



Editor: Ron Dehn

FOOTPRINTS



Happy Holidays to you and yours!!!

The Festive Holidays Edition

Plans for the 2007 SCR Banquet are progressing nicely through the work of the Banquet Committee. The banquet will be held at Rosario's on Saturday, January 27, 2007, starting at 6:00 pm. The menu will feature a buffet offering two choices of chicken, two choices of pasta, meatballs, salad and beverages. Club members are asked to bring a dessert. There will be a cash bar.

Cost will be \$10 for adults and \$5 for children 12 and under. The full cost of the meal with tax and gratuity is nearly \$16.50, with the club picking up the difference between this cost and what members pay.

If you plan to attend, you can either pre-pay your reservation or RSVP, but you must do one or the other no later than Monday, January 22, 2007. See the insert in this newsletter for details.



2007 SCR Banquet by Lois and Don Pfost

Prepayment is encouraged because it will provide a fairly accurate and reliable count of the number who plans to attend. *The club does not get refunds for no-shows.*

Prepayment is also encouraged because it will speed up check-in and with the full program being planned, you'll want to join the action as quickly as possible.

George Dallam, Associate Professor, Exercise Health Promotion program, CSU-Pueblo, has agreed to be our speaker and will share his observations and insights on "Improving Running and Health: Some Alternative Ideas."

In addition to the traditional drawings for entry fees to races, SCR membership and other prizes, a silent auction featuring fantastic items has been added to the program.

Awards will be given for the prediction

series, volunteer service, youth runners, and so forth.

Nominations for female and male runner of the year are being solicited from the membership. Nominations should include details of the nominee's performance and other relevant accomplishments as a runner during 2006. The top female and male runners will be chosen from among the nominees by a vote of those attending the banquet. Email your nominations to Jacqueline Wall (scjwall@juno.com). The deadline for submissions is Saturday, January 20, 2007

Outgoing club officers will be acknowledged and new officers for 2007 presented.

So, circle January 27 on your 2007 calendar and plan to attend the banquet. There will be good friends, great food, an outstanding speaker, drawings, a silent auction, and awards.

Banquet Committee members are Jacqueline Wall, Jill Montera, Sandy Reinsch, and Lois and Don Pfost.

The Atalanta 5k

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A Beginner's Guide to Trail Running

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Membership Renewal Info

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SCR Notes from the November, 2006 meeting

Attendance: Dave Diaz, Stan Hren, Don Pfof, Lois Pfof, Jim Alcorn, Dale Alcorn, Ron Dehn, Jan Dudley, Terry Cathcart, Jeff Arnold, Ken Raich, Ruth McDonald, Victoria Herrera, Gary Franchi

Minutes as printed in the November newsletter were approved.

Officer Reports: Treasurers report as presented by Dave Diaz was approved. Dave noted that the financial condition of the club is healthy and approximately the same as a year ago at this time. Newsletter Editor: Ron Dehn noted some minor glitches with the printing of the Harvest Run Results in the November newsletter (corrected results will appear next month). Ron also thanked club volunteers who assisted with the Nov newsletter mailing on short notice. Membership Chair: Don Pfof reported that the club has 183 paid members to date. SCR has one new member who received a lifetime free membership, which is given to members 70 years of age or older. Membership forms for 2007 will be included in the November and December newsletters

Upcoming Races: Hustle for Russell November 4th-5K event will start at Pleasant View middle school and offer race day registration only. Atlanta Women's Run November 11th-5K event for women will be staged at City Park, with attractive hooded shirts provided to entrants. Jacqueline Wall will do data entry for this event Dave Diaz will mark the course and provide equipment. Temple Canyon November 25th-Rich Hadley says all

is in order for this predict event to begin at 9 AM. Jingle Bell Run November 25-Ruth McDonald from the Gold Dust Saloon gave an upbeat presentation on this 2.2 mile event to be held in conjunction with the annual Parade of Lights. The event will be a non-competitive, family oriented run which will provide an opportunity for all entrants to run the parade route in front of many spectators. Awards will be presented for the best use of lights and jingle bells. Refreshments provided afterwards at SRDA by Texas roadhouse. Rock Canyon Dec 2, Dave Diaz reported that all is ready for this premier annual club event. Finisher medals may include club logo-300 plus runners are anticipated.

Activity Recaps/Updates/Revisits: DECA Dash October 7-This event had 43 finishers and loads of Pizza afterwards. In spite of a minor glitch (no names on race bibs), stalwart SCR finish line volunteers were able to provide accurate results. Harvest Run October 21-Dave Diaz thanked volunteers who assisted with this event. There were 27 finishers, a great bonfire, and marshmallows for the children.

New Stuff/Old stuff: Annual Banquet -Lois Pfof reported that the event must be moved to Rosario's restaurant, due to the closing of Whiskey Ridge. A motion passed unanimously to set the charge for the dinner at \$10.00 for adults and \$5.00 for children 12 years old and under. An R.S.V.P reservation form will appear in the December newsletter.

Youth Runner Proposals: Jeff Arnold

made a presentation to the club outlining possible criteria to be used in selecting youth runner award winners and the creation of a college scholarship program for outstanding youth runners. After much discussion, the proposal was tabled for further consideration at the next SCR club meeting.

Adjournment: Meeting adjourned at 9:00 PM

Respectfully submitted: Stan Hren



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:

700 N. Albany Avenue
Pueblo, CO 81003

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

"Footprints" Issue No. 295

"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, Nolan Bushnell*	
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.

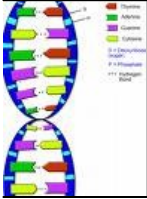
ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The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

* Nolan Bushnell, 63 founded Chuck E. Cheese in 1977. Six years earlier, Nolan founded video game pioneer Atari Corporation. He has had no part in running the pizza / entertainment chain since 1983.



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

Santa says Ho Ho Ho
And
Visit the
Gold Dust
217 South
Union



Great Stuff

by Gary Franchi

Better to be good than innocent



Thought for today's lunch, compliments of comedian George Carlin: "Life is simple: Your happiness will be based completely on luck and genetics. Everything comes down to luck and genetics. And when you think about it, even your genetics is luck."

Musings about running, fitness and life:

Blessed are the few

So, I see where Lance Armstrong ran a 2:59 marathon in his first attempt, doing so in the New York City Marathon. He said it was the toughest athletic thing he's ever done, which probably made thousands of runners feel pretty good about their marathon accomplishments since most of them have suffered through a lot of pain while completing their journeys.

There's just one major difference, though. Most marathoners train religiously for weeks or months prior to their big marathon attempt. There are exceptions, of course. Like our own Marv Bradley and Cheryl Cook-McCoy, who don't really need to train for them anymore since they are in constant marathon shape from running one every three weeks or so. But for the most part, runners pick out a marathon, follow a strict, progressive training schedule that consumes many months and takes them to the startling line in optimal endurance shape, and then try their best on race day.

