



Editor: Ron Dehn

FOOTPRINTS

Be thankful this newsletter is not published weekly

The Thanksgiving Edition

The Hot to Trot Frijole Festival 5K

by Jeff Arnold



When I agreed to be the lead bike for the Hot to Trot 5K, I wasn't thinking about the Main Street hill. Near the top of that little climb, with footsteps growing louder behind me,

I began to fear that my agreeing might have been fatal. I was wheezing as fast as I could and my lungs were burning. Only the imagined humiliation of being passed by the lead runner kept me going. Once I headed down to the River Trail, I felt a little safer, and Tyson Pena from Centennial and I cruised by the mile mark together in 5:35. I found out that Tyson, who played lacrosse last spring, let his grades lapse then and will be ineligible till the City Meet October 12, where he will be an interesting joker in the deck.

I pulled ahead a little before I came to the narrow walk bridge across the river and I spurted again just before the turnaround at Runyon Lake. That little hill isn't steep but has a very sharp turn. I got a chance to look back there and saw that the second place runner, whom I found out later was Paul Murphy, had closed the gap and Rich Hadley and one other were briefly in sight as well. If I were a better bike handler I would have looked back more but just past where I should have chalked the 2 mile mark, I saw that Murphy had taken over the lead.

Too soon I had to hurry again so I could handle the sharp turns just west of Fay's Crossing I was nearly home free. I got a look and Murphy and Pena were in sight when I turned over the steel walk bridge over HARP and made the last sharp turn to get down next to the water. I had enough lead to leap off my bike and

push it up the only stairs on the course, only four, just before we got to Union. I got back on and headed for a glorious finish, only to see walkers in front of me.

What happened next, I'll never know. I looked back and saw no runners so turned around just short of the finish line, assuming the leaders went west across Union. I rode as fast as I could to Victoria where a woman whom I took to be a walk volunteer assured me no runners had come that way. Not only had my runners gone off course, I thought, but vanished. In great chagrin I rode back to Union and saw that the rest off the runners seemed to be right on track. I told Ruth McDonald what I thought had happened. Luckily she wasn't as panicked as I was.

Matt Sherman listened to my story and

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SCR Notes from the October, 2006 meeting

Attendance: Dave Diaz, Stan Hren, Lois Pfof, Don Pfof, Rich Hadley, Rusty Smith, Jeff Arnold, Terry Cathcart, Steve Eall, Jacqueline Wall, Ron Dehn, Gary Franchi, Paul LaBar (a new member), Ken Raich, George Dallam

Minutes as printed in the October newsletter were approved.

CSU Pueblo Cross Country: Special guest was George Dallam from CSU Pueblo who is now heading the cross country program with the departure of Craig Binkley. George presented the club with an excellent update of the cross country program, which includes 12 recruits from the Pueblo area. Seven runners will compete at a meet in Fort Hays this upcoming weekend.

CSU Pueblo will be host to the regional cross country championship meet at City Park on October 21. George has designed an exciting new course with a 2K loop format which will allow spectators to observe the entire competition. Top level competition will include teams from Adams State and Western State. SCR will provide assistance and use of equipment for this event.

Officer Reports: Treasurer's report as presented by Dave Diaz was approved. Newsletter Editor: Ron Dehn reported that Howard Printing may increase the cost of printing our newsletter in January. Jeff Arnold suggested that perhaps CSU Pueblo would be a more economical resource for printing our newsletter. Ron will research this possibility.

Webmaster: In the absence of Mike Orendorff, Ken Raich reported that Mike had experienced some website service problems in posting Hot To Trot results. The problem was corrected after a delay of several days. Membership Chair-Don Pfof reported that the club currently has 181 paid members with 102 receiving Colorado Runner Magazine. Membership forms for 2007 will be mailed in the December newsletter. Club members 70 years old will receive a lifetime, free membership.

Upcoming Races: DECA Dash October 7-SCR will assist with this upcoming event at Pueblo West High School with equipment and finish line support. Harvest Run October 21-Dave Diaz announced that this will be the 20th annual Harvest Run predict event and will include a potluck and the distance will be 5 miles. A bonfire is also planned (Stan Hren will contact Brian Caserta of the Pueblo West Fire department to obtain Approval). Hustle for Russell November 4-Steve Wall Reported that this year's 5K fundraiser at Pleasant View Middle School in the mesa will begin at 8:45 Am and the course includes 1 hill. Atalanta Women's Run November 11-New improved entry forms for this year's event were designed by Gary Franchi. There will be outstanding pottery awards and attractive long-sleeved, hooded shirts given at this event. Temple Canyon November 25-Rich Hadley reported that the date for this predict event is firm and no longer tentative. Rock Canyon Half Marathon December 2

-Dave Diaz reported that this will be the 20th annual Rock Canyon event. Ken Raich has designed a new entry form. Dave Diaz is designing a 20th anniversary logo and is considering presenting finisher medals for this year's event. Over 300 entrants are anticipated.

Activity Recaps/Updates/Revisits: Child Advocacy Cycle Event September 10-SCR received a thank you for assistance with the bicycle ride, which had

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**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. 294

"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, Steve Wynn*		
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Stan Hren, Don Pfof
Dave Diaz, Larry Volk, Jeff Arnold, Paul Vorndam

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.

* Steve Wynn purchased Picasso's painting "La Reve" ("The Dream") for \$48.4 million in 1997. He recently agreed to sell it for \$139 million, but accidentally poked a hole in the painting with his elbow. The sale is off, but the painting will be restored.



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

**Don't be a
Turkey**



**Visit the
Gold Dust
217 South
Union**

Great Stuff

by Gary Franchi

Useless yet interesting information



Thought for today's lunch, compliments of comedian George Carlin: *"In applying the stereotype that old people are slow-thinking and dull-witted, what's often overlooked is that many of these people were slow-thinking and dull-witted throughout their lives."*

Following are some things I discovered while looking up other things. Well, OK, they actually are things I ran across while puttering around on the Internet, probably around 11 p.m. or so when I should have been catching some shuteye under the warmth of the blankets ...

Numbers

- How much are you willing to pay to run a half-marathon? You can run the Las Vegas Half next month for \$85 (early entry) or \$95 (the week of). You could have run the half in the Denver Marathon last month for \$65 or \$75. On Labor Day, the American Discovery Trail Half in Colorado Springs was a relatively affordable \$35. But the best bargain of all is our own Rock Canyon Half-Marathon coming up next month for a mere \$20, and you get a cool sweatshirt, too.

- The entry fee for the original Hawaii Ironman in 1978 was \$3. The fee for the 2006 event held Oct. 21 was \$475. In another 10 years, it will require a second mortgage on the house.

- The price tag for New Balance's new 2001 model shoe is \$199.99. Hence, ration those miles since, if you get 500 miles out of them, the cost is 40 cents a mile.

- Hey, swimmers, ever heard of those endless pools? They measure 12 feet by 15 feet and the best part is that you never have to do flip turns because you swim against a current. Probably prepares you for ocean swimming, too. But if you want one, it will cost you your second child. I say that because the endlesspool.com website is afraid to even list the price for this product.

