



Editor: Ron Dehn

# FOOTPRINTS

Roll out those lazy, hazy, crazy days of summer!!!

## Two Issues for the Price of One

### Two Predict Stories for the Price of One by Don Pfost



#### Trail Mix Predict

Twenty six runners turned out for the 10.2 mile Trail Mix predict on Sunday, April 29, with an 8:00 am starting time. A few minor changes had been made in the course from last year—it was slightly shorter in length, and, unlike previous years when it both started and finished at the northwest end of the parking lot across from the Nature Center headquarters, this year the race started in the same place as previously, but, because the final leg of the course had been rerouted down a gully farther south and onto the dirt road below the bluff near the Nature Center, runners finished at the southwest corner of the parking lot.

The course covers the network of un-

groomed trails north and west of the Nature Center. For the first two miles or so, the course climbs to the rim rock, then drops to the canyon floor below, and heads toward Liberty Point before turning around. And, depending on where you are on the course, it offers scenic views of the reservoir, mountains in the distance, and canyons surrounded by steep rock formations.

The weather was clear and calm with an unofficial starting-time temperature of 68. Conditions heated up over the next two and a half hours, and, as runners crossed the finish line, some showed the effects of the heat, with a few lamenting that they'd not taken Ben and Matt's advice to carry water on the course.

As far as results, Victor Boley, a new  
*(Continued on page 5)*

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

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

This issue (the June / July issue) is being published in late May, and the August issue published in late July. (No issue mailed in June)

Enjoy!

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## SCR Notes from the May, 2007 meeting

Attendance: Ken Raich, Don Pfof, Kristine Chamblin, Gary Franchi, Paul LaBar, Dave Diaz, Jeff Arnold, Paulette Arns, Theresa Duran, Ramon Arriaga, Todd Kelly, Melanie Turner, Hilbert Navarro.

Minutes for the April 2007 Meeting were approved.

Special Guests: Kristine Chamblin from John Newman came to thank SCR for their assistance with the Panther Run. The race was a success, and they are planning on adding it to the calendar again next year. Paul LaBar was the liason.

Other Special Guests were Todd Kelly, also thanking SCR for their assistance with the Spank Blasing race. He passed around mugs with CSU and Toyota Benefit Series Logos on them, for SCR members.

Ramon Arriaga was present in order to discuss the Cinco De Mayo races. So far there were 180 total participants. Start time for the race was scheduled at 7:30 A.M. Race day registration and pre-registration packet pickup was to begin at 6:30 A.M.

Melanie Turner was also present. She has an interest in running, and wanted to see what SCR was all about. She asked questions, SCR members gave her information about the club. We hope to see more of her in the future.

Officer Reports: Sec: Theresa Duran did not have anything to say at the time.

Treasurer: Dave Diaz gave a report of the checking account, he noted that he was able to collect on a \$60 insufficient funds check. Dave also gave a report of the savings accounts balance showing only a slight difference from last year to this year, accounted for by rising costs of everything. Treasures report was accepted, and approved. Newsletter Editor: Ron Dehn was not able to attend so Ken Raich gave a brief note, reminding everyone that there would not be a June Newsletter. If anyone would like to do the newsletter for the month, Ron would show them what to do. Also if there are races that need to be stuffed in the newsletter for June or July, possibly August, they need to be in the May newsletter.

Membership Chair: Don Pfof reported 178 paid members, 20 new members have signed up since the first of the year. Also he noted that 6 members who have been inactive for about 2 or 3 years have now renewed. He noted that of the 64 renewal letters he sent out in February, 26 of those members renewed. Last he noted that with 178 paid members and 22 newsletter-only recipients, SCR now has the 200 needed to

meet bulk postage rate requirements; consequently, free newsletters will no longer be sent to former members who've not renewed. Webmaster: Paul LaBar had only to say that he had completed updates and continues to update the website with results from the predict series and other results. Again he noted that any changes can be posted if he is given notice of them.

Upcoming Events: Cinco de Mayo will be on May 6, 2007. Ramon Arriaga was present to discuss it, as noted above. Yappy Dog is to go forward as planned. All participants in this Predict Series race will receive their own Yappy Dog Bucket hat for participating. The Survival Run has been cancelled for now. Mike Archuleta was not present to discuss a future date, but had expressed to SCR members the interest in having it in October, as well as having a bike ride combined with it. Run for Rio will go forward as planned. Entry forms will be available in the May newsletter as well as on the internet.

Recaps/ Updates/Revisits: Ramsgate 8: Went well, but the cold weather had some impact. Spank Blasing: Went well Todd Kelly was present to give a recap, as well as to ask for any suggestions SCR may have had. There will be a meeting held in order to go over the do's and don'ts for next year. CSU X-Challenge: It was said to have went well, except for limited participation. It was noted the organizers of it did a great job. Ben & Matt's Trail Mix: Went well there were 26 people who came out for this predict series race. The weather was warm the day of the race.

New Stuff/Old Stuff: Volunteer Points System: With the recent discussion of changing the point system it has still remained up in the air as to what would be done. It was recommended that SCR mimic Pikes Peak Runners Clubs volunteer points system. After some discussion, it was agreed that keeping the system the same, and as simple as possible would be the best for SCR, as well as all involved. The simpler the better, everyone agreed. A motion was made to keep the current points system, raise the allowed points for Banquet coordinator to 25 points, for the committee members involved in helping with the Banquet to 10 points, and to allow 5 points for any

volunteers that helped on the night of the Banquet. The role for the Banquet coordinator was established to be the one person in charge of the Banquet arrangements (food, speakers, time, place, date, etc.) The role of the committee is those who assist the Banquet coordinator, volunteers who have worked on the Banquet together over much of the same period of time. It was agreed that any future changes could be addressed as they come up, if need be, but the point system is to stay the same, relatively simple. It was also clarified that should there be Co-directors of a race the Co-directors would share the 25 points.

The meeting was adjourned at 9:00 P.M.

Respectfully submitted by Theresa E. Duran



**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. 301

"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, Calvin Borel *	
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, Theresa Duran  
Jeff Arnold, Joe Bulow, Ross Barnhart

**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.

\* Calvin Borel is the jockey who rode Street Sense to victory in the 133<sup>rd</sup> running of the Kentucky Derby held on May 5<sup>th</sup>, 2007. Borel is 40 years old and has won more than 4,000 races in his career.



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



# Great Stuff

by Gary Franchi

## Fact or fiction?



Thought for today's lunch, compliments of comedian George Carlin: "If they have a store called *Athlete's Foot*, why can't they have a hat store called *Ringworm*?"

### Musings about running, fitness and life:

I have to admit that the information age has spoiled the heck out of me. So much data is brought to us by the media. Unlimited resources can be accessed on the Internet. A virtual cornucopia of knowledge is available to us each day in daily newspapers and weekly magazines -- even if we don't know what cornucopia means.

I was thinking about this as I checked and waited for what seemed like an eternity for the Collegiate Peaks Trail Run results to be posted on the Internet. I knew SCR members Joe Bulow (don't leave the "u" out) and Michael Orendorff planned to run the 25-miler there, and some others from nearby locales like Penrose and Canon City were also entered in either the 25- or 50-mile divisions. I was anxious to see their times in order to make a quick analysis of their experienced pain levels.

Thanks to the Internet and the information age, if a race is held in the morning, you often can access the results by late afternoon or evening. So let's say you sucked big time in a race in Colorado Springs. Now, you can grumble to yourself for a bit while hanging around afterward at the race site, then go grab a bite and some java up there and commiserate with fellow runners, drive home to Pueblo, get a shower and a quick nap, and jump on the Internet and relive your supreme suckage racing experience. Ah, the wonders of technology.

Yeah, we've got a ton of information at our disposal these days. Of course, a lot of this stuff should be tossed down the disposal, including those newspapers and magazines mentioned above. And a lot of the information on the Internet shouldn't exactly be taken for gospel, either.