Not Lance, though. Oh sure, he trained for several months, all right. But not like the normal marathoner. He ran a few times a week – when he could work jaunts into his busy schedule of appointments and appearances. His longest training run was 16 miles. He normal runs lasted about 45 or 60 minutes, and he did some speed pickups during many of his runs.

When asked beforehand, he admitted that he had the ability to run a 2:30 marathon but that he didn't have the time or the desire to train and eat as well as would be necessary to run that fast.

Smart guy.

Must be nice, though. Go back to the top and read that quote by George Carlin again. Makes a lot of sense, doesn't it?

Genetics. Don't you wish you had some of that natural talent?

Can't get everything right!

I almost choked on my homemade breakfast burrito one recent morning while leafing through *The Denver Post* Sports section. Buried on one of the back pages – in the "Briefing" report – were a couple of paragraphs or so about Italian cyclist Ivan Basso.

Basso, you may recall, was barred from competing in the Tour de France this past July when his name was implicated in the Operation Puerto drug scandal. Until then, he had been considered one of the favorites to fill the retired Lance Armstrong's bike cleats after finishing second to him in 2005.

But the *Denver Post* article said that Basso, who had been dropped by his CSC team because of the drug implication, had signed a contract to ride with the U.S.'s Discovery Channel team. That happened after he had been cleared of all charges in the Operation Puerto case two weeks before.

Holy handlebars! Basso has been cleared? Is this legit? What's going on?

Here you've got a stud cyclist who trains his rear off, literally, and then, one day before the Tour, he gets barred from competing in something he is a favorite to win. And now he's been cleared?

T. de F. race officials: "Uh, sorry, Ivan. We must have goofed on that one."

Basso: "Aw, that's OK, fellas. It's no big deal. So what if I didn't get the chance to win the Tour de France and make millions of dollars in endorsements and a big fat contract from CSC. Who cares if months of training went down the tubes? Besides, I got to watch it on TV and hear Bob Roll's commentary."

Something stinks here, and it's not just all the bike saddles. I don't care

what country you're in, the law usually reads that a person is innocent until proven guilty.

Until now.

Ten things I was just wondering:

1. Sometimes you wind up with half of a pill left in a bottle – how does that happen? What happened to the other half?

2. What is 1980 Boston Marathon cheater Rose Ruiz doing with herself today? Is she having fun looking in the mirror every day?

3. Has anyone ever "disrespectfully submitted" the minutes to a meeting?

4. Does it seem to you, too, that *Runner's World* magazine is catering more and more to marathoners just like *Triathlete* magazine thinks there's almost no triathlon world except for the Ironman distance?

5. Why doesn't "renege" mean to "nege" again?

6. Isn't it kind of fun watching drivers turn the wrong way down a one-way street? Don't you just feel like stopping to observe the ensuing chaos?

7. It's been four months since the end of the 2006 Tour de France, so why hasn't Floyd Landis been stripped of his overall victory if he tested positive for testosterone? How long does the legal process take?

8. Why does someone always have to proceed with "reckless abandon?" Why can't they proceed with, say, "calculated abandon?"

9. Why can't a flawless drug test be produced for all athletes?

10. Will there ever be a salary cap instituted for teams competing in the Tour de France?

Until next month, good luck to all you marathoners. May you wake up on your race morning with altered, superhuman genetics.



December

- 2 Humberto Paredes
Lucy Liu*
- 3 Karin Romero
Daryl Hannah*
- 4 Pat Berndt
Tyra Banks*
- 8 Richard Greet
Jennifer Rogers
Caleb Smith
Flip Wilson*
- 9 Alfredo Kemm
Emmett Kelly*
- 11 Dave Dehn
Teri Garr*
- 12 Anthony Diaz
Kathy Stommel
Frank Sinatra*
- 13 Carrie Slover
Dick Van Dyke*
- 14 Rochelle Beier-Kemmett
Patty Duke*
- 16 Hanukkah begins
Mark Wilkinson
Steven Spielberg*
- 19 Terry Cathcart
Cicely Tyson*
- 20 Charles Hall
John Holiman
Uri Geller*
- 21 Jerry Tiller
Flo Jo*
- 22 Kaylene Khosla
Barbara Smith
Steve Garvey*
Winter Begins
- 24 Richard Hadley
Howard Hughes*
- 25 Jesus of Nazareth*
- 30 Kyle Beard
Tiger Woods*

*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

New Insulin Delivery Methods



A brand new way to deliver insulin has just been released, and I have been getting a lot of calls about it already, so I thought this subject might be a good one for this month's column.

Exubera is the name of the inhaled insulin manufactured by Pfizer. The insulin is delivered through a inhalation device that looks a little bulkier than a regular inhaler that you might be used to seeing to treat asthma. Getting the physical chemistry worked out has been quite the challenge for the chemists. You see, the Exubera comes in blister packs of 1 and 3 milligrams, which are equivalent to 3 and 8 units of rapid acting insulin, respectively. Some astute readers may notice that this doesn't make linear sense, and it has to do with dispersion of the blister pack into the chamber.

The insulin is stable in the solid form for up to 2 weeks once the blister pack is open. The patient unfolds the inhaler, and then sticks one of the blister packs into a slot on the inhaler, and then pressurizes the chamber with a trigger pump which is built in, and then inhales the mist containing the insulin. We think the lungs are an efficient organ for delivery of drugs such as insulin since the surface area of the alveoli (the little air sacks that are the end buds of lung tissue), were they to be stretched out, would cover the surface of an entire tennis court.

But along with the good, sometimes there can be the not so good. There is a little concern by some about the idea of putting protein into the

lungs, and the possibility that this could cause irritation or other effects to the lung tissue. So far, in large animal studies there does not seem to be any significant long term ill effects to lung tissue, and human studies are looking promising too. Pfizer, however, recommends that lung function studies be done before initiating therapy with this drug, and if there is any evidence of diminished lung function, such as seen in asthma or COPD, then this drug should probably not be used. If the baseline lung function is normal, then these studies should be repeated in 6 months, and if there is a significant drop in function, then discontinuation of the drug may be considered.

Exubera will cost about \$5/day, and is indicated for mono or add on therapy for type 2 diabetes mellitus, and for type 1 diabetes mellitus as long as a long acting insulin is also used in conjunction for both types of diabetes. So the idea that Exubera will completely free the diabetic from having to take any shots is not true, but it may help some diabetics by decreasing the number of shots they have to give themselves.

My understanding is that there are 2 or 3 other inhaled insulins in development, so this field is changing rapidly.

