



Editor: Ron Dehn

FOOTPRINTS



So - be good for goodness sake.

The Holiday Edition

The Atalanta 5k

Sunrise on November 10th brought a beautiful fall day, and it just kept getting better. Ninety-nine runners and walkers completed the 28th annual Atalanta, women's-only Run / Walk at Pueblo City Park. Race Directors Stacey Diaz & Jacqueline Wall, along with a small army of volunteers put together a flawless and memorable event.

History was an important theme as the activities began to unfold. Stacey, Jacqueline, and Larry Volk gathered photos from previous years and put together a very attractive display in the pavilion for all to enjoy. And before the run portion of the event started, Dave Diaz announced that Judy Tucker, race director of the inaugural Atalanta Run, was visiting Pueblo and was going to be a participant in the day's

festivities. Judy waived her hand, and the crowd cheered in appreciation. More on Judy later.

Competition was keen. Paulette Arns is setting a new standard in the Pueblo area race walking scene. Paulette finished a full 3 minutes and some change ahead of 2nd place finisher Barb Predovich. Nancie Biery, an excellent and veteran race walker, rounded out the top 3 finishers. Times were 36:31, 39:49, and 40:19.

Connilee Walter of Colorado Springs, a top regional runner, paced the pack with an impressive 19:21 finish. Elizabeth Watkins, also of Colorado Springs, was close behind with a 19:47. Nicole Vettese of Canon City was third with a time of 21:10. Robin Krueger

(Continued on page 9)



Atalanta Champs

Left: Paulette Arns
Above:
Connilee Walter

The Red Thread Run
Page 5

The Annual SCR Banquet
Page 8

Atalanta Coverage
Pages 9-12

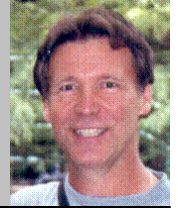




Ramblin'

by Ron Dehn

Butterflies, Ripples, and the Atalanta Run



Each day we have countless encounters with other people. Most of these encounters seem “ordinary”, and we usually go about our day without giving a second thought to much of what we do. But you never know how a word here or there, or how an action that seems rather inconsequential, may have some future effect on ourselves or on those we touch.

There is a phenomena called the “Butterfly Effect” that describes the effect of one action on some future result. Wikipedia states that “Small variations of the initial condition of a nonlinear dynamical system may produce large variations in the long term behavior of the system.” Or, metaphorically stated, “...a butterfly's wings might create tiny changes in the atmosphere that ultimately cause a tornado to appear (or prevent a tornado from appearing).”

It's like throwing pebbles into a still pool of water. Through our countless interactions with others, we throw pebbles into the pool all the time, and for the most part, we hear the plink of the stone hitting the water, watch the ripples go out from the center, and go about our daily activities. But the ripples, however tiny, may have an enormous effect as they spread across the pond of our society.

This point was driven home to me when Stacey Diaz handed Lorie Moreno-Roch the microphone after the Atalanta Run. Lorie started out saying, “I know I didn't win the race, but I want to thank Judy Tucker and the Pueblo runners.” She got quite emotional as she shared a bit of her life's story. Lorie's life was changed by a pebble thrown into the pond.

Lorie said that running changed her life. There weren't a lot of opportunities to run races in her home town of La Junta, and she credited Judy and the Southern Colorado Runners Club for helping get her running career off the ground. She had several successes through the years,

but without this initial support, she probably would not have even gone to college.

Later, I had an opportunity to learn a bit more about Lorie's running career. Here are the highlights: Lorie said that she started running at La Junta High School because, “I wasn't good at any other sport.” Then she heard about SCR races through the Pueblo Chieftain. At that point she “ran in any SCR race that my parents could drive me to.” She ran well in several Pueblo races and won the Pueblo Chieftain Spring Runoff 10k in 1982. The next day she received a call from a recruiter at Adams State College which she attended in fall. That November, the Adams State women ran the Atalanta 5k as a team. A couple weeks later, Lorie was named an NAIA All-American. After coming back from some injuries, Lorie began running for Western State College in 1987. She became the NAIA 5k National Champion in 1987 and the NAIA 10k National Champion in 1988, becoming Western State's first female National Champion. By her graduation in 1988, Lorie was All American a total of 8 times in several events. In 1992, she was running a 5k in the low 16's and was invited to run in the Olympic Trials. She was inducted into the WSC Sports Hall of Fame in 1996.

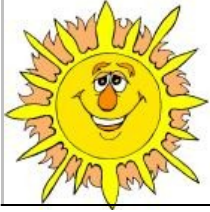
Again, Lorie credited others for providing her with opportunities. Lorie writes: “Words can't express how thankful I am to Judy and the Southern Colorado Runner's Club. Because of the success I had in their races in Pueblo, I gained the confidence to believe in myself. I believed that I could be a winner. I am not sure what I would have done with my life without running. Running changed my life and opened my eyes to the world. Because of running I have had a wonderful life. I have run all over the US and in several countries in Europe. I meet my husband Steve Roch through running at WSC where he was also a runner. Steve has won the Pueblo

Chieftain 10 mile and 10k several times. I coached Track and Cross Country at the University of Colorado in Boulder and Track at Western State College. Steve and I have three kids. Tyger, our oldest son is 10. Our daughter Kit is 8, and our other son Lincoln is 5. The first race Tyger ever ran was the 200m at Stanford. All of our kids love to run. Tyger and I started a fitness running club at his school 2 years ago. We had 40 kids the first year and about 80 the second year. I am hoping for more this year. I also want to start a Cross Country Team as his middle school next year. You never know, maybe we will change a few lives.”

As with the rest of life, things come full circle. Lorie is now throwing her own pebbles into the pond. Who knows how many lives those ripples will touch?

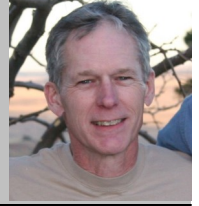
Lorie, I'm so glad that you asked for the microphone that morning. You made it a point to give credit and to thank those who unknowingly made such a difference in your life. Hmm... sounds like a good idea.





