



Editor: Ron Dehn

FOOTPRINTS

Be my Valentine???

Greetings from Paulette



Greetings Southern Colorado Runner's Club members:

Happy New Year! Just around the corner is the annual Pueblo Chieftain Spring Runoff which will be held this year on Sunday, March 4th. I know I have told many of you, but not in the official Runners Club newsletter, that I do so appreciate all the help from your Club to get this done.

This will be the 29th year for this run. The profits go right back to your Club for putting this on. We hope it helps you have money for equipment and to help with other races throughout the year.

The Spring Runoff has changed and moved over the years and it just keeps getting better. I have been with the Chieftain since 1987 and 'inherited' the Runoff. Never the sports person, I was thrilled the first year because the beginning was near a donut shop!!! Shows you where my mind (and body) are! Fortunately when I started at The Chief-

tain there were wonderful people here who helped impress upon me the importance and fun aspects of this race for the community: Larry Lopez, Judy Hildner, Len Gregory, Gary Franchi and Chris McLean got me focused properly. Then I found out I didn't have to do it alone! WOW was that a great piece of news. Through the years the Runners Club has always given me great leadership with the chairmen you have chosen. I must tell you that Terry Cathcart is an absolute delight to work with on every aspect of this race! Ken Raich has made the easiest to use computer program to register runners and create labels to mail out the forms, even someone 'computer challenged' like I am can do it easily!!!. He even brings his wife Pixie to help on

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SCR Notes from the January, 2007 meeting

Attendance: Paul LaBar, Jeff Arnold, Stan Hren, Dave Diaz, Jacqueline Wall, Steve Wall, Lois Pfost, Don Pfost, Rich Hadley, Gary Franchi, Todd Kelly, Ron Dehn, Ken Raich, Terry Cathcart

Minutes as printed in the January newsletter were approved

Officer Reports: Secretary-Ken Raich reported that the search continues for the secretary position. Stan Hren will continue in this capacity until resolved. Treasurer's Report-Dave Diaz reported on the financial position of the club, noting that cash on hand was approximately \$2400.00 less than one year ago. After some discussion by those in attendance, the difference was accounted for due to increased contributions, enhanced awards at Rock Canyon including finisher medals, and other justified expenses. Dave's report was unanimously approved as presented, including high praise for an outstanding job as club treasurer. Newsletter Editor-Ron Dehn reported receipt of payment from Pikes Peak Road Runners for advertising in SCR newsletter. Determination was made as to level of payment to Road Runners Club of America for 2007. Webmaster-Paul LaBar was introduced to those in attendance as our new webmaster. Paul outlined exciting plans to clean up the website, archive data from last year, establish an on-line membership database, include predict series descriptions, and upgrade the look and feel of our website. Jeff Arnold sug-

gested that information on the US Cross Country Championship event in Boulder could be posted, as well as on-line registry for some events. Membership Chair: Don Pfost reported that 75 members have renewed to date and that 200 are needed to qualify for the bulk rate for the newsletter. A reminder will be included in the January newsletter.

Upcoming Races-Frostbite Five Feb 3: In the absence of Victoria Herrera, Ken reported that the event will start at 10AM and will include a 5 mile run and a 5K walk. Volunteers for course marshals should contact Victoria at the YMCA. Valentines Two-some Feb 10: Jeff Arnold reported that this low-key, chocolate enhanced event will begin at 9AM. Entry forms are included in the January Newsletter. Spring Runoff Tuneup Feb 18th: Ken Raich reported that this event is the first predict event for 2007 and will cover the same 10K course as last year at City Park. Spring Runoff March 3: Terry Cathcart reported initial planning for the event that will include 2 Mile, 5K, 10K, and 10 mile events. Volunteers from Pueblo County High and Pueblo West will assist with this year's event. Fees for athletes under 18 years will be offered at the low rate of \$10.00 and adults slightly higher.

Activity Recaps/Updates/Revisits: Rudolph's Reindeer Romp December 17-The event was successful with 18 participants, including 2

from South Africa

Special Guest: Todd Kelly from CSU Pueblo made a special presentation to the club concerning the possibility of creating a three race series event as a joint venture of SCR and CSU Pueblo. The proposal received a positive response from those in attendance and could include worthwhile events such as the survival run which has experienced

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Southern Colorado Runners

www.socorunners.org

SCR Mailing Address:

700 N. Albany Avenue
Pueblo, CO 81003

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

"Footprints" Issue No. 297

"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 Pfost	544-9633
Newsletter Co-Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Wesley Autrey*	
Newsletter Advisor	Chris Dehn	
Web Master	Michael Orendorff	

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Stan Hren, Don Pfost

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.