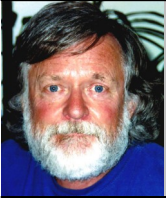
Till next time, enjoy that cooler running weather.

Sincerely, Rocky Khosla, M.D.

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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 sudoku-works!

See page 8 for the solution to this puzzle



Predictions

by Don Pfost

Temple Canyon Predict Run



Sixty-two runners—the largest turnout this year, but five short of tying last year's record—gathered for the Temple Canyon predict, on Saturday, November 25 for a 9:00 am start. Undoubtedly, a few came with the intent of burning off some of the extra calories from their Thanksgiving stuffing. The weather was close to ideal with clear skies and the temperature in the mid-forties, but a stiff wind cooled things down, causing several to debate whether to add or remove gear as they prepared for the run.

The course, a favorite of many predict regulars, had been well marked with chalk and yellow tape. Runners were treated to plenty of beautiful scenery, plus a variety of challenges.

The course starts at the Temple Canyon Park trail head just off County Road 3. The first short leg, perhaps an eighth of a mile in length, is flat and fast, and then the course drops over a short hill onto a mesa, loops around the mesa, and continues along a narrow, rocky tree-covered ridge before dropping down a long, steep hill to the canyon floor. Here, runners negotiate their way along both sides of Gulch Creek—first north along a narrow, crooked, sometimes rocky path, then south on a wide, two-track road bed—crossing the creek twice while trying to avoid getting their feet wet; then they duck under a large pipe, and begin the long, steep climb back to the ridge and mesa. The last leg starts atop the mesa, loops around the base of the hill and climbs back to the top, finishing near the starting point.

You have to run it to appreciate it!

Because a large turnout was anticipated, bib numbers were used along with the regular sign-up sheet. As runners finished, the finish line crew pulled and spindled tags, then boarded the results. (Apologies for any misspelled names on the results; I did my best at deciphering what was entered on the sign-up sheet.)

As far as results, Larry Volk placed first,

just one second off his predict, followed by Jeff Arnold, Nick Romano, and Dale Papineau, who were five, eight and thirteen seconds off their respective predicts. Rich Hadley, Don Pfost and Brian Ropp all finished about sixteen seconds over their respective predicts, with fractions of a second separating their times and determining their respective places of fifth, sixth and seventh. Wendy Garrison, Ron Dehn and Steve Wall rounded out the top ten finishers, all less than thirty seconds off their respective predicts. (It's noteworthy that slightly more than 30% of the finishers were less than a minute off their predicts.)

Matthew Drake had the fastest overall time of 25min:14secs, followed closely by Paul Koch with a time of 24:41. Larry Volk not only had the best predict finish but also posted the third fastest time (26:11), followed by Jordan Montero (26:26), an up-and-coming youth runner who will enter high school next year, and Rich Hadley (26:27).

The gathering of runners, spectators and volunteers was a collage of groups. For instance, there were families—brothers Paul and Mark Koch, and brothers Ron and Dave Dehn, joined by three members of their extended family, the Merriens from Farmington, NM; there were about twenty members of the Canyon City High School wrestling team, along with their coach and several parents; there were coaches and members of the cross-country teams from Florence and Pueblo West High Schools; and, there was a range of first-time to regular, die-hard predict participants.

Of course, without the hard work and dedication of volunteers the predict events couldn't happen. Thanks go to Rich and Deb for hosting the event and marking the course, and to Diane and Phil Quattlebaum and Lois Pfost for handling the registration, finish line and preliminary results.

Refreshments were served immediately after the race, and then several different

groups headed either to Mr. Ed's or Denny's for breakfast.

Here are the cumulative standings in the predict series as of ten events: Larry Volk has moved into first place with 455 points, followed by Don Pfost (451), Dave Diaz (428), Matt Sherman (423), Ron Dehn (398), Wendy Garrison (371), Stacey Diaz (342), Jill Montera (341), and Steve Wall (311), all of whom have finished at least five races. Others with at least five include Jim Robinson (244) and Troy Chantala (166).

The final race of the 2006 Prediction Series will be Rudolf's Reindeer Romp, on Saturday December 16, starting at 9:00 am, co-directed by Don Learned and Mary Rudolf. The race will begin at Don's residence: 10 Nona Brooks Drive, Unit B. Shortly after she and Don had driven the course to measure its length, Mary enthusiastically described it as a "4.25 mile loop on paved streets and dirt roads and trials that include hills and other challenges." There will be a post-predict potluck, so bring your favorite breakfast item. Don's phone is 561-0741, Mary's 248-8271.

A reminder that five races in the series must be completed to qualify for an award. And, if my count is correct, ten runners have completed four runs. Thus, the Reindeer Romp, which sounds like a relatively easy run, offers a chance to get in your fifth run or to improve on a low score, if you already have five.

Hope to see you there.





Predictions

by Don Pfost

Standings and Photos



PI	Name	2/19 Tunup	3/18 TriMx	4/8 Rams	4/23 YapDg	6/24 BBstr	7/29 Moon	8/26 Tunl	9/10 SShore	10/21 Hrvst	11/25 Tmpl	Tot Pts*
1	Larry Volk		82.35	95.00	100.00			78.05	66.67		100.00	455.40
2	Don Pfost	84.21		85.00	73.33	57.14	50.00	17.07	93.33	96.30	91.94	450.78
3	Dave Diaz	100.00	100.00	65.00	46.67	85.71					77.42	428.13
4	Matt Sherman	68.42	94.12	60.00	33.33	0.00			100.00	100.00		422.54
5	Ron Dehn	57.89	0.00	80.00	80.00	92.86		43.90			87.10	397.85
6	Wendy Garrison	94.74	64.71	15.00		64.29		58.54		25.93	88.71	370.97
7	Stacey Diaz	73.68	35.29	75.00	53.33	28.57	78.57	60.98		22.22	46.77	341.56
8	Jill Montera	15.79		70.00	86.67			34.15		85.19	64.52	340.51
9	Matthew Drake			90.00		100.00	71.43				70.97	332.40
10	Steve Wall	63.16					64.29	46.34		51.85	85.48	311.12
11	Sandy Reinsch	78.95	70.59	50.00	66.67							266.20
12	Ben Valdez	52.63	88.24		40.00					70.37		251.24
13	Jim Robinson	10.53		45.00		71.43	28.57	53.66	33.33	40.74		244.16
14	Rich Hadley							68.29		77.78	93.55	239.62
15	Bill Veges		76.47	100.00						62.96		239.43
16	Rusty Smith							80.49	60.00	29.63	66.13	236.25
17	Brian Ropp							63.41		66.67	90.32	220.40
18	Aaron Romani							31.71		92.59	82.26	206.56
19	Aaron Levinson					50.00	57.14			88.89		196.03
20	Joe Bulow		52.94			78.57		26.83		33.33		191.68
21	Gary Franchi		58.82	55.00				70.73		3.70		188.26
22	Dale Papineau						85.71				95.16	180.88
23	Troy Chantala		29.41	25.00	26.67			36.59		48.15		165.81
24	Jordan Montera	5.26						65.85		55.56	37.10	163.77
25	Damon Rundell								46.67	37.04	72.58	156.28

