



Editor: Ron Dehn

FOOTPRINTS



Be Mine, Valentine???

The Sweetheart Edition

The Annual SCR Awards Banquet



Ken Raich was honored as the 2007 Outstanding Club Member



Attention Race Directors, Writers, & Readers.

We are skipping a couple issues of *Footprints* in 2008. The June / July issue will be mailed in early June. And, the December 08 / January 09 issue will be mailed in early December. This is especially important if you wish to include race flyers in mailings for races in July or August of 2008 or January or February of 2009. See page 14 for more details.

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SCR Notes from the January, 2007 meeting

Attendance: Ron Dehn, Gary Franchi, Paulette Arns, Don Pfof, Jeff Arnold, Ken Raich, Terry Cathcart, Dave Diaz, Hilbert Navarro, Ramon Arriaga, John Johnson.

Minutes for the December 2007 Meeting were approved.

Special Guests: New member John Johnson came to see what the club meetings were like. John had attended the Rudolf's Revenge Prediction Race and joined the club at that time. Jeff Arnold announced that grants from the Historic Fund will be available. Anyone wishing to be considered for a grant should contact the Pueblo Historical Society. The President of the State Historic Fund will talk at 6:00 PM at the Elks Club during their March meeting. This will be a dinner meeting so there will be a charge. RSVPs are required.

Officer Reports: Treasure: Dave Diaz gave a financial report showing the status of the club's finances. He showed a comparison of total balances during early January for the past 4 years. Our account balance is a bit higher at this time than any January since 2005. Dave is transferring the Treasurer responsibilities to Paulette Arns. All was approved. Newsletter Editor: Ron Dehn, reported that the June/July Newsletters and the December/January newsletters will be combined this coming year. Membership Chair: Don Pfof, reported that there are 114 paid memberships for 2008, so far. 20 members have contributed to the Equipment Fund or YMCA building Fund. 86 members from 2007 have not yet renewed for 2008. Dave Diaz will use the December membership count (194) to renew our RRCA membership. The estimated cost for renewing our RRCA membership is \$1055. Webmaster: Paul LaBar sent notice that the club's new web site format can be viewed at <http://development.socorunners.org>. Everyone is encouraged to view the new format and submit comments to Paul. Linda Strange will be asked to make sure SCR races get placed into the Colorado Runner Magazine calendar. She will also be asked to

place SCR races into the RRCA calendar. Gary Franchi will check with Colorado Runner Magazine to see if we can still get advertisements into the magazine at no cost.

Upcoming Events: Jeff Arnold announced that the Valentine's Day Twosome will begin at 9:00 AM on Sun, Feb 10. Ken Raich announced that the Spring Runoff Tuneup will be take place on Sun, Feb 17 at 9:00 AM. This will be the first race in the 2008 Prediction Series and will use the same course as the Spring Runoff 10K. There will be a pot luck breakfast afterwards at Ken and Pixie's house. Jeff Arnold agreed to write a letter to the Parks and Recreation Department to use the "Back 9" for both the "Tuneup" and the Spring Runoff (two weeks later). Jeff will also write a letter to the Nature Center for permission to use that location as a water stop for the Spring Runoff 10-Mile course. Terry Cathcart was present to discuss the Spring Runoff, which will be held on March 2, 2008. Linda Strange will order 600 white, long-sleeved tech shirts with the race logo. The cost for the technical shirts from Screened Effects will be \$10.45 for most sizes and \$11.00 for XL. Terry discussed giving non-technical shirts to the volunteers. Gary Franchi asked about volunteers paying a difference to get a technical shirt. Terry showed us the logo for the Spring Runoff and Ken Raich will determine if it can be used on the medals (the logo is rectangular and the medals are round). Ken will send the logo to Linda, Ron, and Gary when he receives it electronically. Lois Pfof and the "Pueblo Woodturners" are making the overall and masters awards. Terry asked for finish line volunteers and received commitments from Don & Lois Pfof, Ron Dehn, Gary Franchi, and Dave Diaz. Terry will make arrangements to

have an ambulance present and will ask Ben Valdez if he can be the announcer. Ramon Arriaga and Hilbert Navarro were present to discuss Cinco de Mayo and the Toyota Series. This year, the Series will include the Spring Runoff, the Spank Blasing Race, and Cinco de Mayo. Points will be accumulated as runners finish each race. After the third race, those who participated in all three races will be eligible for series awards. Terry Cathcart will include both Ramon and Hilbert in all correspondence for the Spring Runoff. Ramon announced that award money will be pre-

(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. 308

"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, Richard Gossage*	
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, Joe Bulow, Paul LaBar

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.

* Richard "Goose" Gossage is a former baseball standout from Wasson High School in Colorado Springs. He was 20 years old when he broke into the major leagues with the Chicago White Sox. Goose played in the majors for 22 years and earned his fame as a relief pitcher. His best years were spent with the New York Yankees and the San Diego Padres. He was elected to the Baseball Hall of Fame in 2008.



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



Our most wonderful Christmas present arrived just a bit after Christmas this year. In fact, she arrived at 7:03pm on January 3rd.

Let me backtrack just a bit.

Jeremy and Maggie (son & daughter-in-law) live in Denver. Last summer they suggested that Chris and I meet them for lunch in Colorado Springs. It would be their treat. Hmm... This sounded a bit suspicious. Not that we were having lunch together. Not that they were buying. They just seemed a bit more anxious than usual to see us. We met at a restaurant, enjoyed our lunch and conversation. Nothing unusual.

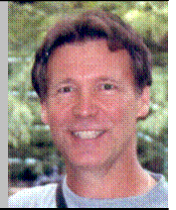
Then Jeremy suggested that we go to a nearby coffee shop to get some coffee and dessert. Jeremy carried a small package into the shop. Maggie, an avid coffee drinker, ordered something of the non-caffeine variety. Another Hmm... Jeremy kept the small package at his side, not trying to hide it, but not putting it on the middle of the table either. We sat and conversed about a wide range of subjects for quite some time, and finally Chris could stand it no longer. "Jer", she asked, "what is the deal with that package that you have been carrying with you?" He hesitated a bit, then handed it to Chris and me.