Let's just say that many of the individuals responsible for this information don't like to let the facts get in the

way of a good story or, as is often the case, a quick buck. In today's world, the idea seems to be to just throw anything out there for human consumption.

Here are a few examples that I have run across recently:

A report in *Brain, Behavior and Immunity* and reported in a fitness magazine notes that a study of 60 people made researchers conclude that lifting weights makes flu shots more effective. This was determined by blood tests taken after this "enormous" test group was given flu shots after either lifting weights or resting for 25 minutes, and the results were compared. Gee, what a huge test group. Couldn't they cut it down a bit?

Well, these folks did. A University of North Carolina study tested seven triathletes and determined that the earlier you hydrate during the cycling leg of a triathlon, the faster your closing run will be. While that postulate seems logical and might be true, how conclusive is a study of seven athletes? Shoot, why not just test one triathlete? Why inconvenience seven of them for your definitive study?

A columnist in *The Denver Post* wrote that Denver "has the distinction of being the only city ever to decline in the national ranks for bicycle-friendliness." Now think about this for a minute. How do you rank a city for bicycle-friendliness? Stand on the corner and ask people? Call bicycle shop owners and query them? How really conclusive is any of that data? It's basically horse manure.

And then there was the report in the *Journal of Occupational and Environmental Medicine* that says fatigued workers cost employers \$136 billion each year in health-related lost productive time. First of all, who can relate to anything in the billions of dollars? And where does that figure come from? If I only got 5 hours of sleep one night because I was churning out these words of whizdumb, were they on hand the next day to measure my productivity? C'mon, that's impossible to gauge.

What I'm saying is that you can

make up anything you want and present it as fact today. For example, you could say that the average runner spends more than \$280 a year on running shoes. Or that a study of 350 running clubs from throughout the country revealed that 72% of its members drink beer on Friday nights after going for a run. Or report that a survey of runners at race sites showed that pizza is the food of choice for 75% of them, with 65% liking pepperoni and 30% preferring veggie pies while 5% don't know what they like. Who's to say? Just publish it as truth.

Just goes to show you that you can't believe everything you read; certainly not in running club newsletters.

### Ten things I was just wondering:

1, How many bib number tear-offs can the average spindle hold at the finish line of a race?

2, Why can't they make non-drowsy anti-inflammation pills?

3, Would it be a safe assumption to say that a runner who runs a great race will have a higher opinion of that race course and that race's "experience" than someone who runs a lousy race there?

4, Why is it that rain smells so fresh when it falls but smells so musty when it gets on your clothes?

5, When is the next technological wonder bike product going to be created that will make carbon frames passé?

6, Aren't you tired of musicians who try to get the audience to clap their hands during a concert song?

7, Wouldn't it be a refreshing change if a pro athlete would say that his team wasn't as good as its won-lost record?

8, How come no magazine has run a story yet ranking the stupidest U.S. cities? Or stupidest running club newsletter columnists, for that matter?

9, The Garden of Gods website says more hills have been added to the course this year. Did it really need to?

10, Wouldn't a better word for "perfume" be "herfume?"

Until next month, remember the old adage when presenting data as fact: If you can't convince 'em, confuse 'em.



# Ramblin'

by Ron Dehn

## One Runner Can Make a Difference



The American Cancer Society Relay for Life will be taking place on June 8<sup>th</sup> at CSU-Pueblo. The event starts at 5pm on Friday evening and ends at 7am the following morning. Yes – you can come and go, you don't have to spend the whole night. There will be food, dancing, entertainment, and walking (or running – if you prefer). You can join a team, sponsor participating individuals or teams, or simply go out to show your support. The event is a fund raiser for cancer research, so if you go, put a few bucks in your pocket before walking out your door.

The roots of the Relay for Life go back to May 1985. Dr. Gordy Klatt was a Tacoma colorectal surgeon and a marathon runner who wanted to do something to raise funds for his local American Cancer Society. He decided to circle the track at Baker Stadium at the University of Puget Sound for 24 hours and some 83 miles. Throughout the night, his friends paid \$25 to run or walk 30 minutes with him. They raised \$27,000 for the local ACS.

event, and in 1986, nineteen teams took part in the first team relay event.

In 2007, more than 3 million Americans will participate in Relay for Life events, and some type of Relay event will take place in at least 23 countries.

One runner with a vision can indeed make a difference.

In the last 5 years or so, cancer has hit very close to our home. We've learned a lot more than we wanted to know about various types of cancer, associated treatments, side effects, survival, loss, and all the "stuff" in between. I suspect that most who are reading this can make the same statement. I plan to make a few laps at CSU-Pueblo on June 8th for a lot of reasons.

For further information on the Pueblo event, contact Deborah Idleman at (719) 636-5101 x22 or [deb.idleman@cancer.org](mailto:deb.idleman@cancer.org) or google ACS Relay for Life.

\* \* \* \* \*  
 \* **Treat Dad to** \*  
 \* **a burger and** \*  
 \* **side salad at** \*  
 \* **the Gold** \*  
 \* **Dust!** \*  
 \* **217** \*  
 \* **South** \*  
 \* **Union** \*  
 \* \* \* \* \*

A committee was formed to expand the

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

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 13, but don't peek early!



## Predictions

by Don Pfost

### The Trail Mix & Yappy Dog - continued from page 1



*(Continued from page 1)*

club member participating in his first predict, placed first, just 18 seconds off his predict. Michael Orendorff, who had helped with and participated in the X-challenge the previous three days, was second at 1min:27sec over his predict, and Dave Diaz was third at 1:43 under his predict. Finishing in places four through seven, all within about two and half minutes of their predicts, were Stacey Diaz, Bill Veges, Carrie Slover, and Chris Gredig.

Michael also finished with the fastest overall time of 1hr:19min:57sec, followed by Rich Hadley at 1:22:57.

For a general picture of how runners did, consider these stats: The average difference between predict and actual times for all twenty-six runners was 6min:40sec, and the average per-mile pace was 10:58, with a range of 7:50 to 13:51.

Following the predict, runners gathered around Ben's pickup to snack on bagels, orange juice, fruit and water, while recounting their respective versions of the Trail Mix run and discussing other matters, large and small.

Out-of-town guests included Steve McDermott and John Mills from Colorado Springs, and two new club members, Meribeth Sisroy and Peggy Oreskovich, took part in their first predicts.

Thanks to Ben and Matt for directing the race, marking the course and furnishing the snacks; thanks also to Jordan Montera and Lois Pfost for doing the finish line.

Finally, after three events in the 2007 series, the cumulative standings looked like this: Paul DallaGuardia (179.81) remained in first place, followed very closely by Joe Bulow (179.23), with Don Pfost (178), Stacey Diaz (171) Carrie Slover (161), Ben Valdez (154),

Wendy Garrison (151.92), Linda Strange (151.35), Rusty Smith (126) and Dave Diaz (122) rounding out the top ten slots.

Of course, we're early in the series and it's likely that the standings will change dramatically over time.

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### Yappy Dog Predict

by Don Pfost

On Mother's Day, Sunday, April 13, twenty-one runners, including thirteen who'd Trail Mixed two weeks earlier, gathered at 8:00 am for the 8.6 mile Yappy Dog predict, directed by Ross Barnhart.

The morning was pleasant—clear, sunny and calm with a starting-time temperature of 57 that rose to about 70 by the time the last runner crossed the finish line. And, as Ross promised, we were treated to a miscellany of countryside odors, some quite pungent.

The course is a wide loop that starts and finishes at South Mesa Elementary School and includes a variety of surfaces and terrain. The first three miles are paved and mostly flat as we headed east on Proctor and South Road; then, just after crossing the St Charles River, the course swings south and west for three miles on Courtner Road, a gravel surface that cuts through scenic rolling hills; we hit pavement again as we headed north on 27<sup>th</sup> Lane, crossed the St Charles a second time, and climbed a short but steep hill; the final leg is all dirt roads or trails atop the mesa, as we turned west onto Nicholson, snaked north and west along the maintenance road that parallels Bessemer Ditch, and finished on a dirt trail that cuts through a field south of the school.

