



Editor: Ron Dehn

# FOOTPRINTS



The Back To School Edition

## School is in!!!\*

### The Annual SCR Picnic

The thunder threatened, the rain threatened, but when SCR picnickers put on their raingear and continued to enjoy – Mother Nature gave in and the sky turned blue. The raingear came off, the sunglasses came on, and the kids threw water balloons to (at) each other. Eventually, some of them got wet, but not from the clouds.

Cinfully Delicious lived up to the second part of its name for sure. And... they delivered! About 40 SCR members and families enjoyed the food, the beverages, and the camaraderie in Pueblo Mountain Park in Beulah for our annual SCR picnic.

Besides throwing water balloons, the kids took part in gunny sack races, bubble blowing, and a variety of other activities organized by Jacqueline Wall.

The adults were rather sedate, and spent a quiet afternoon in the cool mountain air. Life is Good!

More photos on page 11.



Above: Wendy and Joe Bulow and kids joined in the fun  
Left: Zeffie Borrego learns about gunny sack races

\* The title of an old (1961) song from Gary U.S. Bonds - the song was a sequel to "School is Out".

**Moonlight Madness**  
Page 5

**Cyclone Preview**  
Page 9

**South Shore Adventure**  
Page 10



## SCR Notes from the August, 2006 meeting

Attendance: Gary Franchi, Stan Hren, Dale Alcorn, Jim Alcorn, Dave Diaz, Rich Hadley, Don Pfof, Lois Pfof, Tamara Moore, Ken Raich, Jacqueline Wall, Steve Wall, Michael Orendorff, Rusty Smith, Jeff Arnold, Ron Dehn

Minutes: The minutes as printed in the August newsletter were approved with one correction-The club did vote to return \$100 of the \$500 paid to SCR for assistance with the Cinco de Mayo event.

Officer Reports: Treasurer's report as presented by Dave Diaz was approved. Newsletter Editor: Ron Dehn expressed some concern with regard to an imminent change of people who print our newsletter. Ron raised the possibility of "car talk puzzles" being included in future issues. There were positive comments from those present with regard to the youth runner section in last month's newsletter. Membership Chair: Don Pfof reported that the club currently has 176 members, with 96 receiving Colo Runner Magazine. There was a lengthy discussion concerning SCR criteria for presenting annual awards for prediction series events. The general consensus ("I believe to the best of my ability but would not swear to under oath") was that award winners should be SCR members, and that the club would work very diligently to persuade non-members to join SCR. Webmaster: Mike Orendorff reported that he has received a very positive E-mail from the Colo

Springs area stating that keeping runners informed of activities in southern Colo was very much appreciated

Upcoming Races: Corporate Cup September 16-Tamara Moore asked the club for volunteers to assist with this 5K event. There will also be a bicycle event on Sept 17 and a 1 mile event on Sept 21. Hot To Trot September 24: Ruth McDonald from the Gold Dust Saloon has informed the club that this event is on schedule and entry forms will be included in the Sept newsletter. Lake Pueblo Trail Run: Don Pfof reported that Larry Volk has finalized plans for this event for Sunday Sept 10. This new predict event will be approximately 12Km (bring your own water).

Activity Recaps/Updates/Revisits: Women's Distance Festival July 8-Lois Pfof reported that there were 48 participants in a very enjoyable event. Those present noted that Gary Franchi's column in the Chieftain prior to the event greatly helped to attract more entrants. Moonlight Madness July 29-Dave reported that all went well with 14 runners and plenty of food.

New Stuff/Old Stuff: Donation to Juvenile Diabetes Research Foundation-The club passed a motion to donate \$200 to Tomas Duran in association with a bike ride to be held to benefit this organization SCR Picnic-All is in order for this annual event to be held at Pueblo

Mountain Park on Sunday August 13. Jeff reported that the menu will include enchilada casserole, beef, chicken, salad, beans, rice, and bean burritos. Medals for cross country runners: Jeff Arnold solicited club support for the purchase of medals for cross country meets for districts 60 and 70 to be held in October. A motion was passed to contribute an amount less than \$100 for the purchase of up to 72 medals for this purpose. Hustle for Russel 5K-It was reported that this event is scheduled for Nov 4

(Continued on page 9)



**Southern Colorado Runners**

[www.socorunners.org](http://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. 292**

"Footprints" is the newsletter produced monthly by, about, and for the SCR membership. It is bulk-mailed via third class mail by the U.S. Postal Service.

**Current SCR Officers**

President	Ken Raich	564-0847
Vice President	Rich Hadley	784-6514
Co-Secretary	Stan Hren	647-9736
Co-Secretary	Marv Bradley	275-1855
Treasurer	Dave Diaz	564-9303

**Non-Elected Officers**

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

**Contributing Writers / Photographers**

Gary Franchi, Rocky Khosla, Shaun Gogarty, Don Pfof  
Stan Hren, Larry Volk, Jan Dudley, Dave Diaz, Matt Drake

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.

\* On February 23, 1945, Joe Rosenthal was working for the Associated Press when he took a photo of six U.S. servicemen raising the U.S. flag over Iwo Jima. He won a Pulitzer Prize for the photo which became the model for the monument in Arlington National Cemetery. Joe Rosenthal was 94 when he passed away on August 20, 2006.



SCR is associated with RRCA, Road Runners Club of America.  
See: [www.rrca.org](http://www.rrca.org)

**Enjoy a brew and the view  
On the new covered patio**



**At the  
Gold Dust  
217 South  
Union**



## Great Stuff

by Gary Franchi

### What's in store for next generation?



Thought for today's lunch, compliments of Brad Schreiber: *"That which does not kill me only serves to make me suffer."*

Sometimes I feel thankful about being born when I was.

Not that I particularly enjoy having well over five decades of life in the rear view mirror (closer to six, actually) and running races a minute or two per mile slower than 20 years ago. The achy body while crawling out of the sack every morning ain't too cool either. Not to mention that getting about half as much done in twice the time has become sort of status quo now, and that's looking at it optimistically.

