



Editor: Ron Dehn

# FOOTPRINTS

Happy Mother's Day, Mom!!!

## Finally Spring???



Dave Diaz is all smiles with his first place award of a gift card to a local restaurant

### The Spank Blasing 5k Run and Walk

One hundred ten runners and a ton of walkers took part in CSU-Pueblo's Spank Blasing 5k run and walk. The event was a fund raiser for student athletics and the 1st leg of Pueblo's new 2-race Benefit Series. The second leg of the series is the Cinco de Mayo on May 6th which raises funds for Project Respect.

Spank Blasing was a long time coach, professor, and administrator at CSU-Pueblo during the PJC, SCSC, and USC days. Spank coached football, cross-country, and track. He also taught in the P.E. Department, and served as an administrator.



The event was a fund raising walk for many years, but in 2006, the 5k run was added and the name changed to the Spank Blasing 5k. Last April,

*(Continued on page 10)*

### Attention Race Directors, Writers, and Readers!

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

This issue is being published in late April, the June -July issue will be 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.

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(Paul LeBar)  
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## SCR Notes from the March, 2007 meeting

Attendance: Ken Raich, Stan Hren, Don Pfof, Lois Pfof, Kristine Chamblin, Paul LaBar ,Gary Franchi, Dave Diaz, Stacey Diaz, Terry Cathcart, Jeff Arnold, Paulette Arns, Laura Farmer, Ron Dehn, Theresa Duran

Minutes from the March 2007 Meeting were approved

Special Guest: Kristine Chamblin from John Newman School outlined final details for the upcoming Panther Run on April 21st. Paul LaBar noted that the event likely would attract as many as 150 runners and walkers.

Officer Reports: Sec: Stan Hren thanked co-sec Theresa Duran for her assistance in compiling the minutes at the Mar. 2007 meeting. Treasurer: Dave Diaz reported on profit from the 2007 Spring Runoff and the financial condition of the club which mirrors that of the past two years. Dave's report was approved as presented. Newsletter: Ron Dehn reported that the newly acquired printer of the SCR newsletter at the university has produced a better quality newsletter at a lesser cost. Ron alerted the club that there have recently been mailing delays by the post office. There will be no newsletter printed in June, with a late May and July issue. Ron also thanked all contributors, including Larry Volk for his excellent photo work. Ron is currently seeking an individual who could possibly process the newsletter on an every other month basis. Ron also advised the club that electronic journalism with regard to the newsletter looms in the near future, and will re-visit the subject later. Membership Chair: Don Pfof reported that currently there are 174 paid members, with 129 members receiving Colorado Runner Magazine. Don reported that on Feb. 15<sup>th</sup> he sent 64 letters to individuals who had not renewed for 2007. As of this date, 24 renewals have been received from this

group. The club has acquired 16 new members in 2007. Don also pointed out the need for the club to make an extra effort to welcome new members. Webmaster: Paul LaBar reported all is well with the SCR Website, with corrections completed as discussed in March.

Volunteer points: Following a proposal by Don Pfof to increase the point allocations for the banquet coordinators and members of the banquet committee, there was a lengthy discussion with input from those present concerning retaining, modifying, or abandoning the current volunteer point allocation system. The topic was tabled for further consideration at the May meeting.

Emergency Medical Services During Races: Ken Raich alerted the club of the need to provide ambulance and EMT services at SCR races, especially at large events such as the Spring Runoff. It was noted that a \$75.00 per hour charge applies to have an ambulance on site during an event.

SCR Pass to the Nature Center: Ken Raich outlined the availability of complimentary parking passes for SCR members at the Nature Center during SCR events and training runs.

Upcoming Races: Ramsgate 8 April 7-Don Pfof reported that the course will be the same as last year. As hosts for this annual predict event, Don and Lois stated that "it's time to clean the house again". Spank Blasing April 21- Paul LaBar reported that the course for this upcoming 5K event will be a single lap. Ben and Matt's Trail Mix April 29- It was discussed that all participants for this event need to bring their own water supply and may park free at the Nature Center.

Panther Run April 14-There will be a brunch for \$5.00 following the event which is free to volunteers.

Activity Recaps/Updates/Revisits: Frostbite Five March 10-Ken Raich reported a successful event with 41 runners and walkers. SCR volunteers Gary, Theresa, and Terry provided excellent results for the event. Spring Runoff: Terry Cathcart reported on another outstanding and successful event, with many entrants signing up on race day. Terry thanked the many volunteers who helped to make the event a success.

Adjournment: The 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. 300

"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, Martin Strel *	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

### Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Stan Hren, Don Pfof

Paul Vorndam, Linda Strange, Marsha Martinet  
Jeff Arnold, Ben Valdez

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.

\* On April 8<sup>th</sup>, Martin Strel from Slovenia completed a 66 day swim of the entire 3,272 miles of the Amazon river. He battled piranhas, bull sharks, anacondas, crocodiles and exhaustion to become the first person to complete this feat. The Amazon is the world's second longest river. He lost 34 lbs from start to finish. What a way to diet.





# Great Stuff

by Gary Franchi

## How runners can save the planet



Thought for today's lunch, compliments of cartoonist Doug Larson: *"The only nice thing about being imperfect is the joy it brings to others."*

### Musings about running, fitness and life:

In this era of global warming and the need to think "green," I think it's time that runners got involved. After all, we are trendsetters, aren't we?

We're different because we have adopted a health and fitness lifestyle while approximately 66% of the U.S. population, who are overweight, don't give a hoot about what they look like, what they shove down their gullets nor how many mirrors they abuse by standing in front of them. "Can you go down the next aisle and get mommy a couple of packages of Twinkies, Ricky? I just love those."

Hence, it's high time we runners made some important decisions. Do we want to continue with our own abuse of Planet Earth or are we going to do something about it? Do we continue wasting resources or do we make a stand, be the ones who will set the standard for the rest of the athletic world and make some startling changes that are going to save our planet?

You know, big stuff. Like do we leave the nightlight on in little Susie's bedroom all night or what?

OK, just messing with your head a little bit there.

But seriously, I've been thinking about this topic for some time now and, while no real ideas have come to mind, I feel the need to start writing some things down and hope that this will lead to some true revelatory thoughts. So here, hopefully, are some ideas that we runners can do to save our planet from going down the global warming tubes:

**Out-of-town races.** Limit the number of out-of-town races you run. I know it's sacrilegious not to run every other weekend in Colorado Springs so you can fill your drawers with age-group medals and ugly T-shirts, but I think you can handle it. If you need a race T-shirt fix, shop at a thrift shop and get a hand-

ful for peanuts.

**Book race tours.** If you absolutely must have those medals and new race T-shirts as badges of studlyhood, become a tour guide and book group race tours to the Springs so that everyone from Pueblo County can travel there together in a van or bus. Make group breakfast reservations somewhere beforehand. Runner camaraderie would soar. Oh, and make sure that vehicle has a good ventilation system to handle the, uh, sweet smell of sweaty bodies on the return.

