



Editor: Ron Dehn

FOOTPRINTS

I resolve to read Footprints cover to cover.

The Happy New Year Edition

The Fall 50 Relay

by Joe Bulow

On October 20th, I participated in the Fall 50 Relay race in Door County, Wisconsin. With two friends from the Milwaukee area, our three member team finished the 50 miles in 7:00:58, an 8:25 pace. Full race results can be found at www.fall50.com.

The Fall 50 is billed as "the Most Scenic Distance Run in the Midwest®". The Fall 50 is a 50-mile running adventure for solo ultramarathoners and teams of up to five runners. The course route begins at the northernmost tip of the peninsula and travels down the western shoreline along scenic back roads to the population center in Sturgeon Bay.

Door County is consistently ranked as one of the top 10 vacation destinations in North America. With over 300 miles of shoreline, it has more waterfront than any other county in the United States. The peninsula jutting out into Lake Michigan is a popular vacation destination for Midwest-

erners and has earned the nickname "the Cape Cod of the Midwest." The quaint villages that dot the peninsula offer an endless array of shopping, dining, and lodging options.

In October each year, Door County's wooded landscape turns into a fireworks show of red, yellow, amber and golden colors. It is against this backdrop that the Fall 50 takes place.

The well organized race concluded with a fantastic post race bash under a huge tent, which included high quality beer on draft and delicious pizza. Race finishers received a nice long sleeve T-shirt and a huge silver medal.



www.photoshow.com/watch/Dw8EV2uX is the website of a musical photo show of our race. I'd highly recommend this race to anyone interested in a fun day of running and socializing in a beautiful section of the country.

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SCR Notes from the December, 2007 meeting

Attendance: Theresa E. Duran, Ron Dehn, Gary Franchi, Kristine Chamblin, Paulette Arns, Rich Hadley, Don Pfof, Jeff Arnold, Ken Raich, Terry Cathcart, Dave Diaz, Paul LaBar.

Minutes for the October 2007 Meeting were approved.

Special Guests: Kristine Chamblin, from John Newman came to discuss the Panther Run, and to try get things going as their committee has met to discuss the event already. They are considering adding a 10K to the run, the idea is to draw more people into the race. Discussion took place as to the benefits of a 10K, and the drawbacks. It was noted that a 10K means more work, more difficulty organizing runners, risks or runners running the wrong race can occur, it also means the 2 sets of numbers will be needed for the 2 different races. Also a discussion on setting a date, and discussion of the 5K course took place. She brought up that there was some discussion about going onto the street with the course, instead of having it in City Park as previously planned. Since a discussion has already taken place with Todd Kelly from the Spank Blasing Run, and the date decided on for that race was April 19, 2008, the Panther Run will most likely take place on April 12, 2008. It is likely the race will be kept a 5K only. Kristine also mentioned that the Parks and Recreation may not charge the fees that they have discussed with SCR recently, for use of the park. Kristine was told by Mary Beth Roth that it had not been established as to whether the fees would be charged in 2008 or not. It was also noted that the entry form needs to be submitted for the newsletter stuffing in late February.

Officer Reports: The arrangement of the officer reports was changed due to Ron Dehn needing to leave the meeting early. Newsletter Editor: Ron Dehn, reported that there would be an early newsletter. He reported that all materials would need to be turned in by December 10, 2007. He would be submitting it for printing December 17, 2007 for stuffing sometime that week. Treasure: Dave Diaz gave a financial report showing the status of the club. He also showed a preliminary report of the spending, along with profits of the Rock Canyon Half Marathon. To date the race has made \$2505.01, but sweatshirts must still be reordered, as well as one last check has yet to be received from Active.com. He also made a donation of \$50 to the State

Hospitals Recreational Therapy for their help with a water stop at Rock Canyon. He also gave a financial report of how the Atalanta Run did, it actually made a some money this year. All was approved. Membership Chair: Don Pfof, reported that there are 194 paid members, a majority are only paid for 2007. There have been 32 renewals and 4 new memberships since signup sheets have come out. He also noted that counting the family memberships along with individual memberships the club actually has a total of 335 members, 114 of which are individual, and 71 that consist of families who have family memberships. Webmaster: Paul LaBar reported that Ken did a good job coordinating the calendar on the website. Linda Strange is now the official calendar keeper, she will be putting all new calendar data, and had been able to put everything in so far. Another meeting will need to be coordinated with Don Pfof, Ken Raich, and Linda Strange with Paul to go over the calendar. Articles can also be submitted to Paul for posting on the website.