* Wesley Autrey is a 50 year old man from Manhattan. Wesley was standing on the platform waiting for a train when a 19 year-old man had a seizure and fell onto the tracks. With the train bearing down on the 19 year-old, Wesley jumped onto the tracks to try to pull the man to safety. When his initial attempt failed, Wesley rolled the other man into the trough between the rails, pulled in his arms, and laid on top of him while two cars of the train passed over them. The train was so close, it grazed Wesley's stocking cap.



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

Take your sweetie on a date



to the Gold Dust 217 South Union



Great Stuff

by Gary Franchi

Bolder Boulder makes a 'Smart' move



Thought for today's lunch, compliments of comedian George Carlin: "If you can't say something nice about a person, go ahead."

Musings about running, fitness and life:

Technology continues to leave me in its rear view mirror, if indeed I'm even visible back there anymore.

While there are iPods, Mini Shuffle Pods and MP3 players, I sometimes feel I'm living in the Dark Ages by continuing to use my radio headset. For training, there are heart rate monitors and power training gauges, but I don't even have a cadence function on my bike's cyclometer. In the world of wetsuits, Orca just came out with a 3.8 model that has breathable neoprene material and retails for \$569.99; I haven't even used my ancient model for years because it actually slows me down in the water, which I determined through "with" and "without" time trials in the YMCA pool.

Now I've learned that even chip timing, like the 40-hour work week, might become passé. I'm serious. If you run the Bolder Boulder 10K race this year, you'll find out all about it.

Runners in the Bolder Boulder can be as dumb as spit but they'll still wear a "Smart Tag" in the 29th running of the race this Memorial Day. The "Smart Tag" contains a pair of antennae and utilizes radio frequency identification. There will be electronic readers at mile markers and at the finish line that will detect each tag as runners pass by. Hence, to play with the minds of the race officials, you could determine where these electronic readers are located and scoot back and forth over them several times during your race. Hey, who cares about a finishing time when you have the chance to play the role of a Ken Kesey-like Merry Prankster?

The tags, which are about half the size of a credit card, reportedly work like electronic employee ID badges, whatever that means. The real beauty of them is that they will be able to provide finish times faster and with mile splits,

too -- maybe even by the time you are at the post-race party.

Who knows, maybe we'll be able to use them as credit cards at the expo that's held next to Folsom Stadium after the Bolder Boulder race. Hmm, I can see an Orca wetsuit in my future already.

Speaking of innovations, registration for the Pikes Peak Ascent and Marathon is scheduled to begin on-line at 8 a.m. (MST) on March 1. In 2006, the Marathon which is limited to 800 runners, filled in approximately 23 hours. The Ascent, which accepts 1,800 runners broken into two waves, filled in less than 10 hours.

Not being an uphill runner, the Peak has never intrigued me enough to want to run it. Plus, I'm afraid of heights. Also, what if the wind were to be blowing really hard up there when I finished, forcing me to seek shelter in the gift shop with all those fresh doughnuts? Shoot, I might pack on 10 pounds and, more importantly, put a quick end to one of my New Year's resolutions, which is to never scarf down more than a half-dozen doughnuts in a single sitting. Unless they're small.

But I do have a vivid image of the Pikes Peak Ascent from having attended it as a spectator a couple of years ago. Watching the start, I was amazed at how many participants at the back of the pack were walking from the opening gun with no intention of ever running in the race. Instead of trail running shoes, they wore hiking boots. Some were also toting backpacks, undoubtedly filled with a picnic lunch, tablecloth, bottle of Bordeaux and good reading material.

What's that all about? I mean, is this a race or a long, scenic uphill walk in the park? Are actual runners missing out on the race and not being accepted because walkers are snatching up those entries?

Of course they are!

Hence, I'm thinking it might be time for race officials to join the age of innovation and consider making a change in the Pikes Peak races. Isn't it about time that they set qualifying cutoff

times similar to what the Boston Marathon uses? Maybe they could even use a portion of the Ascent course for an out-and-back qualifying race a few months ahead of time. What better gauge could there be for determining the real runners and the frolickers? Runners across the country could send in proof of half-marathon finishing times.

Either that or let it be known on the entry form that all those failing to finish under a specified finish time would have to buy one of those Orca 3.8 wetsuits.

I can hear them choking on their Bordeaux already.

Ten things I was just wondering:

1. Does a race director ever hope for less runners for his/her race?

2. What can you say about a restaurant that plays Christmas music in January?

3. When is there going to be a study that claims french fries destroy brain cells? What will the "guinea pigs" for such a study have to say afterward?

