



Editor: Ron Dehn

# FOOTPRINTS



April Shower Power...

## The 30th Annual Spring??? Runoff



Len and Lori Gregory finish the 5K

Len was a Chieftain staffer 30 years ago and helped organize the inaugural event. He has run in 28 of the 30 runoffs

The snow flew, the wind blew, and the hearty ran. March 2 was more than a cold blustery day, but nearly 700 brave souls faced the challenge of the 2008 Spring Runoff. Twenty years from now – participants will still tell the story of how they braved wind snow, and 20 below to cross that finish line at Dutch Clark Stadium. It wasn't quite



20 below, but the conditions were reminiscent of the first Spring Runoff 30 years ago with the wind gusting and the snowflakes intermittently swirling.

The wind didn't seem to affect Adam Rich who crossed the 5k finish line in 15:58 or Anna Marshall, a Pueblo West cross country standout who

was the first lady finisher at 20:55.

Former Pueblo County High standout Steve Cathcart won the 10K with a whisper over 37 minutes and Jennifer Collins of Boulder took the ladies portion with a 40:11. Steve has taken 1<sup>st</sup> place in one of the events 9 times over the years, a record not likely to be broken. One year when the 5K and 10K races had different start times, he won both events.

Lamar High School track coach Jim Hallberg passed lots of 10k runners en route to his 56:58 victory in the 10 mile. Danielle Korb from Fort Collins covered the 10 mile distance in an amazing time of 1:01:19. Apparently some people will do anything to get out of the cold.

The Spring Runoff, one of Pueblo's premier athletic events, requires a small army of volunteers. Terry Cathcart (Steve's Dad) from Southern Colorado Runners and Paulette Stuart from the Pueblo Chieftain, serve as Race Director and Chieftain Coordinator. These two give up evenings, weekends, and lots of sleep to make this event happen.

*(Continued on page 5)*

Cinco de Mayo Run  
Page 6

Spring Runoff Coverage  
Page 2, Pages 7 - 10



## A Few Spring Runoff Pics



Top Row

Joe Terry, Claire Bueno, Katie Kochenberger

Left: Shawn Loppnow

Below: Some of the awards made by the Pueblo Woodturners

Bottom: The "Leaders of the Pack" (some of the hearty youngsters in the Toddler's Race)



More Pics & Credits Pages 7-10



SCR is associated with RRCA, Road Runners Club of America. See [www.rrca.org](http://www.rrca.org)

Want to contact one of the club officers by e-mail? Here's their addresses. The corresponding officers are self explanatory.

- [president@socorunners.org](mailto:president@socorunners.org),
- [secretary@socorunners.org](mailto:secretary@socorunners.org),
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- [newsletter@socorunners.org](mailto:newsletter@socorunners.org),
- [calendar@socorunners.org](mailto:calendar@socorunners.org),
- [predict@socorunners.org](mailto:predict@socorunners.org),
- [webmaster@socorunners.org](mailto:webmaster@socorunners.org)



**Southern Colorado Runners**  
[www.socorunners.org](http://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. 310**

"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	Theresa Duran	543-4011
Treasurer	Paulette Arns	

**Non-Elected Officers**

Membership Chair	Don Pfost	544-9633
Newsletter Co-Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Buster Martin*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

**Contributing Writers / Photographers**

Gary Franchi, Paul Vorndam, Theresa Duran, Don Pfost  
Linda Strange, Larry Volk, Ramon Arriaga

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.

\* Buster Martin is believed to be the UK's oldest employee at the age of 101. He works for Pimlico Plumbers as a van cleaner. On March 2, he ran a half marathon in Essex in 5hrs 13 minutes. He plans to participate in the 2008 London Marathon. If he completes the race, he will set a record for the oldest recorded marathon finisher.



# Great Stuff

by Gary Franchi

## Suffering succotash



Thought for today's lunch, compliments of comedian George Carlin: *"I'm never too busy that I can't stop to enjoy someone else's suffering."*

### Musings about running, fitness and life:

Suffering is all around us ...

### The Spring Runoff

It's been weeks since the race ended, and my fingers have finally come fully back to life after working as a volunteer at the finish line at the race. In fact, I can actually turn the key in my car lock with one hand again and squeeze my car-opening remote.

