



Editor: Ron Dehn

# FOOTPRINTS



Mom approves of this edition...  
She especially likes Gary's articles *Go Figure...*

## Happy Mother's Day!!!

### The Spank Blasing Memorial Run



Two hundred seventy four runners and walkers crossed the finish line at the Spank Blasing Walk and Run on the CSU-Pueblo campus April 19th.

This event has its roots in the Walk for Women's Athletics. For years, people gathered pledges and walked a lap around campus. A few years back, CSU-Pueblo's Todd Kelly decided to expand the operation to support all campus athletic programs, and Spank would

be proud! TK rounded up several event sponsors and added a 5k run. This year runners had the option to run a 10k course in the hilly and challenging Belmont area.

Finishers were treated to breakfast burritos, fruit and drinks, and the top three placers in each running division received mugs with an embossed event logo and respective place.

Student athletes served as volunteers in a variety of capacities from course marshals to finish line workers.

Nicole Marie Vettese paced the ladies in the 5k with a time of 21:33. Adam Rich blazed through the course in a mere 15:32.

The 10k leaders were Lindsey Elaine Schryver with a 45:00 flat and William Dillon with a cool 38:54 on that difficult course.

Spank Blasing was a longtime coach, teacher, and administrator dating back to

the junior college days, and a legend in Pueblo sports. He was extremely well respected by his peers, and more importantly by the student athletes. Spank got to fire the starting gun in 2006, but passed away before the 2007 event, when his son had starting honors. This year, Spank's granddaughter pulled the trigger.

The Spank Blasing run is the second leg of the Pueblo Toyota Running Series. The Spring Runoff was the first in the series, and the upcoming Cinco de Mayo run is the final leg. Runners are awarded points based upon their relative finish place in each race and after the completion of the Cinco, the points will be added to determine series winners.

The number of runners has grown from 34 in 2006, to 110 in '07, to 194 this year. Any guesses for 2009?

More coverage beginning on page 14.

**Diabetes  
Prevent-A-Thon  
Page 11**

**Little Run  
On the Prairie  
Page 11**

**Spirit Fest  
Page 17**

**We're skipping an issue  
this summer.  
See the notices on the  
bottoms of pages 18&19  
especially if you have race  
inserts to mail**



## Minutes from the March, 08 Meeting

**Attendance:** Dave Diaz, Mike Archuleta, Terry Cathcart, Rich Hadley, Kristine Chamblin, Austin Clark, Paula McCabe, Jeff Arnold, Paulette Arns, Jim Robinson, Paul LaBar, Don Pfof, Lori Gregory, Gary Franchi, Ken Raich & Theresa Duran.

Minutes for the February Meeting were not available. It was agreed that we would have two sets of minutes to approve at the next meeting.

**Special Guests:** Lori Gregory was present to discuss the Little Run on the Prairie, which will be on June 14. She noted that she they are wanting to get more participation. They are going to be having a Sports Festival on that day. She asked for suggestions regarding the Race T-shirts. There are going to be Sports Festival T-shirts and she asked whether a race shirt or the Sports Festival Shirt would be appropriate. It was suggested that a race shirt would be best since most runners run the races for the t-shirts. She noted that the words "I Have Finished the Race, I Have Kept the Faith" will be on the shirt for the race. They will be giving ribbons to all runners and walkers. Flyers are going out in the April Newsletter, which will go out at the end of March. She also was given advise as to how many shirts would be appropriate to order so that they would not have too many. She was asked if a PDF or Word version of the race registration form was available for electronic registration from the club website. She also noted that she needed a race permit, which she had difficulty getting last year. Ken Raich was able to give her a contact within the Sheriffs Department that could possibly help to get the process going.

Austin Clark from Southern Colorado Trail Builders, came to discuss the annual trail bike race that is going to be held on April 20. He came to ask for help with his race again this year. He noted that anyone interested in commenting on the trails is welcome to come to the Monthly Trail Builders meetings to make those comments. He noted that the entry forms would be available on their website for the race. They currently have permission to postpone the race in case of inclement weather, to the following weekend, if necessary. Don and Lois Pfof offered to help with the race. Theresa and Abbi Duran will also help with the race. The race is named the Arkansas Point Challenge. Austin gave his e-mail address and phone number to be reached for questions: [aclark959@msn.com](mailto:aclark959@msn.com), and (719)248-9692. The club is also going to list it on

our club website. The start time is 10:00 A.M. Registration will close at 9:00 A.M. An event pass to the park will be included in the race entry fee, but it is an event pass only.

Paula McCabe with YMCA came in to ask for assistance with Corporate Cup this year. She was given Mike Orendorff's name to talk with him regarding details from past events, as he has assisted with it in the past. The club will most likely give the same support as in the past.

**Officer Reports:** Paulette Arns gave a full Treasures report. She listed the amounts in the checking and savings accounts for the club. She noted the Valentines Twosome made \$64.20 this year. Jeff also asked that the profits be transferred directly to the youth fund as in the past. The Treasures report was approved. Newsletter Editor, Ron Dehn was not present for the meeting, but there were no issues up for discussion regarding the Newsletter. Membership Chair, Don Pfof, noted that there are currently 186 paid members, 6 new members have signed up in the last week, 4 of which were from the forms put in the Spring Runoff race packets. Webmaster, Paul LaBar noted that the format conversion is going good. Race entries are being placed on the website. Updates are taking place constantly. Ken, Don, and Paul will be setting up a meeting sometime next week to map out more links and Web page designs.

**Upcoming Events:** Kristine Chamblin came in to discuss the Panther Run. She gave her phone number for questions: (719)568-2941. The Panther Run is a 5K run and a walk. Entry forms are on the website as well as electronic entry. The t-shirts have a logo like the picture on the entry form. They will be needing help with the finish line. The race is on April 12, at 10:00 A.M. They will have lots of turning point help from parent volunteers. Ramsgate 8 is coming up on April 5. It is a predict series race. It is a



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

potluck. Jim Robinson is going to be the coordinator for the Predict Series in the future. He has a chalker to mark courses and wants to help out with marking the course and timing the race, so he can learn the ropes. Don has 3  
(Continued on page 3)

Want to contact one of the club officers by e-mail? Here's their addresses:

[president@socorunners.org](mailto:president@socorunners.org),  
[secretary@socorunners.org](mailto:secretary@socorunners.org),  
[treasurer@socorunners.org](mailto:treasurer@socorunners.org),  
[membership@socorunners.org](mailto:membership@socorunners.org),  
[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. 311

"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 Pfof	544-9633
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Randy Pausch*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

#### Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Theresa Duran, Linda Strange

Don Pfof, Ken Raich, Kris Chamblin, Ashley Smith, Lori Gregory, Jesse Sena, Julie Kuh

**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.

\* Randy Pausch is a 47 year old college professor who is terminally ill and has given his "last lecture". It is an incredibly inspirational and thought provoking talk. Google Randy Pausch and check out his home page to learn more.

## Minutes from the April, 08 Meeting

*(Minutes Continued from page 2)*

separate courses to plan for the weather. Spank Blasing is coming up as well. There is online registration available. A short discussion regarding age groups took place, because of the confusion they may cause for the series that it is a part of. The scoring system for the series is also a concern. Todd Kelly was not available to come to the meeting to ask questions of him. There is also a concern of people switching races, since that occurred last year as well. Cinco De Mayo is coming up in May. A discussion about the race entry forms took place regarding the entry fees being odd numbers and making it confusing for race day registration as well as the fact that change would be needed for those carrying cash. Neither Hilbert nor Ramon were present to discuss concerns as ask questions of. A discussion really needs to take place regarding the race in order to be prepared for the race. The club would like to take care of the race and let Ramon and Hilbert take care of the other details.

**Recaps/ Updates/Revisits:** Valentines Twosome Jeff Arnold was going to look at the past races, he thought it might be the biggest Valentines Twosome so far. Spring Runoff Tuneup was supposed to be windy, and the day turned out nice. The weather problems occurred for the actual Spring Runoff. Spring Runoff, there was one problem with the race. Runners tore the tags off the bottoms of their Bib numbers, which caused chaos at the finish line. For future races it must be made clear at the start line not to remove these tags. It should also be placed on the entry forms.

**New Stuff/Old Stuff:** With the passing of Ross Barnharts father it was voted that the club get he and his family a Sympathy Card. Jeff Arnold was given that responsibility. Rich Hadley also noted that Tammy Stone had been hit by a car the morning of the meeting. She apparently was running and a drunk driver hit her. She got out of the hospital that day.

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



**Attendance:** Don Pfof, Ron Dehn, Paul LaBar, Gary Franchi, Dave Diaz, Paulette Arns, Todd Kelly, Jeff Arnold, Mike Archuleta, Ramon Arriaga, Hilbert Navarro, Kristine Chamblin, Michelle Erickson, and Ken Raich.