**Less marathon travel.** Limit out-of-state marathons to one per year. Sorry, Marv, if this puts a crimp in you wanting to run a marathon in every state 10 times in your lifetime. Perhaps now is the time to become a Forrest Gump and cover the country by foot, backpack in place. Perhaps join the YMCA beforehand and stop and shower at Y's throughout the country.

**Race less.** Limit the number of races you run – period! Pick out the best ones – those with the best organization, best T-shirts, best awards, best "experience," etc., and skip the rest. Eventually, the lame races with the lame shirts and lame organization would fall by the wayside, and the running world would be better off. Plus, you'd have a lot less lame T-shirts to take to thrift stores at the end of every year.

**Clean clothes.** Wash your running clothes only every OTHER week instead of every week. Well, now wait. Maybe not. Forget that one. I lost it for a second.

**Location, location.** Buy a house near City Park so you won't have to drive to Pueblo races nor to any training runs since the opportunities from there are so plentiful. Plus, you can become neighbors with the SCR's Melinda and Michael Orendorff.

**Park the car.** Can't find a house near City Park? Then bike to every race there and bike home afterward. It will serve as a good warmup for your legs and a cooldown afterward, especially if your legs still have any energy left in them.

**Share the reads.** Encourage the SCR to start a library so members can share copies of running magazines. So you get your chance to read it 6 months late – what's the big deal? Oh, and don't turn over the page corners.

**Save paper.** Renew your SCR membership online to save trees.

**Save water.** To save water, take "birdie baths" occasionally. But NOT after running.

Note: If you are a runner whose racing days are now history, this might be the time to become a virtual racer and have a blogsite where you pretend you are racing while creating your supposed racing exploits. You could be helping save the planet. Oh, and if you miss those lame T-shirts, just stop by the nearest thrift store and stock up.

### Ten things I was just wondering:

Wouldn't it be cool if races had overlapping age groups (Ex.: 30-39 and 35-44) and you could designate on your entry form which one you preferred to be in based on what other racers showed up that day?

Is the opposite of a "pretty penny" an "ugly penny?" And what are the attributes of such pennies?

Is anyone really lured into reading a magazine article that is promoted on its cover with the statement "Look Better Instantly?"

So, like, who actually comes into convenience stores before 7 a.m. and buys those hot dogs that are already turning over and over?

After the computer kink was worked out for the online registration of the Pikes Peak Ascent and Marathon, it took 36 hours for Wave 1 of the Ascent to fill, 10 minutes for Wave 2, and 15 minutes for the Marathon. What took 'em so long?

How many of those will be walking from the opening gun?

How come you never see a woman hock a loogie during a race?

(Continued on page 5)



## May Birthdays

- 2 Sheri Tiller  
Ben Valdez  
Leslie Gore\*
- 4 Paul DallaGuardia  
Lance Bass
- 5 Troy Davenport  
George Dominguez  
Tammy Wynette\*
- 10 Melinda Orendorff  
Bono\*
- 11 Shaun Gogarty  
Salvador Dali\*
- 12 Carol Ratzlaff  
Yogi Berra\*
- 13 Steven Lamy  
Ritchie Valens\*
- 14 Bonifacio Cosyleon  
Paul LaBar  
Bobby Darin\*
- 18 Mark Koch  
Tina Fey\*
- 20 Michael Archuleta  
Lori Gregory  
Diane Lopez  
Cher\*
- 21 Thresea Duran  
Raymond Burr\*
- 23 Sidney Arnold  
Scatman Crothers\*
- 25 Mary Davenport  
Leslie Uggams\*
- 26 Lois Pfost  
Al Jolson\*
- 29 Mark Shipe  
Patrick Henry\*

\*honorary member



## Rocky on Fitness

by Rocky Khosla, M.D.

### The Gardasil Vaccine



There is a new vaccine that I want to write about that is causing quite a stir. The vaccine is called Gardasil, is produced by Merck, and appears to confer immunity against human papilloma virus (HPV) subtypes 6, 11, 16 and 18. The vaccine is approved for administration to girls and women between the ages of 9 to 26.

What is this HPV, and why should we care? HPV is sexually transmitted, and in one study, it appeared that up to 40% of women got infected with this virus within 16 months of becoming sexually active. Though most HPV infections are cleared by the body without any significant clinical problems, persistent infection may lead to an increased risk of genital warts, cervical abnormalities and cervical cancer. There are more than 30 different subtypes of HPV. Subtypes 16 and 18 may be responsible for more than 70% of cervical cancers and highly abnormal cells seen on PAP smears. Subtypes 6 and 11 are associated with more than 90% of genital warts.

How effective is this vaccine? In one double-blind, 3 yr trial in women aged 16 to 23 years if age, 4 out of 235 women who received the vaccine developed evidence of genital or cervical HPV associated disease versus 36 out of 233 women who received a placebo, which translates to a 90% in HPV related decrease in cervical or genital disease. Of note in this study, women with previous HPV infection were not excluded. In another randomized, placebo controlled trial involving more than 12,000 women, at 2 years there were no HPV 16/18 related cervical changes in the 5301 vaccinated women, compared to 21 cases among the 5258 women who received placebo.

We don't have any significant data on the effectiveness of this vaccine in girls under the age of 16 yet, but the FDA has inferred efficacy in this group from immunogenicity studies in girls between ages 9 to 15. In other words, we don't have studies showing that this vaccine prevents cervical or genital changes that may be associated with HPV in this age group, but these girls do produce an antibody response that is similar to what older women produced when given the vaccine, and the antibody response in the older women has been associated with lower evidence of HPV mediated cervical and genital disease.

I think Merck made a major misstep by trying to push legislation through to make this a required vaccination. Many conservative groups have felt that this vaccine will further encourage

premarital sexual activity, and these groups are against wide spread use of this vaccine. I think if we talk with our patients, educate them, and then immunize appropriate groups, then we can do great good with this vaccine. On the other hand, we may do great harm in some cases. For example, if we give the vaccine to an adolescent female and somehow she gets that message that she now is shielded against any risk of sexually transmitted disease, and she then believes that being promiscuous is not as risky to her health because of this vaccine, surely terrible consequences may follow! On the other hand, if we immunize responsibly and tell the patients that this vaccine may only provide limit protection against some strains of HPV, then maybe we can reduce the risk of cervical cancer and genital warts significantly

We have no data yet on the use of this vaccine in boys and men. We also do not know if the girls may need a booster dose later in life. Adverse effects so far have been minimal with transient pain, itching and mild swelling at the injection site being seen most commonly. The vaccine should be given in a three dose series with the 2<sup>nd</sup> dose two months after the first, and the third dose six months after the first dose. Most insurances are now paying for this vaccine, and I believe the health departments across the country are now stocking it.

I think you should talk with your doctor if you or your loved ones are in the 9 to 26 year old age group and are female. I think responsible use of this vaccine could be a very good thing.

Till next time, get out there and enjoy this fabulous spring time!

Sincerely,

Rocky Khosla, M.D.



