



Editor: Ron Dehn

FOOTPRINTS



The Fireworks Edition - You can use this issue to light your fireworks!

Happy Father's Day!!!

The Cinco de Mayo Run

May 4th was a beautiful day in the neighborhood, as Fred Rogers would put it. It was a cool runners morning as approximately 350 5k'ers, 10k'ers and 2-Mile walkers kicked off the Cinco de Mayo celebration at the Colorado State Fair Grounds.

The event attracted lots of local participants, and several from nearby areas such as Raton, La Junta, Carbonale, La Veta, Denver, Colorado Springs, Canon City, Walsenburg, Boulder, and Rocky Ford. One runner traveled from Virginia and another from New Mexico. And, following tradition, several runners from Chihuahua, Mexico capped their visit to Pueblo with a display of fine running skills.

The Cinco was the final leg of the 2008 Toyota Running series. The other two races in the series were the Spring Runoff and the Spank Blasing events.

Nathan Bass,
Mary
Humphreys,
and
Maureen
Mischlich
all look strong
as they kick
to the 5k
finish line



More Cinco Coverage
Pages 9 - 12

Run for Rio
Page 13

Tough Final Exam
Page 14



Minutes from the May, 08 Meeting

Attendance: Don Pfof, Ron Dehn, Paul LaBar, Gary Franchi, Dave Diaz, Paulette Arns, Todd Kelly, Mike Archuleta, Hilbert Navarro, Kristine Chamblin, Michelle Jim Robinson, Terry Cathcart, Kimberly Schaub, Lori Gregory, and Ken Raich.



Special Guests: Diana Tiffany said everything is on track for the Women's Distance festival. Ken passed around a sample WDF entry form and it was approved for use. Paul LaBar requested a pair of scissors be printed on the dotted line. Ken agreed to print mailing labels from last year's Atlanta and WDF for Diana to send forms to 2007 participants. Kristine Chamblin from the Panther Run thanked the club for helping with her race and distributed T-shirts to the volunteers. Kristine reported that next year's Panther run will be held the 2nd week in April. Todd Kelly thanked the club for helping with the Spank Blasing run. Mike Archuleta requested volunteers and equipment for the finish line for the Diabetes Run. Hilbert Navarro and Kimberly Schaub represented the Spirit Fest 5K and Lori Gregory represented the Little Run on the Prairie (which will both take place on June 14. The club will split equipment to support both finish lines. Gary Franchi and Ron Dehn presented the upcoming PCC-CSU 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. Ken agreed to create an online signup form and send a sample entry form to Ron for use as a guide.

Minutes from the April 2008 meeting were approved after Don Pfof corrected an error: 3/4 of the members have requested to receive Colorado Runner Magazine (rather than 1/2 as reported in the April minutes).

Officer Reports: Treasurer's report – The club has almost \$2000 more than we did at this time last year. However, we are still receiving bills for the Spring Runoff so the balance may appear a bit higher than it actu-

ally is. The treasurer's report was approved as presented. Newsletter Editor - Ron Dehn reported that the May issue of Footprints had been delivered and postage has gone up. Membership Chair - Don Pfof presented status about the membership and. Webmaster - Paul LaBar reported status about the web page. The officer , Upcoming Events, and New Stuff/Old stuff were "cut short" because we ran out of time.

Upcoming Events: Jeff Arnold was not present, but sent notice that he will need some volunteers for the Run for Rio. Also, Nancy left entry forms at the YMCA, but they did not get into the May newsletter. The club discussed sending the June newsletter a week early so this entry form would be distributed before the race. However, the club finally determined this would not be possible. Instead, SCR will conduct a "special mailing" to deliver three forms. Don Pfof will print a set of labels and bring the envelopes. Jeff Arnold will be asked to bring the entry forms.

New Stuff/Old Stuff: We did not have time to discuss the problem with cash prizes that was postponed for this meeting. This topic will be moved to next month's meeting. A vote was taken to approve suggested changes to SCR policies. The "redlined" changes were given to Paul LaBar to be posted on the web site.



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

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

Respectfully submitted: Ken Raich

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

- president@socorunners.org,
- secretary@socorunners.org,
- treasurer@socorunners.org,
- membership@socorunners.org,
- newsletter@socorunners.org,
- calendar@socorunners.org,
- predict@socorunners.org,
- webmaster@socorunners.org



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:

700 N. Albany Avenue
Pueblo, CO 81003

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

"Footprints" Issue No. 312

"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		
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Editorial Consultants	Gary Franchi, David Cook*	
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Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Theresa Duran, Linda Strange

Jim Robinson, Ken Raich, Lori Gregory, Rocky Khosla, Larry Volk, Caitlin Kinnett, George Dallam, Jeff Arnold

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.

* David Cook is the winner of the 2008 American Idol competition.



Great Stuff

by Gary Franchi

Places you won't find me



Thought for today's lunch, compliments of Michael Logsdon: "*You know you've given up in life when you cheat at a race walk.*"

Musings about running, fitness and life:

Every year around this time my excitement for the Bolder Boulder begins percolating anew. Just logging onto their website and seeing photos of all those runners on the course brings back the high of the experience.