4. Doesn't it seem like they are making clothes bigger today and running shoes smaller?

5. Why does the first bite out of a piece of watermelon taste the best?

6. What can you say about the markup on retail goods when a product is discounted 75% after Christmas?

7. How come you never see discount coupons for Ex-Lax?

8. When they were choosing an entry cap for the Grandma's Marathon, how did they choose 9,500 instead of an even 10,000? What difference is another 500 runners going to make?

9. OK now, with thoughts directed toward each of the weekend snowstorms we've had recently, is everyone ready for spring yet?

10. Other than the honoree(s), who really listens to any "official proclamation" readings?"

Until next month, have a bottle or two of Bordeaux and discover your innovative side.



February

- 2 Christa Rogers
- Christie Brinkley*
- Groundhog Day
- 4 Michelle Riddock
- Rachael Walker
- Rosa Parks*
- Superbowl XLI
- 11 Diana Quattlebaum
- Sheryl Crow*
- 12 Alexander Paredes
- Abraham Lincoln*
- 13 Jerry Lopez
- L.L. Bean*
- 14 Allen Weaver
- Jack Benny*
- Valentine's Day
- 16 Cody Carter
- Sonny Bono*
- 20 Beverly Skroch
- Sidney Poitier*
- Mardi Gras
- 22 Aaron Diaz
- Ashlee Withrow
- George Washington*
- 24 Andrew Smith
- Steven Jobs*
- 25 Joseph Bulow
- George Harrison*
- 26 Nancy Mitrick
- Levi Strauss*
- 27 Vicki Meier
- Jace Montera
- Elizabeth Taylor*
- 28 Marisa Kemm
- Sandra Messick
- Mario Andretti*
- National Tooth
- Fairy Day

*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

A Drink a Day???



Often I get asked whether a drink of alcohol a day is good for you. The answer to this question appears to be: maybe. And the answer depends on whether you are a man or a woman.

Much of what I am about to present in this column comes from the December 26th, 2006 issue of the Wall Street Journal (yes, doesn't this prove beyond a doubt that I am now middle aged?) written by Tara Parker-Pope.

It looks like a small amount of alcohol each day lowers your risk of heart attack, diabetes and mental decline for both men and women compared to not having any alcohol at all. However, women who drink even small amounts of alcohol per day may be at increased risk of breast cancer and may be at increased risk of dying in a car accident even at similar blood alcohol concentrations as men.

It appears that alcohol affects women differently than men. Several studies have shown that women achieve a higher concentration of alcohol in the blood and become more impaired than men after drinking equivalent amounts of alcohol, even after taking into account differences in height and weight. Part of this could be related to the fact that a woman's stomach empties more slowly than a man's, giving the alcohol a chance to be absorbed more completely.

Several laboratory studies have also suggested that there may be differences between men and women in how alcohol affects the response to visual cues and other tasks related to driving performance, and these differences may make it more dangerous for a woman than a man to drink and drive.

The most troubling issue about alcohol consumption and women is that it appears that even small amounts of alcohol consumption increase a woman's risk of developing breast cancer. In a pooled study done at Harvard, the researchers showed that the risk of a woman developing breast cancer increased by 9% for every 10 grams of alcohol that she drank per day. Just for the sake of reference, a typical drink of either 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor contains 12 to 14 grams of alcohol. This study implies that a woman who has 2 drinks a day has around a 27% increased risk of developing breast cancer compared to a woman who doesn't drink alcohol. So how does this compare to the risk of developing breast cancer when taking estrogen and progesterone for menopause? Well, it looks like menopausal women who take

estrogen and progesterone increase their risk of developing breast cancer by 9 to 24%.

It looks like alcohol may raise a woman's natural estrogen levels, and the higher estrogen level may explain the reason for the higher risk of developing breast cancer as mentioned above.

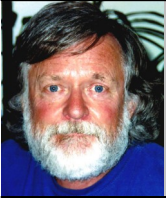
So tell us more about the possible beneficial effects of alcohol in women, will you Rocky, now that you've bummed us out with all the negatives. All right then. It looks like women who have a drink a day have a 40% lower risk of having a heart attack, and a 70% lower risk of stroke. Also, moderate alcohol consumption may protect against osteoporosis. One study found that women who consumed 6 to 7 servings of alcohol per week had a higher bone mineral density than non-drinkers.

In the final analysis, if you are a woman, and you have a significant number of risk factors for developing breast cancer (such as having a family history of breast cancer, taking estrogen and progesterone, starting periods earlier, having a child later in life, etc), then I would not advise consuming alcohol except occasionally. However, if you have no significant risk factors for developing breast cancer, and have risk factors for stroke, heart disease and osteoporosis, then one half to one drink a day may be beneficial. Even so, remember that you may still be putting your self at risk if you drive, so use caution. Also, some recent articles have suggested that taking a multivitamin with folic acid may blunt the harmful affects of alcohol on the breast. Specifically, women who consumed alcohol and took the multivitamins with folic acid lowered their risk of breast cancer to near that of women who didn't drink.