Cumulative Standings

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



Left

Dave & Ron Dehn

Brittany, Samantha, and T. Greg Merrion



Right

Coach Dale Papineau & several members of the Pueblo West High School Cross Country Team

Predictions

Results & Photos

Pl	Name	Pred	Actual	Diff	Pts
1	Larry Volk	26:13	26:11.89	00:01.11	100.00
2	Jeff Arnold	50:00	49:54.66	00:05.34	98.39
3	Nick Romano	35:00	35:08.52	00:08.52	96.77
4	Dale Papineau	30:11	30:24.07	00:13.07	95.16
5	Rich Hadley	26:11	26:27.82	00:16.82	93.55
6	Don Pfost	43:15	43:31.83	00:16.83	91.94
7	Brian Ropp	26:15	26:31.86	00:16.86	90.32
8	Wendy Garrison	40:00	39:41.58	00:18.42	88.71
9	Ron Dehn	37:00	37:27.14	00:27.14	87.10
10	Steve Wall	29:29	29:57.35	00:28.35	85.48
11	Michael Cernoia	26:40	27:08.59	00:28.59	83.87
12	Aaron Romani	28:00	27:27.28	00:32.72	82.26
13	Brittany Merrion	40:40	40:05.60	00:34.40	80.65
14	Samantha Merrion	40:40	40:05.37	00:34.63	79.03
15	Dave Diaz	29:00	29:37.08	00:37.08	77.42
16	Kasey James	40:46	40:05.81	00:40.19	75.81
17	Dave Dehn	36:40	37:25.96	00:45.96	74.19
18	Damon Rundell	33:40	32:45.34	00:54.66	72.58
19	Ryan Douglas	46:37	47:36.25	00:59.25	70.97
20	Matt Drake	24:13	25:14.37	01:01.37	69.35
21	Hilda Olivas	42:00	43:04.32	01:04.32	67.74
22	Rusty Smith	35:00	33:53.77	01:06.23	66.13
23	Jill Montera	33:15	32:07.41	01:07.59	64.52
24	Brian Vanlwarden	25:25	26:38.87	01:13.87	62.90
25	T. Greg Merrion	38:00	36:45.20	01:14.80	61.29
26	Jim Harrington	33:10	31:50.96	01:19.04	59.68
27	Mark Koch	31:00	29:29.53	01:30.47	58.06
28	Paul Koch	24:10	25:41.39	01:31.39	56.45
29	Jane Chess	39:10	37:18.05	01:51.95	54.84
30	Kody Simon	49:00	51:03.97	02:03.97	53.23
31	Ashlee Withrow	31:00	28:55.64	02:04.36	51.61
32	Paulette Arns	42:00	44:18.31	02:18.31	50.00
33	Gina Benfatti	37:49	35:21.66	02:27.34	48.39
34	Stacey Diaz	40:00	42:27.41	02:27.41	46.77
35	Rico Garcia	45:01	47:35.88	02:34.88	45.16
36	Tyler Shannon	48:03	45:23.93	02:39.07	43.55
37	Aaron Sanders	45:00	47:48.55	02:48.55	41.94
38	Jamen Cox	29:00	31:50.22	02:50.22	40.32
39	Tyler Reger	48:00	50:58.19	02:58.19	38.71
40	Jordan Montera	29:30	26:26.75	03:03.25	37.10
41	Andrew Shannon	48:04	44:24.96	03:39.04	35.48
42	Kev in Snyder	35:00	31:16.64	03:43.36	33.87
43	Tammy Stowe	39:33	35:36.10	03:56.90	32.26
44	Carrie Slover	40:01	44:21.22	04:20.22	30.65
45	Tyrel Matthews	37:00	41:28.29	04:28.29	29.03
46	Jason Adamic	46:37	51:05.32	04:28.32	27.42
47	Art Long	37:10	31:51.85	05:18.15	25.81
48	Tyler Bureck	40:05	45:25.00	05:20.00	24.19
49	Adam Garcia	35:00	41:26.22	06:26.22	22.58
50	Bruce Miller	30:00	36:37.03	06:37.03	20.97
51	Keith Dugan	35:00	28:15.84	06:44.16	19.35
52	Kelly Delatorre	29:00	35:58.91	06:58.91	17.74
53	Justen Cox	24:30	31:56.75	07:26.75	16.13
54	Justin Havcan	40:00	47:34.97	07:34.97	14.52
55	Gregg Hicks	43:16	50:52.45	07:36.45	12.90

Pl	Name	Pred	Actual	Diff	Pts
56	Brenden Rothenbucher	38:06	30:15.07	07:50.93	11.29
57	Kraig Reiter	33:35	41:30.09	07:55.09	9.68
58	Jennifer Cernoia	28:30	36:57.03	08:27.03	8.06
59	Brian Torrez	33:35	44:25.40	10:50.40	6.45
60	Stephen Nolan	37:59	51:18.86	13:19.86	4.84
61	Richie McBeth	48:00	33:26.16	14:33.84	3.23
62	Cory Batty	39:20	1:00:06.04	20:46.04	1.61



Top to Bottom
 Mark Koch, Paul Koch, & Brian Ropp
 Rusty Smith, Larry Volk, & Damon Rundell
 Carrie Slover, Stacey Diaz, & Paulette Arns





The 4th Annual Hustle for Russell

By Jeff Arnold

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

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

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

The 4th Annual Hustle for Rustle was held at Pleasant View Middle School 11/6/06. It featured fun runs for kids on the track, a 1 mile walk, and 5K walk, none of which were timed, as well as a 5k Run. This was apparently the best turnout they've had, including volunteer teachers.

There were no times or places kept in the kids' runs or the walks. My estimate is that there were probably 25-30 walkers. I started last of the runners but eventually caught a PV seventh grader named Brandon. I slowed a bit and encouraged him, but felt surprisingly good. When we caught a PV girl who was running just before the mile mark, Brandon joined her in walking. I began to increase my pace from the 10:40 I did, which was a pleasant surprise.

I didn't see the front of the race for more than a minute, but Paul Murphy and Kyle Reno ran together for awhile. Kyle later said he eased off for a bit and Paul kept going all the way to a 12 second victory. Kyle's girlfriend, Tina Gray was also second, behind Pueblo West fresh-

man Anna Marshall. They were easily 7th and 8th overall of 24 running finishers.

