30-39	Pueblo	44:37	14:22
9	Lois Kleiner	69	3	60+	Pueblo	45:03	14:30
10	Jane Eckland	64	4	60+	Pueblo	45:04	14:30
11	Lois H Pfof	64	5	60+	Pueblo	49:41	15:59
12	Jan Dudley	51	2	50-59	Pueblo	49:41	15:59
13	Kerry Roman	33	3	30-39	Pueblo	54:56	17:41

Right: figures, goblets, bowls, bird feeders, necklaces, ornaments, and assorted pieces of wood art used for awards



WDF Photos

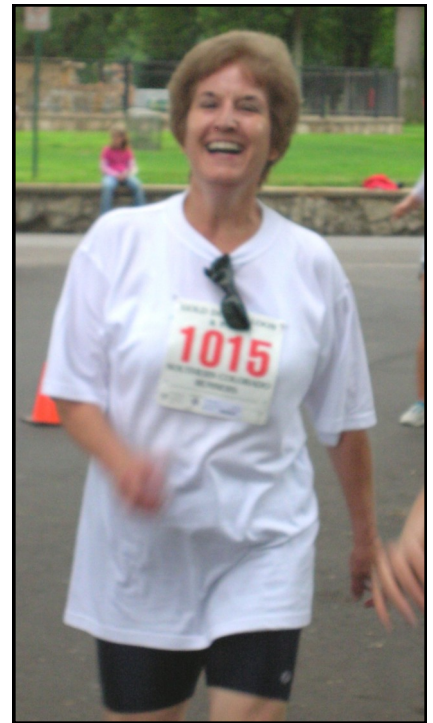


Above:

Erica Reschly is new to Pueblo,
Rochelle Beier-Kemmet
is way too happy

Below:

Paulette Arns shows winning form
Maria Elena Weaver
rounds the fountain



Above:

Kay Perkins finishes strong

Below:

Rebecca Woods and Shannon
Roybal pose after the event





The Run for Rio - June 10, 2006

By Jeff Arnold



Results

PI	Name	Ag	From	Time
1	Rich Hadley	50	Florence	19:42
2	Aaron Roman	18	Florence	20:21
3	Ashlee Withrow	19	Florence	22:32
4	Aaron Berndt	17	Rye	22:33
5	Mark Koch	47	Pueblo	27:44
6	Dalton Jordan	12	Colo. City	29:25
7	John Gunn	49	Weston	29:35
8	Cassy Berndt	14	Rye	32:15
9	Orlando Coca	56	Trinidad	38:05
10	Chuck Mason	41	Trinidad	39:00
11	Peggy Jordan	43	Colo. City	44:00

5K Walk	Name	Ag	From	Time
1	Sarah Manuel	18	Rye	50:04
2	Tammy Muhic	46	Rye	52:17
3	Ron Nelson	47	Colo. Spgs	52:18
4	Cece Martinez	56	Wood Prk	61:02
5	Mike Martinez	57	Wood Prk	61:15

Run for Rio Volunteers

Timing: Pat Berndt; Tags: Deb Hadley; Course and Results: Jeff Arnold

There was a tiny turnout for the 2006 version of the Run for Rio. Rio Martinez was about to begin his senior year at Rye High School when he was accidentally shot to death August 1, 1997 at his home near Bigelow Divide in Custer County. Rio had often expressed a desire to run the 19 miles to Rye. The summer after his death his dad Jim decided to do the run in Rio's name. He was joined, at least for part of the run by some of Rio's classmates, friends and family.

One of Rio's uncles, Bill Bright, donated \$5000 for a series of \$1000 scholarships for Rye High seniors. In 1999 the first of the shorter races held to supplement Bill's donation. It was a 4.2 mile race which started and finished at Rye Mountain Park. There were 40 finishers. Bill Bright died unexpectedly that summer.

In 2000 the race was moved to the high school and has been held there

ever since with as many as 65 finishers, and as few, prior to this year, of 43. Somehow there has always been at least one scholarship awarded each year, including to this year's walk winner Sarah Manuel. Sara will be attending CSU in Fort Collins where she plans to compete as a multi-event track and field athlete.

