



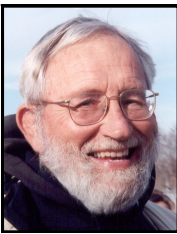
Editor: Ron Dehn

FOOTPRINTS

Is the State Fair really around the corner???



Bowser Issue (dog days of summer)



The Women's Distance Festival by Jeff Arnold



Was there a rumor that an iPhone was being given away? Diamonds? Did word get out that Jill Montera was going to run in a skirt? Whatever the motivation, there was a flood of race day registration for the 2007 Women's Distance Festival. Of the 81 total finishers, 37 walkers and 44 runners, 33 signed up that morning.

The walkers started first, at 7:15. Paulette Arns went to the lead immediately, with a gap back to long-time participant Ida Mae Martinez of Walsenburg, one of MoJo's family that used to flood the race. Behind those two stretched a long line of women smiling along. The runners, led all the way by Lauren Dunsmoor, were off fifteen minutes later and four minutes after that Paulette was back to circle the fountain on her way back out for her second lap.

There were several mother-daughter pairs in the event. Easily the fastest were Abigail and Theresa Duran who were fifth and sixth in the run, 21:58 and 21:59 respectively. At the risk of leaving out mother-daughters that I don't know, I count at least six pairs of runners. That doesn't include Rockette Khosla and his, I mean her, two daughters. A three generation team of walkers Debby Cortese, her daughter Jamie Faris, and runner granddaughter Riley Faris added to the family atmosphere.


Lauren Dunsmoor ran the fastest time in the nine years of the WDF preserved on our web sitem 18:06. Second place Jenna Dorsey-Spitz's time of 19:43 was faster than the winner in three of those years. Sydney Mondragon's 20:03 showed this was a top field.

I talked to Lauren extensively after her race but not before she did long cool-


down and chatted with both Sydney and Jenna. Lauren admitted that she loved running more than was good for her. She has cut back to a max of 32 a week and does shorter, faster runs now. She also does thirty-minute training sessions on an elliptical machine on days when she would have been running before. She says she has plenty of energy and is running faster. She has one more year of eligibility at CSU Pueblo, but unfortunately the new Women's track program won't be online next spring. She was an excellent hurdler at Pueblo West High School and would like to try the steeplechase. She says she may do it unattached.

If every finisher was as happy with her performance as Lauren, it was a very successful Women's Distance Festival.

For results & photos, see pages 12 & 13.



The Annual Picnic
August 26th
Pueblo Mtn Park
See Page 3



Book Review
(a new feature)
Page 7

Pueblo's
Ride for Kids
Page 11

SCR Notes from the June, 2007 meeting

Attendance: Theresa E. Duran, Mike Archuleta, Troy Davenport, Hilbert Navarro, Rich Hadley, Ron Dehn, Gary Franchi, Paulette Arns, Don Pfof, Lois Pfof, Terry Cathcart, Paul LaBar.

Minutes for the May 2007 Meeting were approved.

Officer Reports: Treasurer: Dave Diaz gave a report of the checking account and the savings account for the Club. Treasures report was accepted, and approved. Newsletter Editor: Ron Dehn asked for feedback on the calendar in the back of last months newsletter. He also reported there would not be a newsletter for the month of June. Membership Chair: Don Pfof reported 180 paid members. On June 1, he sent out names of 137 members who chose to receive Colorado Runner Magazine. There was also an amendment to the May minutes regarding the free Newsletters the club sends out. The amendment was approved as well. Webmaster: Paul Labar has been doing updates as often as he can.

Upcoming Events: Belmont Butt Buster one of the Predict series races that has a nice course, and food afterward. The Womens Distance Festival which will provide a drawstring bag instead of a t-shirt. There is an updated logo for the run this year. Diane Tiffany asked for help marking the course, with race day registration, and the finish line equipment. Don has agreed to take the equipment. Diana also wanted to update her phone number which is 564-1443. The race will be in City Park Pavillion and this may be one of the last Distance Festivals to be held there as there may be a charge in the future of \$125. Splash'n'Dash is going forward. There is a 500 yard swim and a run. Victoria would like to get splits for the swim and the run, she asked for suggestions in doing so. Survival Run/Bike Ride is something the Mike Archuleta proposed for this year. The race was postponed in order to possibly of make it both a run and a

bike ride. He proposed having it at the test track and plans to continue to attend meetings with updates on progress. He is having meeting with Rape Crisis as well to plan the event.

Recaps/ Updates/Revisits: Cinco De Mayo was a success. Hilbert Navarro and Ramon Arriaga were present to recap the event. There were some problems with the series that hopefully can be ironed out for the future. One of those problems was that some who signed up for the series actually ran the 5K instead of the 10K for the Cinco, which altered results. Those results were later fixed. Yappy Dog was a success. There seemed to be a response about the Yappy Dog bucket hats. They were a nice addition. Run for Rio was a great success. There ended up being quite the turn out for the race. It was described as an emotional experience by those who attended the event. The t-shirts were designed by Jim Davis. The Man who received Rios heart was in attendance, and ran the race.

New Stuff/Old Stuff: Little Run On the Prairie is still a go for June 9, 2007. No updates for this. Next meeting will be held July 11, 2007 due to the 4th of July holiday. Pueblo West invited SCR to attend their Expo and to put up a booth. A \$500 donation was bequeathed to SCR by Michael Tearpak. A motion to donate it to youth runners was moved and seconded. Troy Davenport also came to purpose a bike ride to benefit the Child Advocacy Center. He suggested a date of August 11, 2007. He also wants to have this as the test track and has asked SCR for use of the clock. He wants to be on the July agenda in order to keep updates on the event current. Last to be spoken of at the meeting was the Picnic which the date of Sunday, August 26, 2007 was tentatively chosen. It will be

discussed again next meeting. Also having it in Beulah again was talked about and having Cinfully Delicious cater the event was going to be looked into by Victoria Esquibel.

The meeting was adjourned at 8:35P.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. 302

"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, Carl Carlton *	
Newsletter Advisor	Chris Dehn	
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Contributing Writers / Photographers

Gary Franchi, Rocky Khosla, Stan Hren, Don Pfof
Paul Vorndam, Linda Strange, Theresa Duran,
Samantha Davenport, Larry Volk,
Jeff Arnold, Peggy Oreskovich, Robert O'Callaghan

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.

* Seventy-one year old Carl Carlton of Pueblo is one of the worlds best horseshoe pitchers. The CF&I retiree is the current Colorado state Elder Division champion and threw 90% ringers at last year's World Championships.



SCR Notes from the July, 2007 meeting

Attendance: Stan Hren, Don Pfof, Rich Hadley, Jeff Arnold, Ron Dehn, Dave Diaz, Paul LaBar, Ken Raich, Paulette Arns, Gary Franchi, Diana Tiffany

Minutes from the June 2007 meeting were approved with one correction. With regard to minutes of the May 2007 meeting, Don Pfof will present a proposed change to the text relating to the SCR point allocation system at the next meeting.*

Special Guest: Samantha Davenport, Race Director of The Ride for Kids Event to be held on August 11th, gave a presentation of the details of the 25 mile bike ride which will benefit the Child Advocacy Center. SCR will assist with timing equipment and in our newsletter and on our website.

Officer's Reports: Treasurer's report as presented by Dave Diaz was approved. Newsletter Editor: Ron Dehn reported that the August issue of Footprints is underway. Membership Chair: Don Pfof reported that the club has 180 members paid to date. Webmaster: Paul LaBar reported that race results will be posted on SCR Website on Monday following events. Gary Franchi commented regarding the attractiveness of the new race calendar which includes more complete race information.

Upcoming races: Splash and Dash July 14th: This event has been cancelled as the YMCA will no longer be involved in multi sport activities. The Frostbite 5 remains on the race calendar. Spirit Fest June 16th: This event attracted 30-40 runners. General discussion was held by those in attendance regarding organization and staffing of this event. Belmont Butt Buster June 23rd: Don Pfof reported the event to be a "raving success" with 31 participants, good weather, and excellent food. Women's Distance Festival June 30: Diana Tiffany reported this event to be the third largest on record, with 83 participants. The weather was excellent with a winning time of

18:06. The quality of the awards was exceptional.

New Stuff/Old Stuff: SCR Donations-Motion passed unanimously to donate \$250.00 each to the Nature Center, The Trail Builder's Association, and the Child Advocacy Center. City Park Pavilion Fee-Jeff Arnold reported that in the future the city will assess a fee for use of the pavilion at City Park (\$125.00 for 4 hours or \$250.00 for the entire day). As a non-profit organization, SCR would pay only half of these fees. Consensus of the club is to pay these fees. SCR Picnic August 26- This event will be held once again at Pueblo Mountain Park. It was noted that the catered food and service at last year's event were excellent, and this year's picnic committee will try to duplicate last year's event.

Adjournment: Meeting adjourned at 8:30 PM

Respectfully submitted: Stan Hren

*The clarification regarding the volunteer point system is provided below:

Don Pfof asked that the May minutes be amended to clarify that the only formal decision made about the volunteer point system was to increase to the points for banquet coordinator to 25 and banquet committee members to 10, with other banquet volunteers receiving 5 points. The other items reported in the minutes about the volunteer point system were discussed, but no formal action was taken on any of them.



South Shore Adventure Predict Preview

Larry Volk, race director for the South Shore Adventure Predict run wants to remind you about the date and the course for the event. The date is September 9th at 7:30 am.

If you want a challenge, this is the course for you...8.3 miles (13.34 K) of Single Track on Easy and Intermediate Rated Trails. The course is sort of an out, loop, and return trail with some technical up/down hills, and sharp turns in the Southern Colorado Desert. The run provides beautiful views, desert flora and fauna, if you dare to take your eyes off of the trail. **This is a carry your own water run.** The course will be marked and there will be MAPS provided.

Note: The start is **NOT** the RED gate. The start is **1 mile west** of the RED gate. **Contact:** Larry Volk at: home 719-543-2052, or race morning ONLY cell 719-248-3441.