Upcoming Events: Terry Cathcart was present to discuss the Spring Runoff, which will be held on March 2, 2008. This year it will be the 30th Anniversary, which is the Pearl Anniversary, which a brief discussion took place on ideas to incorporate the Pearl into the race agenda. This year there is possibly going to be a masters division added to the race, which is for 40 years old and over. Tech shirts are going to be provided as race shirts, a question as to whether they would be long sleeve or short sleeve was brought up. Also he was looking into having a separate male and female shirts. That would be forthcoming in the future. Terry is going to look into it. There was a suggestion made that Mike Spence, Larry Lopez, and John Salas be honored at the race, possibly at the start line, prior to the start the race so that there would be a captive audience. They were some of the original organizers of the race. It needs to be coordinated with Pat Burnt, how the Funner to be a Runner race would go, start time, and start location. Also an ambulance is going to be hired for standby at the race, cost is \$50 per hour. A discussion took place regarding having Nursing students at the wa-

ter stops. It was then suggested that EMS students may work as well, since they are geared more to dealing with Emergencies. Terry also mentioned that they would possibly change the 10 Mile race to a Half Marathon. A brief discussion took place regarding this, it is likely that the 10 Mile will continue, due to the fact that most runners are more ready for a 10 mile race at that time of the year, than for a Half Marathon. Rudolf's Reindeer Romp is coming up on December 16, it is the last predict for the year. It was noted that Don Pfof is stepping aside as coordinator for the Predict Series. Joe Bulow was recruited by Don to take it over.

(Continued on page 5)



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. 307

"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, Bo Martinez*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Stan Hren, Don Pfof
Linda Strange, Theresa Duran, Larry Volk,
Dave Diaz, Joe Bulow

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.

* Bo Martinez caught the game-winning touchdown pass, to secure the High School 4A football state championship for the Pueblo West High School Cyclones, in their 21-14 win over Monarch on December 1, 2007.



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



Great Stuff

by Gary Franchi

Opportunity knocks at the Rock Canyon Half



Thought for today's lunch, contributed by writer Jerome K. Jerome: *"It is always the best policy to tell the truth, unless, of course, you are an exceptionally good liar."*

Musings about running, fitness and life:

Hurticles, the Greek God of Injury, follows my every step. I find a way to create pain out of many amusing racing episodes, and the recent Rock Canyon Half-Marathon provided the latest opportunities. Well, they're amusing in retrospect, anyway.

If you didn't run it and weren't at the Rock Canyon Half on Dec. 1, go to the SCR website and check out the photos taken by photographer supreme Larry Volk. Look at the clothing that any runner was wearing in various photos.

Notice anything weird?

Yes, in some of the photos, you see runners bundled in hats, gloves and running jackets. In others, the gloves and hats are gone and those same runners are wearing short-sleeved shirts, with jackets or long-sleeved shirts tied around their waists or discarded altogether.

Was there a "runner-clothing jacking" at the Nature Center? An unannounced used merchandise sale near the Osprey picnic grounds? A non-profit agency's winter clothing drive at the Pueblo Dam?

No, Mother Nature, like some people I know, can have swift mood changes, and she had one big time in the Rock Canyon Half. A race that started in frigid but actually ideal running conditions (read: invigoratingly cool, sunny with no wind) took an abrupt turn just west of the Nature Center. There, a stiff Chinook breeze blew a warm slap in the face to the racing field, raising the temperature a good 15 or 20 degrees instantly and putting wind in our faces.

It was time to peel. As a result, I've never seen so many people strip in public before.

I started peeling even before that, realizing by the time I got to the Nature Center that I had overdressed for this race. There, I left my windbreaker with Joe Bulow, who was working the water station there.

The warm chinook wind came a

few minutes later. That's when I decided to get rid of the T-shirt I was wearing over a long-sleeved shirt. In focusing on getting the shirt over my head while continuing to move forward, I failed to see a low-hanging branch that whacked me in the head, knocking off my stocking cap but failing to provide any elusive mental clarity.

A bit later, the course took us off the pavement and onto the first dirt-path loop. After a few minutes on that path, I was feeling frisky and decided to pass the runner in front of me. As soon as I veered to the other lane on the left, there was lead bicyclist Tomas Duran with the lead runner in tow, barreling toward me less than 10 yards away, yelling "GARY!" with eyes as big as a deer seeing approaching headlights. This time I avoided getting whacked again, tip-toeing to the right just a second or two in time. You're welcome, Tomas.

There was more. After turning around at the Pueblo Dam, we made our way back to that same famous dirt-path loop, this time, of course, heading in the opposite direction. Just before getting back onto the paved trail, I tripped over my own feet and nearly did a major biff a few yards from the water stop, catching myself at the last second but suffering what felt like some kind of rib cage injury. This time I got a break as the pain dissipated, no doubt the result of kibitzing with Hilbert Navarro and Dwight Martinez at the aide station while sipping some Gatorade.

The rest of the race was uneventful, but the incidents hadn't completely run their course.

In keeping with my ability to create new ways to find pain where no possible way exists, I decided to get a massage in an attempt to quell the right hip flexor ache that had bothered me since the third or fourth mile, grew as the race wore on and left me limping after the race. Well, the magic hands from the Pueblo Community College Massage Therapy student helped the hip flexor all right, but they also instigated a left calf cramp that further tested the masseuse.

Ah, the Rock Canyon wasn't all disaster, though. I didn't get hurt driving back to the homestead, didn't fall in the shower and didn't injure myself lifting a

fork while refueling afterward.

Didn't even damage my fingers checking out the results on the SCR website the next day, either.

10

Ten things I was just wondering:

1, Does anyone really pay the retail price for a hardcover book these days?

