



Editor: Ron Dehn

FOOTPRINTS



An Extra Spooky Edition

Boil, Boil, Toil, and Trouble?



I: The Tunnel Drive Predict

Forty-one runners, the largest turnout so far this year for a predict event, arrived for the 7:30 am start of the Tunnel Drive predict on Saturday, August 26, and were greeted by misty, damp, cool weather conditions—one thermometer in Canon City read 54.

These pre-race conditions were part and parcel of the more general pattern of rainy weather that dominated the region during the latter part of August. The effects of this rainy weather altered the predict in several ways.

First, a few days before the run, race director Rich Hadley decided to move the starting location up the highway several hundred yards to the public access road into the Tunnel Drive Trail. The rainy weather during the latter part of

A TALE OF TWO PREDICTS

by Don Pfost

August had turned the half-mile dirt road and foot path on which the race normally starts and finishes into a muddy mess. Plus, there were potential issues related to the railroad tracks that parallel the road and path.

And second, on race-day morning itself, as runners gathered at the new starting point, milled around, did their warm-ups, and filled in the signup sheet, Rich made a quick survey of the course on his bicycle. He wisely decided to shorten it from 5M to 3.5M. The torrential down-pour in Canon City the evening before had washed out a portion of the gravel access road that climbs up to Tunnel Drive, as well as causing rock and mud slides on the trail itself.

There was a short delay in starting the race as runners revised their predicts and prepared to enter them on the signup sheet. Having the foresight to recognize that overwrites on the original might

cause confusion when it came to calculating results, Deb Hadley and Diana Quattlebaum, who were handling the signup, smoothly and efficiently circulated a second signup sheet. In no time, the second round of signups was completed.

As we gathered at the starting line, Rich cautioned us about debris on the course from recent mud and rock slides and warned us to watch out for more slides while we were on the course. Deb gave the command to start and we were off!!

A short while later, many runners groaned in disappointment as they crossed the finish line, heard their time, and realized they had missed their predicts by wider-than-expected margins. And, as it turned out, the average difference between predict and actual times for the group of forty-one runners was a

(Continued on page 6)



Photos
from
the Salida Tenderfoot &
Corporate Cup
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Anthony Diaz
has a tough job
Page 11



SCR Notes from the September, 2006 meeting

Attendance: Larry Volk, Dave Diaz, Gary Franchi, Troy Davenport, Tamara Moore, Mike Orendorff, Jeff Arnold, Ruth McDonald, Marissa Cassio, Gianna Cassio, Ken Raich, Don Pfof, Lois Pfof, Stan Hren, Rich Hadley, Diana Tiffany

Minutes as printed in the September newsletter were approved.

Officer Reports: Treasurer's report as presented by Dave Diaz was approved. Newsletter Editor: In the absence of Ron Dehn, Ken Raich reported that Howard Printing had purchased Paper Works and would now be responsible for printing our monthly newsletter. Membership Chair: Don Pfof reported that we have 179 paid members as of this date. He also alerted the club that SCR ads have not appeared in Colorado Runner Magazine for the past several months and we need to follow-up on this program. Webmaster: Mike Orendorff will have a trail condition report posted on the website prior to the upcoming South Shore Event on September 10.

Upcoming Races: South Shore Adventure Sept 10: Larry Volk reported that weeds have been cut and trail condition is good for this 6.47 mile predict event, which will start at 7:30 AM. Child Advocacy Cycle Event Sept 10: Troy Davenport reported that there have been 32 entries to date.. There will be an 8:30 Am start for this ride to Beulah and back, with a free spaghetti lunch at City Park at 11:30 AM. Hot To Trot Sept 24: Ruth McDonald reported that this year's event will include a

5K run, 2 mile walk, and a kiddie K. There will be awards, door prizes, and free breakfast on the Gold Dust Patio for entrants following the event.

School CC Meets: Discussion was held concerning use of SCR equipment and SCR volunteers at East High CC Meet Sept 9, Pueblo West CC Meet Sept 16, Rocky Mt Athletic Conference CC Championships, and Central Invitational Sept 23.

Activity Recaps/Updates/Revisits: SCR Picnic August 13: Dave reported that the food was excellent and the weather was perfect. It was discussed that food for 50 persons was too much and perhaps could be cut back next year to serve 30-40 persons. Tunnel Drive Predict: Rich Hadley reported that the event well in spite of bad weather and muddy conditions.

DECA Dash Oct 7 Pueblo West High: Gianna Cassio outlined plans for this upcoming 5K event. SCR will assist with finish line support and results again this year.

YMCA Corporate Cup September 2006: Tamara Moore reported that there are 387 runners for the 1 mile event, which will be staged in 2 waves. Discussion was held on use of chronomics at the finish line without being overwhelmed. Don and Lois Pfof will assist at the finish line at this event.

New Stuff/Old Stuff: YMCA Contribution-SCR received a thank you letter from YMCA for our recent contribution. Dave Diaz will present

a recap of our recent contributions at our next meeting. Spindle report-Lois Pfof reported that we need more spindles and she will cut more. Running book by Phillip Crone: SCR received an E-mail offering to send the club a free copy of this publication if we will advertise on our web site. Cost is \$9.95 per copy. Gary Franchi will follow up on this.

Adjournment: Meeting adjourned at 8:45 PM

Respectfully submitted: Stan Hren



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:

700 N. Albany Avenue
Pueblo, CO 81003

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

"Footprints" Issue No. 293

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Current SCR Officers

| | | |
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| Co-Secretary | Stan Hren | 647-9736 |
| Co-Secretary | Marv Bradley | 275-1855 |
| Treasurer | Dave Diaz | 564-9303 |

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| Newsletter Co-Editor | Ron Dehn | 547-9273 |
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| Editorial Consultants | Gary Franchi, Larry Page and Sergey Brin* | |
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Gary Franchi, Rocky Khosla, Stan Hren, Don Pfof
Dave Diaz, Jay Richter



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



Check out our brew

At the Gold Dust Union

217 South

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.