Here's hoping that the New Year brings you much good health and happiness,

Sincerely

Rocky Khosla, M.D.



Predictions

by Don Pfost

Spring Runoff Tune-up Launches 2007 Prediction Series



The 2007 Prediction Series begins with the running of 10K Spring Runoff Tune-up on Sunday, February 18, starting at 9:00 am. As the name implies, the course basically covers the same route as the 10K Spring Runoff, but starts and finishes just inside the west entrance to City Park off Pueblo Boulevard. Ken Raich will direct the Tune-up, and he and Pixie will host a post-predict potluck (PPP) at their home, 3912 Good-night Avenue, a short distance west of the start/finish line.

As coordinator of this year's series, let me briefly describe how the predict series works. Participants begin by writing down their predicted run times for each event, then watches are removed—as are electronic devices and headsets—and the start command is given. As runners cross the finish line, their respective run times are recorded on a stop watch. Scores are determined by the difference between each runner's predicted and actual times, the smaller the difference, the higher the score. The interval between places is computed using the following formula: $\text{interval} = 100/N$, where N = the number of runners in the race. So, for example, if there are 17 runners, the interval is 5.88; the runner closest to her/his predicted time earns 100 points, second place gets 94.12, third place nets 88.24, down to the seventeenth place finisher, who receives 5.88 points.

The results for each race and cumulative point standings are reported in the newsletter each month and posted on the SCR website. At the end of the year, the runner with the highest five-race total wins the series, with the five best scores used to compute the total for anyone who does more than five races. Finally, all club members completing at least five of the eleven races in the series are eligible for an award, presented at the club's annual banquet.

Let me emphasize two points. First, success in the prediction series depends, not upon raw speed, but how well one is

able to predict the time it will take to run a given course. Self-knowledge, then, is the key. You ask yourself: taking into account an array of factors, such as familiarity with the course, its length, the terrain, the weather, where I am in my training cycle, and so forth, how long will it take me to do this course? (Granted, there may be an element of luck in doing well, but the fact some people finish in the top five or so places year and after year, suggests that skill plays a crucial part.) And second, eligibility for an award is dependent only on membership in SCR and completing five events—admittedly, in a culture like ours that emphasizes competition and winning, it's nice to be at or near the top; however, to win an award in the series, finishing five events, regardless of the point total, is all that matters.

In addition to the Tune-up, there are ten other races in this year's series, scheduled as follows:

Mar 17 Ben and Matt's Trail Mix, 10+M
 Apr 7 Ramsgate 8, 8K, PPP
 May 13 Yappy Dog, 8.6M, PPP
 June 23 Belmont Butt Buster, 5M, PPP
 Aug 4 Moonlight Madness, 5M, PPP
 Aug 25 Tunnel Drive, 5M
 Sept 9 South Shore Adventure, 10.4K
 Oct 20 Harvest Run, 5M, PPP
 Nov 24 Temple Canyon, 4M
 Dec 16 Rudolf's Reindeer Romp, 4.25M, PPP

Rest assured that the eleven courses in the series vary tremendously in length, terrain, running surfaces, location, sights, smells and sounds, and so forth. For instance, the longest course is about 10.5 miles; the shortest two are 4 and 4.25 miles, with most about 5 miles in length. Some are all ungroomed trails, such as the Trail Mix, South Shore Adventure and Temple Canyon, and include steep hills, rocky surfaces, deep, twisting gullies, and even a creek to ford. Others are all paved streets, some with hills, such as the Butt Buster, and others that are relatively flat, such as the Harvest Run. The rest are combinations

in varying proportions of paved streets and dirt roads and/or trails, such as the Yappy Dog, Ramsgate 8 and Reindeer Romp. Finally, in terms of location, several take place in the city limits of Pueblo or Pueblo West, two just outside Canon City, one each on the South Mesa, the south side of Pueblo Reservoir, and west of the Nature Center, and still another on Verde Road. (Fuller descriptions of the courses are posted on the SCR website.)

So, there is plenty of variety, and you can test your skills of prediction on all, most or just five of the courses, taking comfort in the fact that it's your top five scores that matter in the point standings and that completing five races earns you an award.

And, oh yes, I'd be remiss if I didn't mention the PPP, or post-predict potlucks, that are part of most predict events. In addition to the socializing and jocularly they afford, these are culinary delights that will please your palate and tummy. Admission to the PPP is a contribution to the meal, with the menu varying depending on the time of day the race takes place.

In short, the predict series offers plenty of challenges, rewards and awards, including the opportunity to test your self-knowledge, meet old friends and make new ones, and, in most cases, enjoy good eats.