2, Wouldn't "doubtify" be a great word, as in: "Did the Broncos doubtify their playoff chances by blowing a 34-20 lead to the Bears and then getting blasted by the Raiders the next week?"

3, Regarding the "Go Green" movement, why not invent edible bags and product wrapping for fast food eatery usage? Shoot, they might even be more nutritious than the inner contents.

4, At a time when newspapers are losing circulation and not replacing some retiring or departing employees, how can the Rocky Mountain News justify having a "Colorado Chess" columnist?

5, Can anyone actually listen to "Don't Fear the Reaper" by Blue Oyster Cult without thinking of Will Ferrell banging away on that cowbell?

6, When did mice become the replacement for guinea pigs?

7, Doesn't it just tell us that weaknesses are everywhere when veteran wheelchair racer Jeff Adams was banned from the Canadian Marathon because he failed a drug test for cocaine?

8, What did the world do before super glue and Velcro?

9, When are they going to invent a "Go Green" running shoe? When they do, is there any doubt that will be priced out of the stratosphere for average folks?

10, Is EPSCAR (El Paso County Search and Rescue) a distant relative of NASCAR?

Until next month, may the gods smile down on you during your next race.



Ramblin'

by Ron Dehn

The Trail Less Followed



I know that writing on trail running is Paul Vorndam's "territory", but I recently had an inspirational trail run, and I can't resist a few comments.

Exercise is indeed a great stress reliever. For years, I ran the trails north and east of CSU-Pueblo during lunchtime, to come back to work quite refreshed. Running is truly good for the soul and mind as well as the body.

Running provides great benefits, but trail running provides benefits plus. Imagine your foot striking the dirt and you are looking at nothing but nature. No asphalt, no cement, no houses, no cars, no power lines. Nothing man-made. Sky, sun, clouds, heat, cold, wind, rain, grass, trees, wildflowers, rocks, rabbits, deer, hawks, hills. Beauty at 360 degrees. Every strike of your foot on the dirt provides a great sound that varies with the temperature, amount of moisture, slope of the terrain, composition of the surface, wind speed, and all those great things that you find only on trails. And if you want some really great sounds, run in the snow. When running in the snow, stop once in a while and look back. You've left your marks, like the first skier on the slope after the night's snowfall.

While you are surrounded by all this beauty, your mind has an opportunity to disengage. And when your mind is released, gravity releases just a bit of its control on the body.

To experience this, you don't have to be a serious "wilderness" runners, like Shaun Gogarty or Paul Vorndam. Most of the trails that I run take me no more than 2 or 3 miles from civilization. I am fortunate to live in an area, where there are hills, valleys, and cliffs, so it doesn't take that long to find a bit of seclusion.

It is a great way to spend time with a friend, and also a great way to pray, meditate, reflect, or simply let your mind wander.

I'm almost always a "glass is half full" kind of person. However, once in a while, something weighs a bit heavy on my shoulders. When that happens, I often start thinking about how soon I can work a run into my day.

But getting away on a trail is not reserved for times of trouble. A trail simply makes your day better regardless of the circumstances.

I have a few "rules". I know - the idea of "rule" and wide open spaces doesn't necessarily "taste good" at first. But, I follow the rules most of the time, especially if I'm by myself. This behavior comes from my Boy Scout training many years ago. "Be Prepared", we used to say, and it is a good idea when you are even a short way from civilization. Ask yourself, "What conditions might I run into?" Dehydration? Sun? Cold? Wet? Critters? Other people? If I'm running in neighborhoods, I figure that I can readily get help in case of a turned ankle or even a snake bite. (Yes, I've seen a few snakes in my neighborhood.) But these can be quite different if I'm alone and on the trail less followed.

I think it is important to file a "flight plan". If I'm running alone, I usually let someone know which general direction I'm headed. If something happens, at least they have some general idea on where to start looking.

Enjoy but be smart. Be aware of your surroundings, especially if you are a lady and running alone. Keep the right balance. Remem-

ber the Central Park Jogger, but also remember John Muir.

I know it sounds a bit offensive, but for safety sake, I usually carry a cell phone. Coverage is reasonable on most of the trails that I frequent. And, the phone came in handy once when my family needed to get hold of me.

Once in a while I take a camera. I hesitate to use a cliché, but that does bring to mind the adage, "Take only photos, leave only footprints."

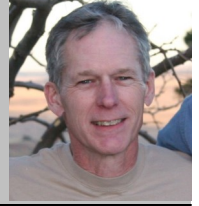
Well – enough infringing on Paul Vorndam's trail running "territory" – at least for today. But no promises about the future.





Runnin' the Trails

by Paul Vorndam
The NEW Year



Tired of that same old route you run? We know our editor plies the back roads of Pueblo West. Many enjoy the Nature Center trail out towards the dam. CSU-Pueblo runners tackle the prairie east of campus. I like the trails down by Rye and over by Westcliffe. A few years ago I lived in St. Louis. At noon a run meant dodging cars, breathing exhaust and waiting at stoplights to cross 6 lanes of traffic. However, St. Louis has a number of parks and nature preserves sprinkled in among the tangled freeways and they were my salvation on weekends. Diversity is out there. We just need to seek it out and celebrate it. Try a new route or trail this year.