As in previous years, Ross did a great

job marking the course, adding his personal touch. Each mile was designated with both a sign and flour numeral; cones and arrows marked major turns and minor hazards; and runners found informative and inspirational messages etched in flour—on Courtner Rd, we saw "1/2 WAY" when we reached the mid-point of the run, followed by "AHH" just over the crest of a long but gradual uphill near the five-mile mark; and as we climbed the steepest hill just beyond the six-mile mark on 27<sup>th</sup> Lane, we were assured that this was the "LAST BIG HILL".

In keeping with the theme of the run and adding a bit of mystery, someone had placed small stuffed dogs along part of the course—Mark Koch appears the likely culprit.

And finally, living up to its name, there were lots and lots of yappy dogs—it appeared that their yappines varied inversely with physical size.

Here are the results: Wendy Garrison finished first, ten seconds under her predict. Levi Medina was in second place, twenty-six seconds under his predict, followed by Don Pfost, Paulette Arns, Carrie Slover and Peggy Oreskovick, who were thirty-three, forty one, forty-five, and fifty-one seconds off their respective predicts. Paul Koch, Jeff Arnold, Stacey Diaz and Joe Bulow rounded out the top ten slots.

Levi Medina has the fastest time overall, a blazing 47min:34secs, followed by Paul Koch at 54:31, the only other runner finishing in under an hour.

For a general picture of how the group did, here are some stats: The average difference between predict and actual time for the twenty-one runners was 2min:23secs, and the average per-mile pace was 9:02, with a range of Levi's impressive 5:32 to 11:08.

*(Continued on page 6)*



## Predictions (continued)



(Continued from page 5)

Following the run, we gathered for a potluck feast featuring several egg dishes, potatoes, green chili and fruit, plus an assortment of tasty breads and pastries, along with beverages. Some of us joined Ivan under the now-finished gazebo that he was working on at the time of last year's Yappy Dog.

Long-time SCR member Marijane Martinez, now living in Las Vegas, joined the run as part of her Mother's Day visit to see daughter and grand daughter.

As mementos of their Yappy-Dog experience, all runners and volunteers received bucket hats, which were embroidered with "Yappy Dog 2007" and a doggie logo and came in an array of colors—bright shades of red, blue, orange, yellow, purple, and green. (If you're not sure what a bucket hat looks like, Ross advises catching a rerun of "Gilligan's Island".)

Thanks to Ross for directing the race and to his extended family and friends for their help: his mom and step dad, Nancy and Ivan Martin, for hosting the potluck, his cousins Scott and Diane Stevenson for doing the lead bike and a water stop, respectively, and his friend Charles Hastings for the follow bike. Thanks also to Lois Pfof for a water stop and, with Dennis Wait's help, the finish line.

As far as cumulative standings with four predict events completed, Don Pfof is in first place with 268 points, followed by Wendy Garrison (252), Carrie Slover (242), Joe Bulow (236), Stacey Diaz (233), and Paulette Arns (185). The rest of the top ten include Paul DallaGuardia, Dave Diaz, Ben Valdez and Linda Strange. Wendy, Joe and Paulette have run all four predict

races so far this year, while the rest of the top ten have done three.

The next predict race is the 5M Belmont Butt Buster, scheduled for an 8:00 am start on Saturday, June 23. This relatively hilly course takes a wide loop through the tree-shaded residential streets of Belmont. A potluck hosted by Gina and Vince Benfatti will follow the run. To get there, approach from either the south or north on Bonforte Blvd, turn onto Constitution, then left onto Horseshoe Drive and continue to the Benfatti residence at 1318 Horseshoe, just across from Franklin Elementary.

There will be no predict in July, but two five-milers are scheduled for August—the Moonlight Madness, on Saturday, August 7, starting at 7:30 pm, and the Tunnel Drive Run, on Saturday, August 25, starting at 7:30 am. Check the website and newsletter for details.

A final note: The Butt Buster will be the fifth of eleven scheduled predicts this year. Keep in mind that to be eligible for inclusion in the final standings and an award requires completion of at least five predicts and SCR membership.

### Trail Mix Results

Pl	Name	Pred	Actual	Diff	Pts
1	Victor Boley	1:53:00	1:53:18.17	00:18.17	100
2	Michael Orendorff	1:18:30	1:19:57.26	01:27.26	96.15
3	Dave Diaz	1:31:00	1:29:16.42	01:43.58	92.31
4	Stacey Diaz	1:55:37	1:57:58.63	02:21.63	88.46
5	Bill Veges	1:40:00	1:42:34.87	02:34.87	84.62
6	Carrie Slover	2:01:00	2:03:35.94	02:35.94	80.77
7	Chris Gredig	1:30:00	1:32:46.43	02:46.43	76.92
8	Joe Bulow	1:43:00	1:46:25.92	03:25.92	73.08
9	Ben Valdez	1:30:00	1:26:03.00	03:57.00	69.23
10	Jill Montera	1:37:00	1:41:22.23	04:22.23	65.38
11	Wendy Garrison	2:05:00	2:09:40.65	04:40.65	61.54
12	Steve McDermott	2:15:00	2:20:23.88	05:23.88	57.69
13	Linda Strange	1:45:00	1:50:50.59	05:50.59	53.85
14	Steve Wall	1:28:20	1:34:31.30	06:11.30	50.00
15	Jessie Quintana	2:20:00	2:13:08.13	06:51.87	46.15
16	Tom Ratzlaff	1:41:00	1:48:09.35	07:09.35	42.31
17	Paulette Arns	2:05:00	2:12:27.38	07:27.38	38.46
18	John Mills	2:00:00	1:52:22.76	07:37.24	34.62
19	Gina Benfatti	1:46:00	1:54:24.24	08:24.24	30.77
20	Maribeth Sisroy	2:30:00	2:21:16.20	08:43.80	26.92
21	Peggy Oreskovich	1:45:00	1:54:07.69	09:07.69	23.08
22	Becky Medina	2:10:00	2:19:24.50	09:24.50	19.23
23	Rich Hadley	1:12:30	1:22:57.52	10:27.52	15.38
24	Matt Sherman	1:29:15	1:39:58.13	10:43.13	11.54
25	Hilda Olivas	2:06:00	2:21:16.45	15:16.45	7.69
26	Robert Santoyo	1:17:00	1:41:25.87	24:25.87	3.85

### Current Standings (top 25)

Pl	Name	3/18 TunUp	4/7 Rams8	4/29 TriMx	5/13 YapDog	Tot
1	Don Pfof	77.50	100		90.48	267.98
2	Wendy Garrison	75.00	15.38	61.54	100	251.92
3	Carrie Slover	80.00		80.77	80.95	241.72
4	Joe Bulow	60.00	46.15	73.08	57.14	236.37
5	Stacey Diaz	82.50		88.46	61.90	232.87
6	Paulette Arns	37.50	23.08	38.46	85.71	184.75
7	Paul DallaGuardia	87.50	92.31			179.81
8	Dave Diaz	30.00		92.31	38.10	160.40
9	Ben Valdez		84.62	69.23		153.85
10	Linda Strange	97.50		53.85		151.35
11	Gina Benfatti	52.50		30.77	47.62	130.89
12	Rusty Smith	72.50	53.85			126.35
13	Larry Volk	45.00	76.92			121.92
14	Chris Gredig	40.00		76.92		116.92
15	Steve Wall	62.50		50.00		112.50
16	Bill Veges	27.50		84.62		112.12
17	Matt Sherman	65.00		11.54	33.33	109.87
18	Becky Medina	85.00		19.23		104.23
19	Jessie Quintana	57.50		46.15		103.65
20	Jeff Arnold	35.00			66.67	101.67
22	Jan Huie	100				100.00
22	Victor Boley			100		100.00
23	Peggy Oreskovich			23.08	76.19	99.27
24	Jeremy Keener	90.00	7.69			97.69
25	Michael Orendorff			96.15		96.15