Hawaii Ironman

- While the studs finished the Hawaii Ironman in about 8 and a quarter hours give or take a few minutes, the last finisher this year was Sister Madonna Buder, who just beat the midnight cutoff time to finish in 17 hours. Hope she made it to the bar before the 2 a.m. closing.

- Those interested in volunteering at this Ironman must fill out an application form online. They have the opportunity to do volunteering the entire week of the triathlon. They also must be at least 16 years old. And, yes, every volunteer gets a T-shirt but not a Rock Canyon sweatshirt.

- Swim check in is at – yawn! – 4:45 a.m.

National months

- In case you were wondering and I just know you were, November has been declared the national month for novel writing, adoption awareness, epilepsy awareness, family caregivers, Alzheimer's disease, American heritage Indian, hospice, marrow awareness, diabetes and tobacco awareness. Lots of good causes there, but where the heck is National Running Month? Well, running doesn't have a special month. May is National Fitness Month, but the closest thing to running getting a special designation is World Run Day on Nov. 5, with the cause to end child hunger. There are 28 such runs in the U.S. and 20 in other countries. Aren't you glad you know all that now? Yeah, I really don't give a hoot either.

- "Novem," by the way, means nine. Guess they couldn't count to 11 when they named November. Maybe next time.

Enough. How much education can you stand in one sitting?

Cheerio.

Ten things I was just wondering:

1. Couldn't we say that Bill Rodgers was fortunate to have been running all those marathons before the Kenyans took over?

2. How come no professional athletes say their teams want to take it "two games at a time?"

3. Seriously now, is an inaccurate race course distance ever acceptable?

4. There a New York-style pizza and a Chicago deep-dish pizza but when are we going to get a Bessemer pizza?

5. Isn't it great to occasionally get a new pair of running shoes just for knockin' around in?

6. Wouldn't it be fun if, every once in a while, ESPN and other TV sports shows would just blacken the entire screen except for the summary highlights at the bottom of the screen?

7. Why does the "Hustle for Russell" registration form have to be filled out in blue or blank ink as it notes on the flyer? What if you only have a red pen?

8. Isn't it true that, even if nothing can go wrong, it still will?

9. How can it be that the 4-day Taste of Colorado in Denver this year drew more people (around 475,000) than the 11-day Colorado State Fair (452,014)?

10. If there is a 10 o'clock and a 10:15, why doesn't noon have an accompanying noon:15?

Until next month, here's hoping someone truly American starts a National Obesity Day. Think of all the people who could celebrate.



November

- 1 Ross Barnhart
Gary Player*
- 3 Julie Arellano
Barbara Hadley
Charles Bronson*
- 4 Sean Bryan
Matthew McConaughey*
- 5 Jessie Quintana
Art Garfunkel*
- 6 Gabriela Kemm
Sally Field*
- 7 Huston Powell
Election Day
Madame Curie*
- 11 Jed Balestrieri
Veterans Day
Demi Moore*
- 13 Michael Phillips
Whoopi Goldberg*
- 16 Robert O'Callaghan
Dwight Gooden*
- 17 Rocky Khosla
Lawrence Volk
Tom Seaver*
- 18 Steven Wall
Owen Wilson*
- 23 Chris Dehn
Thanksgiving Day
Harpo Marx*
- 25 Lenore Raich
Joe DiMaggio*
- 26 Mike Borton
Charles Schulz*
- 28 Nancie Biery
Karen Van Haverbeke
Jon Stewart*
- 29 Robert Quintana
Lisa Walker
Louisa May Alcott*

*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

New Formula for Wrestling Weight



There have been some changes in the High School wrestling weight certification requirements this year, and a bunch of coaches and wrestlers have been calling me about these so I thought this might be a good topic for this month's column

Wrestling is a grueling sport, and one of the toughest things that most wrestlers have to do is to "make weight". Traditionally, this has meant that the wrestler will do all sorts of unhealthy things in trying to get their body weight to be as low as possible so they will be able to wrestle at the lowest weight class. According to one study of high school wrestlers, 75% used frequent fasting and severe fluid restriction, and 34% used rubber suits, and a significant number used diuretics or cathartics to lose weight.

CHSAA (Colorado High School Athletics Association) has taken a giant step forward this year, in my opinion, in trying to prevent wrestlers from putting themselves at risk in trying to "make weight". Starting this year, all high school wrestlers will have to have a specific gravity measured on their urine before they can get approved for their lowest weight calculation. The specific gravity of urine is a fairly good indicator of hydration status in humans, and CHSAA has determined that if the athlete has a specific gravity of greater than 1.025, then they cannot have the body fat determination done. This is a great idea because for too long we have had wrestlers come to us who are bone dry and dehydrated, which can then lead to all sorts of problems.

If the athlete has an adequate urine specific gravity immediately before the next step, then they can proceed. It is important that the urine testing be done soon before the rest of the procedure, otherwise the wrestler may, for example, do the urine testing in the morning and then wear a rubber suit and sit in the sauna all day, and come in later for the minimum body weight determination, thus defeating the whole purpose of the urine testing

The next step then is to measure the body fat using an electrical impedance device or skin calipers. The former works on the principal that if a very slight amount of current is passed into the hands, and the amount of current returned is measured, then the difference in the two quantities will be due to resistance provided by fat under the skin. Once the body fat % is determined, then a minimum weight can be calculated. For high school, CHSAA has determined that 7% is the lowest acceptable for men and 12% is the

lowest fat acceptable for women. The minimum weight can then be determined by the formula:

$$\text{Minimum weight} = \frac{(\text{Current weight})(1 - \text{fraction of body fat})}{(1 - \text{fraction of desired body fat})}$$

So, for example, an adequately hydrated 134 lbs. male wrestler with an 8% body fat would have the formula applied as follows:

$$\text{M.W.} = (134)(1 - .08) / (1 - 0.07) = (134)(.92) / (.93) = 132 \text{ lbs.}$$

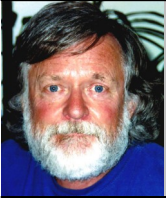
If that wrestler came in dehydrated and weighed 130 lbs with the same body fat %, the formula would yield a M.W. of 128.6 lbs. This could be important as there is a 130 lbs weight class, and this wrestler could be at medical danger if he was allowed to be weight certified when dehydrated as he could wrestle at the 130 class, when he really should be allowed to wrestle at the 135 class.

If you have a child or other relative who will be wrestling in high school this season, please make sure that they don't try to cheat the system, and that they don't do screwy things to "make weight". I along with the resident physicians at the Southern Colorado Family Medicine Clinic will be doing a free wrestling weight certification clinic for all district 60 high school wrestlers on December 11th from 3pm to 7 pm, and more details about this will be announced soon. If you wish to have your own physician sign this certification, that is fine but please make sure that the urine specific gravity is checked immediately before the weight certification is done. Also, make sure that the doc uses either the body skin fold calipers or the electrical impedance device to measure the body fat when determining the minimum weight. Do not just let the doc "eyeball" the kid and sign his form as this is a violation of the CHSAA protocol, and could lead to potentially serious consequences to the wrestler: such consequences as kidney problems, circulatory collapse, hyperthermia and death. Also, if you are medically inclined and would like to learn more details of the protocol that will be used at the wrestling weight certification clinic, I will be giving a free lecture on December 11th at noon at St. Mary-Corwin Hospital, and you can attend by calling 560-5870.