How do you know when to replace a pair of running shoes? I find the roads

are tougher on shoes than the trails. Roads accelerate wear. When I used to run on roads, I could tell I needed new shoes (or a healthy gob of shoe goo) when my ankles started to hurt, because the shoes had become uneven on the bottoms. A friend (no exaggeration here and Ron will back me up on this!) was known to get new shoes only after the holes in the bottoms of the old ones got big enough to start wearing out socks also. His ankles never got sore either – it wasn't fair. But you needn't wait THAT long. Need a lift? Need something to help get you out the door? Buy some new shoes and then go enjoy them!

Now, this “discard the old and embrace the new” theme could probably be carried too far. I'm talking about your run-

ning partner(s) now. So I'm not advocating running divorce, but we can reach out and share our experiences with other runners in the coming year. So you don't absolutely need to, as the song says, “go out and find someone new”, but maybe you can hook up with someone you haven't seen or run with in awhile. Ron? Mel? Shaun?

OK, new routes, new shoes, new (or old ones revisited) buddies. What next? A good friend of mine passed away last year and another gave me quite a scare. How many more runs are there in these legs? New attitude! I'm going to have fewer “poor little me” days this year. I'm going to enjoy everyday I can run in 2008 and I hope you do the same! Happy Trails.

(Minutes continued from page 2)

Recaps/ Updates/Revisits: Judy Tucker was present at the Atalanta. There was a good turn out, considering there were not a lot of pre-registrations. Rock Canyon went very well, as reported by Dave Diaz, race director. He made mention of the many helpers that he had this year, which helped tremendously in making the race a success. He specifically mentioned Ken Raich for all the hard work that he does on the data entry, as well as the layout for the design of the medals, and ordering the medals. He mentioned Don Pfof for bringing the equipment to the race, setting it up and taking it apart, to get it put away. He mentioned the water stops, which were organized manned by Hilbert Navarro, Joe Bulow, and the state hospital, and Anthony Diaz. He also mentioned Stacy Diaz for ordering the race sweatshirts. He noted that there were many other people who helped with the race, such as Peggy Oreskovich, Peggy Stommel, Jacqueline Wall, and many more. He noted that he was making every attempt not to forget any names.

New Stuff/Old Stuff: Discussion took place regarding the SCR Banquet, which is to be held at Cinfully Delicious this year, on January 19, 2008. A \$200 deposit has been made for the confirmation of a reservation for that date. A committee has been established for the event. Don Pfof, Theresa Duran, Paul LaBar, Linda Strange, and Martha Drake are all apart of the committee. Nominations for

the Male and Female Runners are to be coordinated by Martha. Jeff Arnold will coordinate nominations for Male and Female Youth Runners. It was decided there will be no silent auction this year. There will be a chance drawing for various prizes, to be drawn the night of the banquet. Paul LaBar has written a Solicitation Letter for gathering prize donations from local businesses. Post Card reminders will be sent out. RSVP will be set up for prepayment. A link will be set up online to the Banquet information. A link will be online for voting purposes as well. Theresa Duran asked permission to recognize coaches Jeff Kliener, and Dana McDowell as allies to SCR, for all the hard work and dedication they have to youth running, for their efforts in training kids from all over Pueblo, after school, out of their own time, at no cost to the runners or their families, other than costs to go to events. They have been coaching kids to go to Junior Olympic events at the State, Regional, and National Levels for a period of time. It was agreed that this would be ok. Officer nominations are also being discussed, Joe Bulow, will take over the Predict Series. Don Pfof will do it for the 1st few months, Joe will take over in a few months into the year. There is no President as of yet, would Ken Raich do it for a 3rd year? Jan Dudley and Paul Delaguardia were also approached, with no success. Theresa Duran made a request for sponsorship assistance for her kids to go to the USA Track and Field Junior Olympic National Cross Country Meet. It was ap-

proved to give \$100 each for them. The January meeting will not be held on January 2, 2008 as it falls too close to the New Year and many members will be gone that week. The meeting will be moved to January 9, 2008. Jeff Arnold wants to be on the January agenda to talk about youth running. Also it was announced that bids for Pueblo to be the host for the 2008 State Cross Country Meet. It will be a new course on the short nine. The meeting was adjourned at 9:00 P.M. Respectfully submitted by Theresa E. Duran





The Rock Canyon Half Marathon

by Dave Diaz



This year's Rock Canyon Half Marathon had 400 registered runners. There is no way our club could put on the Rock Canyon Half Marathon without the help of many great volunteers. I hesitate to name names because I don't want to leave anyone out but I feel it's important to thank everyone I can. So forgive me if I don't mention your name, just know that I am very grateful.

First is KEN RAICH: Ken's help actually begins months before the race. The first thing he does is design and updates the paper race application. I say paper because Ken also takes care of the online registration through Active.com. Ken also orders medals, puts the current logo on the medals and Ken along with his wife Pixie do a fantastic job with results.

