



Editor: Ron Dehn

FOOTPRINTS



Ahh... You've found a pote o' gold.



The 2007 SCR banquet by Jeff Arnold with photos by Larry Volk



Spring Runoff Pizza Party

The annual SCR Awards Banquet January 27 was a lively affair. The largest turnout in recent memory, 102 members and guests, had the opportunity to visit with each other, eat really good food, listen to guru George Dallam, see various awards presented, and participate in raffles and a silent auction. Before supper I met a couple of newcomers, both of whom seemed much younger than me. One is 70, the other about to turn 72. Both have done extensive mountain climbing. I want to get to know each of them much better.



Gina Benfatti receives the Female Runner of the Year award from SCR Prez Ken Raich

I have attempted suicide at buffets much less attractive than the one at Rosario's by trying to eat rather large portions of everything. This time I was able to restrain myself and started with a large serving of the mixed green salad with balsamic vinegar dressing. Lest you

think I was eating healthy, I added the bleu cheese crumbles. I took one meatball, one piece of chicken breast, vegetables in a light sauce, and even green beans. I rarely eat green beans, but these looked so good. They were among the best green beans I've ever had, but if I'd

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The Pueblo Chieftain will host a pizza party on Wednesday evening, February 28th at the Chieftain's



Conference Room beginning at 5:30 p.m. and ending when we unlock the doors after packets are stuffed! Seriously, all the SCR members are invited come and have dinner first then help put labels on envelopes and bibs, add them to packets that are pre-stuffed with shirts and make sure the packets are in the correct race boxes. This evening goes rather well with an assembly line process, the more the merrier!

If you are running, you will be able to pick up your packet that night, however, packet pick up is scheduled at The Chieftain on Friday and part of the day Saturday till 2 p.m. We appreciate any help you can give that night! - Paulette Stuart, Pueblo Chieftain

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SCR Notes from the February, 2007 meeting

Attendance: Stan Hren, Ramon Arriaga, Hilbert Navarro, Jesse Sena, Rich Hadley, Lois Pfof, Don Pfof, Ron Dehn, Gary Franchi, Dave Diaz, Rochelle Garcia, Ken Raich, Jeff Arnold, Victoria Herrera, Paul LaBar, Theresa Duran, Jeff Kleiner

Minutes as printed in the February newsletter were approved

Special request was made to the club for financial assistance for Katie Eickelman, a junior at Pueblo East, to travel to the upcoming Simplot Games in Pocatello Idaho. A motion passed unanimously to provide \$100.00 for this purpose

Jeff Kleiner, youth running coach of the SoCo Spartans, made a special presentation to the club requesting financial assistance for youth runners several of which have qualified for national USATF meet in the past. A motion passed unanimously to pay \$45.00 dues for SCR as a sponsor. Further consideration will be given by SCR for financial help for SoCo Spartan athletes.

Officer Reports: Secretary-Ken Raich introduced Theresa Duran to the club who will function as Co-Secretary with Stan Hren in 2007. Treasurer's Report: Dave Diaz gave a comprehensive report on the current financial status of SCR, which included a preliminary report on the 2007 banquet. Dave noted that cash on hand is down from 1 year ago. Reasons cited were increased costs for the newsletter, contribution to the YMCA, and the annual banquet. It was suggested that perhaps the club could slightly increase the price for next year's banquet. Dave will closely monitor club expenses during the year. His report was approved unanimously. Newsletter Editor: Ron Dehn requested early submital of all data for the upcoming Spring Runoff. Ron reported increase costs for printing and will research the college as a possible alternate source for printing. It was agreed that abbreviated results of the Spring Runoff will appear in the newsletter as a cost saving measure, with complete results on SCR website. Membership Chair-Don Pfof reported that 134 members have renewed for 2007 or beyond, with 93 runners receiving Colorado Runner Magazine. Don will send letters of

encouragement to 70 members who have failed to renew for 2007. Webmaster: Paul LaBar reported that all is well with SCR website and he is attempting to keep the race schedule up to date.

Upcoming Races: Valentine's Two-some February 11: Jeff Arnold reported all is ready for this chocolate laced event, and has received contact from participants as far away as the Denver area. Spring Runoff Tune-up Feb 18: Ken Raich reported that the course for this 10K predict event will mirror that of the Spring Runoff. Spring Runoff March 4. In the absence of Terry Cathcart, it was reported that bibs and medals have been ordered for the event. A pizza party will occur on Wed Feb 28 to prepare packets for the event. Frostbite 5 March 10: Victoria from the YMCA gave a detailed report to those present with regard to the recent cancellation of this event due to icy conditions on the course. Effort was made to contact all pre-registered runners by telephone to inform them of the cancellation. New date of March 10 was approved. In the event of future race cancellations, notice will appear on SCR website. Spiritfest 2007: Jesse Sena thanked SCR for assistance with this 5K event in 2006 and the 2007 event will be held on June 9 or June 16, 2007. The course will be similar to last year's course. Cinco de Mayo May 6: Ramon Arriaga and Hilbert Navarro reported that preliminary planning is underway for the 2007 event. A sample entry form for review was presented and fees for this year's event were discussed. This year's event will be re-named after Ramon's late sister Paula, who died tragically in an accident this past year

Activity Recaps/Updates/Revisits: Don Pfof gave a brief report of this year's SCR Banquet. It was noted that gratuity included in the meal price was not targeted for the wait staff, and an additional amount of \$100.00 was paid by the club for wait staff gratuity.

All in attendance agreed that this year's banquet was an outstanding event, with guest speaker George Dallam giving an outstanding presentation.

New Stuff/Old Stuff: CMHIP Dam Run: SCR has received inquiry from Lynn Brown with regard to the possibility of bringing back this popular event in Sept or Oct 2007. This idea was positively received by those in attendance.