**Special Guests:** Kristine Chamblin from the Panther Run wanted to make sure mile-marker identifiers are present for her race. Paul LaBar volunteers to measure the course and identify where the mile-splits are located. Todd Kelly presented status for the Spank Blasing run. The laptop will be delivered to Todd on Monday following the Panther Run. Ramon Arriaga presented status for Cinco de Mayo. The club was concerned about the money awards and raised concern that monetary awards may give some people the incentive to "cheat". Ramon said he will position marshals to assure DQ information is relayed to the results table if someone "shorts" the course. Mike Archuleta asked the club to set up some sort of finish line for the Diabetes Run. The club volunteered to position a clock at the finish line, pull bib-tags, and collect finisher times. Mike was satisfied that will be sufficient for the Diabetic Group. Hilbert Navarro relayed information from Jesse Senta that the Spirit Fest 5K will take place in June 14. The club has concerns that Little Run on the Prairie is on the same date and time. Neither race is willing to move to another day. After some discussion, the club will try to split equipment to support both finish lines. Gary Franchi and Ron Dehn presented the upcoming PCC-CSI 7.5K run/2-Mile walk and declared it will be held on July 13. The race will be held at PCC and will feature a pancake breakfast. Michelle Erickson from Pueblo West High School was observing to see what it takes to host a race. Her high school class is thinking of holding a race in May as a fundraiser and she will to report back to them about what is required. Minutes from both the February and March 2008 meetings were approved.

**Officer Reports:** Treasurer's report – The Spring Runoff earned about \$3000 less in 2008 than it earned in 2007. The technical shirts cost about \$3000 more so it was discussed that we should raise prices next year if we intend to continue offering technical shirts. The treasurer's report was approved as presented. Newsletter Editor - Ron Dehn reported that the April issue of Footprints had been delivered and recognized Larry Volk for the Spring Runoff photos. Membership Chair - Don Pfof reported that the club has 195 members paid to date and 215 newsletters were mailed last month. Almost half of the club members have requested to receive Colorado Runner magazine. There are 13 members receiving free memberships because they are

over 70. Webmaster - Paul LaBar announced the new web page format that was implemented last month has been receiving good feedback.

**Upcoming Events:** Don Pfof said that the Ramsgate 8 is on track. There is some construction at the University so an alternate course has been prepared if there is bad weather to avoid the mud. Don also commented that the course for the Lake Pueblo Bike Challenge on April 20 is being prepared and is receiving good support. There was no one present to give the club a status report for Ben & Matt's Trail Run, however, we were told it is on schedule and will take place at the Nature Center on April 27.

**New Stuff/Old Stuff:** Ken Raich briefed the club about an earlier meeting regarding available technology and how it may be used in the future to enhance SCR's online capabilities. The committee advised against having SCR perform its own online credit card processing due to liability issues. Ken is going to establish a private merchant account and perform credit card processing for costs on an "as requested" basis. This will save members the \$2 or \$3 fee per registration using active.com. Dave Diaz agreed to be the club liaison to the Calendar Keeper (Dave will collect calendar information from the meetings and relay the information to Linda Strange). Ken brought up the problem with cash prizes and suggested the club establish a policy of "less support" for races with enough money to distribute cash awards. No voting has taken place yet on this issue. A motion is in the "works" for next month's meeting. Ken marked suggested changes on a set of SCR policies. The proposed policies are currently being reviewed and will be voted on during next month's meeting. A request from Jesse Quintana about the Nike Women's Marathon was relayed to the membership.

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

**Respectfully submitted:** Ken Raich





# Great Stuff

by Gary Franchi

## Aging gracefully



Thought for today's lunch, compliments of Don Kardong: *"No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes."*

### Musings about running, fitness and life:

Something about this aging thing has got me perplexed. If we have twitch muscle fibers, what happens to the fast ones as we age? Where do they go? To the Black Hole? And where do the new slower ones come from? Shouldn't the fast ones stand up for their rights?

For that matter, what is a twitch, anyway? A twisted itch? If so, how do they get twisted? Why did my parents give me so many slow twitch fibers in the first place? Did they have twisted minds when they were giving me slow twitch muscle fibers?

You know, if scientists and medical doctors really had anything on the ball, they'd have figured out by now a way to substitute a bunch more fast ones in place of those slow ones. If this ever happens, I'll be down at Dr. Khosla's office pronto, getting rid of all these lethargic ones and picking out a batch that has some quickness in them. What do you say, Rock? You got a bunch of those Speedy Gonzales fibers at your office?

Such thoughts popped into my head recently as I resumed running following an extended time off recovering from injury. Being pain-free was a real high, but I felt like a turtle waddling down Pueblo streets.

Ah, but this is just one evidence of the aging process. Other signs are all around me, and new ones are constantly materializing. Here are just a few that come to mind:

- Lite Rock 106.3, which I previously considered the dregs of FM radio, is now one of the stations programmed into my workout radio. Woe is me.
- People at the gym often call me "sir." I'd refer to them as "younger people" but they're just about all younger

than me now.

- Women are actually starting to tell me "you go first" when we are both at the entrance door to the YMCA. Thank you.
- I occasionally flick on the TV news while riding the stationary bike or running on the treadmill.
- Just thinking about running intervals on a track causes pain.
- Injuries that never happened years ago now do, and take forever to heal, too.
- Low weight/high reps is making more and more sense every day, partially in hopes of avoiding muscle strain. (Must be those slow twisted itches again.)
- Lo and behold, I needed to go up another half-size on my running shoes the last time I purchased a pair. They must be making shoes smaller, right?
- The thought of an overcrowded Bolder Boulder course is something to look forward to because it would cause slower running.
- I get afraid to stretch because I think it might cause more injuries than not stretching.
- The training schedules of elite athletes, listed in running magazines, are starting to resemble foreign languages.
- I'm impressed by the fact that one of the announced features of the Colfax Marathon this year is that it has added more port-o-potties.
- The goal of the workout becomes "to stay healthy."

The ultimate: Not only do I forget the names of people I haven't seen in a while at the gym, but sometimes certain folks who come up and chat because they know me don't even look familiar. (Scary.)

It's a strange trip, and one I blame on my parents and their twisted minds.

### Ten things I was just wondering:

- 1, Does the Gold Dust Saloon have a bar code?
- 2, In the world of sewing, why can't the stinkin' needle hole be larger?
- 3, Do experienced runners really need to be told to hydrate before a race?
- 4, Why didn't they originally design swim lanes about 3 or 4 inches wider?
- 5, Other than the sweets, can any "special day" be more boring than Easter?
- 6, Isn't it fun to watch people eat a salad for lunch, and have a cookie for dessert and wash the both down with a "regular" soda pop?
- 7, Wouldn't it be cool to watch the chaos that would ensue if a rock group like, say, the Rolling Stones, just showed up unexpectedly as one of the bands along the Bolder Boulder course?
- 8, Has anyone ever lost a swimsuit during the swim leg of a triathlon?
- 9, Wouldn't it be a trip to move someone's bike to the other end of the transition area during the swim portion of a triathlon and just sit back and watch the pandemonium that would take place?
- 10, For you readers out there, has anyone ever made it all the way through the "The Stand" by Stephen King?

Until next month, may all your muscle fibers stay fast. Or turn slow slower.

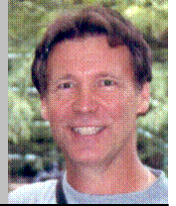




## Ramblin'

by Ron Dehn

### How to set a PR - Guaranteed (almost)



**I can guarantee that if you follow the advice in this article, you can set a new PR (Personal Record). YES – guarantee.**

Does this sound familiar? How many cover stories in how many fitness or runner's magazines have made this claim? And when you read each headline, did you believe the claims? Did you follow the recommended training regimens? And... how many times has the advice given in the article actually worked?

Well, I am making the same claim. If you follow the advice in this article, I guarantee (almost)\* that you will set a new PR. And, in addition – you don't have to change your training regimen. Just keep doing what you are doing.

Right now you are thinking, "This is beginning to sound like some new type of diet supplement claim. Eat anything you want, as much as you want, whenever you want, and lose 5 pounds a week and 4 inches off your waist the first month. And – no exercise required!"

Yea, sure!

But - I repeat. If you follow the advice in this article, I guarantee (almost)\* that you will set a new PR.

And yes – there is a catch, sort of. There's always a catch.

On July 13<sup>th</sup>, Pueblo Community College and Colorado State University – Pueblo will hold a special party. It is our 75<sup>th</sup> birthday.

But first, a little background. In 1921, a devastating flood hit Pueblo. Fifteen hundred people lost their lives, and there was 20 million dollars of damage. Most of downtown Pueblo was destroyed. The course of the Arkansas River in the city was changed forever, and so was the city itself. The U.S. economy was reeling in the late 1920's, and the stock mar-

ket crashed in October of 1929. In the early 1930's several states in the Great Plains suffered through the Dust Bowl. Colorado was included in the estimated 100 million acres affected.

Yet, in spite of these enormous calamities, which had tremendous effects on the Pueblo economy – in 1933, a group of forward thinking and courageous citizens had the audacity to found a junior college in our city. It was named Southern Colorado Junior College, and graduated the first class of 17 students in 1935.

Skipping forward 75 years, and numerous evolutions – we have Pueblo Community College and Colorado State University – Pueblo in our city. Both of these institutions evolved from SCJC.