The race was well organized, the flat course was well marked and we had the chance to finish on the track. There were numerous door prizes. I won a \$10 certificate from Pasta Cottage.

Youth Runner Results

One Mile - Untimed
1. Angelica Wall age 9

Kids Fun Run
Age 4 & under
1 Trev or Thomas
2 Julia Autobee
3 Caden Neal

Age 5 - 6
1 Anthony Pisciotta
2 Sarah DeCarlo
3 Mikayla DeCarlo

Age 7-8
1 Angelina Siacca
2 Michaela Pisciotta
3 Zach Thomas

5k Results

- 1 Paul Murphy 17:27
- 2 Kyle Reno 17:39
- 3 Matthew Drake 17:49
- 4 Craig Caffey 18:39
- 5 Aaron Levinson 18:45
- 6 Gary Franchi 23:04
- 7 Alec Aranda 23:14
- 8 Brandon Schaffer 23:16
- 9 John DiPrince 28:25
- 10 Jeff Arnold 30:06
- 11 Don Pfost 30:32
- 12 Joe Trujillo 31:04
- 13 Brandon Medina 32:12
- 14 Randy Sandoval 33:29

- Females
- 1 Anna Marshall 20:05
 - 2 Tina Gray 20:55
 - 3 Marti Marshall 24:24
 - 4 Denise Miller 25:31
 - 5 Andrea Schwartz 25:53
 - 6 Jackie DeCarlo 26:51
 - 7 Fran Borton 27:05
 - 8 Amber Pirraglia 29:08
 - 9 Nicole Pirraglia 29:08
 - 10 Connir Boies 32:07

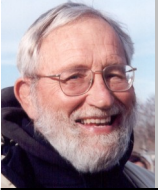


CSU-Pueblo X-Country Update by George Dallam

The fledgling CSU-Pueblo women's cross country team ran superbly in their culminating event of the year, the women's North Central Regional Meet at Wayne State College in Wayne, Nebraska. All 5 members of the team who started the race ran seasonal bests by considerable margins in the 152 athlete field on the hilly and challenging 6 kilometer (3.75 mile) course. The women finished in 20th place among 24 university and college division II teams, a notable accomplishment in the program's first year to field an official team in the event. Individual results were as follows:

Lauren Dunsmoor	23 rd	22:51.1	(6:08 per mile)
Sarah Lile	90 th	24:55.9	(6:42 per mile)
Kristen Heintl	128 th	26:52.7	(7:13 per mile)
Ashley Samek	150 th	29:53.8	(8:02 per mile)
Elizabeth Grossman	152 nd	34:29.7	(9:16 per mile)

I	H	F	C	B	E	A	D	G
C	E	G	H	A	D	I	B	F
A	D	B	G	F	I	H	C	E
E	G	A	F	C	B	D	I	H
F	C	D	I	H	A	G	E	B
B	I	H	D	E	G	F	A	C
H	B	I	E	D	F	C	G	A
D	F	E	A	G	C	B	H	I
G	A	C	B	I	H	E	F	D



2006 Atalanta 5K Run/Walk

Story by Jeff Arnold



A fine field showed up on the cool morning of Veteran's Day 2006 for the Atalanta 5 K. 65 runners and 21 walkers would finish. The course made a nod to the traditional City Park venue by starting on the loop east of the Pavilion and going behind that building and turning east by the fountain, then going south on Calla around the tennis courts and back to the fountain, before going east out of the park and down Reservoir Drive. Instead of getting on the River Trail the runners turned back west on the first road and climbed the concrete monster, but instead of heading straight to the finish, the runners turned right onto Carlile and then along the frontage road back to Goodnight, and continued east on Goodnight to the finish back at the Pavilion..

Sydney Mondragon, who completed her college career in Florida this spring, took all the drama out of the first place question in her first few steps. In the first minute and a half she built a twenty second lead over Ashlee Withrow who had started strongly herself. Paulette Arns found herself well ahead of all walkers and a few runners when she came by the fountain the first time.

Just before the 2 mile mark, Emily Borrego eased by Ashlee but Sydney was completely out of sight. Sydney is back in Pueblo teaching, and apparently training. Her 19:47 finish time was the fastest since Maddy Tormoen ran 19:15 in 2003 on a flatter course. Maddy has the fastest time in the era of the club website with her 18:06 in 2002.

Kathy Hruby of Rye had the fastest time in the four years she's competed in the Atalanta but it wasn't fast enough to hold off Marilyn Goodloe of Colorado Springs who was 5th overall and first Masters runner in 22:44. Kathy was 6th in 22:56. Emily was aiming for a 21:40; she had a 21:31 for second overall and first 30-39. Ashlee, a Florence High School graduate from Wetmore, won the 19 & under and third overall in 22:16. Samantha Davenport, a Rye High senior from Colorado City cut about half of Ashlee's lead on Goodnight to finish 4th overall in 22:30, her fastest ever at Atalanta. 13 year old Becky Hankla had a stunning debut, finishing 7th in 23:02. Sisters Amber and Nicole Pirraglia took first and second in the 20-29 division with 27:47 and 30:08. That division was

rounded out by fellow Pueblo County grad Rhiannon Lockett, one of four Heaton teachers who participated. Carol Kinzy won the 50-59 division with a fine 25:39. Jessie Quintana won the 60 & over in 29:40.

Paulette Arns of Pueblo West won the walk by nearly 4 minutes over Michelle Drury, 36:18 to 40:04. The 21 walkers was a record number, and the 65 runners the second highest. Seven year old Gabrielle Wall was the youngest finisher with her 39:27 in the run. Tracy Walsh-Chocolaad was farthest from home. Tracy lives in Montgomery, Alabama.

THANKS Vols!

