



Editor: Ron Dehn

# FOOTPRINTS

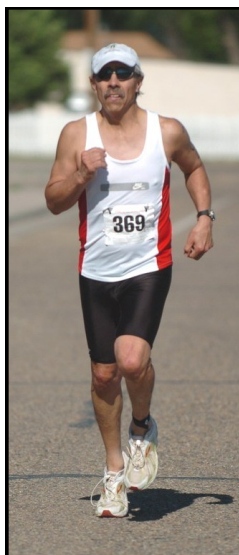


Happy New Year!!!

## The New Year Edition - Yes 2007 is really here!



Larry Volk, Don Pfost, and Dave Diaz finish 1,2,3 in the 2006 Predict Series  
See related story & final standings on Pages 5 - 7.



### The Rock Canyon Half by Jeff Arnold

The Rock Canyon Half Marathon reflects the personality and hard work of Dave Diaz. None of our many fine races are marked any better, laid out so creatively, or show such an appreciation for running on soft surfaces where possible. When snow came the Wednesday before the race, Dave steeled himself to the extra work that would need to be done, and made the decision that the race would go on, snow or shine.

When I went out at first light and saw a bit of snow on flat surfaces, and more falling, I knew Dave was out doing something to mark the new snow. I had ridden out on the course the day before and saw that he had shoveled the concrete path down to the River Trail, twice, but there were miles of the trail that no ten people could have cleared and the weather gods only made things worse overnight. Nevertheless about 270 hardy, perhaps foolhardy, runners started the 20th annual edition of this classic in lightly falling snow.

*(Continued on page 12)*



Trail Running  
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## SCR Notes from the December, 2006 meeting

Attendance: Don Pfof, Lois Pfof, Stan Hren, PauletteArns, Terry Cathcart, Jeff Arnold, Victoria Herrera, Dave Diaz, Ben Valdez, Sandy Reinsch, Jacqueline Wall, Jill Montera, Jordan Montera, Ken Raich, Gary Franchi, Theresa Duran, Abby Duran

Minutes as printed in the December newsletter were approved

Officer Reports: Treasurer Dave Diaz reported that the financial position of the club approximates that of a year ago. Dave will explore the possibility of transferring club accounts to a new financial institution or credit union as an alternative to Vectra Bank. The treasurer's report as presented was approved. Newsletter Editor: In the absence of Ron Dehn, Ken Raich led a discussion with regard to the need to print complete results for large races such as the Spring Runoff and Rock Canyon. The majority of those present felt that abbreviated results would be appropriate for the newsletter, as complete results can be seen on the SCR website. Membership Chair: Don Pfof reported that the club presently has 183 paid members. For the upcoming year 2007, there have been approximately 45 renewals, which includes 5 new members, 2 members over 70 years of age, and several multi year memberships.

Upcoming Races Excellent Adventure December 17 Don Pfof reported that this predict event will begin at 9AM, the distance will be 4

and 1/2 miles followed by a breakfast brunch. The event also will be renamed "Rudolph's Reindeer Romp". Frostbite Five-Victoria Herrera reported that this event will be held on February 3 at 10AM at Pueblo City Park and the river trail. The event will include a 5 mile run and a 5K walk. Fountain Creek 5K Fitness Challenge-Ben Valdez reported that this fundraiser to benefit Mesa Ridge school will be held on March 24 2007. SCR will help with promo in our newsletter.

Club Assistance for national cross country qualifiers: SCR approved donation of \$200.00 each for Jordan Montera and Abigail Duran who have qualified for the upcoming national cross country championship in Orlando and the Junior Olympic cross country championship in Spokane respectfully.

Activity Recaps/Updates/Revisits: Hustle for Russell November 4-Jacqueline Wall reported that the event was very successful, with many runners and walkers, and an excellent representation by SCR members. Atalanta Women's Run November 11-Jacqueline Wall reported that there were 80 plus runners, and those present agreed that this is an important annual event that should be continued. Temple Canyon predict run was successfully held on November in spite of inclement weather. Jingle Bell Run November 25-Jeff Arnold and Lois Pfof reported that the event was successful with 30 participants,

many wearing costumes and lights. Ruth McDonald was pleased with the event and there were many spectators. Rock Canyon December 2-Dave Diaz reported that there were 303 entrants, with only 30 no shows on a very cold and snowy morning. The finisher medals were well received and Dave thanked the many volunteers who assisted with this event.

New race to benefit cancer research: SCR received  
(Continued on page 15)



**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. 296

"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		
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Newsletter Co-Editor	Ron Dehn	547-9273
Newsletter Co-Editor	Debra Wall	544-4254
Editorial Consultants	Gary Franchi, Troy Smith*	
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

#### Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Stan Hren, Don Pfof  
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.

\* Troy Smith quarterback at Ohio State and winner of this year's Heisman Trophy. The first Heisman trophy was won by Jay Berwanger of the University of Chicago in 1935.



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

**Make it a Resolution to**



**Visit the Gold Dust 217 South Union**



# Great Stuff

by Gary Franchi

Read this newsletter one article at a time



Thought for today's lunch, compliments of Jason Love: "The upshot of dying is that you don't have to work the next day."

## Musings about running, fitness and life:

If there was a downside to the past holiday season – and by that I mean ANOTHER downside to the past holiday season – it's that there was more time to sit around and chat intimately with family, friends, neighbors and, shoot, probably even total strangers who just happened to stop by for a quick sip of hootch.

Don't get me wrong, some stimulating conversations took place during these chats. We often heard some remarkable tales of illness and injury and even death and other uplifting things that droned on and on with impeccable detail that even Mark Twain couldn't have provided. In essence, we shared the holiday spirit together, renewed relationships and bonded anew in shared misery.

That's the plus side. The real downer was that these chats often took place in the family room where the tube was carrying one of the games of the day or sportscasters were either previewing the upcoming gladiator combat or interviewing one of the gladiators.

Now, I don't want to make it sound like I have negative feelings about the intelligence of pro athletes – er, gladiators – or anything, but I'm having difficulty recalling the last time I learned something from one of these interviews. I think I was 8 years old. By the age of 9, I had heard every cliché known to the sporting society. Of that era, anyway. Since then, the clichés have been occasionally updated with the vernacular of the particular era.

Sportscaster: "So, gladiator, what do you think your team is going to have to do to win this game today?"

Gladiator: "We've got to stay focused and make sure we play hard on every down."

So enlightening. Listening to these discourses of nothingness makes me

wonder why they continue to take place and who listens to them. They also make me wonder what would happen if runners adopted such meaningless drivel.

- Jim, discussing his race strategy with Bob: "I'm going to take it one mile at a time and make sure I stay focused."

- Tina, talking with Angela about her race mind-set: "I figure that records are made to be broken and I'm going to give it 110% to try to record the best Atlanta 5K time ever."

- Marcus, talking about having to race against Ernie, who is a pretty salty runner: "We match up pretty well and this race is going to be for bragging rights, there's no question about it."

- Sue, talking with Rachel about her marathon strategy: "I have to realize that this is a marathon, not a sprint, so I need to just run my race, stay relaxed and run within myself."