Early on Spring Runoff morning, I was feeling sympathy for the runners, especially those who trained like maniacs and signed up for the 10-miler. I knew they would run face first into that relentless wind once they made it to Liberty's Point or wherever the turnaround cone and course marshal might have been blown to that day. All that training – it just didn't seem fair.

But then I heard that more than 50 runners had registered on the morning of the race. So, like, what the heck was going in their minds that day? Did they get inspired to race when they put the dog out for its morning call and noticed that its tail froze?

Race-day registrant: *"Man, it's horrible out there, Martha. And that wind!"*

Martha: *"Yeah, it's blowing so hard that it even blew the Sunday newspaper away."*

Race-day registrant: *"Really? Well, guess I'll go race in the Spring Runoff."*

Martha: *"Say what? Are you crazy?"*

Race-day registrant: *"Of course I'm crazy! I'm a runner."*

Now, I see things differently about who the real sufferers were that day. The race participants could at least get their bodies heated up by running, and most said the wind wasn't that bad down on the bluffs-protecting river trail. Plus, when they were finished, they could skidaddle home and sip hot cocoa in a warm bath. Meanwhile, some volunteers

stood out there for close to three hours, pulling bib tags with bare hands, distributing water on the course or pushing the shutter of a digital camera hundreds of times to record history for the participants.

As Carlin suggested above, I thought I would enjoy watching the runners suffer. But who were the real sufferers? Three guesses, Sherlock.

### A new low in gouging

First there was the \$80 entry fee for sprint triathlons. Then came the \$500 entry fee for an Ironman in Arizona, kindling thoughts of taking out a second mortgage for the right to suffer pain for personal accomplishment purposes. Now comes word about a new low instituted by the ING New York City Marathon.

Registration for the 39<sup>th</sup> annual marathon, scheduled for Nov. 2, opened on Feb. 25 with a \$166 entry fee (it's \$221 for foreigners). OK, while I probably would never deplete my checking account by paying such a sum, I have no argument with those who want to pony up and be part of that adventure. That's an experience that will probably stay with them for a lifetime, so I accept the fact that they don't flinch at the price tag and will pay the freight.

What I have trouble accepting is that there is an \$11 non-refundable processing fee for out-of-state residents who want to get in a lottery for the chance to run the marathon if they haven't qualified another way. Yes, it's non-refundable. It's been estimated that the marathon will rake in a half-million dollars from runners who are not selected by lottery.

Is that what "money for nothing" means?

### Letting others hear you

Being one who really enjoys pumping iron, albeit at the local fitness center that believes in promoting youth health but no longer endorses the benefits of competitive racing, I sometimes find it entertaining in there listening to the barbwire-tattooed populace. I've grown to accept and now am even amused by

the "suffering" pumpers who, needing a verbal outlet when pushing weight, feel the need to grunt as loud as they can.

It's humorous, especially knowing that so many of them grunt merely to be heard and draw attention to themselves from their peers. While unnecessary, I say, let 'em have a little fun, whether it's an ego thing or not.

Ah, but it seems that Lauryn Edwards, a 9-year-old girl in Australia, has taken grunting to an undesirable extreme. The young lass has been banned from playing tennis at her local club because of her grunting when striking the ball with her racket, a la Maria Sharapova. Complaints from her competitors caused the ban.

C'mon. Can't the world let up a bit and cut people some slack? Where is the tolerance that sociologists have been pushing people to have? What's next – banning weightlifters from grunting at the gym?

Hmmm.

### Ten things I was just wondering:

1, Is it harder for a pro basketball or hockey player to play back-to-back games than it is for runners to compete in back-to-back races (say, Saturday/Sunday)?

2, Isn't it fun listening to garbage trucks out on their pickup routes at 6 a.m.?

3, How did past generations exist without soft-rubber finger cushions on their ball-point pens?

4, When are triathletes going to say enough is enough with those outrageous race entry fees and quit entering?

5, Wouldn't it be kind of cool if there was a "University of Pueblo?"

6, Don't you hate those lazy bozos who send you e-mail trails that you have to read from the bottom and try to figure out what the heck is going on?

7, Given the popularity of pro athlete attire in the sports fan world, do you think authentic "Franchi" jerseys would be hot sellers amongst the literary crowd?