* Larry Page and Sergey Brin founded Google in September, 1998. Indecently, Google is a play on the word **googol**, which refers to the number represented by the numeral 1 followed by 100 zeros.



Great Stuff

by Gary Franchi

Here's an excuse you haven't heard



Thought for today's lunch, compliments of George Carlin: *"One consolation about memory loss in old age is that you also forget a lot of things you didn't intend to remember in the first place."*

Every once in a great while for an unknown reason, it seems like everything just falls together the right way for me and I reach a state of semi-nirvana. Man, the stars or the dog poop in the yard or the Pluto ex-planets must be aligned just perfectly at these instances because this is when the creative juices really get flowing, everything seems so clear, productivity soars and nonsensical political rhetoric is forgotten. Such bliss.

Unfortunately, these rare moments usually follow a good long nap, and then it takes a bit of a while to get rid of the groggy head before mental clarity can emerge. Figuring in dinner and a little chit-chat, before you knew it it's just about time to hit the sack for the night.

So goes life.

There are such rare moments in the world of endurance athletics as well. You've read about the stud runners talk of reaching a "zone," although they never indicate if it's the north zone or the end zone or the Twilight Zone or what. But they talk about those special moments with reverence, when they are able to move with an energetic effortlessness that leads to performance excellence.

For the rest of us, sloths that we are, such discussions are indeed rare. Instead of talk about reaching such a higher plain, our world is all about making excuses. Our focus is on getting the excuses out on the tables of discussion as early as possible, too. Hence, arriving early to a race is crucial. It's not for warm-up purposes; it's to roll out those excuses to as many fellow runners as we can.

However, such talk is useful after a race as well, since the other runners will have also experienced the inherent difficulties associated with a spe-

cific course and a "common bond" of understanding exists.

I was thinking about this topic recently after running the Autumn Color Run in Buena Vista. The 10K distance that I selected (there also were 5K and half-marathon divisions) was mostly uphill on the way out and mostly downhill on the return via different roads. That day, the wind was a bit stiff in our faces while going uphill, and cloud cover and blowing rain and sleet made it a wet, cold and downright miserable trek at times. In essence, the conditions certainly lent themselves to a slew of good excuses.

But the usual ones just didn't fit that day. I could have pulled out the all-time loser of excuses: "Well, I haven't been running much." But, I mean, does anyone really believe anyone who says that? Get serious!

I thought about these: "Those hills were brutal." "I hate to run in such cold weather." "I've been working so much lately that I just haven't had time to train, especially on hills." Etc., etc.

Booooooiiiiing!

Since then, I've been thinking that it's about time we all got a little more creative in our excuse-making. I've come up with a bunch. But for David Letterman purposes, I'm limiting this to my top 10 favorites:

10. Developed a hang nail on my little right toe during my warmup.

9. My racing singlet shrunk in the dryer this week and was too tight so I couldn't breathe right.

8. The energy bar I ate this morning went down the wrong pipe.

7. My dog chewed up my racing shoes the night before the race, and the training shoes I had to run in were much heavier.

6. I ran slower than I wanted because I didn't want my running partner to have to run alone.

5. I wanted a slow time so I could show improvement in my next race.

4. I was allergic to the ink used in the race bibs and couldn't stop sneez-

ing.

3. I was distracted by the magnificent cloud patterns.

2. The sun was too bright in my eyes.

1. I just couldn't recover mentally after being so upset about the lousy T-shirt in my race packet.

I'm sure you can come up with your own. And probably have used them already.

Ten things I was just wondering:

1. Don't you think it's about time to start reporting the names of juveniles who commit crimes?

2. Can't those who walk from the very start of the Pikes Peak Ascent and PP Marathon find another place to break in their walking shoes and leave those coveted slots to serious runners?

3. Do Loaf 'n Jug and Dollar Tree really need their own in-store radio networks?

4. Doesn't it seem like something is backwards when a U.S. athlete can win a Tour de France but a U.S. team can't win a basketball world championship?

5. Wouldn't this be a better world if more people would put the welcome mat out for the intelligence distributors?

6. Why not call periodicals what they really are -- magazines?

7. Couldn't you say that a big reason for all of the training for triathlons and ultra sports is that it gives people an excuse for avoiding the real world?

8. Doesn't it sometimes seem that the packaging costs more than the product itself?

9. Who really cares about the NBA and NHL season schedules that newspapers waste valuable space on in August?

10. Don't you hate pro sports teams that don't have the players' names on the back of their uniforms?

Until next month, good luck trying to reach your "zone."



October

- 1 Crystal Berndt
Rod Carew*
- 2 Desiree DallaGuardia
Mahatma Gandhi*
- 4 Joe Stommel
Sputnik launched '57
Damon Runyon*
- 7 Kristin Mason
Desmond Tutu*
- 8 Rosa Navarro
Chevy Chase*
- 9 Nick Leyva
Jackson Browne*
- 10 Tom McKenna
Ben Vereen*
- 12 Michael Duran
Luciano Pavarotti*
- 16 Dan Comden
Donald Johnson
Terri Tibbs
Angela Lansbury*
- 19 Susan Campbell
Jane Chess
John Lithgow*
- 23 Wendy Bulow
Martin Luther King III*
- 25 Karen Kirkpatrick
Marta Stommel
Minnie Pearl*
- 27 Charles Braune
Scott Dudley
Trevor Hadley
David Linkowski
Emily Post*
- 28 Madelene Khosla
Joaquin Phoenix*
- 30 Betty Duran
Henry Winkler*
- 31 Ellie Carter
Dale Evans*

*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

The SUV Incident

I have been getting a lot of questions about the events surrounding the August 26th SUV incident, so I thought I would give you my perspective. If you have been saturated by the media coverage of this, then I don't blame you at all for skipping this column. So here goes.