Till next time, stay healthy and happy.

Sincerely,

Rocky Khosla, M.D.



Predictions

by Don Pfost

Harvest Run Predict



Twenty-seven runners and walkers, joined by families and friends, turned out for the Harvest Run predict that started at 5:00 pm, Saturday, October 21, at Lovell Park in Pueblo West. Although the poker-hand part of the run was dropped, the gathering was treated to pleasant weather, the adventure of a slightly altered course, and great eats and socializing at the post-predict potluck and bonfire.

Officially, according to the National Weather Service, the weather was fair, the sky was clear, the temperature was 49, and there was a slight Southerly breeze at starting time. The relatively pleasant weather stood in sharp contrast to what had been forecast by local television weather-celebrities, who seem to overly dramatize what the weather holds in store as they attempt to outdo their colleague's sensational stories about baby lions at the zoo and the like, and to out shock-and-awe their counterparts on the other channels.

Race director Dave Diaz made several changes to the course. The starting line was moved from the main parking area to the west side of Lovell Park; otherwise, the first four miles were the same as in previous years. This part of the course takes a wide loop through the paved streets of Pueblo West and is mostly flat, with a gradual uphill towards the end of mile three on Bond Drive, and then a gradual downhill for most of mile four along Bayfield, Bahia and Daterna. The major change involved turning off Latimer Lane just beyond the four mile marker onto a dirt road that runs parallel to power lines; the course finished in the parking lot at the bonfire site. Besides its newness, the change was welcomed because it made the run safer by eliminating the last leg on Hahn's Peak, which has become heavily trafficked.

As we gathered at the new starting line, Dave reviewed the layout of the course, called our attention to the changes from previous years, and assured us that the course was well-marked with flour,

cones and mile-makers. At the start command, we were off.

There was more than a little excitement for the finish line crew of Lois Pfost and Deb Hadley. As Rich Hadley crossed the finish line, followed closely by Aaron Levinson, Lois had one of those "Oh My God!" moments as she saw that the printer on the stopwatch wasn't working. However, quick thinking by Lois and Deb saved the day—Deb flipped over the signup sheet, wrote down the finish times as Lois called them out, and Dennis Wait and Jacqueline Wall were asked to hand out numbered popsicle sticks as runners crossed the finish line to track the order of finishers.

Then, after the run was over, Rich Hadley replaced the printer batteries and was able to recall and print the finish places and times. So, as shown in the results, finish times are accurate to the hundredths of a second and the printout confirmed what Lois and Deb had recorded.

And speaking of results, Matt Sherman has thrown down the gauntlet, for, as in the South Shore Adventure, he logged the winning time, just seven seconds off his predict. Don Pfost was second, thirteen seconds off his predict, followed by Aaron Romani, twenty-one seconds, Aaron Levinson, twenty-three seconds, and Jill Montera, thirty-two seconds, off their respective predicts. In addition, Jan Dudley, Rich Hadley, Ashlee Withrow, Ben Valdez, and Brian Ropp, all finished within one minute of their respective predicts.

Rich Hadley had the fastest overall time of 31:05, barely beating out Aaron Levinson (31:07) at the finish line.

New faces to this year's predict series included Jan Dudley, Ashlee Withrow, Paulette Arns, Emily Borrego, Mark Koch, and Michelle Schipper.

After the run, we filled our plates with fried chicken, side dishes and deserts, and then gathered around the bonfire to gab, keep warm and watch the kids toast marshmallows and fix s'mores. And, if

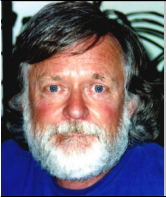
truth be told, a tankard or two of brew may have been quaffed as well.

Thanks to Terry Cathcart for bringing the trailer load of firewood and for keeping the bonfire burning. Thanks also to the finish line crew of Lois, Deb, Dennis and Jacqueline and to George Slaughter for the water stop.

As far as the cumulative standings, of the ten who have completed at least five predict events, Don Pfost has moved into first place with 432 points; Matt Sherman and Larry Volk are in a virtual tie for second place, each with 422 points and with just a fraction of a point separating them. Dave Diaz is in fourth place (397), followed by Ron Dehn (355), Stacey Diaz (342), Wendy Garrison (308), and Jill Montera (292). Jim "The Rocket" (note the emphasis) Robinson (244) and Troy Chantala (166) are in ninth and tenth place among those with at least five races.

Just two predict events remain. The four-mile Temple Canyon run in Canon City, which has drawn the largest turn out for predicts in recent years, is scheduled for a 9:00 am start on Saturday, November 25, and will be hosted by Rich and Deb Hadley. The final predict will be the Jingle Bell Run, hosted by Mary Rudolf and Don Learned on Sunday, December 17, with details to follow in the newsletter and on the website.

Remember that at least five predict events must be completed to qualify for an award. According to my count, in addition to the ten who have already done at least five predict runs, there are another twelve who have done at least three, so check out the cumulative standings on the web and consider finishing the minimum number if you are close to qualifying for an award. I have it on good word from a reliable source who prefers to remain anonymous that this year's awards will be awesome.



Predictions

by Don Pfost

Standings and Results



Cumulative Standings

PI	2/19	3/18	4/8	4/23	6/24	7/29	8/26	9/10	10/21	Tot Pts*
	TnUp	TrlMx	Ram8	YapDog	BBstr	Moon	TnDv	Sshore	Hrvst	
1 Don Pfost	84.21		85.00	73.33	57.14	50.00	17.07	93.33	96.30	432.17
2 Matt Sherman	68.42	94.12	60.00	33.33				100	100	422.54
3 Larry Volk		82.35	95.00	100.00			78.05	66.67		422.07
4 Dave Diaz	100	100	65.00	46.67	85.71					397.38
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		22.22	341.56
7 Wendy Garrison	94.74	64.71	15.00		64.29		58.54		25.93	308.19
8 Jill Montera	15.79		70.00	86.67			34.15		85.19	291.79
9 Sandy Reinsch	78.95	70.59	50.00	66.67						266.20
10 Matthew Drake			90.00		100	71.43				261.43
11 Ben Valdez	52.63	88.24		40.00					70.37	251.24
12 Jim Robinson	10.53		45.00		71.43	28.57	53.66	33.33	40.74	244.16
13 Bill Veges		76.47	100						62.96	239.43
14 Steve Wall	63.16					64.29	46.34		51.85	225.64
15 Aaron Levinson					50.00	57.14			88.89	196.03
16 Joe Bulow		52.94			78.57		26.83		33.33	191.68
17 Gary Franchi		58.82	55.00				70.73		3.70	188.26
18 Rusty Smith							80.49	60.00	29.63	170.12
19 Troy Chantala		29.41	25.00	26.67			36.59		48.15	165.81
20 Rich Hadley							68.29		77.78	146.07
21 Kris Spinuzzi	89.47	11.76		20.00	21.43					142.67
22 Becky Medina	36.84		10.00				73.17		18.52	138.53
23 Humberto Paredes							97.56	40.00		137.56
24 Brian Ropp							63.41		66.67	130.08
25 Jordan Montera	5.26						65.85		55.56	126.67

*Note Total points is sum of five best scores for those having run more than five predict races.