8, Can we assume that it must be eas-

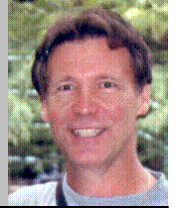
*(Continued on page 10)*



# Ramblin'

by Ron Dehn

## Climbing Mountains & Healthy Brains



### Registration Success

I had been planning my strategy for March 12<sup>th</sup> since early January. I work part time, so when I set up my work schedule, I kept March 12<sup>th</sup> open. Then I studied the web site for directions. I was not going to miss out this year.

I'm talking about registration for the Pikes Peak Ascent. Last year my son registered himself, his wife Maggie, and me. Jeremy spent two hours on-line because the server kept tossing him out. His efforts paid off as he got all three of us registered. But – wait a minute... It seems that Active.com had some overload problems which caused the server to crash and also caused much frustration for those people trying to sign up. So – race officials decided to scrap all registrations for that day and start over. To be fair to race officials – there was no good way to resolve the situation, so they picked one. Some won, some lost. When registration resumed, we didn't click quickly enough.

So this year, I was prepared and determined. I turn 60 a few days before this year's Ascent, and I want to celebrate my birthday (re-affirm my youth) by doing the race at least one more time. Registration started at noon on March 12<sup>th</sup>. On the 11<sup>th</sup>, I reviewed the website again, and put the registration page in my list of Internet Explorer favorites. The registration this year required a qualifying time including a website for race officials to verify the time. So – I created a Word document with the necessary information. At 11:50, I opened the browser and my Word document.

At about 11:52, I clicked on the Favorites icon and went to the site, just to practice. I received a message that registration had not yet opened. Then at 11:58, I tried again. Uh Oh. I now got an Active.com page that said, "One Moment Please... due to the high volume... click the back button in your web browser, or re-enter the web address you are trying to access. I did both, and got the same message. This

continued for a few minutes. I opened another instance of the web browser, figuring I'd double my chances. Right away, I got in. I started checking off boxes and then my browser hung. I refreshed the screen, but nothing was happening. At that point, I had this feeling of "déjà vu, all over again", as Yogi Berra would put it.

I kept opening and closing Internet Explorer, all the while watching the clock in the lower right hand corner of the screen. The minutes were ticking away, and last year's wave 2 (my wave) filled in only 10 minutes. Finally, I got in again. I was typing as fast as I dared and did not verify what I was entering. I didn't want to "waste" the time checking for accuracy. When it looked like I had filled out all the info, I got a chance to scan what I'd entered. It looked good. Then the final click to submit. The next screen said something to the effect, "You are successfully registered..." The time stamp was 6 minutes after the hour. It seemed like it took 20 minutes.

So... after all that – I am registered. Now, if I can only prepare for the race as well as I prepared for the registration. The hard part lies ahead.

twice per week. The increased blood flow helps the brain. Runners and cyclists – you are probably doing the exercise portion of this specific approach. Make sure you are eating fresh fruits and vegetables, and getting some whole grain.

The speaker also mentioned the importance of exercising your brain by learning something new. He said we have to use a portion of the brain that we don't normally use. His example was that if we were a cook – learning a new recipe might be good, but that won't help fight Alzheimer's. He suggested studying a language.

So, work the body and work the brain. Here's this month's puzzle.

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

We thank [sudokuworks.com](http://sudokuworks.com) for permission to use the puzzle.

Solution on Page 10

### Aging, the Brain, and all that other stuff.

Regular readers know that one of my themes is keeping the mind healthy as well as the body. A few nights ago I caught a portion of a lecture on PBS about aging, Alzheimer's, and the brain. There were a couple main thoughts that stuck. The speaker mentioned the importance of diet and exercise over and over again. He said that we must exercise at least

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



## Birthdays & Other Events

### April

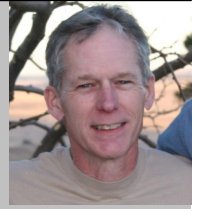
- 2 Jessica Gogarty  
Emmylou Harris\* (60)
- 5 Sarah Gogarty  
Colin Powell\* (70)
- 7 Gerald Puls  
Billie Holiday\* (92)
- 9 Jesse Weaver  
Dennis Quaid\* (53)
- 11 Brad Van Buskirk  
Joel Grey\* (75)
- 13 Joe Farra Jr  
Thomas Jefferson\* (264)
- 17 Christopher Roman  
Robert Santoyo  
Russell Smith  
Jennifer Garner\* (35)
- 20 Kieran Hughes  
Bob Stuemky  
Jessica Lang\* (58)
- 22 Ashley Smith  
Jack Nicholson\* (70)
- 24 Robert Kelher  
Kelly Clarkson\* (25)
- 25 Mark Rickman  
Al Pacino\* (68)



