



Editor: Ron Dehn

FOOTPRINTS



Homework? We don't need no stinking homework.

Back to School Issue (where did my summer go?)



Marv & Tammy Do the Leadville 100

by Gary Franchi

SCR's Marv Bradley of Canon City finished the Leadville Trail 100 last weekend in 29 hours and 33 minutes.

A few comments:

- This was the sixth 100-miler that Marv has finished in his running career. He has done Leadville twice.
- Marv is 68 years young.
- He was one of only 210 runners out of 593 starters who finished the run (35%).
- Some tough weather (some rain, lightning) made parts of the first 60 miles tough, including 4 uphill miles in mud over a pass. Marv has run about 145 marathons or ultra-distance races.
- Another nearby runner was Tammy Stone of Florence, who won the

women's division with a time of 22:54 and was 19th overall in the field.

- Tammy is 45 years old.
- No other runners from the Pueblo or Canon City corridor competed in the Leadville run.

The Leadville 100 starts at 9,200 feet and finishes at 12,620, but runners climb and descend 15,600 feet.

Editor's Note: To paraphrase Butch in the film, Butch Cassidy and the Sundance Kid, "Who are these guys? - 100 miles? - in tough terrain? - at altitude???"

Special Note: Tammy has agreed to chat with fellow runners about her experiences during the run. She will be at Jill & Jim Montera's home at 4pm on September 9th. The Monteras live at 339 Burke Dr. in Pueblo West. RSVP to Jill at 547-4222 so she has an idea how many are coming.



Marv with his finisher medal and silver belt buckle awarded for finishing under 30 hours

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Garden of the Gods
Photos
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Child Advocacy Center Ride
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SCR Notes from the August, 2007 meeting

Attendance: Don Pfof, Ron Dehn, Chris Roman, Diana Tiffany, Gary Franchi, Rich Hadley, Dave Diaz, Paulette Arns, and Ken Raich.

Minutes from the July 2007 meeting were approved with a request: Don Pfof had proposed a change to the text of the May 2007 minutes, but there is currently no provision for showing such and update on the web page. We will propose a protocol for the webmaster to include an "addendum" to the published minutes when those minutes are changed. We will create an "official protocol" for the secretary to submit such changes to the webmaster.

Officer Reports: Treasurer's report - Costs and charges for the Women's Distance Festival were presented. Dave informed the club that the paperwork was submitted to have SCR incorporated by RRCA. Also, the Youth Fund is up to \$1400 (compared to \$800 last year). The treasurer's report was approved as presented.

Newsletter Editor - Ron Dehn reported that the August issue of Footprints had been delivered by the post office in only a few days. Membership Chair - Don Pfof reported that the club has 182 members paid to date and 205 newsletters were mailed last month. 138 members of the club have requested to receive Colorado Runner magazine.

Upcoming Events: Moonlight Madness August 4th: Diana Tiffany described this year's event and established what each volunteer is doing. Dave Diaz will man the table at the water stop and Don Pfof will bring the finish line equipment. Tunnel Drive August 25th: Rich Hadley described the event and mentioned he has received calls asking about printing T-Shirts (T-Shirts are not distributed for prediction races). The race will start in the same parking lot as last year. South Shore Adventure September 9th: It was mentioned that the distance for the South Shore Adventure was different between the

newsletter and the web page. Larry Volk will be contacted to confirm the distance to both the Ron Dehn and Paul LaBar. Hot To Trot September 23rd: Ken Raich agreed to contact Ruth McDonald to confirm the information in the newsletter and the web page. Also, to confirm that the entry form will be ready for the September newsletter.

New Stuff/Old Stuff: Chris Roman represented David Goggins, a Navy Seal who will be running the Leadville 100. David will be in Colorado for a week and is available to address groups who would like to hear about his experiences. Unfortunately, no SCR activities are going to take place during that week. The club is looking at the possibility of getting David to Pueblo for the SCR Banquet in January.

Adjournment: The meeting was adjourned at 8:00 P.M. Respectfully submitted: Ken Raich



Expanding our Vocabulary

perihelion (per-i-HEE-lee-uhn, -HEEL-yun)

Noun

The point in the orbit of a celestial body that is nearest to the sun.

[From Greek peri- (around, near) + helios (sun). The point farthest from the sun is called aphelion, from apo- (away).]

From: <http://wordsmith.org/awad>



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. 303

"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, Walter Morrison *	
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, Larry Volk,
Jeff Arnold, Stacey Diaz, Jan Dudley,
Patrick Swank, Chris Vanoni

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.

* Eighty-seven year old Morrison invented the Frisbee 50 years ago. "Frisbee" is a spin off from a Connecticut bakery named The Frisbie Pie Co. College students would toss the empty pie tins around for fun. Morrison thought the name Frisbee was terrible and originally called his flying disc the "Pluto Platter".



Great Stuff

by Gary Franchi
Why ask 'Why'?



Thought for today's lunch, contributed especially for the running community by writer Wynn Catlin:

"Diplomacy is the art of saying 'Nice doggie!' till you can find a rock."

Musings about running, fitness and life:

I suppose it was just coincidental that I was digesting my humbling performance in this year's Rocky Mountain State Games Triathlon at about the same time that *The Washington Post* was publishing a three-part series of articles about athletes titled "Why We Compete."

Yes, why indeed.

I've asked myself that question many times over the years, much more frequently over the past decade as the race times have ballooned like the size of Barry Bonds' hat size. Trying to beat back Father Time is an art unto itself and, in the end, no one can do so forever, despite the Dave Diazes and Mike Orendorffs of the world.

Triathlons, my favorite mode of competition for many reasons, are the perfect landscape for this scenario to play out. Triathletes have been gradually getting younger every year, but it's starting to appear as if they just stepped out of middle school and started doing triathlons.

I'm serious. I was struggling uphill on one of the 4 loops of the RMSG bike leg and rode up next to a 19-year-old. I know this because in addition to marking our race numbers on an arm and a leg this year, race officials put our age on one calf. Hence, as the cyclists sped by me one by one, some like ageless wonder Woody Noleen probably more than once, I could console myself by saying, "Well, they're a lot younger than me."

The thing is, they're just about ALL younger than me now. In fact, I didn't see one cyclist go by me that had a higher number than the "59" that was on my right calf. I mean, Puebloan Lonnie Smith, who is just 29, looks to me like he's still an undergraduate college student.

Whatever, we compete. Or at least we participate. And there are many reasons why. We love to be part of the racing "scene," swap stories after a race, enjoy the camaraderie of the fitness community, be fitter than most of society, sweat from being physical, reap the many other intrinsic values of training for those race days, and achieve and accomplish things that are beyond the stifling, reality-devoid everyday world of work.