But at least we are a generation of endurance athletes with limits.

I started thinking about this a few months back when the SCR's Michael Orendorff went to Columbus, Ohio and in one weekend did a sprint triathlon Friday evening, two Olympic-distance triathlons on Saturday and a Half-Ironman on Sunday.

Since Michael has been known to do some, uh, well, unusual things in his life, I sort of shrugged this off with a "Well, that's Mike!" thought. (Seriously now, is there any other way to look at such a weekend?)

Then I was chatting with Marv Bradley, a long-distance machine if there ever was one. Marv just completed his second marathon tour of all 50 U.S. states. And since he rarely does the same marathon twice, he's missing a great opportunity to write a book rating the top microbreweries in each state. He could make millions!

Getting back on the topic, Marv has now run 112 marathons (probably 113 or 114 by the time you are reading this) and 15 ultramarathons. He even tried that Badwater Ultra in the desert before his body rebelled and went on "melt" status after a mere 50 or 60 miles.

If there is a point here, it's that Marv and Mike like to take things to the extreme, accept new endurance challenges, live life on the physical edge.

They were probably spiritually affected by watching Forrest Gump run across the country.

Then the clincher came as I was leafing through the September issue of *Runner's World* magazine. In there was a schedule that detailed ultra runner Dean Karnazes' plan to run 50 marathons in 50 consecutive days.

He will run eight of those on the actual days of those marathons while doing the other 42 on the exact courses of those marathons but on different days. When he's finished with the New York City Marathon on Nov. 5, Karnazes will have run 1,310 miles, which is about, oh, 500 more than my total for an entire year. By the way, No. 8 on his list will be the actual running of the Boulder Backroads Marathon on Sept. 24.

Karnazes is a fanatic, but at least what he and Mike and Marv do are within some realm of reason. Barely, but somewhat reasonable.

There are other extreme feats in our generation. There are those who swim the English Channel, do a double Ironman (there IS such a thing, you know), ride against the wind in the Y-Bi Classic duathlon, etc.

Our generation still does things somewhat within reason, but since this endurance achievement movement is continuously gaining momentum, what's in store for the next generation? How are they going to reach endurance achievements that are fulfilling enough?

Running backwards across the country, without stopping to sleep? Riding a unicycle from South America to Alaska? Going back 20 years and reading every Great Stuff column that was ever written?

As you can see, things begin to get a little more distasteful as time goes on and the ante is upped.

That's why I'm thankful for being born when I was.

And for not being spiritually affected while watching Forrest Gump run across the country.

# 10

#### Ten things I was just wondering:

1. What can you say about the cretin level of alleged humans who swat and kill flies in public restrooms and leave them on the sink counters?

2. So, like, who's really buying those \$13 Orion brand running shoes at Big 5?

3. Who actually has the time to keep a training log as all the so-called "experts" advise us to do?

4. How many cheek kisses did Lance Armstrong exchange during his Tour de France career?

5. Do the podium girls in the Tour de France use EPO?

6. How many millions does Chase Visa spend a year mailing out requests for its stinkin' Platinum card?

7. Do running shoe manufacturers retire the numbers of discontinued shoe models by hanging them from the rafters of their warehouses?

8. Do heavy metal band members like to listen to classical music in their leisure time?

9. If you have the resources and are interested in those Hummer vehicles, why not just spend a few bucks more and get yourself an army tank?

10. Seriously now, is there a stupider name for a hotel than the "Circus Circus" in Las Vegas?

Until next month, test your endurance limits -- read this column twice.



September

1	Robert Bruce Dr. Phil*
2	Lillian Rivera Maria Weaver Christa McAuliffe*
5	Cassy Berndt Dweezil Zappa*
8	Bobby Valentine Peter Sellers*
9	James Martinez Otis Redding*
10	M. Edmund Vallejo Roger Maris*
11	Aaron Berndt O. Henry*
12	Jim Dudley Jesse Owens*
13	Ted Johnson Mel Torme*
14	Tiffany Reno Clayton Moore*
15	Matthew Diaz Cory Rose Dan Marino*
18	Michael Orendorff Frankie Avalon*
20	Carter Braune Sophia Loren*
21	Stacey Diaz Tomas Duran Faith Hill*
22	Elliott Dudley Tommy Lasorda*
23	Gary Franchi Hilda Garcia Rodge Rodgers Amy Wolf Ray Charles*
25	Randy Comden Kerry Roman Will Smith*
26	Kelly Hale Ivan Pavlov*
27	Joseph D'Angelo Debra Hadley Robin Krueger Moon Unit Zappa*
30	Stanley Hren Rumi*

\*honorary member



## Rocky on Fitness

By Rocky Khosla, M.D.

### Body Mass Index

I have been getting asked a lot about what's new in the area of weight loss and which diet is the best, so I thought this would be a good topic for this month's column.

First of all, how do we decide if you are overweight or obese? The first set of tables that were developed were actually developed by the Metropolitan company and were meant to help the life insurance people figure out how to charge people for getting life insurance. They had a bunch of data that could allow the company to figure out who, based on height and weight, would be the least likely to die versus who would be the most likely to die prematurely.

A bunch of societies thought that the above approach was not really medically validated, so they have worked out the new gold standard for the definition of ideal body weight versus obesity. This classification system is based on something called the BMI (body mass index) and can be laboriously calculated by taking your weight in kilograms and dividing that by your height in meters squared. Forget it, you say. No way am I going to work in metric, and no double no way am I going to be squaring anything! Don't lose hope, folks, 'cause you can use a bunch of tables or calculators available on the internet to get your BMI very easily ([www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)).

A BMI below 18.5 is considered underweight, and BMIs between 18.5 and 24.9 are considered ideal. BMIs between 25.0 and 29.9 are considered overweight and BMIs above 30 are considered obese. So is a BMI a perfect yardstick? The answer is no, but it is a helpful tool. You cannot use BMIs in pregnant patients, and body builders tend to have horrible BMIs yet they are medically not at risk as non-body builders with the same BMI.