Harvest Run Results

PI Name	Pred	Actual	Diff	Pts
1 Matt Sherman	34:30	34:37.20	00:07.20	100
2 Don Pfost	52:10	52:23.07	00:13.07	96.30
3 Aaron Romani	33:00	33:20.66	00:20.66	92.59
4 Aaron Levinson	31:30	31:06.98	00:23.02	88.89
5 Jill Montera	41:09	40:37.49	00:31.51	85.19
6 Jan Dudley	52:52	53:27.17	00:35.17	81.48
7 Rich Hadley	31:42	31:04.83	00:37.17	77.78
8 Ashlee Withrow	36:00	35:21.02	00:38.98	74.07
9 Ben Valdez	41:15	40:22.89	00:52.11	70.37
10 Brian Ropp	33:40	32:41.25	00:58.75	66.67
11 Bill Veges	40:00	38:52.10	01:07.90	62.96
12 Paulette Arns	58:00	59:17.04	01:17.04	59.26
13 Jordan Montera	36:15	34:55.11	01:19.89	55.56
14 Steve Wall	36:46	35:24.73	01:21.27	51.85
15 Troy Chantala	36:20	34:57.57	01:22.43	48.15
16 Emily Borrego	37:30	36:03.99	01:26.01	44.44
17 Jim Robinson	36:00	34:25.59	01:34.41	40.74
18 Damon Rundell	40:03	38:16.88	01:46.12	37.04
19 Joe Bulow	44:15	41:49.71	02:25.29	33.33
20 Rusty Smith	41:30	38:40.08	02:49.92	29.63
21 Wendy Garrison	49:00	45:58.61	03:01.39	25.93
22 Stacey Diaz	49:15	46:03.11	03:11.89	22.22
23 Becky Medina	50:00	45:57.31	04:02.69	18.52
24 Jeremy Keener	47:23	43:19.32	04:03.68	14.81
25 Mark Koch	42:10	36:32.19	05:37.81	11.11
26 Michelle Schippe	50:45	45:03.27	05:41.73	7.41
27 Gary Franchi	42:45	00:00.00	42:45.00	3.70



George Slaughter, Bill Veges, and Dave Diaz get ready to boogie.

Thank you Harvest Run Volunteers:
 Race Directors: Dave & Stacey Diaz,
 Finish Line: Lois Pfost, Deb Hadley,
 Dennis Wait, Jacqueline Wall, Water
 Stop: George Slaughter, Firewood:
 Terry Cathcart, Results: Don Pfost,
 Bonfire cleanup the next day: Anthony
 Diaz

Predictions

Photos



Clockwise from UL
Paulette Arns
Sidney Arnold, Ben Valdez, Terry Cathcart
Matt Sherman, Jill Montera, Jordan Montera (behind) and
Aaron Levinson
Becky Medina, Wendy Garrison, Stacey Diaz
Brian Ropp

$$x + \frac{b}{2a} = \pm \sqrt{\frac{b^2 - 4ac}{4a^2}}$$

$$x + \frac{b}{2a} = \frac{\pm \sqrt{b^2 - 4ac}}{2a}$$

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

The 4th Annual Hustle for Russell



Rusty Weiler was an awesome Algebra and Science teacher for nearly 30 years at Pleasant View Middle School until he suddenly passed away from a heart attack. Staff members and his former students were obviously shocked when this seemingly healthy 51-year-old died on June 1, 2003. Mr. Weiler was active throughout his teaching career in coaching wrestling, basketball, and assisting with track to produce champion discus throwers. So what better way to remind us all to have a healthy heart then to have a fun run?

The money raised from the “Hustle for Russell” goes towards the Rusty Weiler outdoor classroom at Pleasant View Middle School. In addition to updating and maintaining the outdoor classroom, \$1000 scholarships have been awarded for the past 3 years to high school students in the Pueblo area. The community also benefits from the race every time they use a picnic table or take a break on a hot summer day.

The “Hustle for Russell” is an enjoyable race with a family type atmosphere. It starts with an 8 and under kid’s fun run, where every child who participates receives an award.

Then comes the 5K run/walk which is a pretty challenging course that starts at PV and goes through the streets of the mesa, and ends with the “killer” hill on Crystal Lane. If running or walking 3.2 miles is not for you, but you still want to participate there is also the 1 mile “fun run.”

In addition to the run, Honor Society students will provide activities for children of all ages and there will be a variety of items for sale at the concession stand.

Music will be playing throughout the race with MC Brotherton, for those of us who would rather just watch and enjoy. The race is \$20 to participate (\$15, if you don’t want a shirt). For kids in elementary school, it’s only \$10.00 and that includes a shirt.

Medals are awarded to 1st, 2nd and 3rd place in different categories. We also have door prizes available to all participants. We invite everyone to come out and join us on this fun filled morning, November 4, 2006. Registration starts at 7:30 AM and the race begins at 8:45 AM.



The Deca Dash 5k Run took place at Pueblo West High School on October 2nd. Gianna Cassio served as race director, Matt Sherman laid out the course and did the results, Terry Cathcart, Dale Alcorn, and Dave Diaz took

care of the finish line. Dave also provided the webpage and took care of equipment. It is worth noting that SCR’s Barbara Smith was the first overall female finisher. She is also the mother of six children. Fair warning to Smith kids – don’t count on outrunning your mom!

Pl	Name	Sx	Time	Pl	Name	Sx	Time
1	Clay	Ermel	M 20:06	22	Megan	Taylor	F 42:42
2	Matt	Sherman	M 21:15	23	Star	Taylor	F 42:43
3	Jim	Robinson	M 21:51	24	Rachel	Ratzlaff	F 43:58
4	Charles	Brown	M 22:45	25	Tom	Ratzlaff	M 43:58
5	Jeremy	Gregory	M 23:42	26	Ashley	Vincent	F 44:06
6	John	Roman	M 23:43	27	Mark	Vincent	M 44:06
7	Rusty	Smith	M 24:06	28	Noel	Gugliotta	F 48:55
8	Shane	Rasselle	M 24:33	29	Kay	King	F 50:07
9	Barbara	Smith	F 26:29	30	Jeff	King	M 50:08
10	Paulette	Arns	F 29:38	31	Aladdin	Lorenzo	M 57:10
11	Kyle	Newton	M 30:57	32	Alexus	Alvarez	F 57:10
12	Courtney	Linn	F 30:58	33	Brianna	D	F 57:46
13	Alissa	King	F 30:59	34	Kira	Salinas	F 57:47
14	Jim	Alcorn	M 31:28	35	Lucy	Lyford	F 57:48
15	Ashley	Knuth	F 32:02	36	Linda	Hawkins	F 58:57
16	Morgan	Devendorf	M 36:13	37	Mary	Cassio	F 58:59
17	Marissa	Cassio	F 40:02	38	Marie	Hayner	F 58:59
18	Jeff	Bazanele	M 40:03	39	Hilda	Robinson	F 1:00:00
19	Erienne	Holmes	F 40:53	40	Cherl	Vincent	F 1:00:00
20	Heather	Holmes	F 40:59	41	Maya	Robinson	F 1:00:00
21	Barb	Predovich	F 42:20				



CSU Pueblo X-Country Team Update By George Dallam

The CSU-Pueblo X-Country women completed their second meet at the Fort Hays Invitational in Hay’s Kansas. We met our basic team goals for improvement (6% avg) and fun (had by all). Seven women ran with Lauren Dunsmoor and Elizabeth Grossman finishing their first races this year.