Adjournment: Meeting adjourned at 9:00 PM

Respectfully Submitted: Stan Hren



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:

700 N. Albany Avenue
Pueblo, CO 81003

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

"Footprints" Issue No. 298

"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 | Teresa Duran | |
| Treasurer | Dave Diaz | 564-9303 |
| Non-Elected Officers | | |
| Membership Chair | Don Pfof | 544-9633 |
| Newsletter Co-Editor | Ron Dehn | 547-9273 |
| Editorial Consultants | Gary Franchi, Sir Henry Bessemer * | |
| Newsletter Advisor | Chris Dehn | |
| Web Master | Paul LaBar | 404-0104 |

Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Stan Hren, Don Pfof
Paul Vorndam, Paulette Stuart, Larry Volk, Todd Kelly,
Sandy Hudock

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.

* Sir Henry Bessemer (1813 - 1898), was an English engineer and inventor. He is chiefly known in connection with the Bessemer process for the manufacture of steel. Though this process is no longer commercially used, at the time of its invention, it was of enormous industrial importance because it lowered the cost of production of steel, thus greatly increasing the use of steel as a material.





Great Stuff

by Gary Franchi

Dam Run, memories resurrected



Thought for today's lunch, compliments of comedian George Carlin: "Running is an unnatural act, except from enemies or to the bathroom."

Musings about running, fitness and life:

Somebody asked me recently what my favorite race is, and I replied that it's one in which I place in my age division and set a PR while doing so.

Well, OK, that conversation didn't really take place. The giveaway was the word "recently." Any talk of setting a PR certainly could not have occurred recently since my thoughts today are long removed from setting PRs. Now, they revolve more around completing the race without injury, without reaching oxygen debt and without being embarrassed by my finish time. Even no talents like me have some pride, ya know.

But since hearing at the last Southern Colorado Runners meeting that CMHIP officials are planning to resurrect the old Dam Run this fall, my mind has been occupied with excited nodes of thought concerning past Dam Runs before the race became extinct.

To those who don't remember or who weren't around here back then, the Dam Run consisted of a 7.5-mile point-to-point race starting near the dam at Lake Pueblo and traversing along the river trail to the state hospital grounds. It also had a 4-mile run and walk from the Nature Center to the state hospital.

This was a unique race, and the course along with the bus ride from the state hospital grounds to the Pueblo Dam prior to its start on a brisk Saturday morning in late September are clear images and feelings I still have today, the butterflies of nervousness on the bus ride notwithstanding.

Of course, I also have vivid memories of the feelings of hitting the wall at the 16-mile mark of my first marathon back in 1983 too, and that isn't exactly a nice thought. But hey, let's not let negativity get in the way of the positive spirit of this column.

Besides, I think I won my first age -division medal when I ran the Dam Run

on my 40th birthday. Seems almost like a past life since it happened 18 years ago and before feet neuromas and knee and foot arthritis made every run an ultra step into the unknown.

It's going to be fun to relive those memories. Expect a September or October race date.

Wonder if I should pull out my old Dam Run tyvek jacket for the occasion.

While springtime isn't giving many hints of arriving anytime soon as the Long Cold Winter of 2006-2007 continues, I like to focus on the positives of this ordeal, and there are many. Here is just a mouthful:

- With less long runs on several weekends because of the snowy and icy roads, the old body has had more of a chance to heal and build body warmth (through the extra layers of midriff lard).

- Not being a winter cyclist, this year I'm actually benefiting because other cyclists haven't been able to get out as much but have had to rely on their indoor trainers. So I won't be as much behind the 8-ball once the warmer weather returns. Not that it matters.

- We don't live in upstate New York where areas there recently got hit with as much as 10 feet of snow. Oh, and I hope they have a nice day.

- My running shoes haven't gotten the wear and tear as in past winters, thus prolonging their lifetimes.

- The health club has been busier than snot, which means that I'm getting to develop casual relationships with some of the folks that I've been seeing on a regular basis. One kind soul has been nice enough to give me her unwanted bicycling magazines, a YMCA membership bonus if I've ever heard one.

- And let's not forget to keep telling ourselves that we need the moisture, we need the moisture, we need the moisture, etc.

Ten things I was just wondering:

1. Is there any city in this country that doesn't yet have a little, round "I

Voted" sticker pasted in some innocuous spot?

2. Does a doctor go see himself when he needs to go see a doctor? (Whattaya say, Rocky?)

3. Doesn't it seem like health clubs have more than their average quota of irritating people?

4. Why don't they have an N11 number for inhuman services?

5. If there are people with a "dry" sense of humor, do others have a "wet" sense of humor? If so, what are those determining characteristics?

6. Is cussing as much a part of conversations in sign language as it often is in everyday verbal conversations?

7. While running magazines like to run the responses of "why people run," who really cares?

8. Do we really need a "Ballet for Dummies" book?

9. How did the SCR's Mike Archuleta have the time and pesos to compete in 12 triathlons in 2006?

10. How exactly does Denver rate as one of the Top 10 healthiest cities in America (No. 6 according to Men's Fitness magazine) when the air there is so foul that it has "smog alert" days?

Until next month, may you overcome your own butterflies to run a great Spring Runoff.

From Angelo

We recently (February 15th) heard the following from Angelo Aragon:

"The latest MRI (this past Monday) showed no changes from the previous MRI taken in early December. In other words, things are still stable...the cancer is not growing in my brain. Praise God!!!"



