



Editor: Ron Dehn

FOOTPRINTS



The Luck o' the Irish to You

The Green Edition

Valentine's Story by Jeff Arnold



Brannen Berta & Tanner Snyder

A strange thing happened while I was marking the course for the 2008 Valentines Twosome. 25 couples signed up for the race. Luckily Paulette Arns and Shawn Lopnow took care of that. There was quite a bit of speculation that this was the biggest Valentines race ever. Ever in this case goes back pretty far in club history. The records on the SCR web site only go back to 2000, however, and this was the biggest in that period. We had 38 couples compared to 32 in 2007. That's even more impressive since only seven couples returned, though several individuals returned with different partners.

Others suggested that this was the fastest ever time by the overall winners. Anna Marshall and Mike Schmidt won by more than a minute and a half over the second place team with a time of 19:11, but fell short of the record of 18:57 set by Jenna Bimbi and Caanan Vajello in 2002. Jenna was a state cross country champion and for a time had the

4A state record in the 800 meters in 2:11. Still Anna and Mike are sophomore and junior respectively at Pueblo West High School and will have another shot next year if they choose.

Along with the five Khoslas, Pueblo West High School provided the bulk of the younger runners. Jordan Montera teaming with his mom as a last minute replacement for food poisoned Lauren Dunsmoor, was on the third place team. Jennifer and Mike Cernoia were 40 seconds back in fourth place which isn't bad considering Jennifer is an eighth-grader. Jamen and Justin Cox each had high school age partners, Kateland Gonzales and Lyndsi McDermott respectively but I'm not certain they're Cyclones.

Carol and Chuck Smead from Mosca had one of the most impressive perform-

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SCR Notes from the February, 2008 meeting

Attendance: Keith Dugan, Wayne and Sue Dugan, Jeff Arnold, Paulette Arns, Andrew Williams, Mike Archuleta, Paulette Stuart, Terry Cathcart, Larry Volk, Ken Raich, Paul LaBar, Ron Dehn, Gary Franchi, Don Pfof, and Theresa Duran.

Minutes for the January Meeting were approved.

Special Guests: Paulette Stuart was present to go over details of the Spring Runoff. She noted this is the 30th Anniversary of the Runoff, and that Larry Lopez, one of the original founders of the race will be starting the race. She notified us the race packet stuffing will take place on February 27 at the Cheiftain. There will be pizza and good conversation. There has been a meeting with Pat Berndt regarding expectations & plans. Rich Hadley will be ordering the ribbons for the Funner to be a Runner. There is going to be a lead bike, and Paulette was asking for help finding someone to do this. It was suggested that there also be a trailing bike to be at the back with the last runner, with either a 2 way radio or cell phone, so there is no questions where the last runner is in the 10 mile run. It was suggested that either The Great Divide or Bobs bicycle would be good contacts for someone who could do this. Other suggestions were to contact Dave Diaz who had Tomas Duran as a lead bike at The Rock Canyon Half Marathon, maybe he would be willing to do The Spring Runoff as well. The names Joe Dvorski, and Vance Hubersberger came up. After some discussion Mike Archuleta volunteered to do lead bike as well as possibly having someone to do the trail bike. It was recommended that Mike do the trail bike so that someone with a medical background could be there in case of trouble with any of the runners. Mike noted that the person he had in mind is someone who works as an RN as well, so there would be someone in the lead and as a sweep to cover medical issues should they arise. Mike also said he would provide the medical support for the Runoff free of charge, utilizing staff from Parkview Medical Centers ER of Registered Nurses and Paramedics. It also came up that Mike Spence from the Pueblo Chieftain wanted stories about the Spring Runoff to run in the paper, to bring interest to the race.

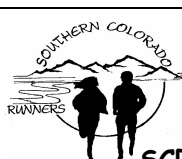
Mike Archuleta came to the meeting to present an upcoming event that is going to be held by Parkview's Diabetic Care Center. Chris Reichert, the Director of the Outpatient and Inpatient Diabetic Center came along with him. They presented a 5k to be put on by the Diabetic Group, possibly on May 10. They also noted that there are going to be several events on that day to raise Diabetes awareness. A Concert at the Riverwalk is going to be held, with Martini Shot playing. A horse shoe tournament will be held possibly in the County at the high school, or at the State Fair Events Center, the location has not been established yet. They came to make sure there are no events already being held on that day. They also wanted suggestions on location, date, and other details. SCR members recommended that it would be a great idea to hold the race in the evening, before the concert, and to have it at the Riverwalk. Recommendations were made about getting contributors to make flyers for all of the events with a registration form for the race as well. Mike also volunteered to help Jeff Arnold with the Valentines Twosome upcoming on February 10.

Keith Dugan and his family attended. He is from County High School, and is heading to the Simplot Games which will be held in Pocatello, Idaho. He is a member of a team of about 12 young men, and 10 young women, all from different schools from all around the city. He is going to be in the 4x800 meter relay. Each runner pays \$400 which covers motel, cost of entry, an event t-shirt and other costs for the trip. There are a total of six coaches from around the city going, including Coach Leinhart, from South High School, and Coach Tiffany, from County High School. The meet will be held February 14, 15, and 16 on the indoor track in Pocatello. After some discussion an agreement was made that the club would give Keith a check for \$100 to be used toward his travel expenses. That \$100 would

come out of the donation made to the runners club by Mike Tearpak in his will. The club would ensure that Mr. Tearpak's family received a newsletter. The club is also going to get newsletters out to each of the high school coaches.

