



Editor: Ron Dehn

# FOOTPRINTS



Be thankful this newsletter comes only once per month.

## The Thanksgiving Edition

### WHEN YOU RUN WITH A FRIEND

When you run with a friend  
The time goes fast,  
The path is smooth  
And your pains don't last.

When you run with a friend  
Your mind is at ease.  
Foolish words drift away  
Like smoke in a breeze.

When you run with a friend,  
The soul opens wide;  
Those fears and doubts  
Have nowhere to hide.

When you run with a friend,  
Your feet seem to fly,  
And laughter rings free  
Like a bird in the sky.

One hopes through the years  
That such runs never end,  
For the miles are so sweet  
When you run with a friend.

Judy Tucker, 1983

## Judy Tucker is Coming to Town

Judy Tucker is going to join us at the 2007 Atalanta Run. If you are a veteran runner from the Pueblo area, you will remember Judy Tucker. If you are newer to Pueblo, or newer to the running scene, dig out your May, 2007 issue of *Footprints* and turn to page 6. (You DO save all your issues in a binder, don't you???)

Judy was one of the founding mothers of SCR. She helped form a local chapter of a women's running group called the Colorado Columbiners. This group merged with other area runners and the result was an organization called Southern Colorado Runners. Don Pfost, our current membership chair reported that Judy's membership number is 3.

She was responsible for starting the Atalanta race and the Valentines Two-some. These events continue to be

part of SCR's core races.

Judy moved to the Las Vegas area several years ago.

So, Judy will be in town for this year's Atalanta Run on November 10th. She would love to see some of her old friends as well as meet some of SCR's newer members.

The event takes place at Pueblo City Park on November 10th. The walk begins at 8:45 and the run at 9:00.

In addition to Judy's visit, the run / walk is a great tradition and is well attended. It is a women's only run with great awards and lots of goodies after the race.



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## SCR Notes from the October, 2007 meeting

**Attendance:** Don Pfof, Ron Dehn, Paul LaBar, Gary Franchi, Rich Hadley, Dave Diaz, Paulette Arns, Todd Kelly, Mike Archuleta, Chad Perry Lori Gregory, and Ken Raich.

Minutes from the September 2007 meeting were approved.

**Officer Reports:** : Treasurer's report - The treasurer's report was approved as presented. Newsletter Editor - Ron Dehn reported that the October issue of Footprints had been delivered by the post office in only a few days. Membership Chair - Don Pfof reported that the club has 185 members paid to date and 208 newsletters were mailed last month. 141 members of the club have requested to receive Colorado Runner magazine. Don suggested the 2008 membership form have the "Telephone Committee" checkbox replaced with "Newsletter Contributor". The club determined this was an excellent suggestion because the "Telephone Committee" had not been used in years (word now gets out through the web page and post cards) Ken Raich agreed to make the same substitution on the membership signup web page. Webmaster - Paul LaBar announced a committee has been formed to update the style of the web page. The kickoff meeting is scheduled for next week.

**Upcoming Events:** Lori Gregory talked about the Little Run on The Prairie for 2008. The event will take place on June 14th at 7:30 AM in Pueblo West's Lovell Park. The 2008 event will feature a 5K run and a 2-Mile walk. Mike Archuleta announced he was ready for the Survival Run, but had not yet received many entries. Thanks to Dave Diaz for picking up the Survival Run flyers from the YMCA and bringing them to the Gold Dust for the newsletter folding. Dave Diaz said the Harvest Run is on schedule, however, the Fire Marshal in Pueblo West is concerned about the wind. The bonfire permit will not be issued until the day of the event...wind permitting. Whether or not a fire permit is issued, the race will take

place. Dave has reserved Lovell Park in Pueblo West from 4:00 PM through 10:00 PM. Todd Kelly announced that the Spank Blasing Run will take place on April 19th, 2008. He is thinking about adding a 2-Mile walk to the event.

**Recaps/Updates/Revisits:** Don Pfof said the South Shore Adventure on September 9th went very well. There were 23 finishers and the course was terrific. The Hot To Trot on September 23rd had 175 participants sign up for the run, walk, and Kiddie K. This race has certainly been growing bigger each year.

**New Stuff/Old Stuff:** Todd Kelly introduced the club to Chad Perry, the new CSU Track coach. Chad told the club about his past and spoke about the CSU participants. Chad is enthused about SCR activities and intends to become involved with the club. Stan Hren sent the club a notice about Pueblo West holding meetings to get input to their Parks and Recreation Dept. We asked if anyone from SCR could attend one of these meetings. Paulette Arns said she was interested and Ken Raich agreed to give her the meeting schedule. It was asked if a "Jingle Bell Run" would be held again in 2007. Ken Raich said he would ask Runt McDonald and get back to the club.

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

**Respectfully submitted:** *Ken Raich*



**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. 305

"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, Bill Chavez*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

#### Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Stan Hren, Don Pfof  
Linda Strange, Ken Raich, Stacey Diaz, Dave Diaz,  
Judy Tucker

**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.

\* Bill Chavez won the jalapeno eating contest at the 2007 Pueblo Chile & Frijoles Festival. Bill downed 69 jalapenos in 10 minutes to tie the record and beat last year's champ Jaime Herrera who bailed out at 63. Bill won \$100, a t-shirt, bragging rights, and probably something we won't talk about.



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



## Great Stuff

by Gary Franchi  
@#\$\$ happens



Thought for today's lunch, contributed by writer Lewis Carroll: *"In some ways, people who don't exist are nicer than people who do."*

### Musings about running, fitness and life:

Good friend and fellow SCR member Paul DallaGuardia and I like to compare notes about our most recent racing adventures. Not the bragging-type stuff since – let's get serious here -- there's usually very little chance for that.

No, we like to talk about things that went wrong in our most recent race. Our chats revolve around our belief that every race has its own story. In plain English, that translates to: "Something will go wrong in every race."

We know well of what we speak.

Paul was the highly cerebral fellow who, while getting his first taste of multi-sport competition in the Y-Bi Classic Duathlon a few years ago, left his helmet on in the transition area when starting out on the run. Well, shoot man, ya can't remember everything! It was snowing that day, and at least an inch of the white stuff was stuck to the top of his helmet when he crossed the finish line of the 5-mile run.