So, back to setting your PR. (No, I didn't forget the thesis statement of this article.) On July 13<sup>th</sup>, we're having a birthday party. And the first activity of the day is a 7.5k run and 2 mile walk. How many of you readers have run a 7.5k race? Two of you? One of you? None of you? Thus, the opportunity for a new PR.

Since it's our 75<sup>th</sup> birthday, a 7.5 k run seems appropriate. (We thought a 75k run was a little too far.) For those of you who are wondering, 7.5 k is equivalent to 4.660283 miles, plus some change. Entrants will receive tech shirts and a couple pancakes for breakfast after the race. Awards will be given to the top 3 male and female runners in the usual categories, plus awards for top male and female in both the under 40 and 40+ divisions. If you are not into running, there will be a 2-mile walk with participation awards for all walkers.

In addition to the run / walk, there will be a car show, an art show, health exhibits, massages, food, history exhibits, inflatables, entertainment, entertainment, and more entertainment. Websites describing the day's activities are in devel-

opment, but we'll provide those next month.

So – on July 13<sup>th</sup>, 2008, you have the opportunity to set a PR in the 7.5k and celebrate higher education in our community. Bring the family. There will be lots going on.

*\*Our "lawyers" have read this over and insist that we include the word (almost).*



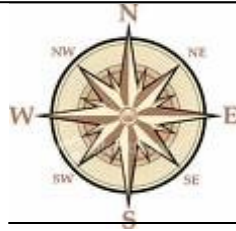


## Birthdays & Other Events

### May

- 2 Sheri Tiller  
Ben Valdez  
Engelbert Humperdink\*
- 4 Paul DallaGuardia  
Randy Travis\*
- 5 Troy Davenport  
George Dominguez  
Tammy Wynette\*
- 10 Melinda Orendorff  
Pat Summerall\*
- 11 Shaun Gogarty  
Salvador Dali\*  
Mother's Day
- 12 Carol Ratzlaff  
Yogi Berra\*
- 13 Steven Lamy  
Stevie Wonder\*
- 14 Bonifacio Cosyleon  
Paul LaBar  
George Lucas\*
- 18 Mark Koch  
Brooks Robinson\*
- 20 Michael Archuleta  
Lori Gregory  
Diane Lopez  
Jimmy Stewart\*
- 21 Thresea Duran  
Raymond Burr\*
- 23 Sidney Arnold  
Drew Carey\*
- 25 Mary Davenport  
Miles Davis\*
- 26 Lois Pfost  
Sally Ride\*

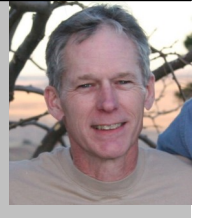
\*honorary SCR member



# Runnin' the Trails

by Paul Vorndam

## How to Avoid Getting Lost



Hoping it wasn't a premonition, I recently started reading "Death, Daring, & Disaster: Search and Rescue in the National Parks", by Charles R. "Butch" Farabee, Jr. Then I recalled some articles in this column by a previous author describing trail runs wherein it was in doubt that said author would actually return from the run. So, I thought I would pass along some advice about not getting lost on a trail run. Some of this may be categorized as serious and some, not so. You can decide which is which!

First of all and especially if you're going alone, let someone know where you are going, what route you are taking, and when you expect to be back. Then, even though it may be really, really tempting to do otherwise, *stick to what you told them!* If you are seized with the compulsion to explore new territory, wait 'til next time when you can apprise someone that you're purposely going out to possibly do something stupid. Of course, if the person you notify is not a runner, they probably think every time you go out is doing something stupid!

Check your intended route on a map before you go or (duh) actually take the map along! No map? Check out Google Earth on the internet. It is (to coin a phrase) like totally awesome. If you take a map and have no idea how to read it, there are other uses for the paper (starting forest fires, teepee, last will and testament, etc.). If maps are too old-fashioned you can take along a whole bunch of other gadgets, like gps devices, cell phones, personal locator beacons, hd tv sets, whatever. Of course, unlike paper, you can't start fires with these or conveniently use them for teepee. Additionally, they all depend on batteries (unless you also carry solar panels) and these have a bad habit of being dead when you are about to be.

Avoid trails that are snow covered in late spring. What happens? You go up a familiar trail and run into stretches that are still covered with snow. So, of course, you press on anyway. And guess what? The snow covers the trail and after you've pressed on for half a mile or so, you suddenly don't see anything familiar anymore. And the snow is a hard crust and you

have no footprints to retrace (if you'd been post-holing in knee-deep soft snow, you'd have had the good sense to turn around). Don't ask me how I came up with this tip.

Don't go alone. Two heads are often better than one. If you go with someone and get lost anyway you'll have someone to argue with and can probably even find an attorney that would help you sue them after you get back. Also, you'll probably disagree vehemently about the way back to civilization and split up. This doubles the chances for the Search and Rescue folks to find at least one of you. And you won't waste energy burying your friend's body after you bludgeon them to death in exasperation.

There are lots of other "survival" techniques and tips about direction finding, etc. that may come in handy: moss always grows on the north side of trees (probably not as useful if you're above treeline), using the shadow of a stick in the ground to determine north (don't get lost when it's cloudy), ask someone on one of the passing motorcycles which way north is), etc.

So, to summarize, to avoid getting lost:

Don't go with Shaun.

Let someone know which trail you'll be on (unless you change your mind).

A moistened finger held in the air can tell you what direction the wind is from.

Take spray paint for use on snow fields.

Go with a big group; someone will probably make it back alive.

Happy trails!



# Kidz Corner

By: Ashley Smith

## The Bolder Boulder: Is it for kids?



Like most of you kids I like to run. My family likes to run. And it's not like we don't get enough of it. We run races all over the United States, but if we aren't doing that we are playing basketball and soccer, and if we aren't doing that we're playing a simple game of tag in our own backyard. We're addicted. One race that is coming up on Memorial Day is the Boulder Boulder. Now most of you, when you find that the race is longer than a mile or two, might pass it up. Well don't. I myself am running the Bolder Boulder for the first time and I'm totally psyched. I can't wait! Now before you get really excited as well, march into your

kitchen, and announce that you're doing the race, consider the fact that this race is 6.2 miles and though I'm excited, I'm also pondering the fact that when I'm done, I will most likely throw up and be sore for a couple of days. But who would miss out on that fun? So I have decided to take a little survey on how kids who are running the Bolder Boulder are feeling before and after the race so that maybe other kids will consider doing it next year. But say you already know that you are running this famous race, well I want to know about your before and after. Please send me your name [first and last], your age, and your experiences before and after the race to [resmith14@aol.com](mailto:resmith14@aol.com) and your response might be published! Also if you'd like you can tell me how many years you've done the

Bolder Boulder! Thanks!  
-Ashley Smith  
Pueblo West

*Editor's Note: We were excited to receive an article from one of our younger runners. We hope this will encourage budding young writers to make contributions to Footprints. And, we hope this is the first of many from Ashley. We apologize to Ashley for changing some of the fonts she used. Her original was "spiced up" a bit more in appearance, and used lots of different fonts and font sizes. We've run into a few printing problems in the past, and we were a bit cautious with formatting this article. But, we may employ more variety in future issues. We just want to know what works, hence the test below.*

-  
Thanks Ashley!!!

Ignore this column  
we are testing fonts  
for future issues

Biondi

**Impact**

Century Gothic

Hurry Up

Lucida Console

**Cooper Black**

Andp

Bradley Hand ITC

**Broadway**

**Franklin Gothic Demi**

**GOUDY STOUT**

Poor Richard

Rockwell

**SHOWCARD GOTHIC**

Veranda



Twenty runners and walkers turned out for the 8K Ramsgate 8 predict on Saturday, April 5, with an 8:00 am starting time. The event was hosted by Don and Lois Pfof at their home in Belmont.

Unlike last year's weather, which included overcast skies that threatened rain and snow and a temperature of 28, this year conditions were fair, with clear skies, a starting time temperature of 34 and no precipitation the preceding twenty-four hours.

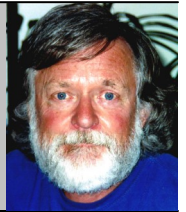
The course was a new out-and-back 2.5 miler, with a starting-line adjustment that made it as close to an 8K as possible (see *Notes*, below). The running surface included paved streets, a concrete path, and dirt trails and roads, some well-worn and others freshly cut; the terrain was mostly flat, with an occasional rolling hill, and a few steep but short hills as the course cut across two narrow gullies and entered and left an arroyo. Judging by post-race comments, runners found the course well-marked, an enjoyable adventure, and for some, more of a challenge than expected.