- Paul, chatting about being unable to stay with Tom during the just-finished race: "The race was a lot closer than our times would indicate, but I basically was out there to just have fun anyway."

- Linda, who had her "race face" on while chatting with Jamie beforehand: "I'm gonna get after it. I believe in myself and I think I'll be fine if I just dig deep."

- Gil, disappointed over his race performance: "I guess I wasn't mentally prepared because I just came out flat. I didn't get the job done."

- Marti on setting a 10K PR: "I was ready to run from the opening gun. I told myself to maintain my intensity and that's what I did."

- John, on beating a close rival for the first time: "That certainly gets the monkey off my back. I knew I had to step up in order to beat him because he has such a great work ethic."

- Julie to her training partner before the big race: "I think if I stay hungry and execute I'll rise to the occasion."

- A disappointed Roy who ran a decent race but didn't come close to his pre-race goal: "I've got to be more aggressive in the future. I just lost my form because I didn't stay focused."

Talk like that sure would be a wake-up call for the running community.

## Ten things I was just wondering:

1. The way technology is going, would you even be surprised if the bike frames of the future weigh nothing?

2. If you're watching TV and switching back and forth between two games simultaneously, how does it happen that they both have halftime at the same time?

3. Think your job is tough? How'd you like to make a living getting elbowed by Shaq?

4. When are they going to come out with a report that says nail polish fumes cause brain and/or neurological damage?

5. Is carbo-loading merely an excuse to party the night before a race?

6. Does the curriculum for meteorology majors aiming to pursue TV weather jobs include acting lessons?

7. If cheerleaders had their own jerseys, would they be hot retail sales items?

8. Wouldn't it be kind of fun to roll a trash can full of marbles onto a busy section of a race course and just watch the fun?

9. What can you say about people who trim their hair in a public restroom and leave the evidence in and around the sink?

10. Aren't you glad the political mud-slinging campaign season is over?

Until next month, don't forget to pull out all the stops and run for pride in your next race.

*Editor's note: Gary really hit a home run with this article.*



## January

- 2 Laura Farmer  
Cuba Gooding Jr.\*
- 4 Nick Mason  
Jeremy Dehn  
Louis Braille\*
- 5 Wendy Garrison  
Kayla Romero  
Diane Keaton\*
- 8 Jimmie Alcom  
Elvis Presley\*
- 12 Kyle Reno  
Jack London\*
- 14 Logan Gogarty  
Faye Dunaway\*
- 15 Emily Borrego  
Chris Kirkpatrick  
Martin Luther King Jr\*
- 16 Chief Reno  
Mary Simmons  
Dizzy Dean\*
- 18 Gloria Montoya  
A.A. Milne\*
- 19 Jan Dudley  
Dolly Parton\*
- 22 Heather Baca  
John Hurt\*
- 23 Jim Hruby  
Dr. Laura\*
- 24 Ruth McDonald  
Mary Lou Retton\*
- 25 Monica Diaz  
Edwin Newman\*
- 27 Holly Carter  
Mike Messick  
Gabrielle Wall  
Lewis Carroll\*
- 28 Joshua Smith  
Christine Willumstad  
Elijah Wood\*
- 29 Robert Quintana  
Katharine Ross\*
- 30 Coby Gogarty  
Franklin Roosevelt\*

\*honorary member



# Rocky on Fitness

By Rocky Khosla, M.D.

## To Seek or not to Seek (help)



I thought that I would write a column about something that we all may have to wrestle with at one time or another. And that something is the notion of when do you seek help versus toughing it out. As a group, I think we runners, cyclists and endurance athletes tend to be self reliant, and we hate to ask anyone for help. I think we like to see ourselves as healthy and somewhat invulnerable, and able to take care of our own problems. But could this mindset lead us into trouble? I think so, and maybe it's a good idea to consider a general game plan of when to call in the cavalry.

First on the set of conditions where you ought to not just ignore things and press on is anything to do with the heart or the brain. It used to be thought that if someone had ever successfully completed a marathon, then that person was extremely unlikely to have a chance of any significant heart disease. This has been proven to not be the case at all. So if you have any symptoms of an irregular heart beat, chest pain especially if it is associated with feeling sweaty, short of breath or weak, please do not ignore these symptoms. In fact, time may be of critical importance, and the best approach is not to call a friend or even your doctor: call 911 or go right to the emergency room if the later approach will be the fastest route to get help. As far as the brain is concerned, lots of conditions can affect otherwise healthy people including strokes, and denial of symptoms is the worst choice of all. In medicine, we are trying to get people who may be having any symptoms of a stroke to the emergency room in a similar fashion as with a suspected heart attack, and that is why you may hear a lot of us talk of a stroke as a "brain attack". Typical symptoms of a stroke may include sudden loss of strength, difficulty in speech, or loss of balance.

Some of you may argue that troubles with the airway or breathing ought to be the most important conditions to deal with, and I would agree, but I think people having trouble with breathing or airway problems tend to not ignore those symptoms as much as other more confusing symptoms.

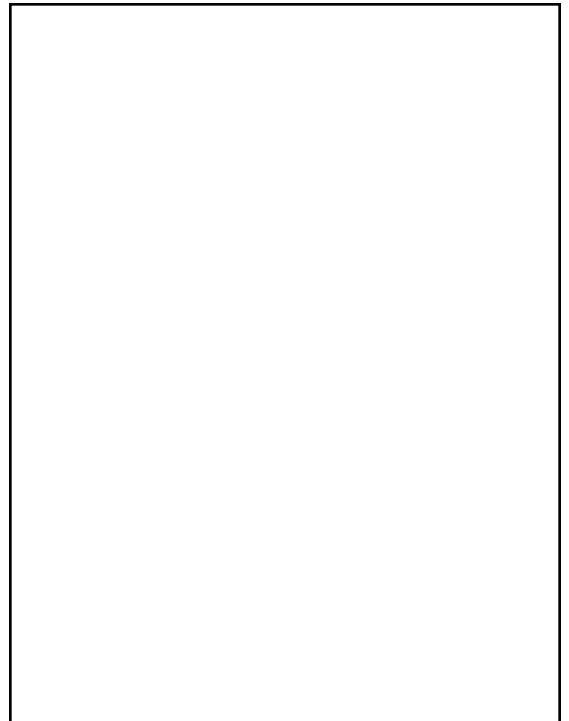
Another set of conditions that we active folks may get into fairly commonly are conditions resulting from trauma. Let's say that you are out about 4 miles into your usual trail run and suddenly find yourself getting a real close-up view of the ground as you trip and go arse over tea kettle. As you lay there, what's the first thing that you

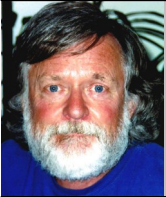
will probably be thinking of? If you are like me, it's "I wonder if anyone saw me do this stupid flip?" And I think that's pretty universal. However, don't let the fear of embarrassment make you jump up too fast. I think letting yourself lay there for just a moment and taking inventory is a good thing. If there is a lot of pain or any possible serious injury, it may be best to seek help without moving around too much. Yeah, like that's going to happen, Rock, you are saying to yourself. If I'm 4 miles into my run, I'll just limp or crawl my way back is what's going to happen, right? Maybe, but if it's bad enough, don't be afraid to just lay there and yell for help, or if there is a buddy with you, send them to get help.