March

- 1 Kristy Davenport
Ron Howard*
- 2 Priscilla Portillos
Rachael Ratzlaff
Dr Seuss*
- 3 Haley Beard
Aaron Levinson
Larry Rogers
Lunar Eclipse
Jackie Joyner-Kersey*
- 4 Maggie Dehn
Knut Rockne*
- 5 Brianna Diaz
Rex Harrison*
- 6 Brandon Hruby
Bob Mutu
Shaq*
- 8 Brandon Baca
Nancy Martinez
Kenneth Raich
Linda Strange
Micky Dolenz*
- 9 Brittany Tibbs
Raul Julia*
- 12 Paul Barela
Paul Koch
Al Jarreau*
- 13 Dennis Krall
Neil Sedaka*
- 15 Brandy Romero
Eva Longoria*
- 17 Angelica Wall
Kurt Russell*
- 18 Laura Clark
Jonathan Huie
Queen Latifah*
- 22 Stephen Hruby
Reese Witherspoon*
- 24 Bob Gassen
Kristen Meier
Peyton Manning*
- 25 Laura Schilf
Aretha Franklin*
- 26 Marvin Bradley
Susan Gebhart
Kenny Chesney*
- 30 Jay Garcia
Norah Jones*

*honorary member



Rocky on Fitness

By Rocky Khosla, M.D.

Winter weight, diet, & exercise



Here we are smack dab in the middle of February, and I bet you or a lot of people that you know have broken their New Year's resolutions already. I thought it would be timely to talk about having another run at some of those well intended resolutions.

First of all, I think all of us tend to gain some weight over the winter. There are lots of reasons for this, some of them being that there are shorter daylight hours, more forbidding weather conditions (especially this year), lots of tempting treats available, etc. My theory is that all of us may go into a primordial pseudo hibernation mode where we start exercising less and eating more, and maybe that behavior goes back to when we lived in caves and had to hunker down and fatten up for the harsh winters. But hey, we don't have to do that anymore (unless you live in Trinidad or La Junta with the recent return of the ice age to those locations!). I think just being aware of this kind of behavior and changing it may be the most important way to manage your weight.

Another issue that dooms a lot of people's plans for sticking with a diet and exercise program is setting unrealistic goals. If you have been sedentary, and then expect to start running ten miles a day right off the bat, you will probably get physically worn out and emotionally burned out fairly rapidly. Maybe easing into an exercise program by walking 15 to 20 minutes a day, and then increasing the effort by 10% a week would be a

better way to start.

It kills me to admit this, but exercise is not, by itself, a good way to lose weight. A good way to lose weight is to really cut down on the portion size and total calories you take in, while adding an exercise program to maintain the weight loss. I think exercise by itself is not an effective way to lose weight because we all tend to overestimate the calories we burn during exercise, and we tend to underestimate the calories we take in on our foods. Haven't we all fallen prey to the notion that we can have a pecan mudslide at the D.Q. cause, "what the heck, I just ran 8 miles today!!!"

Finally, you don't have to have a painful, killer exercise program to reap medical benefits. If we can get 30 minutes a day of cardiovascular exercise on most days of the week, we get all the benefits we need. And these 30 minutes don't all have to be at once, so you can do 10 minutes in the morning and 20 minutes at lunch, for example.

So let's get back on track and get with the program. Because after all, Valentine's Day is around the corner, so let's be good to our hearts, and take care of ourselves.

Till next time, wishing you good health and much happiness,

Rocky Khosla, M. D.

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



The Snows of Lake Isabel

by Paul Vorndam



I love snow, and all the forms
Of the radiant frost;
I love waves, and winds and storms,
Everything almost
Which is Nature's, and may be
Untainted by man's misery.

Percy Bysshe Shelley

The Lake Isabel logging road was untrodden after the heavy winds of the day before. I headed up on snowshoes both looking forward to pristine undisturbed snow and at the same time dreaded breaking trail again (a common pastime this winter!). The sky was a cloudless high altitude Colorado blue. It was sunny, but crisp in the early morning. The sledding and tubing crowd had not yet arrived at the lake, but I would soon leave them below anyway. The cold snow in the shadows crunched under my snowshoes and chickadees called from the nearby trees. I was a little chilly as I headed up the first steep section by the lake, but I knew that I would soon be shedding the hat and possibly the outer jacket layer.

The wind had drifted over the track except in a few sheltered sections, but I wasn't post-holing and was able to maintain a steady pace except through some of the deeper fresh drifts. The surface of the snow had assumed a multitude of shapes and textures and the sun and shadows added to the variety. Large hoar frost crystals coated some areas that were protected while large sections exposed to the wind had been blown free down to an icy crust coating. One football field sized section shown mirror-like in the sun reflecting frozen wavy contours like a snapshot of a lake surface of whitecaps.

Animal tracks left after the wind subsided criss-crossed the track in many places; mice, rabbit, fox, deer and others that I didn't know. I doubted that they enjoyed the snow as I did – especially the poor deer that obviously floundered and left deeply carved trenches as they moved through the forest. In summer, I often wish I had the coiled springs for legs that they must have, but now I was glad to be a weak human on snowshoes. How do they find anything to eat when the landscape is so buried?

At an open area I call the First Meadow, the wind had scoured snow out and deposited it on the road at the mouth of the meadow in impressively huge drifts – much higher than anything I'd ever seen on this road in previous winters. Some looked to be almost 15 feet high! They were crusted over and I was able to walk on their narrow crests for a considerable distance with drifts sloping steeply away on each side. Alas, in a shaded area the crust thinned and I sunk in to my waist – the price I paid I guess, for being conveyed for several yards on the harder snow and not having to actually break trail. Now I floundered like the deer.

After extricating myself, I paused to let my heart rate subside to something near normal, grabbed a drink and decided to call it a day. Maybe I'd come back in a day or two and break the trail up farther. Or maybe mother nature would make me break the entire trail anew as she's been doing. Oh well, a day out in the snow allows one to forget "man's miseries" for a while. Happy Trails!

Poetry Corner

Here's something cool we recently ran across. It is a poem written by a local writer, Sandy Hudock. Sandy reflects on her first year on a cross country team at a small eastern college. Enjoy!