Runnin' the Trails

by Paul Vorndam
Good Day Sunshine



Ohmigosh, you don't get many days like this in November! It was one of those days in the 70's, high pressure, no clouds. I was feeling lazy with the usual little aches and pains, but experience told me to get out and enjoy the day anyway. The Millsett trailhead is just west of Rye on Highway 165 just after the Isabel National Forest boundary sign. There is a small parking area on the south side of the road. It's usually empty. I parked in the shade (worrying about shade in November!) and started slowly up the trail.

The first quarter mile of this trail crosses YMCA camp land and a bit after that it steepens, but there are a set of switchbacks which help some. This first part of the trail "opens the pipes" and is a harbinger of what is to come. It's not too rocky in this section and I cranked some ipod tunes and surmounted the switchbacks enjoying the soft pine needles under foot. The switchbacks exit you into a meadow where the trail divides with the right hand fork leading over to the YMCA camp. I continued on the lefthand trail. It steepens and gets increasingly rocky as

it approaches the next meadow. This meadow is ringed by aspens which are gorgeous in late September, but are of course bare this late in the year. The meadow provides a brief, but welcome respite from the uphill, but it gets really serious "up" on the other side. Despite this, the aches and pains had disappeared (maybe lost in the uphill struggle!) and I chugged along.

I shifted into low gear for the next section. Sometimes I have to walk this section, but today I was able to maintain some semblance of running motion. A few new deadfall trees didn't help as I had to skirt them off the trail. Any additional obstacles seem to raise the old heart rate a few more notches (ain't many nothches left nowadays!). My goal this day was the next aspen meadow, so I could get back to the parking lot easily under an hour. One thing about hill running – even if you feel pokey, you're going to get a good workout. There is one semi-flat section where you can get a break from the relentless ascent prior to the 2nd aspen meadow – that was welcome.

I reached the meadow and de-

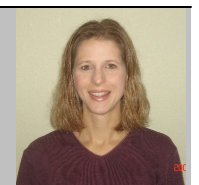
cidied not to turn a nice laidback hill run into a Bataan Death March by pressing on further. The trail switchbacks beyond this meadow to a very nasty uphill stretch that I've only managed to "run" once. However, if you do continue, the payoff is that you eventually reach an old abandoned cabin on the bank of Millsett Creek in a beautiful idyllic setting. A couple of miles beyond the cabin is the Greenhorn road. SO I suppose one could do a loop run up the trail and then back down Greenhorn road, but that would be too Gogarty-like for me!

So, I turned around and headed down taking care on the steep sections not to leave any skin behind (there are bold downhill runners and there are old downhill runners, but there are no bold, old downhill runners!) Arrived back at the parking lot feeling exhilarated and happy to be alive. What a day! Some days you feel like you're just slogging along, but every once in a while you get one of these and you know why you continue the struggle. Happy Trails!



The Red Thread Run

by Teri Prichard



As I started to do more road races I believed that in order to do them they would have to be for a cause that I believed in. I would say for the most part the races I do are for causes I believe in, but The Red Thread Run is more than that to me. It is based on a theory that there are people in this world who are meant to be together no matter the distance or path that must be followed to be together. Adoption is a path that is taken for many reasons with the end result of creating families. My own life has taken a route that involves adoption

of our daughter and soon to be son. The 5K Red Thread Run in Denver is a fast and flat run. It is a run in which many children can be seen with their forever families along with families who wait for their children. The race starts with a "Kiddies Run" for all of the young runners. The day was beautiful this year so unlike Nov can be sometimes. I ran with a shirt that had a picture of our son printed on it as our family waits for him. He ran close to my heart throughout the race. The race was put on by AAC Adoption based out of Berthoud Co.

The race was fun with a wonderful assortment of goodies to consume afterwards. As I was running the race I thought of the course and how direct and swiftly it moved to the finish line. Adoption does not move as swiftly sometimes, but not unlike a runner, a family waiting for a child never loses sight of the finish line to their child.



Predictions

by Don Pfost

The Temple Canyon



Fifty runners turned out for the Temple Canyon predict on Saturday, November 24, with a 9:00 am starting time. Temple Canyon, like Tunnel Drive, is one of the more popular races in the series. Both are directed by Rich and Deb Hadley.

While not as large as the previous two years, the turnout was still impressive and a bit unexpected. It was the post-Thanksgiving weekend, after all. More important, perhaps, as a potential deterrent was the weather. Even though the sky was clear and sunny, it was cold—twenty degrees according to the thermometer on one of the banks in Canon City—plus it had snowed overnight, blanketing the ground with about two inches of snow, and the southwesterly breeze was gentle but freezing cold. Still, they came in droves.

Runners began arriving about forty-five minutes before the start. A few remained in their vehicles until starting time, but most got out, gathered in groups, and speculated about what the conditions down below might be like before filling out the signup sheet. Even though there was uncertainty about how many would show up for the run, because of large turnouts in recent years, bib numbers were used. This facilitated and proved crucial in tracking finishing times and places.

Deb called us to the startling line, gave some instructions, and cautioned us to be careful of the rocks and snow-covered boards on the trail on the canyon floor. She further explained that Rich had marked the course with red flags and blue-chalk arrows, and, mostly to the benefit of the lead runners, the tire tracks left as he did a last-minute check of the course on his bicycle should be of help.

The start was delayed by a few late arrivals from Pueblo, whose trip had been slowed by the treacherous conditions on

Highway 50. After they signed in and pinned on bib numbers, Deb gave the command to start.

The 4M course heads west from the Temple Canyon Park, drops over the bluff onto a mesa, takes a wide semi-circle south, west and north, with the northern section running along a ridge top; it then plunges down into Temple Canyon—an estimated drop of about 370 feet—runs along the east bank of Grape Creek on a narrow, crooked and sometimes rocky path, crosses the creek and heads back along the west bank, crosses the creek again, and then climbs the long steep hill out of the canyon, turns south this time along the ridge, completes the semi-circle, by-passes the trail we came down at the start, circles around and climbs the bluff, and then levels off, finishing near the starting point.

Let me offer two observations. First, keep in mind that there was about two inches of snow on the ground. Because I wore trail running shoes with deep treads, I had no problem with traction in the snow. Generally, though, I saw no signs of slipping and sliding by other runners, even on the hills, likely a benefit of the cold temperature on the snowy surface.