Rich Hadley, a Rye High graduate whose grandmother used to live along the course, won with another of his consistent performances. Two of the athletes he coached at Florence High School, Aaron Roman and Ashlee Withrow took the next two places. People came from all over, but only one, Mark Koch, was from Pueblo. Curtis Sloan came from near Crown Point on the Navaho reservation in Arizona, but since he was late for the start, decided not to walk. He was obviously not the only one to make that decision.

The Survival Run

The Survival 5K Run and 5K Walk held Sunday, May 21, 2006, at Mineral Palace Park in Pueblo.

PI	Name	Age	Sx	Time
5K Run				
1	Dean Black	18	M	16:36
2	Anderson Graham	18	M	18:21
3	Matthew Drake	17	M	18:38
4	Justin Gutierrez	31	M	21:08
5	John Montoya	48	M	21:12
6	Rubin Sisneros	24	M	21:34
7	David Baker	48	M	22:00
8	Dan Cleaver	17	M	22:47
9	Bob Glassen	59	M	22:53
10	Stan Hren	64	M	23:36
11	Abigail Duran	12	F	23:55.2
12	Theresa Duran	29	F	23:55.4
13	Joe Bulow	36	M	24:10
14	Steve Johnson	56	M	24:40
15	Tyler Cleaver	19	M	25:47
16	Catherine Gomez	50	F	25:54
17	Paul LaBar	45	M	26:16
18	Jeff Cleaver	55	M	27:21
19	Troy Davenport	41	M	28:13
20	Paulette Arns	53	F	28:56
21	Marley Tappen	50	F	37:56.1
22	Walt Gomez	63	M	37:56.3
23	Susan Bayer	33	F	39:55
24	Larry Walls	67	M	39:56
25	Leslie Vallejos	60	F	43:57

We thank the event volunteers:
 Race Director: Mike Archuleta,
 Course Layout/Lead Bike: Jeff Arnold,
 Photographer: Michael Orendorff,
 Finish Line: Mike Archuleta,
 Don Pfof, Dave Diaz

Race Director
 Mike Archuleta is all smiles



5k Walk	Name	Age	Sx	Time
1	Lois Pfof	63	F	55:36.1
2	Frances Montoya	49	F	55:36.2
3	Robin Dabney	46	F	55:36.3

Spirit Fest 5k Results

The Spirit Fest 5K Run was held Sat, June 4, 2006 at the HARP Riverwalk in Downtown Pueblo, CO. Thanks goes to Race Director: Hilbert Navarro, Course Layout: Dave Diaz, Finish Line: Don & Lois Pfof, Mike Archuleta, Ken Raich, Results: Chief Reno, Matt Sherman

PI	Name	Ag	Sx	Time
1	Regie Marquez	29	M	19:27
2	Aaron Levinson	17	M	19:44
3	Glenn Clemons	44	M	20:06
4	Mark Gurule	44	M	20:30
5	Matt Sherman	33	M	20:38
6	Don Smith	37	M	21:03
7	Rachelle Christensen	24	F	21:06
8	Dave Diaz	57	M	21:22
9	Aaron Ruiz	23	M	21:34
10	Justin Gutierrez	32	M	21:46
11	Dave Baker	48	M	21:52
12	Steve Wall	42	M	22:23
13	Shannon Rodriguez	14	M	23:13
14	Teri Fox	32	F	23:23
15	John Musso	36	M	23:51
16	Robert Santoyo	44	M	24:04
17	Stan Hren	64	M	24:35
18	Ted Johnson	34	M	25:22
19	Rod Ware	30	M	25:34
20	Laurice Lopez-Cepero	34	F	25:59
21	Mike Hurley	35	M	27:11
22	Scott Bailey	49	M	27:46
23	Shannon Rodriguez	32	M	27:52
24	Rene Vecchio	33	F	27:55
25	Laurel Wright	51	F	28:32
26	J. Curtis Wright	64	M	28:41
27	Jared Bruce	11	M	28:58
28	Brandy Krow-Romero	28	F	29:04
29	Kevin Hughes	6	M	29:20
30	Rosa Navarro	43	F	29:22
31	Paulette Arns	53	F	29:38
32	Jackie DeCarlo	37	F	29:51
33	Melanie Hughes	34	F	31:27
34	Liz Pacheco	45	F	31:48
35	Doug Cox	54	M	32:58
36	Lillian Jones	48	F	33:12
37	George Alfonso	55	M	33:46
38	Jane McCarty	38	F	35:30
39	Anne Asch	41	F	42:36
40	Kathryn Bergman	49	F	42:36