Officer Reports: Treasurers Report: Paulette Arns passed out a detailed statement, reporting the amount of money the club has in its savings and checking accounts. She also noted the balances that the club had in the month of February for the years 2005, 2006, and 2007 as well. This was pretty consistent, except for 2007, and that year Dave Diaz

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Southern Colorado Runners

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. 309

"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

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Linda Strange, Stacey Diaz, Jeff Arnold, George Dallam

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.

* Kent Couch is a 48-year-old gas station owner who in July of 2007 flew 193 miles (311 km) in a lawnchair elevated by 105 large helium balloons. Using amateur instruments to measure altitude and speed, a GPS device to track his location, and five gallons of water for ballast, he controlled his ascent by releasing water. The flight began in Bend, Oregon and ended in Union, short of Couch's goal of reaching Idaho.



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



Great Stuff

by Gary Franchi

Stupid is as stupid does



Thought for today's lunch, compliments of Joe Kirk: *"I just got lost in thought. It was unfamiliar territory."*

Musings about running, fitness and life:

When it comes to ranking cities, they've got a list for just about everything. Here are a few I discovered recently while perusing the Internet:

- Most livable city (Denver)
- Most obese city (Memphis)
- Biggest party city/school (CU-Boulder)
- Murder capital of America (my native Detroit)
- Most dangerous city (St. Louis or Camden, NJ)
- Most polluted city (Los Angeles)
- Most unfit city (Oklahoma City)
- Safety city (Mission Viejo)
- Cleanest city (Portland)
- Dirtiest city (Chicago)

Understand that the rankings are all pretty subjective. Thus, they change depending on who conducts the survey and writes the report. But I'd say they usually are in the ballpark anyway.

For instance, I know from living there that Detroit belongs in any list of most dangerous, crime-ridden cities. It probably would be right up there if they rated the city with the most boarded-up, empty buildings, too.

Working at *The Detroit News* in the heart of Motown's downtown early in my life was hardly a pleasant adventure. While making the walk from the parking lot to the entrance of the newspaper building, I used to keep my head spinning from side to side, wary of undesirable characters. And that lot was only across the street, a whopping 30 yards away.

I recall one night when one of my co-workers was mugged at the entrance to the building while returning to work with a takeout meal. Bon appetit.

Another time, while editing sports copy for the next day's edition, I got a call from the Detroit police department, saying they had found my car. Huh? It seems that a couple of resourceful young

lads liked the appearance of my 1970 candy-blue Mustang, broke into it, took it for a joy ride and had just started to more closely inspect its individual body parts while it was parked in their garage.

Anyway, one study I haven't seen yet is "Stupidest Cities in America Health-Wise." Now, everyone can come up with their own qualifying criteria, but since I'm writing this I have come up with a few attributes that, uh, only coincidentally relate to another city that we know well. Here goes:

Uses concrete when resurfacing its river trail system because it doesn't want to maintain a more runner-friendly surface.

Its idea of promoting good nutrition is to provide high-quality meals at its soup kitchen.

Lacks cycling lanes on its roads.

Its school district(s) doesn't include swimming as a high school physical education requirement.

Its YMCA has a swimming pool with less than six lanes.

Doesn't try to expand its recreational trail system, instead letting grass-roots volunteers accomplish the task.

Does not have a competitive multi-sport event.

Has more discount cigarette stores than health food stores.

Resurfaces some of its favorite cycling arteries with a body-jarring, tire-wearing stone mixture because it's cheaper and lasts longer.

Has 10 times more graffiti than youth recreational programs.

So goes life. Like Joe Kirk in the quote at the start of this, some folks occasionally get lost in thought.

Oh well, maybe there should be a ranking of cities having a combination of most days of sunshine, nicest state fairs, affordable housing and boating opportunities.

Ten things I was just wondering:

1, When thieves steal expensive paintings from art museums, what do

they do with them?

2, Is it too early to start planning for World Run Day on Nov. 9?

3, Who wants those 2-year pocket calendar planners that seem to be for sale everywhere? Isn't 1 year enough?

4, Given Americans' penchant for doing absurd, stupid things just to say they did them, when is someone going to push a stroller up Pikes Peak in the Ascent?

5, Why can't all cars have their gas cap on the same side?

6, You may run 20, 30 or 40 miles a week, but don't you sometimes skip buying 1 or 2 things on your shopping list because you don't feel like wasting time by going to the other side of the Wal-Mart store that's as long as a football field?

7, When are they going to come out with a running shoe specifically for runners with no talent?

8, Why don't all triathlons offer discounts to teens and to participants 60 and over? For that matter, why not offer triathlon discounts to everyone else, too?

9, Just a hunch, but can we assume that the participants in the Running of the Bulls in Spain just might be bringing down the world population's average IQ score?

10, If the Pillsbury or Betty Crocker companies were to sponsor a community walk to promote good health, would they call it a Cake Walk?



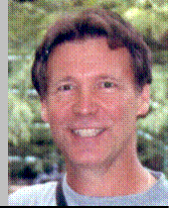
Until next month, may you get lost pondering how to be as fit and healthy as you can.



Ramblin'

by Ron Dehn

Running and Family



Those of you who read this column know that family is very important to me. Spending time with family is one of the primary joys of life. And, I hope it is evident that running is also important to me. I've been doing it on a regular basis for going on 26 years, with some intermittent running before that.

Combine the two? How great is that?

When my boys (Bryan and Jeremy) were young, it was family tradition to run the Parks & Rec Father Son Relay Race at Roncalli the weekend before Father's Day. We ran quarter mile legs and the number of legs depended upon the age of the child.

I've run quite a bit with my brother Dave. In addition to training, we've done many races together over the years including the Corporate Cup 5k and the Bolder Boulder several times. In fact, we ran together in my very first race - the old Moonlight Madness 4-mile run on the (then) USC campus in June, '82.