I often wonder why ultrarunners do what they do, why the Type A fanatics train for Ironmans, why elite swimmers knock out 5, 6 or 7 hours a day training at their craft. But then I finish one of these triathlons and the warmth is renewed, and I'm reminded that it's not just worth it, it's almost necessary.

And if I needed any further assurance, there I was chatting via e-mail with the SCR's 73-year-old Joe D'Angelo the other day about his having finished the Coeur d'Alene (Idaho) Marathon in a shuffle-run time of 7+ hours. This was his first marathon in 11 years because of a crippling, life-threatening car accident that left him with a drop leg among other ailments. Joe said he's often asked the "why" question concerning his running.

His answer to them: " 'Because I can.' "

That's why.

Dopes

OK, I couldn't write this column without talking about all the doping in sports, especially since Barry Bonds is the new all-time home run king in major league baseball.

Here we've got pro baseball players using steroids and human growth hormones, pro football players getting suspended for having positive tests for substances not disclosed by the NFL, and the Tour de France leader, a two-stage winner and full cycling teams tossed out of the race this year while other allegations are rampant. The list goes on and on.

A result is that reams of media

news coverage is devoted to the druggies (and to the NFL training camps) while Alan Webb gets one stinkin' paragraph in *The Denver Post's* "Sports in Brief" column after setting the all-time American record in the mile last month when he ran a 3:46.91 at a meet in Belgium.

Something's wrong here. The time has come to quit fighting the use of drugs in sports and let all the alleged athletes use whatever they want. Let 'em mess up their bodies. Let's see how creative those scientists can get for them in the laboratories all over the world. No testing. No accusations. No tossing out cyclists. No suspensions.

Besides, let's see how big Barry Bonds' head size can actually get, physically.

Ten things I was just wondering:

1, How can they call it the "Tour de France" when it can start in another country as it did this year when the Tour began in London?

2, Anyone else sick and tired of reading about the State Fair's debt problems?

3, Was it just coincidental that the bike course in the Rocky Mountain State Games Triathlon this year did 4 loops around a cemetery?

4, Don't you kind of wish that radio sports talk hosts would talk slower to give their minds a chance to catch up with their mouths?

5, To deal with kids who whine and cry uncontrolled in restaurants, why not ban their parents from these places?

6, Wouldn't it be cool if the Tour de London, er, France cyclists all had to compete on their native country's team?

7, Since the *Colorado Springs Independent* newspaper says "limit 1 copy per reader" on its ID page, does that mean I'm going to be punished for taking 2 free copies last week?

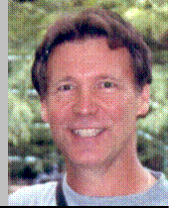
8, To pro football followers, when you can't watch a preseason (exhibition) NFL football game because it's only shown on the NFL Network channel that your TV package doesn't include, don't you almost want to say, "Thank you!"?

(Continued on page 12)



Ramblin'

by Ron Dehn
Mini Rambles



September Birthdays

- 2 Lillian Rivera
Maria Weaver
Salma Hayek*
- 5 Cassy Berndt
Raquel Welch*
- 9 Jim Martinez
Otis Redding*
- 10 M. Edmund Vallejo
Roger Maris*
- 11 Aaron Berndt
O. Henry*
- 12 Jim Dudley
Jesse Owens*
- 15 Matthew Diaz
Cory Rose
Dan Marino*
- 18 Michael Orendorff
Frankie Avalon*
- 21 Stacey Diaz
Tomas Duran
Stephen King*
- 22 Elliott Dudley
Tommy Lasorda*
- 23 Gary Franchi
Hilda Garcia
Rodge Rodgers
Bruce Springsteen*
- 25 Kerry Roman
Shel Silverstein*
- 26 Kelly Hale
Shamu*
- 27 Joeseoph D'Angelo
Debra Hadley
Robin Krueger
Wilford Brimley*
- 30 Stanley Hren
Angie Dickinson*

THANKS ROCKY!!!

Rocky Khosla has written a column for *Footprints* as long as I can remember. He was a regular waaaaay before I took on the editing role in 2002. Rocky is going to take a break from writing - and a well deserved one at that.

On behalf of the readers -

Thanks Rocky for your great medical advice on everything from injury prevention to heat exhaustion. You've told us about blood pressure, tendonitis, seasonal precautions, nutrition, EIA, the flu, mountain biking, aging, hydration, SARS, plantar fasciitis, and even viagra. And, you've shared some of your adventures from kayaking, to vacationing with your family, to your part in a rescue at the 29th street underpass.

We'll see you and your family of runners at the races. Thanks for your many contributions, and if you ever have insomnia and want to write about it, (or anything else) we'll print it!

RUNNERS IN THE NEWS

Two members of the Hash House Harriers were arrested in New Haven, Connecticut recently. They were charged with first-degree breach of peace, a felony.

The Hash House Harriers are a rather eccentric running club and bill themselves as a "drinking club with a running problem". One web page claims there are 1837 "Hash Groups" in 178 countries.

But... back to the story. It seems the two club members sprinkled a mysterious white powder across a parking lot of a furniture store. in the form of arrows. This caused a bioterrorism scare and forced hundreds to evacuate the store. It provoked a massive response by police in New Haven and surrounding towns.



Even though the runners explained that the white powder was simply flour used to mark a running course, city officials indi-

cated they plan to seek restitution. The defendants are scheduled to appear in court on September 14th.

Are we as a nation becoming just a tad over-anxious???

MORE "RUNNERS" IN THE NEWS

What are the odds of this? Lawrence Lenahan, 26, and his brother Michael, age 23, decided it would be fun to run with the bulls in Pamplona, Spain.

Evidently neither brother is a sprinter, because a bull happened to catch, not one, but both brothers - at the same time. One was gored in the buttocks, and the other gored in the leg on the bull's other horn. Yes - at the same time. A photographer was there to "capture the moment". The brothers had significant but apparently not life threatening injuries.



The San Fermin festival in Pamplona dates back to 1591 and became famous after Ernest Hemingway published his novel "The Sun Also Rises" in 1926. Records have been kept since 1924, and since then 13 people have been killed, the last fatality was a 22 year old American in 1995.

And that's no bull!