The OMT (Ordinary Mortals Triathlon)

The 2006 version of the Ordinary Mortals Triathlon included some changes. The event took place on May 20th for both women and men.

The location was changed to Pueblo County High School on the Mesa, east of Pueblo. Over 160 athletes took part in the YMCA sponsored event.

Footprints is trying out a different approach in reporting results. Not a lot of SCR members take part in this event, so we are experimenting with providing results for only the top 3 in each division. We know that leaves some people out, but we're trying to balance that with additional pages of the newsletter.

If you have feedback about this idea,

please contact any of the SCR officers. They are listed on the "Contacts" link of the SCR home page.

For complete OMT results, see the Results link of the SCR home page.

<http://www.socorunners.org>

Ladies

O'a	AG	PI	PI	Name	Ag	Swim	T1	Bike	T2	Run	Total
28	1	1	1	Diana Dalrymple	19	7:54.9	130.3	32:36.9	107.4	21:34.9	104:44.4
72	2	2	2	Morgan Love	14	8:02.7	121.2	38:17.2	0:33.0	26:27.9	114:42.0
55	1	1	1	Arienne Morrison	22	9:25.9	129.8	33:52.7	100.4	25:26.6	111:15.4
66	2	2	2	Megan Wilson	24	9:29.1	127.2	36:49.9	123.6	24:49.2	113:59.0
83	3	3	3	Ashley Samek	21	8:41.7	2:07.4	37:42.5	141.2	26:49.3	117:02.1
16	1	1	1	Deborah Janssen	25	6:39.3	1:15.4	32:16.5	0:43.0	19:26.8	100:21.0
21	2	2	2	Pamela Welch	29	8:07.7	1:02.3	31:01.3	0:39.4	22:19.1	103:09.8
46	3	3	3	Meredith Ripley	26	8:48.5	1:49.9	36:46.0	0:23.5	20:57.3	108:45.2
40	1	1	1	Kallie Quinn	30	9:49.1	1:36.8	34:39.8	0:26.8	20:12.4	106:44.9
41	2	2	2	Holly Johnson	33	9:30.6	1:08.9	34:13.3	1:22.7	20:35.2	106:50.7
45	3	3	3	Hannah Joiner	32	8:20.7	1:27.2	33:51.6	1:16.7	23:35.9	108:32.1
10	1	1	1	H. Huntington	37	8:41.9	0:46.3	28:41.6	0:28.4	21:05.9	59:44.1
15	2	2	2	Cathi Webber	37	8:12.9	0:57.1	30:52.5	0:53.0	19:22.0	100:17.5
23	3	3	3	Jennifer McGill	36	8:33.7	2:06.8	32:59.2	1:21.0	18:31.3	103:32.0
106	1	1	1	Sue Visser	44	11:17.2	1:20.6	37:56.9	1:57.7	28:39.4	121:11.8
109	2	2	2	Joy Focht	42	10:21.8	1:19.0	36:35.0	1:39.7	31:26.8	121:22.3
113	3	3	3	Kathy Seidman	42	8:28.8	1:22.2	38:45.5	1:07.9	32:57.6	122:42.0
59	1	1	1	Susan Hirst	45	8:21.8	1:45.1	36:10.1	0:51.6	25:56.0	113:04.6
69	2	2	2	Stacey Diaz	45	11:17.8	2:12.5	37:14.5	0:32.4	23:15.4	114:32.6
75	3	3	3	Wendie Wilhide	45	11:47.7	1:29.3	35:59.5	0:44.7	24:57.7	114:58.9
64	1	1	1	Diane Cridennda	53	10:34.4	1:33.9	34:56.5	1:11.1	25:25.2	113:41.1
85	2	2	2	Carrie Slover	53	8:01.3	2:24.1	39:18.2	0:59.4	26:47.3	117:30.3
119	3	3	3	Elaine Chavanon	50	12:09.6	1:40.5	39:38.9	1:47.4	28:22.6	123:39.0
111	1	1	1	Cindy Swits	55	11:07.3	1:58.5	38:19.6	1:04.5	29:31.4	122:01.3
117	2	2	2	Ann Olson	57	12:47.1	0:49.4	41:16.8	1:16.8	27:08.9	123:19.0
121	3	3	3	Judith Russell	59	10:11.5	2:04.4	41:49.3	1:27.2	28:20.6	123:53.0
105	1	1	1	Karen Fady	63	10:33.8	1:49.9	40:16.2	1:33.0	26:49.3	121:02.2
157	2	2	2	Juidy lwata	63	13:29.2	3:32.6	44:47.0	2:37.1	39:25.2	143:51.1
161	1	1	1	Barbara Faaborg	68	16:40.3	3:40.4	47:07.9	2:07.0	46:05.4	155:41.3
163	1	1	1	Marilyn Olen	79	19:24.3	2:41.7	53:40.1	1:00.9	43:19.2	2:00:06.2