The Annual SCR Picnic

The Annual SCR Picnic will be held on August 26th at Pueblo Mountain Park in Beulah. We will set up on the closest space available to the ball field. Arrive around noon and the (Great) food from Cinfully Delicious will arrive around 1pm. Bring your sunscreen, your ball glove, and your appetite. Jacqueline Wall and Rusty Smith are organizing games for the kids. Food and drink are furnished by the club, all we need is you and your family! No RSVP's - just show up!





Great Stuff

by Gary Franchi

It's a mad, mad, mad world

Thought for today's lunch, compliments of stand-up comedian Arj Barker: *"I was high on life, but eventually I built up a tolerance."*

Musings about running, fitness and life:

For years I've been saying that "Life is an audio and visual freak show," and I haven't gotten an argument yet. Yes, it's a nutso world, and the world of athletics is not immune from the fever.

But rather than dwell on the reasons and inherent philosophies, let me just take you on a little journey of observation that I've recorded during the past couple of months and let you draw your own conclusions. Hope you enjoy the ride.

Can't get everything right. As if running 26.2 miles in a marathon isn't tough enough, competitors in the Colfax Marathon in Denver this past May had to run an extra half-mile because runners were routed the wrong way when going through City Park. While that was bad, even worse was the shortage of portable toilets at the start because they arrived late. Ain't that the ... well, you know.

Don't scare 'em away. I was intrigued by the concept of an endless swimming pool. A product named "Endless Pool" is a counter-current swimming pool with an adjustable current that allows you to swim in place. On the Endless Pools web site (www.endlesspool.com), you can learn everything about the product except what it costs. We all know why, don't we?

Injuries do not discriminate. The annual world hot dog eating championship was held on the Fourth of July in Coney Island, N.Y. This year, six-time champ Takeru "Tsunami" Kobayeshi of Japan ate his most ever -- 63 hot dogs -- but was dethroned as contest king by Joey Chestnut of San Jose, who downed 66 dogs in 12 minutes. Proving that even hot dog eating causes injuries, Kobayeshi went into the contest with what was

diagnosed as arthritis of the jaw. Constipation of the brain comes to mind, too, but everyone's got to make a living somehow.

World of the inhuman. We all know about Matt Carpenter, who recently won the Barr Mountain Trail Run at the age of 42. Carpenter, who lives in the Springs, has been the most dominant trail runner in the U.S. for the past 15 years. He has won the Pikes Peak Ascent five times and the round trip seven times and owns the course record in both (2:01:06 in the Ascent, 3:16:39 in the marathon). No need to wonder why. Tests conducted at the U.S. Olympic Training Center determined that Carpenter had an astronomical VO2 max of 90.2 milliliters of oxygen burned per kilogram of body weight per minute. Gobbledygook aside, his score is the highest mark ever recorded at the center, eclipsing even Lance Armstrong's 85.

Money for nothing. The world of the NBA is truly Fantasyland played with Monopoly money. Recently, forward Amir Johnson agreed to a three-year, \$11 million contract with the Detroit Pistons. Drafted out of high school, Johnson has played in only 11 NBA games in two seasons. There's nothing like getting paid for production.

Great name, great sponsor. What could be a better name for a race than "The Slacker Half-Marathon," which was held June 23 in Georgetown? The Slacker was so named because it is a downhill half-marathon, albeit at what its race officials say is the highest half-marathon in the country. I'm not sure if they are referring to the altitude or the fact that one of the race's sponsors is Tommyknocker Brewery.

They live in a different world. It's hard not to admire Marv Bradley, the SCR's own 26.2-mile machine who, at 68, just keeps ticking off the miles. In preparation for the Leadville 100-Mile Trail Run on Aug. 18 & 19, the Canon City

resident has already run 6 marathons in 2007 and also has been running an "ultra" up to 50 miles long each month. He recently tested himself a bit more, doing a 24-hour run in Laramie, Wyoming, where he completed 75.4 miles, with the distance limited by his having to stop and cool down after suffering from heat exhaustion. To appreciate the beauty of the upcoming Leadville 100, note that it is a 50-mile out-and-back course that starts at 9,200 feet and ascends to 12,600 feet at Hope Pass. Oh, and it starts at 4 a.m.

Snippets of delight. The entry fee for those fortunate enough to either qualify for or get a lottery spot to compete in the Hawaii Ironman triathlon on Oct. 13 is \$475. Second mortgage anyone? ... Unknown athlete #360 was the 49th overall finisher in the Prospect Lake Triathlon in June with a time of 1:18:32. No name means no being included in the age group awards. Have a nice day ... There were 46 female competitors with the last name "Adams" in the Danskin Triathlon held in Denver on July 15 ... In his closing argument in the court case to determine the doping guilt or innocence of Floyd Landis, attorney Maurice Suh told the panel what he thought of the testing methods that produced Landis' positive tests. "Garbage in, garbage out," Suh said while displaying a graphic that had garbage cans moving across the screen. Gee, tell us what you really feel.

Ten things I was just wondering:

1, Would you say that we will have reached the apocalypse if the SCR ever starts drug testing the top runners at our races?

2. By the way, how come we haven't had any drug busts at this year's Tour de France yet? (Or at least as of July 15 as I'm writing this.)

3. How come you never see a cop car pulling over another cop car for a driving violation?

4. How many weeks in our lives are wasted trying to peel price tag labels off the products we buy?

(Continued on page 6)



Rocky on Fitness

by Rocky Khosla, M.D.

Summer precautions



August Birthdays

- 1 Frank Aragon
Zach Heesaker
Jerry Garcia*
- 3 Tom Ratzlaff
Robert Rawlings*
- 4 Aaron Lopez
James Schwarzenberger
Jeff Gordon*
- 5 Jerica Khosla
Jace Khosla
Neil Armstrong*
- 6 Kerry Meier
Mary Rudolf
Lucille Ball*
- 9 Dave Diaz
Melanie Griffith*
- 11 Ron Dehn
Paula DelPriore
Alex Haley*
- 12 Bill DeMoss
George Hamilton*
- 13 Don Learned
Alfred Hitchcock*
- 14 Gus Appenzeller
Halle Berry*
- 16 Jeff Arnold
Fess Parker*
- 17 Len Gregory
Paul Vorndam
Davy Crockett*
- 18 Melanie Hughes
Robert Redford*
- 19 Jordan Montero
Willie Shoemaker*
- 21 Misti Frey
Kenny Rogers*
- 23 Brian Ropp
Shelley Long*
- 24 Lou Huie
Neal Kinsinger
Bonnie Norton
George Slaughter
State Fair Opens
Cal Ripken Jr.*
- 28 Lunar Eclipse
- 30 Matthew Drake
Ted Williams*
- 31 Henry Hund
Dwight Martinez
Richard Gere*

*honorary member

Here we are smack dab in the middle of the summer, and it feels like we are just zipping along towards fall at light speed (hey, I'm a nerdy Trekkie, can you tell?). So I thought it would be good to write a column about some topics that may be pertinent for this time of year.

First of all, please make sure that you drink plenty of fluids during the hot weather. Kids can be especially at risk of dehydration and hyperthermia for a bunch of reasons: kids have a lower sweating capacity when compared to adults, and since sweating is the primary method of dissipating heat, kids can get into trouble with hyperthermia a lot easier than adults for the same amount of exercise in the same conditions.

Also, kids have a greater ratio of body surface area to body mass, which will let them absorb more heat when the surrounding temperature exceeds skin temperature.

For all of you coaches out there, once the temperature starts to get into the 90's or higher, it may be a good idea to bag any significant workouts. Also for the coaches, a good way to keep track of keeping your kids adequately hydrated is to weigh your kids before and immediately after exercise. For every pound of weight loss, the athlete should consume 1 pint of fluids before the next workout session.

As far as what fluids to drink, water is the best for the majority of cases. However, if kids are doing prolonged endurance workouts, then they may end up losing a significant amount of sodium, and since plain water has no sodium, they could get mild to moderate hyponatremia (low serum sodium).

The American College of Sports Medicine and I do not recommend salt tablets, but I do think there is a place for electrolyte drinks such as Gatorade, Powerade, etc. One study found that when kids were given plain water, they did not replace their fluids completely. However, when given flavored drinks, voluntary drinking increased by 44.5%, which was judged to completely replace their fluid losses.

A lot of kids want to gain weight (yes,

I said gain as opposed to us older folks who are always trying to lose weight). I would like to offer a revolutionary idea in medicine: a love handles transplant! I would love to transplant my love handles to any willing young person wishing to gain weight!

But seriously, a lot of football players are trying to build muscle mass this time of year. My advice is to stay away from screwy supplements and pills. A reasonable approach is to increase the net calories taken in by 2000 to 2500/day and consuming 1.5 to 1.75 grams of protein per kg of body weight,

and adding a strength training program that emphasizes higher number of repetitions than absolute higher weights with few repetitions. This generally translates to doing 2 to 3 sets of 8 to 15 repetitions per set.

Kids who are pre-pubertal ought to have good adult supervision before and during any weight training.

The target should be a gradual weight gain of about 1% of body weight per week, and a gain of more than 1.5% of body weight per week may give unwanted increases in body fat. Before undertaking any of the above, run these ideas by your doctor to be sure that this will not be a medical problem for you.

Here's hoping you have a happy and healthy rest of the summer,

Sincerely

Rocky Khosla, M.D.

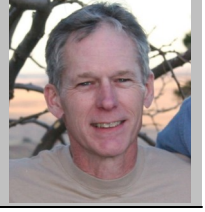




Runnin' the Trails

by Paul Vorndam

I Suffer, Therefore I Am



Presumptuous? Probably, but if you've ever run a race, you've been there. I complained once to a friend about the last part of a race and he replied that at least I knew I was alive. Somehow that seemed small solace at the time, but perhaps it has become more meaningful as age makes its incessant inroads.