The team has been overwhelmingly successful in our basic team performance goal - individual improvement. This has been accomplished by progressing to harder work at individually target paces as they’ve adapted and not by trying to work hard. As coaches, Sydney and I are very encouraged by the large average improvement of 6% over initial predicted 5K race performance times. We are in a restoration week this week (50% drop in training volume) and so we anticipate a rebound effect and strong performances at both Durgango and the RMAC meet. Of course our ultimate goal for our strongest seven runners will be a strong performance at the regional meet in Nebraska November 4th. Our training approach is tailored to that end.

Several individuals helped organize the RMAC meet including Michael Orendorff (course design and set-up), Joe Arizola (course design and set-up), Todd Kelly (meet organization), Mike McNeely (publicity), Niki Whitaker (meet organization) and Joe Folda (generally for being a good guy). We designed an international style 2K loop and some of the best collegiate runners in division II nationally ran right here in Pueblo Saturday, October 21st.



Running in the Dolomites

by Paul Vorndam

Last summer, I was fortunate enough to be able to spend the latter part of June in Italy. However, given the temperatures at that time, now I completely understand the inspiration for Dante's Inferno! Rome and Florence were hot, humid, crowded with traffic (and, yuk, cigarette smoke). Chances for running (except to dodge taxis intent on enhancing my sprinting skills) were nil. The saving grace was a foray to the Dolomites in northern Italy.

The Dolomites about the Swiss Alps and rise, essentially from sea level, to over 4,000 meters in places. After the oven-cooker cities, I was more than ready for a trail run. I started by "cheating" and took a cable lift at Molveno up to 4100 feet (I couldn't figure out how to make my altimeter watch read in meters). The cable ride deposited me onto the network of hundreds of kilometers of trails that drape the Dolomites and Alps. These trails are maintained regionally (by county) and are well-used. Tricky, exposed places usually have iron hand rails or even ladders! There are "refuge" huts every few kilometers where one may find water, food and toilette facilities.

After the cable lift, I hit the trail to the first refuge, 1.4 kilometers and 500 vertical feet away. This was a nice gentle way to start; it had rained the previous night and the air was a welcome cool 60 degrees F, but still humid. It was a Sunday, but I only passed a few groups of local hikers on the wide graveled path (I was probably just slow). After the first refuge the trail crossed a foot bridge over a beautiful cascading stream and steepened considerably. I gained another 800 vertical ft over the next 0.4 km to the Selvatto (2nd) refuge. A trail that steep in Colorado would have quickly humbled me, but at 1600 meters, there is still oxygen! It wasn't quite like having a turbo, but it was nice to be leg-limited rather than lung-limited for a change. The 3rd refuge was another 0.6 km and 1200-1300 vertical ft further, so I kept heading up the still graveled, but now narrower and sometimes rocky trail. Treeline can be as low as 2,000 meters in the Dolomites and as I approached that point the wildflowers increased exponentially in both abundance and splendor. Lingering clouds and mist from the night's rains ebbed and flowed around the surrounding white rock peaks and spires. I was sweating profusely, but there were many glacially-fed springs along the routes where one could refill the water bottle with COLD refreshing water. Feeling I could go on for hours, I was disappointed to have to turn around somewhere above the 3rd refuge so I could rejoin our group below. I did meet another runner on the way down and although my Italian is non-existent, he exchanged a smile and a thumbs-up.

So, if you get a chance to visit the Dolomites or Alps, be sure to pack those trail shoes along and be prepared for extensive trail running opportunities with fantastic scenery and a bit of extra O₂!



Notes on Area Runs

by Larry Volk

Editor's note: Larry sent me a couple of e-mails with the a brief description and results for some area races. He probably had no idea that I would adapt them for print. Larry - I thought others would like to see this, so hope you don't mind.

Rich Hadley and I were among the runners at the ADT (American Discovery Trail) 1/2 Marathon in Colorado Springs on Labor Day. It is a great race with fantastic support. The weather was perfect. Note that Rich set a new age group record at this race! Results from other local runners are included below:

PI	Pos/Div	Name	Age	City	Time
16	5/35	Lawrence Volk	42	Pueblo	1:27:34
21	1/33	Rich Hadley	50	Florence	1:29:40

New Age-Group Course Record!!!

Previous record: 1:33:23, set in 2004 by Ken Keen, age 52, from Fort Carson CO

23	2/33	Woody Noleen	50	Colo Spgs	1:30:05
48	10/33	David Baker	48	Pueblo	1:39:18
6	4/36	Traci Winterbottom	42	Colo Spgs	1:36:35

The 5K was a HOT race also with notable youth runner Jordan Montera leading the local pack. He too set a new course record. In the female race, Jill Montera took top honors in her first race as a master runner. 11 year old Rachel Kleiner of Pueblo ran a great race and finished 6th in her age group. And lastly, a local runner we seldom see results on Deb Hadley ran a great 5K, finishing 6th in her age group.

PI	Pos/Div	Name	Age	City	Time
7	1/14	Jordan Montera	14	Pueblo West	0:20:12

New Age-Group Course Record!!! Previous record: 0:20:59, set in 2005 by Bradford Rogers, age 13, from Monument CO

23	3/11	Cameron Phillips	33	Pueblo	0:22:39
4	1/15	Jill Montera	40	Pueblo West	0:22:46
27	6/17	Rachel Kleiner	11	Pueblo	0:28:04
59	6/21	Deb Hadley	49	Florence	0:32:06

In another event, local runners competed in the Inaugural Denver Marathon and 1/2 Marathon. Here are some locals who completed in the 1/2 marathon.

Male:

Place	Name	Age	City	Chptime	Pace
234	Guillermo Casillas	41	Pueblo	1:53:04	8:38
474	Dennis Krall	52	Pueblo	2:08:56	9:51

Female:

463	Allison Hootman	35	Pueblo	2:08:56	9:51
884	Beverly Samek	55	Pueblo	2:30:08	11:28
885	Ali Samek	24	Superior	2:30:08	11:28



Hot to Trot continued from page 1



(Continued from page 1)

pointed to where the tall leader was sitting. I walked up and found out his name and that there were no mishaps as far as he could tell. I also found out that he lives in Pueblo West and, greatly relieved, told Ruth.

A man who had just run the second race of his life asked me when results would be ready. I took him to see Ken Raich's scrolling magic show. He turned out to be John J. Roman whose eagerness to see the results is understandable; he placed second in the 60-69 division in 23:29.