Then there is JACQUELINE WALL: Jacqueline's job is to type in all entries into the club's notebook. Sounds simple but this year we had 400 entrants and most come in the last week. Jacqueline and Ken planned to meet the night before the race to print labels and stick on the bibs. However, I received a phone call from Ruth at the Gold Dust because the application says runner's could pick up their bibs on Friday afternoon at the Gold Dust. So even though they were both tired and had to work the next day, Ken and Jacqueline agreed to meet Thursday night to print labels. Jacqueline left them at my house that evening and I stuck the labels on the bibs Friday morning before I left to mark the course. I made several mistakes-- but that's a story for another day.

STACEY DIAZ: Stacey answers emails and phone calls that seem nonstop as the race approaches. This year Stacey designed the sweatshirt, it's the first time I haven't done it but I was completely out of ideas. The Chamber of Commerce gave us permission to use the PUEBLO logo as part of our design this year and it was worth it. Stacey and Jacqueline are also in charge of the City Park Pavilion race day morning and lined up the volunteers. Thank you to Carrie Slover and Peggy Oreskovich (and Stacey) who worked registration then ran the race. Kathy Stommell, Jan Dudley, Pixie Raich, Ruth and Tim from the Gold Dust (and Ruth's

mother) as well as Jacqueline's daughters –Angelica and Gabrielle all worked passing out sweatshirts and bibs and answering numerous questions then after the race started they cut up bananas and set out the donuts and Gatorade.

WATER STOPS: We have 4 waterstops (actually 7 but they hit 3 of them twice). The first one is in City Park and MARK KOCH and his family have been doing that one for years. Most years his daughter Sara helps but this year he brought his wife, Brenda. JOE BULOW has taken charge of the water stop at the Nature Center for the past two years. He brings the tables, cups, Gatorade, water and sets up. Rochelle Bier- Kemmett, a club member and Recreation Therapist from CMHIP brings a van with volunteers from CMHIP. HILBERT NAVARRO has been doing the first water stop on state property for several years. Hilbert gets his own volunteers and has his own jugs and tables, so all he needs is Gatorade and cups. The volunteers that man the water stop just before the dam have the hardest job because they get hit hard in two directions with runners going out and coming back. My brother Anthony, my Uncle Joe, and good friends Paul Barela, Bill Veges and Dave Foster have been helping as long as I have been race director. A very good friend, Big Mike Lucero also helped for many years. He passed away 2 years ago and the race always brings back fond memories of him.

FINISH LINE: Thank you to Don and Lois Pfof who go to the storage shed and bring the finish line equipment, then set it up and then work the finish, timing and pulling tags and return everything when the race is over. And thank you to the finish line crew: Terry Cathcart, Mark Koch, Dennis Wait, Jim Alcorn, Angelica Wall, Brenda Koch and Jim Robinson. I should mention that Gary Franchi and Ron Dehn usually work too, but this year Gary ran the race and Ron had another commitment. The finish line is vital to the success of the race and these people are outstanding. In fact, the best thing I can do is stay out of their way.

Tomas Duran has been the lead bike for the last 3 years. Many of you may not know that Tomas has done the Peak As-

cent in 3:03 but because of knee problems has turned more to biking now. We are happy to have him and no longer have to worry about the first runner beating our lead bike.

I also need to thank Lynne Ross and the students from the PCC Massage Therapy Classes. They brought about 15 tables and gave FREE massages to runners. The Parks and Rec of Pueblo who allow us to use the pavilion for no charge. The Colorado Division of Parks and Outdoor Recreation at Lake Pueblo State Park who allow us to use the trails and roads for no charge and allow us to set up water stops on the trail, the Colorado Running Company in Colorado Springs who let me drop off sweatshirts for runners in the Colorado Springs area who do not get their shirt race day because we run out. They also call the runners and let them know the shirts are in. And finally the crew at the GOLD DUST SALOON in Pueblo (Ruth, Shelly and Tim and everyone) for passing out shirts/bibs, answering questions, taking registrations and helping at registration the morning of the race. Tim also picks up the shirts from Screened Effects and delivers them to City Park.

Every year it seems as though the race gets harder for me to do but in reality I do less. So thank you to all the volunteers for a great team effort and here's looking at Sat, Dec 6, 2008.

Editor's Note: It does indeed require many dedicated volunteers to put on the Rock Canyon Half Marathon, and make it a 1st class event. It is quite appropriate that Dave give kudos to his small army of volunteers, because without them, it simply wouldn't happen. And, giving credit to others is something that Dave is very good at.

However, the volunteer's work is simply a reflection of the dedication of the leader. Hats off to Dave Diaz! Dave is at the heart of this event, and many other SCR activities as well. The running community appreciates your efforts!