Marcus Aurelius said: "If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment." This makes a great deal of sense until you're halfway through a race. Often then, it's sufficient to just revoke the temptation to stop and lie down.

How would you explain suffering to someone that doesn't run? Can it really be put into words? One would surely have some vague idea of the meaning of "suffering" if they ran a mile at 90% of their maximum heart rate. But is my suffering greater than yours at that heart rate percentage and distance.

Surely this is so! You hurt more than those around you in a race, don't you? Heck, some of them are even talking and smiling!

Suffering and its perception must be pretty personal, but yet you know when you're truly suffering, when you're pushing your limit. And you know when you told yourself you would and you didn't. Someone once said that guilt was a useless emotion. But, is it? When you toe that starting line, you remember how it felt when you were suffering in that previous race and you know you had the power to revoke it and go faster and you didn't. And then there are the mind games. Was that 100% effort or 98%? Could I have started my kick 10 yards sooner (or could I have kicked at all)? Don't ever think you're racing anyone else. You're only truly racing yourself.

Mark Twight, a super-fit alpinist tells a story about two of his friends on a climb: "Michael Gilbert and Scott Backes got soaked to the bone climbing

The Waterfall Pitch on the north face of the Eiger. When they stopped for the night at the Brittle Ledges, they discovered their sleeping bags had been drenched as well, Michael asked, "What are we going to do now?" Scott replied, "We're going to suffer."

So knowing this as you gaze around at the start of a race, do you ask yourself if we're all masochists? Or as the spirit mentor of all runners, George Sheehan, would have said – no, we're all heroes. George said you can become a hero at anytime on a run. Pick any two telephone poles and put the hammer down between them. He meant *really* put the hammer down. Suffer. Suffer like only you know you can. On the days you can summon the power to revoke your estimate of the pain, you are your own hero. Surely that in itself is sufficient.

Happy Trails!

(Great Stuff Continued from page 4)

5, What if they found out that lost e-mails were the true cause of global warming?

6, Heck with battery-powered computers, how about one that is solar-powered?

7, Has anyone ever seen ostrich road kill?

8, Couldn't someone fill an entire book by writing titled "Things to do while injured?"

9, Why does the first bite of a piece of pizza taste the best?

10, Eating nutritiously is fine and all, but isn't it fun once in a while to just pig out on some junk food?

•
Until next month, may your own mad ride through life be full of joy.

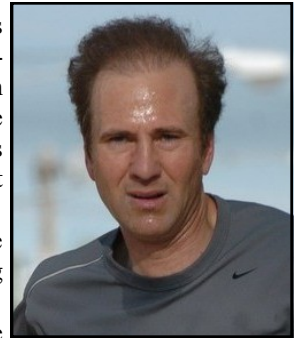
A Note from Robert O'Callaghan

Just a note about a marathon that member Joe D'Angelo (age 73 from Westcliffe) and myself ran in Coeur d'Alene, Idaho on Sunday, May 27, 2007. There were 341 registered runners for the marathon; another 1,200 for the ½ marathon. It was a double loop course from downtown to around a portion of the Coeur d'Alene Lake. There are hills with 3% to 6% grades. The entire course is essentially asphalt paved and very beautiful. It was well organized and there was also a ½ marathon run and walk. The weather was on the cooler side and the race started at 7am. The ½ marathon started 30 minutes later; the walk started at 5am.

This was Joe's 106th marathon and his

time was 7:10:57 seconds, which is a milestone since it was the first marathon attempt since his crippling automobile accident nine

years ago. As for myself age 46 living in Westcliffe, this was my 5th marathon. My time was 3:29:57 and place was 28th overall (just happens to be a qualifying time for Boston Marathon in my age group). Although it is off my personal best of 2:49, it was great to get back into marathon running since the last one 9 years ago at Pikes Peak Marathon. We both hope to do some more running on the local circuit this summer. Take Care.





Read it and Reap

Book Review
by Gary Franchi



“Ultramarathon Man: Confessions of an All-Night Runner”

Written by Dean Karnazes

“If you’re not pushing yourself beyond the comfort zone, you’re choosing a numb existence.” – Dean Karnazes

Having known the SCR’s Marv Bradley for some time and having relished hearing about his marathon and ultra-distance running adventures over the years, I’ve always been curious about what makes these types of runners tick.

There is a small hard-core group just like Marv out there. They’re like a separate cult within our running community. We all probably thrive somewhat on challenging ourselves, but ultra runners thrive on enduring pain and overcoming it, using their mind to break past the extreme discomfort level and go beyond what might be considered feasible.

Hence, when I ran across this book – *“Ultramarathon Man: Confessions of an All-Night Runner”* – at the Rawlings Library in Pueblo, I became the curious voyeur and checked it out. What an enlightening and insightful read it was!

Karnazes takes us on a journey

by detailing his innermost thoughts along the way, starting with his initial introduction to running in middle school and then his freshman year of high school. That’s when he first really learned about enduring pain.

“If it felt good, you didn’t push hard enough,” his cross country coach said following a freshman team race that Dean had won. “It should hurt like hell.”

An inkling of what was to come took place later that year when the cross country team held a fund raiser in which they solicited pledges for running laps on the track. Most of his teammates ran a couple of miles and called it a day. Karnazes astounded his peers by running 105 laps, the equivalent of a marathon, and it took him about six hours.

After a disagreement with his track coach the following spring, the bear went into hibernation running-wise for 16 years, only emerging at the age of 30 following his sister’s death in an auto accident. Being what he is, he didn’t break back into it gradually but ran 30 miles in his first jaunt – in tennis shoes yet.

In this book, Karnazes details his early introduction into the world of ultra-distance running. It isn’t glamorous recounting, either.

In his first excursion, he struggled through a 50-miler to qualify to run the Western States 100-Mile Endurance Run. He finished 15th overall in his first Western States, but later he would pass out and fail to finish his first Badwater 135-mile Ultramarathon run through Death Valley.

The rest of his career since then is a historical catalog of running accomplishments that defy comprehension. He is a six-time finisher of the Badwater, which he has won. He’s finished 11 Western States, completed a 200-mile relay race – by himself, has run 350 miles nonstop through three sleepless nights and is perhaps best known for finishing 50 marathons in 50 days earlier this year.

You’ll enjoy this book, even though Karnazes sometimes comes off sounding a bit corny and perhaps a bit egotistical. If nothing else, you’ll have a better understanding of ultrarunners. And it just might adjust your mind-set so that you’re able to push through difficult moments in your own training or racing adventures.

Editor’s Note: We thank Gary for the idea of writing a book review for Footprints and encourage you to do the same.



Ramblin’ by Ron Dehn One Quick Note

Yes, I’ll write a short “Ramble” this month. The first question Mom asks when I deliver her copy of *Footprints* is, “Did you write an article?” But, she has also made it clear that Gary is her favorite writer. Hmmm...

I listen to NPR a fair amount, and one of their weekend segments is a piece they call, “Dr. Science”. Dr. Science usually makes some groaner joke, but last weekend he said, “The only way you can escape growing old, is to die young.”

I never quite thought of it that way, and dying young doesn’t sound like a very good alternative to me. (Some say that I’ve already missed the “young” part of

that statement.)

But, I think a corollary to Dr. Science’s assertion would be, “Grow old, but do it with as much dignity, grace, and health as possible.” That would be a great title for one of those books I intend to write, but that is for another time.

Notice that my corollary did not say anything about maintaining “youth”. One could argue that our society is a youth worshiping society. But youth and health are not exactly synonymous; especially if one’s definition of health includes wellbeing of spirit, mind, and body. That topic too, is not for today.

I recently read an article in National

Geographic about 3 sub-groups of people who have long life spans. The Sardinians in Italy, the Okinawans in Japan and the Adventists in Loma Linda, CA.

The article had these suggestions which were common to the three groups mentioned:

- Don’t smoke
- Put family first
- Be active every day
- Keep socially engaged
- Eat fruits, vegetables & whole grains

There are no guarantees in life. But just like wearing seatbelts; it makes sense to go with the odds.



Predictions

by Don Pfost

The Belmont Butt Buster



Thirty-one runners and walkers turned out for the Belmont Butt Buster on Saturday, June 23, with an 8:00 am starting time. The morning was balmy and pleasant—a starting time temperature of 62, sunny and clear, and, unlike last year’s blustery conditions, there was a light and variable northerly breeze.

The course was extremely well marked. As Gina made clear in her description of the course before the start, there were LARGE arrows to signal turns and to guide runners through intersections. And, at several crucial locations where the course cuts across itself, instructions had been written in flour, thereby avoiding confusion that has occurred in past years.

The butt-bustin’ five-mile course starts at Franklin Elementary School, and begins with a wide spiral loop on hilly, tree-shaded Alexander Circle and then drops onto Bonforte Blvd just before the two mile mark. It then turns east on Constitution Road with most of mile three a long but gradual uphill climb, followed by a short steep drop just before reaching East High School. It then heads north on MacNeil Road, wends its way along Massari, and, at mile four, climbs the short but steep hill on Endeavor, turns left onto Bonforte Blvd, takes another left on MacAlester Rd, and turns right onto Yorktown, a long, mostly downhill straightaway before circling inside the playground of Franklin Elementary, finishing near the starting point.

Several first-time runners commented that the course wasn’t quite as much of a butt-buster as they had expected based on its name, their reading of the course description on the website, and what they’d heard from others who’d run the course in previous years. Jan Huie observed that, because the uphill are relatively gradual ascents, it was much easier to maintain a constant pace than had the hills been steeper, a fact she’ll take into account next year when setting her

predict.

Humberto Parades, with twinkle in his eye, asked if the small numbered slips of paper handed to runners as they crossed the finish line were for a raffle. I explained that the slips were hastily created because I’d lost track of the numbered popsicle sticks we had planned to use—I’d left them on the Benfatti’s kitchen table. Let’s see, a raffle...hmm.