So what should you do if you have a BMI above 24.9? First of all, realize that you are not alone. The number of people considered overweight and obese has been growing at an incredible rate, and I won't burden you with the mind numbing numbers, but we have a huge problem in this country in both kids and adults. Second, there is no miracle diet or pill that will help unless the person is committed to the idea of cutting down his or her caloric intake and exercising.

Having said the above, I do think there are genetic factors that make it much harder for some people to lose weight compared to others. There are studies that suggest that a substance

called leptin may be important in weight regulation, and a class of drugs called endocannabinoid modulators is about to be released that may have some benefits for weight loss.

My first line approach in patients trying to lose weight is to set a reasonable goal for weight loss. Studies suggest that most overweight or obese patients have unreasonable goals and get, therefore, get frustrated and doom themselves to failure. If we can get 1 to 2 lbs of weight loss per week, I call that a great result. Improvement in a whole host of medical conditions seen with obesity begins with as little as a 5% loss of excess weight. Also, I get body fat measurements, and often a person may not see any weight loss, but they are having a decreased body fat percent, and that is a successful patient in my eyes. I tell my patients that if we can get a net loss of 500 calories a day that translates to 3500 calories a week, and that will lead to about 1 pound of fat loss. And often, small changes can lead to big results. For example, having one less 12 oz pop a day (sugared, not diet) can lead to a loss of 15 lbs per year! Also, did you know that a Starbucks caramel macchiato 16oz drink has more than 500 calories in it!

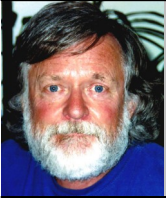
A couple of neat tricks that can help with the dietary parts of weight loss are as follows:

1. If you can eat within 30 minutes of finishing exercise, you have less weight gain than if you wait more than two hours after exercise to eat. The reasons for this may be multiple including something called the thermic effect of exercise, which essentially means that exercise revs up your metabolism and so you may burn through more calories right after you exercise than if you wait. Also, your stomach may feel fuller with less food after you exercise than if you wait to eat.

2. Use the rule of the closed fist: put your closed fist over the main entrée and cut the food portion to match the size of your closed fist. Eat just the portion that is fist sized, and save the rest for another meal.

Exercise by itself is not very effective for weight loss. I think the reason for this is that most people overestimate how many calories they burn off with exercise, and they underestimate how many calories they then reward themselves with, leading to a net gain in weight usually. But a reasonable diet, combined with a sound exercise program can lead to maintained weight loss.

(Continued on page 9)



## Predictions

by Don Pfof

### Moonlight Madness Predict



There was little moonlight and thankfully no lunacy on the part of the fourteen runners who turned out for the Moonlight Madness predict on Saturday, July 29, hosted by Diana Tiffany. The five-mile course is an out-and-back on Verde Road, and, with a 7:30 pm starting time, there was enough light for those of us who have run it before to appreciate how deceptively hilly the course actually is.

Traditionally, an attempt is made to schedule the Moonlight Madness on the weekend when the moon is at or near full—for me, this offers the prospect of running with Cat Stevens' song "Moonshadow" playing in my head. Sometimes, even if it is full, the moon rises after the run is over and does no good lighting the course. This year the full moon fell near the same weekend as the Women's Distance Festival, so the Moonlight Madness was set on the last Saturday in July, and, alas, the best we got was a slice of the moon peaking through the clouds about the time the gathering was breaking up. (Only coincidentally, we have been assured, was it moved to Diana's birthday.)

Six runners finished within thirty-seconds of their predicts. Kyle Reno, running on his home turf, placed first, just eight seconds off his predict. Nathan Comden was second, twelve seconds under his predict, followed by Dale Papineau, at thirteen seconds over his predict, Stacey Diaz and Matthew Drake, both of whom missed their predicts by twenty-three seconds, and Steve Wall, who was just twenty-eight seconds over his predict.

And, as they did in the Butt Buster, Matthew Drake and Aaron Levinson, who run cross-country for Pueblo West and Pueblo East high schools, respectively, finished first and second overall, with times of 30:06 and 32:30.

There were lots of new faces: Kyle, Nathan, Dale, along with Jeff Arnold, Chavonne Bowers, Keith Dugan, and

Tina Gray, all ran their first predicts of the 2006 series. Dale coaches cross country at Pueblo West High, and Chavonne and Keith are members of the Pueblo County High cross-country team.

Thanks go to Dave Diaz for setting up the course and manning a water stop, and to Lois Pfof, Jacqueline Wall, Jan Dudley, and Tiffany Reno for doing the finish line.

Following the run, we settled into a post-predict potluck that featured hamburgers and all the fixings—Diana cooked the hamburgers, and the rest of us brought the fixings. The potluck was highlighted by a candle-laden cake and song celebrating Diana's fourteenth or so "twenty-ninth" birthday.

In terms of the cumulative standings, Dave Diaz remains on top (397), even though he did not run the Moonlight predict. Some juggling took place among the remaining top five places, with Don Pfof moving into second (350), followed by Stacey Diaz (316), Ron Dehn (311), and Larry Volk (277)—like Dave, the latter two did not run the Moonlight. The top nine places are rounded out by Sandy Reinsch (266), Matthew Drake (261), Matt Sherman (256) and Wendy Garrison (239), each having at least 200 points.

With the possible exception of Dave, no one currently in the top five or so is safe from challenge and assured a final finish in the top five. Several runners in the top ten have run only three or four races, and, because the standings are based on the total points for the five best predicts, the standings are likely to shift as more runners reach the magic number. Then it will be possible to make meaningful comparisons and to hazard guesses about who'll finish at or near the top.

Of course, there's no need to remind everyone that that the prediction series is low-key, and all of this talk about the current standings and any speculation about the final standings are, at best, of

secondary importance. We're in it primarily for the joy of running, the camaraderie, and the great food, right? Yeah, sure.