Rock Canyon Half Marathon Results

Ladies*

Pl	Name	Ag Div	City	Time	Pace
1	Patty M Rogers	33 OA	Lakewood	1:26:31	6:36
1	Hannah Green	16 0-19	Colo Spgs	1:41:23	7:44
2	Anna Marie Marshall	15 0-19	Pblo Wst	1:45:55	8:05
3	Hollis Lyman	17 0-19	Colo Spgs	1:59:14	9:06
1	Katie Marie Lynch	20 20-24	USAF Acad	1:37:29	7:26
2	Ashley Grams	24 20-24	Hi Ranch	1:42:18	7:48
3	Carrie Fertig	24 20-24	Colo Spgs	1:46:28	8:07
1	Ashlee Nelson	27 25-29	Colo Spgs	1:31:12	6:57
2	Elizabeth Watkins	25 25-29	Colo Spgs	1:33:35	7:08
3	Dianne Bundt	26 25-29	Colo Spgs	1:41:31	7:45
1	Connilee S Walter	34 30-34	Colo Spgs	1:31:19	6:58
2	Teri L Houghton-Prichard	33 30-34	Colo Cty	1:49:12	8:20
3	Megan O'Boyle	30 30-34	Colo Spgs	1:49:41	8:22
1	Leigh Singleton	39 35-39	Lakewood	1:44:45	7:59
2	Sharon Jacob	39 35-39	Colo Spgs	1:45:47	8:04
3	Holly B Weik	38 35-39	Colo Spgs	1:47:37	8:13
1	Cindy O'Neill	45 Mastr	Man Spgs	1:32:30	7:03
1	Kelly Miller	41 40-44	Colo Spgs	1:43:06	7:52
2	Missy Ross	40 40-44	Colo Spgs	1:44:20	7:58
3	Laura Kelecyc	44 40-44	Colo Spgs	1:45:37	8:03
1	Amy K Regnier	45 45-49	Colo Spgs	1:34:05	7:11
2	Tania Pacey	48 45-49		1:36:26	7:21
3	Sandra M Rutkowski	47 45-49	Lakewood	1:46:50	8:09
4	Peggy Oreskovich	45 45-49	Pueblo	1:50:03	8:24
1	Laura Hollenbaugh	51 50-54	Arvada	1:59:46	9:08
2	Catherine T Gomez	51 50-54	Pueblo	2:00:59	9:14
3	Sandee Rae Miller	54 50-54	Palmr Lak	2:02:55	9:23
1	Carol A Kinzy	59 55-59	Pueblo	1:56:46	8:54
2	Diane K Cridennda	55 55-59	Colo Spgs	2:04:57	9:32
3	Carol M Brimmeier	55 55-59	Trinidad	2:07:13	9:42
1	Joyce McKelvey	62 60-64	Colo Spgs	2:09:24	9:52
2	Donna Romans	60 60-64	Kansas Cty	2:12:18	10:06
1	Sally C Kennett	65 65-69	Salida	2:49:41	12:57

Men*

Pl	Name	Ag Div	City	Time	Pace
1	Scott Lebo	41 OA	Colo Spgs	1:17:36	5:55
1	Matthew Drake	19 0-19	Pblo Wst	1:24:45	6:28
2	Steven Sanchez	18 0-19	Colo Spgs	1:27:22	6:40
3	Aaron Levinson	18 0-19	Pueblo	1:33:33	7:08
1	Daniel I Montilla	22 20-24	USAF Acad	1:37:27	7:26
2	Jacob Wade	24 20-24	Colo Spgs	1:37:56	7:28
3	Steven Johnson	24 20-24	Colo Spgs	1:41:56	7:47
1	Justin Ricks	27 25-29	Pblo Wst	1:20:34	6:09
2	Isaac Watkins	26 25-29	Colo Spgs	1:29:20	6:49
3	Bob Conboy Jr	25 25-29	Colo Spgs	1:56:44	8:54
1	Edgar D Trillo	32 30-34	Colo Spgs	1:25:08	6:30
2	Kevin G Noleen	31 30-34	Colo Spgs	1:30:56	6:56
3	Robert Garber	34 30-34	Colo Spgs	1:35:35	7:17
1	Gerald Romero	36 35-39	Colo Spgs	1:21:59	6:15
2	Paul L Koch	39 35-39	Colo Spgs	1:23:47	6:23
3	Duane Roberson	36 35-39	Colo Spgs	1:24:58	6:29
1	Matt Strand	40 Mastr	Denver	1:25:49	6:33
1	Jim Hendricks	43 40-44	Colo Spgs	1:37:16	7:25
2	Michael Barris	43 40-44	Pblo Wst	1:39:30	7:35
3	Bobby Valentine	43 40-44	Pueblo	1:39:38	7:36
1	Anthony Surage	47 45-49	Man Spgs	1:29:27	6:49
2	Mark W Gurule	45 45-49	Pueblo	1:31:53	7:01
3	Thomas Ricks	49 45-49	Colo Spgs	1:34:54	7:14
1	Woody Noleen	51 50-54	Colo Spgs	1:30:29	6:54
2	Thomas Kelecyc	52 50-54	Colo Spgs	1:32:21	7:03
3	Scott Palmer	52 50-54	Colo Spgs	1:35:10	7:16
1	Michael Orendorff	56 55-59	Pueblo	1:31:43	7:00
2	George W Jones	57 55-59	Monument	1:34:44	7:14
3	Larry C Miller	57 55-59	Colo Spgs	1:39:14	7:34
1	James Beckenhaupt	60 60-64	Colo Spgs	1:56:28	8:53
2	Tim Ryan	62 60-64	Colo Spgs	2:05:30	9:34
3	Pete J Doyle	61 60-64	Colo Spgs	2:06:42	9:40
1	Bill Faulkner	66 65-69	Broomfield	1:54:28	8:44
2	James McKelvey	65 65-69	Colo Spgs	2:09:23	9:52
3	Curtis Wright	66 65-69	Pblo Wst	2:15:56	10:22
4	James Austin	65 65-69	Westcliffe	2:45:32	12:38
1	Richard Kennett	71 70+	Salida	2:49:41	12:57
2	Ed R Mighell	77 70+	Denver	3:08:25	14:22

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

Sudoku
Puzzle of
the
Month

Answer
and credit
on
page 10

Notes: Only the top 3 runners in each division are shown.