## Runnin' the Trails

by Paul Vorndam

### Kiwi Trail Running



A Kiwi is a small flightless bird found in New Zealand. The people there also refer to themselves as Kiwi's, not New Zealanders. I had a chance to visit New Zealand last month and managed to fit in a few trail runs and see both types of Kiwi. I probably should have gone to New Knee-land instead, but that's another story.

Kiwi's are VERY health conscious as a nation; runners and bikers can always be found out on the streets anytime of day and there are throngs out after work in the larger cities. New Zealand consists of two large volcanic islands (and many smaller ones) a few hundred miles south-east of Australia. Both main islands are mountainous, the southern one (curiously called "South Island") much more so with the Southern Alps running right down the middle and reaching a height of 3753 meters (12,313 ft) at the highest point, Mt. Cook. Mt. Cook is heavily glaciated and is a technical snow/ice climb – not even Kiwi's "run" it. But with all of the Alps and foothills, there are multitudinous trail running opportunities. Trails in NZ are called "tracks" and tramping (hiking) is very popular.

I didn't reach Colorado altitudes on the trails I ran, but the topography was still challenging. For the first outing, I got to run up Ben Lomond, which is a 1760 m peak just outside of Queensland. The start near sea level meant plenty of oxygen for a change! But, that was offset by the steepness of the trail since it was about 3 miles one way to the summit. That's over 1,000 vertical ft/mile and I soon found I was "leg-limited" and not lung-limited"! The trail began in a pine forest and actually went above treeline in that area. The last 400 or so vertical were the steepest part, so I shifted the

legs to 4WD Low and chugged up to a summit reaching fantastic views of the surrounding area including Queenstown below and it's deep blue lake. I had started early enough that I had the summit to myself for 20 minutes or so before starting down. I then found out how popular the trail was for the trampers – several groups were coming up. At one point, a fellow about my age, with two younger women (hmmm) saw me coming down and instead of saying hello, he blurted out; "Been to the top?" I said yes and his next words were: "What was your time?!" I got the sense that some of those Kiwi's were probably fairly competitive.

I also got to do some running on one of the premiere (i.e., popular) tracks – the Queen Charlotte's Track near the NE coast of the South Island. The terrain is rolling with an assortment of very steep sections and great views of the sound/bays to the east of the track. It was raining that day and care was needed on the downhill lest the run turn into a downhill mud glissade. I managed to avoid that, but did execute more than a few slides on the slick clay while staying upright. There was also a section well over 100 m in length that was covered with more tree roots than I've ever seen – and they were wet and slick – a different uphill challenge then I an used to, for sure.

New Zealand is a trail-running paradise. There are more trails to run then you could do in several years with astounding variety in terrain, scenery and weather. Kiwi's are very friendly, but take their fitness seriously. We could learn a thing or two from them! So, go if you get the chance and take your running shoes (and rain gear). Cheers, Mate!

*(Continued from page 1)*

This year's small army of helpers is listed below. We apologize in advance for not listing everyone's name, but this is the list we had at press time. SCR Coordinator: Linda Strange, Finish Line: Dave Diaz, Don & Lois Pfof, Ron Dehn, Karen Vanhaverbeke, Michael Orendorff, Brian Ropp, Levi Ropp, Gary Franchi, & Carrie Slover, Set Up: Jim Robinson, Youth Run: Pat Berndt & Cassie Berndt, 2-Mile Walk: Rich & Deb Hadley, Tammy Stone, & Phil & Diana Quattlebaum, Course:

Jeff Arnold & Mark Koch, Parking: John Johnsen, Aid Stations: Bob Tibbs, Mel Otero, Pueblo West Students, & County High Students, Medical Team and Cyclists from Parkview: Mike Archuleta, Jay Bailey, Stacey Bolin, & Thomas Rice, Packet Pickup: Heather & Don Adams, & Margaret & Bud Benz, Registration: Ruth McDonald, Jacqueline Wall, Paulette Arns, & Sam McKee, Results: Rick Nelson, Ken & Pixie Raich, and several more who are unnamed at this point, but very much appreciated.