And a thanks goes out to the gals and guys who made the Atalanta happen. Kudos to: Race Directors: Stacey Diaz & Jacqueline Wall, Setup: Mary Rudolf, Carrie Slover, Course: Dave Diaz (Head) and Rusty Smith (Assistant), Finish Line: Don Pfof, Terry Cathcart, Joe Bulow, Results: Pixie & Ken Raich, Course Marshals: Steve Wall, Bill Veges, Paul Dallaguardia, Lead Bike: Don Learned Photographer: Larry Volk



L to R
Gabriela,
Marisa
&
Raquel
Kemm



Atalanta 5k Results



Run	PI	Name	Age	Gp		From	Time	Pace
1		Sydney Mondragon	23	1	OA	Pueblo	19:47	6:22
2		Emily J Borrego	38	1	30-39	Pueblo	21:31	6:56
3		Ashlee Withrow	19	1	0-19	Wetmore	22:16	7:10
4		Samantha Davenport	18	2	0-19	Colo City	22:30	7:15
5		Marilyn Goodloe	44	1	40-49	Colo Spgs	22:44	7:19
6		Kathy F Hruby	43	2	40-49	Rye	22:56	7:23
7		Becky Hankla	13	3	0-19	Pueblo	23:02	7:25
8		Michelle Hooper	32	2	30-39	Trinidad	23:10	7:27
9		Linda A Strange	36	3	30-39	Rye	23:12	7:28
10		Stacey A Diaz	46	3	40-49	Pueblo	23:20	7:31
11		Jerica Khosla	15	4	0-19	Pueblo	23:29	7:33
12		Gabriela Kemm	15	5	0-19	Pueblo	23:39	7:37
13		Marisa Kemm	13	6	0-19	Pueblo	23:57	7:43
14		Abigail Duran	13	7	0-19	Pueblo	24:42	7:57
15		Gina M Benfatti	45	4	40-49	Pueblo	24:44	7:58
16		Nancy Musso	37	4	30-39	Pueblo	24:45	7:58
17		Rachel Yoder	15	8	0-19	Beulah	24:46	7:58
18		Raquel Kemm	12	9	0-19	Pueblo	25:09	8:06
19		Kristine Spinuzzi	37	5	30-39	Pueblo	25:11	8:06
20		Laurice R Lopez-Cepero	35	6	30-39	Pueblo	25:22	8:10
21		Tallie Koncilja	46	5	40-49	Pueblo	25:30	8:12
22		Carol A Kinzy	58	1	50-59	Pueblo	25:39	8:15
23		Juanita Peters	45	6	40-49	BonCarbo	25:40	8:16
24		Barbara Smith	39	7	30-39	Pblo Wst	26:00	8:22
25		Carol Brimmeier	54	2	50-59	Trinidad	26:03	8:23
26		Kiki Durkin	17	10	0-19	Pueblo	26:21	8:29
27		Alice Anne Fitzgerald	44	7	40-49	Trinidad	26:50	8:38
28		Gloria J Gogarty	50	3	50-59	Colo City	26:51	8:39
29		Carrie L Slover	53	4	50-59	Pueblo	27:02	8:42
30		Laurel E Wright, MD	52	5	50-59	Pblo Wst	27:11	8:45
31		Heather Searls	35	8	30-39	Castle Rock	27:46	8:56
32		Amber Autobee-Pirraglia	29	1	20-29	Pueblo	27:47	8:57
33		Mary B Potter	44	8	40-49	Pblo Wst	27:50	8:57
34		Tracey Walsh-Chocolaad	36	9	30-39	Mont, AL	27:51	8:58
35		Wendy Bulow	35	10	30-39	Pueblo	27:57	9:00
36		Jodi Crane	33	11	30-39	Pblo Wst	27:58	9:00
37		Kim Garcia	12	11	0-19	Pueblo	27:59	9:00
38		Debbie A Gurule	42	9	40-49	Pueblo	28:36	9:12
39		Gloria Montoya	58	6	50-59	Pueblo	29:00	9:20
40		Martha L Drake	52	7	50-59	Pblo Wst	29:15	9:25
41		Paula McCabe	34	12	30-39	Pueblo	29:19	9:26
42		Kari Brantley	50	8	50-59	Salida	29:21	9:27
43		Jessie M Quintana	63	1	60+	Pblo Wst	29:40	9:33
44		Nicole Pirraglia	24	2	20-29	Pueblo	30:08	9:42

Run	PI	Name	Age	Gp		From	Time	Pace
45		Melisa D. Maes-Johnson	34	13	30-39	Pueblo	30:08	9:42
46		Theresa Watson	35	14	30-39	Colo Spgs	30:56	9:57
47		Kathryn N Deetz	42	10	40-49	Pblo Wst	30:56	9:57
48		Kerri L Harbison	41	11	40-49	La Junta	31:21	10:05
49		Sheri Tiller	38	15	30-39	Pblo Wst	31:35	10:10
50		Donna A Nicholas-Griesel	60	2	60+	Coaldale	31:43	10:12
51		Maria Elena Weaver	47	12	40-49	Canon City	31:46	10:13
52		Jodi Naylor	32	16	30-39	Pueblo	31:49	10:14
53		Rhiannon Lockett	28	3	20-29	Pueblo	31:59	10:18
54		Angelica Wall	9	12	0-19	Pueblo	33:01	10:38
55		Laura Leann Farmer	34	17	30-39	Pblo Wst	33:13	10:41
56		Kelly D Hale	39	18	30-39	Rye	34:35	11:08
57		Mary Dee Carter	42	13	40-49	Colo City	34:35	11:08
58		Jamie Donlon	30	19	30-39	Colo City	36:41	11:48
59		Jana Stinchcomb	51	9	50-59	Rye	36:41	11:48
60		Fawn Friend	26	4	20-29	Parker	36:43	11:49
61		Mary Muth	34	20	30-39	Olney Spgs	37:47	12:10
62		Dyanne Beckman	30	21	30-39	Colo Spgs	39:15	12:38
63		Gabrielle Wall	7	13	0-19	Pueblo	39:26	12:42
64		Jacqueline J Wall	35	22	30-39	Pueblo	39:27	12:42
65		Laura L Clark	58	10	50-59	Fowler	39:31	12:43

Walk	PI	Name	Age	Gp		From	Time	Pace
1		Paulette Arns	53	1	Overall	Pblo Wst	36:18	11:41
2		Michele Drury	42	1	40-49	Pueblo	40:04	12:54
3		Rockelle Beier-Kemmet	47	2	40-49	Pblo Wst	42:16	13:36
4		Kristi Vanhook	41	3	40-49	La Junta	42:24	13:39
5		Lois H Pfost	64	1	60+	Pueblo	43:45	14:05
6		Kristina Brown	13	1	0-19	Pueblo	45:51	14:45
7		Karla Brown	44	4	40-49	Pueblo	45:51	14:45
8		Jean Beier	71	2	60+	Pblo Wst	45:55	14:47
9		Lynn D Brown	52	1	50-59	Pblo Wst	45:56	14:47
10		Carol Mutz	52	2	50-59	Pueblo	46:32	14:59
11		Juley Koshak	41	5	40-49	Pueblo	46:32	14:59
12		Rebekah Woods	31	1	30-39	Pueblo	47:06	15:10
13		Shannon N Roybal	36	2	30-39	Pueblo	47:07	15:10
14		Heather Smith	37	3	30-39	Pueblo	47:08	15:10
15		Deby Cortese	50	3	50-59	Pueblo	47:59	15:27
16		Jamie Faris	28	1	20-29	Pueblo	48:01	15:27
17		Tari Colletti	40	6	40-49	Pueblo	48:04	15:28
18		Virginia Mattarocci	76	3	60+	Pueblo	48:05	15:29
19		Priscilla Ellen Portillo	s 70	4	60+	Pueblo	48:37	15:39
20		Trisha Ferguson	55	4	50-59	Pueblo	54:25	17:31
21		Skyler Perea	8	2	0-19	Pueblo	54:25	17:31