Turning to results: Wendy Garrison finished first, 1.38 seconds under her predict, with Steve Wall finishing second at 1.6 seconds over his predict—a mere .22 seconds separating first and second places. Gary Franchi was third, 5.36 seconds under his predict, followed by Michael Cernoia, Joe Bulow and Wendy Bulow, all three of whom were about ten seconds off their respective predicts. The top ten places were rounded out by Dave Diaz, Jim “The Rocket” Robinson, Larry Volk and Hilda Olivas.

Overall, the results are noteworthy in the number that finished close to their predicts—six or roughly 19% missed their predicts by eleven seconds or less, while nearly half of the thirty-one finishers were less than a minute off their predicts. (Tight finishes like this are not unprecedented, however, as 26% of those who ran the 2006 Spring Tune-up were less than ten seconds off their predicts.) As a statistical picture of the Butt Buster results, the average difference between predicted and actual times for all thirty-one runners and walkers was one minute twenty seconds, by far the lowest overall average for any predict so far this year.

Levi Medina had the fastest overall time of 27 minutes 34 seconds, an impressive 5:30 pace, followed by Michael Cernoia and Aaron Levinson, with times of 32:09 and 32:27, respectively.

A festive potluck followed the run—as always, Vince’s breakfast burritos were

a hit, complemented by a menu of egg and potato dishes, plenty of fresh melons, plus a variety of pasty and breads, including potica and bagels, with juices and coffee to drink. Of course, it was the lively talk around the tables on the patio that embodied the social dimension of the occasion.

Thanks to Gina and Vince for directing and hosting the predict, and to Lois Pfost and Dennis Wait for their work at the finish line.

After five predicts, the cumulative standings find Wendy Garrison in the lead with 353 points, thanks in part to her first place finishes in the two most recent predicts, followed by Joe Bulow (323), Don Pfost (310), Stacey Diaz (294), and Paul DallaGuardia (248). The top ten places are rounded out by Carrie Slover, Dave Diaz, Steve Wall, Paulette Arns and Ben Valdez.

Wendy, Joe and Paulette have completed all five predicts held this year, which qualifies them for an award, though it’s unlikely any of them will rest on their laurels. Most of the rest of the top ten have done four predicts, with a few having done only three.

Of course, with six more predicts in this year’s series and based on what has happened in past years, the standings will likely shift, perhaps dramatically, over time. In short, it’s way too early to begin speculation about who’ll finish in the top ten spots.

There will be two predicts in August. The Moonlight Madness, with a 7:30 pm starting time on Saturday, August 4, will start and finish near the home of Bill and Lee Tiffany, Diana’s parents, at 5395 Verde Road, which is roughly two miles beyond Diana’s former residence. So, although the race will start and finish in a different location, the course will otherwise be the same as in past years—a relatively flat, though deceptively hilly,

(Continued on page 9)

**Predictions (continued)***(Continued from page 8)*

5-mile course, hopefully lighted by moon glow. A cookout, including hamburgers and hot dogs will follow the run, along with a celebration of Diana's umpteenth twenty-ninth birthday.

Then, on Saturday August 25, the popular Tunnel Drive Run will get underway at 7:30 am in Canon City, hosted by Rich and Deb Hadley. Rich reports that the damage caused last year by

the torrential rains the night before the race has been repaired, so the race will cover the same picturesque five-mile course it has prior to last year. There will be no post-predict meal, though the Hadleys always provide refreshments, plus many runners gather to share breakfast at Mr. Ed's or another local restaurant.

Hope to see you in August.

Predict Standings - Top 25

Pl	Name	3/18	4/7	4/29	5/13	6/23	Total
1	Wendy Garrison	TunUp	Rams8	TriMx	Yappy	B Bust	351.92
2	Joe Bulow	75.00	15.38	61.54	100	100	323.47
3	Don Pfost	60.00	46.15	73.08	57.14	87.10	309.91
4	Stacey Diaz	77.50	100		90.48	41.94	294.16
5	Paul DallaGuardia	82.50		88.46	61.90	61.29	247.55
6	Carrie Slover	87.50	92.31			67.74	241.72
7	Dave Diaz	80.00		80.77	80.95		241.05
8	Steve Wall	30.00		92.31	38.10	80.65	209.27
9	Paulette Arns	62.50		50.00		96.77	200.88
10	Ben Valdez	37.50	23.08	38.46	85.71	16.13	199.01
11	Larry Volk		84.62	69.23		45.16	196.12
12	Rusty Smith	45.00	76.92			74.19	190.86
13	Linda Strange	72.50	53.85			64.52	170.70
14	Jessie Quintana	97.50		53.85		19.35	158.49
15	Peggy Oreskovich	57.50		46.15		54.84	157.33
16	Jim Robinson		23.08	76.19		58.06	146.65
17	Gary Franchi		69.23			77.42	143.55
18	Gina Benfatti	50.00				93.55	130.89
19	Mary Simmons	52.50		30.77	47.62		124.03
20	Hilda Olivas	95.00				29.03	121.52
21	Chris Gredig			7.69	42.86	70.97	116.92
22	Bill Veges	40.00		76.92			112.12
23	Matt Sherman	27.50		84.62			109.87
24	Jan Huie	65.00		11.54	33.33		109.68
25	Levi Medina	100				9.68	108.14

Butt Buster Results

Pl	Name	Predict	Actual	Diff	Pts
1	Wendy Garrison	0:48:30	48:28.62	00:01.38	100
2	Steve Wall	0:38:30	38:31.60	00:01.60	96.77
3	Gary Franchi	0:44:53	44:47.64	00:05.36	93.55
4	Michael Cernoia	0:32:00	32:09.64	00:09.64	90.32
5	Joe Bulow	0:50:00	50:10.88	00:10.88	87.10
6	Wendy Bulow	0:50:00	50:11.47	00:11.47	83.87
7	Dave Diaz	0:44:00	43:45.61	00:14.39	80.65
8	Jim Robinson	0:38:00	38:16.65	00:16.65	77.42
9	Larry Volk	0:33:21	32:59.22	00:21.78	74.19
10	Hilda Olivas	0:49:00	49:29.82	00:29.82	70.97
11	Paul DallaGuardia	0:52:22	52:58.68	00:36.68	67.74
12	Rusty Smith	0:42:00	41:17.69	00:42.31	64.52
13	Stacey Diaz	0:48:00	47:14.97	00:45.03	61.29
14	Peggy Oreskovich	0:48:00	47:14.00	00:46.00	58.06
15	Jessie Quintana	0:52:00	52:50.68	00:50.68	54.84
16	Robert Santoyo	0:37:00	38:03.85	01:03.85	51.61
17	Justen Cox	0:39:00	37:53.64	01:06.36	48.39
18	Ben Valdez	0:37:30	36:21.37	01:08.63	45.16
19	Don Pfost	0:56:00	54:50.96	01:09.04	41.94
20	Lou Huie	0:40:12	38:51.16	01:20.84	38.71
21	Ana Bentz	0:40:00	38:33.78	01:26.22	35.48
22	Dawn Bass	1:02:00	1:03:33.87	01:33.87	32.26
23	Mary Simmons	0:49:54	48:16.67	01:37.33	29.03
24	James Cox	0:38:00	36:09.85	01:50.15	25.81
25	Humberto Parades	0:40:35	38:41.26	01:53.74	22.58
26	Linda Strange	0:47:00	44:46.57	02:13.43	19.35
27	Paulette Arns	0:57:45	59:59.55	02:14.55	16.13
28	Levi Medina	0:30:00	27:34.28	02:25.72	12.90
29	Jan Huie	0:47:47	45:06.71	02:40.29	9.68
30	Aaron Levinson	0:36:00	32:27.42	03:32.58	6.45
31	Austin Bass	0:49:00	57:46.52	08:46.52	3.23

We thank our VOLUNTEERS!

We thank the Butt Buster Volunteers. They are: Race Directors and Hosts: Gina and Vince Benfatti, Water Stop and Course Marshal: Vince Benfatti, Finish Line: Lois Pfost and Dennis Wait, Results: Don Pfost.

Thank you WDF Vols!!! Race Director: Diana Tiffany, Course: Dave Diaz, Finish Line: Don & Lois Pfost, Jeff Arnold, Steve Wall, Registration: Ruth McDonald, Results: Ken & Pixie Raich

And thanks also to the Little Run on the Prairie volunteers: Race Director and Course Design: Dale Papineau, Registration and Fruit Table: Martha Drake, Marti Marshall, Sandy Papineau, Brian and Margarita Smith, Awards and T-shirts: Lucero's Trophies and Bubba's Sporting Goods, Finish Line and Course Marshals: Mr. and Mrs. Schmidt, Mr. and Mrs. Cox, Mrs. Lata and Kelci Johnston- lead bike, Results: Dale Papineau



The Barr Trail Run

by Linda Strange



Editor's note: Linda enlisted the help of various participants to share their experiences surrounding this challenging race. Several SCR members' contributions are included at the end.

The Barr Trail Run by guest writer Jonathan Vigh, of Fort Collins

Here's a brief report about the Barr Trail Mountain Race, which was run on July 15th. This was the 8th running of the race, which was started in 2000. The course starts at the Cog Railway (El. 6600 feet), climbs 3600 feet in 6 miles up the Barr Trail to Barr Camp (El. 10,200 feet), then turns around and comes right back down, ending with a sadistic hill climb up to the finish line. This has become one of the most competitive trail races of its class in the region and is a great race all around. I like to say "half the distance as Pikes, but twice the fun".