## Predictions (continued)

### Yappy Dog Results

Pl	Name	Pred	Actual	Diff	Pts
1	Wendy Garrison	1:24:31	1:24:21	00:10.48	100
2	Levi Medina	0:48:00	0:47:34	00:26.05	95.24
3	Don Pfost	1:35:19	1:35:52	00:32.75	90.48
4	Paulette Arns	1:26:16	1:26:56	00:40.47	85.71
5	Carrie Slover	1:26:06	1:25:21	00:45.43	80.95
6	Peggy Oreskovich	1:17:00	1:16:09	00:50.77	76.19
7	Paul Koch	0:53:23	0:54:31	01:07.81	71.43
8	Jeff Arnold	1:34:10	1:35:20	01:09.65	66.67
9	Stacey Diaz	1:25:47	1:24:18	01:28.86	61.90
10	Joe Bulow	1:19:30	1:21:09	01:39.43	57.14
11	Marijane Martinez	1:20:00	1:21:48	01:48.39	52.38
12	Gina Benfatti	1:20:00	1:21:49	01:48.55	47.62
13	Hilda Oliv as	1:28:15	1:30:06	01:50.51	42.86
14	Dave Diaz	1:00:30	1:02:37	02:07.18	38.10
15	Matt Sherman	1:03:30	1:05:57	02:26.86	33.33
16	Jill Montera	1:13:00	1:09:30	03:29.58	28.57
17	Theresa Duran	1:08:00	1:11:44	03:44.31	23.81
18	Diana Tiffany	1:30:00	1:33:49	03:49.24	19.05
19	Maribeth Sisroy	1:30:00	1:33:52	03:52.40	14.29
20	Aaron Levinson	0:55:00	1:02:20	07:20.03	9.52
21	Robert Santoyo	1:00:00	1:09:09	09:08.69	4.76

### Yappy Dog Photos provided by Ross Barnhart



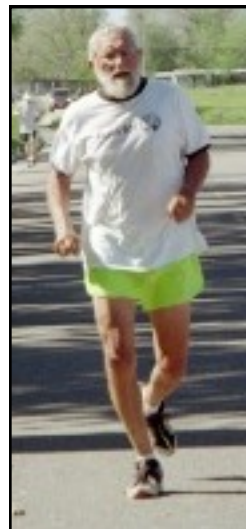
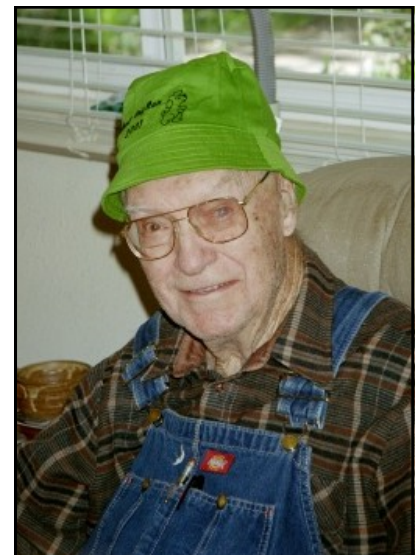
Above: Aaron Levinson & Dave Diaz match strides,  
U. Right: Hilda Oliv as approaches the finish.



Left:  
Don Pfost  
scores 90  
points



Right:  
Hosts Nancy &  
Ivan Martin  
sport their  
bucket hats  
(they were  
Nancy's idea)

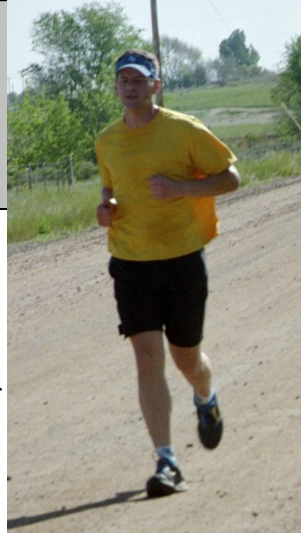


L to R  
  
Lead Cyclist  
Scott Stevenson rests  
after the 8+ mile ride,  
  
Paul Koch looks out for  
those yappy dogs  
  
Jeff Arnold heads down  
the final stretch

# The Collegiate Peaks Trail Run

by Joe Bulow

(note: this contains only excerpts of Joe's article)



## June Birthdays

Here is my summary of the Collegiate Peaks Trail Run that was held on Saturday, May 5, 2007 in Buena Vista. The race is a 25 mile loop through national forest land on the east side of the town, along the Arkansas River. Runners have the option of completing the loop once or turning back around and running the loop again in the opposite direction for a 50 mile run.

...  
I had just started antibiotics for strep throat only 24 hours earlier and was still suffering from a sore throat and other cold symptoms. I figured I'd rather have more protection in case it snowed or the wind really kicked up

....  
I started at what I thought was a slow pace but was shocked to see 150bpm on my HR monitor. I wasn't breathing heavily. It could have been the surge of excitement of starting the race but also it very well could have been the elevation. Living in Pueblo, CO, I train at about 4700 feet elevation and we started the race at 8000 feet. You can definitely tell a difference!

...  
The course basically has three big hills (or mountains depending on where you're from) of 800-1000 feet elevation increase over 3.5 miles in duration for each one. The maximum elevation for the day was at the peak of the third hill (9400 feet). The third incline or hill definitely was the longest and most drawn out while the second hill had the sharpest degree of incline near the top which not only reduced people to walking but almost crawling.

...  
When I first approached the table, I felt a brief sense of nausea and quickly had a flash back to my Ironman Arizona experience last year when I could not tolerate any solid foods on the marathon and had to resort to GU gels and fluids.

I thought I was in serious trouble if I already couldn't tolerate solids this early in the race

...  
A little piece of paper taped to the table read "11.7 miles." I thought for sure the volunteers were going to tell me that we had only run 10 miles. 11.7 miles? That's what, only 13 miles left? A half marathon? I could do that! And off I went with the promise of a new day!

...  
My confidence was gaining after the second aid station as I began to actually race or at least try

to keep up with certain runners ahead of me. There were over 200 runners on the course with about 60 of them planning on making the turn for another 25 miles. Someone was always either out in front of me to try and catch or someone behind me to motivate me not to stop or slow down. I was thinking that I'd be out in the woods all by myself for long stretches of time.

...  
The first thing I looked for at the aid station was the little piece of paper with the mileage on it. I think I remember the sign reading 17.8 miles. Only 7 more miles to go! "And it's all downhill" the volunteer proudly told me. 'NO! Don't say that!' I thought to myself

....  
By the 20th mile, my legs and effort on the down-hills and flatter portions on this section of the course felt like I was going up one of the larger-up hills. My legs couldn't continue at the pace I wanted; it almost felt easier to run than walk, but I was becoming too tired to run.

I saw the bridge in the distance that takes you over the river and to the conference center/finish line, which was about a quarter mile from the bridge. I picked up my pace a bit more, which now could legitimately be called "running." I saw on my watch that, barring a major leg cramp, I would safely finish under 6 hours.

After crossing the bridge, I ran down the gravel road leading to the Conference Center. The flags on the sticks that marked the course had us run around to the back of the center where we had started. Up ahead of me, I saw an older man with long white hair. I had seen him often throughout the race and had talked to him at one point. I remember in my mind calling him "Moses" because of his appearance.

...  
To find out how Joe's adventure ends, plus a ton more details, go to [www.socorunners.org](http://www.socorunners.org) and click on [25/50 Mile Collegiate Peaks Trail Run](#) in the Latest News & Results section.