Meanwhile, my powerful mental prowess enables me to creatively think of a new way to screw up just about every race I enter. I haven't forgotten to take one of my running shoes to a race yet, but I'm sure it will happen someday.

The most recent adventure story was formulated at the Hot to Trot 5K in Pueblo. This was a great race – a wonderful course, fantastic weather, excellent organization, good camaraderie and a tasty post-race breakfast at the Gold Dust. It was a "good vibes, feel good" event all around.

Since I train wearing radio headphones and believe that the rhythm of music helps diffuse the pain of running, I slapped the headset on before the race and looked forward to listening to some good hard jams for a change. Usually, I am forced to listen to country mu-

sic when running in my habitat of Canon City because the mountainous horseshoe surrounding the city makes most radio reception merely a dream.

Anyway, this worked extremely well for about the first half-mile of the Hot to Trot. Then, when trying to change radio stations, I hit the wrong button and the music cut out. I slowed down what had already been a turtle-like pace in order to try to figure out how to get back a station – any station.

This involved some quick high-tech maneuvering. That's right, I freaked out and started pushing one button at a time in hopes of getting some tunes back. Eventually, by blind and dumb luck, I got the station back, having lost a good 10 seconds or more of running time. Then this scenario was repeated about a quarter-mile later, resulting in the loss of another 10 seconds or so.

I attribute this snafu to the gods getting revenge on me for my adversarial attitude toward the restriction of runners from using boom boxes, VCRs and DVD players in Prediction Series races.

Whatever, the pattern of my finding ways to mess up in races has a long history. In fact, it started in my very first race – a Cinco de Mayo 5-miler back in 1978. It was drizzling throughout the race and, being a novice runner, I overdressed and ran in a drenched jogging suit for most of the race. Bad move.

Getting into triathlons has opened up a much wider range of opportunity for "stuff" to happen.

It's been great fun having a bike chain fall off during the Ordinary Mortals Tri. In the Cheyenne Mountain Tri one year, despite meticulously laying out all my gear in the transition area, I forgot to put on the belt that sported my bib number. Another year, I unexpectedly had to make a sharp turn at the bottom of a steep hill in the Monument Hill area while trying to hold onto the bike drops with a Clif Bar in one hand.

It gets worse. One year at the Fort Morgan Tin Man Tri, I lost a full water bottle in the middle of 31-mile bike in 90-degree heat when my bottle cage broke off. Not wanting to stop to

fetch it, I kept on cycling without liquid. It caught up to me about two miles into the 10K run when I totally bonked, reached an incoherent state and barely made it to the finish line. Not good.

In the most recent Rocky Mountain State Games Tri at Prospect Lake in Colorado Springs, I followed my usual pattern of starting the swim as far to the right as I could and then got caught in seaweed so thick that I had trouble untangling myself.

How? Why?

Hey, it happens. But at least it makes for good story telling.

### Ten things I was just wondering:

1, Why did Marion Jones think she needed to use steroids in order to win all those Olympic gold medals?

2, How long before someone sues an auto maker after suffering a broken wrist trying to twist off a gas cap?

3, Don't you just wonder what really happened in the Floyd Landis/Tour de France testosterone saga?

4, When did retail store receipts start getting to be about a foot long, with Circuit City leading the way?

5, Is there anything more heart-warming at a race than seeing Jessie Quintana's smiling face whenever she crosses a finish line?

6, If you turned all of your clothes inside out before doing your laundry, would they all come out right-side out?

7, If you've ever read an NFL injury report in the newspaper, doesn't it sort of make you start feeling a little bit achy?

8, Regarding the Oct. 27 Denver Gorilla Run giving a gorilla suit to all entrants, wouldn't it be cool if the Elephant Ride in Castle Rock had its own apropos suit?

9, When reading high school cross country results in the paper or on the Internet, doesn't it just blow your mind how so many kids can run that fast?

10, When Survivor Run/Bike officials woke up to see rain on race morning recently, can we assume they weren't saying, "Well, we need the moisture.?"

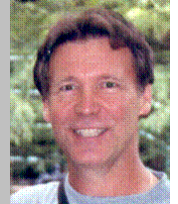
Until next month, expect the unexpected in races. It happens.



# Ramblin'

by Ron Dehn

## One Small Step for Man...



### November Birthdays

- 1 Ross Barnhart  
Lyle Lovett\*
- 2 Marti Marshall  
Mike Schmidt  
Burt Lancaster\*
- 3 Barbara Hadley  
Adam Ant\*
- 4 Sean Bryan  
Matthew McConaughey\*
- 5 Jessie Quintana  
Roy Rogers\*
- 14 Alice Fitzgerald  
Claude Monet\*
- 16 Robert O'Callaghan  
Burgess Meredith\*
- 17 Rocky Khosla  
Lawrence Volk  
Tom Seaver\*
- 18 Steven Wall  
Mickey Mouse\*
- 19 Juanita Peters  
Jodie Foster\*
- 23 Chris Dehn  
Harpo Marx\*
- 24 Paulette Arns  
Dale Carnegie\*
- 25 Lenore Raich  
Joe DiMaggio\*
- 26 Mike Borton  
Tina Turner\*
- 28 Nancie Biery  
Karen Van Haverbeke  
Randy Newman\*
- 29 Robert Quintana  
Howie Mandel\*

There are some things that you think will never happen to you. Some things are simply unattainable. Things like: I'll probably never be elected president; or I'll probably never win the Nobel Peace Prize; or I'll probably never walk on the moon.

As a kid, I remember thinking about what the future would bring. I was young during the initial phases of the space race and I was quite tuned-in to astronauts, cosmonauts, satellites, and the sky in general. I remember wondering if I would live long enough to see Halley's Comet. I did, and can remember some chilly nights in 1986 as I tracked the famous comet's path in the night sky.

Like all kids, I loved fascinating and magical things. I remember watching Walt Disney's "Wonderful World of Color" on a black & white TV. I wondered what it would look like in color. I even ventured to wonder what it would be like to visit Disneyland in person.

