



Editor: Ron Dehn

FOOTPRINTS

The tax man cometh... and so does this newsletter, There is no escape.

The Spring has Sprung Issue



Pueblo Fire Chief
Chris Riley
collects his medal
for 2nd place in
his division from
Paulette Stuart,
SRO guru from
the Pueblo
Chieftain and
co-race
Director

Attention Race Directors, Writers, and Readers!

We are **NOT** planning to publish a newsletter in June.

The May newsletter will be published in late April, the June-July issue published in late May, and the August issue published in late July. (No issue mailed in June) This could affect Race Directors who want to mail out inserts, especially for any races in July.

On the other hand, there may be some member out there that wants to take on some newsletter duties. If you are that person, please contact me and I'll work with you on sharing duties. Currently, Footprints is created in Microsoft Publisher, but I'm willing to explore other software.

Over 700 athletes took part in the 29th annual Spring Runoff. The events included a Toddler Run, the Funner to be a Runner 1-mile run for youth, a 2-mile walk, and 5K, 10K, and 10 mile runs.

The annual event is orchestrated through the joint efforts of the Pueblo Chieftain,

the Southern Colorado Runner's Club, and a ton of volunteers. Paulette Stuart from the Chieftain and Terry Cathcart from SCR are the masterminds of the entire experience.

For photos and partial results, see pages 12 through 17. For complete results, see: www.socorunners.org

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SCR Notes from the March, 2007 meeting

Attendance: K. Raich, D. & L. Pfof, R. Smith, T. Duran, D. Diaz, P. Arns, Lynn Brown, T. Cathcart, J. Arnold, R. Dehn, V. Esquibel, G. Franchi, Ramon Arriaga, T. Kelly, P. LaBar, Jesse Sena
Minutes for March were approved.

Special Guests were Kristine Chamblin from John Newman School. She requested assistance in starting an annual race as a fundraiser for the school & to promote health and wellness to the community. She proposed a date of Apr. 21, which is already taken by the CSU Spank Blasing run. Other dates were recommended, and she is to keep in contact with Paul LaBar, who volunteered as the SCR liaison, regarding a decision to proceed and other possible dates.

Other guests Austin Clark from Southern Colorado Trail Builders came to discuss the trails near the reservoir, and utilization of the trails by SCR runners. He passed around a map of the trails. He discussed the upcoming bicycle race at the reservoir on Apr. 22, and offered SCR the opportunity to hold a run as well. He also gave an e-mail address for comments about the trails, noting that it would be good for the state to see that the trails are being utilized. That e-mail address is brad.henley@state.co.us.

Lynn Brown, Director of Rec Therapy at the State Hospital came to talk about the resurrection of the Dam Run. It was recommended the race be held on the first Sat. or Sun. in October. She is to present the dates to the State Hospital committee and notify SCR of a decision.

Officer Reports: Treasurers Report: Dave Diaz gave a detailed report of the financial status of the club, a financial report of the Banquet, a preliminary report for the Spring Runoff, & the Valentines Twosome. He noted that SCR is in close range to the balances last year at this time. The report was approved. Newsletter Editor: Ron Dehn discussed newsletter costs, and how they have increased over the last few years. He explored options, and found that the CSU Printshop will print for less than half the current cost, as well as place a hard cover on the newsletter. It was agreed that less newsletters would be ordered from now on, in order to relieve extra costs as well. Membership Chair: Don Pfof gave a report on membership. He noted that 163 members have renewed their memberships, and 45 former members have not renewed. Last month 30 of those 45 did receive newsletters randomly, and they will randomly be sent to those members for now, unless

they renew at that time they will then of course receive one no matter what. Letters were sent out reminding those members who have not renewed to renew their memberships. Webmaster: Paul LaBar reported that he is continually making updates to the website. He passed out a printout of the new layout he has been working on for the website.

Upcoming Races: Frostbite 5 is March 10: Victoria reported that everything was ready for the race. It was noted that since the date had been moved that many of the previous volunteers would not be able to help out. Jesse Sena the race director for Spirit Fest was at the meeting to suggest possibly changing the date for the Spirit Fest run, which is currently June 16, and on the same day as a race in Colorado Springs (Sailin Shoes). It decided to leave it on the same day. There will be some runners from SCR that may run one or the other, but it shouldn't be a considerable conflict. Hilbert Navarro will remain the SCR liaison for the race, he will be needing to pick up equipment, and transport it to and from the race. Todd Kelly and Ramon Arriga from the Toyota Running Series (CSU Spank Blasing and Cinco De Mayo runs) came. They thanked SCR for allowing them to advertise by hanging posters at the Spring Runoff. They brought with them the race sign up application for the series.

Activity Recaps/Updates/Revisits: Terry Cathcart gave a report of the Spring Runoff. It was noted that there were many race day entries alone, approximately 80. There is going to be a Lessons Learned meeting that Terry is going to set up a date and time with Paulette from the Chieftain, to go over making improvements where they may be needed and so forth. Terry has also found someone to help him with the race in the future that may be able to take over at some time if need be.

New Stuff/Old Stuff: It was again reviewed that extra money was given to Rosarios for the wait staff as a tip on the night of the banquet. It was followed up by Don Pfof who reported that the manager Rosarios did confirm that the gratuity was basically in a sense a facility fee not a gratuity that was paid to the wait staff, although that fee of 18% went toward the higher wages that the wait

staff was paid for working the banquet. It was recommended that in the future it should be considered that the full cost of each meal should be charged to the attendees, as it was not charged this year, and a funds loss was noted. It was also brought up that for the last 2 months there has been a conflict at the Y with scheduling, and the meeting room has not been available to SCR for the meeting to start on time. The possibility of moving the meeting to a different day was discussed and decided against at this time due to scheduling conflicts for Theresa Duran. Victoria Esquibel from the Y is going to look at the schedule, and look into making sure the room is available for SCR on the 1st Wednesday of every month from now on.



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. 299

"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
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Co-Secretary	Stan Hren	647-9736
Co-Secretary	Teresa Duran	
Treasurer	Dave Diaz	564-9303
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Gary Franchi, Rocky Khosla, Stan Hren, Don Pfof
Paul Vorndam, Larry Volk, Theresa Duran, Marsha Martinet
George Dallam, Rusty Smith

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.

* Adam Rich, a 26 year old runner from Colorado Springs who won the Spring Runoff 5k. Adam ran a 15:49 with a mile-pace of 5:05. WOW!



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



Great Stuff

by Gary Franchi

Dieting's simple principle



Thought for today's lunch, compliments of comedian Joe E. Lewis: "It doesn't matter if you are rich or poor as long as you've got money."

Musings about running, fitness and life:

You know, it's a good thing that Americans have no will power because otherwise there would be no need for the thousands of new diet books, CDs, DVDs and pound-reducing products that are produced and sold every year. I say this is a good thing because buying these diet-related products is really what keeps the U.S. economy moving.

I mean, let's get serious now -- Wall Street, the housing market, and gasoline and food purchases may be somewhat important to the economy, but it's really the millions that are spent on Americans' infatuation with diets that is driving business profits. Hence, we should be thankful for the over-ample guts and posterior cheek sizes prevalent in much of our population; otherwise, we'd be in the throes of another depression.

Such pleasant thoughts -- and visuals -- crossed my mind recently as I was enjoying a "fine dining" Sunday evening experience at Taco Bell in Canon City while reading a weight-loss article in *Runner's World* magazine. Like a revelation, the key to the world's obesity problem was solved while I was biting into a tasty chili cheese burrito.

There in black-on-white print were written these words concerning the key to losing weight: "You simply need to take in fewer calories than you burn on most days of the week."

No? Really? Shoot fire, man! That's all you gotta do? Hey, it's genius, I tell you. Almost visionary.

OK, I was playing with you a bit there. Yeah, those words actually were in the article. But, no, that's not what caused me to almost stop chewing my burrito. (Notice I said "almost.")

What really made my eyebrows rise was when the author, Sally Wadyka, listed the amount of time you would need to run in order to burn the calories you gained from eating something. When she mentioned that two bean and cheese bur-

ritos would require 40 minutes of running and that two pieces of Pizza Hut cheese pan pizza would necessitate 58 minutes on the roads, I started hearing what she was saying while thinking of the little love handles that continually endure.

Unfortunately or fortunately, depending on whether we're talking about the sorry state of U.S. obesity or the fueling of the economy, most Americans don't see dieting this way. I think you can pretty much assume that most of them aren't fitness-conscious runners, either.

For instance, I came across some gut-bloating statistics recently when reading *The Rocky Mountain News* while enjoying a tasty chicken salad dinner in my away-from-home domicile. Aramark, which supplies food to 15 major league ballparks, including Coors Field, listed what it expects the home crowd to consume at the Rockies' Opening Day in the afternoon there in April:

- 18,000 hot dogs
- 3,100 bags of peanuts
- 2,500 orders of nachos
- 1,300 bags of popcorn
- 700 pounds of French fries
- 600 hamburgers
- 800 bags of Cracker Jacks (no boxes?)
- 40 gallons of ice cream
- 1,250 gallons of soda

Scary, ain't it? What Aramark neglected to mention in those numbers is that a good chunk of those fans will be stopping at a fast-food restaurant after the game because it will be close to dinner time by then and little Johnny -- who got to skip school to attend the afternoon game with dad -- will say his stomach is growling from hunger.