Hope to see you at the Spring Runoff Tune-up, snow or shine!



Ramblin'

by Ron Dehn

Ramblin, really ramblin



Sometimes when you sit down at a keyboard, you have no idea what you are going to write.

Great Web Site

The Internet is an amazing thing. It has truly changed the way we live. A few days ago, my family was planning to go to a movie but did not know the local movie schedule. My nephew whipped out his cell phone and in less than 2 minutes had the movie schedule at Tinseltown via the Internet. It wasn't that long ago that this type of power was science fiction. (Remember Dick Tracey's 2-way wrist radio?) Google is just a bit more than 8 years old. Before Google, Yahoo and a few other search engines existed, but they were crude by today's standards. And only a few years before that, Internet access was text based, i.e. no point & click. No, I did not invent the Internet, but I was in the Information Technology field (then called Computer Services or something like that) when the Internet was "born". Has life changed since then or what?

Anyway – enough reminiscing. Here's a website you might be interested in – the best of the top 100 songs for each year from 1950 to 1982.

You can play the songs on your computer while working on other things. Just click your favorite year on this link: <http://www.tropicalglen.com/> I listened to several '60s & '70s tunes while writing this month's newsletter. How cool / boss / far out / bitchin' is that?



What ever happened to Rosie Ruiz?

This info was put together mostly by Gary Franchi. Gary and I had an e-mail exchange a couple months ago and somehow Rosie Ruiz came up. (Go figure.)

Background: In the 84th Boston Mara-

thon on April 21, 1980, amateur runner Rosie Ruiz came from out of nowhere to win the women's race. There were suspicions raised the next day, because race officials found that Ruiz didn't appear in videotapes of the marathon until near the end of the course. Ruiz insisted she had run the entire course, but officials theorized that Ruiz had hopped a subway for much of the race, ran the final mile or so, and then proudly crossed the line as the first woman finisher. A week later Ruiz, was officially DQ'ed.

Ruiz quickly faded from the public eye after she was stripped of her title. Shortly after the race, she was fired from her job at New York-based Metal Traders, Inc. (the yellow Adidas shirt she wore during the race, had the company's initials across the chest and the company name on the back).

In 1982, Ruiz was arrested and briefly jailed for embezzling \$60,000 in cash and checks from a Manhattan real estate firm. She spent a week in jail and was given five years' probation. Nineteen months later, she was arrested in Florida for arranging to sell two kilos of cocaine to undercover agents. This venture cost Ruiz 23 days in jail and two years probation.

In a 2006 interview, Ruiz said that she is no longer running due to an unspecified injury.

There's more, but you get the idea. In short, cheating creates bad karma. Bad karma creates worse karma. Who needs that?



Expand Your Vocabulary

This week's theme: odd-looking words. tohubohu (TOH-hoo-BO-hoo) noun Meaning: Chaos; confusion. [From Hebrew tohu wa-bhohu, from tohu (formlessness) and bhohu (emptiness).] Visit <http://wordsmith.org/awad/index.html> for all your vocabulary expansion needs. (It is

actually a pretty cool website if you are a wordsmith. or a wannabe wordsmith)

Use this word in a sentence

'Plutoed' was chosen as 2006's Word of the Year by the American Dialect Society at its recent annual

meeting. To "pluto" is "to demote or devalue someone or something," much like what happened to the "former" planet last year when the General Assembly of the International Astronomical Union decided Pluto didn't meet its definition of a planet.

So, even though Pluto may have gotten the celestial shaft, it now has a special place in Mr. Webster's heart.

There you have it. An unusual and perhaps un-useful collection of unrelated stuff. (That's a lot of un's.) I hope this little assortment of disparate tidbits does not pluto the larger collection of somewhat unrelated stuff, otherwise known as *Footprints*. Hey – I used the word in a sentence!!!



(Minutes, Continued from page 2)
historically low participation.

New Stuff/Old Stuff: Ken Raich reported that Mike Spence from The Pueblo Chieftain has agreed to print results of all SCR events, and also could include small stories and photos related to each event. Annual Banquet Jan 27-Don Pfof reported that payment flyer will be included in the January newsletter and urged those intending to attend to RSVP by January 12.