First off, the overall big news of the day – Matt Carpenter amazed us again! While he has reigned as champion in 5 out of the past 7 years by consistently posting winning times of 1:30 to 1:31, this year he pulled a surprise out of the bag. At the age of 42, he bested his own course record of 1:30:07, set back in 2001 when he was 36 years old. His new time? **1:29:33!** Ryan Hafer (age 21), of Colorado Springs also posted an amazing time of 1:30:47. Simon Gutierrez (age 41) took third overall with a time of 1:35:41 – nearly 5 min slower than 2nd place. Just to put these times into perspective – before today, this course had been run in less than 1:31 on only 3 occasions – Matt's record breaking time in 2001, Paul Low's 1:30:55 win in 2003, and Matt's 1:30:53 win last year. To have 2 runners go under 1:31 in the same race is a pretty amazing occurrence. (In several years, the winning margin has been 3 or 4 minutes). The race splits have not been released yet, but I talked to Matt after the race and he said his uphill split was 55 min. Based on how Matt and Ryan have run in previous years, Ryan was probably a couple minutes off of that, so Ryan may have been catching up to Matt on the downhill – it must have been quite the race for both of them! I'm not sure if Ryan was

ever close enough to see Matt on the downhill, but regardless, having some competition like this probably encouraged both runners to post their best possible times today. They were both flying when they went by me (I was about 4.7-4.9 miles up, and they were already at mile 7 coming down!).

In the women's race, Lisa Goldsmith (age 41) won overall with a time of 1:52:16. Katie Blackett (age 30), who had won the two previous years, was less than two minutes back, coming in second with 1:54:03. Susan Nuznum (age 40), of Boulder came in third with 2:04:32. I'm not sure of all the stories on the women's side of the race, but I'm sure there must have been some interesting details as well. I was running in amongst the top women - the top 2 were well ahead of me, but I traded places with many of the other age-group winning women during the race – unfortunately, there was not a lot of excess oxygen to use for conversational purposes.

Some other interesting tidbits – the first and third overall runners in both the men's and women's races were all Master's runners! There were a lot of very fast runners over the age of 40 in this race – in fact, the 40-44 age groups were probably the most competitive. The GoLite La Sportiva team pulled off a clean sweep, getting the top three Master's spots in the women's race. Lisa Ledet (age 46), of Boulder, took 7th as well. Their guys didn't do too shabby either, with Bernie Boettcher (age 44) taking 7th (3rd Masters), and fearless team leader Buzz Burrell (age 55) setting a new age group record by 8 minutes (!)

Okay, so how did the Fort Collins Trail Runners do? There were 338 finishers and approximately 75 age group awards given out - so the average incidence of awards was 1 age group award for every 4.5 runners (which is in itself pretty nice – awards went 5 deep in age groups with at least 20 runners – by the way, the age group awards do not skim out the overall winners, so these are "true" positions). So given that we had 9 runners, we should have gotten 2 awards if we were "average". We aren't a team, with sponsorships and all (like the GoLite team, and we

aren't a club (like the 863-member Incline Club) – we're just a YahooGroup of friendly people who like to run. But we took 5 age group awards! More than half our runners got awards – so I'd say that we didn't do too shabby ourselves!

There are many reasons why this race is so great, but one of them is the excellence and dedication of the race organizers who have combined their vision and passion for this race to produce a fantastic end result. This is a true community event, with 100% of all race entry fees donated to local high school running programs, the Friends of the Peak organization, and the El Paso County Search and Rescue. Each selected high school sends a team to man an aid station along the course – the teams compete for best "theme" - this year's themes ranged from Smurfland replete with completely blue-skinned aid station volunteers, to the Olympic Togas at the finish line handing out delectable popsicles and misting any runners who so desired. After the race, runners vote for the best-themed aid station, which gets the largest donation. The race expenses, prize moneys, free pair of shoes for all age group winners, great food (watermelon and pizza!), porta-potties, etc. are completely covered by a long list of sponsors. And there were free massages! So I can't say enough good things about this race – I can't wait until next year. Will Ryan Hafer give Matt a run for his money and become the new king of the mountain? Or will Matt pull another surprise out of the bag? Who can say? But whatever happens, it will be a blast for all who show up!

8 SCR members ran, too. Here's our stories:

Carrie Slover: This was the first time I have done this race and it was difficult for me only having been running 1-2 times per week. I thought I would never make it to Barr Camp but persevered knowing I could fly down. The run was made much



Pueblo's Ride for Kids

by Samantha Davenport



The Pueblo Child Advocacy Center's "Ride for Kids" is to be held on August 11th this year at 8:00 am. The ride will be in a different location than last year. This year we will begin at the Target Distribution Center near the air port and the turn around will be at the Transportation Test Track.

The ride is a bit over 35 miles, but that surely does not mean that you have to ride the entire way; it is meant for all different skill levels. We will also be having the free spaghetti lunch again after the ride. Last year we had around fifty-six participants. The goal is to have one-hundred. Also last year the newsletter had a similar article describing the Center and the purpose of the

ride, but some things just cannot be repeated enough.

The Pueblo Child Advocacy Center is an organization and a house that child victims of sexual abuse or physical abuse are taken to be in a homelike environment and to be interviewed; only having to relive their story one time. All of their medical needs and counseling are taken care of here as well.

This Center is the most important tool to making such a horrible time a bit easier on a child. We all wish that there wasn't a need for such assistance, but sometimes our world is an unfriendly place, and the kindness and work of places like

the Advocacy Center is the only hope we have for making that better.

The ride and all of its profits a entirely made to benefit the Center. They built a new building last year, finally getting into a place where they belong and the ride is to help with the move in; making sure that the kids have everything that they need. So, we're looking forward to having some great participation this year. Last year was very successful and we hope that this year has the same results. See you all there!

Editor's Note: There is an air show on August 11 & 12 at Pueblo Memorial Airport. How about doing the ride, then taking the family to the air show?



The Prospect Lake Triathlon

by Peggy Oreskovich



Well, I did it. My first triathlon. I didn't drown. I didn't wipe out on my bike (or forget to unclip my feet off of the pedals before stopping). In fact I had a great experience and have already signed up for my next one in August.

A first triathlon can be pretty intimidating, not just because of the open water swim, but trying to figure out things like how to set up your transition area, what to wear under your wet suit and just where to go and what to expect. I was very lucky because I had Stacey and Dave Diaz showing me the ropes and sharing valuable advice to help make my first triathlon a positive event. Before I continue on, I want to thank them, because if I hadn't met them and some of the other members of the Southern Colorado Runners, I probably would never have done this triathlon.

OK, like I said, I didn't drown during

the open water swim. In fact, I actually had a very respectable time for the swim portion and for the run. However, the bike is another story. Since this was my first triathlon I didn't feel it was wise to invest in a new road bike (not that I didn't have a moment or two or three where I really wanted to run out and buy a cool, new bike). Instead, I tweaked my thirteen year- old bike to use in the race. Some cliplless pedals, a water bottle holder and a change in seat height and I was ready to race with the best of them... **not!** It was more like riding an



old Clydesdale while almost everyone else was riding a Thor-oughbred. I did notice others on hybrid bikes... because I paid attention as they were passing me up,

too. OK, it wasn't *that* bad. I do, however, recommend a good road bike if one is serious about competing in triathlons.

I finished the bike portion and climbed off my Clydesdale to transition for the run when I noticed that a seasoned and highly accomplished triathlete that was stationed across from me was also at the transition area. I thought, "Wow, I must be doing pretty darn good if he is also about to begin his run, too." Then, I observed the relaxed pace at which he was moving and I thought, "That's an awfully slow pace for a transition". Then it dawned on me – he was already done!

Seriously, I had a fantastic first triathlon... the first of many.

WDF Results & Photos

Runners

Pl	Time	Name	Ag
1	18:06	Lauren Dunsmoor	23
2	19:43	Jenna Dorsey-Spitz	23
3	20:03	Sydney Mondragon	24
4	21:42	Jennifer Kottenstette	27
5	21:58	Abbigail Duran	14
6	21:59	Theresa Duran	30
7	22:09	Jill Montera	40
8	22:51	Stacey Diaz	46
9	22:53	Peggy Oreskovich	44
10	22:57	Ashlee Romani	20
11	23:03	Terri Tibbs	43
12	24:01	Jerica Khosla	15
13	24:28	Barbara Smith	40
14	25:42	Brittany Tibbs	21
15	26:12	Janice Huie	58
16	26:48	Laurel Wright	53
17	26:49	Kristy Withrow	33
18	27:19	Misti Frey	39
19	27:42	Katherine Singer	66
20	27:47	Mary Humphreys	44
21	27:55	Marilyn Vujcich	37
22	27:57	Martha Drake	53
23	28:02	Brooke Tibbs	19
24	28:03	Riley Faris	10
25	28:23	Amy Brown	32
26	28:28	Sarah Verville	23
27	28:28	Shawna Nunez	34
28	29:08	Kaylene Khosla	9
29	29:16	Sheri Tiller	39
30	29:32	Jessie Quintana	63
31	30:18	Ashley Smith	12
32	31:00	Jan Dudley	52
33	31:18	Deb Weaver	55
34	31:25	Angelica Wall	10
35	31:29	Lisha Gomez	33
36	31:39	Kellie Avila	36
37	31:46	Ashley Garrison	9
38	31:46	Wendy Garrison	40
39	33:08	Gabrielle Wall	8
40	33:09	Victoria Mitrick	7
41	33:20	Jacqueline Wall	36
42	33:30	Nancy Mitrick	64
43	33:33	Peggy Mitrick	43
44	40:28	Marquita Sanchez	56

Walkers

Pl	Time	Name	Ag
1	36:08	Paulette Arns	54
2	39:43	Ida Martin	68
3	40:04	Michele Drury	42
4	42:02	Marcia Sefcovic	52
5	42:02	Tari Colletti	40
6	42:31	Sally Berryman	55
7	42:38	Janine Dodge	39
8	42:44	Lois Pfost	65
9	42:55	Dana Andrak	38
10	44:15	Cissie Pontius	51
11	44:23	Debby Cortese	51
12	44:23	Jamie Faris	28
13	44:24	Michelle Esquivel	27
14	44:26	April Casarez	22
15	45:26	Shay Olson	58
16	45:27	Trina Polk	29
17	45:43	Nichole Burke	35
18	45:43	Crystal Tafoya	23
19	49:57	Kelly Flores	36
20	51:45	Daniella Apodaca	12
21	51:45	Jackie Mascarenas	18
22	51:47	Dawn Merryman	40
23	51:47	Monica Suarez	34
24	51:47	Sarrah Filer	29
25	57:48	Christa Phillips	64
26	57:49	Connie Buynd	45
27	59:05	Peggy Hancock	48
28	59:06	Marion Shaeffer	68
29	59:25	Linda Torres	35
30	59:25	Christina Anderson	35
31	1:01:10	Paula Albo	37
32	1:01:11	Jamie Estrada	32
33	1:05:37	Linda Smith	47
34	1:05:37	Serenity Sanford	7
35	1:05:47	Michelle Montoya	37
36	1:05:47	Lisa Vigil	34
37	1:05:48	Rikki Bobian	7