Winesap Pressed

There were no better days than those, running
through the gold. Everything
was gold. The parting dusk,
the coined tree scatterings

Our faces unfurrowed then, sleek
with cooling sweat running
in borrowed shoes, dampness rising
and the sun scouring tinned tree branches, succulent.

"THAT DAM RUN"

April 29th, 2007 8:00am
John Martin Reservoir
Hasty, CO
Registration \$15.00
www.bentcounty.org

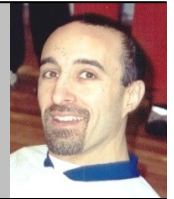
That Dam Run is a beautiful 10K run across John Martin Reservoir Dam in Southeastern Colorado. The student-run event is a fund raiser for the local Las Animas/Bent County Youth Chamber, and coincides with the local Santa Fe Trail Day Festival in Las Animas, CO.

Tandy Parrish
Executive Director
Bent County Development Foundation
332 Amb. Thompson Blvd.
Las Animas, CO 81054
719-456-0452
www.bentcounty.org



The 2007 SCR Banquet (continued)

Story by Jeff Arnold, Photos by Larry Volk



(Banquet Continued from page 1)

had it to do over again, I wouldn't. The great variety of homemade desserts were even more tempting but I clamped an iron lock on myself and had only five different ones, small portions.

George Dallam, A CSU Pueblo professor in sports sciences, is the only faculty member to have earned the three major awards the university offers. We soon found out why. George first offered an explanation of why one should breathe through the nose, and a way to do that. He then took questions on the subject. The short version is that air which passes through the nose on the way to the lungs is filtered better and is warmed more than air which comes through the mouth. George cited his personal experience of not having been sick in two years since starting this method compared to being sick about 8 times a year previously.

But how do you learn to breathe that way? George says it takes about 8 weeks. He suggests carrying water in your mouth. That way you have to breathe through your nose, or drown.

At this point in my writing, I went out and ran a mile with water in my mouth, setting a PR for distance doing that. This was only my second time running this year so I didn't go very fast, a little under 13 and a half minutes. I have run with water in my mouth before, but never that far. From the moment I put the water in my mouth, I was tempted to swallow. In fact I did swallow a small amount about a quarter mile into the run. My nasal passages burned a little, still do ten minutes after I finished, but for me the running was harder than breathing. I'm going to work on it.

George moved on to the topic of running naturally. He suggested that we are told to lift our lead knee, reach out and push off at the completion of the stride so we all too often learn to overstride and land on the heel. He contrasted landing on the heel where the force must be ab-

sorbed by the skeleton and landing on the ball of the foot. In the latter the force is returned and does most of the work in the ensuing liftoff. Also when the heel hits first, the foot tends to move, pronate or supinate, to diminish the force absorbed by the skeleton. Since it hurts so much to run barefoot on a hard surface if the heel hits first, we soon learn to run naturally, landing on the ball of the foot.

George talked too about the advantage of running less often and running faster. He said runners tend to like feeling tired. He does as a way of dealing with stress. However if you are tired most of the time, you are not adapting to your training. He said that one of the people he coaches, Hunter Kemper, one of the best triathletes in the world, has learned to detect when he needs rest instead of a workout and goes home. If you are not improving, you might try resting more between fast training.

Finally George talked about lifting weights. He suggested that a standard weight workout is likely to increase your overall health, but most distance runners don't want added muscle mass. He gave examples of running specific resistance exercise. Standing on the ball of one foot with a weight on your shoulders you can imitate foot strike and rebound. Also you can lift your heel quickly straight up towards the back of your upper thigh. At first he used an ankle weight and increased up to 30 pounds but realized that to have to find a fairly sophisticated machine. If you are serious about running specific weight exercise, I suggest you try to arrange to meet George for a demonstration.

It seemed to me that the crowd would have been happy to keep asking questions, but an awards banquet needs awards, so finally Sandy Reinsch had to announce the last question. Mistress of Ceremonies Jacqueline Wall gave the microphone to Don Pfof to present the prediction series award winners. The actual awards were "confetti lights,"

small oil burning lanterns. Lois Pfof turned various woods into necked cylinders somewhat reminiscent of decorative ink bottles and glued the glass oil containers into them. Inscribed on the bottom was her name, the date each piece was finished, the type of wood, "2006 SCR Predict Series" and finish place. The woods were ambrosia maple, birch, cedar, sumac, sycamore, walnut and willow. Each came with oil, a wick and a funnel. The winners were Larry Volk, Don Pfof, Dave Diaz, Ron Dehn, Matt Sherman, Matthew Drake, Wendy Garrison, Ben Valdez, Stacey Diaz, Jill Montera, Steve Wall, Joe Bulow, Jim Robinson, Jordan Montera, and Troy Chantala.



Several drawings were interspersed between awards. Stacey Diaz, who has the unenviable task of keeping track or all the volunteer points, called the winners up to get nice fleece vests with Southern Colorado Runners and two running figures printed on them. The vests for men are bright red, and for women pink. The winners were Mike Archuleta, Jeff Arnold, Gina Benfatti, Terry Cathcart, Anthony Diaz, Dave and Stacey Diaz, Ron Dehn, Jan Dudley, Gary Franchi, Shawn Gogarty, Rich and Deb Hadley, Stan Hren, Rocky Khosla, Ruth McDonald, Hilbert Navarro, Michael Orendorff, Don and Lois Pfof, Phil and Diane Quattlebaum, Ken and Pixie Raich, Shelly Riddock, Rusty Smith, Diana Tiffany, Bill Veges, Larry Volk, Jacqueline Wall.

More drawings, and then the youth award were announced. Aaron Levinson was the runner-up in the male category. Later in the program George Dallam won a raffle for a gift certificate from Runner's Roost. He looked for a young person who needed some new shoes, and finding no volunteers he gave the certificate to Aaron. The male winner was Matt Drake a senior from

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The 2007 SCR Banquet (continued)
 Story by Jeff Arnold, Photos by Larry Volk

(Banquet Continued from page 6)

Pueblo West High School. Samantha Davenport, a senior at Rye High School, won the female youth runner award.