Adjournment: Meeting adjourned at 9:00 PM

Respectfully submitted: Stan Hren



Trail Running Near Pueblo?

by Paul Vorndam



OK, so you read the Intro to Trail Running Tips in the previous SCR newsletters and you're really stoked to hit the trails! Now what? Where are the *real*, i.e., dirt trails that are worth running? In Pueblo proper, choices are limited. You can manage to run mostly on dirt/gravel (gravel counts as a trail, by the way) from the Nature Center to the dam if you're careful. There is also a maze of trails and roads out to the southwest of the Nature/Raptor Center area although part of that area may be on private land(?). Our beloved Editor and his friends have run for years on the trails/arroyos on the prairie out east of CSU-Pueblo. Many trails exist in the area generally south of the dam accessed from Thatcher Ave just as you leave Pueblo heading for Wetmore (this is one of my favorite trail areas close in to Pueblo). As I mentioned above, gravel roads count and there are certainly many of those in the surrounding countryside (if you don't mind eating car dust).

If you're willing to drive a bit, there are many trails, some a little more than an hour away. What follows is a commented list to help you select where you want to suffer, uh, that is have fun!

Lewis Creek. This trail is just past Wetmore off of highway 96. It follows Lewis Creek for a couple of miles and then switchbacks up to a meadow beyond which is a USFS road to Adobe Peak. This was my favorite trail run when I lived in Pueblo. If you can get to the end of the meadow in under an hour, you're an animal.

Greenhorn. The trailhead is on the west side of Rye on the other side of the mountain park. It goes all the way to North Peak which is a sub-peak of Greenhorn. It gains about 1200 vertical feet in the first 3 miles to a place called Rockslide and then there are switchbacks and steeper terrain beyond that (so I usually wimp out at the rockslide).

Bartlett. The trailhead is at the end of Baxter Rd which is just south of Rye.

The last quarter mile of the road can be nasty/muddy when wet. You can access Apache Falls or the summit of Greenhorn via the Bartlett Trail. The Greenhorn summit is a 4,000 vertical feet, 16 mile round trip jaunt. The trail can be taken to the Greenhorn road on the backside of Greenhorn Peak. A good Pikes Peak training run is to have some kind person drive the road and meet you at the top. I used to hike to Apache Falls until Shaun shamed me into running it with him (actually, he ran and I mostly walked).

Millset. The trailhead is off of highway 165 about 3 miles west of Rye before you get to the YMCA camp. The trail goes all the way to the Greenhorn Road. The first couple of miles aren't too bad, but then it steepens considerably. I've never been able to actually "run" this trail.

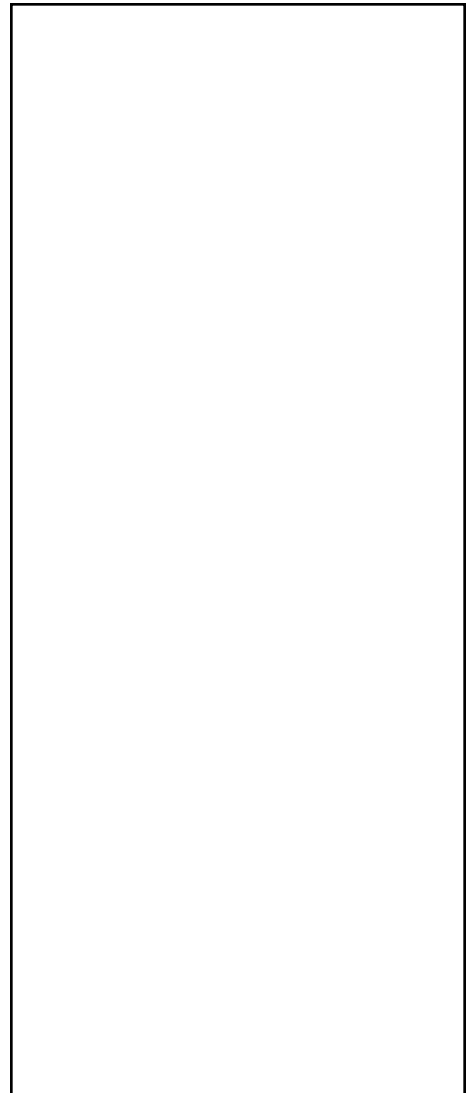
Snowslide. This trail has 2 trailheads. An old unmarked trailhead is on Highway 165 just before you get to Lake Isabel. The Forest Service (in their infinite wisdom) put an ATV crossover trail in from the Lake Isabel parking lot and moved the "official" trailhead there. The trail goes all the way to the Greenhorn road (about 6 miles). There is also an old logging road that begins at the same trailhead that is great for a trail run and many people use it in the winter as a XC ski or snowshoe route.

Cisneros. This trailhead is at the far west end of the Lake Isabel camping area near the Group Camp. It also comes out on Greenhorn Road. Therefore, a good loop run is up Snowslide, along the Greenhorn road for about a mile and then down Cisneros. The bottom section of Cisneros is pretty steep, so I prefer to come down that section.

St. Charles Peak. The trailhead is on highway 165 about 2 miles south of Bishop's Castle. The trail goes over St. Charles Peak and eventually connects with the Cisneros Trail above Lake Isabel (or one may exit onto Greenhorn Road). If you can make the summit in

under an hour, you're an animal.