*honorary member



Runnin' the Trails

by Paul Vorndam
Poetic Musings



Twas the night before the Peak, when all through the house
 Not a runner was stirring, certainly not a spouse;
 The stockings and running shorts were hung by the door with
 care,
 In hopes that tomorrow at 5:00 AM soon would be there;
 The runners were nestled all snug in their beds,
 While visions of A-Frame danced in their heads;
 And mamma in her 'kerchief, and I in my cap,
 Had just settled down for a restless nap,
 When up on the mountain there arose such a clatter,
 I sprang from the bed to see what was the matter.
 Away to the window I flew like a flash,
 Tore open the shutters and threw up the sash.
 Oh no! There's a moon on the breast of new-fallen snow!
 Above treeline, it's gonna be slow.
 When, what to my wondering eyes should appear,
 But a miniature snowboard, and eight tiny John Deers
 With a little skinny driver, so lively - and not fat,
 I knew in a moment it must be Carpenter – you know – Matt!
 More rapid than eagles, as usual, he came,
 And he whistled, and shouted, and called me names;
 "Now, Walker! now, Crawler! now, Slogger and Slug!
 On, Runner! On Sprinter! On Speedy, On Smug!
 To the top of the Incline! to the top of the Peak!
 Now up Manitou to Barr Camp you streak!
 As dry pine needles that before the wild hurricane fly,
 When they meet with an obstacle, mount to the sky,

So up to the summit house they all flew,
 With the snowboard and the dream spirit-Matt too.
 And then, in a twinkling, I heard my alarm clock sound,
 Threw off the covers and hit the ground.
 Grabbed some java, drove to Memorial Park,
 Toed the line and began the lark.
 I trotted, I trudged, some slow, some quick.
 Some strong, some weak, some fine, some sick.
 Passed treeline, the Cirque – some joys, some despairs.
 Where am I – oh! The Golden Stairs!
 Crossed the line, remembered the night.
 Where was that sprit that gave me the fright?
 Dizzy, I swore I heard Matt exclaim, ere he slid out of sight,
 "Happy Ascent to all, and to all a Peak Delight!"





Predictions

by Don Pfof

The Moonlight Madness Predict



Twenty-four runners and walkers turned out for the Moonlight Madness predict on Saturday, August 4, with a 7:30 pm starting time. Although both moonlight and madness were possibilities as the moon was approaching its last-quarter phase, the skies were overcast, blocking whatever moonlight there may have been, so there was neither much light nor any lunacy. Rain did threaten, but held off during the run.

In fact, the weather was a bit of a concern before the run. When Lois and I left our home in Belmont about an hour before the race, it had just started raining. The farther south we drove on I-25, the darker the sky became and the heavier it rained. By the time we reached the southern edge of Pueblo at Pueblo Blvd, it was a deluge, with most drivers slowing because of poor visibility and the danger of hydroplaning as water accumulated on the highway. Bolts of lightning flashed in the distance, followed by heavy rolls of thunder. While rain itself might not have dampened enthusiasm for the run, lightning was a danger that could not be ignored, and, if coupled with the heavy rain we were seeing at the time, it seemed likely that weather conditions would warrant canceling the race. Fortunately, as we approached exit 87 and turned east onto Verde Road, the thunderstorm had moved to the north, the rain let up, and by the time we got to the Tiffany's, it had all but stopped.

At 7:30, we gathered at the starting line. Dave had left a few minutes earlier to put out cones and place a piece of plywood over the cattle guard that we would cross coming and going. Diana described the course, emphasizing that it was basically the reverse of last year's run. As a car approached, we moved to the side of the road to let it pass and then lined up again. Diana gave the command, and we were off!

The course is a five-mile out-and-back on Verde Road, which is unpaved. Also, it is hillier than it seems from the front seat of a vehicle. This year, the run started and finished near the spot where it turned around in past years. Thus, in contrast to previous years, runners had the advantage

of more down hill on the way out, while facing more up hill on the return. Likely, this didn't really matter much, as hilliness is relative, and, by the time most runners reached the turnout point, it was too dark to make out the details of the terrain anyway.

As far as results, Joe Bulow hit predict on the head. As this was his first predict win, his initial response was skepticism that he'd accomplished such a feat. This quickly changed to elation when his time was confirmed—and the win clearly assuaged his anger at having stopped first at Diana's former residence, thinking it was the where the predict started, finding no one home, and then hurrying to her parent's, arriving with but minutes to spare. In second place was Jim "The Rocket" Robinson, 24 seconds off his predict, followed closely by a group that included Stacey Diaz, Peggy Oreskovich, Linda Strange, Paulette Arns, Wendy Garrison and Diana Tiffany, with times that averaged twenty-eight seconds off their respective predicts. The top ten was rounded out by Carrier Slover and Aaron Levinson, who finished about forty seconds under their predicts.

Aaron, an honor student at East High School who runs both cross country and track, also had the fastest overall time at 33:17, a 6:39 pace.

A potluck followed the run. Gary Skul filled the role of chef, toasting the burgers and hot dogs on the grill, and the kitchen counter was loaded with fixings for the burgers, plus salads, slaw, beans, fruit, desserts and beverages. Folks eagerly filled their plates and gathered at the tables on the porch for good eats and sociable talk.

There were lots of new faces, including Ana and Brian Bentz, Norm Carter, accompanied by his wife, Karen, who drove down from Aurora, plus Martha Drake, Darrell Olson, Teri Pritchard, and Dan and Kirstin Sutherland. Also, a very pregnant Sandy Reinsch joined the festivities.

As always, there are lots of people of thank, including Diana and her parents for

directing and hosting the run, Dave Diaz for putting cones at key points, doing the water stop and standing watch at the cattle guard, and Lois Pfof, Dennis Wait and Paul LaBar for working the finish line.

After the completion of six races in the predict series, Wendy Garrison remains atop the cumulative standings for the second consecutive posting with 412 points, followed by Stacey Diaz (386), Joe Bulow (377), Don Pfof (364), Carrie Slover (308), Paul DallaGuardia (285), Paulette Arns (264), Linda Strange (254), Peggy Oreskovich (245), Jim Robinson (242) and Dave Diaz (241).

Wendy, Joe and Paulette have finished six races, so their total scores are based on their best five. Most of the rest in the top fifteen places have finished only three or four predicts. Several of these have scores, most of which are relatively high, reflecting the ability to consistently and accurately cast predicts. As they complete the requisite five predicts, and at least one or two more to eliminate their lowest scores from consideration, they are likely find themselves among the leaders.

Also, there are several who've finished high in the final standings in recent years but who've not done many predicts so far this year, such as Steve Wall, Larry Volk and Rich Hadley, standing quietly in the background, and we may hear more from them before the series ends.

As yet another possibility, with five races remaining in the series—the Tunnel Run, South Shore Adventure, Harvest Run, Tunnel Canyon, and Rudolf's Reindeer Romp—a complete newcomer may emerge from out of nowhere, log five fantastic finishes, and walk away winner of the series.

That seems to cover most bases. In short, anything can happen.

Whew! How's that for a heavy dose of idle speculation?



Predictions

by Don Pfost

The-Tunnel-Drive-on-the-Arkansas-Riverwalk Predict



Forty-nine runners and walkers turned out for the Tunnel Drive Predict on Saturday, August 25, originally scheduled to be run on the Tunnel Drive course of old, starting at 7:30 am.