More Atlanta Photos



L to R

Laura Clark

Juley Koshak
&
Carol Mutz

Barbara Smith



Left

Ashlee
Withrow

Rhiannon
Lockett



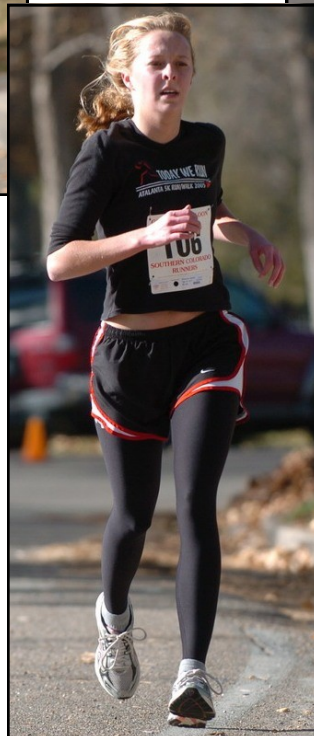
Above

Linda Strange, Becky
Hankla, & Stacey Diaz

Left

Rochelle Beier-Kemmet &
Mom, Jean Beier

Samantha Davenport





A Beginner's Guide to Trail Running, Part I

by Paul Vorndam



Bored with pounding that same old asphalt everyday? Do you have an urge to join Shaun and get lost, cold, muddy and miserable? Well, you're not alone; trail running is enjoying quite a boom in recent years as more and more "roadies" discover the joys of the trails. While trail running, you won't choke on exhaust (although you may get exhausted), you won't get hit by a Wonder Bread truck (just deer) and your joints will benefit from the softer surface (mud is really soft). So let's say you have heard of the advantages of trail running (or you're just tired of being chased by vicious dogs) and you want to get "dirty". What are some things to consider before you wander out into the woods?

Trail surfaces are typically uneven. There is substantial variation, from the wide, flat, pine needle-covered idyll to eroded, rock and root-clogged gullies that were once decent trails. For instance, a friend of mine once characterized the downhill portion of the Imogene Pass race as a streambed. The typical road running shoe is not designed to handle this. While those shoes may be fine for the aforementioned soft pine needle trail, the first rock bruise on your

mid-foot will make you wish you had more protection. Trail shoes have more stability, more mid-sole padding and a beefed up toe box to prevent "black toe" which is caused by stubbing toes on rocks. Rocky (no pun intended) probably has some technical medical term for it like ebonytarsalitis. Trail shoes are heavier than road shoes, but the weights of shoes in this class has been coming down, while manufacturers have managed to retain essential protection features. You may feel "wobbly" at first on trails even with trail shoes and if so, it is probably because of the unevenness of the surface, not what you put in your water bottle. Tripping and falling and/or turning an ankle are always possibilities. As you gain more trail experience, the muscles and tendons in your lower legs and ankles will strengthen and lessen the chances of face plants. Just take it easy at first and ALWAYS wear gloves, especially on downhills. I have saved a lot of skin on the palms of my hands over the years through the consistent use of gloves (yes, even in the summer).

Another tip to avoid trail injury is to concentrate on what you're doing. If you're on anything but the soft pine needles, you can't afford to "zone out".

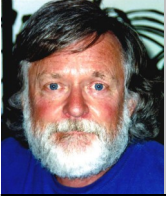
Watch and think about where you are putting your feet, especially as you pick up speed. If you want to sight-see (or peer over that thousand foot drop off beside you), slow down or stop! How far ahead on the trail you look for footplants depends on your pace; if you're moving at a good clip, look ahead at least 5 or 6 feet rather than right at your toes. This may seem unnatural at first, but you'll get the hang of it. If you run as fast as I do, you can probably look behind you.

More trail tips will be forthcoming in an upcoming article, so I'll close with this one: another advantage to trail running is the "bathroom break" problem. If you're running along in Pueblo and mother nature calls, what do you do? Duck behind a parked car? Look for a fire hydrant? Grit your teeth, grab your crotch and run pigeon-toed? On the trail every tree or bush is a rest area! This brings to mind two friends who didn't like losing precious seconds to stop to whiz on the Pikes Peak Ascent. So, they decided to practice voiding themselves while on the run. Needless to say, I *really* tried to stay ahead of them on training runs and we *always* drove home in their cars! Happy Trails!



Rod Dixon and Nick Leyva. Rod is one of New Zealand's top athletes and was inducted into the New Zealand Sports Hall of Fame in 1995. He also was a bronze medallist in the 1972 Olympic 1500m and winner of the 1983 New York City Marathon.

Nick Leyva is one of SCR's longtime members and is now an elementary school principal in Las Vegas. Rod went to Nick's school to help promote the Nike Kid's 5k run.



2007 Membership Renewal by Don Pfost



As membership chair, let me ask for your help in renewing your membership in the Southern Colorado Runners for 2007.

Here's how you can help. Just check the address label on your newsletter. If you see "Exp Dec 31, 2006" in the upper right hand corner, then it's time to renew. A few members pay several years in advance, so you may see 2007 or 2008, in which case, you don't need to do anything.

If it's time to renew, please complete and sign the 2007 membership form enclosed in this month's newsletter, and send it, along with a check for your membership dues, to the address in the lower left hand corner of the membership form.

Individual memberships are only \$15 per year, family memberships are \$20. If you're paying for a family membership, please include the requested infor-

mation on each family member.

You'll see the many benefits of membership listed near the top of the form. Basically, a \$15 individual membership covers the cost of producing and mailing the newsletter for a year. So, in a sense, the other benefits are gravy on your meat and spuds, topping on your ice cream, or whatever.

Donations to the SCR equipment fund and the YMCA Campus Campaign fund are optional, of course, but they are always appreciated.

You'll also notice that your mailing label has either "CR=YES" or "CR=NO" in the upper left hand corner. "YES" means you requested free bi-monthly issues of *Colorado Runner* magazine in 2006. Be sure to check the starred box on your membership form if you would like to receive *Colorado Runner* in 2007, whether or not you requested it in 2006. Remember, it's free.

Toward the bottom of the form you'll see a list of volunteer activities. As noted, this information is being updated, so please check any activities you're willing to help with. Keep in mind that volunteers earn points when they lend a hand, and fifty points earns an award that is presented at the club's annual banquet.