I was a fan of Superman and collected Superman comic books. In the middle of each comic book was a coupon to a place called Palisades Park. Rock-N-Roller Freddy Cannon even sang a song about riding the carnival rides with a beautiful girl at a "swinging place called Palisades Park". It was even more mysterious than Disneyland. Disneyland was in California, and I had cousins who lived in Long Beach. I'd never been there, but California was a "real" place because I had a connection. Palisades Park was in New Jersey, and all I knew was that New Jersey was somewhere far away, and that it must be a wonderful place to go.

My circle of friends all collected baseball cards. Yes, we chewed the gum and got "free" baseball cards in each pack. I was a Milwaukee Braves fan, and knew their whole lineup. My favorite players were Eddie Matthews and Hank Aaron. Eddie Matthews was a slugger and more importantly, a 3rd baseman. I played 3rd base in Old Timers Baseball at the old Washington Elementary School. Matthews was later inducted into the Baseball Hall of Fame and is regarded as one of the best 3rd basemen of all time. Hank Aaron was his teammate, and talk about a slugger. When I was watching or listening to a game, I couldn't wait until Hammerin'

Hank came to the plate. Hank Aaron is regarded as one of the best baseball players of all time. He still holds several MLB records and his 755 career home run record was just recently surpassed. He made the All Star team 24 times, and was voted into the hall of fame in 1982, his first year of eligibility. In addition to his playing ability, he faced larger issues in breaking racial barriers and was a player in the Negro League prior to his career in the majors.

The neighborhood boys followed baseball on TV and radio, read about players and teams in the newspaper, and traded baseball cards. My Dad took my brother and me to see the Pueblo Dodgers play at Runyon Field. He told me to take my glove in case a foul ball came our way. After a game, Dad took us on the field and we talked with the 3rd baseman. I can still remember the feeling of standing on the infield next to a "real" baseball player, a 3rd baseman to boot.

My buddies and I loved the World Series. It was the highlight of the whole season. The Series games were played in far off places like New York, Milwaukee, Los Angeles, Cincinnati, and San Francisco. We knew next to nothing about these places, except that they were far away and a baseball team played there. These were places none of us had ever visited, and probably never would. If we did, it would not be to see the World Series. We felt that attending a World Series game was like going to the moon. It was something that no "real" people ever did. Certainly, nobody that we ever would know. It never even crossed our minds that ordinary people went to World Series games. An event like this was definitely reserved for the rich and famous.

Zoom now to 2007. The Colorado Rockies were in the hunt late in the season. I told my wife Chris, that if the Rockies made it to the Series – we were going. But a unique and unlikely occurrence of events had to take place for them to get into the playoffs. Against all odds, this "perfect storm" of hits, walks, outs, and runs took place. **THE COLORADO ROCKIES WERE GOING TO THE WORLD SERIES!!!**

On Monday, October 22<sup>nd</sup>, I spent hours on the Rockies web site trying to get tickets. I wasn't

*(Continued on page 5)*

\*honorary member

## One Small Step... continued

*(Ramblin continued from page 4)*

alone. There were somewhere around 8 ½ million hits to the web site. No tickets for us. On the next day, tickets went on sale again, but I was out of town and did not have access to a computer. I was not going to pay a scalper for tickets, so it looked like going to a World Series game was still something for other people.

BUT, on Saturday the 27<sup>th</sup>, my son-in-law Anthony called and told us that one of his friends just got Series tickets by phoning 1-303-ROCKIES. I spent an hour and a half dialing and re-dialing only to get an “All circuits are busy” message. Then, by a stroke of luck, I got through to an on-hold message. After being on hold for over an hour, I was connected to a live person and got 4 tickets to Game 4 (Sunday night). I started yelling and jumping. “We’re going to the World Series, We’re going to the World Series!!!”

My wife Chris was going to go at first, but was unable to go at the last minute. She gave up her ticket to one of our friends. I was disappointed that Chris was not going.

Four of us made the trek to downtown Denver. We knew it would be crowded, but were not prepared for the throngs. Blocks from Coors Field, there were tens of thousands of people on the streets, and bumper to bumper cars. Hundreds of hopefuls held signs telling how many tickets they would gladly pay exorbitant sums of money for. Most people were wearing purple and black, while a disproportionate number wore red. I was sporting a purple, black, and gray Rockies shirt, and a new Rockies World Series ball cap that son Jeremy and daughter-in-law Maggie gave me a couple hours earlier. Vendors were selling hats, shirts, peanuts, key chains, and a hundred other items. People were cheering, hooting, hollering, and waiving. The sights and sounds were like something from a movie. I knew it was real, but at the same time I had few real experiences to compare it to.

We were part of a human tidal wave. There were tens of thousands of individuals, but it was one sea of huge rolling waves. It was a fluid mass of energy and excitement.

Attendants gave us white rally rags with the Rockies logo as we entered the stadium. People were literally everywhere. Surreal, Surreal, Surreal. We made our way from the main concourse through a short tunnel to get to our seats. At the end of the tunnel we were greeted to a full view of the field, the stands, and 50,000 white rally rags waving to the beat of the music. I could not tell if the stands were shaking or if it was me. Maybe both. We had great seats on the third level, behind and just a shade to the right of home plate.

After much celebration and multiple cheers, organized and otherwise, the announcer informed us that awards were going to be presented on the field. The recipients were going to receive the Hank Aaron award for something. I didn’t hear another word after he said Hank Aaron. I looked down at the field, and then to the Jumbotron, and there he was in person – Hank Aaron. I’m normally not star struck. I don’t care what Madonna is eating, or which starlet was seen with whom last night. But this man is a legend. This man is a man of character, who broke unbelievable barriers of many kinds; and seems to be rather humble about all he’s done. He is a hero from my youth. This man is bigger than life.

Then a couple hundred police and firefighters unfurled a U.S. flag that literally covered the entire outfield; and as Trisha Yearwood was paying homage to the “land of the free and the home of the brave”, four jets roared overhead, fireworks exploded from the scoreboard, 10,000 flashbulbs danced throughout the stadium, and the crowd waved 50,000 white rally rags. The stadium lights blurred just a bit as I wiped my eyes.

It was twenty years of Christmas, New

Years, Fourth of July, and my birthday all taking place in one unbelievable moment. I was Neil Armstrong taking that first glorious step on the moon. I was John Elway lifting up the Vince Lombardi trophy. I was in a place that ordinary people were not allowed to be. But I AM ordinary, and I was there – at the World Series.