In addition to Dave, I've run the Bolder Boulder with my nephew Jonathan, brother-in-law Joe, and daughter-in-law Maggie various years.

My 5 year old grandson Rylan loves to run. When he was 3, we began running laps in our yard. These are short laps, mind you, but I have a great image in my mind of a little red haired boy running and giggling while he looks back to make sure he is still ahead of me. At age 3 1/2, I was pushing him in the 3-wheeler, he said to me, "Papa, I want to run." We "ran" about a mile that day.

Maggie, Jeremy, and I were planning on doing the Ascent together in '07. We were registered in the first go-round of registration, however because of computer system problems, all registrations were tossed out and a new registration took place. We missed out in the second go around.

My daughter Melissa was never very interested in running. We rode bikes occasionally, and jogged a short way a time or two, but never really ran to-

gether. I did talk her into walking the Bolder Boulder about 15 years ago.

But, Melissa and husband Anthony started doing some laps at the South High School track last summer. Melissa walked some and ran some. A couple months ago, I asked her if she would run the Valentine's Twosome with me. She gave a tentative yes. And a week before, with minimal training, she gave a hesitant, but definite yes.

My wife Chris, who is not a runner, took on the project of making a baton. Chris is pretty creative and combined a piece of cholla cactus, Styrofoam hearts, ribbon, beads, and paint to form a pretty creative and quite functional baton.

Melissa has never run in a race. She had run the Valentines Twosome distance of 1.6 miles only a handful of times. I know she didn't feel ready, and also know that the only reason she agreed to run was to because I asked her. I was pretty cheesed that she was doing this for me. Her biggest worry was that she would be in last place. I assured her that there would be some excellent runners, but not to let them intimidate her because there would also be runners slower than her. I also reminded her that we were there to have fun.

She ran a respectable leg, handed me the baton, and I managed not to lose ground. She was waiting at the finish line with encouragement and a glass of water for me. What a kid! I did get a kick out of her because only seconds after I finished, she wanted to know her time. Even in her first race, she's exhibiting some competitiveness. Cool!

Since her running career has been so brief, I asked her how she knew how to pace herself. She said that she ran the same speed as she always did. And when I asked her how she felt, she said her lungs were burning. And, I was only a bit surprised and quite pleased when she asked "how far is the Spring Run-off?" And not too long after that, she started talking about the Bolder Boulder. She reminisced about walking it years

ago with her mom and cousin, and that if she walked it then, that she could run it now... Yes!



That same afternoon, Melissa and Anthony came over for a visit. Melissa handed me a DVD with hearts drawn all over it, and told me Happy Valentines Day. Anthony had taken a bunch of photos at the run, along with some video, and he came up with a very creative and entertaining memento of our race together. It opened to the theme from Chariots of Fire, and you would have thought that Melissa and I were in the Olympics. And in a way, we were.



Photos courtesy of Larry Volk



Birthdays & Other Events

March

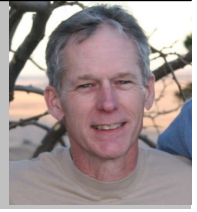
- 1 Kristy Davenport
Ron Howard* (53)
- 2 Melisa Maes-Johnson
Priscilla Portillos
Rachael Ratzlaff
Desi Amaz* (90)
- 3 Aaron Levinson
Herschel Walker* (45)
- 4 Maggie Dehn
Knute Rockne* (119)
- 5 Brianna Diaz
Rex Harrison* (99)
- 8 Nancy Martinez
Kenneth Raich
Mickey Dolenz* (62)
- 9 Brittany Tibbs
Daylight Savings Time
Raul Julia* (67)
- 12 Paul Koch
James Taylor* (59)
- 17 Angelica Wall
St. Patrick's Day
Nat King Cole* (88)
- 18 Laura Clark
Jonathan Huie
Vanessa Williams* (44)
- 24 Bob Gassen
Harry Houdini* (133)
- 26 Marvin Bradley
Robert Frost* (133)

*honorary SCR member



Runnin' the Trails

by Paul Vorndam
Springing Forth!



As February comes to a close, trail runners can at last start thinking about trading in their snowshoes for those new running shoes they got at Christmas that have languished in the box. Down here around Rye, the total snow accumulation over the winter dictates what trails can be attempted first in the spring. Some of the first places I try are as follows:

The Old San Isabel Road from the junction of Rob Roy Road. Turn off of highway 165 at the San Carlos Trailhead sign. After about a mile you come to an open area and the junction with Rob Roy Road. This gravel road is plowed and runs about 3 miles paralleling highway 165 until it rejoins it up near Lake Isabel. There is typically very little traffic on this part of the Old San Isabel Road – I've run it several times and have never seen another soul. Go early to avoid the mud!

A few hundred feet past the starting road junction is the turnoff for the San Carlos trail. This is actually an old narrow unmaintained road that meanders north for several miles and eventually runs into private property. Since it is below 8,000 feet in elevation, it tends to melt out early and can usually be "run" beginning in April. I typically run it down to the San Carlos stream and back. It rolls up and down with several nice hills – great workout in beautiful country with solitude. Of course, in the spring you can't be deterred by mud if you want to try it. The road was cut through forest decades ago, so it is just dirt, not gravel.

When wet, trust me, there can be a substantial difference between the two. Gravel in a road base tends to add support, that is you only sink to your ankles instead of your knees. It also adds friction, so you can actually make progress uphill instead of one up and two back on mud. If you like skiing downhill without skis or snow, then the San Carlos road is great in the spring! If you come down with a friend this spring and you don't bring a change of clothes, let them drive.