Men

O'a	AG	PI	PI	Name	Ag	Swim	T1	Bike	T2	Run	Total
81	1	1	1	Logan Gogarty	17	8:55.2	2:19.2	41:52.4	1:32.0	22:14.1	1:16:52.9
17	1	1	1	M. Fitzsimmons	21	7:57.2	1:47.2	31:55.1	0:58.1	19:15.3	1:01:52.9
48	2	2	2	John Feeney	24	11:01.6	3:04.7	34:59.8	1:57.8	18:39.9	1:09:43.8
3	1	1	1	Luke Jay	25	7:36.4	0:22.2	27:34.4		19:42.8	53:48.0
4	2	2	2	Randy McLain	29	8:45.0	0:41.3	25:47.3	0:39.9	18:17.1	54:10.6
22	3	3	3	Mike East	29	8:37.9	1:34.1	31:42.9	0:58.2	20:31.5	1:03:24.6
2	1	1	1	Eric Peterson	34	5:52.2	0:49.7	27:00.7	0:24.1	16:00.0	50:06.7
14	2	2	2	David Zybowski	34	9:27.3	1:01.1	30:54.7	0:43.5	18:05.7	1:00:12.3
19	3	3	3	Kevin Hale	31	8:17.7	0:53.0	31:17.3	0:54.0	21:23.1	1:02:45.1
6	1	1	1	Bob Simmons	37	7:14.0	0:30.0	28:15.0	0:20.3	18:52.2	56:11.4
7	2	2	2	Edward Oliver	37	7:34.5	0:44.0	27:54.6	0:33.9	19:32.5	56:19.5
8	3	3	3	Neal Oseland	37	8:37.3	0:30.3	29:00.2	0:42.6	18:49.3	57:39.7
1	1	1	1	Michael Hagen	43	6:59.5	0:30.1	26:01.2	0:27.1	15:33.6	49:31.5
52	2	2	2	Steven Wall	42	9:11.1	1:42.8	35:10.9	1:00.0	23:01.0	1:10:05.8
56	3	3	3	Troy Davenport	41	10:16.1	1:26.4	35:06.0	0:25.7	24:37.7	1:11:51.9
9	1	1	1	Douglas Kretzmann	45	7:48.7	0:49.6	29:42.5	0:36.8	18:59.5	57:57.1
11	2	2	2	Stephen Mitchell	45	9:19.0	1:03.0	30:07.1	0:38.3	18:44.9	59:52.3
35	3	3	3	W. Gogarty	47	8:41.2	1:45.4	32:19.7	1:14.8	21:44.6	1:05:45.7
5	1	1	1	Woody Noleen	50	7:01.1	0:25.4	28:26.0	0:33.7	18:40.2	55:06.4
13	2	2	2	Mark Wenrick	50	9:00.0	0:27.9	31:30.2	0:36.6	18:35.7	1:00:10.4
30	3	3	3	Paul Thomas	53	11:17.5	0:56.4	31:16.6	1:07.2	20:19.8	1:04:57.5
12	1	1	1	Alan Ley	55	8:04.7	0:39.6	29:21.9	0:34.4	21:19.2	59:59.8
43	2	2	2	Dave Diaz	57	11:31.4	1:16.8	33:26.2	1:23.8	20:07.5	1:07:45.7
54	3	3	3	Gary Franchi	57	8:04.0	2:09.1	35:04.0	1:26.4	24:18.0	1:11:01.5
50	1	1	1	Angus Morrison	63	9:49.3	2:15.4	33:27.2	1:37.5	22:46.5	1:09:55.9
57	2	2	2	Joe Farra	60	11:40.7	1:36.2	34:19.9	1:29.9	22:56.5	1:12:03.2
126	3	3	3	Mickey Moore	60	10:22.3	2:04.1	40:18.2	2:03.0	30:39.2	1:25:26.8
103	1	1	1	Don Whitford	68	11:33.8	1:42.7	40:38.0	1:02.7	25:32.0	1:20:29.2
136	1	1	1	John Sturtevant	72	13:53.8	3:21.7	41:19.5	1:51.8	28:35.3	1:29:02.1