We unwrapped an oval wall plaque with the words, "Nana & Papa's Place - There's a whole lot of spoilin' going on here." We had a suspicion since the

Ramblin'

by Ron Dehn

Welcome Amelia!



initial phone call and the lunch invitation, but this was the confirmation. "Does this mean?" I asked. "Yes, we're having a baby in January", they said. They had known for a while, but were waiting until the right moment to break the news.

For the next several months, we got regular reports, and special reports after each checkup. Not that it mattered either way, but we were anxious to know the gender. Our little grandchild was not going to give that secret away for some time. Every time the ol' ultrasound started up, the baby decided to be rather shy. Finally, around the 7th month, the Doctor gave a 90% prediction of a little girl.

During that time, several other things took place. The baby's room got painted, furniture picked out, and the future Mom and Dad read everything they could get their hands on about baby needs, baby safety, baby health, prenatal care for baby and mother, the birth process, and on and on and on.

So, in late December, Chris & I had overnight bags packed and ready to go whenever we got the word. We would check in daily, only to hear that nothing had changed. Then, around noon on January 3rd, after a few phone calls back and forth, we were on our way to Denver. Just after 9pm, we were holding 7 pound 5 ounce Amelia Ava Dehn, a mere 2 hours old. WHAT A THRILL!

I think she's a runner. She was pretty active before birth and has kept up the activity since. And, she's given me another good reason to stay in shape. I want to be around to see what kind of great things she is going to accomplish. And, we may run a mile or two together. We still have a baby jogger that I used with grandson Rylan a few years back.

Not only is Amelia a runner, she is smart. She has already figured out how to make those two adults that she lives with change their whole lifestyle to be at her beck and call. At two days old, she has figured out how to get them to do

anything she wants. I suspect that she will have no trouble training Nana and Papa.

Carl Sandburg said, "A baby is God's opinion that the world should go on." Wouldn't it be refreshing if tomorrow's Chieftain headline read, "Amelia is born - God (and we) think the world should go on." That probably wouldn't sell many newspapers, but it just might cause each person who did read the headline to pause to reflect on what is right and good in our world. This reflection might spill over into our actions for the day. These actions would affect those around us, and their actions would affect those around them, and before you know it...

Naïve? Yes, to some degree. But, I don't actually think that one child's appearance on this earth will suddenly cause bitter enemies to drop their weapons, join hands, and begin swaying and singing the chorus to Kumbaya.

On the other hand, I do think that we are bombarded with more bad news than good news, and that sometimes we need to reflect on those everyday events, such as a baby born into our lives, and what that means. To the Dehn and Truong families, we are forever changed. Amelia - one more reason to hope, and one more reason to celebrate.





Birthdays & Other Events

February

- 2 Christa Rogers
Tom Smothers (70)*
Groundhog Day
- 4 Michelle Riddock
Rosa Parks (94)*
- 7 Chinese New Year
- 8 YWCA Chocolate Indulgence
- 11 Judy Navarro
Diana Quattbeaum
Garth Brooks (45)*
- 12 Alexander Paredes
Abraham Lincoln (198)*
- 13 Jerry Lopez
L.L. Bean (134)*
- 14 Allen Weaver
Jack Benny (113)*
- 18 President's Day
- 20 Beverly Skroch
Sidney Poitier*
- 22 Aaron Diaz
Ashlee Romani
George Washington (275)*
- 24 Andrew Smith
Steven Jobs (52)*
- 25 Joseph Bulow
George Harrison (64)*
- 26 Nancy Mitrick
Fats Domino (79)*
- 27 Vicki Meier
Jace Montero
John Steinbeck (105)*
- 28 Sandra Messick
Mario Andretti (67)*

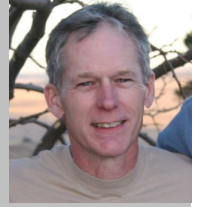
*honorary SCR member



Runnin' the Trails

by Paul Vorndam

Big Bend Trail Running



One of the joys of trail running is being able to run in our national parks. Park trails are typically well-maintained and well-marked with signage. Maps are usually available along with trail descriptions. If that's not enough, friendly rangers are available for questions about trail conditions and directions. A downside would be crowds, but you can select the lesser traveled paths and these are often better than the popular trails anyway (especially if the popular "trails" happen to be paved). Going in the off-season helps avoid crowds too, but you probably wouldn't want to run in Yellowstone in January.

Last December, we packed up and headed to Big Bend National Park in Texas for a week so I could trade my snowshoes for running shoes for a while. Big Bend is one of my favorite parks and I've been there several times over the years in the winter and spring. If you want to train for the Badwater Ultra (read: 135 miles through Death Valley), you could run in Big Bend in the summer. No thanks! The winter is a different story with daytime temperatures ranging from the 50's to 70's. Big Bend is located in southwest Texas on a (duh) big bend in the Rio Grande River. It's a huge park of over 800,000 acres in the middle of the Chihuahuan Desert. However, the center of the park has a mountain range (the Chisos Mountains) which rise to a height of 7800 ft. OK,

(Minutes, continued from page 2)

sented to Cinco finishers. We discussed a raffle and other ways to distribute the cash. Paul LaBar was volunteered to generate a web page for the Spring Runoff and Cinco de Mayo.

Recaps/ Updates/Revisits: Don Pfof said Rudolf's Reindeer Romp had 26 runners. Those participating said they liked the course and enjoyed the meal afterwards. There was snow that day, but the runners were not discouraged by the weather.