The SCR Male Runner of the Year, as determined by vote of those attending, was Humberto Paredes. Gina Benfatti won the female award. Michael Orendorff, the outgoing webmaster, was given the "Dirty Sweatsock" award for exceptional service behind the scenes. The ever faithful duo, Don and Lois Pfost, were jointly honored as Outstanding Club Member(s). All were presented with custom ceramic sculptures made by Ron Dehn. Each sculpture consisted of fused cylinders roughly based on a silverware holder Ron saw, but if a utilitarian function has to be found they would more appropriately hold a rose than a fork.

President Ken Raich introduced the 2006 club officers, Vice-President Rich Hadley, Treasurer Dave Diaz and Secretary Stan Hren. All of the officers will return for 2007 but Theresa Duran will serve as co-secretary, filling in for Stan when his many duties associated with the Pueblo West Metro Board keep him from attending meetings. Ken also introduced Paul LaBar who volunteered to take over as webmaster after Michael announced he was looking for a replacement.

Then came the last of the drawings, followed by a silent auction. If you want to embarrass Rich Hadley, ask him what was in the Mystery Box he and brother-in-law Phil Quattlebaum bought.

Of course a wonderful event like this was doesn't plan itself. The banquet committee was Jacqueline Wall, Jill Montera, Sandy Renisch, and Don and Lois Pfost, who obviously did a huge amount of careful and clever preparation. Thanks too are due Larry Volk for producing the slide show, Misti Frey for registration; Paulette Arns and Mary Rudolf for sale of raffle tickets and tabulation of votes for female and male Runners of the Year. If you missed it, start planning for next year.



Clockwise from U.L.
 George Dallam
 Rick Hadley & Mike O.
 Jill Montera
 Rusty Smith & Brian Ropp
 Ken Raich,
 Lois & Don Pfost
 Matt Drake
 & Ken Raich
 Dave & Stacey Diaz





Ramblin'

by Ron Dehn

A few thoughts (actually only two)



Some people walk in the rain, others just get wet. -Roger Miller, musician (1936-1992)

I recently ran across this quote and it reminded me of some of my favorite running memories. All you have to do is change the word “walk” in the above quote to “run”.

There was a time when I would avoid running in weather that might get me wet.

Somewhere along the line, I learned to appreciate the coolness of the rain, especially after a hot spell. I especially enjoy running in a light drizzle. Everything smells better, your body stays cooler, and you are more aware of the environment that surrounds you.

Don't get me wrong. I would not enjoy running in the rain all the time. I'm just saying, that the rain offers sights, smells, and sensations that you don't get by running in 70 degrees and 20 percent humidity.

It's a realization, that joy can be attained by focusing on the positive or unique aspects of a situation, and not giving external factors the power to control our response.

I also enjoy running in the snow, and have written several times about these experiences.

That being said - It is smart to use common sense and avoid extremes. Neither frostbite nor heat stroke appeal to me.

Since I'm tossing out quotes - here's another that is related to running. (sort of)

It is an ironic habit of human beings to run faster when we have lost our way. - Rollo May, psychologist (1909-1994)

I must admit that the name Rollo May did not ring a bell, but after I googled him, I saw a few more quotes that sounded familiar.

I don't know if Rollo was a runner, but the next time that I finish a race with most of the pack ahead of me, I can find solace in the fact that according to Rollo May - many of those who are ahead of me, have, simply lost their way.

Hmmm...



The Benefit Series

by Todd Kelly

Organizers of the James “Spank”

Blasing Memorial 5K and the Cinco de Mayo 10K have joined forces to create the Pueblo Toyota Benefit Running Series.

The first race in the series will be the James “Spank” Blasing Memorial 5K on Saturday, April 21, on the campus of Colorado State University – Pueblo. The series wraps up at the Cinco de Mayo 10K Run and Fun Walk on May 6 at the Colorado State Fair Grounds.

The series organizer's vision of the Toyota Benefit Running Series is to combine the James “Spank” Blasing 5K and Cinco de Mayo 10K to give southern Colorado runners the chance to test themselves as well as educating individuals on the health benefits of running. Through increased participation, the Toyota Benefit Running Series will enhance the fund-raising

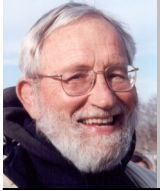
efforts for the CSU-Pueblo Student-Athlete Scholarship Fund and the School District 60 Project Respect program.

Visit the Toyota Benefit Running Series web site at <http://twelves.colostate-pueblo.edu/benefit/index.asp> for more information. Interested participants can also register on-line at http://www.active.com/event_detail.cfm?event_id=1414834.

Please contact Todd Kelly at 549-2013, or Ramon Arriaga at 549-7659 with any questions.



Spank Blasing at the inaugural Spank Blasing run in 2006



Valentine's Sunshine

Story by Jeff Arnold



After days of morning fog, the Valentine's Twosome race was blessed with warm sunshine and happy people. In spite of the potential confusion caused by a late date change, 32 couples showed up to celebrate, many in clever costumes. Some came to race, most to enjoy the day, each other, and the unusual relay format.

Tina Gray neared the exchange zone second a close second to a male runner. When she passed the baton to her fiancé Kyle Reno, victory was all but assured. Neither member of the couple is as racing fast as when they competed for UCCS, but Kyle brought the baton across the line in 20:34. That is the third fastest time in the web recorded records going back through 2000, and 40 seconds faster than the second team, Lacey and Thom LeDoux.

I was having too much fun to report adequately on the race, but I did have an interesting conversation with Jan Huie before the race started. She and Lou spent much of January in Guanajuato, Mexico in an intense Spanish language course. She said that board and room, including delicious home cooked meals, was \$39 per person per day. Jan and Lou won the 100-119 division with a time of 25:42.