I had one regret. I wished Chris had come. I missed her. I wished she were by my side to share this. You didn’t have to collect baseball cards as a kid to appreciate this moment. The pure flowing frenzy of energy was the experience of a lifetime. My brother and his family obtained tickets for Game 5. The Rockies needed a win tonight for there to be a Game 5. I hoped that my brother would get the chance to be a part of this too.

All night there were cheers, standing ovations, waving towels, songs over the loudspeaker, jubilation, and disappointments. All these ingredients were blended together to form a historic and truly spectacular event. But among the sights, sounds, 50,000 people, and the flow of electricity – time stood still for a glorious moment and one ordinary person stepped down a ladder to put his foot on the surface of the moon. “One small step for man...”





# Runnin' the Trails

by Paul Vorndam  
Rut Running



Sadly, I must report to you that this is what I do most of the time now down here in the Wet Mountains west of Rye. Why rut running? Frankly, it's because the U.S. Forest Service (USFS) permits motorcycles to use almost all of what used to be trails down here. These cyclists are ruining the trails and their usage is increasing. The trail erosion that we hikers and runners cause is miniscule compared to these powerful machines that literally chew their way up steep trails. Many spots on the trails have become V-shaped gullies, gouged out by spinning knobby tires. If there is dead-fall on the trail (trees, unfortunately not cyclists) they just pour on the power and carve a new slash around the obstacle. In many spots on all of these trails, the footing is very treacherous due to the motorcycle decimation. Beyond that, I have personally witnessed cyclists spraying a Boy Scout Troop with gravel as they went charging by them up the mountain.

The USFS has a multi-use charter. They are required by law to cater to multi-use of the forest by hikers, horses and vehicles of all kinds. The ATV and motorcycle crowd are apparently very vocal in support of their right to use (read: ruin) the trails. Here is a list of the trails I am aware of that they are permitted on:

Snowslide  
Cisneros  
St. Charles Peak  
South Creek  
Squirrel Creek  
2<sup>nd</sup> Mac  
Ditch Creek  
Silver Circle

Where are they not permitted?

Bartlett  
Millsett  
Greenhorn

Does this seem a little lopsided to you? It does to me, too! I've written letters of protest to the forest supervisor in the past. I haven't even had the courtesy of a reply. It would be nice if motor vehicles were completely outlawed from ALL trails, but that will never happen. What seems logical to me however, is that the number of trails they are permitted on be reduced. It's ridiculous (IMO) that they be allowed on the St. Charles Peak trail, for instance. This is a steep trail narrow trail. I've run on it for 10 years and, trust me, it is being absolutely ravaged by motorcycles. The environmental damage that ONE motorcycle can cause is HUGE compared to any other non-motorized use. I feel that multi-use should be balanced with some small amount of ultimate care for the resource.

When these trails become so eroded and gullied that no one can use them, what then? The USFS has little budget/time/inclination to do trail maintenance. At least in another 10 years, I probably won't be able to RUN on these trails any longer (just because I'll be too durned old).

Hopefully, I've managed to kindle a like sense of outrage for you as you've read this rant. If so, please, please contact the Forest Supervisor and let him know how you feel about what I call an environmental disaster! Thank you! Happy Ruts!

San Carlos Ranger District  
3170 E. Main Street  
Canon City, CO 81212  
Ph: 719-269-8500  
Fax: 719-269-8719

USDA Forest Service  
Pike & San Isabel  
National Forests  
Cimarron & Comanche  
National Grasslands  
2840 Kachina Drive  
Pueblo, CO 81008  
719-553-1400

## Hey all you half marathoners out there!!!

Did you know that SCR club members pay only \$15 for the Rock Canyon? If you are a member, just write "SCR member" on your entry form. If you are not a member, go to the SCR website ( [www.socorunners.org](http://www.socorunners.org) ), click on the Membership link. There you can download and print a membership application. Fill it out and submit it with your Rock Canyon registration. Or, you can follow the Register Online link. Not only will you save money on several race registrations, but you will receive merchant discounts. And... last but not least, this wonderful newsletter will be delivered directly to your mailbox. See Don's article on membership on page 12.



## Predictions

by Don Pfost

### South Shore Adventure -The Outer Limits Loop Predict



If variety is the spice of life, then participants in the SCR predict series enjoy a spice-laden feast. The spice rack is filled with eleven courses that vary by distance, location, running surface, terrain, sights, smells and sounds, and difficulty, with the three trail runs, the South Shore Adventure among them, perhaps the most challenging.

Twenty-three runners turned out to savor the South Shore Adventure #2, “The Outer Limits Loop”, on Sunday, September 9, with a 7:30 am starting time, directed by Larry Volk. This was the second of Larry’s SSA trail runs. He plans a min-series, in a sense, with a different course each year, each with its unique features and challenges, but all in the same general area of the south shore.

Runners started pulling into the parking lot shortly after 7 pm, under overcast skies and an unofficial temperature of 58. Many immediately filled out the sign-up sheet—some agonizing over what they should write down. As we were about to move to the start, a sheriff’s deputy pulled up, got out of his car, approached and announced that the group was trespassing, and, in response to an anxious question from the crowd, said we would have to move. The deputy then broke out into a broad smile, laughed, and was later identified as the spouse of one of the runners. (And who says that run ins with the law can’t have their lighter side?)

We gathered for the start at the south end of Pedro’s Point Trail, just over the embankment of Highway 96. After introducing himself and asking newcomers to do the same, Larry described the course, alerting us to a few hazards, such as a groove down the middle of the trail in places, loose shale, and rattlesnakes; though he speculated they wouldn’t be out due to the cool weather.

Larry described the Outer Limits Loop as 8.3 miles of single-track, easy and intermediate rated trails. The loop actu-

ally consists of three different trails. The first leg runs the full length of Pedro’s Point Trail. Once we left the starting line, climbed out of the hollow, turned a wide westerly arc, and headed north, it was pretty much a straight shot to Pedro’s Point. This part of the course is relatively flat with a starting-line elevation of about 4950 feet and a high point of 5050 feet. There were a few grooved sections that Larry had warned us about—I found it easiest to run along one edge or the other. Otherwise, the trail was easy going. As we approached Pedro’s Point, the trail dropped toward the reservoir and we caught glimpses of the northern part of Lake Pueblo. Near Pedro’s Point, the dam and entire reservoir came into full view.