And second, Grape Creek was a real challenge—it was frozen over, though by the time I crossed it the ice had been shattered by other runners. Phil and Rich, each stationed at a different crossing spot, offered advice about how best to maneuver through the ice, rocks and relatively deep water. Grape Creek was damn c-c-cold, but, as I and others observed, it was surprising how quickly our feet seemed to warm up after splashing through the icy water.

As far as the results: Jim “The Rocket” Robinson placed first, about eight seconds off his predict, followed closely by Chris McIntyre, Michael Orendorff,

Paul Koch and Rusty Smith, who were nine, ten, thirteen and seventeen seconds off their respective predicts. The top seventeen finishers were rounded out by Kyle Reno, Chris Wolsdorf, Joe Dillen, Larry Volk, Steve Wall, Joanna Mylntyre, Mark Koch, Brian VanIwarden, Keith Dugan, Shayne Taylor, Tim Masters and John Usery, all of whom were from twenty to fifty-four seconds off their predicts. Given the conditions, these are impressive results.

Two notes about the results: First, preliminary tabulations appeared to show that Chris was the winner, so he was awarded the cash prize to buy his breakfast. However, a careful review of the stopwatch tape and bib numbers later showed that Jim placed first. Fortunately, he got a free meal anyway, as Rich and Deb treated him to breakfast, not knowing at the time that he was the official winner. And second, apologies to any and all, who find their names misspelled — I did the best I could to decipher what you wrote on the signup sheet, but, because of the cold, the pens often skipped, making it difficult to read some names.

As in previous years, the wrestling team from Florence High School ran the predict—they do this in exchange for not having a post-Thanksgiving workout. However, as they surveyed the situation before the race, several didn’t seem so sure the trade had been such a good one. But in talking with them afterwards, it appeared that many actually enjoyed the run and were pleased with themselves for having met the challenge. Thanks to these young men and their coach for joining us.

Thanks also to the volunteers who made the race possible: Rick and Deb, who directed the race, serving also as a course marshal and part of the finish-line crew, respectively; Phil Quattlebaum, who also worked as course mar-

(Continued on page 7)



Predictions

by Don Pfost

More Temple Canyon



(Continued from page 6)

shal, directing us across Grape creek; and the rest of the finish-line crew: Lois Pfost, Diana Quattlebaum and Brenda Koch.

Turning now to the cumulative standings: Jim's first place finish at Temple Canyon propelled him into first place overall with 452 points. Wendy Garrison (424), who did not do Temple Canyon, is in second place, followed by Don Pfost (413), Stacey Diaz (386) and Carrie Slover (380). The top ten is rounded out by Joe Bulow (377), Paulette Arns (374), Larry Volk (357), who ranked tenth in the previous posting, Rusty Smith (352), who joins the top ten for the first time with his fifth predict, and Bill Veges (351).

The final race of the 2007 predict 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 will start near Don's condo at 10 Nona Brooks Court on Pueblo's south side. A potluck brunch will follow the run.

Finally, as mentioned last month, I'm stepping aside as predict series coordinator at the end of this year. If interested in helping with the series next year, please contact me.

Editor's Note: Thank you to all this month's writers and photographers with a special thanks to Don who had little time to prepare this article and the results. Our schedule was a bit tight this month because of the holidays, and everybody burned a little extra midnight oil to get this issue to press.

Pl	Name	Pred	Actual	Diff	Points
1	Jim Robinson	0:30:30	30:38.84	00:08.84	100
2	Chris McIntyre	0:26:00	25:50.77	00:09.23	98.00
3	Michael Orendorff	0:32:30	32:40.41	00:10.41	96.00
4	Paul Koch	0:26:30	26:16.49	00:13.51	94.00
5	Rusty Smith	0:40:00	39:42.19	00:17.81	92.00
6	Kyle Reno	0:27:59	28:19.10	00:20.10	90.00
7	Chris Wolsdorf	0:30:00	30:25.18	00:25.18	88.00
8	Joe Dillen	0:45:00	44:31.71	00:28.29	86.00
9	Larry Volk	0:28:30	28:59.35	00:29.35	84.00
10	Steve Wall	0:34:00	34:30.10	00:30.10	82.00
11	Joanna McIntyre	0:30:00	30:30.41	00:30.41	80.00
12	Mark Koch	0:31:20	30:48.26	00:31.74	78.00
13	Brian Vanwarden	0:30:03	29:25.44	00:37.56	76.00
14	Keith Dugan	0:30:00	29:19.80	00:40.20	74.00
15	Shayne Taylor	0:29:36	30:19.75	00:43.75	72.00
16	Tim Masters	0:40:00	39:11.05	00:48.95	70.00
17	John Usery	0:33:00	32:06.21	00:53.79	68.00
18	Matt Drake	0:25:30	26:50.04	01:20.04	66.00
19	Wesle Bell	0:38:00	39:24.60	01:24.60	64.00
20	Lucas Aguirre	0:50:00	51:26.17	01:26.17	62.00
21	Aaron Levinson	0:28:00	29:32.53	01:32.53	60.00
22	Don Pfost	0:48:30	46:41.29	01:48.71	58.00
23	Paulette Arns	0:45:02	43:04.63	01:57.37	56.00
24	Kevin Snyder	0:33:28	31:16.57	02:11.43	54.00
25	Tammy Stone	0:39:00	36:37.87	02:22.13	52.00