\*honorary SCR member



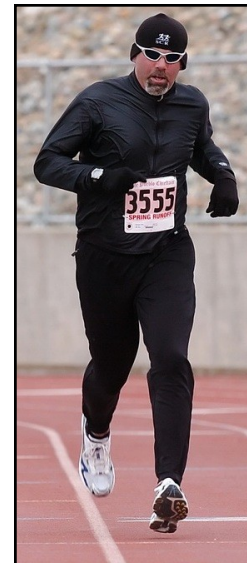


# Spring Runoff Results & Pics



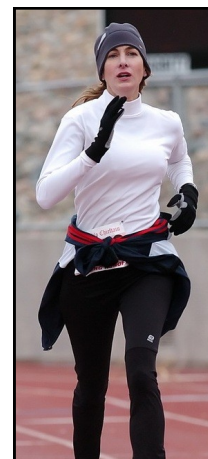
*Editor's Note: We assume that 98% of our readers have checked the web for their times and places. See: [www.socorunners.org](http://www.socorunners.org) and click the Results link. Therefore, to save space and trees, we are listing the top 10 male and female finishers in each event. We realize that this omits lots of readers from our list, and we sincerely don't mean to slight you. For smaller races, we often provide complete results. We do wish to acknowledge the overall finishers in each event: 2 Mile Walk: Ron Shepherd and Donna Caporicci. 5K Run: Adam Rich and Anna Marshall, Masters: Lile Budden & Jill Montera. 10K Run: Steve Cathcart & Jennifer Collins, Masters: Stephen Jones & Stella Hefron. 10 Mile: Jim Halliberg & Danielle Korb, Masters: Bob Langenhoven and Peggy Oreskovich.*

*We also wish to acknowledge Larry Volk who provided most of the photos for us. If you want to view and/or order your own photo, go to the web results and click your name. Wow - the power of technology.*



Top L to R:  
Levi Medina  
Kyle Reno  
Matt Sherman

Right:  
Tom Herzog  
Jill Montera

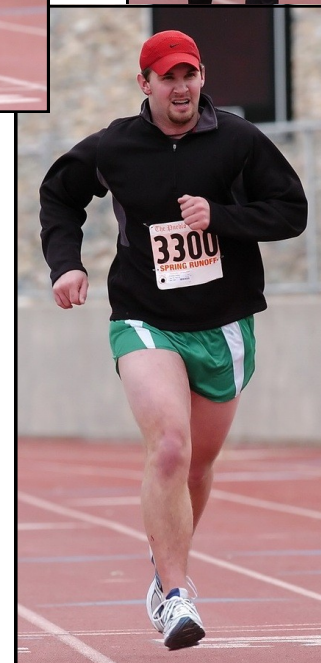


Below Left:  
Rochelle  
Beier-Kemmet

Below Right:  
Nathan Comden

## 2 Mile Walk

Pl	Time	First	Last	City	Sx	Ag
1	21:23	Ron	Shepherd	Rcky Frd	M	55
2	22:02	Donna	Caporicci	Pueblo	F	54
3	22:05	Dale	Boone	Pueblo	M	55
4	23:42	Patrick	Greer	Pueblo	M	56
5	23:48	Jeni	Ham	Pueblo	F	26
6	23:49	Elisabet	Nevin Wood	Pueblo	F	18
7	23:51	Katy	Nevin Wood	Pueblo	F	25
8	23:53	Sally	Berryman	Pueblo	F	55
9	24:02	Robert	Quintana	Pueblo	M	65
10	24:13	Heather	Robles	Pueblo	F	30
11	24:14	Tisha	Saenz	Pueblo	F	33
12	24:20	Dan	Mendoza	Pblo Wst	M	61
13	24:24	Lucia	Trujillo	Pueblo	F	28
14	24:24	Gil	Trujillo	Pueblo	M	33
15	24:35	Jenna	McCarthy	Pblo Wst	F	27
16	24:36	Janine	Dodge	Pueblo	F	40
20	26:19	Robert	Waggener	Pueblo	M	55
27	27:09	Phillip	Woods	Pueblo	M	58
30	27:40	Ben	Trujillo	Walsenbl	M	56
33	27:54	Bonifac	Cosyleon	Pueblo	M	58