- 1 Deborah Rose  
Pat Boone\*
- 3 Jacqueline Wall  
Tony Curtis
- 4 Gina Benfatti  
John Gunn  
Michelle Phillips\*
- 5 David Crockenberg  
Jeremy Keener  
Martha Kinsinger  
Cole Tibbs  
Kenny G\*
- 6 Maria Appenzeller  
Bjorn Borg\*
- 7 Kerri Harbison  
Jessica Tandy\*
- 8 James Robinson  
Blues, Boats, BBQ
- 9 Samantha Davenport  
Johnny Depp\*
- 11 Margaret Vorndam  
Adrienne Barbeau\*
- 14 Abbigail Duran  
Harriet Beecher-Stowe\*
- 15 Jim Montera  
Jim Belushi\*
- 17 Father's Day
- 18 Joe Arrazola  
Hilbert Navarro  
Kenneth Price  
Paul McCartney\*
- 19 Mike Archuleta  
Paul DallaGuardia  
Phylcia Rashad\*
- 20 Melissa Mestas  
Kira Hughes  
Donna Nicholas-Griesel  
Audie Murphy\*
- 21 Carol Brimmeier  
Meredith Baxter\*
- 22 Lorraine Hoyle  
Ed Bradley\*
- 26 Noah Smith  
Babe Didrikson\*
- 27 Emily Gogarty  
Helen Keller\*
- 30 Todd Hund  
Lena Home\*

\*honorary member





## July Birthdays

- 1 Marijane Martinez  
Philip Quattlebaum  
Carl Lewis\*
- 2 Angelo Aragon  
Christopher Hruby  
Don Pfost  
Maxi Sandoval  
Brooke Tibbs  
Paul Willumstad  
Jose Canseco\*
- 3 Sandy Reinsch  
Tom Cruise\*
- 4 Zarela Vidal-Paredes  
Rube Goldberg\*  
Independence Day
- 6 Abbey Smith  
Dalai Lama\*
- 7 Jill Montera  
Ringo Starr\*
- 8 Gloria Gogarty  
Kevin Bacon\*
- 15 Kevin Hughes  
Forest Whitaker\*
- 17 Regie Marquez  
James Cagney\*
- 18 Byron Beard  
John Glenn\*
- 20 Bill Veges Jr  
Carlos Santana\*
- 21 Marsha Littau  
Don Knotts\*
- 22 Marian Heesaker  
Zane Khosla  
Don Henley\*
- 27 Hector Leyba  
Peggy Fleming\*

\*honorary member

## WDF Preview

by Linda Strange



This year's Pueblo Women's Distance Festival will be held July 7 at City Park. This annual 5K Run/Walk is, as its name implies, limited to female participants to encourage women of all ages to start running or walking, to enhance their physical and emotional well-being.

The Women's Distance Festival has an interesting history. It began in 1979 as a national event sponsored by RRCA, with member clubs organizing local races. According to the PPRR club website, PPRR "organized its first Women's Distance Festival in 1984, and it was run on the same day that Joan Benoit Samuelson won the gold medal in the inaugural Women's Olympic Marathon. "

A few years ago, the RRCA stepped aside as the national sponsor of the race, which meant local clubs were left to continue the races on their own. There are only two running clubs in Colorado that carry on the tradition of the Women's Distance Festival – PPRR and SCR.

Race organizers hope for a strong showing of participants this year and want to stress this event recognizes walkers as well as runners. Awards will be given by age groups to runners and walkers, but all participants will take home a shirt.

Pre-registered rates are \$12 for SCR members, \$8 for Boys & Girls Club participants and girls 12 and under. All others are \$15. Race day registration is \$18. For more information, check the SCR website or call race director Diana Tiffany at 564-1441.



## The Cinco de Mayo

by Linda Strange

This year's Cinco de Mayo weekend festivities in Pueblo included the Cinco de Mayo run/walk, held at the state fairgrounds. For six years, this annual event has steadily increased in size, with a strong showing of over 200 participants this year. Support for this run generates funds for Project Respect, a local program created to reduce truancy, suspensions and negative behavior in the Pueblo City Schools. The program's Community Advocates work closely with students, families and schools to foster life-long success.

Runners and walkers were at the fairgrounds early, and milled around in the crisp, cool morning air, stretching and trying to stay warm. A mariachi band, resplendent in bright blue, entertained participants and spectators with festive music. A strong field of 5K and 10K runners started first. The participants in the 2-mile walk and 12 & under Fun Run left a few minutes later. The 10K course wound out of the fairgrounds and down Pueblo Boulevard, through City Park and by the zoo, then came out and through PCC. Up a hill on Marilyn Street and past mile 5, then the runners made their way back to the fairgrounds. A lot of friendly police officers were on the course stopping traffic, plus many volunteers and two water stops. This year's race had 219 participants - 91 in the 5K, 74 in the 10K, and 54 in the 2 mile walk/fun run.

There were many interesting sights at the race. A couple raced, pushing matching jogging strollers, mom in the 5K and dad in the 10K. The Country Buffet Bee mingled with spectators, posing for pictures and handing out candy and buffet passes to kids. A contingent of six runners from Pueblo's sister city, Chihuahua, were on hand and enjoyed the hospitality of SCR liaison Hilbert Navarro. The Mexican runners wore matching yellow and black running clothes, and among their numbers was the overall winner of the 10K for the 3<sup>rd</sup> year in a row, Alejandro Dominguez, with a time of 35:17. In addition, one of the international runners was blind, and swiftly ran in tandem with a sighted guide, finishing in the top 20 of the 10K.

During the awards ceremony held immediately afterwards, the Superintendent of District 60 Schools, J. Wm. Covington, gave a brief speech. Then winners in each age group were awarded engraved beer mugs, and the overall male and female winners took home beer pitchers. All participants received a nice technical fabric running shirt and goody bag filled with brochures, a few Power bars and patches and stickers.