Temple Canyon Results

Pl	Name	Pred	Actual	Diff	Points
26	Martha Drake	0:45:32	43:05.22	02:26.78	50.00
27	Nick Grooms	0:45:00	42:27.49	02:32.51	48.00
28	Don Hawkins	0:35:12	32:24.53	02:47.47	46.00
29	Chief Reno	0:34:00	31:08.59	02:51.41	44.00
30	Jake Edwards	0:40:00	43:29.55	03:29.55	42.00
31	Jeff Arnold	0:51:59	55:39.32	03:40.32	40.00
32	Carl Bruggeman	0:39:00	34:37.75	04:22.25	38.00
33	John Rosenbaum	0:35:00	39:35.63	04:35.63	36.00
34	Kameron Simon	0:50:00	45:16.33	04:43.67	34.00
35	Coleman Coleman	0:37:14	42:24.61	05:10.61	32.00
36	Tyrl Matthews	0:35:00	40:29.56	05:29.56	30.00
37	Justen Cox	0:27:00	32:50.77	05:50.77	28.00
38	Justin Hayden	0:45:00	51:25.52	06:25.52	26.00
39	Jamen Cox	0:28:00	35:17.90	07:17.90	24.00
40	Mike Katalenie	0:32:00	40:04.03	08:04.03	22.00
41	Don Otis	0:40:00	31:26.67	08:33.33	20.00
42	Cody VanRiper	0:40:00	29:56.18	10:03.82	18.00
43	Aaron Sanders	0:55:00	1:05:06.15	10:06.15	16.00
44	Bo Bauer	0:30:40	44:27.01	13:47.01	14.00
45	Nick Romano	0:50:00	35:07.12	14:52.88	12.00
46	Nick Hoebneo	0:30:00	45:37.20	15:37.20	10.00
47	Kody Simon	0:40:00	1:05:05.70	25:05.70	8.00
48	Larissa Burritt	1:30:00	49:06.41	40:53.59	6.00
49	Tyler Sams *	0:40:00	2:00:00.00	1:20:00.00	3.00
50	Jon Vodopich *	0:40:00	2:00:00.00	1:20:00.00	3.00

* Disqualified

See next page for cumulative standings



2008 SCR Awards Banquet

by Don Pfof



Planning for the 2008 SCR Awards Banquet is well underway.

The banquet will be held on Saturday, January 19, 2008, at Cinfully Delicious Restaurant, starting at 6:00 pm. The buffet will feature grilled chicken with an herb sauce, plus salad, pasta, vegetables, dessert and beverage. There will be a cash bar.

Cost will be \$10 for adults and \$5 for children twelve and under. The full cost of the meal with gratuity and tax will be nearly \$15.50, with the club picking up the difference between this cost and what members pay.

A full program is planned. Dr. Rocky Khosla, who has written the “Rocky on Fitness” column for the newsletter for many years, has agreed to be the featured speaker and will share in views and wisdom on “Family, Fitness and Fun”.

In addition, awards will be presented for the predict series, volunteer service, youth runners, and so forth. Give thought to members you would nominate for male and female runners of the year.

A raffle will offer an array of prizes, ranging from club memberships and race entries to fantastic running merchandise donated by local businesses.

More details about the banquet, including procedures for making reservations and nominating candidates for female and male runners of the year, will be included in next month’s newsletter.

For now, circle January 19, 2008 on your calendar. Better yet, post the enclosed reminder on your refrigerator door, above the commode, or in some other prominent place.

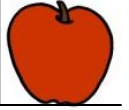
Banquet committee members are Linda Strange, Paul LaBar, Theresa Duran, and Don Pfof.

Predict Series Cumulative Standings for top 25

PI	Name	3/8 TunUp	4/7 Rams8	4/29 TrIMx	5/13 YapDg	6/23 BBstr	8/4 Moon	8/25 TunID	9/9 SShr	10/20 Hvst	11/24 TmpCn	Tot*
1	Jim Robinson		69.23			77.42	95.83	97.96	34.78	81.25	100	452.46
2	Wendy Garrison	75.00	15.38	61.54	100	100	75.00	20.41	73.91			423.91
3	Don Pfof	77.50	100		90.48	41.94	54.17	26.53	86.96	34.38	58.00	412.93
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		66.67	71.43	21.74	37.50		379.82
6	Joe Bulow	60.00	46.15	73.08	57.14	87.10	100					377.32
7	Paulette Arns	37.50	23.08	38.46	85.71	16.13	79.17	91.84		60.94	56.00	373.66
8	Larry Volk	45.00	76.92			74.19		61.22	65.22	60.94	84.00	357.28
9	Rusty Smith	72.50	53.85			64.52			69.57		92.00	352.43
10	Bill Veges	27.50		84.62				67.35	78.26	93.75		351.47
11	Steve Wall	62.50		50.00		96.77		59.18		46.88	82.00	350.46
12	Ben Valdez		84.62	69.23		45.16		73.47	39.13	75.00		347.48
13	Matt Sherman	65.00		11.54	33.33			87.76	56.52	87.50		330.11
14	Dave Diaz	30.00		92.31	38.10	80.65		57.14	47.83			316.02
15	Paul DallaGuardia	87.50	92.31			67.74	37.50	28.57				313.62
16	Paul Koch				71.43				43.48	90.63	94.00	299.53
17	Victor Boley			100					100	71.88		271.88
18	Peggy Oreskovich			23.08	76.19	58.06	87.50		17.39	12.50		262.22
19	Becky Medina	85.00		19.23				18.37	82.61	56.25		261.46
20	Linda Strange	97.50		53.85		19.35	83.33					254.03
21	Mark Koch		30.77					32.65		84.38	78.00	225.80
22	Humberto Paredes					22.58		53.06	60.87	68.75		205.26
23	Michael Orendorff			96.15							96.00	192.15
24	Michael Cernoia	10.00				90.32		83.67				184.00
25	Dawn Bass					32.26	41.67	85.71		18.75		178.39
Note: Total points is sum of five best scores for those completing more than five predict races.												



The Atalanta Run Continued

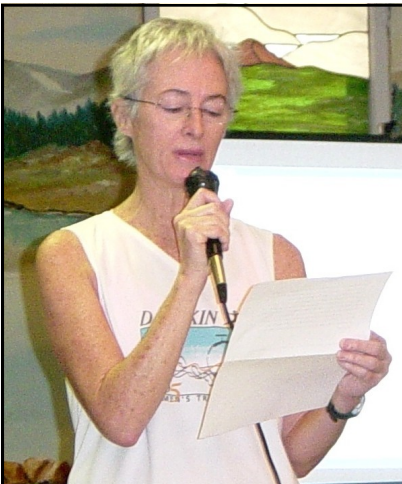


(Continued from page 1)

was 4th place and the first Pueblo runner to cross the finish line. When congratulated at the finish line for her great finish, Robin's response was: "I just wanted to get it over with."