Once again, I sense that most people who attend baseball games aren't runners. If they were, they wouldn't be gobbling down those fat calories, no siree. And they wouldn't be scarfing those nitrate-laden dogs, nor slurping those fat pill ice creams. Not a chance.

If they were runners, they would never get past the brewski line.

And though they might be foolish for slugging down a few of those beers at the ridiculously inflated prices they charge at

the ballpark, at least they'd be keeping the economy moving.

Cheers.

Ten things I was just wondering:

- Oh sure, the quest for fitness is great and all, but don't the attitudes of some of the Type A machos in the health clubs make you want to vomit?
- Why does Pueblo need another giant Lowe's store about 10 or 15 minutes from the one it has now?
- Do we ever truly appreciate a charity athletic event as much as when we know someone or ourselves face the disease that the event hopes to benefit?
- When people say "sounds good" to someone on the telephone, aren't they really saying that they're glad the conversation is almost over?
- OK, it's eight months later -- so, like, who was the 2006 winner of the Tour de France?
- Remember when Coloradans used to care about the Colorado Rockies before team payroll limits eliminated the team from contention before each season began?
- Wouldn't it be genius if someone could invent a running shoe that has adjustable lengths and widths? (C'mon, think outside the brain!)
- When are they going to come up with a peanut butter-flavored chap stick?
- If you think about it, wouldn't it be equally as noteworthy if a runner's biography said so-and-so "hasn't been injured for 10 years" rather than saying he/she "has completed 10 marathons and an ultra-marathon?"
- Coming full circle on the "vomit" statement in Wonder #1, couldn't you do without people saying in a condescending manner that they have some information they want to "share with you?"

Until next month, be like most runners -- justify your eating habits by running a few more miles.



April Birthdays

- 2 Jessica Gogarty
Alec Guinness*
- 4 Victoria Herrera
Maya Angelou*
- 5 Sarah Gogarty
Spencer Tracy*
- 7 Gerald Puls
Billie Holiday*
- 8 Kathleen Rogers
Betty Ford*
Easter Sunday
- 9 Jesse Weaver
Dennis Quaid*
- 11 Brad Van Buskirk
Joel Grey*
- 13 Karl Cordova
Joe Farra Jr
Tony Dow*
- 15 Traci Winterbottom
Titanic sank 1912
- 17 Christopher Roman
Robert Santoyo
Russell Smith
Jennifer Garner*
- 20 Kieran Hughes
Bob Stuemky
Jessica Lange*
- 22 Ashley Smith
Jack Nicholson*
- 23 Gregory Meier
Sandra Dee*
- 24 Robert Kelher
Shirley MacLaine*
- 25 Mark Rickman
Al Pacino*

*honorary member

Potpourri

Are you getting your newsletter on a regular basis?

Some of you may not be receiving *Footprints* on a regular basis. If your *Footprints* seems to be delivered in a random fashion, your membership may not be current. Check your mailing label for the expiration date. If this date is prior to 2007, you need to renew in order to guarantee a newsletter in your mailbox.

Here's why. We need to mail 200 or more newsletters each month to obtain bulk mail rates. Our membership is a tad shy of 200, so we send out a few newsletters to previous members who have not yet renewed for 2007. The list of previous members who receive the newsletter is generated on a random basis. If the computer randomly picks you, a label is printed. If not, better luck next month.

But, if you like receiving newsletters, and getting discounts on SCR races, etc, simply renew and avoid all this hassle.

Thank You Donors!

We thank the following members who have also made contributions to the SCR equipment fund and / or the YMCA building fund. THANKS goes out to: Byron Beard, Dan Comden, Paul DallaGuardia, Bill & Samantha DeMoss, Michael &, Kimberly Garcia, Shaun & Gloria Gogarty, John Holiman, Jan & Lou Huie, Kristen & Greg Meier, John Roman, & Terri Tibbs

A few of the Many Volunteers

It takes a gaggle of volunteers to make the Spring Runoff a success

Right: Gary Franchi "works" at the finish line.

Below: Lois Pfost and Karen Vanhaverbeke really did work.



Happy New Year

February 18th marked the beginning of the Chinese New Year. If you were born in 1995, 1983, 1971, 1959, 1947, 1935, or 1923 this is your year!!! By the way, this those born in the years listed are born in the year of the pig or boar. Don't let the stereotype bother you. In Chinese astrology, a pig signifies intelligence, honesty, strength, and fortitude. February 7th, 2008 marks the beginning of the year of the rat. This will include the years, 1996, 1984, 1972, etc. Rats are leaders, pioneers and conquerors. They are charming, passionate, charismatic, practical and hardworking. Gary Franchi, Dave Diaz and Ron Dehn are all rats. Hmmm.



Some Weighty Thoughts...

by Paul Vorndam



Do you ever get tired of people telling you that you're too skinny and that you don't look "normal"? My mother often told me I should put on some weight so that I would be prepared to go into the hospital (!). Of course the response was that being skinny would keep me *out* of the hospital, but she never believed that. My grandma, upon seeing some slight soul on the street, was known to remark, "Look at that poor guy – he looks like a drink of water"! I suppose that living through the Depression years of the 1930's had something to do with feeling sorry for the "underweight" folks. Times change, eh?

Think about the really good runners that you know. They all look like concentration camp victims! I saw Matt Carpenter recently on TV talking about the Pikes Peak race entry debacle. I'll bet a lot of folks thought he looked like he had one foot in the grave. They would be quickly disabused of this if they were to follow him up the Manitou Incline. Think about it; if you're going

to try to run uphill, do you want to carry any more than you have to? The biggest difference I have found in my experience on the Peak over the years is the "leaner" years were the better ones. If I could pinch an inch (or more), I knew the slog beyond Barr Camp was going to be what my running buddies aptly called *Lingering Death*.

Doc Sheehan tangentially touched on this topic in one of his essays:

"Somewhere past childhood that integration of self and that response to the universe began to dissolve. We came more and more to associate who we were with what we owned, to judge ourselves by other people's opinions, to make our decisions by other people's rules, to live by other people's values. Coincidentally, or maybe not so coincidentally, our physical condition began to decline. We had reached the fork in the road. We took the well-traveled path."

As runners, we don't do this. We feel sorry for most of the newscasters, etc. we see on TV. Clearly they are tied to their jobs and don't get out to *run*. They're not emaciated – you probably couldn't see their ribs at the pool; they're "normal". Beauty is truly in the eye of the beholder in our sport. When I went to school in Boulder, I would drive in every morning on the back road from Lafayette, a few miles east. One morning I saw a decidedly overweight older lady jogging along the road. From that day on, I saw her *every* morning somewhere along the road – no matter what the weather. The transformation over the months was astounding. I thought *I* was a runner, but the days that I wimped out, she was out there and she was getting thinner and better! I suppose I should have stopped and at least shouted a "Way to go!" at some point, but she'd probably thought I was some wacko mugger. Nonetheless, that stranger remains an inspiration to me to this day. So, be thin, be inspired; just *run*.

Happy trails!

As you know, our Footprints staff is constantly trying to keep our reader's brains from rusting. Here's some puzzles that one of our readers sent in. The first one is worked for you.

(Answers are on page 19)

man

1. -----

board

Ans. = man overboard

stand

2. -----

i

3. /r/e/a/d/i/n/ g/

4. r

road

a

d

5. cycle

cycle

cycle

0

6. -----

M.D.

Ph.D.

knee

7. -----

light

8. ecnalg

9. death life

10. ababaaabbbbbaaabbbb ababaabbaabbbb .



Ramblin'

by Ron Dehn

Two totally unrelated items



First we were in, and then we were out.

I've got 6 Ascents under my belt. After the '06 run, I decided that I would do at least (and probably only) 2 more. I planned to run the '07 race just to keep the string alive, and then to do the '08 race to celebrate my 60th birthday.

My brother Dave, who did the ascent in the '80s has been talking about doing it again. Jeremy and Maggie (2 of my kids) have been wanting to join in the fun also.

Last year, Jeremy and Maggie signed up and I was thrilled. But – they were living in Texas at the time, Jeremy finishing up school, and Maggie traveling a lot with her job. Their training was not going as planned, so they decided to give up their slots to someone on the wait list, and join me in 2007.

The on-line registration for this year was scheduled to begin at 8am on March 1st. I happened to be traveling that day, so Jeremy volunteered to get on-line to register me, Maggie, and himself. I warned him that the '06 Ascent filled in less than 10 hours.

He spent 2 ½ hours trying to get us signed up. Active.com was having con-

siderable problems and the server kept crashing. BUT – Jer persisted and registered all 3 of us.

Another BUT... The Pikes Peak organizers received tons of messages and calls of complaints because of the great difficulties and ultimately decided to start over with registrations for the Ascent wave 2. (our race). Jeremy again volunteered to sign us up. I advised him that he needed to login no more than a couple hours after registration opens. I might add, that my advice is usually stellar. (just ask my kids) However in this case – I was more than slightly off base. Wave 2 filled up in less than 10 minutes.