I ate the amazing breakfast with Bob Gassen, who placed second in the 50-59 division, Stan Hren, the 60-69 winner, and Don Sailing, The Pueblo West

Metro District manager. One topic was what a fine job Ruth has done in resurrecting this race. It started in 2000 with the Hot to Trot name, and 31 finishers. The club was providing expertise but the Chamber of Commerce controlled many decisions, and didn't always meet club standards. In spite of many disappointments, the race built to 51 finishers in 2003, where it turned out only half as many medals as necessary had been ordered. There was no race in 2004.

Then along came Ruth. Few who have run the course, designed by Jacqueline Wall, eaten the breakfast by Gold Dust, gone through the finish line with Dave Diaz, Don and Lois Pfof and other club volunteers, seen almost instant results by Ken, would fail to name the Hot to Trot as a wonderful race. The awards this

year were exceptionally nice, and topical, with beans and salsa. The race certainly does Pueblo proud. And this year there were 87 runners, 15 walkers, 12 kiddies. Next time you see Ruth, thank her.

Before I close, I suggest you study the results on the web site, I want to mention Kevin Hughes, now 7, who rarely trains for running, He ran 27:59. The seemingly ageless Rich Hadley ran 19:34, without a shirt again. Robert Piner, 46, from French Settlement LA, appears to be the runner farthest from home. And if Lincoln McClure from Canon City is really 6, please ask her to run with us more often, and maybe persuade her parents to move to Rye. Her 27:17 is good enough to help my cross country team right now.

And... We'd like to thank the volunteers who helped to make this race possible: Race Directors: Ruth McDonald and Shelley Riddock, Registration: Jacqueline Wall, Finish Line: Dave Diaz, Don Pfof, Deb Hadley, Dale Alcorn, Bill Veges, Michael Orendorff, Anthony Diaz, Results: Ken Raich and Lois Pfof, Ribbons for Kiddie K Finishers: Rusty Smith, Course: Jeff Arnold, Photographer: Larry Volk



Sydney Mondragon and Matt Sherman finish in a dead heat at 20:32

Sydney was the first overall female

Pl	Name	Ag	Sx	From	Time	Pace
1	Dale L Boone	54	M	Pueblo	28:10	14:05
2	Patrick Greer	55	M	Pueblo	28:11	14:06
3	Maurita J Casper	44	F	Pueblo	33:06	16:33
4	Mark Balsick	51	M	Pueblo	33:07	16:33
5	Kathy L Sutphen	36	F	Pueblo	33:26	16:43
6	Andrea Espinoza	18	F	Pueblo	33:28	16:44
7	Janet E Greer	53	F	Pueblo	33:28	16:44
8	Marsha Eckerson	63	F	Pblo Wst	33:47	16:54
9	Sean Bolduc	38	M	Ft Carson	34:38	17:19
10	Michelle Kirchcessner	32	F	Colo Spgs	34:39	17:20
11	Daninee Jongwutiwes	16	F	Pueblo	36:33	18:16
12	Kerry Roman	33	F	Pueblo	37:34	18:47
13	Susan B Stiller	57	F	Pueblo	41:53	20:57
14	Manaka Nakagowa	16	F	Pueblo	41:54	20:57
15	Lamar Trant	56	F	Pueblo	41:55	20:57

Above Results for the 2 mile walk

Pl	Name	Age
1	Nathan Garcia	8
2	Angelica Wall	9
3	Andrew Smith	9
4	Caleb Smith	7
5	Gabrielle Wall	7
6	Ashley Smith	11
7	Joshua Smith	5
8	Maggie Strange	6
9	Alita Ginan-LaBar	7
10	Samantha Strange	2
11	Lauren Murray	3
12	Stormy Murray	5

Right Results For the Kiddie Kilometer



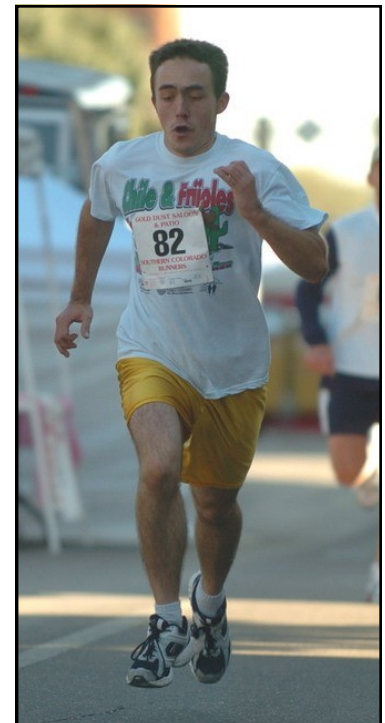
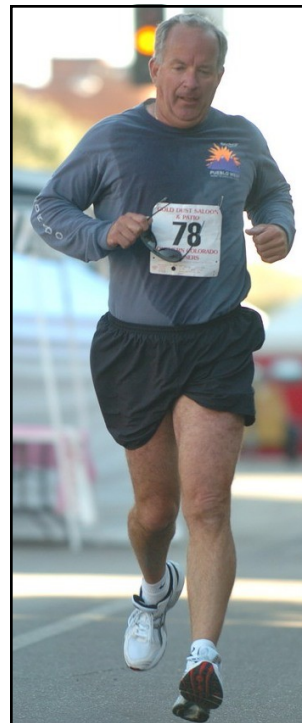
Hot to Trot 5K Run Results