After the race, the racers and volunteers gathered in the pavilion. Stacey and Jacqueline thanked the participants and the volunteers. Stacey said that the race title was NOT a misprint. It is indeed called the Atalanta Run, NOT the Atlanta Run. With that, she turned the microphone over to Carrie Slover, who read the story of beautiful and athletic Atalanta, a heroine from Greek mythology. Atalanta's father wanted her to marry, but her suitor had to win her hand by beating her in a footrace. If the suitor lost, he would be executed. Many suitors tried and many suitors failed. Hippomenes wanted to marry the lovely Atalanta, but knew he would need some help to beat her in a race. The execution aspect of the competition undoubtedly gave him a bit more incentive to win. He prayed to Aphrodite, the goddess of love. Aphrodite gave Hippomenes three golden apples. As Atalanta began to draw away from him in the race, he rolled the apples one at a time ahead of her. As she stooped to pick up each apple, he would pass her. Yes, he did win the race, and her hand. Thus, the symbol of the apple for our race.

Then, time for more history of the local sort. Judy Tucker, special guest from Las Vegas was asked to speak. In addi-



Carrie Slover



Judy Tucker

tion to being one of the founding mothers of SCR, Judy was the first race director of the Atalanta Run. She talked about the early days of women's running. Judy and a friend would get in their car, drive two blocks to a school track, then run the track. They drove, not because they were lazy. They drove because running was something that women simply did not do, and women were never seen running on the streets. As far as the beginnings of organized women's runs in Pueblo, Judy said she read about women's runs in Runner's World, and thought, why not create an all-women's race in Pueblo. This was the seed that turned into the Atalanta Run and the Women's Distance Festival. These two races are still annual events on SCR's calendar.

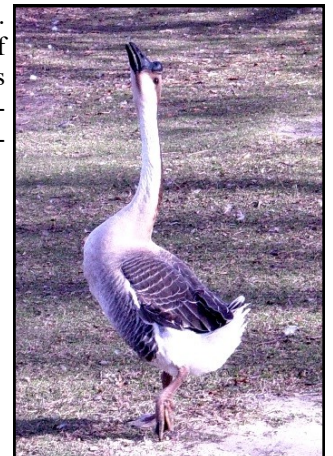
Judy brought her scrapbook containing highlights of her running career. In addition to Pueblo runs, there were photos from a slug of marathons including: The Las Vegas, the Pueblo River Trail, the Stockholm, the New York, and the Boston.

Another part of the Atalanta Run tradition, are the awards. Local artist Kathie Arwood has made pottery mugs and bowls as awards for many years. These have become collector's items among local runners and walkers.

As a bonus, as she accepted her award, Lorie Moreno-Roch asked if she could say a few words. Lorie grew up in La Junta, and became interested in running as a young girl. There were no organized runs in La Junta, and when Lorie found out about what Judy Tucker and SCR was doing, she entered some Pueblo runs. One thing led to another, and Lorie went to college to run. She was both the 5k and 10k NAIA champion in the late eighties, and was in the 5k Olympic trials in 1992. She said that running got her into college, and if it hadn't been for the sport, she may have never even attended college.

The Atalanta race is rich in history and tradition. We thank Judy Tucker, and that small group of bold ladies who decided that running could be a women's sport too. And we thank both the women and men from SCR who, through the years have put countless hours into this event, because they felt that this tradition is well worth carrying on. Perhaps twenty years from now, Stacey Diaz and Jacqueline Wall will be invited to speak at a future Atalanta Race.

On the lighter side or maybe the more serious side, depending on the goose's aim - Paul DallaGuardia found that being a course marshal is not it is quacked up to be. It seems that one of the gregarious girl geese gawbbed Paul while he was directing traffic. Too bad we didn't get it on video, but fortunately Gary Franchi snapped a photo of Paul's new "suitor". Hmmm... Sounds like a new story in the collection of Pueblo mythology is evolving. I wonder if Paul has been praying to Aphrodite?





Atlanta Results



5k Run

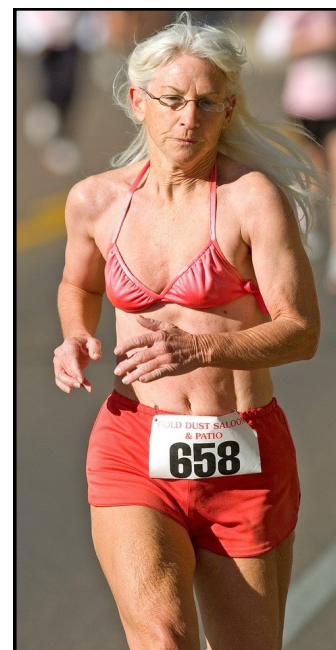
Pl	Time	First	Last	City	Ag
1	19:21	Connilee	Walter	Colo Spg	34
2	19:47	Elizabeth	Watkins	Colo Spg	25
3	21:10	Nicole	Vettese	Canon	21
4	21:33	Robin	Krueger	Pueblo	39
5	21:55	Teri	Houghten-Prichard		33
6	22:27	Peggy	Oreskovich	Pueblo	45
7	22:27	Lorie	Moreno-Roch	Lafayette	43
8	23:10	Laurice	Lopez-Cepero	Pueblo	36
9	23:19	Stacey	Diaz	Pueblo	47
10	23:22	Nancy	Musso	Pueblo	38
11	23:24	Caroline	Mathews		35
12	23:46	Paula	McCabe	Pueblo	35
13	24:41	Jerica	Khosla	Pueblo	16
14	24:48	Mary	Humphreys	Pblo Wst	45
15	24:51	Amber	Jarvies	Manassa	26
16	24:52	Emily	Batson		30
17	25:04	Wendy	Bulow	Pueblo	36
18	25:12	Karen	Ortiz	Pueblo	43
19	26:01	Carol	Kinzy	Pueblo	59
20	26:02	Anita	Hohenstein	Castle Rk	35
21	26:14	Margaret	Dimatteo	Rye	30
22	26:17	Tricia	Davis	Raton	56
23	26:25	Lydia	McKenzie	Pblo Wst	32
24	26:29	Veronica	Romero-Romo	Pueblo	39
25	26:32	Barbara	Hadley	Rye	54
26	26:52	Chrissy	Cruz	Pblo Wst	39
27	26:57	Carrie	Slover	Pueblo	54
28	27:11	Gloria	Gogarty	Colo Cty	51
29	27:19	Jennifer	Lopez	Pueblo	30
30	27:26	Laurel	Wright	Pblo Wst	53
31	27:29	Mary	Simmons	Pueblo	54
32	28:22	Kaylene	Khosla	Pueblo	9
33	28:53	Martha	Drake	Pblo Wst	53
34	29:27	Kris	Rivera	Pueblo	33
35	29:36	Elizabeth	Stageberg	Pblo Wst	12
36	29:50	Diana	Tiffany	Pueblo	45
37	30:12	Jessie	Quintana	Pblo Wst	64
38	30:25	Kristina	Sanchez	Pueblo	35
39	31:05	Theresa	Watson	Colo Spg	36
40	31:05	Rose	Martinez	Pueblo	49
41	31:08	Sheena	Bridges	Pueblo	32
42	31:08	Jenette	Hobby	Pblo Wst	40
43	31:36	Victoria	Mitrick	Pueblo	7
44	31:38	Gabrielle	Wall	Pueblo	8
45	31:45	Kathy	Sutphen	Pueblo	37
46	31:57	Trisha	Ferguson	Pueblo	56
47	31:58	Laura	Farmer	Pblo Wst	35
48	32:40	Sheri	Tiller	Pblo Wst	39
49	32:50	Riley	Faris	Pueblo	10
50	32:51	Angelica	Wall	Pueblo	10
51	33:22	Jan	Dudley	Pueblo	52
52	33:24	Kathryn	Duren	Pueblo	35
53	34:04	Lisha	Gomez	Colo Cty	33