For complete results,
go to the SCR website (socorunners.org)
and click the Results link

Pl indicates place in the respective age division.

The Rock Canyon Photos are generously provided for this newsletter by Larry Volk. Photos may be purchased through Event Pictures. Go to the Results link as described above, click the Rock Canyon Link, then click the EventPictures Link



Rock Canyon Photos



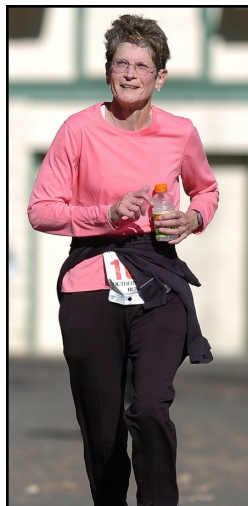
L to R

Chris Roman

Patrick Swank

Michael Taylor

Catherine Gomez



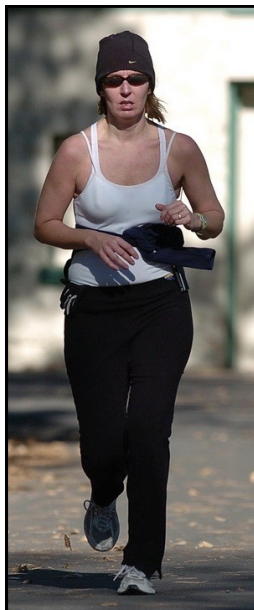
L to R

Gary Franchi

Jan Huie

Byron Beard

Ton Ratzlaff



L to R

Kristine Spinuzzi

Michael
Atlas-Acuna

Madeline
Belarde

Robert
Santoyo

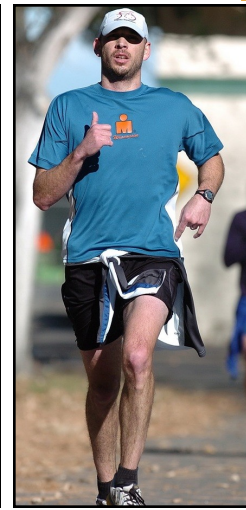
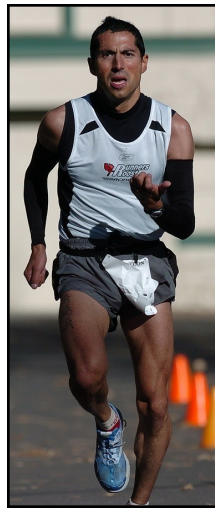


January Birthdays

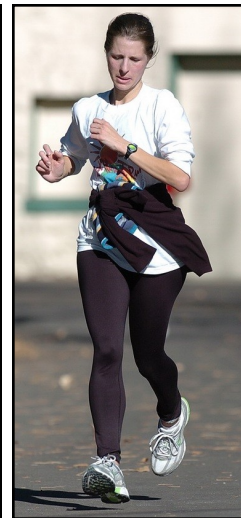
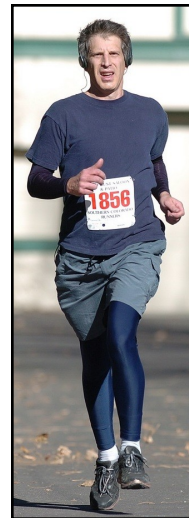
- 2 Laura Farmer
Isaac Asimov*
- 4 Jeremy Dehn
Louis Braille*
- 5 Wendy Garrison
George Reeves
- 8 Jimmie Alcorn
Stephen Hawking*
- 14 Logan Gogarty
Faye Dunaway*
- 15 Emily Borrego
Chris Kirkpatrick
Martin Luther King Jr*
- 16 Chief Reno
Mary Simmons
Dizzy Dean*
- 18 Gloria Montoya
Oliver Hardy*
- 19 Jan Dudley
Edgar Allen Poe*
- 24 Ruth McDonald
Mary Lou Retton*
- 25 Monica Diaz
Alicia Keys*
- 27 Mike Messick
Gabrielle Wall
Lewis Carroll*
- 28 Joshua Smith
Christine Willumstad
Elijah Wood*
- 29 Robert Quintana
Oprah Winfrey*
- 30 Coby Gogarty
Gene Hackman*