It was a dark and stormy night... Pardon me, but I couldn't resist. It actually was a stormy late afternoon, and I had made reservations for myself and the family to eat at Rosario's at 6:45 pm. As we got on I-25, it was obvious that there were problems with street flooding as the highway going south was backed-up near Mineral Palace from flooding onto the highway. As we were heading north, it looked like the cars were lined up at a stand still for a good couple of miles. I took the 29th street exit off I-25, and looked over to my right and noticed two things: first, there was a lake where the usual underpass to the mall is located and two, the light that is supposed to flash when the underpass is flooded was not flashing. My understanding is that the power got knocked out, allowing water to build up as the pumps were made non-functional as was the light.

As I came to a stop at the end of the exit ramp, I noticed a red SUV start to go through the intersection headed towards the flooded underpass. And as I watched, the car went right in front of our Suburban and its front started to float and bob like a boat. I put our car in park and told my wife and kids that I thought the person in the SUV was in trouble and I would see what I could do to help. As I ran towards the car, I could see a woman inside the car frantically gesturing as the front on her car was now starting to submerge. A bystander handed me a piece of wood, and I waded into the water. I was amazed how cold the water was, and remembered noticing hail stones and lots of debris floating on the water. I am not sure, but the water felt like it was about 55 degrees. I swam over to the car, which was about two thirds submerged by now, and started banging on the rear and middle right side windows with the wooden stick trying to break the glass. I must have whacked those windows a good 15 to 20 times with no success. Around that time, another bystander, Howard Absetz swam over as did a policeman. The policeman straddled the top of the car, and I watched as it completely submerged! At the same time, Howard stated that "hey, I feel something". He reached down, and out popped the woman, somewhat bluish white from the water. As she looked at me I could tell

that she was in panic. I had been trained in life guarding skills in the past, and remember being told not to ever approach a drowning victim from the front, but here I was about 1 foot in front of her. I took a big breath and she grabbed me in a huge bear hug. I also remember that we had been taught that if we were grabbed by a drowning victim, it was best not to fight and to let ourselves be taken under, as the drowning victim usually lets go once you start to sink. So I let myself be taken under, and the woman let go! I was happy at this for lots of reasons, but one of these was that we had also been told that if the victim didn't let go, then you were to draw back your knee and to hit the victim in the crotch as hard as possible to make them release you. I was glad I didn't have to do that to the poor woman who was already cold, panicked, and scared.

By this time, two other bystanders and two other policemen had joined the group, and we all ended up sitting and standing on the top of the submerged car. I was standing on the hood of the car and my feet kept getting hit by the windshield wipers that still kept working underwater! We were all then taken out of the water by the fire-rescue folks, and, thankfully, no one suffered any significant problems.

The whole incident happened to get caught on live T.V. as a crew from channel 11 was actually going to film the collapsed roof at the northside King Soopers, and happened to notice the excitement at the 29th street bridge. I am amazed at how many people have told me that they actually watched the whole thing unfolding live on T.V. I think this was probably because the weather was very unsettled, and a lot of people were tuning in to get weather updates.

I was interviewed by channel 11 and 12, and was contacted by the Today show, and a short segment was filmed and shown nationally on the Today show. All of this was a bit overwhelming, and it has been very interesting. The Today show, however, finished the segment by stating that all of the windows in the SUV were up and sealed and how the woman inside got out was a mystery, and Matt Lauer implied jokingly that there was some kind of supernatural event involved. As it turns out, when the SUV was hauled out, it looks like the drivers side window was down by about 8 inches, and that's how the woman probably got out, along with Howard's help. After the Today show segment aired, I was contacted by the National Inquirer, Women's

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Ramblin''

by Ron Dehn

The Class of '66 gathers



Yes, this is a running magazine, but running is only a portion of the spirit / mind / body triad. This article is more about the spirit leg of who we are.

In late July, some 120 members of the '66 South High Colts, 60 or 70 significant others, and a handful of retired teachers and coaches gathered to celebrate the 40th anniversary of our graduation. And it was a **BLAST!** Yes – a total blast, underlined, bolded, and capitalized.

We golfed, talked, ate, danced, gambled, ate some more, hung out at the reservoir, and drank water, coke, and even a few beers.

Sure, there was some reminiscing, and even though they are intertwined, this gathering was much more about who we are now, and not so much of who we were then. And, who we are now, is a group of (almost) middle aged people who were genuinely happy to see each other. (I say "almost" middle aged, because my favorite definition of middle

aged is 15 years older than your current age.) We told our stories, and listened, really listened to the stories of others.

There is a natural bond among groups who share a common experience. We humans are a social animal and we form clubs and associations because of some need to be with others who are like us; so camaraderie among class members is not unusual.

But, the bond was more intense than I expected, and I think it was something more than just sitting together in the same classroom, playing together on the same team, cheering together in the stands, or belonging to the same club some 40 years ago. I think it is something about us sharing a larger journey. We shared stories about our kids, jobs, parents, towns, triumphs, and disappointments. We talked about the old days, the present days, and the time in between. The paths from then to now are unique, but we have all been on the road, and maybe we recognized each other as fellow travelers, and not just

someone we knew in study hall a long time ago.

And, naturally, we talked about the many classmates that are no longer with us, and those we couldn't find. Some of their journeys don't appear to be that much different than some of ours.

Several classmates at this reunion, had never been to one of the previous events. I had a couple friends in particular that I hadn't seen since the late '60s. What a joy it was to see them.