## Runnin' the Trails

by Paul Vorndam

### Spring has Sprung



I have a new pair of running shoes this spring. They're about two and a half feet long and size EEEEE wide. No, I don't moonlight as a circus clown (regardless of what my "friends" say). Actually they're not new either; they're my trusty snowshoes that I was looking forward to retiring for the season. Au contraire, cornice breath! The snow this year in the Wet Mountains has been unlike any in recent memory. OK, yeah in my case that's sometimes a couple of minutes (where did I put those darn car keys, etc.)? But I do remember being able to get all the way to Greenhorn road up the Snowslide trail from Lake Isabel without encountering any snow just a few years ago in April. What's a poor trail runner to do this year?

One approach I've used in the past is just to start from a trailhead and run up to where the snow begins and then turn around. You work your way a little higher each week as the snow recedes. If you want more distance, do

loops up and down. This assumes that you view slogging higher in knee deep snow mush as somewhat less than appealing. So let's say you set out to do a minimum of 3 miles for your run. This year you'll probably want some Dramamine before you set out since you'll be turning around at snowline about 5 feet from the trailhead (3 times 5280 divided by 10 = 1584 loops). Comments from any observers driving by the trailhead would undoubtedly be most amusing topped only by the situation where this is being done by a group of runners on a narrow trail.

Previous snowshoeing of the trails can actually pay some dividends in this situation if one is willing to get up at O-dark thirty before the nighttime low temperature has warmed enough to soften the snow. The snowshoed routes are packed down enough that they can actually be run on. Steep or icy routes can be negotiated relatively safely with stretch rubber traction devices for your shoes. These come in different designs. One

design stretches some small diameter steel springs across the bottom of your shoes, while another employs small metal screw heads instead of springs. Both can save you from kissing a Ponderosa on a descent or just doing face plants on the way up. Check REI or other outdoor equipment companies for these. As mentioned above, these devices help a lot when the snow is firm. If you get a late start, they won't help you in the snow mush. In fact, you'll probably lose them in the stuff (don't ask me how I know this). Coming down in snow mush is much easier than slogging up and can actually be fun, so if you time it right, you can go up on firm snow until it begins to soften. Then, remove your traction aids and slither down.

Finally, I must point out that some would see a viable alternative to this kind of dogged determination to run trails is simply to have some patience and wait for warmer weather. Is this reasonable?? .....Nah. Happy Trails!

*(Great Stuff, continued from page 3)*

When attending a classic rock concert, why is it that I feel that the band members and I are the oldest ones there?

Why is it that when you eat a banana in your car, the smell doesn't become overpowering until you exit the car for a while and then get back in it after a quick stop?

Can't a Boston Marathon go by without *Runner's World* magazine writing about Johnny Kelly and Kathrine Switzer?

•  
Until next month, think "green" – and go mow the lawn.

**Welcome  
To the SCR world.  
New Members are listed  
to the right,**

**Recent Renewals below**

John Castanha  
Joan Harrell  
Carol Kinzy  
Fred Trujillo

Michael Barris  
Dawn & Less Bass  
Ana & Brian Bentz  
Victor & Rachel Boley  
Maggie Cason  
Larry & Sylvia Cernoia  
Thomas & Carmen Coseno  
Kathy & Jerry Cox  
Michael & Kimberly Garcia  
Matt Guy  
Mark Hooper  
Addison Johnston  
Jose Marcano  
Ben McDaniel  
Donald & Raelene Moore  
Sheryl Page  
John Roman  
Jeff & Carrie Stephens  
Kathy Sutphen



# Ramblin'

by Ron Dehn

## Blast from the Past



This month's column is a collaborative effort. It started when Marijane Martinez sent me a photo of one of SCR's most famous "alumni", Judy Tucker. I decided to write an article to accompany the photo. I knew Judy, but not well, so I asked for help from Marijane, Jeff Arnold, and Gary Franchi. Here's what we came up with...

Judy was the organizational force behind a group of women who ran together regularly before the SCR was formed. The women formed a chapter of the Colorado Columbines and later some, including Judy became SCR members. Judy was responsible for starting the Atalanta race and the Valentines Twosome. Her birthday is Valentines Day.

She also joined with other lady runners to start the Women's Distance Festival race in Pueblo and served as the first race director. Even after moving to the Las Vegas area, on occasion, Judy came back to Pueblo to run in the WDF. Once she even did a tap dance show in the City Park Pavilion after the race.

Judy was the first SCR newsletter editor. She used to type it and then run mimeograph copies at the YMCA. Hence, the newsletter always smelled like ink.

She and her husband have been living in a Las Vegas community called Sun City for several years and Judy a member of the Sun City Precision Drill Team, which is a performance dance team. She ran for 20 plus years including a few in Vegas before she discovered the dance company. She said the costuming appeals to her creative nature, and she loves to dance, plus it keeps her in shape.

Jeff said this about Judy: "Judy was a strong runner and often won her age division. I think she was always more interested in supporting women's running than in her own accomplishments though. I miss her."

Gary Franchi put it this way: "Judy is one of the nicest ladies I've ever known."

Judy, we the current members of SCR salute you. The three races mentioned

above are part of our core. We're glad to get an update on you and your activities. Congratulations on your success with the dance company. Based upon your contributions to SCR, the company is fortunate to have you as a member.

And Judy, Thank You, Thank You, Thank You!



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

The staff at SCR Footprints headquarters sits around most of the month trying to think of ways to keep your brains from rusting. So, we offer various puzzles for our readers pleasure. Seriously, research shows that keeping your brain active, helps stave off Alzheimer's.

The concept behind sudoku puzzles is simple. There are 9 rows, 9 columns, and 9 small squares within the puzzle. Each column, each row, and each small square must contain the numbers 1 through 9. For those of you who don't like math - there is no math involved, only counting from 1 to 9.

This puzzle and solution was provided at no charge courtesy of [www.sudokuworks.com](http://www.sudokuworks.com) puzzle software. The website offers software, puzzle books, and lots of other puzzle related links and information. THANK YOU sudokuworks!

The solution is on page 9, but don't peek early!



# Predictions

by Don Pfof

## The Ramsgate 8



Thirteen runners turned out for the 8K Ramsgate 8 predict on Saturday, May 7, with an 8:00 am starting time. The weather conditions included a starting time temperature of twenty-eight, a slight breeze, and an overcast, threatening sky, but no precipitation, though rain and snow were in the forecast.

Rain the day before the run and predictions of race-day cold and snow had resulted in a decision to run the predict on an out-and-back course on the streets of Belmont and CSU (see the *Afterword*, below, for more about this decision). Starting on Ramsgate, the course headed south and east on Massari, north on Gamble and Troy, west onto the CSU-Pueblo campus, skirting its southern perimeter to Walking Stick Blvd, and then east on Uravan to the turn-around near the top of the cul-de-sac. Double-headed arrows guided runners along the course, with arrows and cones placed at crucial turns and intersections.

As far as results: Don Pfof placed first, fifteen seconds over his predict, followed by Paul DallaGuardia, Ben Valdez, Larry Volk, Jim “The Rocket” Robinson, and Rich Hadley, all of whom were a minute or less off their predicts. (Ben made a last minute change to his predict, a decision he came to regret, as his original predict would have made him the winner.)

Larry Volk had the fastest overall time of 32min:54secs, followed closely by Rich Hadley at 33:09.