Oops... But – I really really really want to get in next year.

And, for your entertainment – here's something that Dave Diaz (a retired math teacher) will appreciate.

There was a celebration this month that I missed. I found out about Pi Day (March 14th) a week after it had passed.

Pi, Greek letter (π), is the symbol for the ratio of the circumference of a circle

to its diameter. (Remember the formula:

$C = \pi d$?) Pi is approximately 22/7 and is usually calculated to 3 digits, 3.14. (hence, March 14th) Pi is an irrational number meaning it will continue infinitely without a repeating pattern. The

symbol for pi, π , was first used in 1737 by William Jones, but was popular after it was adopted by the Swiss mathematician Leonhard Euler (pronounced "oil-er") in 1737.*

If you are really into this – next year you may want to celebrate Pi Minute on March 14th. Pi minute is celebrated at 1:59pm. (Pi to 5 places is: 3.14159) And how about Pi Second? (26 seconds into Pi Minute – 3.1415926)

Incidentally, March 14th is Albert Einstein's birthday.

In case you are used to European terminology, you might celebrate Pi Day on July 22. (The European format for this date is 22/7)

And now I ask, where else could you find information this intriguing?

*<http://www.piday.org/>



Some of those present at the Chieftain Packet Stuffing Party held a few days prior to the Runoff.

The group was treated to pizza and a good time in exchange for their work.

Photo by Paulette Stuart. Watch out Chieftain photo journalists. Paulette may have just launched a new career?



Predictions

by Don Pfof

Spring Runoff Tune-up



A record forty runners turned out on Sunday, March 18 at 9:00 am for the Spring Runoff Tune-up 10K, the opening race of the 2007 predict series. The weather conditions were ideal—sunny, clear skies, no wind, and a starting time temperature of thirty-two.

As the name suggests, the Tune-up covered the 10K course of the Spring Runoff, starting and finishing just inside the west entrance to City Park. Picture this: From the starting line, the course skirts the northwest edge of City Park on Carlisle Avenue, drops down to the River Trail, heads east toward Dutch Clark Stadium and climbs the hill west of the stadium; the course then zigzags through the Aberdeen residential area on Abriendo, Argyle, Dittmer and Calla, jumps onto the golf course and heads west along the Bessemer Ditch, exits the golf course, turns east onto Nuckolls, passes the zoo and tennis courts, goes east of the fountain and circles around behind the Parks and Recreation building onto Goodnight, finishing just inside the west gate of City Park where it all started.

Thanks to Ken and Pixie the course was well marked, and the course marshals directed runners through crucial turns and flagged the traffic to slow it down; and, with the exception of two short sections on the River Trail, runners encountered no ice or snow. So, unless we hear otherwise in the next few days, we'll assume that all who started the race arrived safe and sound back at the finish line.

As far as results, congratulations go to Jan Huie, Colorado Springs, who finished first, just six seconds off her predict. Linda Strange was second, eight seconds off her predict, followed by Mary Simmons and Damon Rundell, who were ten and twelve seconds off their respective predicts; Jeremy Keener and Paul DallaGuardia were in fifth and sixth place, finishing in a virtual tie at 18.73 and 18.82 seconds off their pre-

dicts. Rounding out the top ten places were Becky Medina, Stacy Diaz, Carrie Slover and Don Pfof.

Fifteen runners finished less than one minute off their predicts.

There were lots of new faces. A check of participants in the 2005 and 2006 series reveals that first-timers to a predict event included John and Nancy Musso, Lindsey Schryver, Mark Gurule, Chris Gredig, Matt and Jenn Kottenstette, Maryvonne Mauprivez-Mack, Hans Meisler, and Alan Tarr. Hopefully, we'll see them at other races throughout the year.

Following the race, the gathering moved to Ken and Pixie's home, where we enjoyed a post-predict potluck featuring great grub and lots of sociable talk—banter, chitchat, repartee, and just plain gab.

Thanks to Ken and Pixie for directing the race, providing the water stop, and hosting the potluck, and to the volunteers—Mike Orendorff, Lois Pfof and Sam McKee, who served as course marshals, and Ron Dehn, who took photos and helped Ken at the finish line.

There will be two predict races in April. First will be the Ramsgate 8 on Saturday, April 7, an 8K with an 8:00 am starting time. If the weather holds, it will be the same course as last year, which includes over two miles of trails on the prairie east of the CSU-Pueblo campus and carries the possibility of encountering meadowlarks, rabbits and even a coyote or two.

And second, Matt and Ben's Trail Mix has been moved to Sunday, April 29, starting at 9:00 am. In addition to holding the distinction of being the longest race in the series, roughly 10.5 miles in length, the Trail Mix is also one of several trail runs that offers great scenery and an array of physical challenges.

An updated version of the article that describes the predict series has been posted on the SCR website (click on "Series" under Menu). It clarifies what is needed to qualify for an award, spells out some rules and guidelines that govern the series, and includes an up-to-date calendar of predict races with links to course descriptions. You're encouraged to take check it out, especially if you're new to the predict series.

Finally, the Predict Series Scoreboard that was reported about this time last year has been updated with the addition of the final results from the 2006 series. The scoreboard takes the top five finishers for each of the years 1999-2006, assigns five points for a first place finish, four for second place, and so forth, to fifth place which gets one. The points are then totaled and the finishers rank ordered.

As can be seen, Rich Hadley remains atop the score board with nineteen points, followed by Ben Valdez and Larry Volk, both of whom have sixteen points, and, because of Larry's first place finish in 2006, he and Ben share the distinction of having two first place finishes in the series. Dave Diaz, Steve Wall, Marijane Martinez and Matt Sherman rank in the middle of the score board, each with top-five finishes in multiple years.

Clearly, placing in the top five of the series is not random, otherwise we might expect to see about forty names on the list, rather than fifteen. While some luck is probably involved, the consistency with which some place in the series indicates skill is also a crucial factor.

Obviously, the 2007 predict series has a long way to go, but it will be interesting to see whether we see new faces among the top five. The results of the Tune-up suggest this is a real possibility.



Predictions by Don Pfost



Pl	Name	Pred	Actual	Diff	Pts
1	Jan Huie	1:08:00	1:08:06.05	00:06.05	100.00
2	Linda Strange	0:53:00	0:52:51.52	00:08.48	97.50
3	Mary Simmons	0:58:54	0:58:43.47	00:10.53	95.00
4	Damon Rundell	0:48:30	0:48:41.53	00:11.53	92.50
5	Jeremy Keener	0:58:40	0:58:21.27	00:18.73	90.00
6	Paul DallaGuardia	1:03:30	1:03:11.18	00:18.82	87.50
7	Becky Medina	0:58:59	0:58:36.44	00:22.56	85.00
8	Stacey Diaz	0:58:30	0:58:00.30	00:29.70	82.50
9	Carrie Slover	0:58:35	0:58:04.55	00:30.45	80.00
10	Don Pfost	1:08:17	1:07:42.40	00:34.60	77.50
11	Wendy Garrison	0:59:00	0:58:25.12	00:34.88	75.00
12	Rusty Smith	0:53:15	0:52:30.18	00:44.82	72.50
13	Henry Hund	0:58:00	0:57:12.73	00:47.27	70.00
14	John Musso	0:53:00	0:52:03.73	00:56.27	67.50
15	Matt Sherman	0:46:30	0:45:30.01	00:59.99	65.00
16	Steve Wall	0:50:30	0:49:28.83	01:01.17	62.50
17	Joe Bulow	0:57:00	0:55:54.31	01:05.69	60.00
18	Jessie Quintana	1:06:00	1:04:54.09	01:05.91	57.50
19	Dennis Krall	1:00:00	0:58:45.75	01:14.25	55.00
20	Gina Benfatti	0:56:42	0:55:24.94	01:17.06	52.50
21	Gary Franchi	0:59:30	0:58:09.69	01:20.31	50.00
22	Lindsey Schryver	0:48:00	0:46:29.34	01:30.66	47.50
23	Larry Volk	0:41:31	0:43:07.13	01:36.13	45.00
24	Mark Gurule	0:46:00	0:44:19.66	01:40.34	42.50
25	Chris Gredig	0:48:00	0:46:19.48	01:40.52	40.00
26	Paulette Arns	1:06:15	1:04:26.04	01:48.96	37.50
27	Jeff Arnold	1:17:30	1:15:27.40	02:02.60	35.00
28	Lou Huie	0:46:18	0:48:24.61	02:06.61	32.50
29	Dave Diaz	0:52:00	0:49:32.19	02:27.81	30.00
30	Bill Veges	0:52:00	0:49:30.69	02:29.31	27.50
31	Matt Kottenstette	0:50:00	0:47:04.27	02:55.73	25.00
32	Jenn Kottenstette	0:50:00	0:47:03.35	02:56.65	22.50
33	Paul Murphy	0:43:00	0:38:45.18	04:14.82	20.00
34	Nancy Musso	1:00:00	0:55:40.08	04:19.92	17.50
35	M. Mauprivez-Mack	0:55:00	1:01:30.59	06:30.59	15.00
36	Robert Santoyo	0:40:00	0:48:31.53	08:31.53	12.50
37	Michael Cernoia	0:52:00	0:42:37.94	09:22.06	10.00
38	Hans Miesler	1:08:00	0:56:55.22	11:04.78	7.50
39	Alan Tarr	0:40:00	0:00:00.00	40:00.00	3.75
39	Mike Borton	0:59:00	0:00:00.00	59:00.00	3.75