We had such a good time that we are going to reunion again in 5 years. Ten years is way too far away. And, we are making plans to go to this year's homecoming game as a group. We'll wear our '66 black & white Colt t-shirts and cheer together. And, of course, we will gather together before the game, after the game, and the next day for brunch.

Life is good!

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

Sudoku Puzzle of the Month

Each row, column, and 3x3 square must contain the numbers 1 through 9. The solution is provided on page 9. Don't peek, try it first.

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



Predictions

by Don Pfof

A TALE OF TWO PREDICTS (Continued)



(Continued from page 1)

relatively hefty 4min:05secs, exceeded this year only by the Trail Mix predict at 4:35.



Tunnel Drive Start

While many finishers groaned about their times, others had reason to celebrate. Paul Murphy placed first with the best predict and overall time, just four seconds off his predict in 23:55. When his name was called as the winner, Paul responded almost apologetically that hitting his predict nearly on the head was “pure luck”. Close behind Paul were Humberto Paredes and Adam Mokhriby, eight and ten seconds off their respective predicts. Rounding out the top six places, all of whom finished within a minute of their predicts, were Sam McClure, twenty-eight seconds over his predict, Terri Packard, who walked large sections of the course and finished fifty seconds under her predict, and Chris McIngle, fifty-eight seconds over his predict.

As noted above, this was the largest turnout this year for a predict. About two-thirds were Fremont county residents, and for most of these it was their first predict this year, which was nice to see. Among the Fremont County participants was the Florence High School cross-country team that includes Michael Bradley, Raegan Corsentino, Nate Halprin, Adam and Shannon Mokhriby, Cassi Okken, Rachel Packard, and Aaron Romani. Of course, the team is coached by Rich.

Much of the post-race talk focused on theories and speculation to explain the

larger-than usual general discrepancies between predict and actual times for many runners. Perhaps the most popular explanation was that the course was longer than 3.5 miles. However, after conferring with course marshal Phil Quattlebaum, confirming that the paved road had measured half mile in length and that Phil had stationed himself at the 1.25 mile marker for the turnaround, Rich voiced quiet confidence that the course was reasonably close to the announced distance. (See the addendum, below, for further speculation.)

Rich and Deb asked me to pass along their thanks for the group’s flexibility and patience in dealing with the course change.



Wendy Garrison & Becky Medina

Of course, we send our thanks to Deb, Rich and support crew, Diana and Phil, and to Lois Pfof and Dave Diaz, who helped at the finish line, for a job well done and another great Tunnel Drive predict.

One final tidbit: On the Monday following the predict, the Director of the Canon City Area Recreation and Park District closed the Tunnel Drive Trail until further notice “due to the recent amounts of rain fall”.

Turning to the overall standings in the prediction series as of Tunnel Drive: Dave Diaz remains in first place (397 points). Larry Volk has moved into second (355.4), and holds a slight edge over Ron Dehn (354.6), followed by Don Pfof (350), Stacey Diaz (342), and Wendy Garrison (297). Larry has done

only four runs; all of the rest have finished at least five.

Addendum: I missed by predict by a lot—over seven minutes—so I’ve given some thought to what happened. Here’s part of what I think may explain why I was so far off my predict, and judging from comments I overheard during the post-race discussion, this may help to account for what happened to others as well.

First, there was the impossibility of picturing accurately the conditions on the course, despite Rich’s best efforts to tell us what to expect—part of the road leading up to the trail had washed, and slides had dumped rock and mud on the trail. However, trying to gauge the impact of these conditions, such as “rock and mud on the trail”, and adjusting one’s predict was, at best, an educated guess, or, at the other end, a wildass one. In short, how well any of us did was partly a function of the guesses we made, and mine appears to have been one of the latter.

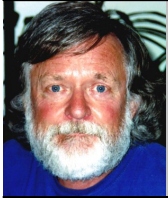
Secondly, and a related mental factor, there were the brain cramps some of us, including myself, experienced as we attempted to revise our predicts on short notice, after spending substantial chunks of time over the previous several days estimating how long it will take to run the five-mile Tunnel Drive course. For me, this involved taking into account the fact that I’d



Paul DallaGuardia

run the Tunnel Drive each of the past three years with specific finish times, noting what my computer generated cheat sheet showed as finish times for five miles at a range of paces close to

(Continued on page 7)



Predictions

by Don Pfost

A TALE OF TWO PREDICTS (Continued)



(Continued from page 6)



Volunteers Lois Pfost & Diana Quattlebaum

what I'm running these days, assessing how I was feeling physically and mentally on the morning of the race, and so on. Then, the picture changed suddenly, especially the length of the run. Go figure!

Finally, there was the reality of the conditions themselves, especially the washout—deep, jagged ruts, loose slate and rocks, damp, soft soil and mud—on a steep incline. The footing was precarious, going and coming, and I moved nimbly and slowly. Otherwise, the trail wasn't in bad shape, and the paved start and finish may have compensated somewhat for the impact of the washout. Still, the washout was a major obstacle.

In short, I'm just suggesting that these are some of the factors that may help to account for the general situation of runners missing their target times.

And, as hard as it may be for some of us



to imagine, some participants didn't take the run all that

“seriously”, or at least not in the same sense of “seriously” as for the rest of us. To wit: Shortly after I headed back from the turnaround, I met Esther and Rachel Packard and Kalischea Mokhriby—they were doing cart wheels on the bridge, and, as I passed by, one of them joyfully shouted, “We're having fun!!” Imagine that!

II: South Shore Adventure Predict

The South Shore Adventure, starting at 7:30 am, Sunday, September 10, drew fifteen runners who faced none of the weather-related challenges of the Tunnel Drive run. Their challenges on the 10.4K/6.47-mile trail run were of a different kind.

In April, race director Larry Volk first proposed adding a trail run on the south side of Lake Pueblo to the predict series, and plans for the run were finalized in late July. Larry wrote a course description that appeared in last month's newsletter; the description was also posted on the club's website, along with detailed course maps. This publicity appears to have paid off.