Remember that five predicts must be completed to qualify for an award at the end of the year. However, even if you don't care about an award, you are welcome to join us at any of the remaining predict events.

The Tunnel Run, scheduled for August 26, will be history by the time you read this article, but results and other tidbits about the run will be covered in next month's newsletter. Always popular, the Tunnel Run is likely to draw one of the larger turn outs for a predict run.

Finally, let me put in a plug for Larry Volk's 10K trail run on the south shore of Pueblo Reservoir that will take place on Sunday, September 10, starting at 7:30 am. Runners will gather for the start at a parking spot on the south side of Highway 96, six miles west of the intersection of Pueblo Boulevard and Thatcher. Recently, Larry gave me a guided tour of the course, and I'm confident those who like trail runs will really enjoy this one. If trail names like Broken Hip, Log Drop, Skull Canyon, Rollercoaster, The Edge, Rodeo, The Duke, Hooters Canyon, Rock Canyon, Watertower, and Stonehenge don't whet your appetite, then add the promise of spectacular views, colorful wildflowers, and even the possibility of seeing some wildlife. (See Larry's write-up on the South Shore Adventure in this issue of the newsletter and check the website for a map.)

Hope to see you there.



# Predict Series Results

Compiled by Don Pfost



## Moonlight Madness Results

Pl	Name	Predict	Actual	Difference	Points
1	Kyle Reno	33:00	33:08.23	00:08.23	100.00
2	Nathan Comden	33:30	33:17.87	00:12.13	92.86
3	Dale Papineau	37:30	37:43.07	00:13.07	85.71
4	Stacey Diaz	45:00	45:23.11	00:23.11	78.57
5	Matthew Drake	30:30	30:06.37	00:23.63	71.43
6	Steve Wall	38:01	38:29.85	00:28.85	64.29
7	Aaron Levinson	31:20	32:30.47	01:10.47	57.14
8	Don Pfost	52:30	53:45.21	01:15.21	50.00
9	Gina Benfatti	48:30	46:33.20	01:56.80	42.86
10	Jeff Arnold	56:21	58:19.12	01:58.12	35.71
11	Jim Robinson	41:00	38:53.94	02:06.06	28.57
12	Chavonne Bowers	43:50	40:32.67	03:17.33	21.43
13	Keith Dugan	32:30	35:53.26	03:23.26	14.29
14	Tina Gray	38:00	00:00.00	38:00.00	7.14

## Top 25 Standings

Pl	Name	2/19	3/18	4/8	4/23	6/24	7/29	Tot Pts
1	Dave Diaz	100.00	100.00	65.00	46.67	85.71		397.38
2	Don Pfost	84.21		85.00	73.33	57.14	50.00	349.69
3	Stacey Diaz	73.68	35.29	75.00	53.33	28.57	78.57	315.88
4	Ron Dehn	57.89		80.00	80.00	92.86		310.75
5	Larry Volk		82.35	95.00	100.00			277.35
6	Sandy Reinsch	78.95	70.59	50.00	66.67			266.20
7	Matthew Drake			90.00		100.00	71.43	261.43
8	Matt Sherman	68.42	94.12	60.00	33.33			255.87
9	Wendy Garrison	94.74	64.71	15.00		64.29		238.73
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	Jim Robinson	10.53		45.00		71.43	28.57	155.53
14	Kris Spinuzzi	89.47	11.76		20.00	21.43		142.67
15	Joe Bulow		52.94			78.57		131.51
16	Steve Wall	63.16					64.29	127.44
17	Gary Franchi		58.82	55.00				113.82
18	Aaron Levinson					50.00	57.14	107.14
19	Kyle Reno						100.00	100.00
20	Rooster Barnhart				93.33			93.33
21	Nathan Comden						92.86	92.86
22	Dale Papineau						85.71	85.71
23	Troy Chantala		29.41	25.00	26.67			81.08
24	Jeremy Keener	47.37		30.00				77.37
25	Marijane Martinez	31.58		35.00				66.58

We thank the volunteers for the Moonlight Madness Predict: Race Director, Hostess, Birthday Girl, and Moon goddess: Diana Tiffany, Course layout and water stop: Dave Diaz, Finish Line: Lois Pfost, Jacqueline Wall, Jan Dudley, Tiffany Reno, Results: Don Pfost, Photos Jan Dudley, and Dave Diaz.



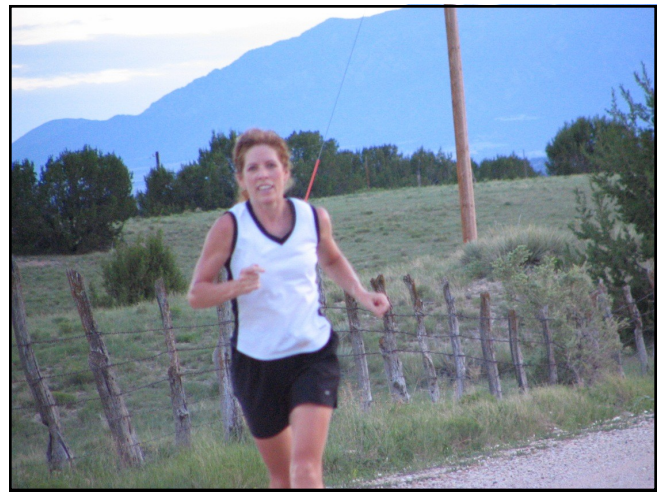
Left:  
 Standing:  
 Steve Wall  
 Dale Papineau  
 Matt Drake  
 Seated:  
 Tina Gray  
 Kyle Reno  
 Stacey Diaz

Right  
 The Race  
 Director,  
 Hostess,  
 Birthday Girl,  
 and Moon  
 goddess  
 Diana





## More Moonlight Madness Photos



Clockwise from UL  
Jeff Arnold  
Gina Benfatti  
Stacey Diaz  
Jim "Rocket" Robinson  
Kyle Reno & Nathan Comden





## Ramblin'

by Ron Dehn

### The 2006 Ascent



"I get the news I need on the weather report." From the song, *The Only Living Boy in New York*, by Simon & Garfunkel.