Name	Count of Finishes in Top 5 Places					Tot	Tot
						Top 5	Pts
	1st	2nd	3rd	4th	5th	Finish	
Rich Hadley	1	1	3	0	1	6	19
Ben Valdez	2	1	0	0	2	5	16
Larry Volk	2	1	0	1	0	4	16
Dave Diaz	0	1	1	1	0	3	9
Steve Wall	1	1	0	0	0	2	9
Marijane Martinez	0	1	0	2	0	3	8
Matt Sherman	0	1	1	0	1	3	8
Nick Leyva	0	0	1	2	0	3	7
Don Pfost	0	1	0	1	1	3	7
Ross Barnhart	1	0	0	0	0	1	5
Gina Benfatti	1	0	0	0	0	1	5
Jim Robinson	0	0	1	0	1	2	4
Ron Dehn	0	0	0	1	1	2	3
Bill Veges	0	0	1	0	0	1	3
Jeremy Keener	0	0	0	0	1	1	1

Mary Simmons
missed her predict by less than 11
seconds and earned 95 points

Dennis Krall
in his first SCR predict race

More photos next page





The X-Challenge

by George Dallam

X

Balance, problem solve, climb, bike, run, navigate and kayak your way from the Colorado State University – Pueblo campus to the Lake Pueblo State Park area during the eighth annual CSU-Pueblo X Challenge *Campus to Reservoir* Adventure Race scheduled on Saturday, April 28th, 2007. This year's competition will be a continuous adventure race format and considerably expanded in length over last year's event. Competitors will complete low ropes course events at CSU-Pueblo's challenge course then ride approximately 18 miles on the Pueblo Greenway multi-Use Trail System to the State Park. On the way they'll stop in the Pueblo City Park to complete approximately 3 miles of run orienteering, complete a 400 meter open water paddle in the reservoir and finish with a short run. Proceeds from the event will benefit the Rush-Miller foundation, a Colorado founda-

tion that donates tandem bicycles to vision impaired children.

Registration is now underway for the eighth annual X-Challenge Competition. The 2007 race may be entered as teams of two (men's, women's, and coed teams) as well as relay teams of four (one ropes course participant, one ropes course participant/cyclist, one orienteering runner, one kayaker/runner).

This event is organized by students in the CSU-Pueblo Department of Exercise Science and Health Promotion and Recreation, in conjunction with the University's Experiential Learning Center.

Registration is now being taken online at <http://www.active.com> - click on Individual Sports search and then search for the CSU-Pueblo X-Challenge. Registration fees are \$30 for two person teams

and \$50 for 4 person relays with a \$5 fee reduction if registering prior to April 1st at 12:00 am. Event day registration is \$35 and \$55 for teams and relays respectively. The competition is open to individuals age 18 and up. All participants will receive a t-shirt, food, refreshments, and the chance to win "out" door prizes. Check-in event day opens at 7:00 a.m. the morning of the competition with an awards ceremony to follow at the lake. Participants will be transported back from the lake to the university following the competition.

For more information about the CSU-Pueblo X-Challenge, call (719) 549-2381, or visit our web site <http://ceeps.colostate-pueblo.edu/exhpr/xchallenge.htm>

More Tune-Up photos: L to R: Andrew, Olivia, and Matt Sherman, Mike Borton, Linda Strange





Running in France

by Rusty Smith



Recently, a business trip took me to France. In order to keep the Crème Brulee and Escargot in check, I ran every day while there. Just a word about the Escargot, I can now expand my “Rocky Mountain Oyster Theorem”, ie, “if you bread and deep fry just about anything, you can make it taste OK”, to Escargot, which says that “with enough butter and spices, you can make just about anything taste OK.”

Anyway, the first leg of the trip took our group to the northwestern town of Epinal. As we headed into town late on Tuesday night, I noticed a river running through town that looked as if it would be nice to run alongside. I took a mental note of that location with reference to our hotel. I estimated it to be about 1 mile which would be manageable.

Day 1 - After a good night’s sleep, early the next morning I headed out to find the river. Before I exited the industrial park, I kept getting distracted by other nice areas to run. By the time I exited the park and headed toward the river, I was running out of time as we had to meet our host at a designated time. I decided I would locate the river the next morning.

Day 2 – Upon completion of a 4.5 hour dinner and an absolutely abysmal night of sleep, I headed out the next morning, along with one of the other Americans that was part of our group. He is new to running but motivated. I had told him of my plan to find the river, but he was a little hesitant to run more than about 3 miles. We reached the roundabout in a short time, but apparently took the wrong roundabout exit. Meanwhile, while I am stubbornly trying to find the correct orientation with the river, Mike was nervously asking when we were going to turn around, and oh, and by the way, we had run downhill for about 2 miles by this point. Mike did very well, however, and even wanted to sprint the last 50 yards to the hotel. In an effort not to hurt his feelings, I made sure we finished at about the same time.

Day 3 – Apparently, the final

sprint had helped Mike’s confidence as he was talking smack. Another American, Tom, had asked if he could join us for the run. I told him sure, however, once we were close enough to the hotel that I was sure he could make it back, I was going to “run the sprint out of Mike”. This time, we took the correct roundabout exit, and not only found the river, but found a well lit crushed gravel path that ran alongside the river (consequently, about 15 feet from where we had run the morning before.) This wonderful path led all the way into town beside the river. We looped around and headed back to the hotel. Once Tom gave me the all clear he could find his way back, I took off, with Mike in tow. We kept upping the pace. I won’t say too much about my “speed”, but suffice it to say that I heard Mike somewhere behind me yell out “at least 2nd place is secure!”

Our time in Epinal was over and it was time to head to Paris. The running in Epinal was wonderful and I just wished I had found that path on the first day. As the train took us through the Champagne countryside on our way to Paris, I saw at least a half dozen French runners running alongside small country roads.

Day 4 – We had a free day in Paris so Mike and I slept in a little. Still early though, we headed toward the River Seine. About 0.75 miles later, we were running on wide sidewalks that took us past Pont Neuf, the Louvre, and many other historical sites, all with the Eiffel tower in the background. We saw at least 15-20 other runners, many obviously Americans.

Our only regret during the run was not running down the Champs-Elysees. We knew this was going to be at least eight miles round trip from our hotel. Mike turned out to be a great running partner, but he wasn’t used to running the type of mileage we had put in this week and he wasn’t sure if he could quite make the long route. Ever up for the challenge though, he mapped out a back street path to get us there with an estimated round trip of 6 miles.

Day 5 – Although assured by our French counterparts, “there were no areas to be concerned about in Paris”, I was a little nervous as we set out. With map in tow, in the pre-dawn darkness, we set out. Amazingly, Mike had memorized the route in his head and before we knew it we were running down the Champs-Elysees. The Arc de Triomphe was in site, but with any large landmark, the bigger it is, the closer it seems. We ran... and ran ..and ran... Mike’s knees finally cried uncle and he told me to continue on, get a picture, and then return. With picture in hand, I returned back to Mike, as we began the trek back just as the sun began to rise. Except for the occasional hurdle of the person sleeping on the street and the small dog with no vocal chords “barking” furiously at us, our back-street Parisian adventure was uneventful.

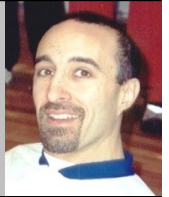
I found running in France, both in the country, and in the city, to be both easy and enjoyable, while running with Mike and Tom only made it that much more memorable. When in Europe, I always appreciate the European’s appreciation of endurance sports and their abundance of areas to participate in those sports. I only hope that the European that ended up with my favorite running hat that I left in the hotel room in Paris, appreciates that.