I know it's a tough thing to figure out what to ignore and what to pay attention to, and I wish I could give you a perfect way to figure out the best approach, but there is no perfect way. I think my best advice would be that in your heart if you know that what you are feeling is not a typical minor problem, then don't deny this and deal with the problem sooner than later

Here's hoping that all your problems are minor ones, and that this Holiday Season is filled with great wonder and joy for you and yours.

Sincerely, Rocky Khosla, M.D.





## Predictions

by Don Pfost

### Rudolf's Reindeer Romp Predict



Eighteen runners joined Don Learned and Mary Rudolf for the inaugural running of Rudolf's Reindeer Romp, Saturday, December 16, at 9:00 am, in the Regency area on Pueblo's Southside. Fittingly, one of the early arrivals came decked out in Rudolf-the-Red-Nosed Reindeer boxer shorts worn over her running tights.

The conditions were pleasant for mid-December—temperatures in the low-forties, clear skies and a soft breeze out of the East.

The 4.25 mile course was exquisitely marked—there is no other way to describe it—with cones at all turns, and plenty of flour arrows, often times two side by side, signaling turns, reassuring us we were headed in the right direction, and so forth.

The run started on Nona Brooks Drive behind Don's condo, made an immediate left and headed north on Glenroyal Drive, turned right onto Lehigh, turned right at Regency, did a loop around Leidigh Park, and returned to Lehigh—as I exited the park, I saw the debris from a cone that someone had crushed, presumably with their vehicle. The course headed west to the end of Lehigh, and then did a counter clockwise loop on dirt trails that included rolling hills, colorful views of the mountains, and gullies filled with tumbleweeds that, thankfully, had been crushed and compacted as Don drove the course to mark it. The dirt trails passed around the northern perimeter of a development, and the course then headed back down Lehigh—this time bypassing the loop through the park—and Glenroyal Drive to the finish line, right back where we started.

Before the run, Mary estimated that the course was about a fifty-fifty mix of paved residential streets and the dirt trails

Bill Veges romped to a first place finish, just forty-two seconds over his predict, followed by Ben Valdez, Joe Bulow,

Ron Dehn and Dave Diaz, who were fifty-six seconds, fifty-nine seconds, one-minute four seconds and one-minute five seconds off their respective predicts. The top ten finishes were rounded out by Matthew Drake, Humberto Paredes, Mary Simmons Matt Sherman and Jordan Montera.

Matthew, a senior on the cross-country team at Pueblo West High School also had the fastest overall time of 26min:56secs, followed by Jordan at 29:22. Jordan, an eighth grader at Sky View Middle School, finished 32 out of 151 in the boys youth division of the AAU Cross Country National Championships held in Orlando, Florida, on December 2.

After the run, we gathered for the post-predict potluck in the festive, holiday atmosphere of Don's home, complete with a decorated tree, candles, bows, cards and Christmas music playing from the stereo. The tasty meal included two main egg dishes, plenty of pastry and rolls, fruit, juice, yogurt, and coffee.

Special guests were Hector and Sarah Paredes, the brother and sister-in-law of Humberto Paredes, who are visiting from South Africa. Molly, Don's dog, greeted many of us as we arrived and made herself the center of attention when group photos were taken.

Thanks to Don and Mary for directing the event and hosting the potluck, and thanks to Lois Pfost and Mary for working the finish line.

The Reindeer Romp was the final race in the 2006 prediction series, so the final results are now decided. To be eligible for inclusion in the final results it was necessary to complete at least five races, and for those who did more than five, their final points were the sum of their five best races. Fifteen runners completed at least five races.

Congratulations to Larry Volk, who finished first with 455 points, followed by

Don Pfost (451), Dave Diaz (441), Ron Dehn (423.29) and Matt Sherman (422.54). And, as shown in the table, Matthew Drake (405), Wendy Garrison (371), Ben Valdez (346), Stacey Diaz (342), Jill Montera (341), Steve Wall (311), Joe Bulow (281), Jim Robinson (250), Jordan Montera (214), and Troy Chantala (166) were the other qualifying finishers.

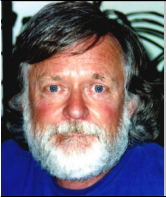
These fifteen are eligible for an award to be presented at the SCR annual banquet on Saturday, January 27, 2007.

Complete final standings for everyone who took part in the predict series are posted on the SCR website. A total of 125 runners participated in at least one predict event. In addition to the fifteen who completed five or more races, another seven completed four, ten completed three, and twelve and eighty-one, respectively, completed two and one.

I want to thank all those who directed one of this year's predict runs, often hosting a post-predict potluck as well. Thanks also to the volunteers, who helped marked the course, assisted with registration, served as course marshals, and worked the finish line. A special thanks to my wife, Lois, for her help at each and every race. Without the support of the race directors and volunteers the prediction series could not happen. And, last but not least, thanks to the 125 runners and walkers who participated in at least one predict event.

The 2006 Prediction Series is history. Hopefully, everyone had a good time. For now, take a breather and get yourself ready for the 2007 series.

(Finally, let me correct something I wrote in last month's predict article: Grape Creek runs through Temple Canyon, not Gulch Creek, as stated in last month's article about the Temple Canyon predict—I misread my topographical map.)



# Predictions

by Don Pfost

## Standings and Photos



### 2007 final standings for those with 5 or more races

PI	Name	SRO Tunup	Trail Mix	Rams 8	Yap Dog	Butt Bustr	Moon Madd	Tunl Drive	South Shore	Hrvst	Tmpl Canyon	Rdeer Romp	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	33.33	450.78
3	Dave Diaz	100.00	100.00	65.00	46.67	85.71					77.42	77.78	440.91
4	Ron Dehn	57.89		80.00	80.00	92.86		43.90			87.10	83.33	423.29
5	Matt Sherman	68.42	94.12	60.00	33.33				100.00	100.00		55.56	422.54
6	Matthew Drake			90.00		100.00	71.43				70.97	72.22	404.62
7	Wendy Garrison	94.74	64.71	15.00		64.29		58.54		25.93	88.71		370.97
8	Ben Valdez	52.63	88.24		40.00					70.37		94.44	345.68
9	Stacey Diaz	73.68	35.29	75.00	53.33	28.57	78.57	60.98		22.22	46.77	27.78	341.56
10	Jill Montera	15.79		70.00	86.67			34.15		85.19	64.52		340.51
11	Steve Wall	63.16					64.29	46.34		51.85	85.48	44.44	311.12
12	Joe Bulow		52.94			78.57		26.83		33.33		88.89	280.56
13	Jim Robinson	10.53		45.00		71.43	28.57	53.66	33.33	40.74		38.89	249.72
14	Jordan Montera	5.26						65.85		55.56	37.10	50.00	213.77
15	Troy Chantala		29.41	25.00	26.67			36.59		48.15			165.81