Top to Bottom

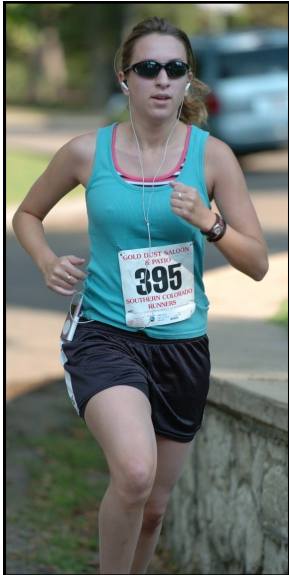
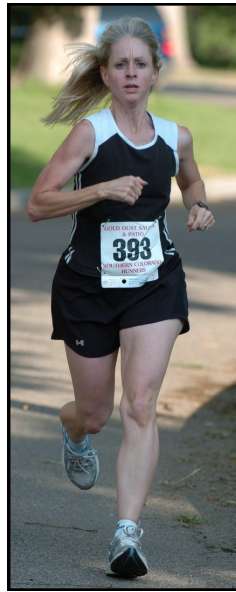
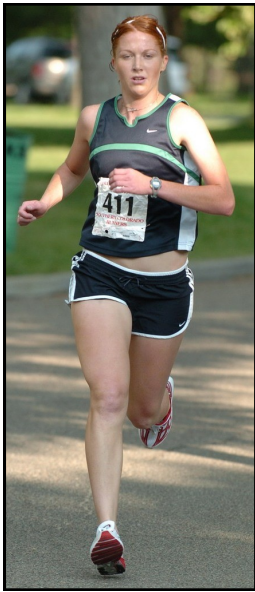
Perennial Walker
Ida Martin

1st Place Walker
Paulette Arns

Mother/
Daughter
Theresa / Abby
Duran

See the WDF article on the front cover

Wdf Photos by Larry Volk



Above L to R
Jenna Dorsey-Spitz
Sydney Mondragon
Barbara Smith
Jan Huie
Misti Frey

This Row, L to R
Brittany Tibbs
Brooke Tibbs
Kaylene Khosla and her
Umm... running partner?



L to R
Angelica Wall
Jacqueline Wall
1st Place: Lauren Dunsmoor

Again, we appreciate the generosity of Larry Volk / Eventpictures.com for providing the WDF photos.

If you want to look at the photos or order one, go to the SCR homepage and click the WDF photo link under Latest News and Results





Meet the Runner (Peggy Oreskovich)

by Linda Strange

Peggy Oreskovich has lived in Pueblo for almost two years, and been a runner for almost ten years, but only recently joined the SCR club. While her road to the SCR has been long and winding, she's lately made up for lost time by becoming a fixture at local events and a big supporter of the club.

Peggy was born in Miami, but moved to Illinois as a child, eventually settling in Chicago. It was in Chicago that she met her husband, Mark, a native of Pueblo. The couple has one daughter, Molly, age 11. The family lived here briefly in the early '90s, where Peggy graduated with her Physical Therapist Assistant degree from Pueblo Community College, which supplements her Bachelors degree from IL State. They returned to Chicago soon after.

As a Physical Therapist Assistant, Peggy works in conjunction with the P.T., by being responsible for much of a patient's treatment. She ensures the patient progresses and communicates between the therapist and the patient. Currently, she is on the faculty at the Physical Therapist Assistant Program at Pueblo Community College.

Peggy became interested in running in 1998. Before that, she taught aerobics in Chicago, and ran only occasionally for variety. One spring day, she decided to enter a 5k race coming up. After a little training, she ran the race and became hooked. She began setting goals, with her first 10K coming a few weeks later, followed by a 10 mile race, culminating with a half-marathon by the end of that summer. She's never looked back.

To date, Peggy has run eight marathons, including four Chicago marathons, and 20 half marathons. She participated in the Lake County (IL) marathon, Milwaukee, Boston, and most recently, Dublin. The Chicago marathon is her favorite. "Yes, it's crowded," she says. "But so much fun! There are spectators over the entire course. No quiet spots.

And there are lots of bands and people dressed up. " Her PR of 3:36 was earned in Chicago, which qualified her for Boston in 2004.

Her Boston experience turned out to be an adventure. In the preceding days of the marathon, the weather was in the 50s, and Peggy enthusiastically took in the sights of Beantown. However, the day of race turned out to be "a freak hot day, in the 80s," Peggy recalls. "The race start time was noon, and it was already in the upper 70s. People were dropping like flies, it was in the 80s. Unbearable. After all that sightseeing, my legs were already tired. So, my goal was just "to cross the finish line without passing out. " Which she did.

Peggy had been active in a running club back in Chicago, and was interested in joining SCR when she moved to Pueblo. Since SCR doesn't hold club sponsored weekly runs, she decided to check out PPRC in Colorado Springs. She found the runners in that club standoffish and not very welcoming, so left disappointed and frustrated, and ran on her own. Earlier this spring, she entered the Spring Runoff on the recommendation of a friend. That reenergized her interest in running, and she came out for Ben & Matt's Trail Mix prediction run in April. There she met Stacey Diaz, who acted as the unofficial Welcoming Committee, and introduced her to others. The rest, as they say, is history.

Since then, Peggy has participated in several predicts and the Cinco de Mayo. She even tested the triathlon waters for the first time by entering the Prospect Lake Triathlon in late June. Her experience was so positive that she intends to be at the State Games of America triathlon in August. "I like to run relaxed and have fun," Peggy says, "but I am very competitive. Even when I don't mean to be." She has her eye on the Rock Canyon half marathon this winter, and is considering the London Marathon in a few years, and maybe an Olympic dis-



tance triathlon (a 1 mile swim, 25 mile bike ride and a 10k) someday.

In the meantime, Peggy runs the trails at the Nature Center with friends. If she's by herself, you'll find her running in City Park with her dog and her Ipod, while her favorite running song, "Roll with the Changes," by REO Speedwagon, plays. While she doesn't want to sound corny, Peggy is quite sentimental of the role SCR has taken in her life. "I was having a hard time adjusting to living in Pueblo," she says. "I missed my running club and friends back in Chicago. But meeting Stacey (Diaz) and the other runners in the club has turned everything around. Now, I like being in Pueblo, and having people to share this passionate interest with, running. That day at the Trail Mix, that was the moment everything changed."

Race Results

2007 Spirit Fest on the Riverwalk Run

The 5K run was held on
Saturday June 16, 2007 at the
Riverwalk in Pueblo.

PI	Name	Age	Sx	Time
1	Levi Medina	20	M	17:32
2	Paul Koch	39	M	18:41
3	Lauren Dunsmoor	23	F	18:54
4	Dominique Rael	17	M	18:54
5	Regie Marquez	30	M	20:14
6	Aaron Levinson	18	M	20:39
7	Sonja Wieck	27	F	21:12
8	Rubin Sisneros	25	M	21:35
9	Chris Riley	46	M	21:42
10	John Montoya	50	M	22:25
11	David Baker	49	M	22:36
12	Charles Brown	43	M	23:11
13	Lonnie Smith	29	M	23:26
14	John Roman	62	M	24:03
15	Robert Santoya	45	M	24:04
16	Bob Gassen	60	M	24:25
17	Gary Rael	41	M	25:27
18	Claire Bueno	42	F	25:39
19	Mikalann Medina	22	F	27:49
20	Nathan Bass	14	M	28:01
21	Trisha Davis	56	F	28:12
22	Raul SanMiguel	56	M	28:13
23	Curtis Wright	65	M	28:59
24	Steven Farelli	27	M	29:03
25	Laurel Writht	53	F	29:15
26	Michelle Francis	34	F	29:26
27	Paulette Arns	54	F	30:29
28	Marilyn Vujcich	37	F	30:31
29	Austin Bass	12	M	32:24
30	Gene Aquilar	52	M	32:25
31	Jessie Quintana	63	F	33:02
32	Shaw na Nunez	34	F	33:03
33	Lisha Gomez	33	F	34:19
34	Kellie Avila	36	F	36:17
35	Daw n Bass	38	F	39:17
36	Kerry Roman	34	F	45:46

The Little Run on the Prairie 5k run and 2k walk was held on June 9th in Pueblo West

Walk Results

Male 2K Walk Results

PI	Name	Time	Div	PI in div
1	Robert Quintana	16:13	60-69	1
2	Patrick Greer	16:30	50-59	1
3	Chase Papineau	21:00	14 & und	1
4	Chandler Dale	21:01	14 & und	2
5	John Campbell	21:21	15-19	1
6	Isaac Sloan	23:58	14 & und	3

Female 2K Walk Results

PI	Name	Time	Div	PI in div
1	Christine Cruz	16:42	30-39	1
2	Kylie Papineau	21:02	14 & und	1
3	Cathy Campbell	21:18	30-39	2
4	Mig Aucone	21:41	30-39	3
5	S. Compton	21:42	40-49	1
6	Eileen Lovell	22:42	40-49	2
7	M. Ochoa-Smith	23:59	40-49	3
8	Sheila Sloan	24:00	30-39	4
9	E. Cornella	24:01	30-39	5