Starting on Ramsgate, we turned right onto Massari, made an immediate left onto Briargate, continued east through Drew Dix Park, and exited onto Troy, where we headed north. At the barricade on Troy, we looped south for a short distance, ducked through the brush and jumped over a narrow gully, and then ran east for about half a mile on a trail that parallels Highway 47, crossing another gully (or was it a ravine or a gulch?) along the way. About 1.5 miles from the start and near the edge of an arroyo, we turned north onto a newly cut gravel road that parallels the arroyo and that is part of the "urban" development

## Predictions

by Don Pfof

### The Ramsgate 8



taking place east of the CSU-Pueblo campus. About half a mile up the road, we dipped into the arroyo, double-backed a short distance, and then headed north on the road in the arroyo bottom. For the most part, the road is smooth and well-worn, but there was a short section of newly turned soil that had been scraped into the arroyo by the earthmovers, leaving deep tire tracks and a relatively rough running surface. We went up the arroyo about half a mile, reached the turn-around point marked with orange flagging and an orange "TURN" sign, and retraced our steps.

As far as results, Shawn Loppnow finished first, eight seconds off his predict, followed by Mark Koch and Jeff Chowning, each of whom missed their respective predicts by fifteen seconds, with Rich Hadley and Don Pfof, who were thirty-five and thirty-eight seconds off their respective predicts, rounding out the top five places. The next five slots were filled by Shayne Taylor, Michelle Francis, Brian Ropp, Emily Batson and Anthony Diaz.

Shawn's first place finish entitled him to the fame and distinction of having his name inscribed on the race mascot, "Ramsgate", joining Bill Veges and Don Pfof, respective winners of the 2006 and 2007 Ramsgate 8 predicts.

Shayne, a middle-school runner from Canon City, turned in the fastest overall time of 34min:21 secs, a 6:55/mile pace. Mark Gurule was not far behind at 34:56, a 7:02/mile pace.

Following the race, most stayed for the brunch that included tasty food and drink and top-notch socializing. Runners were joined by special guests Bea and Marvin Jones. They are members of the Pueblo Masters Swimming Club and also volunteer at Books Again on Thursdays, along with Lois.

As always, thanks to the volunteers who helped make the event possible: Lois Pfof, Deb Hadley and Jim Robinson who handled the finish line; Jim also did results.

Turning to cumulative standings after two events in the 2008 prediction series, Shawn Loppnow is in first place with 190 out of a possible 200 points, with Jeff Chowning (184), Anthony Diaz (155), Don Pfof (134) and Mark Gurule (103) rounding out the top five places. Wendy Garrison (98), Greg Guana (96), Mark Koch (95), Bill Veges (92) and Lindsey Schryver (87) are sixth through tenth in the standings. Of course, this is early in the series, so we can expect lots of changes over the remaining nine events.

And speaking of remaining races in the predict series, the next race is Ben and Matt's 10+ mile Trail Mix Run, scheduled for Sunday, April 27. It will be history by the time you are reading this. The fourth predict in this year's series will be the popular 8.6 mile Yappy Dog, on Sunday, May 11, with an 8:00 am starting time, hosted by Ross Barnhart. Check the SCR web site for details. Hope to see you there!

*Notes on the new course:* I've been running various courses near CSU-Pueblo since we moved into our home in 1991. Initially, most of my running was west and north of campus. However, as this area has undergone development, first with the golf course, then The Enclave at Walking Stick, and, most recently, The Village on the Green, I moved more to the eastern side of campus. My favorite course has been a five-mile loop that heads north on Bonforte, cuts through campus behind the library and student union, angles east and then south on dirt roads and trails east of campus, connects with Troy and heads home along Massari. It was this course I hoped we be able to run for this year's Ramsgate 8.

However, my hope was dashed by the reality of the "urban" development that has taken place over the past five months or so east of campus. In case you haven't noticed, a 600-acre "planned unit development district", known as Villa Bella, is erupting on

(Continued on page 9)

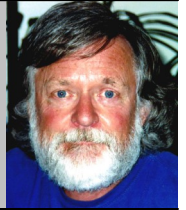




# Predictions

by Don Pfost

## The Ramsgate 8 continued



(Continued from page 8)

what used to be open, pristine prairie. Villa Bella, which will surround on three sides the new football stadium—the Thunderbowl—will include Thunder Village, a collection of commercial and residential sites closest to the stadium and campus. In addition, there will be a number of “parcel areas” containing mostly single- and multi-family residential units that will extend to what is now Baculite Mesa road. Of course, all of this will require an extensive network of streets and boulevards. The plan includes open spaces and trails. Estimates are that it will take ten years for the district to be fully developed

The developers, who are also involved in building the football stadium and promoting the return of football to CSU-Pueblo, tout their plans as a means of increasing enrollment at the university. (The possibility of making lots of money from all this isn't mentioned.)

Anyway, all of this development, the pace of which has quickened dramatically in the last couple of months with the landscape literally changing daily before my eyes, necessitated planning a new course for the Ramsgate 8—the fourth in a long history of the race. Thus, on the Sunday before the predict, Lois and I spent several hours mapping out a new course, measuring it with the Jones counter. The route we initially laid out corresponds for the most part to what is described above, with one major difference.

Our original plan was to drop down into the arroyo about 1.5 miles from the start, continue up the arroyo about a mile and then turn around. We marked and measured with this plan in mind, assuming that the earthmoving that had been taking place along the western edge of the arroyo was over and wouldn't affect our plans. Wrong! On the Wednesday before the predict, I took our dogs out for our morning run. We dropped into the

arroyo, headed north, and hit a fifteen-foot embankment about half a mile up the arroyo. A new road had been cut across the arroyo at a 90 degree angle, throwing up a wall of dirt that would have been difficult to climb.

Consequently, Thursday evening, I laid out an alternate course that avoided climbing over the embankment. Because the alternate route needed to be in the second mile, I started measuring at the one mile mark, did a detour around the newly cut road, then dropped down into the arroyo just beyond it, and ended up at a new two-mile mark, about six feet from the original one. This was fortunate, indeed.

Friday evening, after work on the Villa Bella site had ceased for the day, I went out to mark the course with flour arrows, flagging and a turn-around sign. I held my breath as I retraced the alternate course. While some additional earth moving had been done Friday beyond the two mile mark, it affected but a short segment of the course adding only a rougher surface from the tire tracks left by the heavy equipment. I breathed a sigh of relief. It would be okay to run on, and the next day we did.

As noted above, Villa Bella, along with the football stadium, is touted as a sure-fire way of increasing enrollment at the university. Personally, I have my doubts, but more immediately, I regret the loss of the trails we've used the past several years for running and walking. And, while it ain't Paradise, the situation brings to mind the lyrics from “Big Yellow Taxi”:

*“They paved paradise/And put up a parking lot/With a pink hotel, a boutique/And a swinging hot spot/Don't it always seem to go/That you don't know what you've got/'Til it's gone/They paved paradise/And put up a parking lot.”*

## Ramsgate Results

20 Name	Pred	Actual	Diff	Pts
1 Shawn Loppnow	36:04	36:12.16	0:08.16	100
2 Mark Koch	37:05	36:49.85	0:15.15	95
3 Jeff Chowning	35:00	35:15.47	0:15.47	90
4 Rich Hadley	35:00	35:35.66	0:35.66	85
5 Don Pfost	58:05	57:26.87	0:38.13	80
6 Shayne Taylor	35:02	34:21.81	0:40.19	75
7 Michelle Francis	53:21	54:07.22	0:46.22	70
8 Brian Ropp	35:00	35:49.38	0:49.38	65
9 Emily Batson	43:00	42:04.44	0:55.56	60
10 Anthony Diaz	42:40	43:35.96	0:55.96	55
11 Chief Reno	37:00	38:00.82	1:00.82	50
12 Ron Dehn	48:02	49:05.47	1:03.47	45
13 Joe Bulow	41:10	42:42.73	1:32.73	40
14 Brian Bentz	1:02:00	1:00:13.32	1:46.68	35
15 Mark Gurule	37:00	34:56.42	2:03.58	30
16 Donald Moore	38:53	41:54.35	3:01.35	25
17 Paulette Arns	59:14	1:03:14.62	4:00.62	20
18 Jessie Quintana	50:00	55:14.44	5:14.44	15
19 Robert Santoyo	36:00	48:59.58	12:59.58	10
20 Austin Bass	00:00	47:04.28	47:04.28	5