\* Sum of best 5 scores for those with more than 5 races

### Rudolf's Reindeer Romp Results

PI	Name	Pred	Actual	Diff	Pts
1	Bill Veges	36:00	36:42.39	00:42.39	100.00
2	Ben Valdez	35:00	35:56.65	00:56.65	94.44
3	Joe Bulow	34:45	35:44.74	00:59.74	88.89
4	Ron Dehn	39:49	40:53.70	01:04.70	83.33
5	Dave Diaz	30:30	31:35.49	01:05.49	77.78
6	Matthew Drake	25:40	26:56.77	01:16.77	72.22
7	Humberto Paredes	36:20	35:02.02	01:17.98	66.67
8	Mary Simmons	43:53	42:31.42	01:21.58	61.11
9	Matt Sherman	30:40	32:02.78	01:22.78	55.56
10	Jordan Montera	27:20	29:22.40	02:02.40	50.00
11	Steve Wall	31:13	33:29.31	02:16.31	44.44
12	Jim Robinson	30:01	32:27.79	02:26.79	38.89
13	Don Pfost	44:30	47:26.52	02:56.52	33.33
14	Stacey Diaz	37:00	40:24.57	03:24.57	27.78
15	Paulette Arns	42:15	46:07.74	03:52.74	22.22
16	Jeff Arnold	47:30	43:01.56	04:28.44	16.67
17	Hector Paredes	47:30	42:06.31	05:23.69	11.11
18	Sarah Paredes	48:00	42:07.79	05:52.21	5.56

**Mary Rudolf and Don Learned Hosted Rudolf's Reindeer Romp**



# Predictions

## Results & Photos



Above  
A group shot of many of the runners and volunteers at the Reindeer Romp

Left:  
Humberto, Hector and Sarah Paredes.

Hector and Sarah are Humberto's brother and sister-in-law and were visiting from South Africa



# Ramblin'

by Ron Dehn

**Saucony Size 9**



Recently one of the artists at CSU-Pueblo asked the campus to provide used pairs of shoes for an art project. As well as the shoes, the artist asked the contributors to provide a story about their shoes. Here's my story in a poem.

## **Saucony Size 9**

running 500 miles  
give or take a few  
most in pueblo west  
some to the northeast  
another few in the canyon  
5 or 6 trips on the peak  
mostly trails  
some streets

spring snows of '04  
I love the sound  
of the crunch at 30 degrees

and with the spring  
warmth and wet  
some mud  
some asphalt

doing more hills  
longer distance  
getting ready for august

with the heat  
early mornings  
and just before dark  
when the great horned owl calls

the bluffs near the reservoir  
spanish peaks to the south  
wet mountains to the west  
pikes peak to the north  
the moon rising  
and me with it  
a time to find  
a time to know  
a time to pray

august came way too soon  
and the ascent  
13.3 miles into the clouds  
the legs and lungs  
complained but complied  
the last mile  
became the mountain  
within the mountain  
and then became the gift  
I shall always treasure

in fall  
more miles more trails  
to reach 500

then the transition  
to everyday strolls  
and trips to and from and in between  
the store  
the park  
the mailbox

summer '05  
in the garage  
in the basement  
on the ladder

in the studio  
making pots  
collecting clay  
and glazing - red iron oxide  
decorating the right shoe

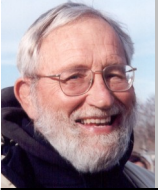
and for a while  
resting on the shelf  
deservedly so

and summer '06  
the final gift

coating the roof  
with silver to reflect  
and reflect  
and reflect  
and reflect







## Winter Adventure

By Jeff Arnold



In some long lost December issue of *Run* magazine, probably 1978, Jay Longacre wrote that adventure running is “whatever a runner considers it to be.” A conversation I had about that time affirmed for me that adventure is in the eye, or mind, of the adventurer. A young woman whom I used to coach, was describing a long stretch of hitchhiking across the Sahara Desert. When she had written just after getting across, her account sounded like the essence of adventure, and I imagined it to be the highlight of an adventurous trip. As she explained it in person, however, hitchhiking across the desert was not only unpleasant, but boring, the one part the trip she wished she hadn’t done.

Fortunately, for most of us, not many runs are boring, but sometimes there’s a tendency for the daily run to become, well, repetitious. The best cure for me when I seem to be settling in to a routine is to get off the road and do something that even I think is a little crazy.

While visiting my in-laws in Evergreen Christmas of 1978, I took a run like that. Jefferson County had recently acquired some property for their open space program. During the summer of 1978 a work crew of young people had built trails across Means Meadows where I had occasionally run in the previous four or five years. I came across one of those trails on a July, 1978 run. At that time I followed that trail far enough to guess that it might go up Bergen Peak, a prominent feature in the hills near Evergreen. Unlike the traveler in Frost’s poem, I almost always expect to return to the road not taken, so when I had a chance to take a long run on December 28, Bergen Peak was in the back of my mind, in spite of the foot of snow I expected to find in places.

Just after 9 am I told my wife that I’d be gone about two hours and drove down to the parking area just off Stagecoach Road at the trailhead for Meadow View Trail. Less than a half mile later the trail

intersects Sleepy S, but I left both, turning hard left to follow a vague two-track road I’d followed before. It was steep enough that if I’d been racing, I would have walked, but I kept slowing until I felt I could go on indefinitely. I seemed to remember that the trail I had been on in July starts downhill to the right off the ridge, so, after ten or eleven minutes of steep uphill, when I came to a trail going down to the right, I took it.

The trail switchbacked generally down across an east facing slope. After nearly a half hour of following the crusted footsteps of hikers, I found myself once again at the intersection of Meadow View and Sleepy S.

I paused for a moment to decide whether to end a pleasant, relatively short run, or to face the hills again. Flexibility was part of the fun of a run like this for me. I approached challenges with the idea that I could always turn around, or walk. With that in mind I turned up the hill, again.

Finding a sufficiently slow pace was easier this time, but when I reached my previous turning point and the trail got steeper, I began to walk. Apparently this section hadn’t been as popular with hikers because footprints were sparse, and eventually there were none. I lost the trail in the snow from time to time, but I recognized some of the sections I had run in July. Often the trail was visible in sunny clearings.

As the ridge I was following seemed to approach its high point, I began to look for the downhill turn to the right. I soon came on it and followed it for twenty or thirty yards for the calf deep snow convinced me to turn back. Although I was pretty sure I’d found the trail I’d scouted in the summer, I wasn’t certain it went up Bergen Peak. I was certain it went through the deepest snow I’d seen so far.

Since I could see the peak I decided to bushwhack and look for a different

route. I climbed a rock outcrop and decided that a direct line was feasible. As I was looking for a dry approximation to a direct line to the peak, I spotted another section of the trail.

I ran the relatively level section fairly easily even though it soon was deep again. My feet were beginning to get cold and wet, and since my two hours were running out, I decided to run for ten more minutes and see where I was then. Before the ten minutes were up I cam to a fork marked Bergen Peak and Too Long Trail. This was encouraging because I knew I was on the right trail and farther than I had ever been before. It was also money in the bank because I knew I’d found a challenging trail to explore next time. As I imagine an alcoholic promises himself to quit after just one more, I continued on far beyond my time limit, one switchback at a time till I lost the trail. I didn’t know whether the work crew had quit there or I just couldn’t make out the trail, but I was near enough to the top that I was not going to turn back for lack of a trail.