Given that this was the inaugural running of the SSA, plus the fact that a few predict regulars had opted to do the fund-raiser bike ride to Beulah, Larry seemed pleased with the turnout of fifteen. After completing the sign-up sheet, we gathered at Pedros Point for the start. Larry gave a few last minute instructions, including a description of how the course was marked. Then, the starting command was given, and before long, we were strung out along the trail.

The work that Larry and his crew had done over the past several weeks became evident almost immediately. Working evenings and weekends, they had groomed large sections of trail by cutting the tall weeds and brush growing alongside and pulling the debris off the trail. This widened the running surface in many places, which offered an alternative to the rut-worn center of the trail. They had also done a great job marking

the course. Small flags about six inches high and green or yellow in color had been placed at all intersections; in addition to the flags, intersections were marked with flour arrows and straight-line “barriers”—the arrows signaled the turn direction, while the barriers blocked entry onto the wrong trail.

Further, the work that the Southern Colorado Trail Builders have done over the past several years became quickly evident as well. One image sticks in my mind that gives an indication of the quality and thoroughness of their work. In several of the steep, rocky gullies, there are natural steps, the height, width and depth of which vary considerably, making climbing or descending them slow going. In many of these places, the Trail Builders have placed slabs of rock between the steps, which reduces the sharp angles and distance between them and makes running (or biking) the gullies easier and safer. In one particularly noteworthy instance, the slab of rock that has been moved into place is tethered to the rock step above it by a narrow piece of webbing and screws or nails. This ensures that the slab won't slip or tip when weight is placed on it. Talk about attention to detail!

Also, the trails are now marked with signs and the names themselves are colorful and creative—e.g., Stonehenge, The Edge, Rollercoaster, and Skull Canyon. The Trail Builders deserve our thanks.

In short, it turned out to be a fantastic trail run. There were long stretches of well-groomed, relatively flat, wide and stable trail, such as Pedros Point and Arkansas Point, and the running was easy. Intermediate trails, such as South Shore and Rock Canyon were hillier, rockier and filled with twists and turns, but otherwise similar to the easy trails. And then there were the advanced trails, characterized by steep inclines, gullies that were narrow, serpentine, and the footing a bit precarious because of loose rock, all of which made it slow going,

(Continued on page 8)



Predictions

by Don Pfof

A TALE OF TWO PREDICTS (Continued)



(Continued from page 7)

really slow in some instances—portions of Skull Canyon, Hooters Canyon and, unnervingly, Broken Hip are examples.

In addition to the varied terrain, several sections of the trail afforded eye-catching vistas of Lake Pueblo and views of other portions of the trail as it twisted and turned along ridges on the other side of a gorge and then either plunged into the gorge or disappeared up over the next ridge.

And, last but not least, the weather was near-perfect.

Now to the results. Matt Sherman finished first, thirty-eight seconds under his predict, an outstanding performance, especially considering that this was the inaugural running of the relatively difficult course. Don Pfof was second, forty-eight seconds off his predict, followed by Michael Orendorff (1:48), Glen Clemons (2:10), and Dennis Coombs (2:43). Larry Volk finished first overall in a time of 50:02, and placed six in the predict (3:58).

Of the fifteen runners who took part, there were several regulars, including Humberto Paredes, Jim Robinson and Jeremy Keener, plus a batch of new faces and first-timers. New faces included Steve Minnich, who is South High School's cross-country coach, Damon Rundell, Glen Clemons, and Dennis Coombs. Joining the predict series for the first time this year were long-time members of Pueblo's running community, Mike Borton, Hank Hund and Dan Comden, all three of whom have kids who've left their marks on local high school and college cross country teams, and world-class triathlete Mike Orendorff.

Most of us stuck around after the race, gabbing and enjoying the refreshments Larry provided. The post-race talk gave the South Shore Adventure high marks and the consensus seemed to be that it should become an annual event.

Thus, given the turnout and enthusiastic endorsements, the current plan is to incorporate it into next year's prediction series.

Thanks to Larry, Rusty Smith, Eric Brill and the rest of the crew for a job well done grooming and marking the course, and thanks to Lois Pfof and Brian Ropp for doing the finish line.

Turning to the cumulative standings, eight runners have now finished at least five predict events, so the cumulative standings are becoming a bit more meaningful. As of the South Shore Adventure, Larry Volk has moved into first place (422), followed by Dave Diaz (397), who hasn't run the last three predicts; Don Pfof is in third (393); Matt Sherman (356) moved into fourth with his win at the South Shore, just ahead of Ron Dehn (355) in fifth place. In sixth, seventh and tenth place, respectively, are Stacey Diaz (342), Wendy Garrison (297) and Jim "Rocket" Robinson (232), all of three of whom have at least five races under their belts, including one or both of the most recent predicts.

The next predict event is the Harvest Poker run, scheduled for Saturday, October 21, with a 5:00 pm starting time. The Poker run always a good turnout, drawn by the relatively easy 5-mile course in Pueblo West, the possibility of winning a wad of dough by drawing a winning hand, and the certainty of good eats and socializing around an evening bonfire.

We thank the volunteers at the Tunnel Drive Predict: Race Directors: Rich & Deb Hadley, Course Marshal: Phil Quattlebaum, Finish Line: Deb Hadley, Diana Quattlebaum, Lois Pfof, Dave Diaz, and Results: Don Pfof. And those giving of their talents at the South Shore Adventure were: Race Director: Larry Volk, Course Grooming and Marking: Larry Volk, Rusty Smith, Eric Brill, Joe Dvorsky, Damon Rundell, Finish Line: Lois Pfof, Brian Rupp, Results: Don Pfof.