Another possibility for the earliest spring runs is to find south facing slopes that are snow free. The Squirrel Creek road from highway 165 down to the Squirrel Creek campground is a likely spot and I've done this a few times when desperate for some early spring running. The trouble is that there is no defined trail. The road is shaded, so usually snow packed. But, you can amble up and down the ridge on the south side of the road. Just watch your footing and ignore anyone below asking themselves what that idiot is doing running up and down the hill. The deer also kinda shake their heads when you go by.

By far the best mudding I've done in Colorado was the Doc Holiday run in Glenwood Springs. The sheep pastures that race went through were soup (and we weren't sure it was all mud!). Those were the good old days. Happy spring mudding!

Spring Fling

Bike Ride and Demo for Families, Kids, and Experienced Riders

FREE

When: Sunday, April 6th at 10am

Where: Begin & end at Refractories West (33163 Braniff – Airport Industrial Park)

Meal catered by Angelo's Pizza

And... Prize Drawings

Sponsored by the Great Divide

For more information call: 546-2453





Predictions

by Don Pfost

Spring Runoff Tune-up Predict



The 2008 Predict Series is off to a propitious beginning with fifty-two runners turning out for the Spring Runoff Tune-up on Sunday, February 17. Directed by Ken Raich, the run started and finished just inside the west entrance of City Park, and covered the 10K course of the Spring Runoff.

The weather was pleasant for mid-February—a few clouds, the temperature slightly above freezing, and light winds at the 9:00 am start. As the race progressed, a front moved in bringing more clouds, a drop in the temperature, and stronger winds. Still, nothing about which “real” runners would complain.

We gathered near the starting line, filled out the sign-up sheet, and pinned on the bib numbers Ken provided because the expected large turnout did materialize. After a brief course description, Ken gave the start command, and we were off.

The course was dry and well-marked, and, with the exception of two hills—one near the start as we dropped from City Park onto the River Trail and the second as we climbed off the River trail, moved past Dutch Clark Stadium and entered Aberdeen—it is relatively flat, the surface mainly concrete and asphalt.

As far as results, Anthony Diaz finished in first place, just four seconds over his predict, followed by Wendy Garrison, nine seconds under her predict, Greg Guana and Jeff Chowning, both fourteen seconds under their respective predicts, and Bill Giebel, eighteen seconds under his predict. The top twelve places were rounded out by Shawn Loppnow, Bill Veges, Lindsey Schryver, Dave Diaz, Humberto Paredes, Steve Wall and Ben Valdez, all of whom were less than a minute off their respective predicts.

Scott Nalbach had the fastest overall time of 41min: 07sec, a 6:38 pace. Mark Gurule, Larry Volk,

and Shawn Loppnow also turned in very respectable overall times of 43:09, 43:44 and 43:55, respectively. As a statistical portrait of the fifty-one runners with valid finishing times, the average difference between predict and actual times was 3min: 33 sec, and the average per-mile pace was 9min: 3sec, with a range of 6:38 to 12:14.

After the race finished, a small group gathered at Ken’s residence for a tasty and sociable brunch.

Thanks to Ken for directing the race and hosting the meal. Thanks also to the corps of volunteers: Lois Pfost, Samantha Davenport and Sam McGee, who served as course marshals, slowing the traffic at the east entrance of City Park and guiding us on our way as we exited the golf course; Paulette Arns, who did the water stop; and Michael Orendorff, who helped at the finish line.

The second race in the 2008 predict series will be the 8K Ramsgate 8 on Saturday, April 5, with an 8:00 am start time. It will start and finish at our residence in Belmont. Check the SCR website for directions. A post-predict potluck will follow the race, so plan to join us and bring you favorite breakfast item.

If the weather holds, the preferred course will take us out on the prairie east of the CSU campus. However, with work on the Thunder-Bowl complex and the associated “urban” development taking place east of the stadium, part of the course may be rerouted into some of the gullies west of Baculite Mesa Road. In any case, it will be an adventure.

Lastly, Jim Robinson has agreed to coordinate the 2008 predict series, following Joe Bulow’s decision to step aside, largely because of family responsibilities. Jim will be assisted by his wife, Helen. So, in addition to a nice run and meal, please join us at the Ramsgate 8 to welcome Jim and Helen.