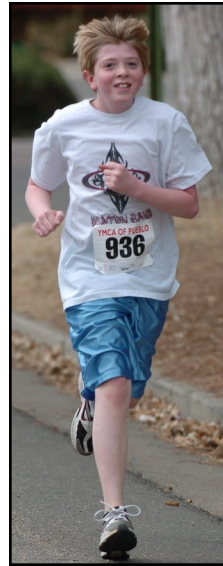
The 2007 Frostbite 5

Photos by Larry Volk



Results

PI	Name	Ag	Sx	Dv	Dv	City	Time	Pace
1	Matthew Robert Drake	18	M	1	OA	Pblo Wst	29:40	5:56
2	Michael Cernoia	14	M	2	0-19	Pblo Wst	30:11	6:02
3	Andrew Hackler	39	M	1	30-39	Pblo Wst	32:18	6:28
4	Bobby Valentine	42	M	1	Master	Pueblo	32:52	6:34
5	Rubin Lee Sisneros Jr	25	M	1	20-29	Raton NM	33:50	6:46
6	Ken Macky Valentine	39	M	2	30-39	New York	34:21	6:52
7	Lorie Moreno-Roch	42	F	1	OA	Lafayette	34:31	6:54
8	Steve C Wall	43	M	2	40-49	Pueblo	34:42	6:56
9	John Montoya	49	M	3	40-49	Raton NM	35:09	7:02
10	Fred Mielke	42	M	4	40-49	Pblo Wst	35:22	7:04
11	Robert M Santoyo	44	M	5	40-49	Pueblo	36:02	7:12
12	John J Roman	62	M	1	60-69	Pueblo	36:16	7:15
13	Lou Huie	60	M	2	60-69	Colo Spgs	36:32	7:18
14	Allen S Weaver	54	M	1	50-59	Canon	37:24	7:29
15	Joe A Bulow	37	M	3	30-39	Pueblo	37:54	7:35
16	Damon Rundell	36	M	4	30-39	Colo Cty	37:58	7:36
17	Abbigail Duran	13	F	1	0-19	Pueblo	38:06	7:37
18	Carol A Kinzy	59	F	1	Master	Pueblo	38:11	7:38
19	Paula J McCabe	34	F	1	30-39	Pueblo	38:32	7:42
20	Christopher G Markert	29	M	2	20-29	Pueblo	38:34	7:43
21	Gary Franchi	58	M	2	50-59	Canon	38:48	7:46
22	Victor Boley	50	M	3	50-59	Pueblo	39:02	7:48
23	Karen Ortiz	42	F	2	40-49	Pueblo	40:54	8:11
24	Donald Moore	38	M	5	30-39	Pblo Wst	41:43	8:21
25	Patrick K Swank	59	M	4	50-59	Pueblo	41:53	8:23
26	Hilbert Navarro	66	M	3	60-69	Pueblo	42:29	8:30
27	Mike Archuleta	46	M	6	40-49	Pueblo	42:33	8:31
28	Juanita Peters	46	F	3	40-49	BonCarbo	42:36	8:31
29	Alice Anne Fitzgerald	45	F	4	40-49	Trinidad	42:41	8:32
30	Carol M Brimmeier	54	F	2	50-59	Trinidad	42:44	8:33
31	Crystal Campbell	23	F	1	20-29	Pblo Wst	43:28	8:42
32	Janice E Huie	57	F	3	50-59	Colo Spgs	43:32	8:42
33	Jeff Cleaver	56	M	5	50-59	Pueblo	44:05	8:49
34	Paulette Arns	54	F	4	50-59	Pblo Wst	44:38	8:56
35	Gregg Graham	28	M	3	20-29	Pueblo	44:41	8:56
36	Michael Blair	28	M	4	20-29	La Junta	44:42	8:56
37	Kathy I Stommel	50	F	5	50-59	Pueblo	47:50	9:34
38	Maria Elena Weaver	47	F	5	40-49	Canon	48:38	9:44
39	Bobbie Swallow	52	F	6	50-59	Pueblo	49:00	9:48
40	Kerri L Harbison	41	F	6	40-49	La Junta	50:13	10:03
41	Levi E Ropp	13	M	3	0-19	Pueblo	53:24	10:41



Left
Levi Ropp



Right
Robert
Santoyo



Left
Bobby
Valentine



Right
Victoria
Herrera

Below:
Maria Elena
&
Allen
Weaver



Thank you Frostbite Volunteers!

Race Director: Victoria Herrera, Course: Jeff Arnold, Finish Line: Terry Cathcart, Theresa Duran, Results: Pixie & Ken Raich, Photographer: Larry Volk, Cleanup: Gary Franchi

Spring Runoff Photos



Above: The Highland Park Stallions had the top participation in the Funner to be a Runner event



Clockwise from above
The Papineau Family of Runners



Gary Franchi administers first aid to a young runner
Larry Volk snaps finish line photos



Paulette, Terry, Jacqueline, and Jeff at the awards table



Kathy Stommel volunteers at the finish line

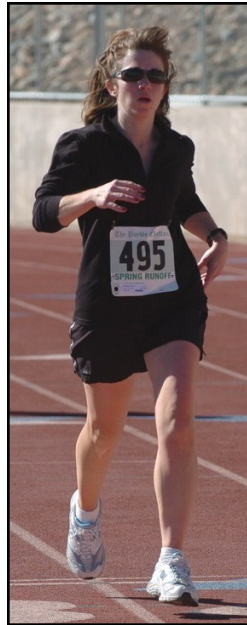
Spring Runoff Photos



Briana Cathcart



Bob Gassen



Linda Strange

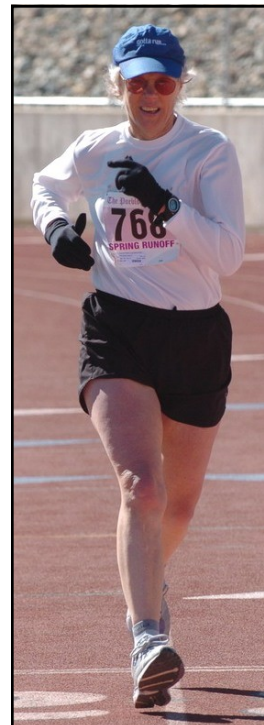


Carol Brimmeieier

Jan Huie

Michael Atlas-Acuna

Julie & Warren Marshall run their 27th Runoff

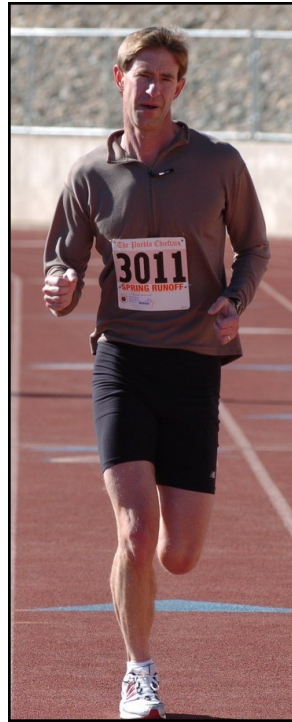


Spring Runoff Photos



Thanks for the Photos Larry!

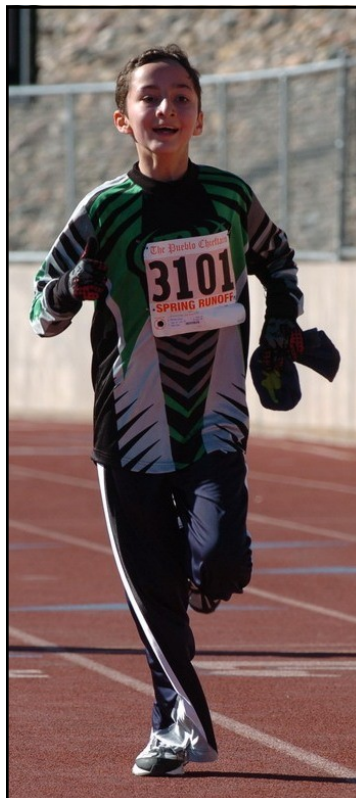
We again thank Larry Volk for providing our photos for the Spring Runoff event, and for the Frostbite 5. If you were in one of these events, you may want to look for, and possibly purchase your photo from Larry through Eventpictures.com. Go to the SCR website (www.socorunners.org), and click on the link to the photos for these races. Even though these photos are for sale, Larry generously provides them to Footprints at no charge. So... this pat on the back is our "payment". THANKS LARRY!



Above: Joe Terry
Below: Tom Herzog

Above: Michael Barris
Below: Zane Khosla

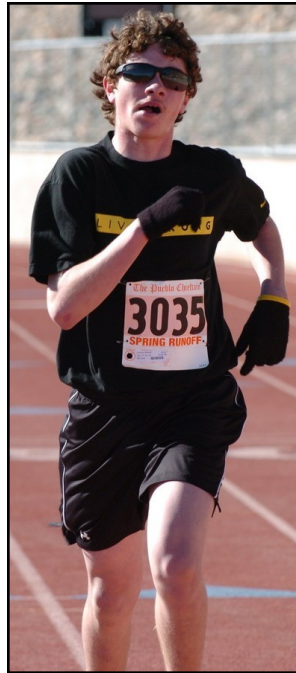
Above: Toby Doub
Below: Dan Comden



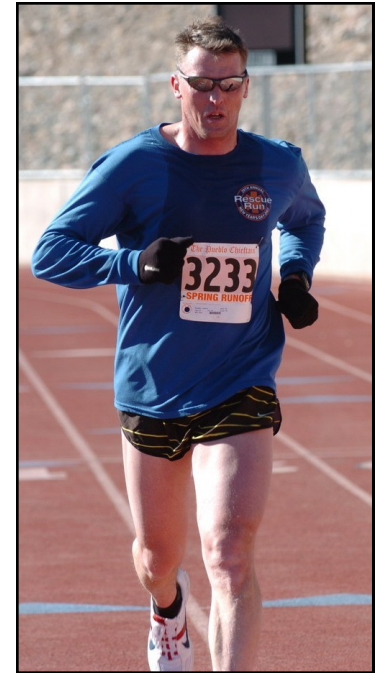
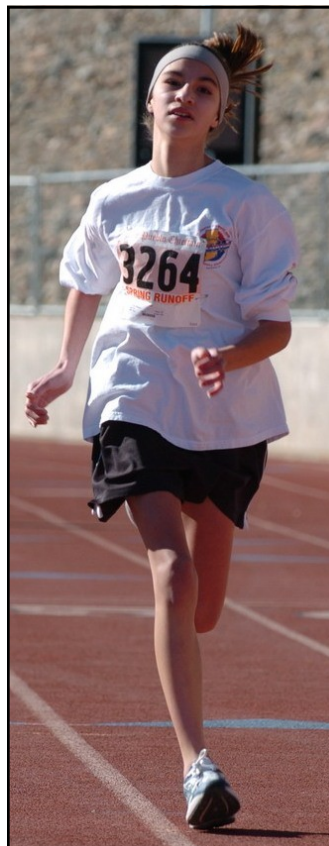
Spring Runoff Photos