Following the predict, most runners stayed for the brunch, enjoying both the good food and conviviality. Kerri Naccorato from Denver was a welcome guest and we hope to see her at other predicts when she visits family in Pueblo. It was also nice to see Mark Koch, who is getting back into running after cutting back to allow an injury to heal.

Thanks to Deb Hadley, Sandy Reinsch and Lois Pfof for doing the finish line.

After two predicts, Paul DallaGuardia leads the cumulative standings with 180 points; Don Pfof (178), Rusty Smith (126), Larry Volk (122), and Joe Bulow (106) round out the top five places. Of course, there is a long way to go in the series.

With several changes in this year’s schedule, the third event in the series will be the 10-plus mile Trail Mix Run, Sunday, April 29, starting at the Pueblo Nature Center at 8:00 am. Race directors Ben Valdez and Matt Sherman have said that runners should expect a few changes in the course, perhaps even a surprise or two. They also encourage runners to bring their own water, as there will be no water stops on the course.

Finally, the fourth event in this year’s predict series will be the 8.6 mile Yappy Dog, a scenic and challenging course on the South Mesa, starting at 8:00 am on Sunday, May 13. Race director Ross Barnhardt, along with the help of his extended family, does a superb job of laying out a great course and putting on a delightful post-predict potluck.

### Afterword

*Selecting a course for the Ramsgate 8.* Uncertainty about the weather posed a dilemma in deciding when and which of the three Ramsgate 8 courses to select for the predict. Briefly, over the past several years, I’ve laid out three different routes that could be used for the predict. Two of these include sections on the trails north and east of the CSU-Pueblo campus, which, unfortunately, become quagmires when there is much rain or wet snow. The third is an out-and-back route on the streets of Belmont and CSU that serves as a fall-back should the trails get enough moisture to become muddy.

This year, I had hoped to run the predict on the same course as last year, about half of which takes in the dirt trails east of campus. Although Mike Daniels and the other local TV meteorologists, who constantly tout their ability to use the advanced technology at their disposal to make precise predictions about the weather, had forecast rain and snow starting Thursday and continuing through the weekend, experience has taught me to remain skeptical of their claims of accuracy. In short, I was hoping the weather would hold until after the predict.

However, when I was out on the trails early Friday morning, taking Ebony, our black Lab, on her morning run, and marking the turn-side of key intersections and

the entrance to a brush-shrouded gully with flagging, it began to rain. Though it was mostly a mixture of mist and light showers, rain fell steadily for the rest of the day. Therefore, late Friday afternoon, figuring I had waited as long as I could and knowing what the rain was doing to the trails, I made the decision to run the predict on the streets. I then drove the course, spray painting two-headed arrows along the route; early Saturday morning, I laid down large flour arrows and placed cones at crucial turns.

Following the run on Saturday, Lois and I took Ebony for her morning outing on the trails east of the campus that would have been part of the predict course. After walking but a short distance, our shoes were caked with globs of mud, evidence affirming that the decision to run on the streets was the right one.

*A Personal Note on Winning.* As far as I can determine from newsletters and other documents, the Ramsgate 8 became part of the handicap/predict series in 1996, making this the twelfth year it has been run. As noted above, during this period of time, three courses have been laid out and each has been used at least once, depending somewhat on weather conditions, as well as the race director’s whim. More to the point, I had run whichever course was used on a regular basis. Thus, for most of the previous predicts, I had logged plenty of miles, carefully recording splits and overall times, which would seem to have given me a definite advantage when it came to setting my predict. At least, that’s what I thought initially. However, I was disabused of this notion as the evidence mounted that familiarity with the course offered no advantage, at least to me, for I often ended up toward the bottom of the point distribution for the race, sometimes missing my predict by a considerable margin.

This year, because of the weather and the decision made late Friday to run the predict on the streets, I was unable to do a dry run on Friday, leaving me with no choice but to run it cold Saturday morning. Surprisingly, I came the closest to my predict ever, placing first and earning the dubious

(Continued on page 8)



# Predictions by Don Pfof



(Continued from page 7)

honor of having my name inscribed on “Ramsgate”, the race mascot created last year, which now carries the name of last year’s winner, Bill Veges.

Surely, there’s some lesson in all of this, but I’m at a loss to put my finger on it. In the words of Kurt Vonnegut, “And, so it goes....”

## Ramsgate 8 Results

Pl	Name	Pred	Actual	Diff	Pts
1	Don Pfof	55:00	55:14.58	00:14.58	100
2	Paul DallaGuardia	50:00	49:12.01	00:47.99	92.31
3	Ben Valdez	35:00	34:10.68	00:49.32	84.62
4	Larry Volk	33:45	32:54.14	00:50.86	76.92
5	Jim Robinson	38:42	37:45.81	00:56.19	69.23
6	Rich Hadley	34:10	33:09.44	01:00.56	61.54
7	Rusty Smith	43:30	42:02.10	01:27.90	53.85
8	Joe Bulow	43:15	41:13.13	02:01.87	46.15
9	Keri Naccorato	55:30	52:45.77	02:44.23	38.46
10	Mark Koch	38:00	34:54.22	03:05.78	30.77
11	Paulette Arns	50:00	46:54.13	03:05.87	23.08
12	Wendy Garrison	48:00	52:44.70	04:44.70	15.38
13	Jeremy Keener	52:40	46:13.89	06:26.11	7.69

## Series Standings

Pl	Name	Tune up	Rams 8	Total
1	Paul DallaGuardia	87.50	92.31	179.81
2	Don Pfof	77.50	100.00	177.50
3	Rusty Smith	72.50	53.85	126.35
4	Larry Volk	45.00	76.92	121.92
5	Joe Bulow	60.00	46.15	106.15
6	Jan Huie	100.00	0.00	100.00
7	Jeremy Keener	90.00	7.69	97.69
8	Linda Strange	97.50	0.00	97.50
9	Mary Simmons	95.00	0.00	95.00
10	Damon Rundell	92.50	0.00	92.50
11	Wendy Garrison	75.00	15.38	90.38
12	Becky Medina	85.00	0.00	85.00
13	Ben Valdez	0.00	84.62	84.62
14	Stacey Diaz	82.50	0.00	82.50
15	Carrie Slover	80.00	0.00	80.00
16	Henry Hund	70.00	0.00	70.00
17	Jim Robinson	0.00	69.23	69.23
18	John Musso	67.50	0.00	67.50
19	Matt Sherman	65.00	0.00	65.00
20	Steve Wall	62.50	0.00	62.50
21	Rich Hadley	0.00	61.54	61.54
22	Paulette Arns	37.50	23.08	60.58
23	Jessie Quintana	57.50	0.00	57.50
24	Dennis Krall	55.00	0.00	55.00
25	Gina Benfatti	52.50	0.00	52.50
26	Garcy Franchi	50.00	0.00	50.00
27	Lindsey Schryver	47.50	0.00	47.50
28	Mark Gurule	42.50	0.00	42.50
29	Chris Gredig	40.00	0.00	40.00
30	Keri Naccorato	0.00	38.46	38.46
31	Jeff Arnold	35.00	0.00	35.00
32	Lou Huie	32.50	0.00	32.50
33	Mark Koch	0.00	30.77	30.77
34	Dave Diaz	30.00	0.00	30.00
35	Bill Veges	27.50	0.00	27.50
36	Matt Kottenstette	25.00	0.00	25.00
37	Jenn Kottenstette	22.50	0.00	22.50
38	Paul Murphy	20.00	0.00	20.00
39	Nancy Musso	17.50	0.00	17.50
40	Maryvonne Maupri	15.00	0.00	15.00
41	Robert Santoyo	12.50	0.00	12.50
42	Michael Cernoia	10.00	0.00	10.00
43	Hans Miesler	7.50	0.00	7.50
45	Alan Tarr	3.75	0.00	3.75
45	Mike Borton	3.75	0.00	3.75

Right:  
Don Pfof won the right to have his name burned into the Race Mascot



Below:  
Runners prepare for the race start.