We went to the edge of Pedro’s Point, and then made a hairpin turn to the left onto the second leg of the course, Outer Limits Trail, which runs south along the jagged edge of a long inlet. The OLT is—dare I say it—snake like, both vertically and horizontally. At first, it’s tightly coiled, with sharp twists and turns, and frequent changes in elevation, none that are real steep, but steep enough to warrant one’s full attention. This section clings to the rim rock above Lake Pueblo. Boats were scattered along the inlet. The north side marina and Pueblo West were visible across the water against the backdrop of Pike’s Peak and the surrounding mountains. But this wasn’t the time for leisurely sight seeing. It was crucial to focus on the trail, which often approached just a few feet from the edge of the cliff and the water below before whipping a sharp turn. The trail runs the full length of the inlet and stays on top of the bluff. The farther south we went, the more the trail uncoiled itself, with rolling hills and wider, gentler twists and turns, and the deeper inland it went each time before swinging around, heading back toward the reservoir, and doing it again. The last half mile or so, which is a good distance from the reservoir, runs atop the level bank of a dry creek bed and takes the

form of a long, lazy zigzag.

OLT dead ends at an intersection where Voodoo Trail branches to the right, heading west. We took the left-hand branch onto Pronghorn Trail, the last leg of the loop, which heads east. This part of the course is relatively straight and flat, with a slight rise in elevation before it drops and intersects Pedro’s Point Trail, where we turned right, retraced the wide curve downward, and dropped into the hollow where we started.

This was a great trail run, in my view. On the one hand, compared to last year’s SSA, it was much easier. Frankly, though, I didn’t miss struggling up and down the steep, sharp-angled, narrow, rock-laden gullies. Still, there wasn’t much of the Outer Limits Loop that was flat and straight. Most of the time there was some zigging or zagging going on simultaneously with changes, though sometimes slight, in elevation. In addition, the surface was runner-friendly, save a bit rocky at times, the scenery breathtaking—if you dared look—the smells refreshing, and, thankfully, no need to be concerned about the traffic and crazy drivers.

As far as results for the SSA: As he did in the Trail Mix, Victor Boley placed first, forty-four seconds over his predict, followed closely by Stephanie Wurtz, forty-six seconds over her predict. Marti Marshall was in third place, with Don Pfost, Becky Medina, Bill Veges, Wendy Garrison, Rusty Smith, Larry Volk and Humberto Paredes, filling out the top ten places. (*See the October newsletter or the SCR website for full results.*)

As a general picture of how the trail runners did, the average difference between actual and predicted times for all twenty three was 6min:57secs, and no one finished under his or her predicted time. (Larry caught some good-natured flack from several early finishers who

*(Continued on page 9)*



# Predictions

by Don Pfost

## The Harvest Run



Thirty-two runners and walkers gathered for the 5:00 pm start of the Harvest Run at Lovell Park in Pueblo West on Saturday, October 20. At starting time, the weather at Memorial Airport was officially described as “fair and breezy”, with clear skies, a temperature of 81, and winds out of the west at 24 mph, gusting to 36—conditions that were closely mirrored at Lovell Park.

Runners started arriving around 4:30. Most quickly filled out the sign-up sheet, then either chatted with others or took warm-up runs.

Shortly before 5:00 pm, we moved to the starting line near the headquarters of PW Parks and Recreation Department on the west side of the park. Following a general description of the course and assurances that it was well marked, Dave gave the start command. We were off!

The course is a relatively flat, easy loop through the residential streets of Pueblo West. And indeed, we soon learned that it was well-marked—flour numerals at each mile and flour arrows and cones at each turn and intersection.

We poured out the park entrance, turned left onto Hahns Peak, right onto Wiggins, and left on Abarr, crossing the one mile mark just before turning left onto Bailey. Miles two and three are a relatively straight, southeasterly stretch along Bailey, Falcon, Arvada and Bond, with the last leg a slight uphill to the top of a rise where George Slaughter had set up the water stop. We took water, turned left onto Bayfield and immediately crossed the three mile mark. Mile four was a gradual downhill north and west on Bayfield, Bahia and Datura to where the latter intersected with Latimer at the four mile mark, where we turned left. Mile five included a short jog north on Latimer, then we headed west on a dirt road under the power lines, turned north on Gilia, and circled around the back of the elementary school and ball field,

finishing in the parking lot near the pavilion, a short distance from the start.

Traffic was light on the residential streets. Still, a few runners had “close calls” at intersections with vehicles whose drivers weren’t paying attention, likely talking or texting on a cell phone. As someone wisely commented later, “You need to look out for them, ‘cause they sure as heck aren’t looking out for you”.

As far as results, Maria Elena Weaver hit her predict right on the nose, followed closely by Ross Westley, who was about three seconds over his predict, and Bill Veges and Paul Koch, who were about five and ten seconds under their respective predicts. The top ten finishers were rounded out by Matt Sherman, Mark Koch, Jim Robinson, Allen Weaver, Ben Valdez, and Victor Boley.

As a general picture of the results, half the racers were a minute or less off their respective predicts, and the average difference between actual and predicted times for all thirty-two runners and walkers was 1min: 50secs. This is one of the lowest overall average differences for the 2007 series, a fact that seems mainly attributable to two features of the course—it is relatively easy and many runners have done it before, so are able to gauge with reasonable accuracy how much time it will take them.

The fastest overall time was registered by Paul Koch at 32 minutes, a 6:24 pace, with Larry Volk not far behind in 33:07 at a 6:37 pace.

After the run, folks gathered under the pavilion to feast on a potluck of fried chicken provided by the club, complemented by tasty fixings provided by members. Because the wind had blown hard earlier in the day, Dave had been informed by officials that no bonfire would be allowed. It was still blowing at start time, but died down as we began

eating. In addition, the temperature was the warmest in recent memory, and a first-quarter moon shone brightly in the southern sky. It was an occasion to savor even without the bonfire—a pleasant autumn evening, tasty food, and sociable talk, with one exchange considering the differences between crows and ravens and ending when one smartass suggested the main difference was that crows cry “caw”, ravens “nevermore”. Even the kids seemed to have a good time, as several danced and performed on the pavilion slab, starring in their make-believe roles.