Below: SRO 2-Mile Finishers

Dale	Boone	John	Vukich
Donna	Caporicci	Lai Har	Fong
Patrick	Greer	Tiffanie	Hischer
Robert	Quintana	Emily	Coyne
Victoria	Mitrick	Sean	Coyne
Duane	Campbell	Isabel	Cover
Maurita	Casper	Katelyn	Coyne
Janelle	Kirby	Janet	Coyne
Jeannette	Ortiz	Kathy	Meier
Beverly	Madison	Julie	New land
Peggy	Mitrick	Deborah	Carrillo
Laura	Clark	Mary	Balchuk
Michelle	Shrewsbury	Natalie	Basterrachea
Pam	Stupnik	Neely	Byers
Kelsey	Wilson	Melanie	Murrain
Jake	Wilson	Nancy	Metzger
Nicholas	Rodriquez	Ron	Francis
Nancy	Froelich	Lindsay	Branine
Jayne	Renkosik	Stuart	Branine
Lynn	Burton	Laverta	Burns
Dan	Mendoza	Marion	Schaeffer
Janet	Greer	Peggy	Hancock
Natalie	Veges	Andrea	Madrid
Lois	Kleiner	Beth	Jones
Barbara	Gama	Marvin	Jones
David	Bartunek	Miguel	Elias
Susan	Giebel	Carolyn	Elias
Kenneth	Loudy	Athena	Panousopoulos
Michele	Jacobus	Erin	Gibbs
Priscilla	Portillos	Lois	Byler-Morauski
Alexis	Bueno	Jill	Hessek
Naomi	Fuller	Monica	Sw eeeney
Thomas	Jagunich	Lorna	Jackson
Anita	Poeppel	Roger	Okuda
Donald	Metzger	Elaine	Okuda
Danny	Baracz	Jess	Cosyleon
Victoria	Kampa	Christine	Willumstad
Dennis	Kampa	Bianca	Cisneros
Ina	Bernard	Patricia	Cisneros
Diane	Stevenson	Deborah	Vukich
Lisa	Golob	Rosalind	Sansom
Nancy	Moya	Frank	Golob
Mary	Moya	Jeff	Stephens
Rebecca	Sappington	Joe	Scarlett
Robert	Waggener	Jeff	Wilson
Kerry	Roman	Kathy	Wilson
Barbara	Smith		



Top: Michael Cernoia
Below: Abigail Duran



Top: Andrew Hackler
Below: Eddie Longoria



Event	Age	Age	Pl	Time	First Name	Last Name	City	Age
Fin	Grp	Pl	Time	First Name	Last Name	City	Age	
5K								
18	OA	1	20:24	Anna	Marshall	Pblo West	15	
164	0-12	1	31:24	Jordan	Sanchez	Pblo West	8	
181	0-12	2	33:04	Taylor	Lopez-Cepero	Pueblo	11	
226	0-12	3	37:40	Alex	Feeback	Colo Spgs	10	
28	13-19	1	22:05	Abbigail	Duran	Pueblo	13	
55	13-19	2	24:40	Christina	Lobato	Rocky Ford	15	
57	13-19	3	24:42	Lindsey	Herrera	Pblo West	19	
21	20-24	1	20:50	Sydney	Mondragon	Pueblo	24	
38	20-24	2	23:19	Jennifer	Moore	Canon Cty	24	
69	20-24	3	26:00	Rachel	Newton	Colo Spgs	23	
27	25-29	1	21:54	Rachelle	Christensen	Pueblo	25	
39	25-29	2	23:22	Lacey	LeDoux	Canon Cty	28	
67	25-29	3	25:48	Jaclyn	Grostick	Colo Spgs	26	
46	30-34	1	24:09	Ana	Bentz	Pblo West	31	
86	30-34	2	26:58	Jodi	Naylor	Pueblo	33	
102	30-34	3	27:50	Michelle	Cordova	Pblo West	31	
56	35-39	1	24:41	Laurice	Lopez-Cepero	Pueblo	35	
58	35-39	2	25:00	Kelly	Phillips-Henry	Colo Spgs	38	
97	35-39	3	27:30	Wendy	Bulow	Pueblo	35	
40	40-44	1	23:25	Terri	Tibbs	Pblo West	43	
88	40-44	2	27:06	Mary	Potter	Pblo West	44	
96	40-44	3	27:25	Debbie	Gurule	Pueblo	42	
75	45-49	1	26:29	Tallie	Koncilija	Pueblo	47	
133	45-49	2	29:09	Jacqueline	Martinez	Pueblo	45	
135	45-49	3	29:17	Annette	Demel	Colo Spgs	49	
106	50-54	1	28:09	Martha	Drake	Pblo West	53	
107	50-54	2	28:10	Bobbie	Swallow	Pueblo	52	
126	50-54	3	28:57	Paulette	Arns	Pblo West	54	
118	55-59	1	28:40	Lori	Gregory	Pblo West	56	
144	55-59	2	29:44	Eileen	Baracz	Canon Cty	59	
173	55-59	3	32:01	Mallory	Norway	Erie	59	
103	60-64	1	27:51	Francine	Borton	Pueblo	60	
200	60-64	2	35:17	Nancy	Mitrick	Fremont	64	
227	60-64	3	37:42	Kathleen	Mattarocci	Pueblo	60	
209	70+	1	35:49	Hilda	Reyher	Wiley	70	
10K								
17	OA	1	43:22	Lindsey	Schryver	Pueblo	24	
55	13-19	1	52:40	Hannah	Radner	Pueblo	16	
67	13-19	2	54:35	Heidi	Knaggs	Louisville	16	
83	13-19	3	56:50	Stacia	Koster	Beulah	15	
100	20-24	1	1:01:17	Baily	Schryver	Pueblo	20	
32	25-29	1	47:17	Jennifer	Kottenstette	Pueblo	26	
52	25-29	2	51:56	Amy	Williams	Colo Spgs	29	
73	25-29	3	55:45	Maggie	Welte	Pblo West	26	
39	30-34	1	49:12	Teri	Fox	Pblo West	33	
43	30-34	2	49:42	Jennifer	Borton	Golden	30	
96	30-34	3	1:00:13	Jodi	Crane	Pblo West	33	
18	35-39	1	43:31	Tara	Smith	Pblo West	35	
47	35-39	2	50:52	Nancy	Musso	Pueblo	37	
59	35-39	3	53:29	Linda	Strange	Rye	36	
27	40-44	1	45:36	Lorie	Roch	Lafayette	42	
29	40-44	2	46:00	Jill	Montera	Pblo West	40	
50	40-44	3	51:17	Betsy	Becraft	Pueblo	43	
35	45-49	1	47:49	Karen	Melgares	Alamosa	48	
60	45-49	2	53:32	Gina	Benfatti	Pueblo	45	
99	45-49	3	1:00:28	Leigh	Doutt	Pblo West	46	
61	50-54	1	53:32	Marijane	Martinez	Las Vegas	54	
77	50-54	2	56:13	Mary	Simmons	Pueblo	54	
81	50-54	3	56:36	Laurel	Wright	Pblo West	53	
78	55-59	1	56:19	Janice	Huie	Colo Spgs	57	
102	55-59	2	1:02:05	Mary	Minor	Lamar	56	
104	60-64	1	1:02:52	Betty	Duran	Pueblo	64	

The 2007 Spring Runoff Lady Runner Results

These results include only the top 3 finishers in each age bracket. For complete results, go to the SCR website and click the Results link. www.socorunners.org