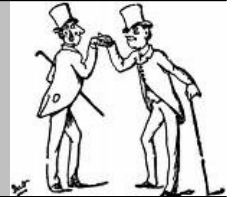






# Meet the Runner - Paul LeBar

by Linda Strange



Upon first meeting Paul LaBar, a person will note that he is a very patient, mild-mannered man. Only with greater conversation is it revealed that Paul is also a man of great vision!

Paul LaBar is the new Webmaster for SCR, taking the job over from Michael Orendorff recently. In that time, he has hit the ground running, developing plans for a website redesign, to be unveiled in a few months. He is also working on an e-commerce platform for the website, so runners can go to the website to become club members, renew memberships and sign up for SCR races. He hopes this new function of the website will be ready in time for races next spring. In the meantime, Paul updates the race calendar and manages content of the site, including articles, results and race photos.

Paul has led an interesting life, growing up in NY State, then coming West after college. After spending several years living the life of a ski bum around Lake Tahoe and in Summit County, he began teaching, and went where the jobs took him. He eventually landed in Pueblo, as

a teacher at Pueblo Community College. Now he lives in Pueblo with his 7 year old daughter, Alita, who visits on weekends, and works as a software trainer and engineer for BAE Systems in Colorado Springs, specializing in Air Force computer systems.

Paul has always stayed active, with mountain biking, swimming, a little kayaking, and of course, skiing. He became more interested in running last year, when some friends encouraged him to run the Spring Runoff. That was his first 5k race. Since then, he has joined SCR and participated in five other races, watching his times steadily improve. His proudest moment was after last fall's Hot to Trot 5k, where he finished with a PR of 23:23. For 2007, he wants to focus on longer distance races, including the 10k Cinco de Mayo and the Rock Canyon Half Marathon. Being in the very competitive age group of 40 to 50, and having limited training time, means he's decided to focus more on the quality of his runs and doing his best each time.

Paul said he doesn't need anything special to run. He used to run with a music player, but found it was too much of a hassle, and no longer uses it. On evenings, you can usually find him running along the Arkansas River, in his favorite New Balance 719's. If you see him out running, say "hi" and thank him for all his hard work on the SCR website.



## Solution to puzzle on page 6

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

\*\*\*\*\*  
 \* **Treat Mom to a** \*  
 \* **burger and fries at the** \*  
 \* **Gold Dust!** \*  
 \* \* \* \* \*  
 \* **217** \*  
 \* **South** \*  
 \* **Union** \*  
 \* \* \* \* \*



# The Spank Blasing 5k

Photos by John Cordova



*(Spank Blasing 5k, Continued from page 1)*

Spank was on hand to fire the starting gun for the 1st annual race. Unfortunately, Spank passed away a few months back. His son, Jim, fired the starting gun at the 2007 event.

Todd Kelly from CSU-Pueblo was the master mind of the event and made sure to reward participants with all the amenities.

First - It was a beautiful cool April day with blue sky and sunshine. We doubt if Todd can take credit for the great weather, but between Todd and EXHPR professor George Dallam, they laid out a scenic course which covered most of the hilly campus with a short diversion through a nearby residential area. Yes, we did say hilly, which adds a bit of a challenge to the 5k.

Then, there were cheerleaders at the start and at the finish line, to help give that extra boost of spirit to runners.

After the event, what a breakfast!!! Those were the most delicious breakfast burritos, and there was also a great selection of fruit and beverages.

The top three individuals in each age division received awards. First-place in each group won a 16-oz. coffee mug and a \$25 gift card from Buffalo Wild Wings. Second-place received a coffee mug and a free Little Caesars pizza. Third-place received a coffee mug and a six-pack of a Pepsi product.

All participants received a t-shirt and water bottle.

Dave Diaz summed it up: "We've got to get the word out on this race! This is a great event!"

**We thank CSU-Pueblo student / staff photographer John Cordova for the photos! THANKS John!**

Right: 110 runners at the starting gun



Clockwise from Above

Steve Shirley, alumni and basketball standout from the early 90's, and Athletic Director Joe Folda encourage runners at the finish

Paula McCabe finishes just ahead of Ashley Samek, member of CSU-Pueblo's X-Country team