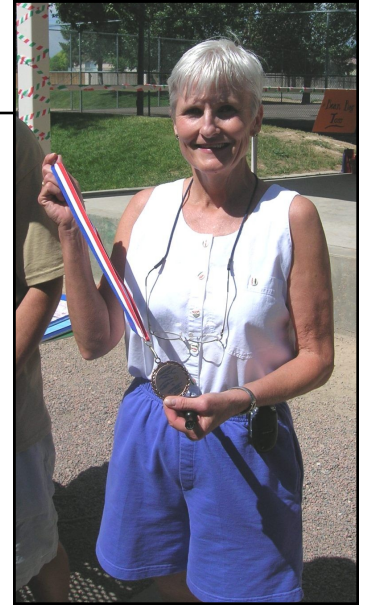
The 2006 Little Run on the Prairie

The Little Run on the Prairie was held at Lovell Park in Pueblo West on June 10th. PWHS Cyclone Cross Country coach Dale Papineau served as race director. The 5k runner's course was runner friendly with the majority of the run being on dirt. Dale is a real proponent of saving runners knees, so he devised a course that took in a dirt road or two, a trail across a stretch of prairie, and a finish on the middle school cinder track. There weren't as many people in the stands as at the Bolder Boulder, but it is a nice touch. And – there was a significant increase in participants this year.

Congrats to Graham Anderson and Anna Marshall, first overall finishers

with times of 18:45 and 21:47. It is worth noting that Rich Hadley who entered a new age bracket a few months back can still heat up the soles of his running shoes. Rich was 2nd overall with a 6:06 pace. Wow!

There's a long list of volunteers who helped Dale put on this event. Thanks goes out to: Registration and fruit table: Noell Dickson, Martha Drake, Marti Marshall, Sandy Papineau, Awards and T-shirts: Brian and Margarita Smith, Lucero's Trophies, Bubba's Sporting Goods, Finish Line and Course Marshals: John Rodgers- also help mark course, Larry Cernoia, Bob Drake, David Layden, Mr. Schaffer, Finish Clock Setup: Ron Dehn