I headed straight for where I thought the summit was, bushwhacking uphill. After a minute or two I found the trail and soon had an inspiring view of the Back Range, including Mt. Evans. By the time the trail disappeared once more, I was nearly behind the summit and the rocky ground was snow-free in patches. Even though the open way led right up the fall line, it was fun to run without snow for awhile. I was soon high enough that when I climbed a little boulder, I looked around and saw nothing higher.

Had my feet been warmer I would probably have explored the other possible summit just to be sure. Instead I headed down. The jarring on the rocky ground reminded me that I had feet. Including the extra loop on Meadow View Trail, I had been out about an hour and twenty minutes, fifty on the actual

*(Continued on page 10)*



## A Beginner's Guide to Trail Running, Part II

by Paul Vorndam



In Part I of this intro to trail running I discussed trail shoes, watching where you're going and rest breaks (more or less). I should digress a bit and define what trail running is. I'm sorry, but anything covered with concrete or asphalt is NOT a trail. Yes, I know there is a "nature trail" in Pueblo along the Arkansas river and Fountain Creek, but just because you can't get hit by a semi on it, doesn't mean it's a *real* trail. A *real* trail has at least one and maybe more of the following characteristics:

- the 3 R's (rocks, roots n' ruts)
- lions, tigers and bears (well OK, maybe bears)
- streams to ford
- vegetation obstacles
- bugs
- spectacular scenery (you were wondering if there were any good things, eh?)
- no Wonder Bread trucks ( or fumes, blaring horns, etc.)

One thing on the list above that I forgot to mention last time under the heading of "watching where you're going" is vegetation obstacles. Around Rye the trails occasionally have "dead fall". No, this is not other runners that have exceeded their capabilities, but branches or trees that have fallen across the trail at

various heights. If you go out for a trail run and wake up in the hospital with a knot on your forehead, you'll know what I mean. Of course, I've never done this.

The changeable weather in Colorado has implications for trail runner clothing. It's one thing to be caught in a down pour in Pueblo while out on a run, where you can duck into a store or someone's Lexus coupe parked on the street if you're soaked and cold vs. being out on a trail miles from creature comforts. Hypothermia is a real danger if you're soaked, tired and it's 50°. If you're not tired and can pick up the pace and generate more heat, you'll be OK as long as you can get back to shelter before you run out of gas. However, that's perhaps not the most prudent approach. What if you trip, twist an ankle and can't pick up the pace? There goes the internal furnace. It's safer to wear the right clothing to begin with and take some insurance clothing along. Cotton T-shirts are comfy around town, but are not a good idea out on the trails. When wet, cotton loses any insulating ability; don't wear cotton. Also, take a waterproof windbreaker shell (preferably with a hood) with you. Depending on the elevation, you may need more protection (stocking cap, etc.). The small fanny pack that you use to carry your water bottles can be used to carry the additional clothing.

Speaking of water, here's what I do for a long trail run (>2 hours). I

down about a quart of fluid in the 30 minutes before I begin the run AND take a couple of water bottles with me. If it's an hour run, I cut back accordingly. There are streams in the mountains around Rye and I know some folks that drink from them without purifying the water, but I've also had giardia and it's not much fun for you (or your loved ones). So take a camelback or whatever, but stay hydrated. I knew a guy in Boulder that did 60 mile + training runs and he would drive to various points on his route before hand and stash gallon plastic jugs of water. Whatever works for you!

Lastly, there is some great technology you can take along on a trail run! For instance, you could take a heart rate monitor, an iPod, a GPS, a cell phone, a wrist watch, extra batteries for all of these (and a wheel barrow to carry it all in). Actually, you don't need all that stuff. Cell phone reception may be iffy to non-existent. If you're listening to an iPod, you won't hear the birds (or the bear grunting behind you). Shaun doesn't use a GPS and he never gets lost (at least he usually makes it back home before the next morning). So just head out and enjoy. Be sure to let someone know your route and expected return time before you go (just in case you do run into Shaun and tag along with him). Happy Trails and have a great 2007!!

(Continued from page 9)

ascent. On steep climbs one can come down twice as fast as go up. I bounded down whenever I could. Even on nearly level sections the psychological momentum carried me so that I could run fairly easily in deep snow.

Once back on the ridge my feet began to warm up and were perfectly comfortable by the time I got back to the car. That didn't stop me wringing out my socks and changing to a dry pair. After two and a half hours of being com-

pletely in the world of running and walking, I began the transition to a different life. I looked forward to a hot shower and breakfast, planned how to pack all our Christmas presents into the car so there'd be room for us too, and managed to stop and pick up the morning newspaper at Safeway.

What difference had it made that in a foot of snow I'd gone up Bergen Peak in ordinary winter running gear? Perhaps not much but afterwards I felt freer to try other crazy things and less

likely to be limited by my ideas of what can't be done. And it was fun. I enjoyed being out in the snow and trees and sky. I got a good workout. How much better does it get?

# Pueblo Health Exp

Get Active. Live Healthy.



By Jillian Maes

The New Year is bringing a new event to the Pueblo community! It is the first event of this magnitude with emphasis in health, nutrition, fitness, recreation, safety and overall well being, being presented to the residents of the Pueblo area. The 2007 Pueblo Health Expo will be held on Saturday, January 27, 2007 from 8 am to 3 pm at the Pueblo Convention Center. Numerous community agencies and organizations throughout Pueblo have partnered together to present this comprehensive health fair.

It is anticipated that 500-1,000 participants will be in attendance for the day-long event. Health screenings, vision screenings and fitness assessments will be provided at no cost to the community including: Blood Pressure, Pulse Oximetry, Lung Function, Vision, Blood Sugar, Cardio Step Test, Grip Strength & Flexibility, Body Mass Index, Stress Management & Depression, Community Resources & Women's Health Issues and Ask a Medical Expert. These screenings will be provided for the first 500 people who register that day. People who wish to partake in the screenings will need to fast for at least one hour prior to the screenings for an accurate blood glucose result, and are recommended to wear comfortable clothing.

There will also be cooking and fitness demonstrations, as well as presenters speaking on healthy lifestyle topics, including John Register, a former Para-Olympian, now a motivational speaker. A host of vendor booths will also promote various services and products available in our community to increase active and healthy lifestyles.

People of all ages in Pueblo and surrounding communities are invited to actively participate in the first **Pueblo Health Expo** by taking advantage of the free health screenings and abundance of health information. Get active... live healthy!

For more information, please call 549-4518.



*Editor's Note: This event is FREE, so be sure to put in on your calendar. For more information, check out the website: <http://www.activepueblo.net>*

## Reminders

By Don Pfost



A reminder that the 2007 SCR Banquet will be held on Saturday, January 27, with a 6:00 pm start at Rosario's Italian Restaurant.

You can either make prepayment or RSVP, but you must do one or the other no later than Monday, January 22. Prepayment is encouraged. See insert in this newsletter for details.