5k Run

Pl	Time	First	Last	City	Ag
54	34:23	Katie	Solon	Pueblo	50
55	34:23	Maria	Weaver	Canon	48
56	34:24	Gabrielle	Stageberg	Pblo Wst	9
57	34:30	Becki	Vettese	Canon	49
58	35:26	Marilyn	Vargas	Pblo Wst	43
59	35:36	Liz	Chaparro	Pueblo	41
60	35:37	Bernice	Kresyman	Parker	48
61	35:50	Nora	Gonzales	Aurora	50
62	36:05	Nancy	Mitrick	Fremont	64
63	36:24	Maggie	Strange	Rye	7
64	36:25	Linda	Strange	Rye	37
65	37:09	Abbey	Raper	Pueblo	9
66	37:19	Samatha	Colletti	Pueblo	9
67	37:20	Jacqueline	Wall	Pueblo	36
68	38:07	Shannon	Brooks	Pblo Wst	36
69	38:50	Judy	Tucker	Las Vegas	71
70	38:50	Susan	Campbell	Pueblo	63
71	38:51	Mary	Creager	Pueblo	67
72	38:53	Dolores	Valdez	Penrose	59
73	39:48	Joyce	Laney	Pueblo	58
74	44:27	Andrea	Espinoza	Pueblo	19
75	53:28	Connie	Valdez	Pueblo	61

5k Walk

Pl	Time	First	Last	City	Ag
1	36:31	Paulette	Arns	Pblo Wst	54
2	39:49	Barb	Predovich	Pblo Wst	49
3	40:19	Nancie	Biery	Pueblo	49
4	41:18	Tari	Colletti	Pueblo	41
5	41:19	Jeni	Ham	Pueblo	26
6	42:22	Stephanie	Raper	Pueblo	39
7	44:05	Marquita	Sanchez	Pblo Wst	56
8	44:28	Trina	Polk	Pueblo	29
9	44:29	Dana	Andrak	Beulah	38
10	44:29	Jena	Valdez	Pueblo	25
11	44:54	Lois	Pfost	Pueblo	65
12	45:51	Patricia	Rurup	Pueblo	63
13	45:57	Debby	Cortese	Pueblo	51
14	45:57	Janice	Pritch	Pueblo	48
15	45:58	Paula	Eberhardt	Pblo Wst	60
16	46:46	Nancy	Pisciotta	Pueblo	53
17	46:46	Ruth	Blake	Pueblo	54
18	50:14	Kerry	Roman	Pueblo	35
19	50:56	RoseAnn	Thomas	Pueblo	36
20	50:57	Steph	Dalton	Pueblo	36
21	50:58	Donna	Chain	Pueblo	31
22	59:22	Norma	Trujillo	Pueblo	52
23	59:23	Michelle	Montoya	Pueblo	37
24	59:23	Tina	Cox	Pueblo	39



Above: Carol Kinzy

Below: Barbara Hadley





Atalanta Photos



Left:
Mary Creager,
Jan Dudley,
Susan Campbell,
Judy Tucker,
Barbara Hadley

Right:
Linda &
Maggie Strange



Above L to R:

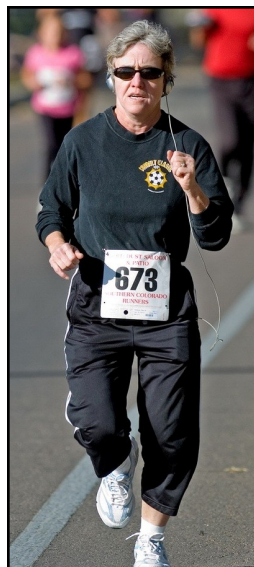
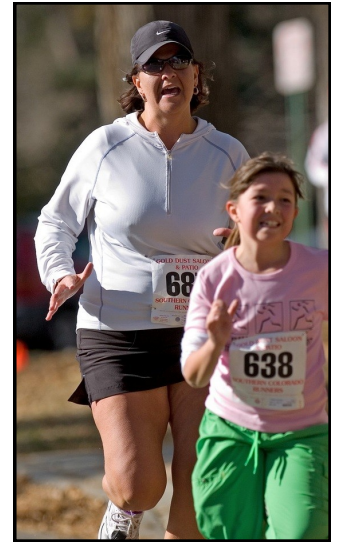
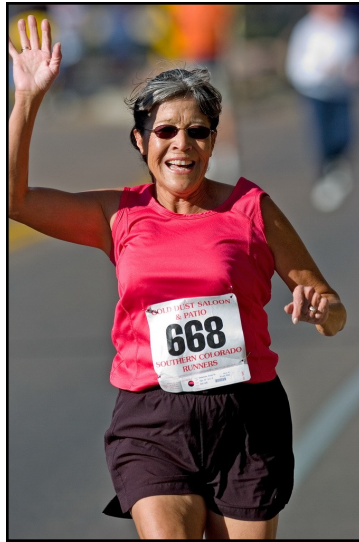
- Gloria Gogarty
- Nancie Biery
- Gabrielle Wall
- Gabrielle Stageberg
- Elizabeth Stageberg