I generally watch the local news, and the local weather. I pay a bit more attention when there is a scheduled run coming up. And, I pay very close attention around the time of the Pike's Peak Ascent.

This year was my 6<sup>th</sup> official trek up the mountain, and I started scouring the long range weather report 2 weeks prior to the event. The closer the event, the more I worried. The forecast was that Friday would be a transition day, and very wet. Saturday (Ascent Day) would be stormy. Why am I so concerned about the weather? The memories of 2005 are forever stamped in my brain.

**Flashback to 2005:** Those who are familiar with the 2005 Ascent, may remember that there were some rather severe weather issues. Those that did the '05 Ascent will never forget the rather severe weather issues. The '05 forecast was for a slow moving storm over the mountain in early afternoon. The actual weather was a slow moving storm arriving in mid to late morning. I happened to be a half mile above timberline when the show started. Rain, followed by lightning, thunder, hail, and snow. The hail was pea size and a bit larger, but there was a lot of it. The Colorado Springs Gazette reported an accumulation of 6 inches on the summit. The hailstorm lasted for about an hour and a half. Hundreds of us were trekking above timberline for the duration. I put on my stocking cap because the hail was pounding away at my ears. And, with hundreds of others, kept heading up.

The major issue was the lightning. It was of the flash / crash variety. Several times I started to count one-one thousand... between flash and crash. I never once got past the first syllable. And, it was the only time in my life that I saw

lightning below me. One runner did get her shoes fried, but somehow was not injured. The lightning diminished as I got close to the top, but the adventure was not yet over. There were 600 other runners crammed into the summit house. The road was closed and snow plows were being summoned to clear it. Inside the summit house it was "cozy", and outside were intermittent snow storms.

There was an announcement that snow plows were on the way, so I went outside. Three hours later, I sat down in one of the vans. It would have taken longer except that Stacey Diaz and Carrie Slover were toward the front of the line and let me cut in. I was so glad to see them. It was nice to spend the three hour wait with friends, and it was nice that they shortened my wait by at least one hour.

**But – back to 2006.** It rained hard on the night before, and it was raining off and on during my drive to Manitou on race day and I kept thinking that history could repeat itself, but this year we'd also be wet. My Boy Scout training from many years ago kicked in, and I was definitely prepared. I had more dry release clothing in my truck cab than most sporting goods stores. I wore some, packed some in my large fanny pack, packed more in my nylon stuff sack / back pack, and left some in the truck. I was prepared, but I was also carrying some extra weight. Hydration is very important at altitude, so I wore a Camelbak and carried a bottle of Gatorade. And, I need to have fuel, so I also carried up three energy bars from the Safeway bakery.

I partake in all the water, Gatorade, and food stops on the trail, but it's not enough. Besides, the first food stop is over 7 miles (2+ hours for me) from the start. I've found that eating some carbs along the way really helps keep the energy level up.

This year, my longtime running buddy,

Mel Druelinger and I had done some training together, and I wanted to run the race with him. I got to the start line a bit later than planned and couldn't find him. So, I positioned myself on the extreme right side of the pack, just behind the start line. I figured Mel was somewhere in the middle of the group. When the gun sounded, I headed up with the pack, then slowed down as the crowd thinned. I kept looking to my left, and sure enough after about a half mile, I spotted Mel in the middle and worked my way toward him. We occasionally got separated by as many as 10 other runners, but for the most part, made our way to the top together.

The day was cool and foggy, especially above timberline. In spots, visibility was as low as 20 or 30 feet. It was interesting that the heavy air dampened not only our visibility, but sound as well. Usually, you can hear the finish line announcer for most of the trek above timberline. This year, it was eerily silent. The good news is that we did not hear the sound of lightning or hail.

My family (Chris, Jeremy, Maggie, and Melissa) were waiting at the top for me. They had driven up and were indeed a welcome sight.

One more Ascent accomplished. No points for style – it wasn't pretty and it sure wasn't fast, but I finished.

My kids and occasionally my brother (who did the Ascent in the '80s) have been saying that they want to do the Ascent with me one of these years. I'm thinking 2007 is as good a year as any.





## Summer Running

By Matthew Drake

### Cyclone runners improve during summer months



The summer has gone well for the Pueblo West High School cross country team. This year we have been fortunate enough to have nearly twenty young athletes willing to take time out of their summer to run. Our growing team and rigorous training should prove instrumental in a successful season.

Though the effort of the entire team has been noteworthy this summer, I am most impressed in those runners who have competed in various Colorado road races. They have exceeded all expectations, ran very well and deserve to be recognized.

Freshman newcomers Jamen and Justen Cox showed promise by finishing 24:13 and 26:14 respectively in their first ever 5k race. They are hard-working and should improve dramatically throughout the season.

Sophomores Brandon Schaffer and Alec Aranda should make major contributions to the team this year. Both finished strong in order to break 55 at

this year's Bolder Boulder. Schaffer also ran well in the Little Run on the Prairie and Run for the Roses.

Our top male runner, sophomore Michael Schmidt, may be the first Pueblo West boy to go to state in two years. His 18:13 at the Run for the Roses and 18:01 at the Rocky Mountain State Games both beat his best 5k time last year (18:15). Look for Mike to be one of the top runners in the city this year.

Returning lady Cyclones Lynne McMahan and Shalana Gray were joined by freshman Anna Marshall in the Little Run on the Prairie 5k. All three ran well (Anna was first overall for female) and should help the rest of our very talented girls team qualify for state for the third year in a row.

Shalana and Anna also finished well in the Bolder Boulder 10k. Anna was the fastest 14 year old in the entire race. Amazingly, she still seemed disappointed with her time.