A full program is planned—George Dallam, CSU-Pueblo, will be the featured speaker, plus there will be drawings, a silent auction, awards, and the introduction of officers.

And speaking of awards, email you nominations for male and female runner to Jacqueline Wall ([scjjwall@juno.com](mailto:scjjwall@juno.com)) by Saturday, January 20. The top male and female runners will be chosen from among the nominees by a vote of those attending the banquet.

For more details about the banquet, see the article in last month's newsletter.

Hope to see you there. Bring your favorite dessert to share!

Banquet Committee

## Membership



If you haven't sent in your 2007 membership, please take a few moments now to fill out the enclosed membership form and put it in the mail or drop it off at the YMCA.

The benefits of membership are many—the camaraderie of other runners, an award winning newsletter, reduced entry fees to club-produced races, an annual picnic and banquet, the prediction series, and a free subscription to *Colorado Runner* magazine.

Keep in mind that membership dues pay for the production and mailing of the newsletter, and they subsidize subscriptions to *Colorado Runner*. So, if your renewal is not received before the next newsletter is mailed, your name will be removed from the mailing lists for both the newsletter and *Colorado Runner*.

Don't miss out. Send in your membership now. Thanks.

Don Pfost, Membership Chair



## 2006 Rock Canyon (continued)

by Jeff Arnold



*(Continued from page 1)*

After a lap of the park a group of three had a clear lead, and after the second time around had lapped about thirty of the slower runners, and some fast walkers. I had planned to ride my bike with Keith Dugan, a County High runner doing his first race over 4 miles, but decided not to risk it. I knew I'd probably fall, and worse, couldn't keep up.

As I stood on the south side of the fountain, directing runners and trying to keep drivers from doing something crazy, I saw a myriad of running styles and ways of dealing with the 24 degree temperature and lightly snow. And, I didn't recognize most of the runners. I did see Paul Koch who told me before the race that he hadn't been training much and didn't expect to do well. He was about seventh after two loops. Paul Murphy is hard to miss and he looked to be holding back. As I extended my right arm to point to the sharp left the runners would take on the first lap, several reached out and slapped five with me.

I was pleased that Keith, who was a 2:03 800 meter runner last spring as a freshman, hadn't started too fast. But he was still close enough to the front that I realized that if I didn't abandon my post before the walkers passed, I'd never make it to the Nature Center before Keith. And that was before I realized how slick the roads had become for driving. I slithered to the parking lot near the base of the dam where the runners are briefly on the south side of the river. I saw all but about the first six.

I started walking backwards on the course and when I came to the road below the dam, Dave arrived on his bike, got out a can of florescent orange spray paint and remarked the turn. I told him if the runners couldn't follow the footprints in the snow, they deserved to be lost, but he got back on his bike and rode off to remark just one more turn. I got to see many of the front runners and several well behind them. Joe Stommel was

just one of many who slipped there. Even more remarkable, I saw Rich Hadley, who eventually won the 50-54 age division in 1:35:06, put on a long sleeved shirt. Finally Keith arrived looking slightly overheated. I told him to drink all the sugar he could get, then got in my car for the treacherous drive to the Nature Center.

At the Center I started walking west on the gravel road, and realized that the leaders had probably finished several minutes earlier. I met Keith a half mile west of the Center. He was slowing and people were gradually passing him. I got back to the finish line in plenty of time to see him finish, limping a little, in 1:58:06.

The race was won by Adam Rich who took a circuitous route to becoming a college runner. Three years ago or so he started showing up at local races and winning them. He has run for both Western State and UCCS. He had fine time of 1:20:16 at this Rock Canyon, especially considering the conditions. I don't know the women's winner, Amy Reginier of Colorado Springs, except that the woman leading always smiled and seemed to be running well under control. A quick search indicates that this was Amy's fourth straight Rock Canyon. Perhaps conditions were finally right for her since her 1:34:39 was well over a minute faster than the second woman overall, Emily Brzozowski, also of Springs. In Amy's 2003 Rock Canyon debut she ran 1:31:29 and was seventh woman.

Matt Drake, a Pueblo West senior, improved his already very good time from last year by a few seconds. His 1:29:07 brought him a fifth place overall as well as a clear age division win. His freshman teammate Mike Schmidt also had a fine time, 1:34:04, to take second in that division. Ashlee Withrow, a Florence grad won the female 19 and under division with 1:45:13. A third Pueblo West cross country runner, 14 year old Anna Mar-

shall, was second in the 19 and under females with a 2:00:47. That time is much slower than last year but Anna hasn't done any significant run training since state at the end of October. She did, however win the 200 Freestyle in West's first swim meet of the season Thursday.

Paul Mann of Colorado Springs won the 25-29 age division and second overall with a 1:23:47. Emily Brzozowski won that female division in 1:35:52. Paul Murphy of Pueblo West won the 35-39 division in 1:30:38. Heather Hunt of Englewood won the 30-34 division in 1:36:18. Brad Cooper of Littleton won the Masters division and was third overall in 1:25:45. Tracy Lynn Winterbottom of Colorado Springs was the female Masters winner in 1:47:12. Lani Gendron, also of Springs, won the womens 50-54 division in 1:57:10. Lou Huie, and SCR member from Springs, had a fine race to win the 60-64 age division in 1:49:14. Sally Kennet of Salida won the 60-64 womens division in 2:24:25.

There were 245 finishers, the third largest number ever. There have to be 245 different stories of the race, but from what I heard, most folks felt the snowy conditions made this one unforgettable. One of the best stories, to go with the collective courage of the 245 finishers, and Dave Diaz's hard work and good planning, was the story of a woman from Littleton, either Andrea Culp, 1:39:09 or Jodey Hart 2:28:39. Last year our as yet unknown heroine was involved in an auto accident on the way to the race that kept her from running. This year she was in another wreck, but this time the car started, the police pulled it out, and she made it to Pueblo. That's persistence.