I also found out that while Matt Drake had signed up with a 16 year-old girl, he ended up running with his mother. He may have had a faster partner. They finished 7th overall in 23:04 and second in the 60-79 division.

It was certainly family day. Five Khoslas ran. Zane Khosla teamed with Rachel Kleiner, each 11, to form the youngest team. Nine year-old Kaylene teamed with her father Rocky to win the Most Romantic Baton, for a heavy solid glass slipper. Twins Jace and Jherica were the fastest Khosla pair and took second in the 30 & under category with a 26:24. Hilbert Navarro, his daughter Rosa, and his grandchildren Alyssa and Jared Bruce had the only three genera-

tion family running that I know of. Leona and Ben Chavez of Colorado Springs decided to pair up with their children, Michelle and Michael. Leona and Matthew were slightly faster, 25:03, and took third in the 60-79 age division. Michelle and Ben ran 25:15.

Older runners continue to do well. Connie Arnsbrak and Ross Westley came down from the Denver area and won the 120 & up age division in 24:42. Their combined age of 137 is a record as far as I can tell. There were three couples over 100. The Huies were the babies of that group at 117.

Anna Marshall and Jamen Cox won the 30 and under division and fifth overall with 22:00. Even though they were 29, there were three teams younger. Pueblo West freshman swam in the SCL championships the previous two days.

I didn't write down the names of the



baton winners but the ugliest baton went to Doug Hansen and Shayne Taylor, Canon City male neighbors who chose to run knowing that they couldn't win a division prize. Their chewed dog bone was a no doubter. Betty Armfield and her boyfriend 7'1" tall Scott Witkowski won the Most Creative baton award with a framed picture of themselves captioned "The Odd Couple." Betty is probably of above average height, but Scott is a giant compared to, well, almost everybody.

Jill and Jordan Montera won the award for the Biggest Baton in an audience vote. Their rainbow-colored boa was

certainly the longest when stretched out. It must not have slowed them much as they finished fourth overall in 21:51. Jill's costume of black tights, white long-sleeved top and red glitter skirt and wig was definitely eye-catching. If we'd had a costume contest, mention should also be made of Scott Witkowski's shiny black Afro wig and his flared pants with gussets of gold glitter. My pick, however, would have been Terri Tibbs' nun costume, if you can believe in a slender nun in black tights.

One other amazing fact. 11 of the 32 couples were from out of town, not counting Pueblo West.

I want to mention here how much we take Shelly and Ruth for granted. I tend to do minimal preparation, and as I was marking the course, I realized that I hadn't talked to either of them about the race. Since I'd already jumped off that cliff, I tried to talk myself out of panicking, but it was great to see Ruth get out of her van just as I finished the course. And she stayed to help with traffic control. Thanks Ruth..

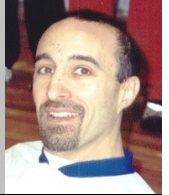
Paulette Arns came early enough that she could watch the registration table while I did the course, then pulled tags, and even cleaned up after the race. Brian Ropp who was awaiting results of an MRI on a possible ACL tear, kindly ran the printing timer. Thanks to them as well.

An hour and a half after the race started, all the races were run, awards given, and some of the stories were told. I was a little sad to lock the door to the Pavilion, but as the old Brooklyn Dodgers said, "Wait till next year."



Valentine's Results & Photos

by Jeff Arnold & Larry Volk



| Names | Comb | | Time |
|-----------------------------------------|------|--------------|----------|
| | Age | Place in Div | |
| 1 Tina Gray & Kyle Reno | 49 | 1st OA | 20:34 |
| 2 Lacey & Thom LeDoux | 60 | 1 60-79 | 21:14 |
| 3 Jenn & Matt Kottenstette | 57 | 1 40-59 | 21:39 |
| 4 Jill & Jordan Montera | 54 | 2 40-59 | 21:51 |
| 5 Anna Marshall & Jamen Cox | 29 | 1 30 & under | 22:00 |
| 6 Doug Hanson & Shayne Taylor | 65 | both male | 22:06 |
| 7 Martha & Matt Drake | 71 | 2 60-79 | 23:05 |
| 8 Sherie & Craig Caffey | 33 | 1 30-39 | 23:11 |
| 9 Debbie & Mark Gurule | 86 | 1 80-99 | 23:50 |
| 10 Terri & Cole Tibbs | 57 | 3 40-59 | 23:51 |
| 11 Karen & Rock Ortiz | 88 | 2 80-00 | 24:14:00 |
| 12 Jessica & Justin Lanham | 56 | 4 40-59 | 24:36:00 |
| 13 Connie Arnsbrak & Ross Westley | 137 | 1 120 & up | 24:42:00 |
| 14 Leona & Matthew Chavez | 75 | 3 50-79 | 25:03:00 |
| 15 Wendy & Joe Bulow | 71 | 4 50-79 | 25:09:00 |
| 16 Michelle & Ben Chavez | 83 | 3 80-99 | 25:15:00 |
| 17 Jan & Lou Huie | 117 | 1 100-119 | 25:42:00 |
| 18 Jennifer Cernoia & Justin Cox | 28 | 2 30 & under | 25:55:00 |
| 19 Maria & Mary Gersick | 66 | 5 50-79 | 26:00:00 |
| 20 Kristie & David Elliot | 59 | 6 50-79 | 26:20:00 |
| 21 Jherica & Jace Khosla | 30 | 3 30 & under | 26:24:00 |
| 22 Rachel Kleiner & Zane Khosla | 22 | 4 30& under | 26:46:00 |
| 23 Kaylene & Rocky Khosla | 57 | 7 50-79 | 28:45:00 |
| 24 Maria & Gerald Davis | 91 | 4 80-99 | 29:06:00 |
| 25 Rebecca & Randy Ernster | 88 | 5 80-99 | 29:06:00 |
| 26 Hilbert Navarro & Rosa Navarro-Bruce | 108 | 2 100-119 | 29:24:00 |
| 27 Cheryl Cook-McCvoy & Marv Bradley | 129 | 2 120 & up | 29:44:00 |
| 28 Reynalda & Denny Garoutte | 61 | 8 50-79 | 29:50:00 |
| 29 Ana & Brian Bentz | 68 | 9 50-79 | 29:55:00 |
| 30 Betty Armfield & Scott Witkowski | 56 | 10 50-79 | 30:42:00 |
| 31 Alyssa & Jared Bruce | 25 | 5 30 & under | 35:43:00 |
| 32 Dawn & Austin Bass | 50 | 11 50-59 | 40:29:00 |