Michelle Francis earned 70 points in the Ramsgate 8

## Predict Series Standings & The Ramsgate 8 Pics

### Predict Standings (Top 25) After 2 races

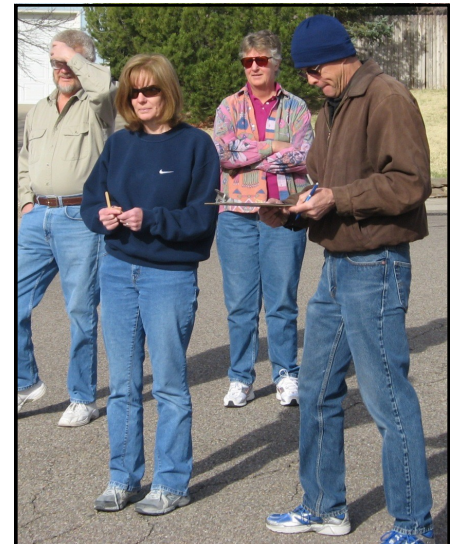
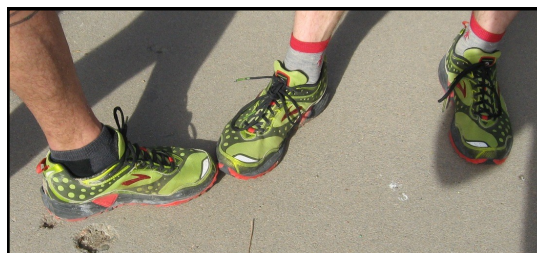
Name	SRO TunUp	Rams	Tot Pts
Shawn Loppnow	90.38	100	190.38
Jeff Chowning	94.23	90.00	184.23
Anthony Diaz	100	55.00	155.00
Don Pfost	53.85	80.00	133.85
Mark Gurule	73.08	30.00	103.08
Wendy Garrison	98.08		98.08
Greg Gauna	96.15		96.15
Mark Koch		95.00	95.00
Bill Giebel	92.31		92.31
Bill Veges	88.46		88.46
Lindsey Schryver	86.54		86.54
Rich Hadley		85.00	85.00
Dave Diaz	84.62		84.62
Humberto Paredes	82.69		82.69
Steve Wall	80.77		80.77
Ben Valdez	78.85		78.85
Robin Krueger	76.92		76.92
Shayne Taylor		75.00	75.00
Martha Drake	75.00		75.00
Donald Moore	48.08	25.00	73.08
Chrisbull Sandoval	71.15		71.15
Michelle Francis		70.00	70.00
Troy Davenport	69.23		69.23
Chad Sandoval	67.31		67.31
Stan Hren	65.38		65.38



Above Left: Anthony Diaz and Jessie Quintana discuss strategy  
Right: Chief Reno and Mark Koch try to divine a prediction



Far Left: Don Pfost earns 80 points  
Left: Shawn Loppnow conjures up a 1st place prediction  
Below: Deb Hadley and Jim Robinson handle finish / results duties  
Bottom Center: Chief Reno and Brian Ropp tie in the ugliest shoe contest





# The Pueblo (Diabetes) Prevent-A-Thon

Press Release by Julie Kuhn



**FOR IMMEDIATE RELEASE:**

Contact:  
Michelle Mohnhaupt  
Pueblo Community Diabetes Project  
719-544-6391  
719-544-3902  
Michelledm711@yahoo.com  
www.pueblodiabetes.net

**Pueblo Prevent-A-Thon  
Pueblo, Colorado May 10, 2008**

The Pueblo Community Diabetes Project announces its first annual Prevent-A-Thon on May 10, 2008! A day filled with events located across Pueblo, Colorado to raise funding for diabetes prevention, awareness programs, education, and support throughout the community.

There will be a variety of events throughout the day to help raise funding and awareness of diabetes and prevention in southern Colorado.

The day's events will begin with a Run/

Walk. The 5K run will take place in Mineral Palace Park in Pueblo, Colorado. The 2 mile walk will also take place at the park. Late registration at 8:00am, start time at 9:00am. Registration fee is \$25.00.

The next activity of the day, the Horseshoe Tournament will take place at the State Fair Grounds. Event starts at 10:00am, for information and to register contact Carl Beeman at 719-948-2807 or 719-251-9911. Space is limited!

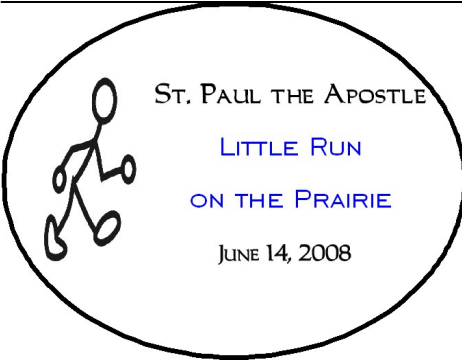
To end the evening, there will be a concert at the Pueblo Riverwalk (Historic Arkansas River Project). There will be 5 bands, food, drinks, and fun for the whole family. The event begins at 6pm, entry fee's paid at the door; Adults \$5.00, 13-21 with Student ID \$3.00, and children 12 & under are free!

**All participants at the Run/Walk and Horseshoe Tournament will receive a t-shirt, a ticket to the Little Britches**

**Rodeo 2008, and a wristband. The wristbands provide free entry to the concert that night.**

The Pueblo Prevent-A-Thon was organized in honor of Jeff Beeman. Jeff was born and raised in Pueblo County, and was a longtime farmer in Avondale. He was diagnosed with diabetes as a teenager and for the next 40 years did what he loved to do; pitch horseshoes, listen to good music and spend time with his family and friends. The 1st Pueblo Prevent-A-Thon is dedicated to Jeff and others like him who live a full life with diabetes on a daily basis.

Diabetes poses a serious health risk to Puebloans. **The Pueblo Community Diabetes Project** has been working since 2001 to prevent diabetes, increase early diagnosis, support effective education and behavior change and promote evidence-based treatment in Pueblo County.



## The Little Run on the Prairie

By Lori Gregory

age 18 and under, and, in families of three or more, \$5 for each additional child under 18. ALL entry fees after June 9 are \$25 for adults and \$20 for children.

A number of registration opportunities are available, including: downloading the registration form on saintpaulapostlechurch.org website or socorunners.org website; picking form up or mailing form to St. Pius Church, 3130 Morris Ave.; (mail-ins must be post-marked June 9 for pre-registration discount) or, on race day, at the park. Registration deadline on race day is 7:30 a.m. Pre-registration packets may be picked up at the church after June 9 or at the registration table on race day before 7:30. Checks should be made to St. Paul's Church.

Awards for the runners will be presented to the top three men and women in the following age categories: 8-

under, 9-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+.

All 2K walkers will receive a finishers' ribbon.

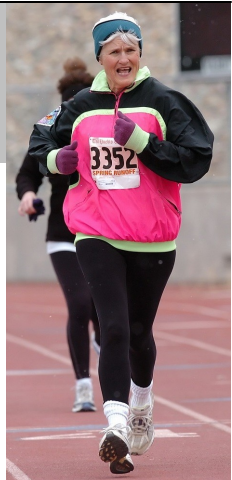
A t-shirt will be given to all participants. There will be refreshments and prizes for everyone.

Other weekend activities of the St. Paul's Sports Festival will include softball and volleyball tournaments and a pine car derby for children.

For more information contact Lori Gregory at 547-4187 or 251-0906.

-----I have finished the race. I have kept the faith."

St. Paul (2 Timothy 4:7)





# The Panther Run

## By Kristine Chamblin



A sincere thank you to all who participated in and volunteered for the St. John Neumann Catholic School Panther Run on April 12<sup>th</sup>. It was another fun and successful event. We look forward to 'leaving our mark on education' for many years to come.

A special thank you to the PCC message therapy school for volunteering to give massages to Panther Run participants after their race. You added a nice 'touch' to our event.

On behalf of everybody at St. John Neumann Catholic School, we can't thank the Southern Colorado Runner's Club enough for their volunteer time and expertise. We could not have held our event without your help."

Dear Paul LaBar, Ken and Pixie Raich, Paulette Arns, Terry Cathcart, and Ron Dehn, You guys are the best! Thanks for stepping up and giving us our start. We look forward to working with you in the future.

### 5k Results

Pl Time	First Name	Last Name	Sx	Ag
1 19:27	Mark	Koch	M	47
2 20:57	Brian	Ropp	M	44
3 21:57	Kelly	Concho-Hayes	F	29
4 22:01	Chief	Reno	M	46
5 22:07	John	Roman	M	63
6 22:28	Justin	Cornelison	M	23
7 22:50	Ethan	Wright	M	13
8 22:52	Lou	Huie	M	61
9 22:56	Derrick	McCabe	M	37
10 23:01	Robert	Santoyo	M	45
11 23:10	KaiLee	Misiaszek	F	9
12 23:12	Brendan	Bell	M	9
13 23:32	Jose	Flores	M	41
14 23:35	Kenneth	Duling	M	44
15 23:39	Gregory	Gauna	M	38
16 23:55	Paula	McCabe	F	35
17 24:13	Ismael	Duling	M	15
18 24:29	Carol	Kinzy	F	60
19 25:31	Daniel	Caprioglio	M	47
20 26:15	Janice	Huie	F	58
21 26:33	Mary	Humphreys	F	45
22 27:41	Isaac	Duling	M	12
23 27:56	Aaron	Cassio	M	13
24 28:18	Elizabeth	Stageberg	F	12
25 28:20	Marsha	Truxell-Martinet	F	52
26 28:25	Marilyn	Vujcich	F	38
27 30:17	Elisha	Tucci	F	29
28 31:23	Michelle	Vigil	F	40
29 31:38	Jessica	Sisneros	F	26
30 32:25	Kathryn	Duren	F	35
31 32:29	Juli	Millea	F	28
32 32:38	Tyler	Schulz	M	13
33 32:39	Michael	Cira	M	14
34 32:40	Gabrielle	Stageberg	F	9
35 33:25	Dr. James	Simerville	M	67
36 33:31	Carol	Simerville	F	67
37 35:19	Hugh	Bell	M	11
38 37:54	Jennifer	Cernoia	F	14
39 38:16	Lana	Stinchcomb	F	53
40 38:20	Betsy	Baker	F	57
41 41:21	Conor	Heaney	M	38
42 42:37	Jennine	Lough	F	43
43 42:42	Melanie	Aragon	F	32
44 44:19	Brigid	Heaney	F	8
45 44:22	Olivia	Lough	F	7
46 44:27	Liam	Heaney	M	7
47 44:33	Ramon	Gonzales	M	36
48 44:34	Grace	Gonzales	F	7