Results

PI	Name	Pred	Actual	Diff	Pts
1	Anthony Diaz	0:53:00	0:53:04.17	00:04.17	100
2	Wendy Garrison	1:03:00	1:02:50.73	00:09.27	98.08
3	Greg Gauna	0:53:00	0:52:45.63	00:14.37	96.15
4	Jeff Chowning	0:48:00	0:47:45.15	00:14.85	94.23
5	Bill Giebel	0:55:00	0:54:41.54	00:18.46	92.31
6	Shawn Loppnow	0:44:15	0:43:55.53	00:19.47	90.38
7	Bill Veges	0:50:00	0:50:22.42	00:22.42	88.46
8	Lindsey Schryver	0:48:00	0:48:29.85	00:29.85	86.54
9	Dave Diaz	0:54:00	0:53:22.73	00:37.27	84.62
10	Humberto Paredes	0:46:50	0:47:28.17	00:38.17	82.69
11	Steve Wall	0:52:30	0:53:09.68	00:39.68	80.77
12	Ben Valdez	0:44:00	0:44:55.95	00:55.95	78.85
13	Robin Krueger	0:54:00	0:52:56.96	01:03.04	76.92
14	Martha Drake	1:02:00	1:00:52.85	01:07.15	75.00
15	Mark Gurule	0:42:00	0:43:09.11	01:09.11	73.08
16	Chrisbull Sandoval	0:58:00	0:59:17.57	01:17.57	71.15
17	Troy Davenport	0:57:50	0:59:12.95	01:22.95	69.23
18	Chad Sandoval	0:58:01	0:59:24.35	01:23.35	67.31
19	Stan Hren	0:59:00	0:57:31.89	01:28.11	65.38
20	Angelo Aragon	0:50:00	0:48:29.38	01:30.62	63.46
21	Michelle Macias	1:01:00	1:02:37.45	01:37.45	61.54
22	Scott Nalbach	0:39:30	0:41:07.87	01:37.87	59.62
23	John Castanha	0:57:32	0:55:51.64	01:40.36	57.69
24	Larry Volk	0:41:57	0:43:44.01	01:47.01	55.77
25	Don Pfost	1:09:45	1:07:46.76	01:58.24	53.85
26	Pat Cordova	0:55:00	0:52:59.53	02:00.47	51.92
27	Diana Tiffany	1:04:00	1:06:07.85	02:07.85	50.00
28	Donahl Moore	0:52:45	0:50:27.57	02:17.43	48.08
29	Ana Bentz	1:00:00	1:02:23.18	02:23.18	46.15
30	Jessie Quintana	1:04:00	1:06:24.79	02:24.79	44.23
31	Emily Batsen	0:57:57	0:55:24.87	02:32.13	42.31
32	Laurice Lopez-Cepero	0:52:00	0:48:59.34	03:00.66	40.38
33	Justin Cornelison	0:54:00	0:50:40.28	03:19.72	38.46
34	Brian Manzanares	0:55:00	0:58:25.23	03:25.23	36.54
35	Rob Archuletta	0:55:00	0:58:25.48	03:25.48	34.62
36	Peggy Oreskovich	0:57:30	0:53:33.52	03:56.48	32.69
37	Kris Spinuzzi	1:01:00	0:56:59.76	04:00.24	30.77
38	Brian Bentz	1:20:00	1:15:54.40	04:05.60	28.85
39	Stacey Diaz	0:58:00	0:53:35.14	04:24.86	26.92
40	Stacie Taravella	1:18:00	1:13:06.83	04:53.17	25.00
41	Dino Spinuzzi	1:05:00	0:59:54.08	05:05.92	23.08
42	Patrick McGrath	0:50:00	0:56:32.35	06:32.35	21.15
43	Robert Santoyo	0:42:00	0:48:57.38	06:57.38	19.23
44	Debbie Gurule	1:10:00	1:02:20.49	07:39.51	17.31
45	Ashley Samek	1:00:00	0:51:36.23	08:23.77	15.38
46	Justen Cox	0:42:00	0:52:21.44	10:21.44	13.46
47	Sarah Woods	1:18:00	1:07:32.66	10:27.34	11.54
48	Cathy Dabovich	1:18:00	1:07:32.39	10:27.61	9.62
49	Gypsy Kelso	1:20:00	1:08:28.22	11:31.78	7.69
50	John Johnsen	1:15:00	1:02:07.54	12:52.46	5.77
51	Jamen Cox	0:42:00	1:00:44.43	18:44.43	3.85
52	Austin Bass	1:05:00	1:30:00.00	25:00.00	1.92



The Panther Run

by Kristine Chamblin



Over the last 31 years, St John Neumann Catholic School has supported thousands of Pueblo children in their quest for an education that helps them reach a higher potential both academically and as positive leaders in our community.

St. John Neumann Catholic School began the Panther Run for Education as a school/community fun run; a way of funding and supporting education not covered by tuition. The students collect pledges and then run for their school. In an effort to keep tuition affordable to as many children as

possible, the Panther Run helps to supplement the costs of education and supports our Tuition Assistance and Scholarship Fund to assist many children who could not otherwise afford a Catholic Education.

This is the second consecutive year that the Southern Colorado Runner's Club has assisted us with the Panther Run and made it possible for us to offer a 5K run in addition to the fun run. Again this year, the Panther Run for Education will be held at the Pueblo City Park. On Saturday, April 12th, it will begin at 10:00am. (Please note that registrations will not be accepted after

9:30am.) There will be cash prizes for the 1st place finishers in each age division, and prizes for the 2nd and 3rd place finishers as well. A concession-style BBQ will be offered after the run at minimal cost.

Come rain or shine, every year we will run the Panther Run for Education. We sincerely hope you will join us. For more information you may visit the Southern Colorado Runner's Club website, or contact Kristine Chamblin at (719) 568-2941.

(Minutes continued from page 2)

who was Treasurer at that time had not yet made some deposits that month. The Treasurers report was approved by the club. Newsletter Editor: Ron Dehn discussed the tentative schedule for the Newsletter, which is on the page 14 of the current Newsletter. Deadlines for submissions and possible dates for stuffing are noted on that page. Comments on the quality of the photos in the newsletter were made, as well as the overall class and quality of the newsletter. Membership Chair: Don Pfof gave his report that there are 142 paid members up to date. 101 of those 142 members will be receiving the next issue of Colorado Runner Magazine. For the January newsletter, 134 paid members were sent newsletters, 21 newsletters sent out to those who only receive newsletters, 4 businesses who weren't already newsletter only recipients were sent a newsletter, those were to those businesses that donated for the SCR Banquet raffle. The remaining 41 newsletters needed to meet the bulk mail rates, were drawn from the 72 members who have not renewed their memberships from last year. As far as the President goes Ken Raich will fill in until a President is found, and then he will take over the Membership Chair. Webmaster: Paul LaBar gave his report on the website. He along with Don Pfof, and Ken Raich have successfully moved almost all of the content from the old website to the new website with a menu at the top of every page for easier navigation. There is now a photos link to photos from 2007 races and photos will be available for 3 months. There was a technical glitch that occurred today with the system when people signed up for the Spring Runoff. It began early this morning and continued until around 6:30 P.M. An error message would show up after a person went through the entire process of signing up and entering

their credit card information, instead of getting a confirmation page, an error message was sent out. Any of those people who attempted to sign up actually did not get signed up. What happened was that the database did not get copied over to the new website. A recommendation of re-registration needs to be made to those who had this problem, and did not receive a confirmation page. A recommendation was made to have the Pueblo Chieftain publish an insert regarding the matter. Don Pfof also noted that he would like to work on a project for the club as a class project for his Web Design Class.