## Cinco de Mayo Results

PI Time	First	Last	Sx	Ag	PI Time	First	Last	Sx	Ag	PI Time	First	Last	Sx	Ag
5k					5k					10k				
1 17:24	Levi	Medina	M	19	69 32:40	Shawna	Nunez	F	34	45 51:51	Karen	Ortiz	F	43
2 19:50	Jake	Book	M	29	70 33:04	Jose	Medina	M	49	46 52:27	Ted	Johnson	M	35
3 19:53	Jordan	Montera	M	14	71 33:04	Karen	Davis	F	31	47 52:48	Amy	Braune	F	34
4 21:04	Jason	Ramos	M	34	72 33:43	Humberto	Ochoa	M	54	48 53:08	Henry	Hund	M	65
5 21:17	Robert	O'Callaghan	M	46	73 33:56	Lisa	Stahle	F	51	49 53:19	Juanita	Peters	F	46
6 21:29	Rachelle	Christensen	F	25	74 34:11	Reynalda	Garoutte	F	29	50 53:36	Paul	LaBar	M	45
7 21:44	Cole	Tibbs	M	14	75 34:27	Lisha	Gomez	F	33	51 53:47	Carol	Brimmeier	F	54
8 21:45	Andrew	Raygosa	M	14	76 34:28	Jeff	Stephens	M	53	52 54:00	Gary	Rael	M	41
9 21:46	John	Montoya	M	49	77 34:41	Ralph	Regalado	M	70	53 54:17	Janice	Huie	F	57
10 22:14	Johnny	Garcia	M	50	78 34:58	George	Alfonso	M	56	54 54:28	Mark	House	M	47
11 22:42	Charles	Brown	M	43	79 35:00	Jennifer	Vigil	F	27	55 54:49	Susana	Banda	F	18
12 23:18	Shelly	Borton	F	39	80 35:04	Nicholle	Moritz	F	15	56 55:03	Jeff	Cleaver	M	56
13 23:35	Jeffery	Jury	M	46	81 35:05	Carlos	Atencio	M	11	57 56:38	Catherine	Gallegos	F	35
14 24:03	Damon	Rundell	M	36	82 35:17	Annie	Housman	F	18	58 56:44	Raul	San Miguel	M	56
15 24:06	Lonnie	Smith	M	28	83 35:32	MaryKay	Rachwalski	F	74	59 57:13	Kevin	Hughes	M	7
16 24:33	Rebecca	Moss	F	36	84 36:01	Tina	Madison	F	45	60 57:15	Paulette	Ams	F	54
17 24:52	Terri	Tibbs	F	43	85 36:02	Laura	Smith	F	62	61 57:34	Kevin	Hagerman	M	37
18 24:58	Laurice	Lopez-Cepero	F	35	86 36:05	Kellie	Avila	F	36	62 57:47	Mike	Wilson	M	39
19 25:13	Hank	Berg	M	48	87 41:55	Humberto	Uraga	M	53	63 58:00	Jerry	Tiller	M	42
20 25:26	Roderick	Ware	M	31	88 42:04	Cynthia	Fuentes	F	56	64 58:03	Jennifer	Fair	F	24
21 25:33	Shane	Cordova	M	39	89 42:04	Marco	Arriaga	M	21	65 58:06	April	Hoskins	F	30
22 25:52	David	Woody	M	36	90 46:05	Corrine	Arriaga	F	48	66 100:59	Nathan	Bass	M	14
23 25:58	Tony	Galyon	M	41	91 48:33	Kerry	Roman	F	34	67 101:18	Michelle	Francis	F	14
24 26:01	Rick	Macias	M	46	10k					68 102:01	Jessie	Quintana	F	63
25 26:02	Ashley	Samek	F	22	1 35:17	Alejanoro	Dominguez	M	28	69 104:08	Bobbi Jo	Sands	F	30
26 26:02	Lindsey	Herrera	F	19	2 36:06	Paul	Koch	M	39	70 105:54	Austin	Bass	M	12
27 26:16	Nathan	Johnson	M	23	3 38:51	Disan	Nunez	M	22	71 105:58	Reymundo	Gomez	M	51
28 26:44	Joe	Loftus	M	44	4 39:26	Glenn	Clemons	M	45	72 105:58	Beatrice	Wilds	F	31
29 26:46	Timothy	Urenda	M	14	5 40:07	Brian	Crotteau	M	40	73 116:06	Alex	Cortez	M	60
30 27:02	Danio	Gracin	M	51	6 41:16	Ben	Valdez	M	47	74 117:02	Dawn	Bass	F	38
31 27:24	Michael	Garcia	M	43	7 41:33	Mark	Gurule	M	45					
32 27:38	Mike	Hurley	M	37	8 42:01	Randy	Sadler	M	28					
33 27:38	Todd	Kelly	M	41	9 42:08	Dave	Diaz	M	58					
34 27:54	Steven	Fanelli	M	27	10 42:33	Matt	Sherman	M	34					
35 27:55	Angel	Medina	M	41	11 43:02	Robert	Valentine	M	42					
36 28:01	James	Ramos	M	14	12 43:14	Sonja	Wreck	F	27					
37 28:02	Micheal	Escobedo	M	13	13 43:25	Jesus	Escubado	M	59					
38 28:02	Kenny	Basquez	M	14	14 43:38	Rubin	Sisneros Jr	M	25					
39 28:16	April	Fischer	F	26	15 44:34	Lindsey	Schryver	F	24					
40 28:23	Mary	Potter	F	44	16 44:48	Macky	Valentine	M	39					
41 28:40	Briana	Keller	F	13	17 45:20	Ruben	Corral	M	48					
42 28:40	Frank	Lopez-Cepero	M	38	18 45:21	Jose	Gallegos-Jimenez	M	49					
43 28:55	Abby	Cordova	F	34	19 45:31	Chief	Reno	M	45					
44 29:27	Chadwick	Reich	M	11	20 46:00	Oscar	Aguilar	M	52					
45 29:29	Terra	Spinuzzi	F	20	21 46:05	Lou	Huie	M	60					
46 29:36	Sarah	Housman	F	16	22 46:33	Dan	Rottinghaus	M	20					
47 29:41	Martha	Drake	F	53	23 47:05	John	Roman	M	62					
48 29:54	Remy	Donovan	F	24	24 47:32	Christopher	Markert	M	29					
49 30:01	Jeffery	Cordova	M	13	25 47:36	Robin	Krueger	F	38					
50 30:02	Jeremy	Trujillo	M	26	26 47:37	Theresa	Duran	F	29					
51 30:20	Jess	Cosyleon	M	60	27 48:29	Teri	Fox	F	33					
52 30:28	Tina	Valdez	F	34	28 49:01	John	Strange	M	39					
53 30:38	Sheryl	Page	F	31	29 49:03	Paula	McCabe	F	34					
54 30:43	Karlie Rae	Musso	F	19	30 49:20	Ana	Bentz	F	31					
55 30:43	Jennifer	Lane	F	24	31 49:46	James	Beckenhaupt	M	60					
56 30:54	Jennifer	Samora	F	26	32 49:54	Stanley	Hren	M	65					
57 30:58	Annette	Shepard	F	30	33 50:03	Nate	Moser	M	28					
58 31:12	Karen	Jones	F	45	34 50:14	Michelle	Hopper	F	32					
59 31:13	Gary	Johnson	M	46	35 50:20	Kelly	Hale	F	39					
60 31:31	Damien	Montelongo	M	17	36 50:21	Betsy	Becraft	F	44					
61 31:49	Rosa	Navarro-Bruce	F	44	37 50:32	Carol	Kinzy	F	59					
62 32:03	Eugene	Aguilar	M	52	38 50:33	Ben	Esquibel	M	60					
63 32:04	Angela	Rangel	F	25	39 50:42	Stacey	Diaz	F	46					
64 32:04	Felicia	Madrid	F	24	40 51:02	Lori	Madrid	F	47					
65 32:06	Sara	Abeyta	F	29	41 51:14	Claire	Bueno	F	42					
66 32:06	Emory	Abeyta	F	31	42 51:21	Mike	Borton	M	51					
67 32:14	Sheri	Tiller	F	39	43 51:31	Peggy	Oreskovich	F	44					
68 32:22	Margarito	Fuentes Jr	M	54	44 51:31	Catherine	Gomez	F	51					

For complete results, including home towns of runners, list of walkers, etc, please go to the SCR website:  
<http://www.socorunners.org/>  
 and click the Results link

ALSO...

To view and / or order photos from the run, click the link to photos under the Latest News and Results section of the home page.

Again, we thank Larry Volk for donating his photos to us for use in *Footprints*, and we encourage runners to consider purchasing a photo through [eventpictures.com](http://eventpictures.com)

THANK YOU LARRY!



Cinco de Mayo Photos by Larry Volk



L to R

Levi  
Medina

Rachelle  
Christensen

Robert  
O'Callaghan

Cole Tibbs



L to R

Sheri  
Tiller

Jerry  
Tiller

Kevin Hughes

Chief  
Reno



L to R

Stan  
Hren

Kelly  
Hale

Ted  
Johnson

Amy  
Braune



## Potpourri

### Thanks!

Thanks goes out to the Cinco volunteers. They are: Race Director: Ramon Arriaga, SCR Liaison: Hilbert Navarro, Finish Line: Dave Diaz, Don & Lois Pfof, Bill Veges, Mike Archuleta, Victoria Esquibel, Registration: Ruth McDonald, Chris Arriaga, Todd Kelly, Results: Ken & Pixie Raich

On May 7<sup>th</sup> we received the following from Angelo Aragon.

Dear Friends and Family,

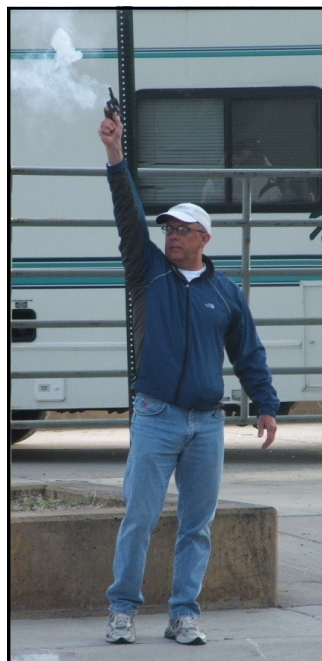
I had my MRI last Thursday, and praise God that everything still looks good.