Little Run on the Prairie Run Results

Male 5K Run Results

PI	Name	Time	Div	PI in div	Pace
1	Justin Ricks	18:10	20-29	overall	5:50
2	Paul Murphy	18:58	30-39	1	6:06
3	Mike Schmidt	19:05	15-19	1	6:08
4	Matt Drake	19:16	15-19	2	6:12
5	Aaron Levison	19:49	15-19	3	6:22
6	Mark Gurule	20:13	40-49	1	6:30
7	Ed Eide	21:04	15-19	4	6:46
8	Shawn Loppnow	21:08	40-49	2	6:48
9	Jamen Cox	21:10	15-19	5	6:48
10	Justen Cox	22:27	15-19	6	7:13
11	Charles Brown	22:29	40-49	3	7:14
12	KW Duling	22:36	40-49	4	7:16
13	Bob Gussen	23:44	60-69	1	7:38
14	Rusty Smith	24:30	40-49	5	7:53
15	Stan Hren	25:06	60-69	2	8:04
16	Marvin Cordova	26:51	40-49	6	8:38
17	Marcus Martinez	27:07	14 & und	1	8:43
18	Jacob Sloan	27:17	14 & und	2	8:46
19	Leonard Gregory	27:34	60-69	2	8:52
20	Thomas Sloan	27:37	14 & und	3	8:53
21	Jeff Sloan	27:50	30-39	2	8:57
22	Kevin Hughes	28:40	14 & und	4	9:13
23	Ken Hughes	28:41	30-39	3	9:13
24	S. Harbison	30:14	30-39	4	9:43
25	Eddie Longoria	31:51	70+	1	10:14
26	Booby Neff	33:38	30-39	5	10:49
27	Al Hale	35:15	70+	2	11:20

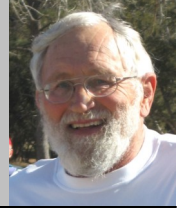
Female 5K Run Results

PI	Name	Time	Div	PI in div	Pace
1	Anna Marshall	21:11	15-19	overall	6:49
2	Marilyn Goodloe	23:51	40-49	1	7:40
3	Marti Marshall	25:46	40-49	2	8:17
4	Liz Lata	25:58	15-19	1	8:21
5	Chantel Cordova	26:47	20-29	1	8:37
6	Paulette Arns	27:57	50-59	1	8:59
7	Mary Humphreys	28:00	40-49	3	9:00
8	Debbie Gurule	28:31	40-49	4	9:10
9	Martha Drake	28:43	50-59	2	9:14
10	Marilyn Vujcich	29:32	30-39	1	9:30
11	J. Martinez	29:35	40-49	5	9:31
12	Eileen Baracz	29:40	50-59	3	9:32
13	Lori Gregory	30:03	50-59	4	9:40
14	Amy Brown	30:32	30-39	2	9:49
15	Karen Garrity	30:40	40-49	6	9:52
16	Rose Martinez	30:50	40-49	7	9:55
17	Kerri Harbison	31:51	40-49	8	10:15
18	Jessie Quintana	32:08	60-69	1	10:20
19	Raegan Compton	32:27	14 & und	1	10:26
20	El. Martinez	33:13	20-29	2	10:41
21	Amber Pirraglia	33:38	20-29	3	10:49
22	Amy Davis	35:19	30-39	3	11:21
23	Susan Marshall	38:00	14 & und	2	12:13
24	Haelie Compton	38:56	14 & und	3	12:31



The Run for Rio

Stories by Linda Strange & Jeff Arnold



Editor's note: Two writers decided to share their thoughts on the Run for Rio. Here's a couple perspectives on this very meaningful event.

Linda Strange

The sun dawned brightly over Rye last Saturday for the 9th running of the Run for Rio. This 5k race, the only race held in the Greenhorn Valley, has become a tradition for young and old alike. The clear skies and sunshine may have helped encourage the large showing of participants, over 60 runners and walkers in all.

Pacing the parking lot at Rye High School, where the race began and finished, Race Director Jeff Arnold helped break the pre-race tension with his laid-back race style. Barefoot and wearing a jaunty straw hat, he warmed up the starting line crowd, then set them loose with the words, "Ready. Set. Have Fun!"

The runners and walkers left the high school parking lot, crossed over Hwy 165 and into the town of Rye. The hilly 5k/3.1 mile course followed Boulder Street, passing cows, curious horses, and over the splashing creek. Turning east on Elna St., participants enjoyed a slight downhill respite, before turning north on Hunter. After crossing Greenhorn Road, the course wound past the Scott family home, where more horses paused in their pastures to watch the spectacle. The last major hill of the race awaited just around the corner. Once back onto Boulder, the racers settled into the last mile of the event, and headed back to the high school and the finish line.

After finishing the run, the Lions Club offered a pancake breakfast to many hungry takers. Children picked wildflowers and finishers milled around stretching and chatting. Race results were soon posted. The overall male winner, Rich Hadley, is a Rye High School graduate and a familiar face at the awards ceremony, having won the

race 5 times in the past several years. The overall female winner, Teri Pritchard, is a mother of 3. She moved to Colorado City with her family from Grand Junction less than a year ago, but has always been an accomplished runner and is active in the local racing community.

The event commemorates the life of Rio Martinez, who died in an accident during his senior year at Rye School. It also encourages and reminds everyone of the importance of being an organ donor, and the gift of life that Rio gave after his death. His heart was given to a Centennial resident, Dave Karnell, who celebrated Rio's life by walking in the race, also. Congratulations to everyone who participated, and we hope to see you again next year!

Jeff Arnold

The ninth annual Run for Rio race was held June 2, 2007 starting and finishing at Rye High School. In 1998, the year after his death, Rio's father Jim ran from the family home on Highway 165 just below Bigelow Divide in Custer County to the school. Several people joined him for all or part of the run. In 1999 a 4.2 mile race was held starting and finishing at Rye Mountain Park. In 2000 the race was moved to the high school and shortened to 5K.

This year's male winner, Rich Hadley, has been a fixture at the race, winning in 2006 and five of the seven races he has run. He was second in the two others. The women's winner was Teri Prichard. Second place went to Hillary Crawford, who will be a junior at Rye High School. She was closely followed by her sister Jodi who will be a senior. Those two and this year's Rio Scholarship winner, Samantha Davenport, Rye cross country teammate Rachel Yoder, and sixth

grader-to-be Kristi Davenport all had Rio's basketball numbers painted on their cheeks.

Kristi, 10, was the youth (12 and under) winner for girls. Seven-year-old Kevin Hughes was the youth winner for boys with a remarkable 24th place overall and 28:44 time. Jamie Donlon was the first walker across the finish line and won the female walk award. Mike Lowe was the first male walker.

The turnout of 60 runners and walkers, many from the Greenhorn Valley, included 57 year-old Dave Karnell, a former Southwest Airline pilot, who walked the course. Dave is the recipient of Rio's heart. Dave noticed an irregular heartbeat when he was only 39. As a pilot he had been required to have an EKG every six months and ran about 4 miles a day for fitness. Early treatment for his Ventricular Tachicardia, a high speed fluttering of a heart valve, included drugs, but eventually he was put on a list to get a heart transplant. His first was in 1992. When it and the second failed, his doctors told him that he would go back on the list. He thought they were just being kind.

August 2, 1997, the day after Rio's death due to accidental gunshot, Dave was back on the operating table, a veteran of the procedure. He says his third was "the most difficult, but shortest recovery." Dave credits improved drugs and possibly a closer match for the nearly ten-year success of the third transplant. He said when he broke his foot three years ago and had to get off the treadmill for some time, his heart began to feel strange. "It was Rio telling me to get my butt back out there." Both he and Rio's mother Nancy know that part of Rio is still alive.



Run for Rio Results

Pl	Name	Age	Time	Group Place
1	Rich Hadley	51	20:03	Overall Male
2	Aaron Levinson	18	20:49	1
3	Keith Dugan	16	21:16	2
4	Kevin Jaco	15	23:38	3
5	Robert Santoyo	45	23:51	1
6	Kenneth Duling	43	24:03	2
7	Teri Prichard	32F	24:13	Overall Female
8	Hillary Crawford	16F	24:33	1
9	Jadi Crawford	17F	24:37	2
10	Damian Rundell	36	24:48	1
11	John Roman	62	25:11	1
12	Michelle Hopper	32F	25:12	1
13	Joe Bulow	37	25:25	2
14	Gary Franchi	58	25:49	1
15	Samantha Davenport	18F	26:25	3
16	Catherine Gallegos	35F	26:41	2
17	Linda Strange	37F	26:53	3
18	Juanita Peters	46F	27:04	1
19	Rachel Yoder	16F	27:43	4
20	James Rathbun	32	28:16	3
21	T.J. Blackhurst	34	28:28	4
22	Tina Valdez	37F	28:39	4
23	Ken Hughes	37	28:42	5
24	Kevin Hughes	7	28:44	Overall Youth Male
25	Richard Rathbun	58	28:45	2
26	Jim Karlovitz	58	28:51	3
27	Carol Brimmeier	54F	28:56	1
28	Margaret DiMatteo	29F	29:16	1
29	Michael Klabon	26	29:47	1
30	Paulette Arns	54F	20:50	2
31	Vince Carpio	33	30:01	6
32	Jessie Quintana	63F	31:39	1
33	Ismael Duling	14	31:50	4
34	Jeffrey Stephens	53	34:12	4
35	Orlando Coca	57	34:29	5
36	Lisha Gomez	33F	35:14	5
37	Dick Greet	68	35:15	2
38	no name		37:18	
39	Dennis Wait	52	37:39	6
40	Kristi Davenport	10F	41:01	Overall Youth Female
41	Troy Davenport		41:02	
42	Lana Stinchcomb	52F	42:47	3
43	Jamie Donlon	31F	42:48	Overall Walker Female
44	Connie Lowe	F	44:35	
45	Mike Lowe	57	44:36	Overall Walker Male
46	Jessica Lowe		44:40	
47	Tammy Van Oort	38	51:56	
48	Tamra Muhic	47	51:56	
49	Dee Cash	51	55:11	
50	April Klabon	27	55:40	
51	Carol Nystro	63	55:54	
52	Donna Emmons		55:55	
53	Steffani Argyle	43	58:43	
54	Matt Schrank	8	58:59	
55	Jamie Gragruth	31	1:00:52	
56	Sydney Schrank	10	1:00:56	
57	Jenna Carpio	27	1:00:57	
58	Tammy Kozlowski	23	1:01:02	
59	John Hurtado	43	1:01:15	
60	Dave Kamell	57	1:01:24	



A big thanks goes out to the Run for Rio volunteers: Race Director: Nancy Martinez, Course: Jeff Arnold, Tags: Aaron Berndt, Finish Line: Pat Berndt, Results: Jeff Arnold and Paulette Arns

**Go to the
Fair, then
stop by the
Gold Dust**

**217
South
Union**



Note: Many tags did not have ages, walk or run, or cities. Most of the finishers from 43 on were walkers, but at least a couple said they ran "half and half."