Lastly, something new this year is the offer of free life-time memberships to those who are seventy years or older. If you qualify for this category of membership, please fill out the form and send it in, but no need to send payment. And, in the future, we'd appreciate having you submit a membership form each year.

If you have questions, please contact me through the club website or call me at 719-544-9633.

Every month several of you gather to help stuff the newsletters and prepare them for mailing. There are the "regulars" who participate nearly every month, and there are several who join us most months, and several more who join us here and there. YOU ARE APPRECIATED! Without the stuffers, tapers, and labelers, Footprints would never make it into member's mailboxes.

THANK YOU, THANK YOU, THANK YOU to this faithful group who gives up their evening to take on this task. (I should mention that we do enjoy each other's company, eat our share of peanuts and popcorn, and then have to wash down the salt with some type of liquid refreshment – so we do have a good time too)

I'm sure most club members appreciate receiving the newsletter but don't realize that a group of 5 to 10 volunteers give

up one evening a month to make this happen.

I'm afraid to list those who help for fear of leaving someone out. But, I would like to acknowledge the November *Footprints* stuffing group for responding on such short notice. Because of late October snowstorm that mostly hit Colorado Springs and Denver, there was much uncertainty about delivery of paper and getting newsletters printed on time. Because of this and the printer's schedule, I was able to give only a few hours notice for the stuffing "meeting". Thank you to Andy and Jim at Paperwork / Howard Printing, Tim at the Gold Dust, Gary Franchi for delivering forms,

THANKS Stuffers!

Don Pfost for preparing labels, and Don Pfost, Lois Pfost, Jan Dudley, and Dave Diaz for doing the rest of the work.

We really do have a good time, and the work is not really difficult, it just takes several pairs of hands. If you think you would like to join us (and earn some volunteer points as well), please do so. We generally stuff on a Wednesday or Thursday near the end of the month, but the day is usually set only about 3 or 4 days in advance. We generally meet at the Gold Dust at 7pm. The announcement for stuffing night is sent out via the SCR electronic mailing list. To join this list, go to <http://www.socorunners.org/> and click on **SCR Email Group** then click on the **"Yahoo Groups Join Now!"** rectangle. It is an enjoyable activity and is necessary as long as we are providing hard copy newsletters.



Photo Collage 2006



We give a special thanks to Larry Volk who has provided us with so many great photos throughout the year including this month's Atlanta photos. Larry takes photos at most of the major runs and the photos are available for purchase. Follow the links on the SCR Results web page for more information. Again - we thank you Larry!

2007 very tentative Calendar *

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

Tentative Race Schedule for 2007

<u>Race Date</u>	<u>Race Name</u>	<u>Distance</u>	<u>Race Director</u>
2007			
2/3	Frostbite 5	5 M	Victoria Herrera
2/10	Valentine's Twosome	1.6 M	Jeff Arnold
2/18	Spring Runoff Tune-up	6 M	Ken Raich
3/4	Spring Runoff	2M,5K,10K,10M	Terry Cathcart
3/17	Ben & Matt Trail Mix	10+M	Ben Valdez
4/7	Ramsgate 8	8K	Don Pfost
4/22	Yappy Dog	8.6M	Ross Barnhart
5/6	Cinco de Mayo	2M,5K,10K	Hilbert Navarro
5/20	Survival Run	5M	Jeff Arnold
6/2	Run for Rio	5K	Jeff Arnold
6/2	Spirit Fest	5K	Hilbert Navarro
6/23	Belmont Butt Buster	5M	Gina Benfatti
6/30	Women's Distance Festival	5K	Diana Tiffany
7/14	Splash & Dash		Victoria Herrera
7/28	Moonlight Madness	5M	Diana Tiffany
8/25	Tunnel Drive	5M	Rich Hadley
9/9	South Shore Adventure	10.4K	Larry Volk
9/23	Hot to Trot	5K	Ruth McDonald
10/20	Harvest Poker Run	5M	Dave Diaz
11/10	Atalanta	5K	Stacey Diaz
11/24	Temple Canyon	4M	Rich Hadley
12/1	Rock Canyon	13.1M	Dave Diaz
12/16	Excellent Adventure	8M	Don Learned

NOTE: This information is tentative at best. Much is likely to change!!!

Wanted - Youth Articles

We love to highlight youth runners and youth running. If you are a youth runner, a coach, a parent, or simply have an interest in telling readers about youth running – please submit an article. Send an attached Word file (preferred), or plain text to:

ron.dehn@colostate-pueblo.edu. A word of warning: We do very little editing. If we see a misspelling, we'll fix it, but we pretty much print what we get.

The Rescue Run



Rain, Snow or 20 Below, the 29th Annual Rescue Run 5K/10K will be held on New Year's Day in Colorado Springs. It's a Colorado Springs tradition and a wonderful way to start the new year. See: <http://www.pprun.org/events/RescueRun/main.htm>



RRCA invites everyone in the running community to join them March 21 through 25, 2007 to celebrate 50 years of convening to promote grassroots distance running around the country. The Alpine Runners of Lake Zurich and Illinois Runs will host the 50th Annual RRCA National Convention in Chicago, IL. The Convention will be held in conjunction with the 28th Annual LaSalle Bank Shamrock Shuffle 8K, the largest 8K run in the country, which is schedule for March 25, 2007. All convention attendees are guaranteed entry into the race which fills quickly. To learn more, see: [h t t p : / / www.RRCAConvention2007.org](http://www.RRCAConvention2007.org)

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

**Non-Profit
Organization**
U.S. Postage Paid
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***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

The Jingle Bell 5k takes place at Ripley Park in Raton, New Mexico on December 16th at 10 am. It the 20th annual Jingle Bell 5k Run/Walk. For more information, contact George Dominguez at: ratracer65@msn.com



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 December 6th and January 3rd.



The final race of the 2006 Prediction Series will be Rudolf's Reindeer Romp, on Saturday December 16, starting at 9:00 am, co-directed by Don Learned and Mary Rudolf. See Don Pfost's article on page 4 for more information.

The 2007 Frostbite 5 takes place on February 3rd. See next month's issue for more information.



The Final Thoughts...

There is not such a cradle of democracy upon the earth as the Free Public Library, this republic of letters, where neither rank, office, nor wealth receives the slightest consideration. - Andrew Carnegie, industrialist (1835-1919)

My two favorite things in life are libraries and bicycles. They both move people forward without wasting anything. The perfect day: riding a bike to the library. -Peter Golkin, museum spokesman (1966-)

Everybody line up alphabetically according to your height. Casey Stengel (1891-1975)

As far as I'm concerned, 'whom' is a word that was invented to make everyone sound like a butler. -Calvin Trillin, writer (1935-)