Angelo

### To the Right

The Results from the 1st Benefit Series of 2 races. The Series consisted of the 5k from the Spunk Blasing run and the 10 k from the Cinco de Mayo

Pl	5K	10k	Total	First	Last	Sx	Ag	Age Group Finish
1	19:16	39:26	58:42:00	Glenn	Clemons	M	45	1st M Overall
2	20:48	41:16	1:02:04	Ben	Valdez	M	46	2nd M Overall
3	20:43	41:33	1:02:16	Mark	Gurule	M	44	3rd M Overall
4	21:01	42:08	1:03:09	Dave	Diaz	M	58	1st 51-Over
5	21:17	43:14	1:04:31	Sonja	Wieck	F	27	1st F Overall
6	21:35	44:34	1:06:09	Lindsey	Schryver	F	24	2nd F Overall
7	22:26	46:33	1:08:59	Dan	Rottinghaus	M	20	1st 30-Under
8	23:39	47:05	1:10:44	John	Roman	M	62	2nd 51-Over
9	24:18	47:37	1:11:55	Theresa	Duran	F	29	3rd F Overall
10	24:46	49:03	1:13:49	Paula	McCabe	F	34	1st 31-50
11	28:06	55:03	1:23:09	Jeff	Cleaver	M	56	3rd 51-Over
12	28:11	57:13	1:25:24	Kevin	Hughes	M	7	2nd 30-Under
13	28:57	56:38	1:25:35	Catherine	Gallegos	F	35	2nd 31-50
14	30:03	57:15	1:27:18	Paulette	Arns	F	54	1st 51-Over
15	30:25	58:06	1:28:31	April	Hoskins	F	30	4th 30-Under
16	30:29	1:01:08	1:31:37	Michelle	Francis	F	34	2nd 31-50
17	29:27	1:05:54	1:35:21	Austin	Bass	M	12	3rd 30-Under
18	33:16	1:04:08	1:37:24	Bobbi Jo	Sands	F	30	5th 30-Under
19	38:47	1:17:02	1:55:49	Dawn	Bass	F	38	3rd 31-50



Linda Strange took a few photos at the Cinco - Thanks Linda

Upper left: Lisha Gomez and Jeff Stephens came from the valley to run the Cinco,

Left: the "smoking gun"

Above: A runner from Chihuahua enjoys the mariachi music

## Come, Run the Garden

by Joyce McKelvey



Sunday, June 10, 2007, will mark the 31<sup>st</sup> running of the Garden of the Gods Ten Mile Run, an event that some say has it all: a spectacular setting, a physically demanding course and competition in nearly all age groups. The race starts and finishes in Manitou Springs with most of the run inside the beautiful Garden of the Gods park nestled between Manitou and Colorado Springs. The elevation ranges from 6,210 feet to 6,530 feet, and numerous hills are encountered on the course. In the words of former Race Director, Dave Sorenson, “The awe-inspiring beauty of the course will saturate your eyes and bring a smile to your face, while the hills and altitude will red-line your legs and lungs. But the camaraderie of your fellow runners will fill your spirit and soul with unforgettable memories. Plain and simple – it is pure running nirvana.” Present Race Director, Matt Carpenter, says, “The Garden Ten Mile was one of the first races I ran in the area and has always been one of my favorites for its challenge. It is an honor to be a part of a race with such a rich history.”

In the back of a bus, after the Boston Marathon, Colorado Springs attorney Tom Berg and Ric Rojas of Boulder hatched an idea for a local run with a distance varying from the typical 5Ks, 10Ks and marathons. Berg then returned to the Springs and with the help of the Pikes Peak Track Club (now the Pikes Peak Road Runners), of which he was among the founding members, put together the Garden of the Gods Ten Mile Run. An impressive 376 runners showed up that first year in 1977. The following year, with the promotion and support of the *Gazette Telegraph*, there were an amazing 1865 runners. Colorado Governor Richard Lamm himself was present that year for a training run the Friday before the event. Throughout the 1980s race participation often far exceeded 2,000 runners.

For a few years the Garden of the Gods Run was a 15-kilometer race rather than the 10-miler as it started out, but in 1995

it reverted to the original 10-mile distance. The course is certified, has twice served as the Road Runners Club of America (RRCA) 10-mile national championship race, and again this year is a part of the Colorado Runner Magazine Racing Series. Sponsors include Carmichael Training Systems, The Colorado Running Company, *Colorado Runner*, New Balance, Gatorade Endurance Formula, Emergicare Medical Clinics, the Clarion Hotel, Colorado Springs Utilities, and Colorado Institute of Massage Therapy.

Exciting this year is the addition of \$5,000 prize money funded by Carmichael Training Systems to be divided as follows to top-placing male and female runners: 1<sup>st</sup> Place - \$1,000; 2<sup>nd</sup> Place - \$750; 3<sup>rd</sup> Place - \$500; 4<sup>th</sup> Place - \$250. Another exciting addition this year involves the course aid stations, which will be staffed by high school cross country and track teams competing to be the runners’ “favorite aid station.” Monetary awards, seeded by the Colorado Running Company, will help a team purchase new uniforms or fund team travel to an out-of-area meet.

The Garden of the Gods Ten Mile Run is the first leg of the Triple Crown of Running Series. The second leg will be held on July 8<sup>th</sup> with the 12K Summer Roundup Trail Run in Bear Creek Regional Park concluding with the final leg of either the Pikes Peak Ascent on August 18<sup>th</sup> or the ascent portion of the Pikes Peak Marathon on August 19<sup>th</sup>. Registration is available online at [www.GardenTenMile.com](http://www.GardenTenMile.com) or at [www.theTCR.com](http://www.theTCR.com) (to view all runs in the series) as well as at the Triple Crown of Running office, 514 El Paso Boulevard in Manitou Springs (719/473-2625).

**Joyce McKelvey**, Historian  
Triple Crown of Running  
(719/495-4647)

Solution to Sudoku puzzle on page 4	5	3	7	8	9	1	4	6	2
	2	9	1	7	4	6	8	5	3
	8	6	4	5	2	3	9	1	7
	7	4	8	2	1	9	5	3	6
	6	1	2	3	5	4	7	9	8
	3	5	9	6	8	7	1	2	4
	9	2	5	4	3	8	6	7	1
	4	7	3	1	6	5	2	8	9
	1	8	6	9	7	2	3	4	5



## Mountain Bike Race

by Jeff Arnold



I rode a mountain bike race today, April 22, 2007. I can't remember the last time I rode in a race, probably the mid-Eighties. That too was a mountain bike race, and like today I was unable to ride up the steeper hills. Unlike today, I hadn't ridden over the course before the race. Also, part of that race had been on the Rainbow Trail, but none had been single track. I was much younger, fitter, and stronger in those days and while my lowest gear was even lower than on the bike I rode today, I think my ego kept me from trying to spin up the hills in a very low gear. Not so today.

Fifty of us lined up for a mass start at just after 10 am. The instructions said, "All racers must check in at least 1 hour prior to start time" so I got there about 8:40. I did a little warm-up but knew I wasn't fit enough to really get sweating. After awhile my warmup consisted in lying down and conversation. We entered ourselves into one of four categories, Beginner, Junior, Sport, and Expert. I chose beginner because I was interested in the least technically difficult course. It turned out that all classes rode the same course but the experts added a different loop so that they rode about twice as far.

The start was in the parking lot south of the river and east of the main road that runs below the dam at Pueblo Reservoir. We then went up the paved bike trail almost to the main entrance to the park off Highway 96 then straight across the road while Park Police blocked traffic and up onto a single track trail. The trails all have names and we were on Duke at that point. When the leaders made the turn off the parking lot road onto the trail I was far enough behind to see at least 35 ahead of me. I think I passed two on the bike path and then nobody else the rest of the race, except for a few people beside the trail fixing flats.

Duke became Rodeo and at the first real hill I got off and pushed. I got to a shaly section, which I had ridden in practice

three or four times, but there was a guy ahead of me so I kept pushing. I think he suggested I pass but when we got back on our bikes, he rode away strongly. We'd just gotten on Rodeo Ridge then. I really never saw him riding ahead of me until we got to Quatro Sinko which winds back and forth and he and a couple of others were in sight but one or more switchbacks over.