The Barr Trail Run continued

easier with the enthusiastic water stations full of encouragement and support. I will do it next year...and train this time. Finish time: 3:20:21

Ben Valdez: I woke up in the middle of the night, before the race and had decided I was not going to run the Barr Trail. I was recovering from a cold, had gained six pounds from a recent vacation and had not run more than ten miles a week for the past ten weeks due to a softball injury. If I hadn't had to sign up for this one clear back in March, I definitely would not be running. My wife Sandy said, how much did you pay for this race, I said \$25, she said it's not worth it you should not run. I woke up race morning and felt better with my cold, so I said to myself the fresh air on the mountain may be good for me. I packed two Runner's World magazines in my bag, in case I decided not to run once I got up to Manitou, this would allow me to read in the car while I waited for Matt Sherman to finish the race (we car pooled). The excitement, as with any race got to me and I ran/walked up the mountain. I thoroughly enjoy this trail, it's fun and challenging. My left hamstring cramped up like no other on the way down, I thought they would have to carry me off the mountain. Never experienced this before in a race. I had to sit down for about five minutes to stretch and massage, so that I could move again. I finished the event and wobbled down the hill with Matt to our parked car. My soreness for the past two days was worth every moment. It's a great trail and a well organized event. I hope to be back next year in better shape. Finish time: 2:38:42

Linda Strange: While there is debate between Stacey Diaz, Carrie Slover and myself as to who talked whom into participating in this race, it's clear the 3 of us ultimately enjoyed it and exceeded our own personal expectations. I lost 2 weeks of training right before the race tending to my sick daughter, so I just wanted to finish before the cut-off, not trip and fall over the edge, and run up that last hill at the finish line. I succeeded at all three. Whether I'll be brave (dumb?) enough to attempt it again next year depends on how long I'm sore! Finish time: 2:55:41

John Strange: Intent on impressing my wife, I announced a couple of weeks ago

that I would soundly defeat Matt Carpenter on Barr Trail. At the time, I really didn't know who the guy was or how inhumanely fast he is. She was so proud of me, she told some of her runner pals about my prediction, so on race day I felt a little nervous but ready to impress. Much to my surprise, I had a very hard time keeping up with this Carpenter guy. He passed me on his way down at 1:07. Hmm... I must be really close to the top, I thought. So when I arrived at Barr Camp roughly 40 minutes later, I knew I was in trouble (yeah, he'd been resting at the finish line for 20 minutes when I hit the turnaround). I spent my entire 1 hour decent trying to come up with a new scheme to impress the wife. Finish time: 2:45:07

Stacey Diaz: Sunday, July 15th I competed for the second time in the BMTR. What I found truly amazing about this race besides the killer course, heat, altitude and beautiful scenery are the aid stations. This race has the best aid stations of any race I have ever run. Five area schools, chosen by a lottery, are given the opportunity to compete for a share of \$6,000 in prize money for their running programs. These kids go all out. They dress in crazy themes and this year was no different. We had a toga party, the Blueman group and Smurf village among others. They are the most spirited, enthusiastic group of kids I have ever seen. They yell, cheer, spray us with water, call us by name and pass out Gatorade slushes to the runners, all the while dressed in costume. They make this race fun. After the runners cross the finish we get to vote on our favorite, with the winner getting the most money. As far as I'm concerned, they are all winners. I plan to be back next year - after all I have five new themes to check out. Finish time: 3:10:26

Dave Diaz: The Barr Trail Run is one of my favorite runs even though I'm not much of a mountain runner. I figure, even though I struggle going uphill, the training makes me stronger and hopefully a better runner. I enjoy the training on Barr Trail as much as the actual race. You might see lions, or bears or Matt Carpenter (oh my). Below Barr Camp the trail is still smooth and you can still breathe. Running farther up the mountain becomes hard work, the trail turns rocky, I lose my concentration, I get tired and that's when I fall. The folks that run the camp (Neal and Teresa Tay-

lor) are avid runners and very friendly and actually remember my name. The last time I ran to Barr Camp I took \$20 and bought a technical t-shirt. The shirt is unique because that's the only place you can buy them and it makes a great gift plus helps support the camp. One other thing I should mention is the price of this race. It was only \$15 if you registered between midnight and 4 a.m. May 1. For this you got a technical shirt, finisher medal, Chipotle Burrito and all the pizza and watermelon you could eat. A great deal for a first class event. Finish time: 2:23:59

Trish Ferguson: Pikes Peak is like a friend to me, and I've run it several times. It's always there waiting, and where I always go to make me feel strong, no matter strong or fast I run. Whether you finish with a good time or just finish, I never feel defeated because you know you've done something most people couldn't or wouldn't do. It's so pretty and I love being around other runners who like being there, too. Finish time: 3:45

**We've
Got
Mail!
(congrats
Kevin!)**



Hi Ron,

Just wanted to let you guys know Kevin did terrific this year at the Bolder Boulder. He placed 2nd in his age division (7 years old) with a time of 56:30. He missed 1st place by 9 seconds. There were 180 boys in his age group this year. He took 1st place last year with a time of 1:00:03 so he improved this year by about 3 1/2 minutes.

Thanks for the great newsletters.
Ken Hughes

Race Calendar by Linda Strange

August 3rd – August 4th, **Wild West Relay**, Fort Collins to Steamboat Springs. A 195-mile team distance running relay race designed for runners of all abilities, scheduled around the full moon in August. Much of this very scenic and remote course runs through National Forests or along dirt roads for teams of 12 or Ultra teams of 6. Twelve person teams run 3 legs of approximately 5.25 miles each. Race benefits local non-profit organizations. www.wildwestrelay.com



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 719-634-7333 x1003

August 4, Sat, 7:00am, **Parish Fiesta Run**, Raton, NM. 5K run/walk. 2nd annual run/walk has a new course starting at the scenic mesa foothills along State Hwy 72 into Raton. Rolling hills at just over 6,000' elevation promises a challenging run. \$1,000 in prize money & trophies. Fiesta to follow afterwards, with food, live entertainment and activities. Sponsored by St. Patrick's/St. Joseph's Parishes, in conjunction with the Parish Fiesta, to benefit building fund and catholic school. Ratracr65@msn.com 505-718-0008 cell for more information.



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. TeamSage Productions 303-777-6887

August 18 & 19th, **Pikes Peak Ascent and Marathon**, Manitou Springs. Both races are run on Barr Trail with an elevation gain of 7,815'. The Ascent is a half marathon to the top, while the marathon turns around at the top and returns to the bottom. Spectacular vistas from the east face of Pikes Peak. <http://pikespeakmarathon.org>



September 9th, Sun., **Komen Race for the Cure**, Garden of the Gods Park, Colorado Springs. 5k run/walk & family walk. "To save lives and end breast cancer forever." Contact <http://www.komencs.org> for more details to follow.

September 22nd, Sat., 8:00am, **Golden Leaf Half Marathon**, Aspen. Chosen by Trail Runner Magazine as one of "America's 14 most scenic races." This 13.3 mile half marathon traverses from Snowmass Village to the heart of Aspen on mountain trails and roads. Visit www.aspenrecreation.com for more information.



September 23, Sun., 7:30am, **Hot to Trot**, Pueblo. 5k run, 2 mile walk & Kiddie K. Starts and finishes at the Gold Dust Saloon, 217 S. Union The course goes through the Historic District, the Riverwalk and along the Arkansas River trail. Participants receive a 2007 Chile & Frijoles "Hot to Trot" t-shirt, breakfast at the Gold Dust Saloon immediately following the race, and a coupon book good at Historic District restaurants for discounts during the Chile & Frijoles Festival. Ruth McDonald at 719-251-3189

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

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

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

Issues of "Footprints"
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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 by Linda Strange



August 4, Sat, 7:30pm, **Moonlight Madness**. 5 miles. This evening run begins and ends at the home of Diana Tiffany's parents at 5395 Verde Road. Take exit 87 from I-25 and go about 6 miles. 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 or 251-1863 on race day. It's a pot-luck. Diana is cooking her famous burgers. Tip: Dirt roads - don't wash your car before going.

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

September 9th, Sun, 7:30am, **South Shore Adventure**, Pueblo Reservoir. 10.4K. If you want a challenge, this is the course for you. It contains Easy, Intermediate, and Advanced Rated Trails. The run provides beautiful views, desert flora and fauna, if you dare to take your eyes off of the trail. **This is a carry your own water run.** The course will be marked and there will be MAPS provided. Contact Larry Volk 719-543-2052 for more information, or check the SCR website.

Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org

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

The Final Thoughts...

In death the many become one; in life the one become many.
-Rabindranath Tagore, philosopher, author, songwriter, painter, educator, composer, Nobel laureate (1861-1941)

Where is the wisdom we have lost in knowledge? Where is the knowledge we have lost in information? -T. S. Eliot (1888-1965)

The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher. -Thomas Henry Huxley, biologist and writer (1825-1995)

The things that come to those who wait will be the things left by those who got there first. -Unknown