Unfortunately, there were several flies in the ointment, so to speak. First, because part of Tunnel Drive is closed, Rich Hadley decided to move the run to the Arkansas Riverwalk and change the distance from 5M to 8K. Through emails, phone calls, notices posted on the website, and by word of mouth, it appears word of the change got out to both predict regulars and newcomers, as there was a good turnout. And second, the 3rd Street access into the Riverwalk parking area crosses the railroad tracks near the train depot. As luck would have it, the start of the predict was delayed about fifteen minutes because a train pulled in and blocked traffic. Rich, distressed by the delayed start because it annoys him when the start of races he's running are delayed for potty breaks and the like, came to the rescue and led the stranded runners over the 4th Street bridge and into the staging area.

Rich lined us up, apologized for the delayed start, then described the course, checked for watches, and sent us on our way.

As a general observation, the Riverwalk is a beautiful facility—it is well-designed and well-maintained, scenic, and scattered along the trails are benches, invitations to sit and enjoy the tranquility. The trail itself is a runner's dream—a wide, smooth, all-dirt surface, which is relatively flat with long stretches shaded by trees and other vegetation.

Judging by comments both before and after the race, runners appreciated the out-and-back course Rich had laid out. The first half of the run was on that portion of the trail that parallels the river, crossing the river near the start. Then, about half a mile after the turn around,

we headed south off the main trail and looped along the bluff—here much of the trail was completely shaded, making the early morning run really cool, in several senses of that word. The loop then tied back into the main trail near a parking lot, and we retraced our steps, crossed the river again and headed for the finish line.

As far as results, Mike Schmidt placed first, missing his predict by twenty-five seconds, followed by Jim Robinson, Jamen Cox, Michael Bradley, Paulette Arns, Jane Chess, and Matt Sherman, all of whom were from twenty-eight to forty-five seconds under their predicts. The top ten places were filled out by Dawn Bass, Michael Cernoia and Robbi Sands.

Jonathan Huie, who recently returned from Spain, had the fastest overall time of 26:22, an impressive 5:18 per-mile pace. Mike Schmidt and Michael Cernoia were second and third, finishing in 28:34 and 28:35, respectively, both at a 5:44 pace. Michael Bradley also turned in a sub-six minute pace, finishing in 29:13, at 5:52 per mile.

As runners crossed the finish line, many reportedly groaned, a few cursed, in apparent disappointment at missing their predicts by much more than expected. To paint a statistical picture of the results, consider this: the average difference between actual and predicted times for all forty-nine finishers was 4min10sec. In addition, because this average is based on the absolute difference between actual and predicted times, and doesn't really indicate the number who were over and under their predicts, it's interesting to note that forty-four finished under their predict, with an average difference of 3:41, while five finished over their predicts with an average difference of 8:29.

Let me suggest some possible explanations for the above results. First, based on information provided by a person

wearing a Garmin Forerunner, a watch-size GPS device, who ran the course but did not compete in the predict, the course may have been a bit short of 8K. In addition, participants represented a wide range of running experience and conditioning generally, plus a wide range of experience with, understanding of, and interest in the predict series more specifically. And, for all participants, but especially those serious about the series, there was the guesswork of deciding on a predict for a new course, one that probably differs significantly in terms of surface, terrain, and so forth, from the courses on which many typically train and race.

Undoubtedly, the reader can think of other possibilities, and realizes that a combination of factors, including just plain luck, explains our performance on any given day. And it's the particular combination of factors on a particular day that can work to our individual advantage or disadvantage in a predict race.

Thanks to Deb and Rich for directing the race—an enormous amount of work goes into laying out, measuring and marking a new course. Their efforts are appreciated. Thanks also to Phil Quattlebaum and Lois Pfost, who along with Deb, worked the finish line. Several course marshals played crucial roles at the turn around and where the runners were guided to the bluff. Finally, thanks to Pal LaBar for posting notices about the course change on the SCR website.

This was predict #7 in the series and the cumulative standings look quite interesting in several respects. First, for the third consecutive posting, Wendy Garrison remains in first place with 412 points, and for the second consecutive posting, Stacey Diaz is in second place, with 386—neither scored enough points in this race to replace any of their earlier scores, so their total points remained unchanged. Carrie Slover, who has

(Continued on page 9)



Predictions (continued)



Tunnel-Drive-on-the-Arkansas-Riverwalk Results

Pl	Name	Predict	Actual	Diff	Pts
1	Mike Schmidt	0:29:00	0:28:34.62	00:25.38	100
2	Jim Robinson	0:35:08	0:34:39.10	00:28.90	97.96
3	Jamen Cox	0:37:00	0:36:29.73	00:30.27	95.92
4	Michael Bradley	0:29:48	0:29:13.74	00:34.26	93.88
5	Paulette Arns	0:58:42	0:58:06.78	00:35.22	91.84
6	Jane Chess	0:48:01	0:48:36.32	00:35.32	89.80
7	Matt Sherman	0:34:00	0:33:14.53	00:45.47	87.76
8	Dawn Bass	1:03:00	1:04:11.15	01:11.15	85.71
9	Michael Cernoia	0:30:00	0:28:35.03	01:24.97	83.67
10	Robbi Sands	0:52:00	0:50:29.20	01:30.80	81.63
11	Lou Huie	0:38:21	0:36:44.26	01:36.74	79.59
12	Austin Bass	0:57:00	0:55:19.79	01:40.21	77.55
13	Jonathan Huie	0:28:15	0:26:22.84	01:52.16	75.51
14	Ben Valdez	0:37:30	0:34:55.35	02:34.65	73.47
15	Carrie Slover	0:45:01	0:42:11.44	02:49.56	71.43
16	Ed Eide	0:37:07	0:34:15.61	02:51.39	69.39
17	Bill Vegas	0:40:30	0:37:36.14	02:53.86	67.35
18	Kim Thomas	0:48:28	0:45:31.46	02:56.54	65.31
19	Jeff Chowning	0:36:00	0:32:53.17	03:06.83	63.27
20	Larry Volk	0:33:30	0:30:22.08	03:07.92	61.22
21	Steve Wall	0:39:30	0:36:16.12	03:13.88	59.18
22	Dave Diaz	0:37:30	0:33:53.36	03:36.64	57.14
23	Al Weaver	0:41:15	0:37:36.41	03:38.59	55.10
24	Humberto Paredes	0:37:50	0:33:59.57	03:50.43	53.06
25	Maria Weaver	0:52:48	0:48:37.83	04:10.17	51.02
26	Brandon Jackson	0:38:30	0:34:16.65	04:13.35	48.98
27	Teri Prichard	0:41:00	0:36:45.02	04:14.98	46.94
28	Justin Cox	0:38:00	0:33:41.48	04:18.52	44.90
29	Jill Montera	0:39:45	0:35:24.82	04:20.18	42.86
30	Jordan Montera	0:33:30	0:28:59.98	04:30.02	40.82
31	Stacey Diaz	0:45:00	0:40:28.74	04:31.26	38.78
32	Julie Marshall	0:47:00	0:42:19.27	04:40.73	36.73
33	Warran Marshall	0:47:00	0:42:19.08	04:40.92	34.69
34	Mark Koch	0:39:25	0:34:41.82	04:43.18	32.65
35	Shalana Gray	0:43:00	0:38:04.96	04:55.04	30.61
36	Paul DallaGuardia	0:50:50	0:45:42.95	05:07.05	28.57
37	Don Pfost	0:55:10	0:50:02.86	05:07.14	26.53
38	Crysta Bardley	0:47:00	0:41:50.18	05:09.82	24.49
39	Marti Marshall	0:44:00	0:38:37.11	05:22.89	22.45
40	Wendy Garrison	0:51:45	0:46:00.85	05:44.15	20.41
41	Becky Medina	0:51:58	0:46:06.78	05:51.22	18.37
42	Anna Marshall	0:37:45	0:31:42.80	06:02.20	16.33
43	Ana Bentz	0:45:00	0:38:57.65	06:02.35	14.29
44	Rachel Packard	0:48:00	0:41:50.86	06:09.14	12.24
45	Shannon Mokhriby	0:42:00	0:34:16.03	07:43.97	10.20
46	Liz Lata	0:45:00	0:36:38.10	08:21.90	8.16
47	Emily Long	0:48:00	0:58:17.72	10:17.72	6.12
48	Art Long	0:48:00	0:58:18.24	10:18.24	4.08
49	T.J. Jones	0:45:50	1:05:55.14	20:05.14	2.04