Upcoming Events: The Valentines Two-some is coming up on February 10, Jeff Arnold reported that Jill Montera has said that she has six couples. There will be two 10 year old boys running, but they will not be eligible to win their age division. Pre-registration is not known at this point. \$102.40 is the cost of the chocolates for the race. 12 couples will be needed in order to break even. Jeff asked about folding tables if they are needed. There are folding tables at the Pavilion that can be used. The Spring Runoff Tune-up will be at 9:00 A.M. on February 17, Ken Raich has asked for a volunteer for an aid station at Dutch Clark Stadium, with water and cups. Paulette Arns volunteered to do it. The Spring Runoff was touched on again. The logo for the Spring Runoff Tech Shirts should be kept small, and placed on the upper right side of the chest. There is a meeting next Tuesday at 5:30 P.M. The Wood Turners will be doing the awards for the Spring Runoff. Robert Sweeney and Dan Miller will be making those awards at a significantly discounted price. An example of one of the awards is the 1st place masters female for the 10 mile is worth \$380 and the cost to the Runoff is \$50.

Recaps/ Updates/Revisits: Don Pfof gave a full report on the Banquet for this year, including the number of attendees, and a full financial break down of expenses and so forth. There were 108 attendees at the Banquet this year. Robert Sweeney from the Wood Turners charged the club about 40% of the cost for the awards that were given. Dan Miller charged \$30 for the Female Runner award, which normally costs \$145, and \$30 for the Male Runner award, which normally costs \$85. Lois Pfof spent numerous hours at the lave making the awards for the Predictions Series. This was noted to be one of the best banquets yet. Don did a great job on the banquet, Thank You. Thanks to Paul LaBar, Linda Strange, Martha Drake, and Theresa Duran for their help. Don thanked everyone for the help the night of the banquet. Don also thanked Ken Raich for bringing his equipment. The setup for the raffle needs to be changed. The seating arrangements definitely need to be changed for next year as well. The raffle setup should be in the dining area. Cindy Reyes noted that she would be purchasing round tables soon.

New Stuff/Old Stuff: Gary Franchi suggested giving out membership forms at the Spring Runoff and at the next 2 Prediction Series Races. An agreement was reached that membership forms should be stuffed in all of the race packets for the Spring Runoff. Larry Volk volunteered to make the copies needed for this task. It will be in a different color other than the regular blue that the club sends out.

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



**M L K Jr.
Torch Run
by Jeff Arnold**

Nearly forty years after his death Martin Luther King Jr. is still a symbol of the struggle for racial equality in America. We've come a long way in those forty years, but if Dr. King were alive he would probably be exhorting us to even more improvement. The museum which bears his name on 2713 N Grand used to be a black orphanage. In a side yard of that museum is a giant statue of King and the fourteen year old African American boy Emmett Till who was murdered by white men for supposedly being disrespectful to a white woman. It is the only statue in the world that depicts those two icons.

Each year Ruth Steele, the director of the museum, promotes a highly symbolic torch run to bring the spirit of Dr. King and the struggle back to the statue. Last year the police department would not allow the run to go on because of icy streets. This year the roads were clear but the temperature was about 15 degrees, and the actual torch was not available. Two County High students, Keith Dugan and Mike Lowrance, and Keith's older brother John, a UCCS student, were the only ones who braved the cold. They ran south along the frontage road from near I-25 milepost 104, past the shopping center, and onto North Elizabeth to the Vietnam Memorial Wall on 26th Street. They were escorted by police cars which blocked intersections to allow safe crossing. Later, about fifty people marched from that memorial to the museum. I would like to see a large group of SCR members join in this torch run next year. America will probably still need to be reminded to try to do good and not just well.

Valentine's Story

continued from page 1
by Jeff Arnold



(Valentines continued from page 1)

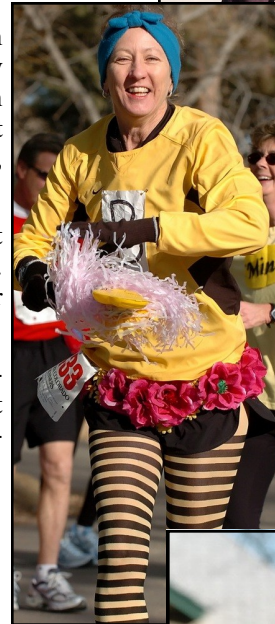
ances, finishing fifth overall, first in their division, with a time of 21:59. That's about a 6:40 per mile average time for the two of them. Carol is 56 and Chuck 58. Of course Carrie Slover and Michael Orendorff at 22:51 were very good as well. This year the 101-129 age division had three of the top eight places with Stacey and Dave Diaz finishing in 23:40.

At the other end of the age scale we had a 21 year old pair, Brannen Berta and Tanner Snyder, and Rachel Kleiner and Zane Khosla. We had six couples under 40, including the overall winners.

It was a family day with at least eighteen couples being related to each other, by marriage or otherwise, not to mention babies serving as batons. Hilbert Navarro ran with his granddaughter, Alyssa Bruce.