There were several new faces at the predict, including Ross Westley, a club member who drove down from Arvada, Nathan Bass, Luis Lordizabal, Edd Collicie, Ken and Kevin Hughes, Ken Holmes, Shawn Loppnow, who recently joined SCR, and Emily Batson. Welcome all and we hope to see you at future predicts. A special guest and future runner was Abby Capri Reinsch-Valdez, Sandy and Ben’s infant daughter.

Our thanks go to the following volunteers who made the Harvest Run possible: Dave and Stacey for directing the race, which included reserving Lovell Park, marking the course, and delivering the fried chicken; George Slaughter for doing the water stop, and Lois Pfost, Paul DallaGuardia and Paul Barela for working the finish line.

Wendy Garrison remains atop the cumulative standings for the fifth consecutive posting with 423 points, even though she did not do the Harvest Run because of illness. Jim “The Rocket” Robinson, who did, garnered enough points to move into second place with 421 points, while Don Pfost (409), Stacey Diaz (386), Carrie Slover (380), Joe Bulow (377), each dropped a slot compared to the previous rankings, with all but Joe doing the Harvest Run but gaining no points. Paulette Arns (356) gained

*(Continued on page 9)*





## Predictions Continued



*(SSA continued from page 7)*

complained that the course was too long. Larry reminded them he'd measured the course using two GPS devices and an odometer, and was fairly confident that it was reasonably accurate.)

Paul Koch had the fastest overall time finishing in just under an hour, with Larry and Stephanie not far behind.

Thanks to Larry for directing another savory race in the series—his creative efforts and hard work, which included cutting weeds and marking the course with flags and flour so no one went astray, are greatly appreciated. Thanks also to Eric Brill, a member of the Trail Builders, for an estimated forty-five hours spent whacking weeds and for sweeping the course on his bicycle. Fi-

nally, thanks to Lois Pfost for handling the finish line unassisted.

Turning to the cumulative standings after eight races in the predict series: Wendy Garrison, for the fourth consecutive posting remains in first place, increasing her point total to 424 points. Don Pfost (409), who also picked up points from the SSA, moved into second, followed by Stacey Diaz (386), Carrie Slover (380) and Joe Bulow (377). The top ten are rounded out by Jim “The Rocket” Robinson (375), Paulette Arns (333), Larry Volk (323), Dave Diaz (316) and Paul DallaGuardia (314). *(See the October newsletter or the SCR website for details.)* Jim and Larry completed the requisite five races to qualify as finishers in the series.

Three races remain in this year's series—the 5M Harvest Run at Lovell Park in Pueblo West, on Saturday October 20, the 4M Temple Canyon in Canon City, on Saturday, November 24, and the second running of the 4.25M Rudolf's Reindeer Romp, on Sunday, December 16. Stay tuned.

*(Author's Note: This article, with a few minor revisions, is what I intended to submit to Ron around 5:30 am, Monday, September 10, the day after the SSA, for inclusion in last month's newsletter. However, in my rush to load the car and get underway for our three-week vacation, I emailed him the wrong file consisting of an outline and notes. Thanks to Ron for making sense of the fragments and for agreeing to print this version.)*

*(Harvest Run continued from page 8)*

points and remained in seventh place, whereas Bill Veges (351), Ben Valdez (347) Larry Volk (339), who occupy places eight through ten, all gained points and changed positions from the previous rankings.

Bill, Steve Wall and Becky Medina completed their fifth race in the series, qualifying them for an award among the final finishers.

Two races remain in the series. First, the Temple Canon 4M predict in Canon City is scheduled for Saturday, November 24, with a 9:00am starting time. In recent years this has had one of the largest turn outs of the series, a reflection of its popularity. Check the SCR website for more information and directions.

And second, the final race in the series will be the 4.25M Rudolf's Reindeer Romp on Sunday, December 16, starting at 9:00 am, hosted by Don Learned and Mary Rudolf. The race starts and finishes near Don's condo at 10 Nona Brooks Court on Pueblo's south side.

Even with only two races left, dramatic changes in the series' standings are possible, so stay tuned.

Finally, I'm looking for someone to take over as coordinator of the 2008 predict series. Among other reasons, Lois and I are planning to do more traveling next year, with trips to Mesa, Arizona, to watch grandson Travis play baseball, and to our hometown in Idaho to attend my 50<sup>th</sup> class union, plus other excursions, near and far.

As far as what would be involved, keep two points in mind. First, the really hard work is done by the directors of each predict who map out and mark the course, recruit help, and, in most cases, organize the post-potluck predict. And second, for the past two years, I've done the results and written an article about each race, as well as help with the schedule, which is pretty solidly set, and arranged for awards. Obviously, the role of coordinator can be defined differently in terms of what it entails and how it is done. It does take time, but, at least for me, it has been challenging, interesting and enjoyable. However, it's time

for me to step aside and let someone have all this fun.

If interested, please email me at [membership@socorunners.org](mailto:membership@socorunners.org), or call me at 544-9633.