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 reminder card was sent to all members. People were encouraged to remind those who had not seen the card. RSVPs are required. The Banquet committee will meet

that's not very high compared to home, but you can easily find routes that have thousands of feet of total vertical gain if you wish. You can also find nice flat routes through the desert and rarely see another person. Big Bend has hundreds of miles of trails.

My all-time favorite route in the park is the Pinnacle – Laguna Meadows Trail loop which begins near the lodge in the Chisos basin. It starts with a 1,700 ft vertical gain in the first couple of miles, but then just rolls up and down until the descent back into the basin at around mile 10. The views from the Pinnacles are tremendous and you can tack on a side jaunt up another mile/800 feet to the Emory Peak summit if you wish. A short one I like from the basin is the Lost Mine Trail which is about a 1,000 vertical in 3 miles. This one is a popular hiking trail, so best to go early. Few of the Big Bend trails have water available on them, so if you go, be sure to take plenty. The park service would frown on you trying to eat cactus.

I've run trails in several other parks including Rocky Mountain, Tetons/Yellowstone, Glacier, Zion, Great Basin, Waterton, Great Sand Dunes (Mosca Pass – great run!), Hovenweep and the Grand Canyon. Can't wait to visit a new one or an old friend again like Big Bend. Check 'em out. Happy Trails!

with Cindy Reyes of Cinfully Delicious to work out the details of the dinner. Dave Diaz wrote a check for Don to make a payment to Cinfully Delicious. Dave also wrote a check for \$200 to cover raffle money. Voting for male/female and youth runners will take place at the banquet. The club agreed to cover the cost of the youth runner coaches. Pueblo Woodturners (Lois Pfof) are making awards for the winners. Each award will be different. Larry Volk has prepared a slide show featuring photos from last year's events. Don Pfof announced that he will not organize the banquet next year. Jeff Arnold agreed to postpone the discussion on "Youth Running" until next month's meeting.

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

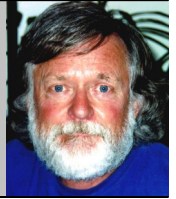
Respectfully submitted by Ken Raich



Predictions

by Don Pfost

Rudolf's Reindeer Romp Predict Run



Twenty-six runners turned out for Rudolf's Reindeer Romp on Sunday, December 16, with a 9:00 am starting time. Hosted by Don Learned and Mary Rudolf, and held on Pueblo's south side, the Reindeer Romp was the final race of the 2007 predict series.



Donald Moore, the Snowman, and Joe Bulow

As runners arrived, they were guided to Don's residence by a huge, inflatable snowman with a hollow, see-through midsection that stood in his front yard. (Apparently, the snowman had swallowed two carolers during the night—the miniature elf and snowman peered out at the arriving crowd, and, with arms outstretched in welcome, they bobbed and swayed rhythmically as they sang, only to be pelted periodically with styro-foam snow for their efforts.)

Several runners came decked out in holiday attire—one wore a Santa hat and Rudolph-the-Red-Nosed-Reindeer boxer shorts, and warmed one hand with a Rudolph hand puppet; another wore antlers atop her head.

It was a nippy 17 degrees at start time, but the skies were clear and sunny and there was no wind. Runners completed

the sign-up sheet, and some then did warm up runs, while others huddled in small groups waiting for the start.

As runners gathered at the starting line, Don drove up from a last-minute check of the course. He gave a brief description of the course, assuring us that all turns were marked with cones. Don said he'd serve as lead vehicle and introduced bicyclist friend, Rob Hall, who would help keep us on course as well. Don then pulled ahead fifty feet or so, and a member of the finish line crew gave the start command.

The 4.25M course is about a fifty-fifty split between residential streets and trails. For the most part, the streets were bare, but there were a few patches of ice, especially in areas shaded by trees. Runners cautiously maneuvered around these icy spots to avoid slipping and falling. On the other hand, the trails were covered with snow, but it had been firmly packed down as Don drove over the course several times to mark it. The packing, along with the cold temperature, provided good traction, even on the hilliest parts of the trail.

The run started on Nona Brooks Drive behind Don's condo, made an immediate left and headed north on Glenroyal Drive, turned left onto Lehigh, turned right at Regency, made a loop around

Jill Montera & Paulette Arns



Leidigh Park, and returned to Lehigh. We then headed west to the end of Lehigh, did a long counter-clockwise loop on the trails that first ran south over rolling hills on the open prairie, and then angled east and north along the fenced perimeter of a residential development. Exiting the trail, we returned to the streets and headed back down Lehigh—this time bypassing the loop through the park—then turned right onto Glenroyal Drive, and, depending on the runner, surged or labored to the finish line, right back where we started. An unknown merry prankster moved a cone that signaled a turn near the finish, so several runners went down the wrong side street off Lehigh, but eventually found their way to the finish line.

As far as results, Ben Valdez finished first, just fourteen seconds over his predict, followed closely by Bill Veges at sixteen seconds under his predict. Matt Sherman, Jordan Montera, and Aaron Levinson finished in the next three places, twenty-six, fifty-five and fifty nine-seconds off their respective predicts. The top ten places were rounded out by Don Pfost, Jim Robinson, Paulette Arns, Carrie Slover and Jill Montera.

Matt Drake had the fastest overall time of 27:51, followed closely by Paul Koch at 28:28. A general picture of how the Rompers did shows that the average difference between predict and actual times for all twenty six runners was 2min: 37sec and the average per-mile pace was 9min: 32sec, with a range of 6:33 to 14:12.

As runners finished, they moved into Don's condo for the post-predict festivities. Like last year, his home was brightly decorated for the holidays, complete with a tree, candles, bows and cards. Not surprisingly, the dining table, loaded with a variety of tasty food, including an abundance of holiday desserts, was the center of attention.