Event	Age	Age	Pl	Time	First Name	Last Name	City	Age
Fin	Grp	Pl	Time	First Name	Last Name	City	Age	
10 Mile								
10	OA	1	1:06:01	Lisa	Goldsmith	Nederland	42	
11	20-24	1	1:06:22	Elizabeth	Watkins	Colo Spgs	24	
41	20-24	2	1:20:30	Delores	Tronco	Colo Spgs	24	
49	25-29	1	1:22:39	Theresa	Duran	Pueblo	29	
86	25-29	2	1:39:57	Teresa	Markusfeld	Lakewood	27	
37	30-34	1	1:18:03	Marcy	Epperson	Canon Cty	34	
46	30-34	2	1:22:10	Teri	Houghton-Prichard	Colo Cty	32	
60	30-34	3	1:26:58	Paula	McCabe	Pueblo	34	
16	35-39	1	1:07:42	Shannon	Meredith	Colo Spgs	36	
29	35-39	2	1:14:35	Cathi	Webber	Colo Spgs	37	
30	35-39	3	1:15:38	Candy	Granger-Underhill	Silverthorn	35	
52	40-44	1	1:24:09	Esme	DeLange	Colo Spgs	43	
56	40-44	2	1:25:48	Margaret	Oreskovich	Pueblo	44	
85	40-44	3	1:39:49	Maribeth	Butler-Sisroy	Pueblo	42	
26	45-49	1	1:12:53	Lisa	Rainsberger	Colo Spgs	45	
65	45-49	2	1:28:32	Kathy	Heathcock	Peyton	48	
67	45-49	3	1:28:51	Stacey	Diaz	Pueblo	46	
47	50-54	1	1:22:29	Polly	Zimmerman	Golden	51	
69	50-54	2	1:29:31	Diane	Cridennda	Colo Spgs	54	
78	50-54	3	1:34:41	Sue	Meyers	Colo Spgs	52	
51	55-59	1	1:24:04	Carol	Kinzy	Pueblo	59	
53	55-59	2	1:24:13	Lorraine	Hoyle	Pueblo	59	
71	55-59	3	1:30:21	Julie	Marshall	Canon Cty	58	
77	60-64	1	1:33:43	Sally	Kennett	Salida	64	
91	60-64	2	1:46:43	Jessie	Quintana	Pblo West	63	
93	60-64	3	1:50:58	Donna	Nicholas-Griesel	Coaldale	60	
90	70+	1	1:45:32	Martha	Kinsinger	Colo Spgs	72	

THANK YOU SRO Vols!

There are many people to thank for helping at the spring runoff. We don't have a very complete list, but here's what we have at this point: Race Director: Terry Cathcart, Chieftain Coordinator: Paulette Stuart, Finish Line: Dave Diaz, Anthony Diaz, Don & Lois Pfost, Ron Dehn, Gary Franchi, Karen Vanhaverbeke, Youth Run: Pat Berndt, Samantha Davenport, Kristi Davenport, Aaron Berndt, Cassy Berndt, Matt Guy, Stacy Cristelli, Alexis Rodmon, Course: Jeff Arnold, Aid Stations: Bob Tibbs, Registration: Ruth McDonald, Jacqueline Wall, Michael Orendorff, Results: Ken & Pixie Raich. Note: The complete volunteer list is still being developed.

Event	Age	Age	Time	First Name	Last Name	City	Age
Fin	Grp	Pl					
5K							
1	OA	1	15:49	Adam	Rich	Colo Spgs	26
53	0-12	1	24:37	Zane	Khosla	Pueblo	11
70	0-12	2	26:14	Carlton	Brown	Pblo Wst	12
82	0-12	3	26:53	Alan	Hunter	Pblo Wst	12
2	13-19	1	17:00	Steven	Stoot	Colo Spgs	16
4	13-19	2	17:57	Mike	Schmidt	Pblo Wst	16
5	13-19	3	18:04	Johannes	Von Bueren	Colo Spgs	18
3	20-24	1	17:18	Ryan	Crocker	Akron	20
6	20-24	2	18:12	Nacho	Mata	Colo Spgs	20
52	20-24	3	24:33	Matt	Lobato	Pueblo	24
9	25-29	1	18:39	Kyle	Reno	Pueblo	25
44	25-29	2	23:34	Christopher	Markert	Pueblo	29
62	25-29	3	25:33	Joe	Brosseau	Pueblo	25
8	30-34	1	18:32	Scott	Nalbach	Colo Spgs	34
11	30-34	2	19:21	Regis	Marquez	Pueblo	30
25	30-34	3	21:30	Cameron	Philips	Pueblo	34
13	35-39	1	19:34	Andrew	Hackler	Pblo Wst	39
15	35-39	2	19:49	Toby	Doub	Pueblo	36
29	35-39	3	22:13	Matt	Guy	Pblo Wst	36
14	40-44	1	19:46	Michael	Barris	Pblo Wst	42
16	40-44	2	19:55	Mark	Gurule	Pueblo	44
20	40-44	3	20:25	Christopher	White	Colo Spgs	41
7	45-49	1	18:17	Lile	Budden	Colo Spgs	46
26	45-49	2	21:39	Chris	Riley	Pueblo	46
30	45-49	3	22:15	Bill	Vege Jr.	Pueblo	49
17	50-54	1	20:11	Scott	Palmer	Colo Spgs	51
63	50-54	2	25:40	Tom	Brosseau	Westminster	53
74	50-54	3	26:25	Dave	Reyher	Wiley	50
49	55-59	1	24:22	Stephen	Minnick	Pblo Wst	57
93	55-59	2	27:19	Robert	Guasta	Pblo Wst	59
99	55-59	3	27:35	Larry	Lopez	Pueblo	59
41	60-64	1	23:25	John	Roman	Pueblo	62
100	60-64	2	27:42	Len	Gregory	Pblo Wst	64
130	60-64	3	29:03	Jess	Cosyleon	Pblo Wst	60
92	65-69	1	27:17	Hilbert	Navarro	Pueblo	66
197	65-69	2	34:55	Larry	Walls	Pueblo	67
236	65-69	3	38:46	John	Kelly	Pueblo	65
161	70+	1	31:19	Eddie	Longoria	Pueblo	70
211	70+	2	35:51	Ralph	Regalado	Pueblo	70
212	70+	3	36:10	Robert	Stuemky	Rye	70
10K							
1	OA	1	35:04	Steve	Roch	Lafayette	42
89	0-12	1	58:45	Chrisbull	Sandoval	Pblo Wst	8
13	13-19	1	41:02	Dominique	Rael	Pueblo	17
15	13-19	2	42:49	Trevor	Reeves	Colo Spgs	17
16	13-19	3	43:03	Jordan	Montera	Pblo Wst	14
6	20-24	1	38:28	Bennet	Krawchuk	USAF Acad	21
68	20-24	2	54:35	Jordan	Kemp	Louisville	22
2	25-29	1	35:45	Jim	Hallberg	Lamar	29
7	25-29	2	38:43	Chris	McIntyre	Colo Spgs	26
14	25-29	3	42:18	Brian	Vaniwarden	Canon Cty	27
26	30-34	1	45:28	Joe	Terry Jr	Pueblo	31
33	30-34	2	47:18	Matt	Kottensette	Pueblo	31
85	30-34	3	56:55	Frederick	Rollenhagen	Lakewood	31
3	35-39	1	36:36	Gerald	Romero	Colo Spgs	35
5	35-39	2	38:21	Paul	Murphy	Pblo Wst	38
10	35-39	3	39:21	Mark	Riem	Canon Cty	39
9	40-44	1	39:18	Tim	Sandell	Colo Spgs	42
22	40-44	2	44:24	Robert	Valentine	Pueblo	42
30	40-44	3	46:28	Fred	Mielke	Pblo Wst	42
4	45-49	1	38:16	Alan	Tarr	Pueblo	49
8	45-49	2	39:08	Hal	Walter	Westcliffe	46

The 2007 Spring Runoff

Men Runner Results

These results include only the top 3 finishers in each age bracket. For complete results, go to the SCR website and click the Results link. www.socorunners.org