I felt I was riding about as fast as I dared if my main goal was to not fall. One short steep hill surprised me and I didn't shift down and didn't make it. I pushed all the way up another hill which I had ridden part way up several times. I was glad no one was close behind me. From that point on I knew I could ride to the South Shore trail. When I could see the volunteers marking the point, I felt a small exaltation of confidence. I also heard a woman's voice behind me so I powered on the relatively smooth and level trail. It was fun to ride through the little dips and since I didn't hear anyone, I felt I was riding masterfully away. However on the steep hill which I have never successfully ridden up, I was caught again and offered to allow the woman to pass. She kindly let me stay ahead and except for one little bobble when I tried to shift up and was moving the wrong lever, I did as well as I'd ever done for the rest of South Shore.

There is a hill, unnamed on the map, that goes up to Conduit Trail. I've made it once in many attempts. This was an almost. I lost focus for a moment and got off the trail just long enough to hit a tiny bump which stopped me. I got back on the trail and started again and rode onto Conduit. From there I knew I was home free, going to Duke and then back onto the paved bike path, as long as I didn't do anything crazy. I flew down the hill, may even have got close to twenty miles per hour. I crossed the line and was given stick number 11, which meant that I was about in the middle of the finishers who did the course I did. My time was 1:10:31.

I found out much later that I was second in the beginner class. Jan Dudley was third. Later when they separated out the women riders, she was first beginner woman. I'm pretty sure I was the oldest rider. I have to admit that a part of what I felt was relief – relief at not falling, not holding anyone up, not panicking and riding much worse than I've learned how to. On the other hand there is exhilaration that is connected with risk taking and in riding well. At one point on Quatro Sinko. I flew into a short hill and my momentum carried me over. I enjoyed that for a fraction of a second and then had to focus on the next part. Now I can go back and work on riding up those hills.

### From the Mailbox



"Monday morning, sitting in  
the sun  
Hoping and wishing for the  
mail to come.  
Tuesday, never got a word,  
woo-woo"

From the song  
*Why Don't You Write Me*  
by Simon and Garfunkel

**Race Calendar** by Linda Strange

June 2, Sat, 8:00am, **Run for Rio**, Rye High School. This scenic 5K race runs through the heart of Rye in the Greenhorn Valley. The fairly flat course starts and finishes at Rye High School, and all proceeds benefit a local scholarship program for Rye High School seniors. Contact Jeff Arnold for more information, (719)947-3682.



June 9, Sat, 7:45am, **Little Run on the Prairie**, Lovell Park, Pueblo West. The 5K run & 2K walk are part of St. Paul's 7th annual parish sports festival. The proceeds will benefit the St. Paul's church new building fund. Dale Papineau at 289-1411

June 16, Sat, 8:00am, **Spirit Fest on the Riverwalk**, Pueblo. 5k Hilbert Navarro, 564-7685



July 7, Sat, 7:15am, **Women's Distance Festival**, City Park, Pueblo. Female walkers and runners are invited to enter this event that seeks to encourage women of all ages to start running and/or walking to enhance their physical and emotional well-being. Diana Tiffany, 564-1441

July 14, Sat, **YMCA Splash 'n Dash**, Rock Canyon, Pueblo. Open swim and run at Rock Canyon. Race distances still TBD. Victoria [Esquibel](#) (719)543-5151



August 4, Sat, 7:15am, **State Games of America Triathlon**, Prospect Lake at Memorial Park, Colorado Springs. The national multi-sport event for athletes of all ages and abilities held every biennium. Medal winners from [49 State Games](#) nationwide earn the right to compete against other winners and match their skills and competitive desire in a national arena. The triathlon event will be a 750m open water lake swim, 13 mile bike ride and 5K run. Travis Oosthoek 719-634-7333x1003



August 18, Sun, 8:00am, **Denver Oyster**, REI in Denver. A 40 – 50 mile adventure race for teams of 3. A part of the 4-city Oyster Racing Series, billed as the "Ultimate Urban Adventure Race". A run-bike-paddle-skate-trek-climb-and other stuff event.



**THANKS!**



We thank the volunteers for Ben & Matt's Trail

Mix Run - Race Directors: Ben and Matt (Valdez & Sherman), Course Marking Ben and Matt (the same guys that directed the race), Finish Line: Jordan Montera, Lois & Don Pfof, Results Don Pfof, and all the miscellaneous details: the same Ben and Matt.

And... since we're thanking people for putting on races, our (bucket) hats go off to those who put together the Yappy Dog Predict including - Race Director: Ross Barnhart, Hosts: Nancy & Ivan Martin, Lead Bike & Dog Catcher: Scott Stevenson, Water Stops: Diane Stevenson & Lois Pfof, Follow Bike: Charles Hastings, Finish Line: Lois Pfof & Dennis Wait, Results: Don Pfof, and all the Yappy Dogs who provided sound effects: Rover, Fido, Bowser, Duchess, Muffin, Eddie, Daisy, Ruff, Lucy, Spot, Lady, Tramp, Scamp, Spanky, Lassie, Milo, Dogbert, Scooby Doo, Scottie, Astro, B-I-N-G-O (was his name), Ol' Blue, Shep, Bullet, Fifi, Butch, Chewy, Clifford, Cujo, Deputy Dog, Moose, Fleabag, Sparky, Bubbles, Benji, Mattie, Prince, Duke, Snoopy, Marmaduke, Ol' Yeller, Pluto, Thor, Rex, Sasha, Buddy, Fang, Rin Tin Tin, Petey, Odie, Huckelberry Hound, Rowlf, Goofy, Toto, and 100 friends give or take a dozen.

We thought we'd try something just a bit different for the race calendar, so we've given a brief description of some events scheduled for the next few months. The traditional and complete calendar can be found on the calendar link of the SCR website. See: [www.socorunners.org](http://www.socorunners.org)

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

**Non-Profit  
 Organization  
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 Permit # 41**



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

Issues of "Footprints"  
 are not forwarded.

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

**Upcoming SCR Prediction Races**

June 23, Sat, 8:00am, **Belmont Butt Buster**. 5 miles. A nice, though challenging, run through tree-shaded residential areas with a rough balance between the up- and down-hills. A lively and tasty post-predict potluck follows the run. Gina Benfatti, 719-544-1029

Our censors vetoed the "butt" photo we had originally planned to place here. Use your imagination



August 4, Sat, 7:30pm, **Moonlight Madness**. 5 miles. This evening run begins and ends at the home of Diana Tiffany, located south of Pueblo. Scheduled around the full moon, it begins at dusk but finishes in the dark, so you may want to bring a flashlight. It's an out and back course on a dirt road with almost no traffic. Diana Tiffany, 564-1441

August 25, Sat, 7:30am, **Tunnel Drive**. 5 miles. Tunnel Drive is a dirt nature trail in Canon City that runs high above the Arkansas River. This spectacular trail runs above the river, in a canyon that heads toward the Royal Gorge. You will run through two old RR tunnels (hence the name), 2 1/2 miles out and back on well maintained wide dirt trails. Rich & Deb Hadley - (719)784-6514



**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 June 6th. Check the website for the July meeting date.

**The Final Thoughts...**

I like not only to be loved, but to be told that I am loved; the realm of silence is large enough beyond the grave. -George Eliot (Mary Ann Evans), novelist (1819-1880)

We are products of our past, but we don't have to be prisoners of it. -Rick Warren

Flattery won't hurt you if you don't swallow it. -Kin Hubbard, humorist (1868-1930)

I was reading the dictionary. I thought it was a poem about everything. -Steven Wright, comedian (1955- )

As far as I'm concerned, 'whom' is a word that was invented to make everyone sound like a butler. -Calvin Trillin, writer (1935- )

Never eat more than you can lift. -Miss Piggy, Muppet