PI	Name	Ag	Sx	PI	Group	From	Time	Pace
1	Paul Murphy	38	M	1	OA	Pueblo West	18:07	5:50
2	Tyson Pena	17	M	1	0-19	Pueblo CO	18:16	5:53
3	Don Smith	38	M	1	30-39	Pueblo CO	19:27	6:16
4	Rich Hadley	50	M	1	50-59	Florence CO	19:34	6:18
5	Glenn Clemons	45	M	1	40-49	Pueblo CO	19:47	6:22
6	John Montoya	49	M	2	40-49	Raton NM	20:21	6:33
7	Sydney Mondragon	23	F	1	OA	Pueblo CO	20:32	6:37
8	Matt Sherman	34	M	2	30-39	Pueblo West	20:32	6:37
9	Jack Crockett	16	M	2	0-19	Parker CO	21:26	6:54
10	Cody Evers	25	M	1	20-29	Pueblo CO	21:28	6:55
11	Alfredo Kemm	39	M	3	30-39	Pueblo CO	21:29	6:55
12	Steve C Wall	42	M	3	40-49	Pueblo CO	21:33	6:56
13	Eugene Mares	43	M	4	40-49	Pueblo CO	21:34	6:56
14	Rubin Lee Sisneros Jr	24	M	2	20-29	Raton NM	21:57	7:04
15	Greg Atkinson	43	M	5	40-49	Pueblo West	22:13	7:09
16	Bill J Mares	40	M	6	40-49	Pueblo CO	22:20	7:11
17	Cameron Phillips	33	M	4	30-39	Pueblo CO	22:37	7:17
18	Jeremy Aaron Gregory	22	M	3	20-29	Pueblo CO	22:41	7:18
19	John A Strange	38	M	5	30-39	Rye CO	22:46	7:20
20	Robert Piner	47	M	7	40-49	Louisiana	23:17	7:30
21	Paul M LaBar	46	M	8	40-49	Pueblo CO	23:23	7:32
22	Robert M Santoyo	44	M	9	40-49	Pueblo CO	23:23	7:32
23	Stanley E Hren	64	M	1	60-69	Pueblo West	23:25	7:32
24	John J Roman	62	M	2	60-69	Pueblo CO	23:29	7:33
25	Bob M Gassen	59	M	2	50-59	Canon City	23:38	7:36
26	Rusty E Smith	39	M	6	30-39	Pueblo West	23:55	7:42
27	Mark Koch	47	M	10	40-49	Pueblo CO	24:00	7:43
28	Steve D Riner	56	M	3	50-59	Pueblo West	24:05	7:45
29	Michael H Shepherd	30	M	7	30-39	Pueblo West	24:13	7:48
30	Mike L Borton	50	M	4	50-59	Pueblo CO	24:19	7:50
31	Anthony Loudy	40	M	11	40-49	Pueblo CO	24:48	7:59
32	Mark J Hooper	45	M	12	40-49	Pueblo CO	24:55	8:01
33	Stacey A Diaz	46	F	1	40-49	Pueblo CO	25:09	8:06
34	Henry Hund	65	M	3	60-69	Pueblo CO	25:12	8:07
35	Stephen D MacKerrow	48	M	13	40-49	Pueblo CO	25:16	8:08
36	Laurice R Lopez-Cepero	35	F	1	30-39	Pueblo CO	25:25	8:11
37	John I Houseal	61	M	4	60-69	Memphis TN	25:28	8:12
38	Brad Van Buskirk	45	M	14	40-49	Pueblo CO	25:36	8:14
39	Patrick K Swank	58	M	5	50-59	Pueblo CO	26:02	8:23
40	David W Crockenberg	59	M	6	50-59	Pueblo CO	26:15	8:27
41	Abby Cordova	33	F	2	30-39	Pueblo CO	26:27	8:31
42	Shane Cordova	39	M	8	30-39	Pueblo CO	26:27	8:31
43	Keith Carpenter	54	M	7	50-59	Pueblo CO	26:28	8:31
44	Hilbert Navarro	66	M	5	60-69	Pueblo CO	26:34	8:33
45	Robert S Kelher	63	M	6	60-69	Canon City	26:41	8:35
46	Bill Crockett	51	M	8	50-59	Parker CO	26:59	8:41
47	Gil Cruz	63	M	7	60-69	Pueblo CO	27:00	8:41
48	Lincoln McClure	6	F	1	0-19	Canon City	27:17	8:47
49	Carrie L Slover	53	F	1	50-59	Pueblo CO	27:25	8:49
50	Ken Hughes	36	M	9	30-39	Pueblo CO	27:59	9:00
51	Kevin Hughes	7	M	3	0-19	Pueblo CO	27:59	9:00
52	Alice Anne Fitzgerald	44	F	2	40-49	Trinidad CO	28:00	9:01
53	Dan Tracy	42	M	15	40-49	Ft Carson C	28:02	9:01
54	Eileen Baracz	58	F	2	50-59	Canon City	28:05	9:02
55	Alex Mitrick	10	M	4	0-19	Pueblo CO	28:16	9:06
56	Donald J Sailing	56	M	9	50-59	Pueblo West	28:32	9:11
57	George V Dominguez	66	M	8	60-69	Raton NM	28:42	9:14
58	Dan F Comden	52	M	10	50-59	Pueblo CO	28:58	9:19

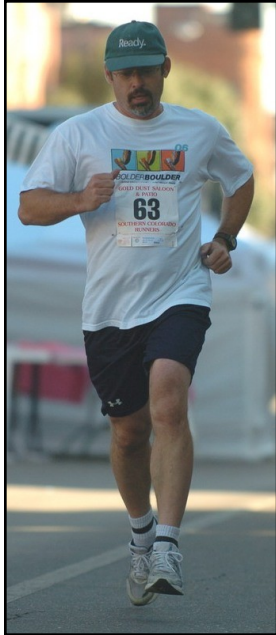
PI	Name	Ag	Sx	PI	Group	From	Time	Pace
59	Misti Frey	39	F	3	30-39	Pueblo West	28:59	9:20
60	Arnold Decosaro	42	M	16	40-49	Pueblo West	28:59	9:20
61	Paulette Arns	53	F	3	50-59	Pueblo West	29:00	9:20
62	John E Gunn	50	M	11	50-59	Weston CO	29:05	9:22
63	Martha L Drake	52	F	4	50-59	Pueblo West	29:21	9:27
64	Jessie M Quintana	62	F	1	60-69	Pueblo West	29:23	9:27
65	John Mitrick	41	M	17	40-49	Pueblo CO	29:59	9:39
66	Bonifacio A Cosyleon	57	M	12	50-59	Pueblo CO	30:04	9:41
67	Kathryn N Deetz	42	F	3	40-49	Pueblo West	30:16	9:44
68	Jimmie D Alcorn	62	M	9	60-69	Pueblo West	30:59	9:58
69	Sarah Mayes	34	F	4	30-39	Pueblo West	31:25	10:07
70	Kerri L Harbison	41	F	4	40-49	La Junta CO	31:33	10:09
71	Jan Dudley	51	F	5	50-59	Pueblo CO	31:35	10:10
72	Karin M Murray	37	F	5	30-39	Raton NM	32:03	10:19
73	Laurie R McGowan	39	F	6	30-39	Pueblo West	34:43	11:10
74	Wendy Rusk	29	F	1	20-29	Westcliffe	34:47	11:12
75	Dody Schulze	47	F	5	40-49	Wetmore CO	34:48	11:12
76	Danny Baracz	54	M	13	50-59	Canon City	34:52	11:13
77	Nancy N Mitrick	63	F	2	60-69	Fremont CA	35:10	11:19
78	Tim Howard	61	M	10	60-69	Pueblo CO	36:00	11:35
79	Kathy Howard	57	F	6	50-59	Pueblo CO	36:08	11:38
80	Barbara J.H. Yaeger	54	F	7	50-59	Pueblo CO	36:08	11:38
81	Ronald Noble	52	M	14	50-59	Colorado Sp	37:48	12:10
82	Jana Schultz	54	F	8	50-59	Ft Collins	39:01	12:33
83	Victoria Mitrick	6	F	2	0-19	Pueblo CO	40:02	12:53
84	Logan McGowan	15	M	5	0-19	Pueblo West	40:03	12:53
85	Peggy Mitrick	42	F	6	40-49	Pueblo CO	40:09	12:55
86	John Tafoya	53	M	15	50-59	Pueblo West	40:20	12:59
87	Chuck A Mason	41	M	18	40-49	Trinidad CO	41:50	13:28