There were new faces at the gathering: Donahl Moore and John Johnsen ran their first predicts; John also joined



Predictions

Rudolf's Reindeer Romp Predict Run, continued



(SSA continued from page 6)

SCR, becoming our newest member. And there were happy faces: Ben and Sandy beamed as their infant daughter, Abby, was showered with attention; and Diana Tiffany proudly displayed the Master's degree that she'd been awarded the day before from Adams State—actually, the diploma holder contained an invitation for her to join the Adams State Alumni Association; the diploma will be sent in a few weeks.

Thanks to Don and Mary for directing the race and hosting the post-predict meal and festivities. Thanks also to Rob Hall for helping keep us on course, and to Lois Pfof, Ron Dehn and Dennis Wait for their work at the finish line.

With the Reindeer Romp wrapping up the 2007 predict series, the final standings are now decided. To qualify for inclusion in the final standings, it was necessary to complete at least five races, and for those who did more than five, their final points were the sum of their five best races. Twenty-two runners completed at least five races.

Congratulations to Jim Robinson who finished in first place with 452 points. In keeping with his nickname, Jim "rocketed" to the top of the standings with his first place finish at Temple Canyon, establishing an almost insurmountable lead that was not seriously challenged by anyone in the Reindeer Romp. And as he did last year, Don Pfof finished in second place (436), followed by Wendy Garrison (424), a newcomer to the top five, who led the series for most of the year. With their finishes in the Reindeer Romp, Bill Veges (420) and Ben Valdez (402) rounded out the top five, and finishing in places six through ten were Paulette Arns (391), Matt Sherman (389), Stacey Diaz (386), Carrie Slover (382) and Joe Bulow (377). Finally, as shown in the table, Larry Volk (357), Rusty Smith (352), Steve Wall (350), Paul Koch (346), Dave Diaz (316), Paul DallaGuardia (314), Peggy Oreskovich (262), Becky Medina (261), Jill Montera (233), Aaron Levinson (223), Dawn Bass (190) and Austin Bass

(131) were the other qualifying finishers.

These twenty-two are eligible for an award to be presented at the 2008 SCR annual banquet on Saturday, January 19.

The final standings for everyone who took part in the predict series are posted on the SCR website. A total of 149 runners participated in at least one predict race, the largest number of participants in any predict series. In addition to the twenty-two who finished at least five, eight completed four, nine completed three, and nineteen and ninety-one, respectively, completed two and one.

I want to thank all those who directed one of this year's predict runs, often hosting a post-predict potluck as well. Thanks also to the volunteers, who marked the courses, assisted with registration, served as course marshals, and worked the finish line. Without the support of the race directors and volunteers the prediction series could not happen. And, of course, thanks to the 149 runners and walkers who participated in at least one predict event.

Lastly, I want to give special thanks to two people: First, to Ron Dehn, both for his encouragement to write about the predicts and for working with me to get the articles and results published as soon as possible after each particular race—this often meant that, while waiting patiently for me to finish, he'd layout the newsletter, saving space for what I would be sending; then after I emailed my literary gem, he'd wrap things up, rush the newsletter to the printer, and put stuffers on notice to prepare for action at the Gold Dust. And second, to Lois, my wife, for working the finish line and taking care of countless other tasks over the past two years, which made it possible for me to run the predicts. Thanks to you both!

This brings to a close both the 2007 predict series and my two-year stint as coordinator of the predict series.

The 2008 predict series begins with the running of the Spring Runoff Tuneup, directed by Ken and Pixie Raich, on

Sunday, February 17, with a 9:00 am starting time. Check the calendar for details. Join us and welcome Joe Bulow, who will coordinate the 2008 prediction series.



Above: Don does his John Travolta impersonation

Below: Mary and Don





Predictions

Rudolf's Reindeer Romp Predict Run, continued, continued



		Finishers - 2007 Prediction Series												
		3/8	4/7	4/29	5/13	6/23	8/4	8/25	9/9	10/20	11/24	12/16		
PI	Name	SRO Tunup	Rams Eight	Tri Mix	Yap Dog	Butt Bstr	Moon Mad	Tuni Drv	South Shore	Hrvst Run	Tmpl Cyon	Rdeer Romp	Best Five	
1	Jim Robinson		69.23			77.42	95.83	97.96	34.78	81.25	100	76.92	452.46	
2	Don Pfof	77.50	100		90.48	4194	54.17	26.53	86.96	34.38	58.00	80.77	435.70	
3	Wendy Garrison	75.00	15.38	61.54	100	100	75.00	20.41	73.91				423.91	
4	Bill Veges	27.50		84.62				67.35	78.26	93.75		96.15	420.13	
5	Ben Valdez		84.62	69.23		45.16		73.47	39.13	75.00		100	402.32	
6	Paulette Arns	37.50	23.08	38.46	85.71	16.13	79.17	91.84		60.94	56.00	73.08	390.73	
7	Matt Sherman	65.00		11.54	33.33			87.76	56.52	87.50		92.31	389.08	
8	Stacey Diaz	82.50		88.46	61.90	61.29	91.67	38.78	26.09	40.63		61.54	386.07	
9	Carrie Slover	80.00		80.77	80.95		66.67	71.43	21.74	37.50		69.23	382.38	
10	Joe Bulow	60.00	46.15	73.08	57.14	87.10	100					38.46	377.32	
11	Larry Volk	45.00	76.92			74.19		61.22	65.22	60.94	84.00		357.28	
12	Rusty Smith	72.50	53.85			64.52			69.57		92.00		352.43	
13	Steve Wall	62.50		50.00		96.77		59.18		46.88	82.00	50.00	350.46	
14	Paul Koch				71.43				43.48	90.63	94.00	46.15	345.69	
15	Dave Diaz	30.00		92.31	38.10	80.65		57.14	47.83			34.62	316.02	
16	Paul DallaGuardia	87.50	92.31			67.74	37.50	28.57					313.62	
17	Peggy Oreskovich			23.08	76.19	58.06	87.50		17.39	12.50			262.22	
18	Becky Medina	85.00		19.23				18.37	82.61	56.25			261.46	
19	Jill Montera			65.38	28.57			42.86	30.43			65.38	232.63	
20	Aaron Levinson				9.52	6.45	62.50				60.00	84.62	223.09	
21	Dawn Bass					32.26	41.67	85.71		18.75		11.54	189.93	
22	Austin Bass					3.23	25.00	77.55		9.38		15.38	180.54	