## Predict Series Results by Don Pfost

PI	Name	3/8 Tuneup	4/7 Rams 8	4/29 TrIMx	5/13 YapDg	6/23 BBstr	8/4 MoonM	8/25 TrnDrv	9/9 Sshor	10/20 Hvst	Tot
1	Wendy Garrison	75.00	15.38	61.54	100.00	100.00	75.00	20.41	73.91		423.91
2	Jim Robinson		69.23			77.42	95.83	97.96	34.78	81.25	421.69
3	Don Pfost	77.50	100.00		90.48	41.94	54.17	26.53	86.96	34.38	409.10
4	Stacey Diaz	82.50		88.46	61.90	61.29	91.67	38.78	26.09	40.63	385.82
5	Carrie Slover	80.00		80.77	80.95	0.00	66.67	71.43	21.74	37.50	379.82
6	Joe Bulow	60.00	46.15	73.08	57.14	87.10	100.00				377.32
7	Paulette Arns	37.50	23.08	38.46	85.71	16.13	79.17	91.84		60.94	356.12
8	Bill Veges	27.50		84.62				67.35	78.26	93.75	351.47
9	Ben Valdez		84.62	69.23		45.16		73.47	39.13	75.00	347.48
10	Larry Volk	45.00	76.92			74.19		61.22	65.22	60.94	338.50
11	Matt Sherman	65.00		11.54	33.33			87.76	56.52	87.50	330.11
12	Dave Diaz	30.00		92.31	38.10	80.65		57.14	47.83		316.02
13	Steve Wall	62.50		50.00		96.77		59.18		46.88	315.33
14	Paul DallaGuardia	87.50	92.31			67.74	37.50	28.57			313.62
15	Victor Boley			100.00					100.00	71.88	271.88
16	Peggy Oreskovich			23.08	76.19	58.06	87.50		17.39	12.50	262.22
17	Becky Medina	85.00		19.23				18.37	82.61	56.25	261.46
18	Rusty Smith	72.50	53.85			64.52			69.57		260.43
19	Linda Strange	97.50		53.85		19.35	83.33				254.03
20	Paul Koch				71.43				43.48	90.63	205.53
21	Humberto Paredes					22.58		53.06	60.87	68.75	205.26
22	Michael Cernoia	10.00				90.32		83.67			184.00
23	Dawn Bass					32.26	41.67	85.71		18.75	178.39
24	Jill Montera			65.38	28.57			42.86	30.43		167.25
25	Jessie Quintana	57.50		46.15		54.84					158.49

### Top 25 Predictors

\*Note: Tot is sum of five best scores for those completing more than five predict races.

**Harvest Run Photos**  
**Left: Becky Medina**  
**Below: Misti Frey and Diana Tiffany**  
**at George Slaughter's annual water stop**  
**Photos by Dave & Stacey Diaz**



## Predict Series Results & a Few Photos

Results: Don Pfost, Photos Dave & Stacey Diaz

### Harvest Run Results

Pl	Name	Pred	Actual	Diff	Pts
1	Maria Weaver	0:50:00	0:50:00.92	00:00.92	100
2	Ross Westley	0:44:00	0:44:02.60	00:02.60	96.88
3	Bill Veges	0:40:00	0:39:54.63	00:05.37	93.75
4	Paul Koch	0:32:10	0:32:00.45	00:09.55	90.63
5	Matt Sherman	0:34:30	0:34:50.96	00:20.96	87.50
6	Mark Koch	0:37:50	0:37:23.25	00:26.75	84.38
7	Jim Robinson	0:36:15	0:36:43.68	00:28.68	81.25
8	Allen Weaver	0:40:09	0:39:30.26	00:38.74	78.13
9	Ben Valdez	0:34:45	0:35:32.10	00:47.10	75.00
10	Victor Boley	0:43:43	0:42:55.50	00:47.50	71.88
11	Humberto Paredes	0:39:10	0:38:22.20	00:47.80	68.75
12	Nathan Bass	0:46:00	0:45:09.03	00:50.97	65.63
14	Larry Volk	0:34:00	0:33:07.85	00:52.15	60.94
14	Paulette Arns	0:59:43	0:58:50.85	00:52.15	60.94
15	Becky Medina	0:46:45	0:45:47.47	00:57.53	56.25
16	Ana Bentz	0:39:00	0:40:00.60	01:00.60	53.13
17	Luis Lordizabal	0:48:00	0:49:41.91	01:41.91	50.00
18	Steve Wall	0:39:50	0:38:05.88	01:44.12	46.88
19	Edd Collie	0:35:15	0:37:05.89	01:50.89	43.75
20	Stacey Diaz	0:50:00	0:48:06.93	01:53.07	40.63
21	Carrie Slover	0:50:01	0:48:05.95	01:55.05	37.50
22	Don Pfost	0:54:16	0:56:23.60	02:07.60	34.38
23	Diana Tiffany	0:55:01	0:57:11.61	02:10.61	31.25
24	Misti Frey	0:55:00	0:57:11.40	02:11.40	28.13
25	Ken Hughes	0:55:00	0:52:40.84	02:19.16	25.00
26	Kevin Hughes	0:55:00	0:52:40.49	02:19.51	21.88
27	Dawn Bass	1:02:30	1:04:52.15	02:22.15	18.75
28	Shawn Loppnow	0:38:08	0:35:43.78	02:24.22	15.63
29	Peggy Oreskovich	0:51:00	0:48:05.30	02:54.70	12.50
30	Austin Bass	0:53:00	0:48:59.91	04:00.09	9.38
31	Ken Holmes	0:56:00	1:01:00.64	05:00.64	6.25
32	Emily Batson	0:56:07	0:43:42.55	12:24.45	3.13



Left:  
Brian Bentz

Right, top to bottom:

Kevin & Ken Hughes

Maria Elena Weave  
Just ahead of  
Ken & Kevin

Jim "Rocket" Robinson  
Bill Veges  
Matt Sherman





## 2008 Membership Renewal

by Don Pfost



As membership chair, let me ask for your help in renewing your membership in the Southern Colorado Runners for 2008.

Here's how you can help. Just check the address label on your newsletter. If you see "Exp Dec 31, 2007" in the upper right hand corner, then it's time to renew. A few members have paid several years in advance, so you may see 2008, 2009 or 2010, in which case, you don't need to do anything.

If it's time to renew, please complete and sign the 2008 membership form enclosed in this month's newsletter, and send it, along with a check for your membership dues, to the address in the lower left hand corner of the membership form. Or, if you prefer, you can renew online by going to the SCR website, clicking on "Membership" in the left-hand menu, and going from there.

Individual memberships are only \$15 per year, family memberships are \$20, and you can pay for multiple years. If you're paying for a family membership, please include the requested information on each family member.

You'll see the many benefits of mem-

bership listed near the top of the form. Basically, a \$15 individual membership covers the cost of producing and mailing the newsletter for a year. So, in a sense, the other benefits cost you nothing.

Donations to the SCR equipment fund and the YMCA Campus Campaign fund are optional, of course, but they are always appreciated.

You'll also notice that your mailing label has either "CR=YES" or "CR=NO" in the upper left hand corner. "YES" means you requested free bi-monthly issues of *Colorado Runner* magazine in 2007. Be sure to check the starred box on your membership form if you would like to receive *Colorado Runner* in 2008, whether or not you requested it in 2007. Remember, it's free.