Don Saling (left) and Jeremy Gregory

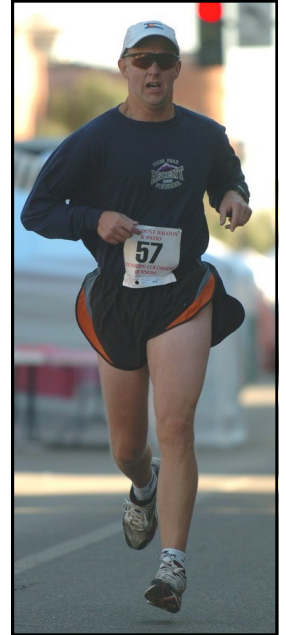




More Hot to Trot Photos



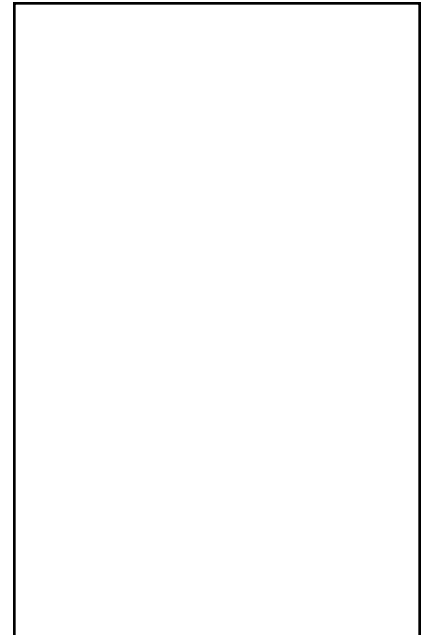
L to R
Boney Cosyleon
Brad VanBuskirk
David
Crockenberg
Rusty Smith



Below
Kevin Hughes
Chuck Mason



We thank Larry Volk for his generous contribution of the Hot to Trot Photos. Larry has provided us with action shots of many events over the last few years and we really appreciate it! The H2T photos are available through the website: www.volkphoto.com
CHECK IT OUT!!!



Volunteer Points Update

Stacey Diaz has provided a list of SCR volunteers and their points to date. First are volunteers that have earned over 50 points and are eligible for an award. They are: Jeff Arnold, Gina Benfatti, Terry Cathcart, Paul Dallaguardia, Ron Dehn, Dave Diaz, Stacey Diaz, Jan Dudley, Gary Franchi, Shawn Gogarty, Deb Hadley, Mark Koch, Hilbert Navarro, Rocky Khosla, Mike Orendorff, Don Pfof, Lois Pfof, Ken Raich, Pixie Raich, Diana Tiffany, Bill Vegas, Larry Volk, Jacqueline

Wall, Mike Archuleta and Anthony Diaz.

Here is a list of volunteers that have earned over 25 points. Rich Hadley 40, Marv Bradley 40, Sandy Riensch 30, Chief Reno 30, Debra Wall 30, Sidney Arnold 25, Aaron Berndt 40, Aaron Diaz 40, Brianna Diaz 40, Monica Diaz 35, Gloria Gogarty 30, Rich Hadley 40, Sarah Koch 40, Melinda Orendorff 30, Tiffany Reno 30, Phil Quattlebaum 45, Matt Sherman 25, Rusty Smith 25.

If anyone has any questions or comments please contact Stacey at Diazsd@aol.com

2006 Calendar from here to there*

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

NOVEMBER 2006				
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	5K Run 5K Walk	Stacey Diaz (719)564-9303
25th-Sat 9:00 AM	(c)	Temple Canyon Run Prediction Series	4 Miles	Rich Hadley 719 784 6514
DECEMBER 2006				
2nd-Sat-9:00am	(c)	Rock Canyon Half Marathon City Park, Pueblo	13.1 miles Event Details	Dave Diaz (719)564-9303
16th-Sat-10:00am		Jingle Bell 5K Ripley Park, Raton, NM	5K Run/Walk 20th Annual	George Dominguez
Tentative (c) 17-Dec Sun Excellent Adventure 8M Don Learned - Prediction Series Event				

(c) indicates an SCR Club event.

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

Editor's Note

We received this note from SCR's Angelo Aragon who is recovering from a malignant brain tumor.

Your SCR Family is with you Angelo!

Dear Friends,

I went to the doctor last Friday to go over the MRI report. What he reported was that all things are stable.

I will undergo my next MRI in two months, and we will see if things improve, and determine if we go forward with the Gamma Knife.

Thanks so much for your continued prayers!
Angelo

(Continued from page 2)

59 entrants and good weather followed by a raffle and dinner at City Park. Ken Raich reported receipt of a thank you from Thomas Duran for our support of juvenile diabetes. The club also received a thank you from the Nature Center for our recent donation of \$250.00. Hot To Trot September 24-All in attendance agreed that this year's event was very successful with a good course, great turnout, and superb food. Lois Pfof stated that this event needs more volunteers for registration, finish line, and results. Also, discussion highlighted the need for improved planning for the kiddie K event and perhaps a different starting point for the event, as there were too many tents obstructing the start in front of the Gold Dust. Corporate Cup September 2006-Lois Pfof reported that bunching of entrants at the finish occurred, and suggested that utilizing more waves at the start 3 minutes apart would be a logical remedy. Also, repositioning of finish line personnel

could eliminate crowding in the chutes. Lois also thanked volunteers from SCR for assistance with this event.

New Stuff/Old Stuff: Annual Banquet-Jacqueline Wall outlined initial planning for this year's banquet. It was agreed that Whiskey Ridge restaurant would be a desirable location. A date will be selected which will not conflict with NFL football, as was the case last year. Suggestions were made concerning possible prospects for a guest speaker, and criteria for presenting youth awards were discussed. Race Schedule 2007-Dave Diaz will present a tentative schedule at the November meeting. Colorado Runner Magazine-Gary Franchi will design SCR ad for the next issue of Colo Runner magazine, which will feature the Atalanta and Rock Canyon events.

Adjournment: Meeting adjourned at 9:00 PM

Respectfully submitted: Stan Hren

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At the
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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

The Atalanta 5K is an all ladies run or walk. This race is an SCR tradition and is always a great event. Atalanta was an athlete in Greek mythology who outran her suitors. Be at City Park for a 9am start on November 11.



The Temple Canyon 4-mile run is my personal favorite of the 10 courses in the SCR Predict Series. It is up, down, through the creek, and around the cedars. To get to Temple Canyon from Pueblo, go west on HWY 50 to the west end of Canon City. On 1st Street, go south (left) for approximately 2 miles. Note—this is an approximate distance. At the Temple Canyon sign, turn right and follow the road until you see the SCR gathering place. There is a creek. Sometimes it is dry. Sometimes it is wet. Sometimes it is frozen. When you are guestimating your predict, allow time to tip-toe across the ice. Start is at 9am on the Saturday after Thanksgiving.

The Rock Canyon half marathon is another Pueblo classic and on tap for Saturday, December 2nd. Dave Diaz is the master of race directors, and puts on a first class event. Remember, this is December and we live in Colorado. Bring lots of layers just in case. You can always leave half of them in your car. Start and Finish is at Pueblo City Park. Stat time is 9am.

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 November 1st.

The Final Thoughts...

We in America do not have government by the majority. We have government by the majority who participate. -Thomas Jefferson, third US president, architect and author (1743-1826)

Those who never retract their opinions love themselves more than they love truth. -Joseph Joubert, essayist (1754-1824)

This sentence would be seven words long if it were six words shorter.

Plan to be spontaneous tomorrow. Stephen Wright