Left:
Riley Faris
Angelica Wall





More Atalanta Photos



Clockwise from up left: Paula Eberhardt, Jessie Quintana, Sheri Tiller, Jacqueline Wall / Samantha Colletti, Robin Krueger, Wendy Bulow, Mary Simmons, Kerry Roman, Lorie Moreno-Roch

Note: The Atalanta "action" shots were taken by Larry Volk, and the other photos were taken by Gary Franchi and Dave Diaz. We thank all our photographers for their contributions. If you wish to order a race photo of yourself, go to the SCR homepage and click the Results Link, then click the link for Atalanta 2007 Run and Walk, then click the Event Pictures link.

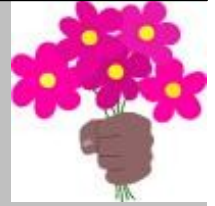


Thanks goes out to the Atalanta Volunteers!!!

Race Directors: Stacey Diaz & Jacqueline Wall, Registration: Lois Pfof & Pixie Raich, Course: Dave Diaz, Finish Line: Don Pfof, Terry Cathcart, Gary Franchi, Results: Mary Rudolf & Ken Raich, Course Marshals: Steve Wall, Bill Veges, Paul DallaGuardia, Photographers: Ron Dehn & Larry Volk



Birthdays and Potpourri



December Birthdays

- 1 Basketball created 1891
- 2 Humberto Paredes
Lucy Lu*
- 4 Pat Berndt
Tyra Banks*
- 5 Hanukka begins
- 8 Richard Greet
Jennifer Lopez
Caleb Smith
Teri Hatcher*
- 9 Alfredo Kemm
Nicole Lopez
Sandra McKenna
Donny Osmond*
- 11 Dave Dehn
Teri Garr*
- 12 Anthony Diaz
Kathy Stommel
Cathy Rigby*
- 13 Carrie Slover
Dick Van Dyke*
- 14 Rochelle Beier-Kemmet
Nostradamus*
- 16 Daniel Paredes
Margaret Mead*
- 18 Tom Willumstad
Brad Pitt*
- 19 Terry Cathcart
Cicely Tyson*
- 20 Charles Hall
John Holiman
Uri Geller*
- 21 Jerry Tiller
Frank Zappa*
- 22 Kaylene Khosla
Barbara Smith
Jordin Sparks*
- 24 Richard Hadley
Howard Hughes*
- 25 Jesus of Nazareth*
Sir Isaac Newton*

*honorary member

Dear SCR,



I would just like to say thank you to the Southern Colorado Runners Club for having such fun and organized races for wanna be runners like myself. I joined SCR approximately one year ago and just completed my first year of running 5ks with the Atalanta run last weekend

at City Park. My goal is to be able to complete a 10k by the time I reach 50 (which is not as far away as I would like). I greatly appreciate an organization such as yours that allows me the chance to challenge myself.

Thanks again!

Mary Humphreys

This Month's Puzzler

Since much of the membership of SCR is, shall we say, "mature in years", we feel it is a public service to provide "brain exercises". We assume that the mere fact that you are reading this magazine indicates that you already have an interest in keeping your body fit. Research has shown that it is important to keep your mind active to keep it fit too. By the way, if you happen to be a reader that is "immature in years", this exercise won't hurt you.

Anyway, our staff regularly listens to NPR while we pound out this newsletter each month. One of our favorite shows is Car Talk. Each week Tom and Ray Magliozzi (aka the Tappet Brothers) introduce a puzzle. We wrote car talk and got permission to reprint their puzzles as long as we gave them credit. CREDIT!

We have "reduced" the dialog to the essence of the puzzle. Thank you Car Talk and NPR for

permission to use this puzzle.

A landscaper finishes his days work and is sitting at the kitchen table chatting with his kids. The kids ask, "Did you work hard today Daddy?"

He answers, "Yes I did. In fact, I planted five rows of four trees each.

His third grader wanted to show off her multiplication skills, shouted out, "Then you planted 20 trees?"

"No", he said, "I planted 10 trees".

How did he do it???

Hint: If you look at a test paper from an elementary student who scored 100 on the test, you will likely find the answer.

or

You can cheat and find the answer on Page 15.

Congratulations Samantha



Congratulations to my niece Samantha Merrion, a senior at Farmington High School in New Mexico. Samantha has been a varsity tennis player since her sophomore year and has placed in both singles and doubles at the state level. This fall, she decided to give cross country a try. Samantha is a natural runner and improved throughout the fall. She placed 3rd at the District Meet with a 5k time of 19:52. She was the solo representative for the Farmington Lady Scorpions at the New Mexico state meet where she took 16th place with a time of 20:37. Samantha and her family have run in a few SCR Predict runs during their Pueblo visits. The photo was taken by Samantha's Dad, T. Greg at the 2-mile mark of the District Meet with Shiprock in the background.



More Potpourri



(Minutes continued from page 2)

October 20, 2007. There was no bonfire, it was too windy and considered a fire hazard by the Pueblo West Fire Department and the Parks and Recreation contact person. The wind did die down, and it did warm up. There was no Poker Run either, this year.