## Spring Runoff Results & Pics



### 5K

PI	Time	First Name	Last Name	City	Sx	Ag
1	15:58	Adam	Rich	Colo Spg	M	27
2	16:40	Levi	Medina	Pueblo	M	20
3	17:30	Steven	Stoot	Colo Spg	M	17
4	18:08	Andy	Rinne	Colo Spg	M	32
5	18:23	Mike	Schmidt	Pblo Wst	M	17
6	18:32	Lile	Budden	Colo Spg	M	47
7	18:33	Kyle	Reno	Colo Spg	M	26
8	18:37	Jordan	Montera	Pblo Wst	M	15
9	19:56	Regie	Marquez	Pueblo	M	31
10	20:27	Michael	Barris	Pblo Wst	M	43
12	20:55	Anna	Marshall	Pblo Wst	F	16
22	22:26	Kelly	Concho-Hay	Pueblo	F	29
23	22:31	Jill	Montera	Pblo Wst	F	41
35	23:43	Theresa	Duran	Pueblo	F	30
44	24:23	Lindsey	Herrera	Pblo Wst	F	20
46	24:35	Anna	Trinidad	Colo Spg	F	23
48	24:45	Gianni	Palumbo	Pblo Wst	F	13
49	24:50	Michele	Herrera	Pblo Wst	F	18
51	24:58	Lindsey	Tubbs	Superior	F	14
60	25:38	Mary	Humphreys	Pblo Wst	F	45

### 10K

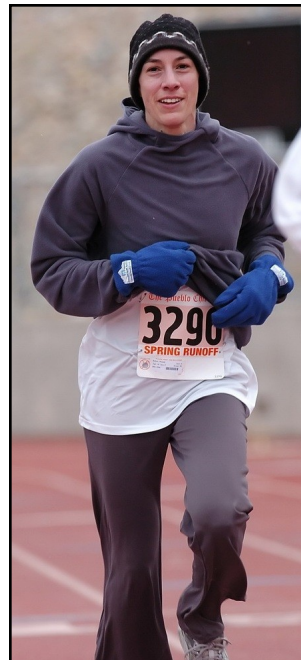
PI	Time	First	Last	City	Sx	Ag
1	37:01	Steve	Cathcart	Ft Collins	M	43
2	38:31	Chris	McIntyre	Colo Spgs	M	27
3	38:38	Michael	Cernoia	Pblo Wst	M	15
4	38:45	Stephen	Jones	Pblo Wst	M	56
5	40:11	Jennifer	Collins	Boulder	F	26
6	41:23	Elizabeth	Watkins	Colo Spgs	F	25
7	41:56	Sydney	Mondragon	Pueblo	F	25
8	43:23	Shayne	Taylor	Canon Cty	M	14
9	43:55	Brian	Vaniwarden	Canon Cty	M	28
10	43:55	Jeff	Vaniwarden	Aurora	M	27
11	44:21	Virginia	Coindreau	Alamosa	F	25
12	44:29	Elliott	Henry	Frisco	M	61
13	44:45	Joanna	McIntyre	Colo Spgs	F	26
14	45:33	Tara	Smith	Pueblo	F	36
15	45:38	Joe	Terry Jr	Pueblo	M	32
16	46:17	Stella	Heffron	Parker	F	40
17	46:18	Scott	Beauvais	Pblo Wst	M	48
19	47:29	Lindsey	Sehryrer	Pueblo	F	25
20	47:35	Jennifer	Kottenstette	Pueblo	F	27
26	48:57	Laurice	Lopez-Ceperi	Pueblo	F	36