There are even more trails in the vicinity of the St. Charles Peak trail and further north along 165. Also, there are numerous trails up into the Sangres over by Westcliffe. So don't get bored running the same old route everyday in town – try something new! Of course, you'll need snowshoes for these trails in winter, so if you really want to run them, you'll have to wait for spring and summer. If you need specific directions or more information about any of these trails, feel free to give me a call at 489-2913. Happy Trails!



The Pueblo Chieftain's 29th Annual Spring Runoff takes place on SUNDAY, MARCH 4, 2007

Where: Dutch Clark Stadium 1000 W. Abriendo

When:

TODDLER RACE - 8:45 a.m. (age 6 years and under, ribbons to all participants)

Toddler Race begins on the field in Dutch Clark Stadium

Spring Runoff - Four events - be in place to start at 9:00 a.m.

These events begin in the parking lot of Dutch Clark Stadium

2-mile Walk

5K Run

10K Run

10-Mile Run

**** Special "It's Funner to Be a Runner" One-Mile Youth Race - 10:45 a.m.**

This race is FREE. Each racer will receive a ribbon.

Entry Forms:

Available in The Pueblo Chieftain newspaper Sports section each Sunday in February. And at The Pueblo Chieftain office - 825 West 6th Street, Pueblo and Gold Dust Saloon- 217 South Union Avenue, Pueblo YMCA- 700 Albany Avenue, Runner's Roost- Colorado Springs, and sporting goods stores in the area.

On-line at www.socorunners.org click the Calendar link, click Event Details / Registration for the Spring Runoff

Race Packets: Available ONLY at The Pueblo Chieftain newspaper 825 W. 6th Street front lobby. Packets available on Friday, March 2 from 8:30 a.m. - 5:30 p.m. and Saturday, March 3, from 8:30 a.m. - 2:00 p.m. Packets picked up on Race Day must be picked up by 8:15 a.m.

More Info: See Calendar Link at www.socorunners.org

(Paulette Continued from page 1)

race day...I suspect she puts drops in our coffee to make us more tolerable toward each other that morning! When I look up and see 50 people that couldn't make up their minds until that morning I am usually aghast at how we can possibly register them all in ½ hour. I am also wondering why they didn't think to register early...but again... I must mention that I'm not a runner so I don't know what motivates people to do this anyway!

Adding the 2-mile walk has helped people join our ranks that might not be runners but who are trying to do something healthy. Then there are the little ones who are so cute to watch and when they get their ribbons you can see a pride that makes you smile all day! To all of you...Jeff Arnold, Marijane Martinez, Nick Leyva, Lois & Don Pfof, Ben Valdez, Dave Diaz, Ron Dehn, Chief Reno, Matt Sherman, Rich & Deb Had-

ley, Kathy Stommel, Stacy Diaz, Pat Berndt, Diana Tiffany, Bill Veges, Mark Koch, Anthony Diaz, Aaron Diaz, Jacqueline Wall, Diana & Phil Quattlebaum, Mike Orendorff, Gary Franchi, Don Learned, Jill Montera, Stan Hren, several area high school groups, and a ton of other volunteers and friends... I can't thank you enough for all you do to help make this race a great one. See you in March!!

Paulette Stuart
Promotions Manager
Pueblo Chieftain

And a quick PS. I walked in my first official 1-mile race during the Corporate Cup and got a 4th place for my age division and I think maybe I finally see why you all do it...it was so much fun to WALK over the finish line in an upright position and not be the last one!!!



Punny

An invisible man marries an invisible woman. The kids were nothing to look at either.

A sandwich walks into a bar. The bartender says, "Sorry we don't serve food in here."