**The coolest man alive**, a.k.a. Alex Eiman, has been fairly busy this summer but still managed to pull off a 44:11 at the Sailin Shoes 10k. Alex should improve quickly and be up with me by the end of the season.

Even I managed to improve a little. All five of my 5k times this summer were better than my 19:18 finish at our regional meet last year. I actually managed an 18:02 PR at the Run for Hope in Colorado Springs. I also lowered my 10k and 5-mile bests to 38:30 and 30:06 respectively.

That's pretty much it. I hope that I didn't forget anyone. I'll end with my training motto:

**"To Give Anything Less Than Your Best Is to Sacrifice the Gift."**

-Steve Prefontaine

*(Rocky, Continued from page 4)*

If drugs are to be used to help weight loss, the only two drugs currently approved by the FDA weight loss beyond 12 weeks are Xenical and Meridia. Xenical works by essentially blocking fat absorption, whereas Meridia works by decreasing appetite. Both should be used with a good diet and exercise program, and a physician should supervise their use, though there is a possibility that Xenical may get approved for over-the-counter status. I do not see any use for the amphetamine class of drugs such as phentermine as their risks far outweigh any possible benefits. Also, I think B-12 shots and ACTH shots should be relegated to the category of witchcraft in the treatment

of weight problems.

For patients with morbid obesity (BMI >40), surgical approaches may be an option. Recently, studies have shown fairly good results with the lap-band procedure in morbidly obese patients who have not been able lose weight otherwise. However, I think the weight loss with this procedure will not be long lasting if the person doesn't also make a major commitment to lifestyle changes.

Till next time, remember to "Eat to live, not live to eat" (paraphrased from Socrates).

Sincerely,

Rocky Khosla, M.D.

*(Continued from page 2)*

at Pleasant View Middle School in the mesa.

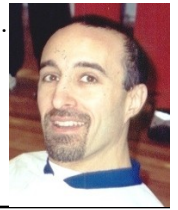
Adjournment: Meeting adjourned at 8:30 PM

Respectfully submitted: Stan Hren



## South Shore Adventure

By Larry Volk



### Sunday September 10, 2006, 7:30AM

If you want a challenge, this is the course for you...6.47 miles (10.4K) of Single Track on Easy, Intermediate, and Advanced Rated Trails. The course is sort of a zig-zag figure 8/loop with technical up and down hills in the Southern Colorado Desert. The run provides beautiful views, desert flora and fauna, if you dare to take your eyes off of the trail. **This is a carry your own water run.** The course will be marked, however there will be MAPS provided.

#### Course:

The course starts at the Pedros Point Trailhead, an easy single track trail.  $\frac{3}{4}$  mile into the run, take a right turn (East) onto the advanced Waterfall/Log Drop trail. This trail takes us in/out of a shale washout, down a steep rocky/shale drop to the Log Drop, and then back into the washout. The trail heads to the South Shore Trail (one of many times on this trail), taking a left turn (North) for a quick (0.07 mile) section that is covered on the way out and way back to the fin-

ish.

Turning right (East) onto the Stonehenge Trail (advanced) at about 1.5 miles into the run the course climbs for about 1 mile up past ancient ruins and around The Edge trail.

At the top 2.5 miles into the run there is a quick left turn (North) onto the Arkansas Point Trail (easy). This section is one of only a few flat sections on the course. The run continues north to the Rodeo Trail. Taking a right on the Rodeo Trailhead through an intermediate shale washout we pass 3 miles just prior to making a left turn on to The Duke. After a short climb the course crosses back over the Arkansas Point Trail and continues west to the Hooters Canyon trail, a technical and advanced downhill. The run progresses down Hooters Canyon to the South Shore trail.

At the South Shore trail the course turns south (left) and continues to the 4 mile point on the run. At the 4 mile point the trail heads east (left turn) and climbs up

Skull Canyon trail over  $\frac{1}{2}$  miles to meet for a short stint on the Rollercoaster Trail. The run then turns west (right) again and heads down Broken Hip trail passing the 5 mile point on the run. This decent is approximately  $\frac{3}{4}$  mile. At the bottom of Broken Hip trail the course heads south once again on the South Shore trail for 1 mile of rolling trail to the finish.

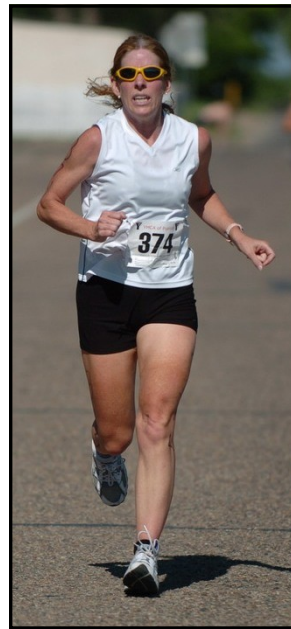
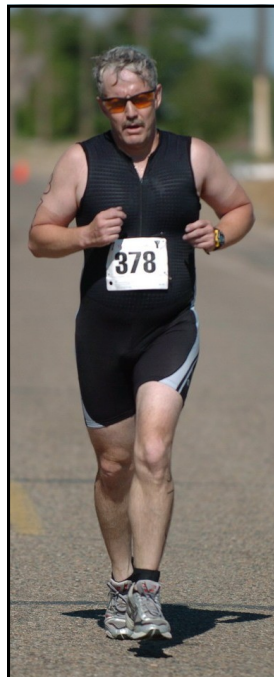
**Directions:** Take CO 96 West from Pueblo Boulevard 6 miles to the start. There is a make shift parking area on the South side of the road for access to the reservoir and Pedros Point Trailhead.

For those coming from Pueblo West: Travel through the state park and follow signs to the south shore exit. Take a right onto CO 96 and go west 2 miles to the start/Trailhead.

**Note:** This is NOT the RED gate. The start is 1 mile west of the RED gate.

Contact: Larry Volk at: home 719-543-2052, or race morning ONLY cell 719-248-3441.