Top to bottom

Hilbert Navarro &
Rosa Bruce
(Dad & Daughter)

Kyle Reno & Tina Gray

Matt Drake

Twosome Awards & Volunteers

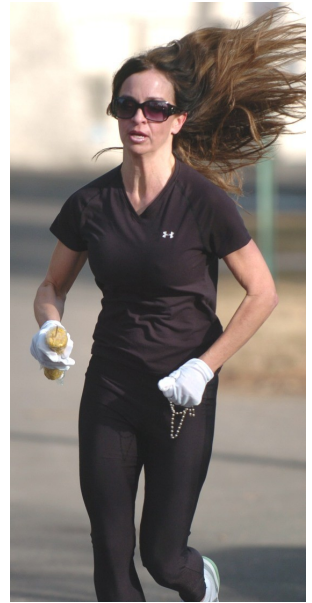
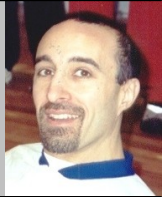
Batons: Ugliest Doug Hansen and Shayne Taylor
 Biggest Jill and Jordan Montera
 Most Romantic Kaylene and Rocky Khosla
 Most Creative Betty Armfield and Scott Witkowski

Volunteers: Ruth McDonald – registration, traffic control
 Paulette Arns – registration, tag pulling,
 clean up
 Brian Ropp – printing timer
 Jeff Arnold – race enjoyer



Valentine's Results & Photos

by Jeff Arnold & Larry Volk



L to R: Scott Witkowski & Betty Armfield, Marv Bradley, Cheryl Cook-McCoy, Terri Tibbs



Some of our club members in Vegas Left to Right:
 Elvis, Kris Spinuzzi, Diane Lopez, Marijane Martinez, Elvis, Gina Benfatti, and
 Elvis. Gina and Kris ran the L.V. Marathon. Diane and Marijane ran the half.

Answer to Sudokuworks puzzle
 on page 4

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

Ben & Matt's Trail Mix Has a Date Change

by Ben Valdez



The Trail Mix that was originally scheduled for March 17th has been changed to Sunday April 29th, 8:00 a.m. at the Nature Center. The reasons for the change to this date are numerous. First March 17th is the St. Patrick's Day run in Old Colorado City, which many of our club members



participate, the next weekend March 24th, I am (Ben Valdez) hosting the first Widefield 5K Walk/5 Mile Run, at the

Fountain Creek Nature Trail, I am hoping that many of our club members will take the 30 minute drive up I-25 and partake in this event. Flyers were sent in the last SCR newsletter, but if you need more information give me a call at 719-391-3515. Proceeds from the event will go to Widefield & Mesa Ridge High School Track Teams. This leaves the weekend of March 31st and April 1st open and April 28th and 30th. Don Pfof our fearless leader in the predict did not want us to run back to back predicts with his race being April 7th and Sunday had to be chosen, because Matt is coaching track on Saturday's. We also have Easter weekend, followed by the "Spank" Blasing 5K on April 21st,

hosted by CSU-Pueblo to contend with. So if you want a busy spring race season you've got it. It's just what we need after a long ridiculously cold winter. We have six races in two months to get our cold winter limbs moving again. I hope you are able to train and enjoy the upcoming race season.

Editor's Note: See the calendar on page 13 or even better, check out the calendar on the SCR website for an up to date listing of upcoming events.



The Y regrets any inconvenience to runners who did not get the word regarding the postponement of the Frostbite 5. The race was postponed

for safety reasons due to the ice on the Rivertrail. We made every effort to contact participants. Pre-registered runners were individually called. The Pueblo Chieftain and television stations 5/30 and 13 were notified. Making

changes to the web calendar will be added to the protocol. The race is rescheduled for 10 am on March 10th. Again we apologize for any inconvenience.



Volunteer Points

by Stacey Diaz

Volunteering is a reward in itself. However, this club has in the past rewarded volunteers for their efforts with an award given at the end of the year at the annual banquet. Our club runs on volunteers and without them there would be no club. This year we awarded 31 awards (fleece vests suggested by Lois Pfof) to our volunteers that earned 50 or more points. I would like to reprint how points are awarded. The current system was revised and voted on by the club in 2004

The points system is fairly simple. 50 points are needed to earn an award. If you don't earn 50 points during the year, they will carry over to the next year. As long as you are a club member and are involved the points will stay on the

books. If there has been no activity for over a year the points will not carry over to the next year. Once an award is earned the balance goes to zero. Points are earned by doing any of the following:

- Attending club meetings-5 points
- Assembling or stuffing the club newsletter-5 points
- Volunteering to help at a race-5 points
- Writing an article/column for the newsletter-5 points
- Volunteering to help with the picnic or banquet-5 points
- Coordinating the banquet-10 points
- Host a Prediction Series Race-10 points
- Volunteer Points Coordinator-25 points
- Race director-25 points
- Race director for Spring Runoff or Rock Canyon-50 points

Club president, newsletter editor, membership chair, webmaster-50 points

I will continue to print periodic updates so volunteers will know how many points they have earned. If there are any questions feel free to contact me at diazsd@aol.com I am also looking for suggestions for next years volunteer awards.