Tunnel Drive Results

| PI | Name | Pred | Actual | Diff | Pts |
|----|-------------------|--------|----------|----------|--------|
| 1 | Paul Murphy | 24:00 | 23:55.80 | 00:04.20 | 100.00 |
| 2 | Humberto Paredes | 27:35 | 27:43.19 | 00:08.19 | 97.56 |
| 3 | Adam Mokhrby | 28:20 | 28:30.68 | 00:10.68 | 95.12 |
| 4 | Sam McClure | 31:00 | 31:28.62 | 00:28.62 | 92.68 |
| 5 | Terri Packard | 100:00 | 59:09.10 | 00:50.90 | 90.24 |
| 6 | Chris McIngle | 24:24 | 25:22.23 | 00:58.23 | 87.80 |
| 7 | Brian Vanwarden | 25:00 | 26:11.49 | 01:11.49 | 85.37 |
| 8 | Jenn Kottenstette | 28:00 | 29:46.73 | 01:46.73 | 82.93 |
| 9 | Rusty Smith | 29:00 | 30:56.85 | 01:56.85 | 80.49 |
| 10 | Larry Volk | 22:40 | 24:45.97 | 02:05.97 | 78.05 |
| 11 | Matt Kottenstette | 25:00 | 27:13.18 | 02:13.18 | 75.61 |
| 12 | Becky Medina | 35:03 | 37:22.77 | 02:19.77 | 73.17 |
| 13 | Gary Franchi | 30:30 | 33:00.16 | 02:30.16 | 70.73 |
| 14 | Rich Hadley | 22:30 | 25:05.93 | 02:35.93 | 68.29 |
| 15 | Jordan Montero | 24:20 | 27:04.23 | 02:44.23 | 65.85 |
| 16 | Brian Ropp | 23:00 | 25:46.08 | 02:46.08 | 63.41 |
| 17 | Stacey Diaz | 33:30 | 36:18.33 | 02:48.33 | 60.98 |
| 18 | Wendy Garrison | 34:30 | 37:21.56 | 02:51.56 | 58.54 |
| 19 | Tammy Stone | 30:30 | 33:41.88 | 03:11.88 | 56.10 |
| 20 | Jim Robinson | 24:30 | 27:43.19 | 03:13.19 | 53.66 |
| 21 | Michael Bradley | 21:21 | 24:39.23 | 03:18.23 | 51.22 |
| 22 | Paul DallaGuardia | 33:36 | 37:05.64 | 03:29.64 | 48.78 |
| 23 | Steve Wall | 24:26 | 28:06.78 | 03:40.78 | 46.34 |
| 24 | Ron Dehn | 32:33 | 36:17.29 | 03:44.29 | 43.90 |
| 25 | Lori Hawkins | 40:00 | 36:15.31 | 03:44.69 | 41.46 |
| 26 | Cassi Okken | 29:33 | 33:30.04 | 03:57.04 | 39.02 |
| 27 | Troy Chantala | 24:00 | 27:59.61 | 03:59.61 | 36.59 |
| 28 | Jill Montero | 28:00 | 32:09.09 | 04:09.09 | 34.15 |
| 29 | Aaron Romani | 21:00 | 25:25.92 | 04:25.92 | 31.71 |
| 30 | Levi Ropp | 47:00 | 42:32.39 | 04:27.61 | 29.27 |
| 31 | Joe Bulow | 31:10 | 35:49.81 | 04:39.81 | 26.83 |
| 32 | Nate Halpin | 21:00 | 25:43.42 | 04:43.42 | 24.39 |
| 33 | Art Long | 24:32 | 29:48.69 | 05:16.69 | 21.95 |
| 34 | Shannon Mokhrby | 26:00 | 31:18.80 | 05:18.80 | 19.51 |
| 35 | Don Pfof | 36:50 | 44:03.97 | 07:13.97 | 17.07 |
| 36 | Ulrike Crosby | 31:50 | 40:09.01 | 08:19.01 | 14.63 |
| 37 | Esther Packard | 50:00 | 58:22.58 | 08:22.58 | 12.20 |
| 38 | Raegan Corsentino | 30:00 | 38:50.20 | 08:50.20 | 9.76 |
| 39 | Rachel Packard | 30:00 | 42:12.62 | 12:12.62 | 7.32 |
| 40 | Kalischka Mokhrby | 45:40 | 58:06.44 | 13:06.44 | 4.88 |
| 41 | Elizabeth Packard | 45:00 | 58:11.11 | 13:11.11 | 2.44 |

Thank you Dave Diaz
for Tunnel Drive Photos

South Shore Adventure Results

| PI | Name | Predict | Actual | Diff | Pts |
|----|------------------|---------|------------|----------|--------|
| 1 | Matt Sherman | 0:58:00 | 0:57:22.20 | 00:37.80 | 100.00 |
| 2 | Don Pfof | 1:26:30 | 1:25:42.17 | 00:47.83 | 93.33 |
| 3 | Mike Orendorff | 0:54:30 | 0:52:42.28 | 01:47.72 | 86.67 |
| 4 | Glenn Clemons | 0:52:40 | 0:50:30.05 | 02:09.95 | 80.00 |
| 5 | Dennis Coombs | 0:59:59 | 1:02:42.42 | 02:43.42 | 73.33 |
| 6 | Larry Volk | 0:54:00 | 0:50:02.08 | 03:57.92 | 66.67 |
| 7 | Rusty Smith | 1:08:00 | 1:02:39.88 | 05:20.12 | 60.00 |
| 8 | Steve Minnich | 1:00:00 | 1:06:03.05 | 06:03.05 | 53.33 |
| 9 | Damon Rundell | 0:59:00 | 1:05:10.09 | 06:10.09 | 46.67 |
| 10 | Humberto Paredes | 0:57:35 | 1:05:04.13 | 07:29.13 | 40.00 |
| 11 | Jim Robinson | 0:58:10 | 1:06:30.98 | 08:20.98 | 33.33 |
| 12 | Mike Borton | 1:20:00 | 1:06:35.01 | 13:24.99 | 26.67 |
| 13 | Hank Hund | 1:20:00 | 1:04:36.96 | 15:23.04 | 20.00 |
| 14 | Dan Comden | 1:00:00 | 1:24:25.67 | 24:25.67 | 13.33 |
| 15 | Jeremy Keener | 0:56:45 | 1:22:18.51 | 25:33.51 | 6.67 |