### OMT Photos - Provided by Larry Volk



L to R: Rocky Khosla, Mike Archuleta, Stacey Diaz, Paul DallaGuardia

*NOTE: Larry has generously provided photos from the '06 OMT. Photos are available for purchase through Event Pictures. See the Results link on the SCR homepage for more info.*

# Potpourri

## Puzzler Job Interview Tiebreak

Courtesy of Car Talk on National Public Radio

Used with permission. [www.cartalk.com](http://www.cartalk.com)

*Editor's Note: In our never ending quest to keep your brain's stimulated, we've received permission from Car Talk (from NPR) to reprint their weekly puzzlers. We thought we'd start with an easy one. If you listen to the program, you will know that there is lots of talking and joking taking place while the puzzle is being introduced, but our staff has trimmed the puzzle to the essentials. Below is an abbreviated version of the original puzzler as heard on Car Talk.*

There are three very qualified applicants for a job, and the president of the company has interviewed all of them extensively. He calls them all in and says "Guys, I can't figure out which one of you to hire, so I'm going to administer one final test, and whoever comes up with the answer first gets the job. And the test is fair. Repeat, the test is fair. No one will be at a disadvantage.

Here's the test: I have in front of me four hats. They're all identical, except that three of them are black and one of them is white.

I'm going to blindfold all of you, and then I'm going to place one of the hats on each of your heads. Then I'll take the fourth hat and remove it from the room. Then my assistants will help me remove your blindfolds simultaneously so that you will see the other two participants and their hats. So each person is facing the other two people.

The first person to identify the color of his hat wins the job. So they put the blindfolds on. He goes around and puts the three hats on, throws the fourth one into the hallway. As they're getting ready to remove the blindfolds, one guy raises his hand and says "I know what color my hat is," and he could add, and "it's black."

The question is how does he know? (answer on following page)



More Picnic Photos



**The 2006 Crown Run Results  
(July 22 in Pueblo West)**

Pl	Name	Time	Div	Pl	Pace
<b>Females</b>					
1	Ashley Withrow	22:06	13-19	1	7:06
2	Anna Marshall	22:57	13-19	2	7:23
3	Bernie White	24:51	40-49	1	7:59
4	Marti Marshall	25:37	40-49	2	8:14
5	Jan Huie	27:13	50+	1	8:45
6	Gabriela Kemm	28:34	13-19	3	9:11
7	Marisa Kemm	28:52	13-19	4	9:17
8	Samantha Hernandez	29:11	20-29	1	9:23
9	Sara Ropp	29:13	13-19	5	9:24
10	Helen Whitener	32:47	40-49	3	10:32
11	Raquel Kemm	34:20	<13	1	11:02
12	Karen Steenbergen	52:17	30-39	1	16:49
<b>Males</b>					
1	Aucencio Martinez	15:45	20-29	1	5:04
2	Mike Schmidt	18:13	13-19	1	5:51
3	Matt Drake	18:25	13-19	2	5:55
4	Paul Murphy	18:31	30-39	1	5:57
5	Matt Philson	18:52	13-19	3	6:04
6	Jason Engel	18:58	13-19	4	6:06
7	Rich Hadley	19:01	50+	1	6:07
8	Seth Withrow	19:30	20-29	2	6:16
9	Michael Cernoia	19:34	13-19	5	6:17
10	Nathan Comden	19:34	20-29	3	6:17
11	Christopher White	20:11	40-49	1	6:29
12	Tyson Pena	20:24	13-19	6	6:33
13	Brian Ropp	20:38	40-49	2	6:38
14	John Montoya	20:41	40-49	3	6:39
15	Alfredo Keem	21:36	30-39	2	6:57
16	Ben Comden	21:55	13-19	7	7:03
17	Troy Chantala	22:02	20-29	4	7:05
18	Mike Griffin	22:55	20-29	5	7:22
19	Jamen Cox	24:13	13-19	8	7:47
20	Brandon Schaffer	25:33	13-19	9	8:13
21	Justen Cox	26:14	13-19	10	8:26
22	Raul San Miguel	27:05	50+	2	8:42
23	Dan Comden	29:30	50+	3	9:29
24	Tristan Kemm	32:05	<13	1	10:19
25	Jeff Arnold	33:40	50+	4	10:50
26	Levy Ropp	35:33	<13	2	11:26
27	Kody Steenbergen	52:16	<13	3	16:49
28	Kevin Steenbergen	52:18	30-39	3	16:49

**Crown 5k run / walk Volunteers**  
 Registration and fruit table: Noell Dickson, Johnston Family, Miss Colorado (Kelci Johnston), Finish Line and Course Marshals: Brian Smith, Larry Cernoia, Mr. Schaffer & son , Race director and course design: Dale Papineau

**More Potpourri**

**SCR Members in the News**

For those of you who may have missed the newspaper articles about SCR members, you might want to check out the web archives.

On August 3<sup>rd</sup>, the Pueblo Chieftain ran a story entitled "Triple the pleasure – and pain". It was about Stacey & Dave Diaz, and their entrance into the world of triathlons. It featured Stacey and Dave, but mentioned other area triathletes including Michael Orendorff and Gary Franchi. See: [www.chieftain.com/](http://www.chieftain.com/)

[sports/1154611604/5](http://sports/1154611604/5)

Speaking of Gary Franchi, The Canon City Daily Record ran a story featuring the "G-Man", on July 29<sup>th</sup>. The story was about Gary's introduction to running and eventually triathlons. It also mentioned other athletes from Canon, but Gary was the focus and the newspaper used his photo. See: <http://www.canoncitydailyrecord.com/Top-Story.asp?ID=4336>

**A new record has been set**  
 Estonia's Margo Uusorg carried his wife Sandra Kullas over a 250 meter course in 56.9 seconds at the World Wife-Carrying Championships in Sonkajarvi, Finland to win the event and set a new record.