To the left are the 22 finishers of the 2007 SCR Predict Series

Each finisher completed a minimum of 5 races

RRRR (Rudolf's Reindeer Romp Results)

PI	Name	Pred	Actual	Diff	Pts
1	Ben Valdez	32:00	32:14.27	00:14.27	100
2	Bill Veges	36:40	36:56.87	00:16.87	96.15
3	Matt Sherman	32:30	32:03.81	00:26.19	92.31
4	Jordan Montera	32:00	31:04.20	00:55.80	88.46
5	Aaron Levinson	30:00	30:59.21	00:59.21	84.62
6	Don Pfof	50:48	49:48.71	00:59.29	80.77
7	Jim Robinson	32:30	33:37.13	01:07.13	76.92
8	Paulette Arns	48:00	46:52.46	01:07.54	73.08
9	Carrie Slover	42:15	43:46.82	01:31.82	69.23
10	Jill Montera	39:00	40:37.68	01:37.68	65.38
11	Stacey Diaz	42:00	43:45.90	01:45.90	61.54
12	Matt Drake	26:00	27:50.83	01:50.83	57.69
13	Donahl Moore	39:00	37:05.71	01:54.29	53.85
14	Steve Wall	35:30	37:28.34	01:58.34	50.00
15	Paul Koch	26:08	28:28.79	02:20.79	46.15
16	Jeff Arnold	52:08	54:33.08	02:25.08	42.31
17	Joe Bulow	37:00	39:29.45	02:29.45	38.46
18	Dave Diaz	34:00	37:10.29	03:10.29	34.62
19	Martha Drake	47:00	43:44.42	03:15.58	30.77
20	John Johnson	40:00	43:30.23	03:30.23	26.92
21	Rich Hadley	55:00	51:19.78	03:40.22	23.08
22	Deb Hadley	55:21	51:20.09	04:00.91	19.23
23	Austin Bass	38:00	43:30.01	05:30.01	15.38
24	Dawn Bass	54:00	1:00:21.04	06:21.04	11.54
25	Nathan Bass	34:00	40:56.27	06:56.27	7.69
26	Shayne Taylor	28:34	36:10.59	07:36.59	3.85

Right:
Series Winner
Jim "Rocket" Robinson

Below:
The Valdez Family
Sandy, Abbey, and Ben





Predictions

by Joe Bulow

The 2008 Predict Series



In taking over as coordinator for the 2008 Prediction Series, I want to take a little time to introduce this series of “training races” to newcomers and re-fresh previous rules to the veteran club runners. The series will follow the same rules and include the same races as most recent years.

The idea behind the Prediction Series shifts the advantage for winning races from purely speed to the ability of runners to predict their finish times. For each of the eleven races in the series, participants first write down their predicted run times, then watches are removed, and the start command is given. As runners cross the finish line, their respective times are recorded on a stop watch. Scores are determined by the difference between each runner’s predicted and actual times, the smaller the difference, the higher the score. Thus, a noteworthy feature of the prediction series, as compared to regular competitive runs, is that speed doesn’t necessarily win. Instead, the winners are those who predict most accurately the time it will take them to run the event.

As the series progresses through the year, points from each event are compiled to produce the interim and final standings for the series. The runner with the highest five-event point total at the end of the series is declared the winner, and all club members completing at

least five races are eligible for awards.

Detailed descriptions of the rules and regulations of the series may be read off the socorunners website; however, I will briefly go over a few here to avoid any confusion on race day. First, no watches are allowed during the race. Second, no iPods or headphones will be allowed. Third, no dogs or other pets will be allowed to accompany a runner during the race. I understand the complaints and reasons that people give for allowing any of the above (except the watches) but for insurance reasons and to keep things fair, these club rules will continue for the 2008 Series. Violation of any of the above rules will result in disqualification from that particular race.

Over the past few years, I have had the privilege to participate in every run of the Predict Series except the Temple Canyon 4M run, which is held on Thanksgiving week. Each run is unique in its degree of difficulty, type of terrain and post race gathering. I have not been disappointed in running any of these races and some even inspire me to return to the location for future training runs.

The **Spring Runoff Tuneup 10K** is the first race of the series and will take place on Sunday, February 17th at 9:00am. Everyone should plan to meet

at the City Park swimming pool parking lot, which is east of the intersection of Goodnight Ave. and Pueblo Blvd.

This Tuneup consists of a relatively flat course through beautiful Aberdeen neighborhood and City Park with a sharp down hill from City Park to river trail (asphalt section) and then up a gradual hill on dirt road by Dutch Clark Stadium. It’s a nice run to gauge your fitness level in preparation for the Pueblo Chieftain Spring Runoff, which is held two weeks later on the same course.

The post race pot-luck brunch will be held at the home of Ken & Pixie Raich, directors for the Tuneup 10K. Directions will be given at the race site but it’s basically just down the street from the race start, west on Goodnight Ave from the City Park. When I first started running these races, I didn’t know any other runners and felt weird about attending these post race gatherings, but everyone is very nice and welcomes newcomers with open arms. Hope to see you there!

This run is one of the more challenging (and fun) courses of the Predict Series with plenty of rolling hills on a mixed terrain of dirt, gravel and loose shale.

(Great Stuff, Continued from page 3)

reach the point where trying to stay healthy becomes more important than hoping to get faster?