Predict Series Totals

Compiled by Don Pfost



Top 25 Standings

| | 2/19 | 3/18 | 4/8 | 4/23 | 6/24 | 7/29 | 8/26 | 9/10 | | |
|----|------------------|--------|--------|--------|--------|--------|--------|---------|---------|--------|
| PI | Name | Tunup | TrIMx | Rams 8 | Yap Dg | B Bust | Moon | Tunl Dr | S.Shore | Tot |
| 1 | Larry Volk | | 82.35 | 95.00 | 100.00 | | | 78.05 | 66.67 | 422.07 |
| 2 | Dave Diaz | 100.00 | 100.00 | 65.00 | 46.67 | 85.71 | | | | 397.38 |
| 3 | Don Pfost | 84.21 | | 85.00 | 73.33 | 57.14 | 50.00 | 17.07 | 93.33 | 393.02 |
| 4 | Matt Sherman | 68.42 | 94.12 | 60.00 | 33.33 | | | | 100.00 | 355.87 |
| 5 | Ron Dehn | 57.89 | | 80.00 | 80.00 | 92.86 | | 43.90 | | 354.65 |
| 6 | Stacey Diaz | 73.68 | 35.29 | 75.00 | 53.33 | 28.57 | 78.57 | 60.98 | | 341.56 |
| 7 | Wendy Garrison | 94.74 | 64.71 | 15.00 | | 64.29 | | 58.54 | | 297.27 |
| 8 | Sandy Reinsch | 78.95 | 70.59 | 50.00 | 66.67 | | | | | 266.20 |
| 9 | Matthew Drake | | | 90.00 | | 100.00 | 71.43 | | | 261.43 |
| 10 | Jim Robinson | 10.53 | | 45.00 | | 71.43 | 28.57 | 53.66 | 33.33 | 231.99 |
| 11 | Jill Montera | 15.79 | | 70.00 | 86.67 | | | 34.15 | | 206.60 |
| 12 | Gary Franchi | | 58.82 | 55.00 | | | | 70.73 | | 184.56 |
| 13 | Ben Valdez | 52.63 | 88.24 | | 40.00 | | | | | 180.87 |
| 14 | Bill Veges | | 76.47 | 100.00 | | | | | | 176.47 |
| 15 | Steve Wall | 63.16 | | | | | 64.29 | 46.34 | | 173.79 |
| 16 | Joe Bulow | | 52.94 | | | 78.57 | | 26.83 | | 158.34 |
| 17 | Kris Spinuzzi | 89.47 | 11.76 | | 20.00 | 21.43 | | | | 142.67 |
| 18 | Rusty Smith | | | | | | | 80.49 | 60.00 | 140.49 |
| 19 | Humberto Paredes | | | | | | | 97.56 | 40.00 | 137.56 |
| 20 | Becky Medina | 36.84 | | 10.00 | | | | 73.17 | | 120.01 |
| 21 | Troy Chantala | | 29.41 | 25.00 | 26.67 | | | 36.59 | | 117.66 |
| 22 | Aaron Levinson | | | | | 50.00 | 57.14 | | | 107.14 |
| 23 | Sam McClure | | | | | 14.29 | | 92.68 | | 106.97 |
| 25 | Kyle Reno | | | | | | 100.00 | | | 100.00 |
| 25 | Paul Murphy | | | | | | | 100.00 | | 100.00 |

(Continued from page 4)

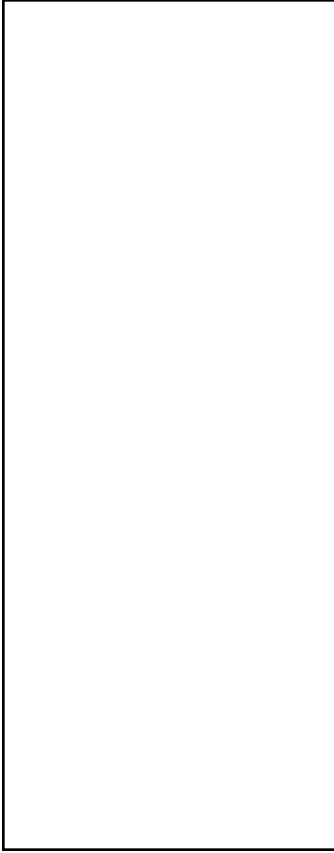
World magazine and U.K Television from London all of whom were interested in this phenomenological event. When I told them that I wasn't sure that there was any significant supernatural aspect to the events, their interest in the story waned.

In retrospect, I am very happy that it all turned out well. I do not consider myself a hero, but rather a Good Samaritan. I also think that Howard deserves the most credit as he was the guy who actually pulled the woman out of the car. The way I see it, if this was a game in the NHL, Howard would be credited with scoring the goal, and I would be credited with an assist. Lastly, I do think each of us should have a glass breaking device in our cars, and obviously try to avoid driving into any street where there is any significant water accumulated.

Till next time, go out there and enjoy the cooler running weather!

Sincerely
Rocky Khosla, M.D.

Editorial Note: Congrats to Rocky for having the physical, mental, and emotional skills to make such a contribution. Yes, the rescue was a team effort (as is the rest of life), but Rocky's SCR friends are deeply impressed by his actions.