**Creative Business Signs**

Sign On a Septic Tank Truck  
Yesterday's Meals on Wheels  
 \*\*\*\*\*

On Another Septic Tank Truck:  
"We're #1 in the #2 business."  
 \*\*\*\*\*

**Run with a Purpose  
Fundraiser**

Traveling to Durango in October? You might want to check out this fundraiser: [wrcdurango.org/run\\_with\\_purpose](http://wrcdurango.org/run_with_purpose) - raising funds for women and girls.

**Puzzler Solution**

Because it was stated that no one will be at a disadvantage, nobody could be wearing the single white hat. If so, then the applicant wearing the white hat would be at a disadvantage, because the other two would see the white hat and immediately know that their hats are black. And so, if no one is going to be at a disadvantage, all the hats have to be black.

## 2006 Calendar from here to there\*

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

<u>Sep-06</u>			
4th-Mon var start times		<b>American Discovery Trail</b> Colorado Springs	*26.2mi/*13.1mi/5K *RRCA Regional Championships <a href="#">Bob Mutu</a> (719)598-2953
10th-Sun 8:30 AM		<b>Child Advocacy Cycling</b> Pueblo-Beulah-Pueblo	~43 mi <a href="#">Samantha Davenport</a> 719-583-6332
10th-Sun 7:30 AM	(c)	<b>South Shore Adventure Prediction Series Event</b>	10.4K Larry Volk 719-543-2052
16th-Sat 9:00 AM		<b>Lung Cancer Research</b> Colorado Springs, CO	5K <a href="#">Sonja Stubenvoll</a> 303-913-1980
16th-Sat 9:00 AM		<b>Autumn Color Run</b> Buena Vista, CO	5K, 10K, 1/2Mar <a href="#">Michelle Liverman</a> 719-395-2649
23rd-Sat 6 to 7am		<b>Bike with Pike</b> John Martin Reservoir to Pueblo Chili Fest	100miles +/- <a href="#">Dawn DiPrince</a> 719.583.8631
24th-Sun 7:45W/8:00R	(a)	<b>Hot to Trot</b> Union Ave District	5K Run 2mi Walk Ruth McDonald Gold Dust Saloon
<u>Oct-06</u>			
7th-Sat		<b>Autumn Run Classic</b> Canon City Riverwalk	5K & 10K Run or Walk <a href="#">Clint Freeman</a> 719 275 1578
7th-Sat		<b>DECA Dash</b> Pueblo West HS	5K Run/Walk <a href="#">Gianna Cassio</a>
15th-Sun		<b>Denver Marathon</b> Denver, CO	26.2 mi Dave McGillivray Race Director
Tentative (c) 21-Oct Sat Harvest Poker Run 5M Dave Diaz - <i>Pred</i>			
<u>Nov-06</u>			
11th-Sat	(c)	<b>Atalanta City Park, Pueblo</b>	5K Run 5K Walk <a href="#">Stacey Diaz</a> (719)564-9303
Tentative (c) 25-Nov Sat Temple Canyon 4M Rich Hadley - <i>Prediction Series</i>			
<u>Dec-06</u>			
2nd-Sat-9:00am	(c)	<b>Rock Canyon Half Marathon City Park, Pueblo</b>	13.1 miles <a href="#">Dave Diaz</a> (719)564-9303
Tentative (c) 17-Dec Sun Excellent Adventure 8M Don Learned - <i>Prediction Serie</i>			

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

Hello, I just wanted to send you the information for our Autumn Riverwalk and Run Classic. It will be held the morning of the first Saturday in October, this year the 7th. Details will be posted on our website as we get closer. I am also going to add the SCR website on our links page. Thanks

Clint Freeman, CPRP  
Website: [www.ccrec.org](http://www.ccrec.org)  
(719) 275-1578 office



The official dates for the 50th Annual RRCA National Convention were announced this week. We invite everyone in the running community to join us March 21 through 25, 2007 to celebrate 50 years of convening to promote grassroots distance running around the country. The Alpine Runners of Lake Zurich and Illinois Runs will host the 50th RRCA Annual Convention in Chicago, IL. The Convention will be held in conjunction with the 28th Annual LaSalle Bank Shamrock Shuffle 8K, the largest 8K run in the country, which is scheduled for March 25, 2007. You can find the full press release at <http://www.rrca.org/news/index.php?article=2064>. Information about registration and accommodations will be announced in the coming months, but be sure to save the dates!

**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.



For those of you interested in a charity  
run - don't forget about the 2nd annual  
Robert's Race 5k Walk / Run for Lung  
Cancer Research on September 16th in  
Colorado Springs. Lung cancer does  
strike non-smokers and relatively little  
research is being done in that arena.

The SCR web calendar has a link for more information.

Check out the upcoming predict runs. See Don Pfof's and  
Larry Volk's articles inside. Plenty of races left.

And... make one of Pueblo's grand events  
even grander. Everybody will be at the  
12th annual Chile and Frijoles Festival on  
September 22-24th. Just the smell of  
great food is enough to make the trip worth  
while. But-why not run the Hot to Trot for  
an even better experience. The 2 mile  
walk / 5k run takes place on the morning  
of the 24th.



It looks like the DECA dash will again  
take place this year at Pueblo West High  
School on October 7<sup>th</sup>. Plans are still  
being formulated. See next month's  
issue for more information.

**Visit our Web Site:** For racing schedules, results,  
contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)

**The Next Meeting:** SCR meetings are typically held  
at 7 pm on the 1st Wed of each month at the Pueblo  
YMCA. Once in a while there is an exception, but not  
often. All SCR members are welcome!!! See you on Sep-  
tember 6th.

**The Final Thoughts...**

It does not require many words to speak the truth. -Chief Jo-  
seph, Native American leader (1840-1904) (used fp sept 06)

There are years that ask questions and years that answer. -  
Zora Neale Hurston, folklorist and writer (1891-1960)

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

I just got lost in thought. It wasn't familiar territory. Stephen  
Wright

How much deeper would the ocean be without sponges? -  
also Stephen Wright