LROP 5K Run Results

PI	Name	Time	Div	PI	Div	Pace
1	Graham Anderson	18:45	14-19	O'all		6:02
2	Rich Hadley	18:58	50-59	1		6:06
3	Matt Drake	19:11	14-19	1		6:10
4	Nick Martinez	19:55	20-29	1		6:24
5	Aaron Levison	20:02	14-19	2		6:26
6	Michael Cernoia	20:56	<14	1		6:44
7	Christopher White	21:14	40-49	1		6:49
8	Jordan Montero	21:37	<14	2		6:57
9	James Robinson	21:42	50-59	2		6:58
10	Gene Mares	22:08	40-49	2		7:07
11	Bill Mares	23:12	40-49	3		7:27
12	Jeremy Gregory	23:29	20-29	2		7:33
13	Brandon Schaffer	23:59	14-19	3		7:43
14	Stan Hren	24:30	60+	1		7:53
15	Rusty Smith	24:37	30-39	1		7:55
16	Gary Franchi	25:24	50-59	3		8:10
17	Ron Dehn	26:21	50-59	4		8:28
18	Andrew Butynski	26:57	30-39	2		8:40
19	Larry Heffer	27:06	60+	2		8:43
20	Len Gregory	27:33	60+	3		8:51
21	Ronald Looney III	27:51	14-19	4		8:57
22	Jerry Tiller	31:56	40-49	4		10:16
23	Ken Cordova	32:45	20-29	3		10:32
24	Ben Bogenschuetz	33:35	<14	3		10:48
25	John Dengler	33:36	50-59	5		10:48
26	Frank Bulow	38:33	60+	4		12:26
27	Joe Bulow	38:34	30-39	3		12:26

FEMALES

1	Anna Marshall	21:47	14-19	O'all		7:00
2	Sandra Martinez	24:11	30-39	1		7:46
3	Ami Chamberlain	24:49	30-39	2		7:59
4	Audra Sanford	26:21	14-19	1		8:28
5	Renee King	27:47	20-29	1		8:56
6	Paulette Arms	28:18	50-59	1		9:06
7	Shalana Gray	29:01	14-19	2		9:20
8	Gayle Bosley	29:52	14-19	3		9:36
9	Lindsay Smith	31:16	14-19	4		10:03
10	Nicole Bogenschuetz	32:48	<14	1		10:33
11	Susan Marshall	32:50	<14	2		10:33
12	Marti Marshall	32:51	40-49	1		10:34
13	Martha Drake	33:00	50-59	2		10:37
14	Helen Whitener	33:12	40-49	2		10:41
15	Lori Gregory	36:54	50-59	3		11:52
16	Lynne McMahon	37:08	14-19	5		11:56
17	Mary Bogenschuetz	37:09	40-49	3		11:59
18	Tina Valdez	39:19	40-49	4		12:41

LROP Walk Results

PI	Name	Time	Age	PI	Div
1	Jace Montero	15:45	<14	1	
2	Julian Lontine	17:13	30-39	1	
3	Chase Papineau	19:32	<14	2	
4	Ron Looney Jr.	20:14	50-59	1	
5	Patrick Trujillo	20:21	50-59	2	
6	William Marshall	22:56	<14	3	
7	Dru Marshall	22:57	40-49	1	
8	Mark Vincent	36:55	40-49	2	
----- FEMALEES -----					
1	Loretta Arguello	15:23	40-49	1	
2	Jennifer Cernoia	15:24	<14	1	
3	Sheri Tiller	17:16	30-39	1	
4	Sharon Smith	18:41	40-49	2	
5	Rose Lontine	18:58	60+	1	
6	Danelle Looney	20:13	50-59	1	
7	Verna Trujillo	20:19	50-59	2	
8	Jessica Cordova	22:57	20-29	1	
9	Betty Fleming	25:24	60+	2	
10	Carol Pannunzio	25:41	40-49	3	
11	Nancy Britton	25:42	30-39	2	
12	Stephanie Britton	25:43	<14	2	
13	Virginia Chamberlain	25:43	60+	3	
14	Ashley Vincent	33:37	14-19	1	
15	Cheryl Vincent	36:58	40-49	4	

Next column top to bottom:

Lori Gregory
placed in her division
Martha Drake is back into
running and also placed
Noell Dickson
(who prints our newsletter
every month)
is a race volunteer