## Rock Canyon Results\*

Age Gr O'All						Age Gr O'All									
Sx	Grp	PI	PI	Name	Ag Town	Time	Pace	Sx	Grp	PI	PI	Name	Ag Town	Time	Pace
F	O'all	1	17	Amy K Regnier	44 Colo Spgs	1:34:39	7:13	M	20-24	1	50	Nathan Rayle	22 Ft Carson	1:46:40	8:08
F	Mast	1	51	Traci Winterbottom	42 Colo Spgs	1:47:12	8:11	M	20-24	2	160	Clayton Cruickshank	20 USAF	2:14:28	10:15
F	0-19	1	45	Ashlee Withrow	19 Wetmore	1:45:13	8:02	M	25-29	1	2	Paul Mann	29 Colo Spgs	1:23:47	6:23
F	0-19	2	109	Anna Marie Marshall	14 Pblo Wst	2:00:47	9:13	M	25-29	2	29	Neal Craig	28 Louisville	1:38:44	7:32
F	0-19	3	183	Danika Hayden	18 Canon City	2:20:05	10:41	M	25-29	3	70	Jesse Robert Ward	25 Cotopaxi	1:51:44	8:31
F	0-19	4	200	Sydney Harris	13 Colo Spgs	2:25:19	11:05	M	25-29	4	80	Rubin Lee Sisneros	25 Raton NM	1:54:34	8:44
F	0-19	5	228	Zoe Harris	13 Colo Spgs	2:46:47	12:43	M	25-29	5	123	Brian M Crolley	28 Colo Spgs	2:05:06	9:33
F	20-24	1	30	Elizabeth Watkins	24 Colo Spgs	1:38:47	7:32	M	30-34	1	10	Scott R. Nalbach	30 Colo Spgs	1:31:53	7:01
F	20-24	2	33	Hannah Dietrich	23 Colo Spgs	1:40:02	7:38	M	30-34	2	12	Eric Swope	32 Colo Spgs	1:32:10	7:02
F	20-24	3	61	Sydney Mondragon	23 Pueblo	1:49:01	8:19	M	30-34	3	20	Ryan Leonard	30 Colo Spgs	1:35:19	7:16
F	20-24	4	102	Katherine Sorensen	22 Wstmnstr	1:58:40	9:03	M	30-34	4	42	David Anderson	33 Colo Spgs	1:43:29	7:54
F	20-24	5	118	Laurel Thomasarriago	20 Boulder	2:03:26	9:25	M	30-34	5	46	Eric Pinkerton	34 Colo Spgs	1:45:30	8:03
F	25-29	1	22	Emily Brzozowski	27 Colo Spgs	1:35:52	7:19	M	30-34	7	53	Matt Sherman	34 Pblo Wst	1:47:15	8:11
F	25-29	2	32	Andrea L Culp	29 Littleton	1:39:09	7:34	M	35-39	1	6	Paul Murphy	38 Pblo Wst	1:30:38	6:55
F	25-29	3	87	Katherine I Portillo	28 Colo Spgs	1:56:20	8:52	M	35-39	2	9	Paul L Koch	38 Colo Spgs	1:31:39	6:59
F	25-29	4	105	Annie Whitney	29 Denver	1:59:43	9:08	M	35-39	3	13	Kenneth Wright	36 Colo Spgs	1:32:11	7:02
F	25-29	5	130	Katie Ferrington	25 Colo Spgs	2:06:41	9:40	M	35-39	4	23	Tyler Crippen	35 Denver	1:36:14	7:20
F	30-34	1	24	Heather Marie Hunt	32 Englewood	1:36:18	7:21	M	35-39	5	26	Neal Oseland	37 Colo Spgs	1:38:19	7:30
F	30-34	2	60	Marcy Epperson	34 Canon City	1:48:45	8:18	M	35-39	15	104	Rusty E Smith	39 Pblo Wst	1:59:08	9:05
F	30-34	3	71	Sara A Wulfschuhle	32 Falcon	1:51:49	8:32	M	40-44	1	8	B Van Langenhoven	44 Fort Collins	1:31:12	6:57
F	30-34	4	75	Yukiko Kimura	32 Broomfield	1:53:24	8:39	M	40-44	2	11	Richard M Hessek	40 Colo Spgs	1:32:00	7:01
F	30-34	5	120	Renee Bredder	31 Colo Spgs	2:03:59	9:27	M	40-44	3	18	Scott D Konnagan	43 Colo Spgs	1:35:00	7:15
F	35-39	1	47	Cathi Webber	37 Colo Spgs	1:45:33	8:03	M	40-44	4	28	Peter Donelan	43 Centennial	1:38:40	7:32
F	35-39	2	56	Emily J Borrego	38 Pueblo	1:47:45	8:13	M	40-44	5	35	Rich Muzzy	40 Colo Spgs	1:41:53	7:46
F	35-39	3	84	Betsy O'Conner	37 Wash DC	1:55:49	8:50	M	40-44	7	65	Bill J Mares	41 Pueblo	1:49:56	8:23
F	35-39	4	92	Linda A Strange	36 Rye	1:57:28	8:58	M	40-44	11	86	Eugene Mares	44 Pueblo	1:56:12	8:52
F	35-39	5	100	Melissa Waters	35 Falcon	1:58:25	9:02	M	45-49	1	4	Keith Johnson	45 Hlinds Rnch	1:27:06	6:39
F	40-44	1	68	Lisa McCone	40 Colo Spgs	1:51:13	8:29	M	45-49	2	7	Glenn Clemons	45 Pueblo	1:30:40	6:55
F	40-44	2	73	Marilyn Goodloe	44 Colo Spgs	1:52:45	8:36	M	45-49	3	14	Vernon M Smith	49 Colo Spgs	1:32:34	7:04
F	40-44	3	81	Kelly Miller	40 Colo Spgs	1:54:39	8:45	M	45-49	4	15	Anthony Savage	46 Manitou	1:33:14	7:07
F	40-44	4	83	Tammy Stone	44 Florence	1:55:12	8:47	M	45-49	5	21	David Meyer	45 Colo Spgs	1:35:46	7:18
F	40-44	5	85	Angela R Powers	40 Lakewood	1:55:53	8:50	M	50-54	1	19	Rich Hadley	50 Florence	1:35:06	7:15
F	45-49	1	106	Diane H Warner	47 Colo Spgs	1:59:48	9:08	M	50-54	2	34	Bruce Kirschner	53 Louisville	1:41:01	7:42
F	45-49	2	125	Barb Gossage	45 Colo Spgs	2:05:37	9:35	M	50-54	3	47	Lou M Johnson	50 Monument	1:42:29	7:49
F	45-49	3	137	Katie Flemate	46 Colo Spgs	2:08:03	9:46	M	50-54	4	39	Scott Palmer	51 Colo Spgs	1:46:31	8:08
F	45-49	4	158	Stacey A Diaz	46 Pueblo	2:14:18	10:15	M	50-54	5	52	Tom Zehringer	52 Colo Spgs	1:47:12	8:11
F	45-49	5	159	Juanita Peters	46 BonCarbo	2:14:22	10:15	M	50-54	7	66	Humberto Paredes	50 Pblo Wst	1:50:32	8:26
F	50-54	1	90	Lani L Gendron	50 Colo Spgs	1:57:10	8:56	M	50-54	13	148	Mike L Borton	51 Pueblo	2:11:23	10:01
F	50-54	2	151	Sue Meyers	52 Colo Spgs	2:11:58	10:04	M	50-54	18	243	Gregory Berryman	51 Pueblo	3:27:36	15:50
F	50-54	3	152	Laurel E Wright	52 Pblo Wst	2:12:31	10:07	M	55-59	1	25	George W Jones	56 Monument	1:37:59	7:28
F	50-54	4	172	Carol Brimmeier	54 Trinidad	2:17:24	10:29	M	55-59	2	39	Larry C Miller	56 Colo Spgs	1:43:01	7:51
F	50-54	5	188	Jane L Chess	53 Florence	2:21:49	10:49	M	55-59	3	41	James S Robinson	55 Pueblo	1:43:20	7:53
F	50-54	6	209	Hilda Lucille Olivas	51 Pueblo	2:29:37	11:25	M	55-59	4	55	George R Greco	58 Colo Spgs	1:47:34	8:12
F	50-54	7	210	Paulette Arns	54 Pblo Wst	2:29:48	11:26	M	55-59	5	63	Joe Stommel	57 Pueblo	1:49:23	8:21
F	55-59	1	113	Peg A Roddy-Reeg	58 Colo Spgs	2:02:03	9:19	M	55-59	8	135	Hector Leyba	56 Penrose	2:07:40	9:44
F	55-59	2	179	Robin Satterwhite	55 Colo Spgs	2:19:18	10:38	M	60-64	1	62	Lou Huie	60 Colo Spgs	1:49:14	8:20
F	55-59	3	205	Beverly S Skroch	56 Creede	2:27:09	11:13	M	60-64	2	144	Tim Ryan	61 Colo Spgs	2:10:13	9:56
F	60-64	1	196	Sally C Kennett	64 Salida	2:24:25	11:01	M	60-64	3	184	Herman Goellnitz	60 Colo Spgs	2:20:10	10:42
F	60-64	2	227	Andrea Jean Hatch	63 Castine ME	2:44:48	12:34	M	60-64	4	194	John Shaw	63 Colo Spgs	2:23:52	10:58
F	60-64	3	234	D Nicholas-Griesel	60 Coaldale	2:52:09	13:08	M	60-64	5	208	Jimmie D Alcorn	62 Pblo Wst	2:29:34	11:25
M	O'all	1	1	Adam Rich	25 Colo Spgs	1:20:16	6:07	M	65-69	1	93	Jim R Romero	66 Denver	1:57:31	8:58
M	Mast	1	3	Brad Cooper	40 Littleton	1:25:45	6:32	M	65-69	2	116	Marvin L Bradley	67 Canon City	2:02:37	9:21
M	0-19	1	5	Matthew Drake	18 Pblo Wst	1:29:07	6:48	M	65-69	3	174	Curtis Wright	65 Pblo Wst	2:17:40	10:30
M	0-19	2	16	Mike W Schmidt	16 Pblo Wst	1:34:04	7:11	M	70+	1	202	Richard W Kennett	70 Salida	2:25:53	11:08
M	0-19	3	27	Steven Sanchez	17 Colo Spgs	1:38:25	7:30								
M	0-19	4	40	Richard Romani	18 Penrose	1:43:17	7:53								
M	0-19	5	95	Keith Dugan	16 Pueblo	1:58:06	9:01								
M	0-19	#	211	Jamen Kyle Cox	15 Pblo Wst	2:30:46	11:30								
M	0-19	#	212	Justen Kieth Cox	15 Pblo Wst	2:31:14	11:32								