New Stuff/Old Stuff: The Kronomix clocks need to have the memory on them deleted to allow for new data to be stored on them. The idea of maybe buying new clocks was visited briefly, with the possibility of donating the old ones. The need to add volunteer training to the SCR race check list for future race directors was also discussed. The SCR Banquet will be catered by Cinfully Delicious Restaurant, where it will also be held. It is scheduled for Saturday January 19, 2008. Menus and the charges for menu items were discussed. Of the choices, which were the Royal Treatment, Elegant Dinner, and the Mexican Buffet the Elegant Dinner was voted on based on price and amenities

offered with that meal. Cash bar will be available, and a \$200 deposit was required, which was approved by the club. Cinfully Delicious has catered 2 of the SCR picnics, and has done a great job in the past. Don Pfof is looking for volunteers for the Banquet. Theresa Duran offered to help after classes end for the semester. She also offered to Emcee for the night. Silent Auction, and drawings were discussed. Awards for the runners and members that are nominated for the awards will be visited in the near future, once volunteers are recruited to help. There will be a few choice awards made by Ron Dehn, Don Pfof will also talk to the Wood Turners about making the awards. Thanks to Don Pfof for getting things started with the Banquet. Paul Labar will help in putting together the program for the Banquet. Jacqueline Wall will accept and count the nominations for the top male/ female runners, and the top male/female youth runners. She noted there needs to be a biography or the nomination will not be accepted. SCR needs a volunteer for Presi-

dent. Paulette Arns is accepting the Treasure position. Rick Hadley is accepting the position of Vice President. Theresa Duran will again be secretary, school is almost over, there may be a couple of months she needs help, Paul Labar offered to take the notes if she is not available. Paul will also continue to be the Webmaster. Pueblo West Parks and Recreation is asking SCR for input on a new Community Recreation Center. SCR has been invited to the YMCA groundbreaking this upcoming week. Note the Club has pledged \$1000 per year for 5 years. Last but not least, the Hustle for Rustle was this past weekend, and may be requesting SCR assistance in the future to encourage more runners to come out for the run.

The meeting was adjourned at 9:00 P.M.
Respectfully submitted by Theresa E. Duran



Thanks from Judy

with old running buddies.

You in the SCR have done a wonderful job for your sport, and it shows, with the continued support and enthusiasm for racing and running. It is especially gratifying to see all the young faces, who have years ahead of them. The selflessness required to keep such an organization going and growing was very much in evidence. I thank you for the award of the Kathie Arwood pottery,

Many thanks for making our visit to Pueblo special! It was lovely to be treated like royalty... and the best part was connect-

and the book about Atalanta. Little did we ladies know, back in 1979 and 1980, what this would become.

It is so great, at the age of 71, to be able to look back on all that running gave to me personally. One becomes more reflective with age, and I am grateful that I have such wonderful memories. Running helped me through raising four teenagers, menopause, and various other ills. . . but most of all, it taught me to appreciate a healthy body, and to see how that body loved to be ACTIVE! People who are active in their later years definitely have more fun!

I was amiss, at the awards, in not mentioning the greetings sent to you from Nick Leyva and Marijane Marti-

nez. They contributed much to what the club is today. I can only plead a lapse, due to all the excitement going on around me, there at City Park Pavilion. (Bill and I call them "senior moments"...) Also sending greetings was Joyce Rankin, winner of the first Atalanta race. She had hoped to come but had to work in the Carbondale area where she now lives.

I will keep up with my rigorous once a week training schedule, and hope to join you next year for a race or two in the summer.

Happy running to all of you, and special thanks to Ron and Gary. Judy Tucker

Race Calendar by Linda Strange

Race Calendar

2007

December 1st, Sat., 9am, **Rock Canyon Half Marathon**, Pueblo City Park. Finish the year with a great race! 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

2008

January 1st, 2008, Tues., 10am, **30th 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>



February 10th, 2008, Sun., 9am, **Valentine's Twosome Relay**, Pueblo City Park. Teams consisting of one male and one female run 1.6 miles each. Trophy and chocolate award to overall winning team, as well as chocolates to age division winners. Awards also given for most creative baton, biggest baton, most romantic baton and ugliest baton! Costumes encouraged. \$5/per person pre-registered. No race shirts given. Jeff Arnold, race director, (719)947-3682.

March 2nd, 2008, Sun., **30th Annual Pueblo Chieftain Spring Run-off**, Dutch Clark Stadium, Pueblo. 2 mile walk, 5k, 10k, 10 mile, and Toddler & Youth races. Mark your calendars now to celebrate the 30th anniversary of a Pueblo running tradition. Toddler and youth races are held on the stadium track. All other races start from the stadium parking lot and follow neighborhood streets. 10k and 10 mile races continue on through City Park and down onto the River Trail. 10 mile race follows trail past the Nature Center. All races finish back at Dutch Clark Stadium. Terry Cathart, race director, (719)547-2777.



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 .

Answer to Car Talk Puzzler on Page 13



Solution: Draw a five pointed star. Plant a tree at each intersection point and every vertex. Yes, 5 rows of 4 trees each.



Holiday Greetings
from
Ruth, Shelly, and the
Gold Dust Elves

Come see us while you shop
217 South Union

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.

THE BANQUET

**Who: You and your
family**

**What: The Annual SCR
Awards Banquet**

**When: 6pm Saturday,
January 19th, 2008**

**Where: Cinfully Delicious Restaurant
(the old Whisky Ridge)**

**Why: For fun, food, raffle, awards,
speaker Rocky Khosla**

For more information - see the article on page 8.



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

The Final Thoughts...

You might as well enjoy life, 'cause you're dead a long time.
-Lillian Dehn Kownacki (*Aunt of the editor*)

A closed mind is like a closed book: just a block of wood. -
Chinese Proverb

If you have built castles in the air, your work need not be lost;
that is where they should be. Now put foundations under
them. -Thoreau

You are never given a wish without also being given the
power to make it true. You may have to work for it, however
-Richard Bach

A new idea is delicate. It can be killed by a sneer or a yawn;
it can be stabbed to death by a joke or worried to death by a
frown on the right person's brow. -Charles Brower

This 'telephone' has too many shortcomings to be seriously
considered as a means of communication. The device is in-
herently of no value to us. -Western Union internal memo,
1876

If you don't know where you are going, you will wind up
somewhere else. - Yogi Berra

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!!! Come join in the
fun! See you on December 5th?