It was sunny and still for the race but probably never got much above freezing. Still it was a fun day and probably faster than Valentines in July.

I want to end by thinking all the volunteers who are noted on the results, but especially Paulette Arns, who did everything, and well too.



Nicole Vettese & Ryan Guthrie

**Valentine's Twosome
Baton Awards:**

Ugliest: Stacey and Dave Diaz (decorated banana), Most Creative: Jill and Jordan Montera (bow and arrow), Most Romantic: Kaylene and Rocky Khosla (stuffed giraffes), Biggest: Nicole Vettese & Ryan Guthrie (Australian walking stick)



The Valentines Twosome Results

By Jeff Arnold



Name	Age	PI in Div	Time
1 Anna Marshall & Mike Schmidt	32	Overall	19:11
2 Nicole Vettese & Ryan Guthrie	42	1 41-50	20:43
3 Jill & Jordan Montera	56	1 51-60	21:08
4 Jennifer & Mike Cernoia	29	1 30 & under	21:48
5 Carol & Chuck Smead	114	1 101-120	21:59
6 Carrie Slover & Michael Orendo	111	2 101-120	22:51
7 Peggy Oreskovich & Bill Veges	95	1 91-100	23:39
8 Stacey & Dave Diaz	106	3 101-120	23:40
9 Kateland Gonzales & Jamen Co	31	1 31-40	23:59
10 Marla & Brad Winn	81	1 81-90	24:03:00
11 Sara Ropp & Brant Quint	41	2 41-50	24:12:00
12 Wendy & Joe Bulow	73	1 71-80	24:35:00
13 Ralene & Donald Moore	81	2 81-90	24:45:00
14 Jan & Lou Huie	119	4 101-120	25:13:00
15 Sarah & Jeremy Ley	63	1 61-70	26:14:00
16 Lyndsi McDermott & Justin Cox	32	2 31-40	26:20:00
17 Rachel Kleiner & Zane Khosla	24	2 30 & under	26:50:00
18 Sandy & Ben Valdez	82	3 81-90	26:57:00
19 Jerica & Jace Khosla	32	3 31-40	27:04:00
20 Jennifer & Steven Lopez	67	2 61-70	27:13:00
21 Adriana Arteaga & Robert Gonza	67	3 61-70	27:21:00
22 Kaylene & Rocky Khosla	59	2 51-60	27:35:00
23 Sheena & Kristopher Bridges	44	3 41-50	28:16:00
24 Kristi & David Elliott	61	3 61-70	29:12:00
25 Lisa Galbraith & Billy Jones	64	4 61-70	29:17:00
26 Becki Vettese & Joan Sindler	101	5 101-120	29:19:00
27 Bobbi Swallow & Beth Gladney	94	2 91-100	29:30:00
28 Melissa Mestas & Ron Dehn	84	4 81-90	29:44:00
29 Sheri & Jerry Tiller	82	5 81-90	29:56:00
30 Cindy Mills & Michelle Emond	71	2 71-80	30:32:00
31 Brannen Berta & Tanner Snyder	21	3 30 & under	30:39:00
32 Allison Hootman & Destin Fisher	70	5 61-70	30:46:00
33 Patty Armfield & Scott Witkowski	58	3 51-60	31:24:00
34 Alyssa Bruce & Hilbert Navarro	81	6 81-90	32:22:00
35 Trisha Ferguson & Coy Fergus	64	6 61-70	32:25:00
36 Barbara & Cloe Berge	61	7 61-70	33:26:00
37 Carla Braddy & Linda Johnson	84	7 81-90	38:47:00
38 Charlotte Corsentino & Lennie K	137	1 121 & up	40:49:00



Top to Bottom
 Lennie Kakalecik
 & Charlotte
 Corsentino

 Steve &
 Jennifer Lopez

 Anna Marshall
 &
 Mike Schmidt



Batons Awards:

- Ugliest, Stacey and Dave Diaz (decorated banana)
- Most Creative, Jill and Jordan Montera (bow and arrow)
- Most Romantic, Kaylene and Rocky Khosla (stuffed giraffes)
- Biggest, Nicole Vettese & Ryan Guthrie)
- Australian walking stick)

Volunteers: Paulette Arns, registration, tag pulling, results; Terry Cathcart, timer; Ken Raich, timer and cleanup; Shawn Loppnow, registration; Jeff Arnold, director.



Thank You Page (Lots of people make this club go)



2007

Volunteer Awards

30+ SCR members were given volunteer awards at the January Banquet. This is a volunteer organization and we appreciate all of you who work a finish line, write a newsletter article, work a water stop, etc, etc, etc. Here's the list from 2007.

Dave & Stacey Diaz
Ben & Sandy Reinsch Valdez
Mark & Deb Hadley
Don & Lois Pfof
Ron Dehn
Paul Dallaguardia
Jim & Jan Dudley
Diana Tiffany
Jacqueline & Steve Wall
Tomas Duran
Paul Barela
Paul Vordham
Mary Rudolph
Don Learned
Ken & Pixie Raich
Shelly Riddock
Ruth McDonald
Theresa Duran
Rocky Khosla
Stan Hren
Paulette Arns
Linda Strange
Jeff Arnold
Terry Cathcart
Paul Lebar
Gary Franchi

Thank you to SCR & Joe Arrazola

I just wanted to take a minute to acknowledge the work done by Joe Arrazola last Fall in furthering the development of the CSU-Pueblo Women's Cross Country program. Joe filled the vacuum created when a fulltime track/cross country coach was not hired in the summer prior by voluntarily filling in as cross country coach in the interim. Joe recruited new athletes into the program, created and oversaw a training program and daily workouts using a wide variety of training sites, and traveled extensively with the women to far away meets. The team produced several greatly improved team finishes as well as an RMAC Championship individual 2nd place finish with Lauren Dunsmoor. Lauren went on to high finishes at both the regional and NCAA Division II

meets. In addition, athletes such as Rebecca Packard and Lindsey Herrera made huge improvements in their individual performance levels. Finally, Joe established a highly competitive and well attended high school invitational meet in Pueblo, including a college division that effectively served as CSU-Pueblo's home meet. The work and expertise required to accomplish this was considerable. I'd like to congratulate Joe publicly for a job well done but generally unacknowledged. I'd also like to thank all those Southern Colorado Runners Club members who have continued to support the CSU-Pueblo women's cross country program and who pitched in to make Joe's invitational possible.