7, How come you never hear someone say, “If anything can go right, it will”?

8, Given the cold weather that we’ve had recently, aren’t you glad that God invented treadmills?

9, Isn’t it great to be able to blame your slow running performances on bad genes?

10, Be truthful now, aren’t some of

you apprehensive about being shut out of the Pikes Peak races this year by another computer glitch?

•
Until next month, may you get into the “zone.” And not the Twilight Zone.



The 2007 SCR Banquet



Food, Awards, Enjoyable Speaker, Prizes, Camaraderie.

If you weren't there, this article probably won't do the banquet justice, but read on for some highlights.

The SCR annual banquet was held on January 19th at Cinfully Delicious restaurant. As folks checked in and took their seats in the dining room, they were treated to a slide show, prepared by Larry Volk, consisting of photos of themselves, friends and loved ones playing a variety of roles--as runners, finish line crew and spectators--at running events during year. Theresa Duran then took over the podium and the microphone as the banquet emcee. After some opening remarks and directions, it was time to eat. Cinfully Delicious put on a fine spread and the 108 SCR members who attended filled their plates and sat down to a great meal and conversation.

Theresa introduced the featured speaker Rocky Khosla. Rocky wrote a medical advice column in the SCR newsletter *Footprints* for 17+ years. He surprised

the audience with his talk. Those who expected Rocky to tell them how to deal with knee injuries, tendonitis, or hypothermia, found out that Rocky's second career is that of a stand-up comic. He shared many insights including the answer to the age old question: "Which came first, the chicken or the egg?" Rocky had the answer, but we really can't tell you -- you just had to be there.

Throughout the night, Theresa had various "volunteers" draw tickets for prizes. Paul LaBar, Ken Raich, and Lois & Don Pfof collected \$1350 in memberships, race entries, running gear, and assorted other prizes. Lots of people won lots of goodies.

The club presented several awards as described in Don Pfof's article on page 11. Jerica Khosla and Aaron Levinson were named as Youth Runners of the Year and Tammy Stone and Joe D'Angelo won awards for Female and Male Runners of the Year. The Dirty Sweat Sock award, which unlike its name is quite prestigious, went to Stacey Diaz, and Ken Raich was named as this year's Outstanding Club Member.

Stacey and Dave Diaz made presentations of an SCR denim shirt and an SCR wall clock to each of the 34 club members who had earned over 50 volunteer points. That's a lot of volunteering.

Then Don Pfof, the Predict Series Coordinator handed out 21 hand made wooden boxes as awards to the finishers of the 2007 Series. Jim "Rocket" Robinson was this year's champ. For details, see Don's article and the Predict Series results on pages 6 - 8.

The evening ended as Theresa's assistant pulled the final few tickets for the remaining door prizes.

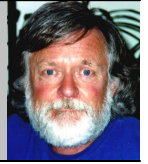
Many thanks to all attendees for making this a success. A special thanks to those who helped plan and carry out the excellent event. The list includes: Banquet committee: Don Pfof, Linda Strange, Martha Drake, Paul LaBar and Theresa Duran. Assisting were the Banquet-night volunteers: Ken and Pixie Raich, Paulette Arns, Larry Volk, Lois Pfof, and Rich Hadley.

Theresa Duran
took on the emcee role



Rich Hadley presents the Youth Runner awards to
Jerica Khosla and Aaron Levinson

Awards at the Banquet by Don Pfof



Those attending the 2008 SCR Awards Banquet witnessed club members receiving an array of attractive and distinctive awards for their varied accomplishments. Here's some background on each set of awards.



Rocky was one of the Long Distance Runner Award recipients

First, Rocky Khosla and Dave Diaz were recipients of the “Long Distance Runner” award, a new award given for the first time at the banquet. The basic idea behind this award is to recognize and express the club’s appreciation for the distinguished and dedicated service the recipient has rendered to the club over an extended period of time. And because we are a running club, the metaphor of the “long distance runner” seems appropriate to convey this idea. Rocky and Dave are each stepping back from key contributions they have made to the club for many years—Rocky from his informative “Rocky on Fitness” newsletter column, which first appeared in the October, 1989, issue of *Footprints*, and Dave from his fourteen years as club treasurer.

The award itself was a beautiful, original design pottery bowl created by Ron

Dehn. Each bowl had the recipient’s name, along with “SCR Long Distance Runner”, inscribed on the rim. Check out the banquet photos for some idea of what the bowls look like—my words can’t do justice to their beauty.

Secondly, the club awards for the Female/Male Youth Runners, Female/Male Runners, Dirty Sweat Sock, and Outstanding Club Member were a variety of wood-turned items created by Dan Miller and Robert Sweeney, professional wood turners and members of the Pueblo Woodturners’ Club. The items (described in the order of the awards listed above) included a lidded box made of burl tiger maple, a laminated plate of maple and walnut, a lidded box of spalted* beech with a finial, or decorative top, of Ziricote, an extremely rare African wood, a bowl of tulip poplar, a candle holder of spalted sycamore, and a vase of aspen. The wood-burned inscription of each award’s name was done by Debbie Sweeney. Dan and Robert are making the awards for the Spring Runoff.



Tammy Stone was awarded Female Runner of the Year

And finally, club members who completed at least five of the eleven races in the 2007 prediction series received turned wood boxes in a variety of shapes and sizes, made from a variety of woods, including aspen, maple, walnut, sycamore, juniper and pine. The awards were



Rich Hadley presents the Male Runner of the Year award to Joe D'Angelo

turned by Lois Pfof, who spent countless but enjoyable hours at the lathe. Each box was unique in size and shape, and, in addition to the type of wood from which the box was made, Lois wood burned on the bottom “SCR Predict Series 2007” and the recipient’s place among the twenty-one finishers.

Congratulations to the recipients of these awards and thanks to the artisans who created them.