Event	Age	Age	Time	First Name	Last Name	City	Age
Fin	Grp	Pl					
10 K							
19	45-49	3	43:38	Ben	Valdez	Pueblo	46
11	50-54	1	39:52	Woody	Noleen	Colo Spgs	51
24	50-54	2	44:57	Brian	Sweeney	Colo Spgs	52
40	50-54	3	49:30	Dave	Schouweiler	Canon Cty	50
21	55-59	1	43:56	George	Greco	Colo Spgs	59
41	55-59	2	49:35	Bob	Gassen	Canon Cty	59
45	55-59	3	50:20	Steve	Snyder	Centennial	56
54	60-64	1	52:32	Ben	Esquibel	Pueblo	60
92	60-64	2	59:09	Tom	Tafuya	Pueblo	60
111	60-64	3	1:07:09	Charles	Yeagle	Trinidad	62
86	65-69	1	57:01	James	Wright PhD	Pblo Wst	65
95	65-69	2	1:00:12	Joe	Scarlett	Colo Spgs	68
101	65-69	3	1:01:31	Addison	Johnston	Pueblo	65
105	70+	1	1:02:56	Don	Robinson	Denver	74
10M							
1	OA	1	55:58	Scott	Lebo	Colo Spgs	40
7	13-19	1	1:04:09	Matthew	Drake	Pblo Wst	18
20	25-29	1	1:10:36	Ryan	Regrutto	Pueblo	26
36	25-29	2	1:17:54	Don	Killilea	Colo Spgs	28
50	25-29	3	1:23:54	Brad	Schloss	Pueblo	26
2	30-34	1	56:13	Christopher	Borton	Golden	31
6	30-34	2	1:03:45	Erwin	Vargas	Colo Spgs	30
18	30-34	3	1:08:01	Thom	LeDoux	Canon Cty	32
3	35-39	1	57:33	Paul	Dewitt	Monument	38
5	35-39	2	1:02:26	Paul	Koch	Colo Spgs	38
24	35-39	3	1:11:36	Dirk	Kettelkamp	Pueblo	36
4	40-44	1	1:01:58	Steve	Cathcart	Ft Collins	42
8	40-44	2	1:04:50	Richard	Hessek	Colo Spgs	41
28	40-44	3	1:14:23	John	Broomhead	Colo Spgs	42
9	45-49	1	1:05:34	Keith	Long	Solano	49
15	45-49	2	1:07:40	Glenn	Clemons	Pueblo	45
19	45-49	3	1:09:11	David	Meyer	Colo Spgs	45
12	50-54	1	1:06:31	Dave	O'Sadnick	Evergreen	51
13	50-54	2	1:06:51	Rich	Hadley	Florence	51
14	50-54	3	1:07:16	Johnny	Garcia	Raton	50
44	55-59	1	1:21:38	Joe	Stommel	Pueblo	57
72	55-59	2	1:30:21	Warren	Marshall	Canon Cty	58
80	55-59	3	1:36:18	Roger	Pumphrey	Colo Spgs	59
94	55-59	4	1:52:12	Michael	Atlas-Acuna	Pueblo	56
42	60-64	1	1:20:54	Lou	Huie	Colo Spgs	60
57	65-69	1	1:26:37	Kent	Mitchell	Erie	65
58	70+	1	1:26:39	Ross	Westley	Arvada	70
95	70+	2	1:56:39	Richard	Kennett	Salida	71



St. John Neumann's Panther Run

by Marsha Martinet



St. John Neumann Catholic School was established in Pueblo in 1977 for the purpose of providing quality education for Pueblo children. This fall will begin our 30th year in the Pueblo community serving children in preschool through 8th grade.

Over the years, St. John Neumann has supported thousands of Pueblo children in their quest for and education that helps them reach a higher potential both academically and as positive leaders in our community!

Children at ST. John Neumann are challenged academically in a focused and respectful environment and continue to achieve 2 to 5 grades above grade level graduating from 8th grade at a 12.9 grade level, college ready. They typically go on to high school to graduate with the highest honors and distinctions attend colleges and universities with excellent scholarships and go on to become responsible leaders in the community!

St. John Neumann Catholic School began the Panther Run for Education as a school community fun run; a way of funding and supporting education not

covered by tuition. The students collect pledges and then run for their school.

In an effort to keep tuition affordable to as many children as possible, the Panther Run helps to supplement the costs of education and supports our Tuition Assistance and Scholarship Fund to assist many children who could not otherwise afford a Catholic Education.

Last year was the first year that the St. John Neumann Panther Run was taken into the community, 'making tracks for education' at the Harp River Walk. Continuing to grow our run into the community, this will be the first year with the Southern Colorado Runner's Club and we are very excited to be offering a 5K with your help! St. John Neumann Students are excitedly preparing for the 5K run and getting into shape.

This year, with the help of the Southern Colorado Runner's Club, St. John Neumann's Panther Run for Education will be held at the Pueblo City Park on Saturday, April 14th at 10:00 a.m. offering a 5K and a 1 Mile Fun Run/Walk. There

will be cash prizes for the 1st place winners in each division, and prizes for the 2nd and 3rd places as well. A "BBQ in the Park" after the run will allow runners to rejuvenate after the run! Hamburgers, Hotdogs, chips and drinks will be offered at a minimal cost to make the run an enjoyable event for everyone! We sincerely hope you will join us in this Fun Run for education – "Come rain or shine, every year, we Run The Panther Run for Education!" A good Cause: Academic Excellence since 1977 ~ Building a Foundation for the Future! This year a 5K next year a 10K Thank you Southern Colorado Runners! You are an awesome group!

Please send me a note if there is any further information that I can give you! Thank you again so very much for your help!

Marsha K.T. Martinet

Marshakt.Martinet@John-Neumann.com

(719) 561-9419 Fax: (719) 561-4718



Don Pfof (left) congratulates Larry Volk for his first place finish in the 2006 SRO Predict Series. Larry received the first place wooden oil lamp made by Lois Pfof.

A Couple More Photos

Maya Johnson shows off the blue ribbon she earned in the Toddler Run



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

<u>Apr-07</u>				
7th-Sat-8:00am	(c)	Ramsgate 8 Prediction Series Event	8K	Don & Lois Pfost 719-544-9633
14th-Sat-10:00am	(a)	Panther Run City Park Pavilion, Pueblo	5K, 1mi Walk / Fun Run.	Kristine Chamblin 719-568-2941
21st-Sat-9:00am	(a)	James "Spank" Blasing 5K and Walk, Benefit Running Series: Part 1 CSU-Pueblo Campus	5K	Todd Kelly 719-549-2013
28th-Sat-8:00am	(c)	"THAT DAM RUN" John Martin Reservoir Hasty, CO	10K	Tandy Parrish 719-456-0452
28th-Sat-8:00am	(c)	CSU-Pueblo X-Challenge CSU Pueblo Campus, Pueblo, CO	10K	George Dallam 719-549-2619
29th-Sun-8:00am	(c)	Ben & Matt's Trail Mix Pueblo Nature Center Prediction Series Event	10+ mi	Matt Sherman 719-547-8182
<u>May-07</u>				
5th-Sat-8:00am		Blossom Race Centennial Park - Canon City	5k/5 mile run/walk	Sarah Ley 719-269-8790
5th-Sat-6:30am	(a)	Collegiate Peaks Trail Run Community Center, Buena Vista	25mi/50mi	Burke Kaiser 719-395-3674
6th-Sun-7:30am	(a)	Cinco de Mayo Run -Benefit Running Series: Event 2 State Fairgrounds, Pueblo	10K, 5K, 2.0mi walk/run	Ramon Arriaga 719-564-7659
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 (719)947-3682
9th-Sat-8:30am	(a)	Little Festival on the Prairie Lov ell Park, Pueblo West	5K run, 2M Walk	Dale Papineau 719-289-1411
16th-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	(a)	Women's Dist Festival Pueblo City Park	5K Walk & Run	Diana Tiffany 719-676-7343

Here's the answers to the puzzles on Page 5.

1. Man overboard
2. I understand
3. Reading between the lines
4. cross road
5. tricycle
6. two degrees below zero
7. neon light
8. backward glance
9. life after death
10. long time no 'C'

**April is a great time
to visit the
Gold Dust!**

No fooling!

(217 South Union)



**Cinco de Mayo
Race Name**

Organizers of the Cinco de Mayo race recognize that run / walk



event is part of the overall Cinco de Mayo celebration. They have decided to keep with tradition, and retain the Cinco de Mayo name for the run / walk event.



Thinking about running the Bolder Boulder? It is a party that is 6 miles long. For further info, see: www.bolderboulder.com



Walt Disney wants to help you chase your dreams at the Happiest Race on Earth! This Labor Day Weekend thousands of runners will run the 13.1-mile journey through Disneyland® Resort and the City of Anaheim. In addition to the Half Marathon, weekend events include the Disneyland® Health & Fitness Expo and the Disneyland® Family Fun Run 5K and Kids' Races. Registration is available at disneyland-halfmarathon.com. The race will be limited to 14,000 participants.

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

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



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

Issues of "Footprints"
are not forwarded.

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

Upcoming Races



The Spank Blasing Memorial 5k
run takes place at the CSU-
Pueblo campus on April 21st.
You can run the 5k by itself, or
you can sign up for the Benefit
Series.

The Spank Blasing 5k is the first
leg of the Benefit Series and the
Cinco de Mayo 10k is the sec-

ond leg. If you are signing up for the 2-race series, you must
sign up for the series prior to the start of the Spank Blasing 5k.

So... You have your choice. Likewise, you have several
choices at the Cinco de Mayo run on May 6th. (Yes—we
know that cinco means five, but the event is held on the Sun-
day closest, and this year, that
is May 6th, but we digress.)

At the Cinco de Mayo run,
you can run the 5k or 10k.
There is also a 1.5 mile fun
walk. Remember - if you sign
up for the Benefit Series, you
are automatically signed up
for the Cinco 10k race. Pro-
ceeds from the Cinco run goes
to Project Respect.



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
April 4th.

The Final Thoughts...

Too often I would hear men boast of the miles covered that
day, rarely of what they had seen. -Louis L'Amour, novelist
(1908-1988)

Rudeness is a weak imitation of strength. -Eric Hoffer, phi-
losopher and author (1902-1983)

Sometimes it's a little better to travel than to arrive. -Robert
Pirsig (Zen and the Art of Motorcycle Maintenance)

Still round the corner there may wait, / a new road or a secret
gate. -J.R.R. Tolkien

I couldn't repair your brakes, so I made your horn louder.
Stephen Wright