Thank you Tunnel Drive Volunteers: Race Directors: Deb and Rich Hadley, Finish Line: Lois Pfost, Deb Hadley, Phil Quattlebaum, Results: Don Pfost.

Moonlight Madness Results

Pl	Name	Predict	Actual	Diff	Pts
1	Joe Bulow	0:41:15	0:41:15.20	00:00.20	100
2	Jim Robinson	0:38:50	0:39:14.81	00:24.81	95.83
3	Stacey Diaz	0:50:00	0:49:34.86	00:25.14	91.67
4	Peggy Oreskovich	0:50:00	0:49:33.04	00:26.96	87.50
5	Linda Strange	0:46:00	0:45:33.00	00:27.00	83.33
6	Paulette Arns	0:59:30	0:59:01.04	00:28.96	79.17
7	Wendy Garrison	0:55:00	0:55:30.66	00:30.66	75.00
8	Diana Tiffany	0:55:00	0:55:32.57	00:32.57	70.83
9	Carrie Slover	0:50:30	0:49:48.74	00:41.26	66.67
10	Aaron Levinson	0:34:00	0:33:17.62	00:42.38	62.50
11	Dan Sutherland	1:00:00	0:59:13.12	00:46.88	58.33
12	Don Pfost	0:54:20	0:55:27.32	01:07.32	54.17
13	Brian Bentz	1:02:00	1:03:09.12	01:09.12	50.00
14	Ana Bentz	0:40:00	0:41:24.17	01:24.17	45.83
15	Dawn Bass	1:03:00	1:04:41.83	01:41.83	41.67
16	Paul DallaGuardia	0:49:54	0:52:11.21	02:17.21	37.50
17	Teri Prichard	0:42:30	0:39:58.80	02:31.20	33.33
18	Justin Cox	0:37:00	0:39:38.02	02:38.02	29.17
19	Austin Bass	0:57:00	1:00:18.53	03:18.53	25.00
20	Jamen Cox	0:36:00	0:39:35.64	03:35.64	20.83
21	Darrell Olson	0:52:30	0:47:40.56	04:49.44	16.67
22	Kirstin Sutherland	0:50:00	0:45:02.67	04:57.33	12.50
23	Martha Drake	0:53:00	0:46:10.39	06:49.61	8.33
24	Norm Carter*	0:43:32	0:00:00.00	43:32.00	4.17

* DQ



Peggy Oreskovich, Carrie Slover,
Paul DallaGuardia, and Stacey Diaz at the
Moonlight Madness Predict.
photo by Dave Diaz

We thank the following Moonlight Madness volunteers: Race Director: Diana Tiffany, Hosts: Bill & Lee Tiffany, Chef: Gary Skul, Waterstop, Cattle-guard Guard, Photographer, & Course Marker: Superman a.k.a. Dave Diaz, Finish line: Lois Pfost, Paul LaBar, Dennis Wait, Results: Don Pfost.



Predictions (continued)



(Tunnel Drive continued from page 7)

turned in consistently high scores in her previous four races, moved into third place with this, her fifth predict, earning a total of 380 points, followed by Joe Bulow (377), who didn't run Tunnel Drive, and Don Pfof (364), who did but gained no points for his effort. The rest of the top ten includes Jim Robinson (340), Paulette Arns (333)—both scoring in the nineties at Tunnel Drive—Paul DallaGuardia (314), Dave Diaz (298), and Ben Valdez (272).

The shifts in the cumulative standings indicate that more are finishing the requisite five predicts, and that several have scored well in recent predicts, moving them into a top-ten spot. The current standings also show that our individual performances vary from one race to another, as three of the four in the top ten with more than five predicts gained no points from Tunnel Drive, while the fourth had a great walk, and moved up in the standings.

Four races remain in the series and we are certain to see even more changes in the standings with the completion of each.

The next predict will be the South Shore Adventure, Course 2, "The Outer Limit Loop", described as "8.3 miles (13.34K) of Single Track on Easy and Intermediate Rated Trails," by race director, Larry Volk. As far as basic information, the SSA is scheduled for Sunday, September 9, with a 7:30 am starting time. Larry emphasizes that there will be no water on the course, so runners need to carry their own water. The run starts near the Pedro's Point Trailhead, and the event parking area is on the south side of Highway 96, approximately 6 miles from the intersection of 96 and Pueblo Blvd, and roughly a mile beyond the landmark red gate.

If you are considering this predict, please consult the SCR webpage for more information and a map.

Hope to see you there.