2006 Calendar from here to there*

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

		Aug-06		
5th-Sat-7:00am	Parish Fiesta Run	5K	George Dominguez	
	Raton, NM		505 445 2546	
5th-Sat-7:15am	Rocky Mountain State Games	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				
(c) 26-Aug	Sat Tunnel Drive	5M	Rich Hadley - Prediction Series Event	
				Sep-06
4th-Mon	American	*26.2mi/*13.1mi/5K	Bob Mutu	
var start times	Colorado Springs	*RRCA Regional Championships	(719)598-2953	
16th-Sat	Lung Cancer	5K	Sonja Stubenvoll	
9:00 AM	Colorado Springs, CO		303-913-1980	
17th-Sun	Autumn Color Run	5K, 10K, 1/2M ar	Michelle Liverman	
9:00 AM	Buena Vista, CO		719-395-2649	
23rd-Sat	Bike with Pike	100miles +/-	Dawn DiPrince	
6 to 7am	John Martin Reservoir to Pueblo Chili Fest		719.583.8631	
24th-Sun	(a) Hot to Trot	5K	Ruth McDonald	
	Union Ave District		Gold Dust Saloon	
				Oct-06
15th-Sun	Denver Marathon	26.2 mi	Dave McGillivray	
	Denver, CO		Race Director	
Tentative				
(c) 21-Oct	Sat Harvest Poker Run	5M	Dave Diaz - Prediction Series Event	
				Nov-06
11th-Sat	(c) Atalanta	5K Run	Stacey Diaz	
	City Park Pueblo CO	5K Walk	(719)564-9303	
Tentative				
(c) 25-Nov	Sat Temple Canyon	4M	Rich Hadley - Prediction Series Event	
				Dec-06
2nd-Sat-9:00am	(c) Rock Canyon Half Marathon	13.1miles	Dave Diaz	
	City Park Pueblo CO		(719)564-9303	
Tentative				
(c) 17-Dec	Sun Excellent Adventure	8M	Don Learned - Prediction Series Event	

The Denver Marathon

Dave Diaz recently received a call from a lady named Carolyn asking him to let the club know about the Denver Marathon to be held Oct 15 2006. Carolyn said it is a completely new event, (with a new course) not associated with the disaster that has been held up there about the same time. The race director is Dave McGillivray race director of the Boston Marathon. She said she would send some applications to the Y.

See:

www.denvermarathon.com

(Continued from page 9)
 After running for a year, Hughes has made a name for himself in racing with competitions under his belt such as the Bolder Boulder, which he finished in a little more than an hour, earning first place in his age group.

His favorite part of running events is seeing the finish line, he said, and he preferred going down the hill to going up.

Kevin's determination and desire to do well is an inspiration for us all. We look forward to seeing great things from Kevin in the future both athletically and academically.

*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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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.

**The 2nd Annual Robert's Race 5k Run/Walk for Lung
Cancer Research** will be held on September 16th in Colo-
rado Springs. Proceeds from the race benefit the LUNgevity
Foundation.

Robert Stubenvoll was a long time resident of Colorado
Springs who led an active lifestyle, worked out, and never
smoked. In December, 2004 he was diagnosed with lung can-
cer and died in February, 2005 at the age of 33.

Robert's story is somewhat similar to SCR member Mike
Tearpak, a lifelong runner and fitness advocate who died of
lung cancer in April, 2006 at the age of 55. (See the May,
2006 issue of *Footprints*)

Mike's family is participating in Robert's
Race and is raising money for research. If
you are interested in running, walking, or
donating, see: longevity.org/robertsrace or
call 303-913-1980.



**NO Beulah Challenge for 2006
Maybe Next Year**

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 Au-
gust 2nd.

The Final Thoughts...

Count no day lost in which you waited your turn, took only
your share and sought advantage over no one. -Robert Brault

Flattery is like chewing gum. Enjoy it but don't swallow it. -
Hank Ketcham, comic artist (1920-2001)

Be ashamed to die until you have won some victory for hu-
manity. -Horace Mann, educational reformer (1796-1859)

The weak can never forgive. Forgiveness is the attribute of
the strong. -Mohandas K. Gandhi (1869-1948)