Toward the bottom of the form you'll see a list of volunteer activities. As noted, this information is being updated, so please check any activities you're willing to help with. Keep in mind that volunteers earn points when they lend a hand, and fifty points earns an award that is presented at the club's annual banquet.

Please consider volunteering. Helping

at races, which includes a range of activities, such as directing races, working the finish line, and serving as a course marshal, is an area where more help is especially needed. Serving on the banquet committee is another place where help is needed.

Lastly, free life-time memberships are available to those who are seventy years or older. If you qualify for this category of membership, please fill out the form and send it in, but no need to send payment. And, in the future, we'd appreciate having you submit a membership form each year.

If you have questions, please contact me through the club website or call me at 719-544-9633.

### THANKS!



We thank the Harvest Run volunteers: Race Directors: Dave & Stacey Diaz, Water Stop: George slaughter, Finish Line: Lois Pfost, Paul DallaGuardia, Paul Barela, Results: Don Pfost.

# Potpourri

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

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

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

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

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

## There's a word for everything

nosism (NO-siz-em) noun

The use of 'we' in referring to oneself.

[From Latin nos (we).]

As it's often used by editors, it's also known as the "editorial we". It's also called "the royal we" owing to its frequent use by royalty.

Mark Twain once said, "Only kings, presidents, editors, and people with tapeworms have the right to use the editorial 'we'."

We (yes the We is intended), thought you'd like to hone your vocabulary skills, and suspect that most of you have never even thought there is such a word. We hadn't.

This and a zillion other words can be found at <http://wordsmith.org/>

## One more Harvest Run Photo

Diana Tiffany and Misti Frey

(Hey, we had the space, and hated to leave it blank)



## More Potpourri

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

Solution to the Sudoku Puzzle previous page

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.

### **Supposed Actual Headlines from 2006**

(We really don't know, but they sound believable)

Something Went Wrong in Jet Crash, Expert Says

Police Begin Campaign to Run Down Jaywalkers

Panda Mating Fails: Veterinarian Takes Over

Juvenile Court to Try Shooting Defendant

War Dims Hope for Peace

Cold Wave Linked to Temperatures

Red Tape Holds Up New Bridges

New Study of Obesity Looks for Larger Test Group

Astronaut Takes Blame for Gas in Spacecraft

Kids Make Nutritious Snacks

**Race Calendar** by Linda Strange

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November 3<sup>rd</sup>, Sat., **Red Thread Run**, Denver City Park. 5k run/walk. This is the second year for this race, which celebrates adoption. The Chinese believe that an imaginary red thread connects the people that are meant to be together, and that nothing can ever break that line. Two people may not be parent and child, or even members of the same family, but if the red thread exists between them, they will come together no matter what! If you have ever been touched by adoption, this is the event for you and yours. After the race, there will be entertainment, red balloons for kids and adoption agency information available, plus a chance to win 2 domestic airline tickets. [www.redthreadrun.com](http://www.redthreadrun.com)

November 3<sup>rd</sup>, Sat., **Hustle for Russell**, Pleasant View Middle School, Pueblo. 5k run/walk, 1 mile walk & kids run. Registration at 7:30. Kids Fun Races at 8:30. 5k at 9:00. Pleasant View Middle School, 23600 Everett Rd. Contact 542-7813 or go to <http://www.socorunners.org/Hustle2007.pdf>

November 10<sup>th</sup>, Sat., Registration at 7:30, Walk at 8:45, Run at 9:00. **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. See the newsletter cover for additional information.



November 11<sup>th</sup>, Sun., 9:30am, **6<sup>th</sup> 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 Coloradans 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](http://www.active.com/event_detail.cfm?event_id=1394202)

December 1<sup>st</sup>, 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

1/2

December 15<sup>th</sup>, Sat., 10am, **21<sup>st</sup> Annual Jingle Bell Run**, Raton, NM. Cancelled.

December 15<sup>th</sup>, 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](http://www.winterdistanceseries.com/index_files/page0005.htm)

January 1<sup>st</sup>, 2008, Tues., **30<sup>th</sup> Annual Rescue Run**, Palmer Park, Colorado Springs. 5k/10k run. Start the New Year with a Colorado Springs running tradition, with the motto of “Rain, Snow or 20 Below”. Proceeds of this race go to the [El Paso County Search & Rescue](#) (EPCSAR), an all-volunteer organization that provides search and mountain rescue services in El Paso County. If somebody gets hurt on Pikes Peak, lost on our many trails, drives off the Pikes Peak Highway, or gets stranded in a snow storm on the highway, EPCSAR is there to help. Members buy their own equipment and contribute hundreds of volunteer hours for the community. <http://www.pprun.org/events/RescueRun/main.htm>




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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](mailto:calendar@socorunners.org) .

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

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



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

Issues of "Footprints"  
are not forwarded.

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

**Upcoming**

The Pueblo Jingle Bell Jog will take place on Saturday, November 24<sup>th</sup> in conjunction with Pueblo's Parade of Lights!!! Do NOT confuse this with the Raton run with a similar name. The Raton run for this year is cancelled. The Pueblo event will be a fun run/walk starting at the PBR. It will be the same course as the Parade of Lights and will end before the parade begins so the runners can watch the parade from the second floor of the PBR. See the entry form and / or the SCR calendar for more info.



Don't miss the Rock Canyon Half Marathon. It is one of Pueblo's premier runs. Dave Diaz puts on a first class event. SCR members receive a discount. See the article on page 5.

**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 November 7th

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

**The Final Thoughts...**

The real measure of our wealth is how much we'd be worth if we lost all our money. -John Henry Jowett, preacher (1864-1923)

Wear your learning, like your watch, in a private pocket, and do not pull it out and strike it merely to show you have one. If you are asked what o'clock it is, tell it, but do not proclaim it hourly and unasked, like the watchman. -Lord Chesterfield

I will love the light for it shows me the way, Yet I will endure the darkness for it shows me the stars. -Og Mandino

Never cut what you can untie. -Joubert (1754-1824)

They laughed when I said I was going to be a comedian. They're not laughing now. -Bob Monkhouse, comedian (1928-2003)

I didn't really say everything I said. -Yogi Berra