### Walk Results

Pl Time	First Name	Last Name	Sx	Ag	Pl Time	First Name	Last Name	Sx	Ag
1 12:30	Kaya	Wick	F	6	31 25:04	Brooklyn	Melendy	F	7
2 12:39	Zoe	Wich	F	4	32 25:05	Patrick	Stephens	M	27
3 16:35	Vinny	Chiarito	M	7	33 25:23	Michellez	Sipalay	F	9
4 16:35	Sean	Wassinger	M	7	34 25:24	Miranda	Vensor	F	10
5 16:37	William	Stageberg	M	6	35 25:28	Laree	Villers	F	67
6 16:43	Alexandria	Cullen	F	6	36 25:40	Bertha	Concho	F	52
7 17:58	Ethan	Large	M	8	37 25:46	Brian	Crites, Jr.	M	7
8 18:37	Anthony	Caprioglio	M	12	38 25:48	Kay	Betz	F	57
9 18:38	Jason	Preston	M	12	39 25:55	Connor	Betz	M	6
10 19:10	Cora-Jane	Aubert	F	7	40 26:18	Joseph	Misiaszek	M	6
11 19:34	Fin	Heaney	M	4	41 26:29	Ryan	Bell	M	6
12 19:46	McKenna	Lough	F	5	42 27:21	Matthew	Kovacich	M	11
13 20:49	Salem	Simmerville	F	6	43 27:39	Madison	Greenway	F	4
14 21:48	Angela	Shah	F	9	44 28:34	Anjelica	Crites	F	31
15 21:50	Madilyn	Vensor	F	5	45 28:37	Brian	Crites	M	31
16 22:08	Abbey	Cira	F	12	46 29:27	Christina	Vensor	F	28
17 22:11	Briana	Davenport	F	13	47 30:13	Kimberly	Concho	F	26
18 22:12	Kendra	Davenport	F	10	48 30:14	Chelsea	Greenway	F	8
19 23:29	Samantha	Vensor	F	18	49 30:36	Candice	Pagano	F	14
20 23:42	Clair	Davis	F	6	50 30:38	Max	Montano	M	14
21 23:52	Victoria	Preston	F	13	51 30:44	Valerie	Haynes	F	44
22 23:53	Jane	Hardy	F	14	52 30:52	Joseph	Haynes	M	5
23 24:03	Adrea	Sipalay	F	6	53 30:52	Doug	Haynes	M	53
24 24:08	Jose	Sena	M	6	54 31:26	Chantel	Simmerville	F	36
25 24:39	Reygan	Hochevar	F	11	55 31:34	Anna	Shah	F	7
26 24:40	Megan	Asbury	F	14	56 33:06	Carolyn	Andrew	F	14
27 24:41	Joshua	Zertuche	M	11	57 33:58	Noah	Reyes	M	8
28 24:58	Cambron	Sims	M	9	58 41:07	Grace	Keilbach	F	7
29 24:58	Sam	Wassinger	M	9	59 41:09	Aria	Keilbach	F	5
30 24:59	Jacob	Haynes	M	10	60 41:13	Sue	Crockenberg	F	59



# The Panther Run Pics



Board Member Mike Salardino flipping burgers



Above: John Roman was first in his division  
Below: The Love family joins the walk



Brian Ropp finished 2nd overall



Right: Chief Reno gets a massage



Left and Below:  
Happy Faces - and that's what it's all about





# The Spank Blasing Results



5k					PI Time	First	Last	Sx	Ag	PI Time	First	Last	Sx	Ag			
1	15:32	Adam	Rich	M	27	51	27:06	Tamala	Sammons	F	37	106	37:31	Kris	Bower	F	34
2	17:57	Andy	Rinne	M	32	52	27:09	David	Duarte	M	21	107	37:51	Jennifer	Esquibel	F	30
3	18:14	Chuck	Smead	M	56	53	27:11	Christian	Guerrero	M	10	108	37:54	Christy	Furman	F	59
4	19:35	Regie	Marquez	M	31	54	27:32	Rachel	Kleiner	F	12	109	38:56	Erin	Beatty	F	40
5	19:56	Timothy	Smith	M	50	55	28:24	Ryan	Eslinger	M	31	110	39:01	David	Cruz	M	9
6	20:05	Michael	Barris	M	43	56	28:38	Martha	Drake	F	54	111	39:01	Monica	Guerrero	F	13
7	20:11	Davie	Luna	M	12	57	28:49	Michael	Andrade	M	13	112	39:07	Derek	Carleo	M	21
8	20:33	Robert	Lucero	M	36	58	28:50	Richard	Kober	M	51	113	39:37	Casey	Brock	M	21
9	21:22	Jeff	Shapiro	M	13	59	28:51	Jimmy	Taylor	M	40	114	39:39	Jeff	Johnson	M	21
10	21:25	Bryan	Shapiro	M	11	60	28:52	Kathy	Sutphen	F	38	115	39:40	Ray	Maruyama	M	21
11	21:33	Nicole	Vettese	F	22	61	29:17	Joan	Sindler	F	52	116	39:41	Megan	Schneider	F	22
12	21:42	Kelly	Concho-Hayes	F	29	62	29:24	Marianne	Maksimowicz	F	51	117	40:19	Shan Rae	Cordova	F	12
13	22:28	Scott	Beattie	M	40	63	29:30	Pamela	Patterson	F	56	118	40:20	Shane	Cordova	M	8
14	22:49	Garrett	Dodds	M	13	64	29:36	Catherine	Gallegos	F	36	119	40:35	Nathan	Cruz	M	10
15	22:57	Joshua	Welz	M	23	65	29:37	Jimmy	First	M	10	120	40:35	Pat	Guerrero	M	36
16	23:04	Ryan	Coyne	M	33	66	29:45	Rachel	Maksimowicz	F	17	121	40:44	Tricia	Vujcich	F	43
17	23:07	Stacey	Diaz	F	47	67	29:47	Marian	Heesaker	F	49	122	40:44	Victoria	Mcgraw	F	34
18	23:08	Shannon	Rodriguez	M	16	68	29:48	Katie	Davis	F	33	123	41:36	Lucas	Espinoza	M	8
19	23:25	Gianni	Palumbo	F	13	69	29:49	Christine	Medina	F	43	124	41:37	Louise	Samora	F	54
20	23:26	Brian	Dodds	M	51	70	30:03	Mary	Shinn	F	17	125	42:28	Kathy	Wilson	F	40
21	23:30	Jose	Flores	M	41	71	30:04	Becki	Vettese	F	50	126	43:04	Dawn	Bass	F	39
22	23:35	Rusty	Smith	M	41	72	30:05	Art	Shinn	M	53	127	48:04	Kathy	Nelson	F	36
23	23:35	Farah	Jadran	F	22	73	30:05	Michelle	Vigil	F	32	128	55:00	Teresa	Eberhart	F	45
24	23:36	Theresa	Duran	F	30	74	30:09	Baily	Schryver	F	21	129	58:36	Jazz	Williams	M	19
25	23:40	Danio	Gracin	M	52	75	30:18	Michelle	Francis	F	35	130	58:36	Jordan	Surratt	M	23
26	23:50	Nathan	Fernandez	M	31	76	30:19	Eileen	Baracz	F	60						
27	24:15	Kallene	West	F	29	77	30:20	Anthony	Fetrow	M	33						
28	24:21	Rick	Macias	M	47	78	30:33	Tanner	Snyder	M	11						
29	24:28	Gregory	Gauna	M	38	79	30:43	Toni	Fernandez	F	8						
30	24:29	Bob	Gassen	M	61	80	30:44	Sarah	Cordova	F	29						
31	24:32	Justin	Snyder	M	20	81	30:45	Nina	Gonzales	F	26						
32	24:52	Patrick	Swank	M	60	82	30:57	Eugene	Aguilar	M	52						
33	25:08	Ryan	Creager	M	23	83	31:03	Shelby	Medina	F	13						
34	25:14	Shannon	Rodriguez	M	33	84	31:04	Carla	Beauvais	F	47						
35	25:16	Jake	Baxter	M	12	85	31:32	Jenie	Patel	F	23						
36	25:19	Alex	Jiminez	M	13	86	31:36	Adriana	Arteaga	F	26						
37	25:22	Angel	Medina	M	42	87	31:37	Robert	Gonzales	M	41						
38	25:23	Mary	Humphreys	F	45	88	31:40	Scott	Baysinger	M	44						
39	25:23	Sam	Baxter	M	12	89	31:49	Anthony	Trujillo	M	34						
40	25:24	Mitchel	Erickson	M	13	90	32:18	Mike	Archuleta	M	47						
41	25:33	Ben	Comden	M	17	91	32:24	Martina	Gourm	F	34						
42	25:34	Justin	Hinkle	M	10	92	32:26	Annette	Shepard	F	31						
43	26:03	Michael	Garcia	M	44	93	32:32	Asia	Wells	F	34						
44	26:20	David	Garcia	M	48	94	32:36	Shelley	Knepper	F	49						
45	26:22	James	Hosford	M	43	95	32:43	Renee	Trujillo	F	35						
46	26:35	Tony	Jones	M	13	96	32:51	Lori	Romero	F	33						
47	26:46	Kenny	Medina	M	17	97	33:42	Deedee	Medina	F	31						
48	26:49	Scott	Jones	M	48	98	33:42	Ed	Espinoza	M	41						
49	26:56	Randy	Vialpando	M	61	99	34:09	Kelsey	Wilson	F	13						
50	27:02	Chris	Rudnick	M	45	100	34:12	Roni	Miller	F	42						
						101	34:36	Dorothy	Baxter	M	49						
						102	34:36	Brenda	Keaton	F	24						
						103	35:16	Kyle	Espinoza	M	11						
						104	35:24	Jim	Austin	M	65						
						105	36:59	Julie	Schafer	F	27						