Things to think about

The nice thing about standards is that there are so many of them to choose from. -Andrew Tannenbaum, computer science professor (1944-)

A child, like your stomach, doesn't need all you can afford to give it. -Frank A. Clark, writer (1911-)

Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots. -Frank A. Clark, writer (1911-)

Solution to the puzzle on pg 5

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



Photo Ops



Salida Tenderfoot Triathlon - Sept 2nd

Left (pictured L to R): Joe Bulow, Stacey Diaz, Tony Galyon, Paul Dallaguardia, Gary Franchi and Tom Ratzlaff. Not pictured who also did the tri was Gwen Steves of Pueblo West. We thank Dave Diaz for the photo.

The 2006 Corporate Cup

Nineteen companies and organizations are competing in the 2006 YMCA Corporate Cup. There are 3 divisions based upon company size, and this year the competition consists of 6 individual and 13 team events over a 2 week period. Some events such as the executive challenge are pretty laid back, while others such as the duathlon are quite competitive. As of this printing, Kiwanis, TTCI, and Parkview Medical Center lead their respective divisions with a few events remaining. The Award Ceremony will be held at 7pm on Thursday, October 5th at the Union Depot.



Corporate Cup Photos

Above: Mike Archuleta (L) from Parkview Medical Center and Jay Richter from CMHIP congratulate each other after the Duathlon. Mike placed 4th in both the bike predict and the Duathlon and Jay took 1st in his division of the Duathlon.



Left: CSU-Pueblo fielded 2 teams for the Teamwork Challenge event, consisting of ropes course elements and mountain bike relay. The teams placed 2nd and 3rd in Division 3 competition.

We thank Jay Richter and Kayla for the photos.

2006 Calendar from here to there*

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

| Oct-06 | | | |
|--|---|------------------------------------|---|
| 1st-Sun 9:00 & 9:15am | Fans on the Field Denver Stadiums | 5K & 10K Run or Walk | |
| 7th-Sat 7am W/8am Run | Autumn Run Classic Canon City Riverwalk | 5K & 10K Run or Walk | Clint Freeman 719 275 1578 |
| 7th-Sat 8:00 AM | DECA Dash Pueblo West HS | 5K Run/Walk | Gianna Cassio 568-5601 |
| 15th-Sun | Denver Marathon Denver, CO | 26.2 mi | Dave McGillivray Race Director |
| Tentative (c) 21-Oct Sat Harvest Poker Run 5M Dave Diaz - Prediction Series Event | | | |
| Nov-06 | | | |
| 4th-Sat | Hustle for Russell Pleasant View Middle School | 5K Run, Mile Walk Kid's Fun Run | Steve Wall |
| 11th-Sat | (c) Atalanta City Park, Pueblo, CO | 5K Run 5K Walk | Stacey Diaz (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 City Park, Pueblo, CO | 13.1 miles | Dave Diaz (719)564-9303 |
| Tentative (c) 17-Dec Sun Excellent Adventure 8M Don Learned - Prediction Series Event | | | |

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



SCR's Anthony Diaz serves as a limo driver for celebrities during the State Fair. This appears to be one of Anthony's more difficult assignments.

Hello,



My name is
Gianna

Cassio and I am the District 9 Regional Vice President on the DECA State Officer Team this year. The DECA State Officers and I are putting on the DECA Dash this year at four locations, and one of those locations is here in Pueblo at Pueblo West High School on October 7th, 2006. The DECA Dash is a 5K Run/Walk.

Thank You,
Gianna Cassio

Ed Note: The race starts at 8am on Saturday, Oct 7th at Pueblo West HS.

The 14th Rim Rock Run will be held at 8 a.m. on Sat, Nov 11th, 2006. This is a scenic and challenging 22.6 mile (37k) race from portal to portal over the Colorado National Monument (located just south of Grand Junction, Colorado).

You can enter the run online at active.com or print an entry form located on our web site and mail it in.

Check out our web site at www.rimrockrun.org. There is a training schedule to help you prepare for the run as well as information about additional activities, like the pre-race dinner. This year's pre-race dinner speaker will be Susan Williams, the first US triathlete to win an Olympic medal by taking the bronze medal in 2004 in Athens.

If you still have questions, call Elaine at 970 243-4055 or e-mail me, Katie Hill, Race Director, at gkhill@juno.com

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003

**Non-Profit
Organization
U.S. Postage Paid
Pueblo, Colorado
Permit # 41**



***If you move,
Let us know!***

Issues of "Footprints"
are not forwarded.

Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming Races



Don't forget the DECA Dash
on Saturday, October 7th at
8am at Pueblo West High
School. The event is a fund
raiser for Project Mercy.

Poker, Running, Camaraderie, and Food.
If any or all of these appeal to you, be at
the annual Harvest Poker Run at Lovell
Park in Pueblo West. The run is sched-
uled for Saturday, October 21, with a
5:00 pm starting time. It's a pot luck, so
bring a side dish. The club furnishes
chicken and beverages. Also bring a \$5
bill for the poker pot. Runners pick up
one card at each mile marker and the best hands (male & fe-
male) win some money.



Ladies - The Atalanta 5k is coming in November. More next
month.

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 Oc-
tober 4th.

The Final Thoughts...

When one door closes another door opens; but we so often
look so long and so regretfully upon the closed door, that we
do not see the ones which open for us. -Alexander Graham
Bell, inventor (1847-1922)

Shadow owes its birth to light. -John Gay, poet and dramatist
(1685-1732)

The fingers of your thoughts are molding your face cease-
lessly. -Charles Reznikoff, poet (1894-1976)

A conscience is what hurts when all your other parts feel so
good. -Stephen Wright

I planted some bird seed. A bird came up. Now I don't know
what to feed it.- Steven Wright