**Anna Trinidad  
Bob Gassen**



**Patrick Swank**



**Wendy Bulow**



**Mike Borton**





## Spring Runoff Results & Pics



### 10 Mile

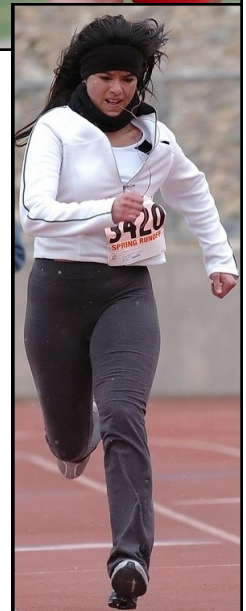
Pl	Time	First	Last	City	Sx	Ag
1	56:58	Jim	Hallberg	Lamar	M	30
2	1:00:22	Branden	Rakita	Manitou	M	26
3	1:01:19	Danielle	Korb	Ft Collins	F	23
4	1:02:48	Paul	Koch	Colo Spg	M	39
5	1:02:56	Adam	Truex	Manitou	M	24
6	1:04:03	Bob	Van Langenhover	Ft Collins	M	45
7	1:04:12	Duane	Roberson	Colo Spg	M	36
8	1:04:26	Matthew	Drake	Pblo Wst	M	19
9	1:04:35	Anthony	Surage	Manitou	M	47
10	1:04:48	Mark	Riem	Canon Ct	M	40
11	1:06:13	Emily	Mortensen	Alamosa	F	25
12	1:07:23	Richard	Hessek	Colo Spg	M	42
16	1:08:54	Shannon	Meredith	Colo Spg	F	37
17	1:10:31	Lauren	Dunsmoor	Pblo Wst	F	23
23	1:15:50	Deborah	Janssen	Colo Spg	F	27
29	1:18:44	Melody	Monberg	Colo Spg	F	32
31	1:19:12	Paula	McCabe	Pueblo	F	35
33	1:19:55	Teri	Houghton-Pricha	Colo Cty	F	33
34	1:20:01	Robin	Krueger	Pueblo	F	39
35	1:20:37	Marcy	Epperson	Canon Ct	F	35



Above Left: Dan Comden



Above Right: Carol Kinzy



Right: Rosa Navarro-Bruce



Above:  
Cecil  
Townsend



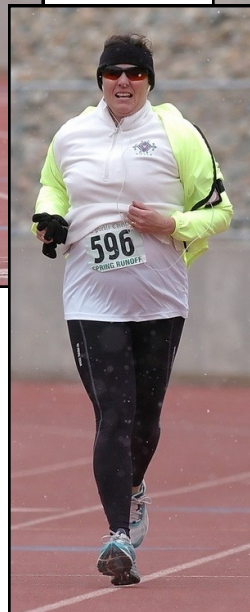
Above:  
Misti  
Frey



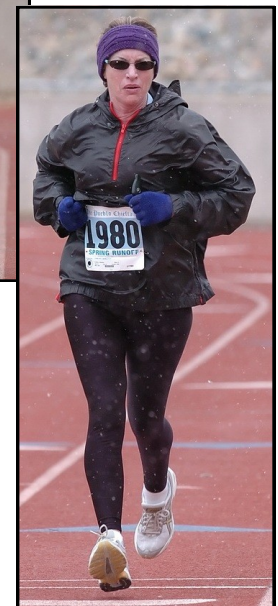
Above:  
Steve  
Cathcart



Right:  
Eddie  
Longoria



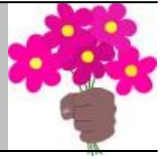
Right:  
Marian  
Heesaker



Right:  
Catherine  
Gomez



## Potpourri



(Continued from page 3)

ier to put a man on the moon than to develop an HVAC system that works in a large building?

9, If bulls could be interviewed at a bull-riding competition, what do you think they would say? In bull talk, I mean.

10, How much do you think the average IQ is lowered by the cretins who empty their car ashtrays in parking lots and on public roads?

Until next month, suffer on, comrades.

Solution to the Sudoku puzzle on page 4

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

### Thank You from Terry

Terry Cathcart, Race Director of the Spring Runoff, extends his thanks to the many volunteers from SCR, the Pueblo Chieftain, Pueblo West and County High school students, Parkview Hospital employees, Dutch Clark stadium, and all other volunteers who were instrumental in putting on the Spring Runoff. Thanks also to the Wood Turners of Pueblo who created the first place awards and Runner's Roost at 107 East Bijou in Colorado Springs for their donation of gift certificate for the overall winners.