(*Note: Wood becomes “spalted” when invaded by fungi producing a variety of colors and patterns in the grain.)

Special Thanks

The Banquet Committee wants to pay special thanks to Dan Miller and Robert Sweeney, who made the wood-turned awards presented at the banquet, and to Ron Dehn, who created the pottery bowl “Long Distance Runner” awards. All three charged the club much less than the items were worth, partly in hopes of increasing both an awareness of their art forms and an appreciation for such awards in place of a trophy. Thanks guys for your creativity and generosity!

Editor's Note: The club also extends its appreciation to Lois Pfof for her generosity of time and talent in the creation of the 21 unique hand-made Predict Series awards.



More Banquet Photos



Top Row: Becky Medina and Carrie Slover show off their Precict Series Awards, Dave Diaz is one of two Long Distance Runner award recipients.
Middle Row: Paul DallaGuardia and Ruth McDonald are 2 of over 30 members who received SCR denim shirts and wall clocks for their volunteer efforts, Wendy Garrison receives 3rd place in the Predict Series.
Bottom Row: Don Pfof presents Stacey Diaz with the Sweatsock award and a handful of the 108 participants.



Thank you Donors

by Paul LaBar

Generous Donors Give \$1350 to Raffle



Local and regional businesses and organizations came through with \$1350 in donations to the door prize drawings held during the Southern Colorado Runners Annual Banquet at Cinfully Delicious in Pueblo on January 19. Lucky raffle entrants won items ranging from memberships and regional race entries to books, sports gear, running apparel and gift certificates. Paul LaBar, who coordi-

nated the solicitations, said “After visiting several sporting goods chain stores in Pueblo and Colorado Springs last December, I realized that I had started too late to meet the long lead times required by their donation approval processes. This limited us to local businesses and organizations, and they really came through for us.” These donations aid SCR’s effort to support community

health, fitness and youth running activities in Southern Colorado. Paul LaBar and Don Pfof with assistance from Ken Raich and Lois Pfof collected and organized the donations. Paulette Arns, Martha Drake and assistants displayed the items and sold raffle tickets.

The Southern Colorado Runners Banquet Committee would like to thank the following businesses and individuals for making generous donations to the Annual Banquet Charity Raffle.

Almighty Muscle

Jennifer and Steve Lopez
517 W 5th St. Suite 107
Pueblo, CO 81003
(719) 542-1850
<http://www.almightymuscle.com>

Books Again

Donated by Don and Lois Pfof
622 South Union
Pueblo, CO 81004
(719) 543-4688

Boulder Running Company

Lori & Cody Hill
3659 Austin Bluffs Parkway
Colorado Springs, CO 80918
(719) 278-3535
<http://www.brccoloradosprings.com>

Colorado Running Company

Jeff Tarbert
833 North Tejon
Colorado Springs, CO 80903
(719) 635-3833

Great Divide Ski Bike & Hike

Lee Newhard
400 North Santa Fe Ave
Pueblo, CO 81003
(719) 546-2453

King Soopers

King Soopers
Pueblo, CO
<http://www.kingsoopers.com>

Pikes Peak Road Runners

Pikes Peak Road Runners
207 North Nevada
Colorado Springs, CO 80903
<http://www.pprun.org>

Runners Roost

Gary & Linda Staines
107 East Bijou
Colorado Springs, CO 80903
(719) 632-2633
<http://www.runnersroost.com/ColoradoSpringsstore.html>

Southern Colorado Runners

Southern Colorado Runners c/o Pueblo Family YMCA 700 N. Albany Avenue Pueblo, CO 81003
<http://www.socorunners.org>

The Edge Ski, Paddle and Pack.

Bob Walker
107 North Union
Pueblo, CO 81004
(719) 583-2021

YMCA

Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



Potpourri



THANKS Donors

Several of those re-
newing memberships
have made donations
to the SCR Equip-
ment fund and / or to
the YMCA building
fund. A partial list of
donors is provided
below.

- Laura Clark
- Ron Dehn
- George Dominguez
- Jan & Lou Huie
- Jack Janney
- Paul LaBar
- Regie Marquez
- Marti Marshall
- Donna Nicholas-Griesel
- Peggy Oreskovich
- Mark Rickman
- Lillian Rivera
- Jim Robinson
- Jim Schwartzberger
- David Sorenson
- Terri Tibbs

About Footprints in 2008

First – a thank you to all con-
tributors in 2007. Many people
spend many hours at keyboards
pounding out articles and orga-
nizing photos for this publica-
tion. THANK YOU! thank
you! THANK YOU!

And... if YOU want share your
words, thoughts, photos, etc in
print - Come on down!!! Send
your contribution to: [newslet-
ter@socorunners.org](mailto:newsletter@socorunners.org) and we'll
gladly include you in our list of
renowned / notorious / famous /
infamous contributors. A cou-
ple words of warning – we edit
very little. (like just about
zero) What you send is gener-
ally what goes out to the
“world”. We don't think we're
any smarter than our contribu-
tors, so we don't make changes.

A few words regarding content:
We've never had any issues,

but for the record – *Footprints*
is a family publication.

We do solicit your input. So
far, we've gotten about a 50-50
response on the sudokus, so
we'll try to keep some form of
“mental stimulation” (yes – this
is what we call it) included
when there is room. The phi-
losophy of health in body-mind
-spirit is still our goal.

This year we are setting up a
tentative schedule for *Foot-
prints* publication. The purpose
is to assist race directors, writ-
ers, photographers, stuffers, and
contributors in scheduling their
time and announcements such
as race flyers. As with the rest
of life, this schedule is certainly
subject to change, but it is at
least a starting point. If you
have a special article, race re-
sults, or something that you

desire to be included in a spe-
cific issue, but will have trouble
meeting the “Due Date”, get
with me and we'll work out a
solution. The goal is to have
Footprints delivered to your
mailbox around the first of each
month. Note that we are com-
bining the June / July issue and
the December 08 / January 09
issue. We don't plan to com-
bine any other issues, but under
the “perfect storm” of circum-
stances, we might. We would
provide as much advance notice
as possible if this takes place.