Mini Bios for some of our youth runners

2007 Calendar (check the website for up-to-date information)

| <u>Mar-07</u> | | | |
|---------------------------------|-----|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| 4th-Sun-9:00am Various times | (a) | Chieftain Spring Runoff Dutch Clark Stadium, 8:45 toddlers, 10:45 youth | 10mi / 10K 5K / 2mi Terry Cathcart (719)547-2777 |
| 10th-Sat-10:00am | (a) | YMCA Frostbite Five City Park Pavilion | 5mi Victoria Esquibel - YMCA (719)543-5151 |
| 107h-Sat-10am | (c) | St. Patrick's Day 5K Run Acacia Park, Colorado Springs | 5K John O'Donnell (719) 635-8803 |
| 24th-Sat-8:30am | (c) | Widefield 5K Walk/5 Mile Run Fountain Creek Nature Trail, Colorado Springs | 5K/5mi Ben Valdez 719-391-3515 |
| <u>Apr-07</u> | | | |
| 7th-Sat-8:00am | (c) | Ramsgate 8, Prediction Series | 8K Don & Lois Pfost - 719-544-9633 |
| 21st-Sat-9:00am | (c) | "Spank" Blasing 5K and Walk for Athletics - Toyota Benefit Running Series: Event 1 CSU-Pueblo Campus | 5K Todd Kelly 719-549-2013 |
| 29th-Sat-8:00am | (c) | THAT DAM RUN J Martin Res. - Haste, CO | 10K Tandy Parrish, 719-456-0452 |
| 29th-Sat-8:00am | (c) | Ben & Matt's Trail Mix, Predict Series Pueblo Nature Center | 10+ mi Matt Sherman 719-547-8182 |
| <u>May-07</u> | | | |
| 5th-Sat-6:30am | (a) | The Collegiate Peaks Trail Run, Buena Vista | 25mi/50mi Burke Kaiser, 719-395-3674 |
| 6th-Sun-7:30am | (a) | Paula M. Arriaga Run (formerly Cinco de Mayo) - Toyota Benefit Series: Event 2 State Fairgrounds, Pueblo | 10K, 5K, 1.5mi fun walk Ramon Arriaga 719-564-7659 |
| 13th-Sun-8:00am | (c) | Yappy Dog, Predict Series | 8.6mi Ross Barnhart, 719-543-6982 |
| 20th-Sun-8:00am | (a) | Survival Run, Mineral Palace Park | 5K Jeff Arnold, 719-947-3682 |
| <u>Jun-07</u> | | | |
| 2nd-Sat-8:00am | (a) | Run for Rio - Rye, CO | 5K Jeff Arnold, 719-947-3682 |
| 2nd-Sat-8:00am | (a) | Spirit Fest on the Riverwalk | 5K Hilbert Navarro, 719-564-7685 |
| 6th-Sat-8:30am | (a) | Little Festival on the Prairie-2007 Lovell Park, Pueblo West | 5K run, 2M Walk Dale Papineau 719-289-1411 |
| 23rd-Sat-8:00am | (c) | Belmont Butt Buster, Predict Series | 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 Esquibel - YMCA (719)543-5151 |

(a) indicates club "assisted" event, (c) indicates club event

Also.... Please check the web site for current information. One or two events listed art tentative!

Samantha Davenport, a senior at Rye High School with a 3.97 GPA, has lettered four years in cross country, and three in track. She swims on the Pueblo West team, is taking an English class at CSU Pueblo, and calculus online. Fall semester she was involved with a STEPS program at the rehab ward at Parkview. She qualified for state three times. She is planning to attend CSU in Fort Collins after graduation.

Aaron Levinson is a seventeen year old junior honor student (4.0 GPA) at East High and runs both cross-country and track. He runs about 40 miles a week and also cross-trains regularly on an exercise bike and does weight training at school and with his father, Dennis, at World Gym. This past X-country season, Aaron placed 6th at the City Meet, with a three-mile time of 17:16. And, at the Regional qualifying meet, he placed sixteenth with a 5K time of 17:50, and just missed qualifying for state by one place.

Pueblo West senior Matt Drake is on track to be one of three valedictorians in his class with his 4.0 GPA. He is a relative newcomer to running, starting cross country as a sophomore. He seems to do better in longer races and placed fifth overall with a 1:29:07 in the 2006 Rock Canyon Half Marathon. Matt does volunteer work at his church during the school year. In past summers he has volunteered at Parkview Imaging and for the Pueblo West Parks and Recreation Department.

*The luck of the
Irish awaits ye*



at the
Gold Dust
217 South
Union



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

Two Names - Same Race

The Cinco de Mayo run has been renamed the Paula Arriaga Memorial run. The name change is recent, and you will see both names on different promotional material. Please note that the Cinco de Mayo run and the Paula Arriaga Memorial run are one and the same.

The Frostbite 5 has been rescheduled for Saturday, March 10 at 10am The race starts at the Pueblo City Park Pavilion.



The March 4th Spring
Runoff has something for
everybody.

- 5k
- 10k
- 10 mile
- Toddler Run
- Youth 1 mile fun run
- Dutch Clark Stadium

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 March 7th.

The Final Thoughts...

With enough 'ifs' we could put Paris in a bottle. -French saying

May your trails be crooked, winding, lonesome, dangerous, leading to the most amazing view. May your mountains rise into and above the clouds. -Edward Abbey, naturalist and author (1927-1989)

No one has ever become poor by giving. -Anne Frank, Holocaust diarist (1929-1945)

When I was a kid I used to pray every night for a new bicycle. Then I realized that the Lord doesn't work that way, so I stole one and asked for forgiveness. -Emo Philips, comedian (1956-)