### Panther Run and \$



Hi Ron! Here's the information on the cash awards for the Panther Run. There will be a \$100 award for 1<sup>st</sup> place male overall and a \$100 award for 1<sup>st</sup> place female overall, \$50 for 2<sup>nd</sup> and \$25 for 3<sup>rd</sup> place finishers overall, both male and female. There will be a \$25 award for each age division for first place finishers only, both male and female. -Kris Chamblin (Race Director)

\$

A few more pics from the '08 Spring Runoff



UL to LR  
 David Crockenberg  
 Warren Marshall  
 Julie Marshall  
 Michael Atlas-Acuna

## Race Calendar by Linda Strange

April 12<sup>th</sup>, Sat. 10a.m. **St. John Neumann Panther Run**, City Park, Pueblo. 5k & 1.5mile fun run/walk. Supports the St. John Neumann Catholic School. A concession-style BBQ will be held after run. Cash Prizes awarded for 1st place finishers in 5K in each age group (male/female). Prizes also awarded for 2nd & 3rd place finishers in 5K in each age group(male/female). Come have fun!  
[http://socorunners.org/races/entryforms/Panther\\_Run\\_Registration.pdf](http://socorunners.org/races/entryforms/Panther_Run_Registration.pdf)



April 19<sup>th</sup>, Sat., 8 a.m. **James "Spank" Blasing 5k/10k Run & Walk**, Pueblo. 2 mile walk, 5k/10k run. The Farmers Insurance Walk for Athletics and James "Spank" Blasing Memorial Walk/Run 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://twolves.colostate-pueblo.edu/walk/index.asp>

April 20<sup>th</sup>, Sun., 10a.m. **Lake Pueblo Arkansas Point Bike Challenge**. This mountain bike race is a USA Cycling-sanctioned race that supports Southern Colorado Trail Builders. Limited to the first 150 participants. Race distance is approximately 23 – 25 miles, depending on the lake's water level, and is divided up into experience classes. Drawing for free swag afterwards, so stick around! Forms available at Vance's Bicycle World in Pueblo (719-566-6925), or at <http://www.sctb02.org/events.html>



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 3<sup>rd</sup>, 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@buenavistacolorado.org](mailto:chamber@buenavistacolorado.org) or call 719-395-6612.

May 3<sup>rd</sup>, Sat., 8 a.m. **Take 5 in the Garden of the Gods**, Colorado Springs, CO. Garden of the Gods Park, 30<sup>th</sup> 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 3<sup>rd</sup>, Sat., 8a.m. **Blossom Day 5k/5mi**, Canon City. The Canon City Music and Blossom Festival includes the 4<sup>th</sup> annual running of this race on a flat course along the riverwalk. Walkers are encouraged to participate. <http://www.ccblossomfestival.com/cms2/index.php?page=blossom-5k-race>



May 4<sup>th</sup>, Sun., 9 a.m. **Cinco de Mayo**, State Fairgrounds, Pueblo. 5k/10k and 2 mi youth walk/run. Ramon Arriaga, 719-564-7659. See Ramon's article elsewhere in this newsletter for more details.

May 31<sup>st</sup>, Sat., 8a.m. **Run for Rio**, Rye. 5k run and fun walk. Enjoy the scenery of the beautiful Greenhorn Valley through the streets of Rye. This Valley tradition starts and ends at Rye High School, and the course is somewhat hilly. This race raises awareness of organ donor programs, with proceeds used in an annual college scholarship awarded to a Rye High School senior, and celebrates the life of Rio Martinez, a Rye high school senior who died tragically in 1997. Jeff Arnold, race director, 719-947-3682.



**April showers getting you wet? Step inside and have a burger**



**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.



Terry Cathcart, Spring Runoff Race Director and  
Paulette Stuart, SRO Chieftain Coordinator pose  
after the 2008 SRO start.

**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 April 2nd. Come join the fun!

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

### **The Final Thoughts...**

Hate is a dead thing. Who of you would be a tomb? -Kahlil  
Gibran (1883-1931)

The greatest discovery of my generation is that human beings  
can alter their lives by altering their attitudes of mind. -  
William James

Access to power must be confined to those who are not in  
love with it. -Plato

To find a person who will love you for no reason, and to  
shower that person with reasons, that is the ultimate happi-  
ness. -Robert Brault, software developer, writer (1938- )

He who would be a leader must be a bridge. -Welsh proverb

Time spent laughing is time spent with the gods. -Japanese  
proverb

Stocks have reached what looks like a permanently high pla-  
teau. -Irving Fisher, Professor of Economics, Yale Univer-  
sity, 1929

There is no reason anyone would want a computer in their  
home. -Ken Olson, president, chairman and founder of Digi-  
tal Equipment Corporation, 1977