Current Predict Standings (top 25)

PI	Name	TunUp	Rams8	TrlMix	YapDg	Bbust	8/4 Moon	8/25 Tun	TotPts*
1	Wendy Garrison	75.00	6.38	61.54	100	100	75.00	20.41	411.54
2	Stacey Diaz	82.50		88.46	61.90	61.29	91.67	38.78	385.82
3	Carrie Slover	80.00		80.77	80.95		66.67	71.43	379.82
4	Joe Bulow	60.00	46.15	73.08	57.14	87.10	100	0.00	377.32
5	Don Pfof	77.50	100		90.48	41.94	54.17	26.53	364.08
6	Jim Robinson		69.23			77.42	95.83	97.96	340.44
7	Paulette Arns	37.50	23.08	38.46	85.71	16.13	79.17	91.84	332.68
8	Paul DallaGuardia	87.50	92.31			67.74	37.50	28.57	313.62
9	Dave Diaz	30.00		92.31	38.10	80.65		57.14	298.19
10	Ben Valdez		84.62	69.23		45.16		73.47	272.48
11	Steve Wall	62.50	0.00	50.00		96.77		59.18	268.46
12	Larry Volk	45.00	76.92			74.19		61.22	257.34
13	Linda Strange	97.50		53.85		19.35	83.33		254.03
14	Peggy Oreskovich			23.08	76.19	58.06	87.50		244.83
15	Matt Sherman	65.00		11.54	33.33	0.00		87.76	197.63
16	Rusty Smith	72.50	53.85			64.52			190.86
17	Michael Cernoia	10.00				90.32		83.67	184.00
18	Bill Veges	27.50		84.62				67.35	179.46
19	Dawn Bass			0.00		32.26	41.67	85.71	159.64
20	Jessie Quintana	57.50		46.15		54.84			158.49
21	Lou Huie	32.50				38.71		79.59	150.80
22	Gary Franchi	50.00				93.55			143.55
23	Jamen Cox					25.81	20.83	95.92	142.56
24	Jill Montera			65.38	28.57			42.86	136.81
25	Gina Benfatti	52.50		30.77	47.62				130.89

*Note: Total pints is sum of five best scores for those completing more than five predict race

Pics from Tunnel Drive

Right
Julie & Warren
Marshall from
Canon in their first
SCR Predict race



Left
Paulette Arns
Earns nearly
92 points



Predictions (continued)



More Tunnel Drive photos — Clockwise from UL
Bill Veges and Al Weaver in an artistic shot, Pueblo West Cross Country Coach Matt Sherman gives last minute advice to his team, Paul DallaGuardia, Becky Medina, Lois Pfost / Rich Hadley / Deb Hadley
We thank Stacey Diaz for the photos



RRCA News

by Chris Vanoni

Hey Colorado RMRR Clubs-- This summer has almost disappeared. I haven't finished they myriad of projects I had planned, but I did have some great trail runs. I wanted to remind you about the state meeting scheduled for September 29th. Remember, that's the day before the

Boulder Backroads Marathon and half-marathon. I haven't had many RSVPs yet-- and none from out of town. C'mon you guys! Free food and great company and a great race the next day. And free lodging with host families for you out of town club reps! I need to get a head count so I can figure out food and location. Please respond by Friday. Also, does anyone have anything in the

works for Run @ Work Day? We have a couple of downtown runs planned. Hope to hear from you soon.

Chris Vanoni
RRCA Colorado State Representative
m_c_vanoni@msn.com



The Wild West Relay

by Patrick Swank

Dear SCR Members, Dave Diaz asked that I let you all know what my experience with the Wild West Relay and it was “Awesome”.

I would do it again in a heartbeat and highly recommend it if you can put together 12 people who want to have a great experience. As a lifetime runner, it was nice to change up and do something different and this relay was quite a change! For most of my life I have been a runner doing the individual thing and this was definitely a team event. Since it is pre-season, several high schools in the Denver area put together their cross country teams to run it. The winners were composed of Western State Cross Country runners. One of them passed me about 4:30 in the morning outside of Walden and he was moving pretty good. I work in Denver and our team was composed of a bunch of runners who run on our lunch hour and we did surprisingly well with a 47th place finish overall and 4th in the Helter Skelter division. We were in the Open division but lost a runner due to a stress fracture and had to switch with some of the other

runners taking those legs so several of us ran close to a marathon distance. The most difficult part of the race was getting rest in between your legs. We

had an 8 am start in Fort Collins and had to be there an hour before so we left Denver at 5:30 am and I think I only had 3 hours sleep from Friday am until Saturday pm.

My 3rd leg was a 6.7 mile run outside of Walden at 4 am and it was tough getting kicked out of the van then and getting going but I was still able to run a decent leg. Surprisingly, at 59, I was one of the older runners in the event and we estimated about 70% of the competitors were women.

The legs up Rabbit Ears pass in to Steamboat were tough because the weather was warming up quite a bit. Fortunately, we were early enough



that only our last few runners caught the heat as it was 95 in Steamboat that day. Overnight and early morning, we were running in the lower 50’s with a little bit of a head wind. Some of the slower teams were paying the price in the heat coming up the pass.

In the pics, I am in the multi color shirt starting down a trail for an 8.5 mile run that climbed 1,000 feet to 10,000 in the Roosevelt National Forest. It was dusty with a lot of switch backs but I enjoyed it.

Happy Running and see you all at the local races!

Patrick Swank

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

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 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 14, but don't peek early!



Leadville Gems

by Jan Dudley



As part of our training for RAGBRAI (Register's Annual Great Bicycle Ride Across Iowa – another story altogether), my husband, Jim, and I took our road bikes to Leadville on July 7, 2007 to ride Turquoise Lake. We started the 15-mile loop around Turquoise Lake at the dam. Michael Seeberg's book, *Road Biking Colorado*, depicts the steep 2.5-mile climb on this loop, but the reality is far more impressive in person. This is more than a "recreational" lake ride, with about 1000 ft. elevation gain, topping out around 11,700 ft. It is very scenic, with little traffic, and we finished in just under 1-1/2 hours, including scenic stops.

We recovered with lunch at the Mt. Massive Golf Course, and debated whether to golf or ride the Mineral Belt Trail. Golf was tempting on a sunny day at the highest elevation golf course in North America. But the links were crowded, so we went to the NEW Lake County Aquatic Center (great - check it out!) to catch a trailhead for the 11.6 mile Mineral Belt Trail.

The Mineral Belt Trail is an all-season, paved, ADA-accessible, multi-use, non-motorized path, with many access points. We rode in clockwise direction from the Aquatic Center, which put the 750 ft. elevation gain in the beginning of our loop. The climbing is hardly noticeable if you stop at every



Jim & Jan Dudley

trail sign that explains the history and surroundings. The views are fantastic, including Sawatch and Mosquito ranges and the two highest 14ers in Colorado. Our ride coincided with the Leadville Trail Marathon & Half Marathon, and we saw many of the participants on the trail route near the Mineral Belt path. The wife and young son of one of the marathon runners rode the Mineral Belt trail that afternoon, also, and the young boy rode quite well to finish just as it started to rain.