\*These are partial results. For the most part, the top 5 finishers for each age group are listed. For complete results, go to [www.socorunners.org](http://www.socorunners.org) and click the *Results* link.



# Rock Canyon Photos

provided by Larry Volk



L to R  
Donna  
Nicholas-Greisel



Bill Mares  
Emily Borrego  
Paul Koch



L to R  
Eugene  
Mares  
  
Linda  
Strange  
  
Lou Huie



L to R  
Marv Bradley  
Mike Borton  
Mike Schmidt



Again we thank Larry Volk for terrific photos of Rock Canyon runners.

To see your photo, or to buy one, go to the SCR homepage and click results.



## 2007 very tentative Calendar



### Tentative Race Schedule for 2007

<u>Race Date</u>	<u>Race Name</u>	<u>Distance</u>	<u>Race Director</u>
<b>2007</b>			
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 Pfof
5/6	Cinco de Mayo	2M,5K,10K	Hilbert Navarro
5/13	Yappy Dog	8.6M	Ross Barnhart
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.

Check the calendar link on the SCR website for more current / complete info

(Continued from page 2)

inquiry from Angelo Aragon concerning the possibility of staging a new race in the Pueblo area to benefit cancer research. Angelo volunteered to be race director if such an event is held in the future. Raptor Center benefit: SCR received inquiry concerning the possibility of staging a future race to benefit the Raptor Center. Ken Raich will follow up on this inquiry. Procedure to obtain volunteer names with results- Discussion was held concerning the need to designate a person at events to compile a list of volunteers present to be included with race results. SCR sponsorship of USATF club: Jeff Arnold raised the possibility of SCR in the future sponsoring a USATF club which would be approximately a \$45.00 expense. Annual Banquet: Lois Pfof reported that plans have been finalized for SCR annual banquet to be held at

Rosario's Restaurant on Saturday January 27. SCR has secured an outstanding guest speaker George Dallam who currently heads the CSU Pueblo cross country program. Banquet reservation forms will be included in the upcoming January newsletter.

New Business: SCR officers for 2007-Brief discussion was held concerning election of SCR officers for 2007. Ken Raich will report at a later date.

Adjournment: Meeting adjourned at 9:00 PM

Respectfully submitted: Stan Hren

#### RRCA Resources

Are you looking for running resources? Check out the RRCA website. See: <http://www.rrca.org> Check out the online runner's magazine *Footnotes*. Just click on the icon. While you are there, check out the various news articles including news about the 50<sup>th</sup> annual RRCA convention.

#### Thanks Rock Canyon Volunteers!

Thanks goes out to: Race Directors: Dave & Stacey Diaz, Registration: Gina Benfatti, Ruth McDonald, Tim from the Gold Dust, Snow Shoveling: Brian Ropp, Data Entry: Steve Wall, Setup: Emily Borrego, Carrie Slover, Finish Line: Don & Lois Pfof, Terry Cathcart, Mark Koch, Dale Alcorn, Results: Jacqueline Wall & Ken Raich, Pre-Race Entrant Data Entry: Steve & Jacqueline Wall, Course Marshals: Bill Veges, Gary Franchi, Karen Vanhaverbeke, Michael Orendorff, Photographer: Larry Volk.

#### Thank you Rudolf's Reindeer Romp Volunteers

Race Directors and Course Markers: Don Learned and Mary Rudolf, Greeter: Molly, Finish Line: Lois Pfof and Mary Rudolf, Results: Don Pfof

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

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



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

Issues of "Footprints"  
are not forwarded.

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

### **Upcoming Races**



The Frostbite 5 is at 10am  
on February 3rd. It is a 5  
miler beginning at the City  
Park Pavilion.

The Valentine's Twosome is at  
9am on February 10th also at City  
Park. Costumes are encouraged  
and don't forget to decorate a ba-  
ton!



See Page 11 for info on  
The Pueblo Expo  
The Annual SCR Banquet  
Membership Renewal

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

**The Next Meeting:** SCR meetings are typically held  
at 7 pm on the 1st Wed of each month at the Pueblo  
YMCA. Once in a while there is an exception, but not  
often. All SCR members are welcome!!! See you on  
January 3rd.

### **The Final Thoughts...**

Kindness is in our power, even when fondness is not. -  
Samuel Johnson, lexicographer (1709-1784)

The game of life is a game of boomerangs. Our thoughts,  
deeds and words return to us sooner or later with astounding  
accuracy. -Florence Scovel Shinn, writer, artist and teacher  
(1871-1940)

The cost of a thing is the amount of what I call life which is  
required to be exchanged for it, immediately or in the long  
run. -Henry David Thoreau, naturalist and author (1817-  
1862)

A lot of people are afraid of heights. Not me, I'm afraid of  
widths. - Steven Wright