The T-Wolf mascot discusses race strategy with Katie Velarde and Cora Zaletal

A group of smiling lady walkers enjoy the great breakfast





## The Spank Blasing 5k Results



Pl	Time	First	Last	City	Sx	Ag
1	19:09	Jeff	French	Laramie	M	36
2	19:16	Glenn	Clemons	Pueblo	M	45
3	19:32	Lauren	Dunsmoor	Pueblo	F	23
4	19:52	Regis	Marquez	Pueblo	M	30
5	20:18	Michael	Barris	Pueblo Wst	M	42
6	20:26	Robert	O'Callaghan	Westcliffe	M	46
7	20:38	Ryan	Regrutto	Pueblo	M	26
8	20:43	Mark	Gurule	Pueblo	M	44
9	20:48	Ben	Valdez	Pueblo	M	46
10	20:53	Fred	Trujillo	Tierra Amarilla	M	37
11	21:01	Dave	Diaz	Pueblo	M	58
12	21:17	Sonja	Wieck	Grn wood Vlg	F	27
13	21:22	Robert	Valentine	Pueblo	M	42
14	21:35	Lindsey	Schry ver	Pueblo	F	24
15	21:47	Stev e	Wall	Pueblo	M	43
16	21:52	Rachelle	Christensen	Pueblo	F	25
17	22:00	George	Dallam	Colo Spgs	M	47
18	22:03	Andrew	Magalong	Colo Spgs	M	20
19	22:08	Macky	Valentine	New York	M	39
20	22:12	Nathan	Comden	Pueblo	M	21
21	22:22	Chris	Riley	Pueblo	M	46
22	22:26	Dan	Rottinghaus	Pueblo	M	20
23	22:30	Charles	Brow n	Pueblo	M	42
24	22:48	Sy dney	Mondragon	Pueblo	F	24
25	22:54	Sarah	Lile	Pueblo	F	22
26	23:00	Susan	Dallam	Colo Spgs	F	38
27	23:29	Jill	Montera	Pueblo Wst	F	40
28	23:36	Adam	My olow ski	Pueblo	M	21
29	23:39	John	Roman	Pueblo	M	62
30	23:47	Kenneth	Duling	Pueblo Wst	M	43
31	24:01	Kevin	Reilly	Pueblo	M	39
32	24:18	Theresa	Duran	Pueblo	F	29
33	24:24	Ty	McTyer	Pueblo	M	22
34	24:32	Adam	Beeson	Pueblo	M	23
35	24:33	Jason	Pirallo	Pueblo	M	22
36	24:46	Paula	McCabe	Pueblo	F	34
37	24:47	Ashley	Samek	Pueblo	F	22
38	24:49	Lindsey	Herrera	Pueblo Wst	F	19
39	25:34	TJ	Hardney	Pueblo	M	21
40	25:34	Kristin	Heinl	Pueblo	F	22
41	25:42	Danio	Gracin	Colo Spgs	M	51
42	25:43	Toni	Knabe	Pueblo	F	22
43	25:47	Sara	Miller	Pueblo	F	21
44	25:48	Rick	Macias	Pueblo	M	46
45	26:00	Ernie	Pitkins	Pueblo	M	22
46	26:18	Patrick	Sw ank	Pueblo	M	59
47	26:20	Rhett	Hinkle	Boone	M	11
48	26:33	Joe	Loftus	Pueblo	M	44
49	26:40	Jean	Hinkle	Boone	F	34
50	26:46	LaRome	Smith	Pueblo	M	21
51	27:27	Ken	Moses	Pueblo	M	20
52	27:27	Jake	Trahern	Pueblo	M	21
53	27:38	Ranee	Vechio	Pueblo Wst	F	34
54	27:49	Juan	Martinez	Pueblo	M	16
55	27:55	Kevin	Hagerman	Fow ler	M	37
56	28:06	Jeff	Cleaver	Pueblo	M	56
57	28:11	Kevin	Hughes	Pueblo	M	7



Above:  
Dan Comden

Below:  
Theresa Duran



Pl	Time	First	Last	City	Sx	Ag
58	28:13	Mike	Archuleta	Pueblo	M	46
59	28:14	Mary	Potter	Pueblo Wst	F	44
60	28:17	Ismael	Duling	Pueblo Wst	M	14
61	28:28	Richard	Kober	Colo Spgs	M	50
62	28:31	Beth	Gladney	Pueblo	F	40
63	28:34	Isaac	Duling	Pueblo Wst	M	11
64	28:35	Hilbert	Nav arro	Pueblo	M	66
65	28:37	Nathan	Fernandez	Pueblo	M	30
66	28:57	Catherine	Gallegos	Colorado City	F	35
67	29:08	Rae Ann	Gulley	Pueblo	F	21
68	29:27	Austin	Bass	Pueblo Wst	M	12
69	30:01	Jerry	Tiller	Pueblo Wst	M	42
70	30:03	Paulette	Arns	Pueblo Wst	F	54
71	30:17	Jessie	Quintana	Pueblo Wst	F	63
72	30:19	Karen	Jones	Pueblo	F	45
73	30:25	April	Hoskins	Colo Spgs	F	30
74	30:29	Michelle	Francis	Pueblo	F	34
75	30:37	Dan	Comden	Pueblo	M	53
76	30:58	Eugene	Aguilar	Pueblo	M	51
77	31:12	Patrick	McGrath	Pueblo	M	27
78	31:40	Erin	Regrutto	Pueblo	F	26
79	31:42	Rose	Martinez	Pueblo	F	48
80	31:43	Elizabeth	Grossman	Pueblo	F	19
81	31:43	Dave	Grossmann	Pueblo	M	51
82	31:44	Rosa	Nav arro-Bruce	Pueblo	F	44
83	32:17	Brian	Sew ald	Pueblo	M	21
84	32:45	Sheri	Tiller	Pueblo Wst	F	38
85	33:12	Robert	Gonzales	Pueblo	M	40
86	33:13	Adriana	Arteaga	Pueblo	F	25
87	33:16	Bobbi Jo	Sands	Canon City	F	30
88	33:21	Marianne	Maksimowicz	Colo Spgs	F	51
89	33:35	Karen	Dav is	Colorado City	F	31
90	33:36	Erica	Hunter	Pueblo Wst	F	15
91	33:37	Mark	Hunter	Pueblo Wst	M	48
92	34:24	Sam	Smith	Pueblo	M	12
93	34:31	Ed	Maksimowicz	Colo Spgs	M	61
94	35:55	Kyle	Ford	Pueblo	M	34
95	35:59	Loyd	Cox	Pueblo	M	55
96	36:02	Stev e	Samek	Pueblo	M	55
97	36:03	Adam	Ternan	Louisville	M	27
98	37:24	Aii	Samek	Superior	F	25
99	37:24	Bev	Samek	Pueblo	F	56
100	38:47	Daw n	Bass	Pueblo Wst	F	38
101	39:12	John	Rankin	Pueblo	M	60
102	39:49	Marilyn	Vujcich	Pueblo Wst	F	37
103	39:51	Tricia	Vujcich	Pueblo Wst	F	42
104	39:51	Chris	Childress	Pueblo	M	21
105	39:52	Justin	Franklin	Pueblo	M	22
106	39:57	Amanda	Jones	Pueblo	F	19
107	44:35	Damien	Montelango	Pueblo	M	17
108	47:45	Beth	Hamilton	Pueblo Wst	F	41
109	48:09	Kerry	Roman	Pueblo	F	34
110	48:38	Jerry	Malone	Pueblo Wst	M	42

Again, we thank John Cordova from CSU  
-Pueblo for the photos!!



# St. John Neumann's Panther Run

by Marsha Martinet



Our Most Sincere Thanks to the Southern Colorado Runner's Club for your help with ~ The 15<sup>th</sup> Annual Panther Run for Education ~ "Making Tracks for Education" at St. John Neumann Catholic School. Sunshine and a brisk cool morning made this year's Panther Run for Education at the City Park a run to remember! But even better than the weather was the participation of the Southern Colorado Runners!!

THANK YOU Southern Colorado Runner's Club! You are an awesome organization and wonderful individuals!!!! Your TREMENDOUS support and assistance made the 15<sup>th</sup> Annual Panther Run for Education at St. John Neumann Catholic School the Best and Most Fun Filled Run the Panthers have "tracked" for education! We are very passionate about our run as we "Make Tracks for Education" to provide much needed funds to maintain and grow Academic Excellence for Pueblo Children who are serious about their education and who seek a focused and respectful learning environment where they can reach a higher potential and standard for themselves and their community.

With the support of the Southern Colorado Runner's Club this year, we were also able to grow a better awareness of

healthy fitness with our children. Children at this year's Panther Run found that Running Can Be Fun! *Students who finished their FIRST 5K Run were very proud and felt a real sense of accomplishment! We look forward to St. John Neumann Children growing into Southern Colorado Runners! Thank you SCR!*

This support from the Southern Colorado Runner's Club, has prompted the Panthers to begin plans for the 16<sup>th</sup> annual Panther Run for Education with a new enthusiasm! As we continue to grow the awareness of the Benefits of an Exceptional Education at St. John Neumann Catholic School we will also grow awareness for fitness and a Love of Running for youth with the 16<sup>th</sup> Annual Panther Run for Education 2008! Growing Runners and Leaders for the Community in 2008!