The signs on the trail are excellent and informative. Familiar names fill the history of Leadville: Boettcher, Horace and Baby Doe Tabor, Guggenheim, David May (May D&F), Father John Dyer, and the "Unsinkable Molly Brown". The trail integrates historic elements of mining, rail, and commerce,

while also connecting the current day community schools, museums, and public buildings. It is well designed and a great experience to ride!

What a great getaway destination in our back yard. Great road-riding, mountain biking, golf, fishing, history, and the new Lake County Aquatic Center, which has a shallow play area, two water slides, two lap lanes, diving board, hot tub & sauna. Leadville hosts a number of events, including the "Tri-it-High" Sprint Triathlon (7/15/07) for only \$45 early registration, and running & biking events associated with the Leadville Trail 100. For winter, the Mineral Belt Trail transforms to a ski experience, augmenting nearby Ski Cooper and the Leadville Backcountry Yurts.

We'll be going back to Leadville to catch Floyd Landis and Lance Armstrong compete at the Leadville Trail 100 MTB race August 11, 2007. Another great time to go is the 2007 Mineral Belt Gold Tour event on Sunday, September 23, 2007. Check out the links below for more details. Run, bike, swim, ski, golf, fish, museums or watch ... Leadville has it all.

www.mineralbeltrail.com/
www.lakecountyco.com
www.leadvilletrail100.com/
www.leadvillebackcountry.com/

(Great Stuff continued from page 3)

9, If the word "iterate" means to "say or perform again," isn't "reiterate" redundant?

10, With greediness the rule in pro sports today, can we assume we'll never hear a pro athlete say, "There's no 'I' in team" the way they do in college sports?

•

Until next month, may the question "Why?" never cause you to quit competing against yourself.

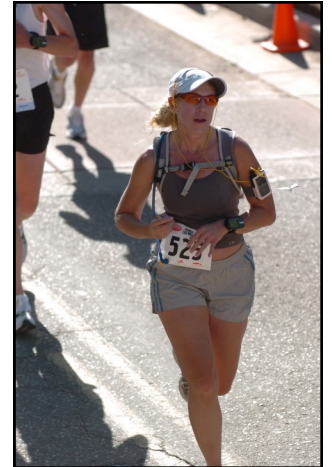
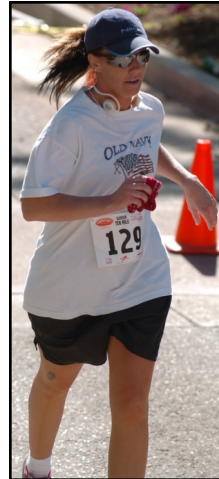
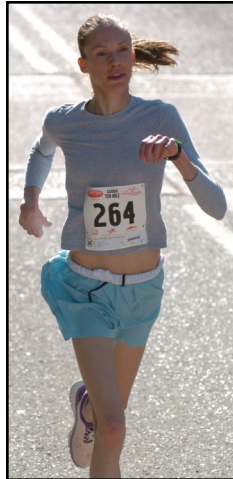
Congrats Tomas!

What did you do this summer? Remember that essay at the start of school every year? Well, if the English teacher asks SCR's Tomas Duran this question – The answer is that Tomas has been doin' duathlons...

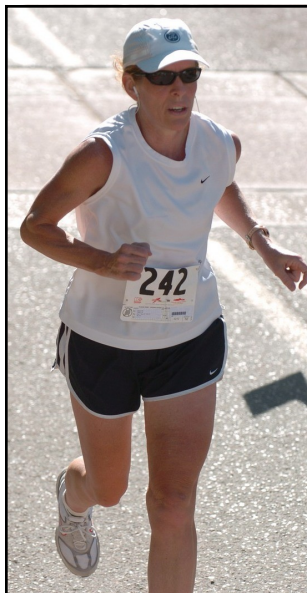
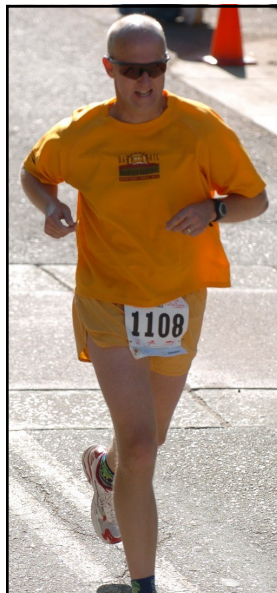
He placed 2nd in the Mile High Duathlon Series in the 60-64 year old age category. The series started with the Barkin' Dog Duathlon at Cherry Creek

Reservoir in May, the Big Sky Duathlon in Bennet, CO in June, and the Cabbage Head Duathlon in Wiggins, CO in July. Then he placed 1st in his age group in the Aspen High Country Duathlon with an overall time of 1:59:38. How's that for breaking the 2 hour mark? And... how's that for a productive summer?

Garden of the Gods Photos by Larry Volk



These SOCO Runners were captured by the lens of Larry Volk at the 2007 Garden of the Gods Run. We wanted to print the photos last month, but ran out of room. THANKS Larry!





The Child Advocacy Center Ride

by Jeff Arnold



The second annual Ride For Kids was held Saturday August 11. People started when they wanted but at least 15 of the 54 riders were on hand for the "official" 8 am start. The venue was changed to the Test Track road, but the start was at the Swift Trucking area, a little further east than the Great Divide spring event, and the turnaround was at the entrance to the test facility, thus eliminating the ride across the bridge.

It seemed to me a relatively cool day, considering the scorching afternoons we've had, with mild winds. For those who've never drafted and are baffled by the tactics of the Tour de France, let me repeat two things I was taught when I asked for bicycling advice for an Estes Park triathlon in 1979 or '80. First, about half the work a rider does at 13 mph is overcoming wind resistance. Second, as speed doubles, air resistance cubes. That's why all those riders in the Tour are so bunched up.

If you feel that riding with your front wheel a foot or so behind someone else's back wheel is dangerous, you're right. That's one of the main reasons why there are multi-bike crashes in the

Tour. But if you never learn to draft, you will never know the potential power of group riding.

Since I was riding my mountain bike, even though I had slick tires on it, I was reluctant to ask if I could ride along with a group, whom I assumed would take advantage of the drafting effect and ride pace line. On about the second hill I noticed I was gaining on a guy ahead on a road bike, and in fact, passed him, only to have him whiz past on the wheel of another roadie on the ensuing downhill. He didn't hold that position long and when I caught him again, I suggested that he ride close behind me, but no closer than he felt comfortable. He did, with the comment that the first time he had ever drafted was when I saw him going down the hill.