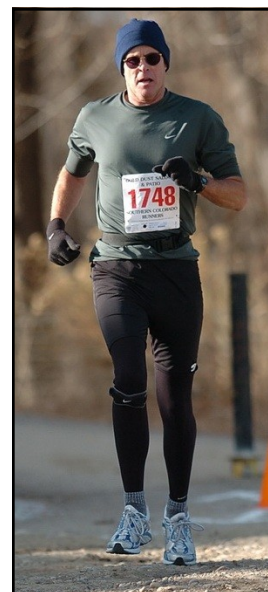
More Rock Canyon Photos



L to R
Paul Koch
Gerald Romero
Woody Noleen
Kevin Noleen



L to R
Connilee Walter
Michael Orendorff
Bobby Valentine
Teri Prichard



John Musso

Joe Stommel

Jim "Rocket" Robinson

Justin Ricks

*honorary member



Reminders

by Don Pfof



Membership Reminder

If you haven't sent in your 2008, membership, please take a few moments now to fill out the enclosed membership form and put it in the mail or drop it off at the YMCA.

The benefits of membership are many—the camaraderie of other runners, an award winning newsletter, reduced entry fees to club-produced races, an annual picnic and banquet, the prediction series, and a free subscription to *Colorado Runner* magazine.

Keep in mind that membership dues pay for the production and mailing of the newsletter, and they subsidize subscriptions to *Colorado Runner*. So, if your renewal is not received before the February newsletter is mailed, your name will be removed from the mailing lists for both the newsletter and *Colorado Runner*.

Don't miss out. Send in your membership now. Thanks.

Don Pfof, Membership Chair

2008 SCR Banquet Reminder

A reminder that the 2008 SCR Banquet will be held on Saturday, January 19, with a 6:00 pm start at Cinfully Delicious Restaurant, 4333 Thatcher Ave., Pueblo.

You can either make prepayment or RSVP, but you must do one or the other no later than Saturday, January 12. Prepayment is encouraged. See insert in this newsletter for details.

Keep in mind that we are charged for the number of meals we ask the restaurant to prepare based on our count of prepayments and RSVPs, and we don't get refunds for "No Shows".

Further, walks-ins will be charged the full cost of the meal and will be seated only if space is available.

A full program is planned—Dr. Rocky Khosla will be the featured speaker, plus there will be drawings, awards, and the introduction of officers.



And speaking of awards, email your nominations for male and female runner to Martha Drake (nominations@socorunner.org) by Saturday, January 12. The top male and female runners will be chosen from among the nominees by a vote of those attending the banquet.

For more details about the banquet, see the article in last month's newsletter.

Hope to see you there.

Banquet Committee

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

Answer to puzzle on page 7.

Each Row, each column, and each small square must contain the numbers 1 through 9

We thank sudokuworks.com for permission to use the puzzle.



Race Calendar by Linda Strange

2008!

January 1st, 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](http://www.epcsar.org) (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, 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.



March 15th, Sat., 10a.m. **5k on St. Patrick's Day**, Colorado Springs. One of the fastest 5K's in Colorado Springs, this race is a flat, easy course to ease you back into the running season! It is run down and back up Tejon St., starting and ending in Acacia Park. 5K starts at 10 AM; followed by Kids ½ mile Run at 11AM & the 25th annual Parade follows at 12 Noon. <http://www.csgrandprix.com/stpat.html>

The YMCA Frostbite Five will NOT be held this year.

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.

Thanks from the Editor

We sincerely appreciate the work of our many contributors this past year. Thank you for your articles, photos, announcements, race results, and the other tid bits you send us.



This month, and a few others times this past year, we were faced with fairly tight deadlines. You did it!!! Thank you for your dedication!



Wishing you the best
in 2008!
Ruth, Shelly, and all
the Gold Dusters

Our potato soup will take away the
January chill
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.

Thank you Rock Canyon Vols!

We know that Dave thanked the volunteers in his article, but here's the volunteer names from this year's Rock Canyon Half: Race Directors: Dave & Stacey Diaz, Data Entry: Jacqueline Wall, Registration: Jan Dudley, Ruth McDonald and her Mom, Tim from the Gold Dust, Finish Line: Don & Lois Pfost, Terry Cathcart, Mark Koch, Dennis Wait, Jim Alcorn, Angelica Wall, Brenda Koch, Jim Robinson, Results: Ken & Pixie Raich, Photographer: Larry Volk

The Final Banquet Reminder

A reminder that the 2008 SCR Banquet will be held on Saturday, January 19, with a 6:00 pm start at Cinfully Delicious Restaurant, 4333 Thatcher Ave., Pueblo. See Page 6 for more info.



The Next Meeting: All SCR members are welcome to attend the monthly meetings. SCR meetings are typically held at 7 pm on the 1st Wednesday of each month at the Pueblo YMCA. **Because of the holidays, our January meeting will be held on January 9th.** Come join the fun!

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

The Final Thoughts...

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.
-Nelson Mandela

After the game, the king and pawn go into the same box. - Italian Proverb

Those who cannot forgive others break the bridge over which they themselves must pass. -Confucius

The moment of victory is much too short to live for that and nothing else. -Martina Navratilova

You can't always get what you want. But if you try, sometimes you'll find what you need. -Rolling Stones

It ain't over 'till it's over. -Yogi Berra

When you come to a fork in the road... Take it. -Yogi Berra