**NOTE: An announcement
will still be made on the SCR
listserv for stuffing. The ta-
ble below is simply a guide.**

Keep those cards, letters, arti-
cles, and photos coming.

Car Travel Puzzler

(adapted from NPR's show “Car Talk”) with permission from CAR Talk
Management. Thank you Car Talk.
(no permission was obtained from Dave & Cathy Dehn.)



Dave and Cathy Dehn are preparing
to take a mini vaca-
tion. Just before they leave, Dave
realizes that his left turn signal does
not work. Cathy, being very level
headed, tells Dave that they can
delay their trip for an hour or so
while he fixes the problem. But,
Dave (aka Clark Griswold) is on a
mission. He says they have a sched-
ule to keep, and they can't afford to
waste an hour. He tells Cathy, that
he can make the whole trip without
making a left turn. He says, if he
needs to make a left turn, he can
simply make 3 right turns and this

will be the equivalent. In spite of
Cathy's protests, Dave backs out of
his garage on Pueblo's south side
and heads toward I-25 where he
turns south. For the next 1,000
miles, Dave keeps true to his word,
and never makes a left turn. They
pulled in and out of restaurants,
motel, gas stations, and tourist sites
making only right turns. Four days
later, he drives the car back into the
garage. The question is: What part
of the car traveled the furthest?

Answer on the following page.

2008 Footprints Schedule

We're going to try the schedule below for
2008. Please note the gap between June 4 and
July 30. If you have information or flyers that
need to go out, please adjust accordingly. Also,
if you are a contributor, any submission prior to
the due date is GREATLY appreciated.

Issue	Submission Due Date*	Approx Stuffing Date
March	Feb 16	Feb 27
April	Mar 15	Mar 26
May	Apr 19	Apr 30
June / July	May 24	June 4
August	July 19	July 30
September	Aug 16	Aug 27
October	Sep 14	Sep 25
November	Oct 18	Oct 29
Dec-08 / Jan-09	Nov 16	Dec 4

* Chat with me regarding exceptions.

Race Calendar by Linda Strange

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.



February 24th, Sun., 8 a.m. **Run the Republic Stairclimb 2008**, Denver. It's the Lung Association's annual stair climb at a new, taller location. Now you can say you've climbed the tallest building in the Rocky Mountain West - the Republic Plaza in downtown Denver. Usually, the building's stairwell is closed to the public, but for this race, they'll unchain the doors and let you climb all the way to the 53rd floor and then take the elevator back down to the lobby for food, interactive booths and fun. Raises funds for lung issues. <http://www.lungcolorado.org/runtherepublic/>



March 2nd, 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>

April 12th, Sat., 8am. **John Neumann Panther Run**, Pueblo City Park. 5k run & kids fun run. Be sure to check back on this one next month for more specifics.



April 19th, Sat., 8 a.m. **James "Spank" Blasing 5k**, Pueblo. 2 mile walk/5k run. The Farmers Insurance Walk for Athletics and James "Spank" Blasing Memorial 5K is the largest single fund raising event for the CSU-Pueblo Student-Athlete Scholarship Fund. Part of the Toyota Benefit Racing Series. Each participant receives a free T-shirt, sport water bottle, complimentary pre-event juice, coffee and water, post-event breakfast. Todd Kelly, 719-549-2013 <http://twelves.colostate-pueblo.edu/walk/index.asp>

April 26, Sat., 8 a.m. **UCCS Bash the Bluffs 5k**, Colorado Springs. The 5 kilometer course starts and finishes at the University Center on the scenic UCCS campus. Runner and walkers will be treated to a course that will provide scenic views of campus, as well as Colorado Springs, Pikes Peak, Garden of the Gods, and the front range of the Rocky Mountains. Matt Gaden, race director, 719-262-3463.

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 Travel Puzzler

cidental

to actual events or real persons, living or deceased is coincidence. This story is purely fictional. Any resemblance to actual events or real persons, living or deceased is coincidental.

Answer to the Car Talk Puzzler. The key traveled the furthest. It went from Dave's dresser into his pocket, then into the car, then back in his pocket, then into the restaurant, then back to the car, etc, etc. All that "right turn stuff", was bologna - just to throw you off. Sorry. Disclaimer: This story is purely fictional. Any resemblance to actual events or real persons, living or deceased is coincidental.



Take a walk on the HARP with your Sweetie. Then stop by for a bite

**At the Gold Dust
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.

Upcoming Predict Races

Feb. 17th-Sun-9:00 am, Spring Runoff Tuneup 10K



The first prediction run of the 2008 Series is a fun early season tuneup that follows the same course as the Spring Runoff 10K course except the start and finish are at the Pueblo City Park swimming pool parking lot, INSTEAD of Dutch Clark Stadium. Join everyone after the run for a pot luck brunch at the home of Ken and Pixie Raich, 3912 Goodnight Ave-just west of City Park.

Race Directors: Ken & Pixie Raich - (719)564-0847

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. See you on February 6th. Come join the fun!

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

The Final Thoughts...



Love is friendship set to music. Channing Pollock

'Tis better to have loved and lost. Than never to have loved at all. Alfred Lord Tennyson

Don't underestimate love at first sight. Many of us might not pass a second inspection. -Unknown

The girl who thinks no man is good enough for her may be right, but more often she is left. -Unknown

Love isn't something that we have, it's something that we do. -Clint Black (from the song "Something That We Do".

Love, like a river, will cut a new path whenever it meets an obstacle. -Crystal Middlemas

I have learned that only two things are necessary to keep one's wife happy. First, let her think she is having her way. And, second, let her have it. -Lyndon B. Johnson