Mark your Calendars, and Join us in 2008 for the 16<sup>th</sup> Annual Panther Run for Education ~ April 26<sup>th</sup> at the City Park! St. John Neumann will celebrate 30 years of Academic Excellence in a Focused and Respectful Learning Environment in 2008 with the addition of a 10 K to the Panther Run!

With great anticipation and excitement

that the Runners Club is willing to grow with us we are highly motivated and encouraged to grow the Panther Run into the community! *Thanks Southern Colorado Runners and all who participated in the Panther Run with us! We hope you will join us again next year!*

Part of the Pueblo Community since 1977, St. John Neumann Catholic School offers a choice for academic excellence in a focused and respectful learning environment for children Pre-school through 8<sup>th</sup> Grade ~ Registration and Enrollment for the 2007 - 2008 school year is taking place now! For more Information, call the school at 561-9419.

Marsha K.T. Martinet  
Director of Development  
St. John Neumann Catholic School



Left:  
John Stageberg holds off  
a charging Ramon Trujillo  
at the finish



Right:  
Mike  
&  
Mike  
(Cernoia & Orendorff)  
Match stride for stride at  
the half way point



### Walkers

Pl	First Last	Sx	Ag
1	Sonja Large	F	10
2	Vinny Chiarito	M	6
3	Stephen Anderson	M	8
4	Cora-Jane Aubert	F	6
5	Jacob Vigil	M	7
6	Conor Large	M	9
7	Ethan Large	M	7
8	Mark Vivoda	M	7
9	Angelina Robles	F	9
10	Abbey Cira	F	11
11	Mikah Pacheco	F	12
12	Sara Polumbo	F	13
13	Miranda Vensor	F	9
14	Jacob Haynes	M	9
15	Diana Robles	F	49
16	Melissa Chavez	F	14
17	Alexandria Cullen	F	5
18	Brad Eccher	M	12
19	Brandon Golenda	M	12
20	Alexis Vigil	F	11
21	Carol Chiarito	F	45
22	Brigid Heaney	F	7
23	Reygan Hochevar	F	10
24	Alexis Sandoval	F	9
25	Grace Gonzales	F	6
26	Jean Starcer	F	48
27	Rose Vensor	F	52
28	Madilyn Vensor	F	4
29	Matthew Kovacich	M	10
30	Ross Love	M	67
31	Judy Santarelli	F	43
32	Phillip Cullen	M	3
33	Chelsea Greenway	F	7
34	Alyson Sasaoka	F	6
35	Dani Sims	F	14
36	Michellez Sipalay	F	8
37	Alita Giron-LaBar	F	7
38	Terri Whetstone	F	7
39	Angela Shah	F	8
40	Christina Vensor	F	27
41	Samanrha Sasaoka	F	9
42	Conor McGuinn	M	13
43	Max Montano	M	13
44	Anna Shah	F	6
45	Gabrielle Stageberg	F	8
46	Joseph Haynes	M	4
47	Valerie Haynes	F	43
48	Carolyn Andrew	F	13
49	Doug Haynes	M	52
50	William Stageberg	M	5
51	Brooklyn Melendy	F	6
52	Kieken DeKoev	F	26
53	Olivia Lough	F	6
54	Jennine Lough	F	42
55	Robin Heaney	F	38
56	Shannon Vivoda	F	5
57	Tanner Ackworth	M	6
58	Jane Hardy	F	13
59	Tyler Schulz	M	12
60	Tom Wolf	M	50

### Panther Run (continued)

#### 5k Results

Pl	Time	First	Last	Sx	Ag
1	18:55	Michael	Cernoia	M	14
2	19:07	Michael	Orendorff	M	55
3	20:17	Scott	Palmer	M	51
4	21:26	Steve	Wall	M	43
5	22:01	Anthony	Nicola	M	18
6	22:36	John	Stageberg	M	38
7	22:37	Ramon	Trujillo	M	25
8	23:00	Christopher	Markert	M	29
9	23:31	Kenneth	Duling	M	43
10	23:35	John	Roman	M	62
11	24:00	Monica	Vensor	F	28
12	24:47	Conor	Heaney	M	37
13	24:52	Jennifer	Cernoia	F	13
14	26:26	Jane	Chess	F	53
15	26:40	David	Lough	M	44
16	27:00	Roger	Pumphrey	M	59
17	27:04	Kevin	Keilbach	M	33
18	27:07	Len	Gregory	M	64
19	27:50	Joshua	Schneider	M	24
20	28:11	Jerry	Tiller	M	42
21	28:13	Lori	Gregory	F	56
22	29:27	Jennifer	Lopez	F	30
23	29:40	Aaron	Cassio	M	12
24	29:44	Elizabeth	Stageberg	F	11
25	29:56	Ethan	Wright	M	12
26	31:34	Martin	Mascarenas	M	10
27	31:36	Sheri	Tiller	F	38
28	31:55	LeAnne	Horve	F	38
29	32:49	Gabriela	Lopez	F	25
30	32:52	Michael	Cira	M	13
31	34:14	Faye	Palmer	F	51
32	34:27	Stephanie	Morales	F	40
33	42:48	Cindy	McClure	F	53

Kristine Chamblin, one of the key organizers of the run, grimaces at the sound of the starting gun



Lori & Len Gregory relax in the pavilion after the run

Below: Ethan Wright, Michael Cira, Aaron Cassio, Elizabeth Stageberg, and John Stageberg are at the front of the pack at race start.





# Widefield 5K Walk/5 Mile Run Results

by Ben Valdez



I would like to thank the Southern Colorado Runners who drove up to Colorado Springs to run our inaugural Widefield 5K/5 Mile. We had 122 participants in the two events which unfortunately was plagued with poor weather. The wind and drizzle that I notoriously had for the Y-Bi followed me up to Colorado Springs. The weather however did not damper the spirit of the runners and walkers that participated.

This event was the completion of Widefield School District #3 Fitness Challenge, which had over 350 employees partake. They had been involved in this fitness program since January 7<sup>th</sup>. The challenge consisted of completing the following daily: 30 minutes of cardio exercise, stretching, pedometers (6,000 to 10,000 steps), drinking 64 oz. of water, eating 6 servings of fruits and vegetables and an alternative activity. Participants had daily/weekly charts to record their progress, and teams were formed mostly by schools and departments. Additional activities in the challenge included a volleyball tournament (my

team took 3<sup>rd</sup>, don't laugh, the girls that beat us were good!!!), Easy Does It Triathlon (six weeks to complete Iron Man Distances) and the 5k/5 mile. Points were scored by individuals and teams through participation. Our pool was available for district employees to enjoy our water fitness classes or to swim laps. Throughout the program random prize drawings were given for participation. When final points are tallied, one individual and one team will win cash and/or gift certificates. It's been a lot of fun and created healthier lifestyles and district comradery. This is our second year and last year one of our employees lost 52 pounds in the 12 week program. We don't have winners or highlights from this year's program yet.