He caught on right away and we took turns, and talked all the way. In fact when I saw, on the way back, that we were going to catch a young woman, I suggested we offer to let her draft us. It worked wonderfully well, but she couldn't, or didn't want to, get a word in edgewise. On the next to last hill Patrick, my new friend, discovered that Jen

was no longer with us. We turned back for a ways and speculated that she may have needed to make a pit stop and our company was not wanted. It turned out that her bottle cage came loose and jammed her crank. Troy Davenport in a roving van stopped to help and she came in a couple of minutes behind Patrick and me.

We got back in time to see part of the air show also going on Saturday. In fact I waited for skydivers to jump for quite awhile and it was only after I started talking to a cross country prospect from Rye High that she noticed the white blossoms falling out of the sky.

Incidentally, I saw only one group working together, and they were really flying. They probably got in more than half an hour ahead of Patrick and me.

Lunch, donated by Rosarios and served at Mineral Palace Park, was shady and very good. Unfortunately fewer than half the riders showed up for that and the generous raffle. Thanks to Samantha and Troy Davenport, it was a very good day. Look for it on a Sunday next year.

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

Solution to the Sudoku Puzzle on Page 11

We provide these puzzles to encourage our readers to challenge their minds as well as their bodies.

Research has shown that it is important to keep our minds active as we age.

If you don't like Sudoku puzzles, try something else. In fact, share it with us, and we'll print it. However, be sure you get appropriate permissions. We do not want to violate any copyright laws.

Race Calendar by Linda Strange

September 15th, 9am: Tricia Korber-Martino and some friends are planning a memorial scholarship fundraising run for a friend named Danny Emerson who passed unexpectedly this year. Danny was a running enthusiast, and was a part of the Canon City cross country team for 4 years. The race will be on Sept 15th at the Canon City riverwalk 9th street entrance. It is a 5K run/walk, with other activities being held nearby. See www.danapalooza.com.

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



October 6th, Sat., **Autumn River Walk & Run Classic**, Centennial Park (duck pond), Canon City. 5k run, fun run and walk. The Arkansas Riverwalk provides an outstanding scenic setting for the Walk as well as the 5K Run and the Fun Run. The Walk will be from 7:00 to 10:00 am, with the 5K Run beginning at 8:00 am and the Fun Run at 9:30 am. (719) 275-1578 <http://www.ccrec.org/>

October 14th, Sun., 9am **Survivor Run/Walk and Bike Ride**, Test Track Road, Pueblo. The start is near Refractories West on the corner of Lockheed and Braniff where Lee Newhard's spring bike demo ride is held. It is a 5k run/walk, with a 20 mile bike race. This is NOT a duathlon – you pick the Run/Walk or the Bike Ride. The 5k will have age division awards, and for the bike ride - awards to Top 3 male & female individual riders. Benefits the Rape Crisis Center. Mike Archuleta, Race Director. For information call (719)947-3682.

October 14th, Sun., 8am. **Denver Marathon, Half-Marathon and Marathon Relay**. On October 14, 2007, we're inviting you to join us for the new Denver Marathon - a premier marathon, half-marathon and four-person marathon relay. This world-class event made its debut as Colorado's largest marathon and is again expected to attract a record number of runners. Every detail of the new Denver Marathon has been planned with you - the runner - in mind. A world-class race course, a world-class race organization, in beautiful Colorado - all during a perfect time of year! <http://www.denvermarathon.com/>

November 10th, Sat., **Atalanta Run**, Pueblo City Park. 5K women's run/walk. Atalanta was the Greek goddess of travel and adventure, and was a legend for her athletic prowess, as well as her courage and willingness to stand up for her personal values. Celebrate her spirit by joining other women in a race that winds through City Park, through a few neighboring streets, and up a challenging hill to the finish. Winners receive unique handmade pottery awards and all participants take home a women's-sized shirt. Stacey Diaz (719)564-9303



November 11th, Sun., 9:30am, **6th Annual Panicking Poultry 5k Run/Walk (for MS)**, Boulder. Boulder Reservoir. A fun race with a unique t-shirt, plus a goodie bag and post-race meal provided by Carrabba's Italian Grill and other refreshments by Emerald Sierra, Avery Brewing Company and Harpo's Sports Grill. Race benefits the National Multiple Sclerosis Society/Colorado Chapter. Colorado has one of the highest prevalence rates in the U.S., with approximately 8,000 Coloradoans with MS – that's one in every 580 in the state. Over 75% of those affected are women. http://www.active.com/event_detail.cfm?event_id=1394202

December 1st, Sat., 9am, **Rock Canyon Half Marathon**, Pueblo City Park. This half marathon has been a Pueblo tradition for 30 years, and keeps going strong. The course starts in City Park, and winds through it for a couple of miles, before reaching the river trail and following asphalt and dirt trails for the remainder of the race. The race is on regardless of the weather! Dave Diaz (719) 564-9303

December 15th, Sat., 10am, **Rudolf's Revenge**, Littleton, Chatfield State Park. 5k/10k sponsored by Runner's Roost. Expect to see wildlife in the form of rabbits, prairie dogs, fox, and coyotes – and the race is run no matter what the weather. http://www.winterdistanceseries.com/index_files/page0005.htm

For more details, see the SCR Calendar website at: <http://www.socorunners.org/scrraces07.htm> If you have an update for an event, or a new event, please send info to the webmaster at: calendar@socorunners.org.

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

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SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming SCR Prediction Races

The next predict will be the **South Shore Adventure**, Course 2, "The Outer Limit Loop", As far as basic information, the SSA is scheduled for Sunday, September 9, with a 7:30 am starting time. Remember to BYOW (Bring Your Own Water) See the last couple paragraphs of Don Pfof's article for more info. (Page 9)

Then there's the **Harvest Run & Picnic** on Saturday, October 20th. It's a 5 miler at Lovell Park in Pueblo West. The club furnishes the chicken and the drinks. The side dishes are pot luck. It's a great run and an even greater social event.

As always, consult the calendar link on the club website for details and up to date information. See: www.socorunners.org

NOTE: The club picnic took place in Beulah on August 26th. We have lots of photos, but ran out of room in this issue. We'll squeeze some pics into the October version of *Footprints*.

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 September 5th.

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

The Final Thoughts...

Anyone can do any amount of work, provided it isn't the work he is supposed to be doing at that moment. -Robert Benchley

Do not believe that it is very much of an advance to do the unnecessary three times as fast. -Peter Drucker, management consultant, professor and writer (1909-2005)

You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty. -Mohandas K. Gandhi (1869-1948)

I was always taught to respect my elders, but it keeps getting harder to find one. -Anonymous

I never said most of the things I said. -Yogi Berra

Baseball is ninety percent mental. The other half is physical. -Yogi Berra

What do you call a town full of twins? DupliCity! And what do you ask twin witches? "Which witch is which?"