George Dallam

More Donors

Several renewing members have made donations to the SCR Equipment fund and / or the YMCA Building Fund. We thanked some donors last month. Here's a few more: Jim Austin, Wendy Garrison, Gloria J. Montoya, & Bobbi Swallow. THANKS for your generosity!

Thank you Don Pfof.

Don has been the Predict Series Coordinator for the last couple years and has made enormous contributions to this newsletter with his great articles and timely results. On several occasions, Don has burned the midnight oil to provide articles and results in time to make publication deadlines. Don has been more than accommodating. Don has also been the keeper and tracker of results. No small task. Thank you also to Lois who has worked virtually every finish line and has been Don's low profile / behind the scenes collaborator.

We thank the

SRO Tune-up volunteers

Race Director Ken Raich, Course Marshals: Lois Pfof, Samantha davenport, & Sam McGee, Water Stop: Paulette Arns, Finish Line: Ken Raich, Michael Orendorff, Paulette Arns, Results: Don Pfof

Thank you Larry Volk

Larry takes photos at lots of our races including the Valentines Twosome. The photos are sold via EventPictures.com. (see the SCR website for the link). Larry provided numerous photos from the Twosome for our newsletter as well as many others throughout the last couple years.

Race Calendar by Linda Strange

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>

March 29th, Sat., 9 a.m. **1st Annual Running for Rachael**. Falcon Stadium, US Air Force Academy, Colorado Springs. 5k & Kiddie race. 5K fundraiser for Rachael's Ribbons of Hope Foundation with proceeds going to the Brain Tumor Institute at Children's National Medical Center in Washington D.C. to farther research for children with brain tumors. The run will start and end next to the Falcon Stadium. After the run there will be drawings for prizes donated by local merchants. Lynette Newton, 719-302-6042. http://www.active.com/event_detail.cfm?CHECKSSO=1&EVENT_ID=1513710&RESET=0

April 12th, Sat., 10a.m. **John Neumann Panther Run**, Pueblo City Park. 5 kilometer run / 1 mile fun run / walk. A concession-style BBQ will be held after the race. This event helps support the Tuition Assistance and Scholarship Fund to supplement the cost of attending John Neumann school for many children. Registration form available on the SCR website, calendar link. **Registrations will NOT be accepted after 9:30, race day.** Kristine Chamblin, Race director 719-568-2941.



April 19th, Sat., 8 a.m. **James "Spank" Blasing 5k**, Pueblo. 2 mile walk/5k /10k 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. This is the 2nd leg of the Pueblo Dodge & 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://twolves.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.

May 3rd, Sat., 6:30a.m. **Collegiate Peaks Trail Run**, Buena Vista, CO. Enjoy the energy, fun and challenge, whether you choose the 25 or 50 mile race, with a 3,500' elevation gain. It's a great course with fantastic views of the valley and surrounding mountains. chamber@buonavistacolorado.org or call 719-395-6612.

May 3rd, Sat., 8 a.m. **Take 5 in the Garden of the Gods**, Colorado Springs, CO. Garden of the Gods Park, 30th St. and Gateway. 5k or 5 miles. Both the 5 Mile and 5K routes are conducted within the confines of the Garden of the Gods. These events are part of the prestigious Grand Prix of Running Series of races; a series that is fast becoming one of Colorado's best running series. The courses are hilly and strenuous. <http://www.csgrandprix.com/garden.html> or call Carol O'Donnell, 719-635-8830.

May 4th, Sun., 9 a.m. **Cinco de Mayo**, State Fairgrounds, Pueblo. 5k/10k and 2 mi youth walk/run. Ramon Arriaga, 719-564-7659. This is the 3rd leg of the Pueblo Dodge & Toyota Benefit Racing Series.





Laddies and Lassies
For a bit o' Good Luck,
Try visiting the
Gold Dust



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.

Missing Newsletters?

Have you noticed that you are not receiving Footprints every month? Or is your birthday missing in the monthly list of birthdays? If so, you may not have renewed your SCR membership. To obtain bulk rate on postage, we have a minimum number of newsletters that we mail. Right now, our membership is a bit shy of that minimum number, so we randomly print mailing labels for non-renewed members and include them in our mailing. If you haven't renewed, you receive a newsletter only randomly. Renewals are coming in, so we'll probably reach our postal requirements in the next month or so.

It's easy to forget or put it off. But we don't want you to miss out on discounts from select businesses, discounts on races, your monthly newsletter, or participation in other club events and activities.

Go to the club website: socorunners.org and click the Join link. There you can either download the membership form or join through active.com. Do what I did and join for multiple years. That way you won't have to remember next year.

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 March 5th. Come join the fun!

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

The Final Thoughts...

Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian. -Dennis Wholey

The impossible is often the untried. -Jim Goodwin

Those who would have nothing to do with thorns must never attempt to gather flowers.

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

Courage is not the absence of fear, but rather the judgment that something else is more important than fear. -Ambrose Redmoon

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