Dan Comden



Clydesdale and Filly

PI Time	Evt	First	Last	Sx	Ag
1 26:29	5k	Joe	Loftus	M	45
2 30:16	5k	Jess	Cosyleon	M	61
3 31:58	5k	Dan	Comden	M	54
4 40:42	5k	Kim	Mueller	F	32
5 44:46	5k	Breanna	Hedstrom	F	23
6 44:51	5k	Nancy	Moya	F	46
7 47:39	5k	Kerry	Roman	F	35
1 57:09	10k	Rob	Archuleta	M	34
2 57:44	10k	Paul	Racine	M	45
3 1:14:52	10k	Brian	Bentz	M	38



## The Spank Blasing Results & Pics

PI Time	First	Last	Sx	Ag
43 39:58	Mary Jane	Cortese	F	38
44 39:59	Nina	Makloski	F	40
45 39:59	Gianni	Cortese	F	49

### 10k Results

PI Time	First	Last	Sx	Ag
1 38:54	William	Dillon	M	28
2 42:54	Bobby	Valentine	M	43
3 44:03	David	Baker	M	50
4 44:14	John	Roldan	M	40
5 44:38	Shawn	Loppnow	M	41
6 44:58	Joe	Terry Jr	M	32
7 45:00	Lindsey	Schryver	F	25
8 45:22	Robin	Krueger	F	39
9 45:37	Jennifer	Kottenstette	F	27
10 45:38	John	Roman	M	63
11 45:40	Matthew	Kottenstette	M	32
12 45:59	Dave	Diaz	M	59
13 46:00	Scott	Beauvais	M	49
14 47:02	Peggy	Oreskovich	F	45
15 47:08	John	Musso	M	38
16 47:08	Justin	Cornelison	M	23
17 47:39	Mark	Rodholm	M	41
18 47:59	Aaron	Ruiz	M	25
19 48:09	Paula	McCabe	F	35
20 48:18	Derrick	McCabe	M	37
21 48:20	Rick	Hough	M	43
22 48:31	Sarah	O'Keeffe	F	22
23 50:19	Manny	DeYoung	M	46
24 50:33	Nancy	Musso	F	38
25 50:34	Carol	Kinzy	F	60
26 51:05	Ross	Westly	M	71
27 52:01	Kenny	Chick	M	23
28 52:12	Phillip	Hoehne	M	17
29 52:19	Emily	Batson	F	30
30 52:42	Michael	Shepherd	M	32
31 53:02	Sasan	Delshad	M	47
32 53:16	Bill	Giebel	M	48
33 53:28	Donald	DiPrince	M	58
34 53:54	Rhett	Hinkle	M	12
35 54:22	Jean	Hinkle	F	35
36 54:27	Tom	Sajbel	M	33
37 54:35	Brandice	Eslinger	F	32
38 55:15	Stephen	MacKerrow	M	49
39 55:46	Ed	Youngberg	M	65
40 57:30	Austin	Bass	M	13
41 57:31	Barbara	Hadley	F	54
42 57:42	Deanna	Platt	F	29
43 58:02	Dean	Bennett	M	41
44 59:32	Katherine	Singer	F	67
45 59:39	Torry	Henson	F	40
46 59:49	Rebecca	Parrish	F	29
47 1:00:33	David	Luna	M	35
48 1:01:03	Paulette	Arns	F	55
49 1:01:32	Maria	Weaver	F	48
50 1:02:17	Gypsy	Kelso	F	36
51 1:02:19	Veronica	Romero-Romo	F	40
52 1:03:35	Patricia	Cisneros	F	45
53 1:03:35	Ashleigh	Perez	F	25

PI Time	First	Last	Sx	Ag
54 1:06:38	Suehiro	Ishikawa	M	49
55 1:07:07	Jessie	Quintana	F	64
56 1:07:34	Aimee	Bennett	F	51
57 1:07:45	Melvin	Henson	M	54
58 1:09:57	Michael	Atlas-Acuna	M	57
59 1:12:25	Maraquet	Edquid	F	36
60 1:16:47	Richard	Emond	M	45
61 1:17:21	Jim	Gonzales	M	67
62 1:26:29	Charlene	Schlabach	F	40
63 1:26:29	Toloo	Pearl	F	43
64 1:26:29	Gretchen	Villers	F	38

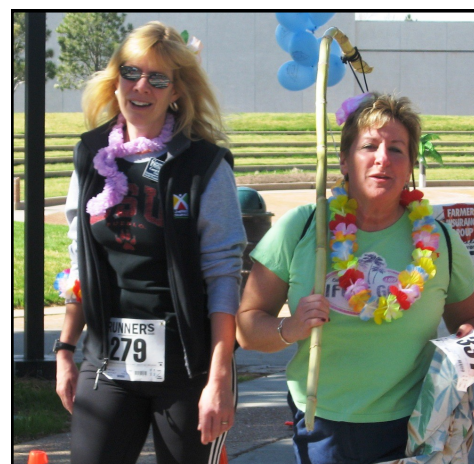
### 2 Mile Walk

PI Time	First	Last	Sx	Ag
1 28:00	Stephanie	Salbato	F	25
2 28:21	Jim	Barley	M	60
3 28:39	Angelo	Ortiz-Furst	M	7
4 29:38	Kathleen	Defazio	F	74
5 29:39	Kathy	Shapiro	F	44
6 29:45	Joe	Garcia	M	49
7 30:36	Linda	Salbato	F	53
8 30:59	Bryan	Cornelison	M	45
9 31:04	Mike	Badovinac	M	49
10 31:14	Tony	Taibi	M	55
11 32:06	Kay	Toth	F	61
12 32:07	John	Toth	M	62
13 32:18	Laura	Sutherland	F	28
14 32:43	Bob	Drake	M	56
15 33:26	Shari	Taibi	F	49
16 33:26	Lois	Vasquez	F	49
17 34:04	Jeff	Sutherland	M	36
18 34:04	Susie	Linkowski	F	35
19 34:05	Cora	Zaletel	F	44
20 34:07	Carol	Foust	F	44
21 35:36	Tami	Cornelison	F	46
22 36:09	Dave	Duran	M	62
23 36:18	Brian	Mayer	M	28
24 36:19	Charnell	Mayer	F	32
25 36:20	Janelle	Hall	F	57
26 36:21	Jeff	Herrera	M	32
27 36:22	Olga	Oport	F	38
28 37:12	Savannah	Romero	F	12
29 37:12	Mike	Manzanares	M	36
30 37:39	Mark	Dunsmoor	M	50
31 37:59	Diana	Fernandez	F	31
32 38:07	Kim	Cordova	F	12
33 38:38	Sandra	Solis	F	38
34 38:49	Janna	McLean	F	35
35 38:50	Susie	Elison	F	44
36 38:51	Lorrie	Velasquez	F	31
37 38:52	Kim	Hill	F	51
38 38:52	John	Martinez	M	57
39 38:53	Blanca	Valles	F	8
40 38:53	Derek	Fluke	M	10
41 38:55	Trisha	Macias	F	31
42 39:58	Raynie	Makloski	F	12

46 40:59	Vera	Pacheco	F	32
47 41:31	Lacey	Hatton	F	22
48 41:32	Niki	Whitaker	F	29
49 41:33	Liz	Toussaint	F	52
50 41:34	Jennie	Muray	F	67
51 41:35	Tammy	Eve	F	48
52 41:54	Libby	Mintz	F	38
53 42:42	Jimmy	Makloski	M	13
54 42:42	Vincent	Cortese	M	36
55 42:49	Kyle	Miller	M	5
56 42:49	Caleb	Miller	M	12
57 43:09	Curtis	Wells	M	10
58 50:06	Nickcole	Ortiz	F	28
59 50:08	Izabella	Ortiz-Furst	F	8
60 50:09	Jazmyne	Ortiz-Furst	F	6
61 52:47	Rosalie	Folda	F	63
62 52:52	Joe	Folda	M	64
63 53:35	Cindi	Downs	F	30
64 55:02	Darcie	Capo	F	31
65 1:40:00	Laryssa	McClure	F	13
66 1:40:00	Markita	Martinez	F	15
67 1:40:00	Starlene	Valles	F	12
68 1:40:00	Essence	Aragon	M	10
69 1:40:00	Destiny	Mascale	F	10
70 1:40:00	Ivey	Martinez	M	12



Above: A.D. Joe Folda / TK  
Below: Carol Foust / Cora Z.