2007 tentative Calendar

<u>Feb-07</u>				
3rd-Sat-10:00am	(a)	YMCA Frostdite Five City Park Pavilion	5mi	Victoria Herrera-YMCA (719)543-5151
11th-Sun-9:00am	(c)	Valentine's Twosome City Park Pavilion	1.6 miles (each partner)	Jeff Arnold-Race Dir (719)947-3682
18th-Sun-9:00am	(c)	Spring Runoff Tune-up Prediction Series Event	10K	Ken Raich 719-564-0847
<u>Mar-07</u>				
4th-Sun-9:00am 8:45 Toddlers 10:45 Youth 1mi	(a)	Chieftain Spring Runoff Dutch Clark Stadium	10mi / 10K 5K / 2mi	Terry Cathcart (719)547-2777
17th-Sat-9:00am	(c)	Ben & Matt's Trail Mix Pueblo Nature Center Prediction Series Event	10+ mi	Matt Sherman 719-547-8182
<u>Apr-07</u>				
7th-Sat-8:00am	(c)	Ramsgate 8 Prediction Series Event	8K	Don & Lois Pfost 719-544-9633
21st-Sat-9:00am	(c)	James "Spank" Blasing 5K and Walk CSU-Pueblo Campus	5K	Todd Kelly 719-549-2013
<u>May-07</u>				
5th-Sat-6:30am	(a)	The Collegiate Peaks Trail Run Community Center, Buena Vista, CO	25mi/50mi	Burke Kaiser 719-395-3674
6th-Sun-7:30am	(a)	Cinco de Mayo Runs State Fairgrounds, Pueblo	10K, 5K, 1.5mi fun walk	Hilbert Nav arro 719-564-7685
13th-Sun-8:00am	(c)	Yappy Dog Prediction Series Event	8.6mi	Ross Barnhart 719-543-6982
20th-Sun-8:00am	(a)	Survival Run Mineral Palace Park	5K	Jeff Arnold-Race Dir (719)947-3682
<u>Jun-07</u>				
2nd-Sat-8:00am	(a)	Run for Rio Rye, CO	5K	Jeff Arnold-Race Dir (719)947-3682
2nd-Sat-8:00am	(a)	Spirit Fest on the Riverwalk	5K	Hilbert Nav arro 719-564-7685
23rd-Sat-8:00am	(c)	Belmont Butt Buster Prediction Series Event	5mi	Gina Benfatti 719-544-1029
30th-Sat-7:30am Walk 7:15am	(c)	Women's Dist Festival Pueblo City Park	5K Walk & Run	Diana Tiffany 719-676-7343
<u>Jul-07</u>				
14th-Sat	(a)	YMCA Splash 'n Dash swim-run aquathon	TBD	Victoria Herrera-YMCA (719)543-5151
<u>Aug-07</u>				
4th-Sat-7:15am		State Games of America Triathlon Colorado Springs, CO	750M/15mi/5K	Travis Oosthoek 719-634-7333x1003
4th--Sat-7:30pm	(c)	Moonlight Madness Prediction Series Event	5mi	Diana Tiffany 719-676-7343
5th-Sun-7:15am		State Games of America 5K Colorado Springs, CO	5K	Travis Oosthoek 719-634-7333x1003
25th-Sat-7:30 am	(c)	Tunnel Drive Prediction Series Event	5mi	Rich Hadley 719-784-6514
<u>Sep-07</u>				
10th-Sun 7:30 am	(c)	South Shore Adventure Prediction Series Event	10.4K	Larry Volk 719-543-2052
23rd-Sun 7:30K/7:45W/8:00R	(a)	Hot to Trot Union Ave District Chile-Frijole Festival Event	5K Run 2mi Walk Kiddie K	Ruth McDonald Gold Dust Saloon 719 251 3189
<u>Oct-07</u>				
20th-Sat 5pm Run 6pm Food/Bonfire	(c)	Harvest Run & Picnic Lovell Park, Pueblo West Prediction Series Event	5mi	Dave & Stacey Diaz (719)564-9303



According to ABC news, Americans as a group are the fattest people on the planet. One suggested reason for this is that we consumed 591 lbs of corn syrup last year. This is 3 times the 1980 American consumption. Another possible explanation is the 3500 hours that Americans are expected to spend in "media consumption" in 2007. "Media consumption" includes hours spent watching TV, surfing the Internet, reading, etc. Hmm... sounds like it's time to take a walk.

Thank You Donors

We thank the following SCR members who made donations to the Equipment Fund and / or the YMCA upon renewing their memberships for 2007: Laura Clark, George Dominguez, Wendy Garrison, Marti Marshall, Kristen & Greg Meier, Gloria J Montoya, Mark Rickman, Lillian Rivera, Brian & Leanne Ropp, Jim Schwartzberger, & George Slaughter. Other contributions are rolling in along with membership renewals, but the list above reflects the donors at press time. THANK YOU for your generosity!



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

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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 baton!



See the cover story and page 8
for more on Pueblo's largest
running event, the 2007 Spring
Runoff

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 Feb-
ruary 7th.

The Final Thoughts...

I'd rather see a sermon than hear one any day; I'd rather one
should walk with me than merely tell the way. -Edgar Guest,
poet (1881-1959)

I would rather try to persuade a man to go along, because
once I have persuaded him he will stick. If I scare him, he
will stay just as long as he is scared, and then he is gone. -
Dwight D. Eisenhower, U.S. general and 34th president
(1890-1969)

Sign on a Plastic Surgeon's office door: "Welcome. Can we
pick your nose?"

Sign on a Proctologist's office door: "To expedite your visit,
please back in."