Again thank you for your support and I hope that more SCR members can come up and enjoy this great soft surface trail run next year. All we need is better weather. The following is a list of SCR finishers and times. Michael Orendorff was 2<sup>nd</sup> overall, way to go Michael.

## Times for SCR Runners

Michael Orendorff	33:33
Glen Clemons	34:45
Steve Wall	37:57
Chris Gredig	39:11
Lou Huie	40:57
Joe Bulow	42:50
Rusty Smith	43:06
Gary Franchi	43:11
Toby Brown	46:37
Jeff Cleaver	50:57
Paulette Arns	51:39
Melinda Orendorff	51:48



## From the Mailbox



President Ken recently received the following from John Chapman (JChapman@smartwool.com)

Dear Ken

We'd like to extend an invitation to our Running friends from the other side of Colorado to attend this event. Perhaps we can put links on our websites or you could include in your email newsletter.

Thanks

The USA Trail Championships (10k) are on June 30, 2007 at the Steamboat Ski area. The Open race is at 8:30 a.m. The Elite race for USATF members (\$5000 purse) is at 10 a.m. with the top two men and women qualifying the World's Team. Everyone will get Smartwool NZ merino wool shirts, post race taco buffet, beer, bluegrass band and raffle prizes. We're providing \$100 trail shoe certificates for the gender age group winners in the Open event with five year age groups (i.e., lots of shoes to give away). Pre-registration is \$25 (cheap) through June 27th.

# This Space

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

<u>May-07</u>			
5th-Sat-8:00am		Blossom Race Centennial Park, Canon City	5k/5 mile run/walk <a href="#">Sarah Ley</a> 719-269-8790
5th-Sat-6:30am	(a)	The Collegiate Peaks Trail Run Community Center, Buena Vista, CO	25mi/50mi <a href="#">Burke Kaiser</a> 719-395-3674
6th-Sun-7:30am	(a)	Cinco de Mayo Run - Toyota Benefit Running Series: Event 2 State Fairgrounds, Pueblo	10K, 5K, 2M walk/run (under 12) Ramon Arriaga 719-564-7659
12th-Sat-8:00am	(c)	7th Annual Alex Hoag Run for Sunshine, Sky Sox Stadium	5k run/walk; 1M competitive; .5M Children <a href="#">Kim Hoag</a>
13th-Sun-8:00am	(c)	Yappy Dog <a href="#">Prediction Series Event</a>	8.6mi Ross Barnhart 719-543-6982
<u>Jun-07</u>			
2nd-Sat-8:00am	(a)	Run for Rio Rye High School	5K <a href="#">Jeff Arnold-Race Dir</a> (719)947-3682
9th-Sat-8:30am	(a)	Little Festival on the Prairie-2007 Lovell Park, Pueblo West	5K run, 2M Walk <a href="#">Dale Papineau</a> 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 <a href="#">Prediction Series Event</a>	5mi Gina Benfatti 719-544-1029
30th-Sat-7:30am Walk 7:15am	(a)	Women's Dist Festival Pueblo City Park	5K Walk & Run <a href="#">Diana Tiffany</a> 719-676-7343
<u>Jul-07</u>			
14th-Sat	(a)	YMCA Splash 'n Dash swim-run	TBD <a href="#">Victoria Esquibel - YMCA</a> (719)543-5151
<u>Aug-07</u>			
4th-Sat-7:15am		State Games of America Triathlon Colorado Springs, CO	750M/15mi/5K Travis Oosthoek 719-634-7333x 1003
4th--Sat-7:30pm	(c)	Moonlight Madness <a href="#">Prediction Series Event</a>	5mi Diana Tiffany 719-676-7343
5th-Sun-7:15am		State Games of America 5K Colorado Springs, CO	5K Travis Oosthoek 719-634-7333x 1003
18th-Sun-8:00am		Denver Oyster Adventure Race; three- person teams foot, bike, in-line skates REI, 1416 Platte St., Denver CO 80202	40-50mi TeamSage Productions 303-777-6887 info@teamsage.com
25th-Sat-7:30 am	(c)	Tunnel Drive <a href="#">Prediction Series Event</a>	5mi Rich Hadley 719-784-6514
<u>Sep-07</u>			
9th-Sun 7:30 am	(c)	South Shore Adventure <a href="#">Prediction Series Event</a>	10.4K Larry Volk 719-543-2052
23rd-Sun 7:30K/7:45W/8:00R	(a)	Hot to Trot Union Ave. District Union Ave. District Chile-Frijole Festival	5K Run 2mi Walk, Kiddie K Ruth McDonald Gold Dust Saloon 251-3189

(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!

Ross (race  
director of  
the Yappy  
Dog Pre-  
dict Run)



Barnhart writes: Just wanted to let you know that those who participate in the Yappy Dog Run will get custom embroidered "Yappy Dog" bucket hats.

What better way to spend mother's day, than earning your own colorful yappy dog bucket hat?

And – in case you are like me and have to ask, What in the world is a bucket hat??? Ross says that Gilligan wore a bucket hat on Gilligan's Island... It's a round hat with brim that goes all the way around.

SCR recently received this note from Mike Archuleta regarding the Survival Run.

We are looking at changing the survival run to Oct. We are thinking of having a 5k run / walk and bike ride. More info to come later.  
Mike

We thank the Ramsgate 8 volunteers for their work. Race Directors and Hosts: Don & Lois Pfof, Finish line: Deb Hadley, Sandy Reinsch, & Lois Pfof, Results: Don Pfof

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

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



***If you move,  
 Let us know!***  
 Issues of "Footprints"  
 are not forwarded.  
 Hence, if you move, please  
 get your new address to the  
 SCR Membership Chair in  
 care of the YMCA at the  
 address listed above.

**Upcoming Races**

The Cinco de Mayo will be held on May 6th. You can run the 5k or 10k, or you can do the fun 1.5 mile walk. If you signed up for the Benefit Series, this is the 2nd event in the series.



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

**The Next Meeting:** SCR meetings are typically held at 7 pm on the 1st Wed of each month at the Pueblo YMCA. Once in a while there is an exception, but not often. All SCR members are welcome!!! See you on May 2nd and June 6th.



Don't forget the Yappy Dog Predict on May 13, which happens to be Mother's Day. With a little planning, you can do the run and be nice to your mom.

**The Final Thoughts...**

Be the change you wish to see in the world... -Gandhi  
 We are the ones we have been waiting for. Jim Wallis  
 Now I see the secret of the making of the best persons. It is to grow in the open air and to eat and sleep with the earth. -Walt Whitman, poet (1819-1892)  
 In a pond koi can reach lengths of eighteen inches. Amazingly, when placed in a lake, koi can grow to three feet long. The metaphor is obvious. You are limited by how you see the world. -Vince Poscente, Olympian (1961-)  
 This project is so important, we can't let things that are more important interfere with it. Dilbert

Want a great run in the mountains? On June 2nd, go to Rye high school and do the Run for Rio. The run is an annual tradition in Rio's memory and it raises money for scholarships for Rye high school students. Be there...