# The Spank Blasing Pics



Clockwise from Upper Left  
 Jim Barley, 1st male walker  
 Jim Gonzales, 3rd in his division  
 Jim Robinson pulling tag for Lois Vasquez  
 Bobby Valentine, 2nd OA in 10k  
 Scott & Carla Beauvais,  
 1st & 3rd in their divisions  
 Steve Wall & Chris Dehn  
 working the finish line  
 Darcie Capo with daughter Makenzie  
 at 2-mile finish  
 Rusty Smith, 3rd in his division







## The Spirit Fest by Jesse Sena

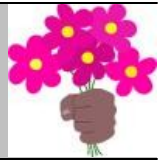


The 8th Annual Spirit Fest On the Riverwalk will be held on Friday and Saturday, June 13th and 14th at the Historic Arkansas Riverwalk. The two day music festival will feature in concert International, Regional, and Local recording artists, food, beverage, and gift vendors, a Kids Fun Zone, a pancake breakfast, and the annual 5K Run. The event is FREE and open to the public. The 5K run takes place on Saturday, June 14<sup>th</sup> at 8am. T-shirts will be provided to all participants and 1<sup>st</sup>,

2<sup>nd</sup>, and 3<sup>rd</sup> place awards given for the following age categories: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+. Registration forms can be picked up at the World Gym on Eagleridge Circle, the Gold Dust Saloon, or the Pueblo YMCA. Pre-register for \$15 by June 10<sup>th</sup> or \$20 after. For information contact Jesse Sena at 719-671-5451.



## Potpourri



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

### Exercise your brain!!!

In a sudoku puzzle, each row, each column, and each smaller square must contain the numbers 1 through 9.

We thank sudokuworks.com for permission to use the puzzle

The solution (but don't peek early) is on page 18.

### Increasing our vocabulary

From wordsmith.org

yammer (YAM-uhr) verb tr., intr.

To whine, complain, or to talk loudly and incessantly.

noun

The act of yammering.

[From Middle Dutch jammeren (to lament).]

Used in a sentence: This is a no yammer zone.

### Yappy Dog Bandanas



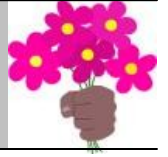
will be given out at the Yappy Dog Predict on May 11th. They will be multi-colored, so they will match any thing you wear.

For more info, see the Upcoming Predict Races column on the back cover.

Be there!



## More Potpourri



### Attention: Race Volunteers

SCR supports many races throughout the year. We are in the process of refining our list of volunteers who are willing to help at these races in some capacity. Many people have indicated their willingness to help on their membership form.

If you have indicated your willingness – we may be contacting you. If you are willing to help but don't remember if you told us on your membership form – please e-mail our membership chair at: [membership@socorunners.org](mailto:membership@socorunners.org)

We need help with items such as registration, course marshalling, course marking, finish-line working plus several other gopher jobs. We do provide training. These jobs are not difficult, but some require a degree of precision, so with a little training you will be a pro.

THANK YOU!

### Attention: Race Directors

If you are planning a race, first gather volunteers from your organization. With minimal training, inexperienced people can help with water stops, course marshalling, etc. Some functions such as registration and finish line are a bit more technical because of the precision required. If you want a list of club members who have indicated they would help – contact the membership chair at: [membership@socorunners.org](mailto:membership@socorunners.org)

On April 12<sup>th</sup>, David Diaz, Dave Diaz (the Dad), Stacey Diaz, and Peggy Oreskovich competed in a triathlon at the School of Mines in Golden.

If you or your family have photos / articles / ideas to share - send them to: [newsletter@socorunners.org](mailto:newsletter@socorunners.org)



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

Solution  
To the  
Sudoku  
Puzzle on  
page 17

**Planning an insert for a summer race?**

**Don't forget that we're skipping an issue this summer.**

**See the notice on the bottom of page 19.**

**Questions? Contact the editor at: [newsletter@socorunners.org](mailto:newsletter@socorunners.org)**


## Race Calendar by Linda Strange

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. \$2500.00 in awards and door prizes, thanks to a new partnership with Pueblo City School's Project Respect and Grupo Cementos de Chihuahua. Part of the Pueblo Dodge Toyota Racing Series. Ramon Arriaga, 719-564-7659.

May 4<sup>th</sup>, Sun., 8:00a.m. **Iron Girl 2008**, Denver. 5M, 5k. Located at Veteran's Park, in downtown Denver, the third annual Aflac Iron Girl 5-Mile and 5K. A lively city, fun venue and a finish line chute alongside the magnificent State Capitol, this event has it all. All participants receive a performance technical shirt, finishers medal and breakfast. <http://www.irongirl.com/site3.aspx>

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.




June 14<sup>th</sup>, Sat., 8:00 am. **Spirit Fest on the Riverwalk**, Pueblo's Riverwalk. 5k. [Hilbert Navarro](http://www.hilbertnavarro.com), 564-7685

 June 14<sup>th</sup>, Sat., 8:00 am. **Little Run on the Prairie**, Lovell Park, Pueblo West. 5k/2k walk. [Lori Gregory](http://www.lorigregory.com), 547-4187

June 28<sup>th</sup>, Sat., 7:15 am. **Women's Distance Festival**, [City Park, Pueblo](http://www.cityparkpueblo.com). 5k run/walk. Walk 7:15am, run 7:30am. [Diana Tiffany](http://www.dianatiffany.com), 719-564-1443



June 29<sup>th</sup>, Sun., 8:00 am. **2008 USA Trail Championships**, Steamboat Springs. 10K, assorted

 July 13<sup>th</sup>, Sun., 8:00 am. **PCC/CSU-Pueblo 75th Anniversary Run**, Pueblo, CO. 7.5k run / 2 mile walk. One-time race celebration! Food, music, entertainment, art show, car show, inflatables, lots of activities. See the Ramblin' column on page 5. [Ron Dehn & Gary Franchi](http://www.rondehn.com)

July 26<sup>th</sup>, Sat., 7:00 am. **Grand Prix Classic 10K Race**, Tiffany Square at I-25 & Woodmen Rd, Colorado Springs. 10k. Tiffany Square to Monument Valley. [Carol O'Donnell](http://www.carolodonnell.com), 719-635-8803

**Attn: Summer Race Directors  
We're Skipping An issue**

**The June / July Issue of Footprints will be  
stuffed approximately June 4th.**

**There will be NO separate July issue.**

**The August issue will be mailed approximately  
July 30. Please plan race inserts accordingly**



**Mother May I  
Visit 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**

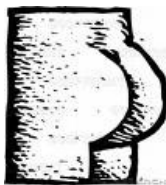
**May 11th - Sun 8:00 am, Yappy Dog, 8.63**

**Miles** - The run takes place East of Pueblo in the rural area generally referred to as the MESA. After a long straight, paved, and mostly downhill stretch on South Road, the run winds and twists on dirt roads that disguise the uphill portions of the course. The race begins at South Mesa Elementary School, 23701 Preston Road--midway between 23rd & 25th Lanes and midway between County Farm Road and Preston Road. Stay for another great potluck immediately after the race hosted by the Barnhart family. Contact Ross Barnhart - (719) 671-7093



**Jun. 21st - Sat 8:00 am, Belmont Butt Buster, 5mi**

- Starts and finishes at Franklin Elementary School, consisting of loops and hills in the Belmont area. This is a nice, though challenging, run through tree-shaded residential areas with a rough balance between the up- and down-hills. A lively and tasty post-predict potluck follows the run. Hosted by: Gina and Vince Benfatti Site: 1318 Horseshoe Drive, 544-1029. Special Note: *Vince's breakfast burritos are awesome!*



**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 May 7 and June 4. We'd love to hear your ideas!

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

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

It is an ironic habit of human beings to run faster when we have lost our way. -Rollo May, psychologist (1909-1994)

All kids are gifted; some just open their packages earlier than others. -Michael Carr

Silent gratitude isn't much use to anyone. -Gladys Brown Stern, writer (1890-1973)

The game of life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy. -Florence Scovel Shinn, writer, artist and teacher (1871-1940)

The older I grow, the more I listen to people who don't talk much. -Germain G. Glien

The good old days aren't good until they're old. -Anthony Mestas

And for those of you who want more RAM in your computers ... 640K ought to be enough for anybody. -- Bill Gates. 1981.

Louis Pasteur's theory of germs is ridiculous fiction, --Pierre Pachet. Professor of hysiology at Toulouse,1872.