This doesn't mean I run the race every year. Actually, it's been several years since I've made the trip up north. But I still have images of the music and belly dancers at various points of the race, navigating around runners, especially when turning a corner, seeing both kilometer and mile markers along the course, getting soaked by spraying hoses, smelling hordes of sweaty bodies, etc. It's a fun time.

Those who get into running to any serious extent generally dream/hope/want to run a marathon someday, but I have much better memories of running the Bolder Boulder.

For one thing, when training for a 10K, you don't have to make a life investment that lasts for several painful months like you do if you're preparing for a marathon. Your legs don't turn into heavy fire hydrants two-thirds of a way through a 10K either as they generally do when us mortals run a marathon.

Oh, and it's kind of nice to be able to walk somewhat normally after the Bolder Boulder, too. Imagine how much fun it would be if you had to climb those steps out of Folsom Stadium and into the fieldhouse after running a marathon. "Shoot me right here, Bill. There's no way can I climb those steps despite the box lunch and brewski up at the top."

The Bolder Boulder images that I see often in photos and on the Bolder website, though, are images of the start of the race. You know, the "A" wave. All these skinny gazelles in skimpy singlets are standing there, many of them crouched with one hand on top of their watches, ready to hit the "start" button.

All you see are wall-to-wall runners, vertically and horizontally. It's not a scene for the claustrophobic. Nor for those with acute olfactory senses, for that matter.

I keep thinking what would happen if I somehow was able to fudge my way into that "A" wave and got at the front of pack, right at the starting line. Shoot, I could get trampled to death. I can see the newspaper headline:

"Lame runner suffers fatal agony of de feet at Bolder start."

This is one place I'll never be in this wide and wonderful world of endurance sports, fudge-ability aside. And I can think of a few other places that I'll always be absent from as well if I let my mind wander, which it has a tendency to do at times.

How about on the winner's podium at the Hawaii Ironman? I have a feeling that's not going to happen any time soon, despite all those training articles available in *Triathlete* and *Inside Triathlon* magazines. There's something about life getting in the way of 30-hour training weeks. Lack of talent, of course, has nothing to do with it.

Another place you can count on me not appearing is in a criterium bicycle race. There may have been a slight urge once upon a time. But when you have a tendency to ride off the right side of the road while gazing at the left side, criteriums – and the focus they require – just might not be a wise choice.

How about the Pikes Peak Ascent? I sure admire people for their ability to fight the crowds on an uphill trail that can get quite narrow, but the lines at Wal-Mart are bad enough. Besides, just traversing the hills around CSU-Pueblo can be a chore during a long run; I can't imagine what it would be like climbing Pikes Peak. But kudos to folks like Ron Dehn and Dave Diaz who run this (or the round trip) almost every year.

I also don't care to get muddy with a buddy. I heard someone mention once that this was fun. What part – the shower afterward? Tipping a few a couple of hours later at a nearby microbrewery? Whoa, maybe I should reconsider.

Then there's the Badwater 135 Ultramarathon. When I heard that runners try to stay on the white line on the side of the road to keep their shoes from melting, I knew something was wrong here. There's a reason why a portion of this course is called Death Valley. Even Mr. Indestructible – Marv Bradley – had to stop 58 miles in because of the toll the 135-degree heat took on his body.

I haven't entered an "endless swimmer" show room yet, either. Remember the golden rule of life: Any business that won't list the price tag of a product on its website should be avoided. One positive, though, is that you don't have to keep picking your head up to sight the buoy.

No one has asked me to put on a bike repair clinic yet. There's a reason. You know, it's tough to understand the difference between a flat screwdriver and a Phillips. And what's with all those millimeter-sized Allen wrenches? This whole bike repair thing sort of reminds me of when I tried to change the "points" in my car about 30 years ago, only to wind up having the inoperable car towed to a service station.

So, we stick to what we do best – write about others' experiences. And look at the photos on the Internet. Besides, sometimes the images are better than the real thing.

Ten things I was just wondering:

1, Did a person named Emery invent the emery board?

2, Seriously now, why do local/regional publications include non-marathon races from distant parts of the country? Why list a tiny fraction of all of the races actually being held?

3, With a record number of runners having been expected for this year's Bolder Boulder (as I write this), can we say that road races are immune from fuel costs and other economic squeezes?

4, Why do sports announcers refer to players 30+ years old as "kids"?

5, Is the mute button not one of the greatest inventions of all time?

6, What would Steve Prefontaine

(Continued on page 14)



Birthdays & Other Events

June

- 3 Jacqueline Wall
Pueblo Flood 1921
Tony Curtis*
- 4 Matt Sherman
Dr. Ruth*
- 5 David Crockenberg
Jeremy Keener
Martha Kinsinger
Cole Tibbs
Kenny jG*
- 6 Maria Appenzeller
Bjorn Borg*
- 7 Kerri Harbison
Dean Martin*
- 8 James Robinson
Frank Lloyd Wright*
- 9 Samantha Davenport
Johnny Depp*
- 11 Margaret Vorndam
Vince Lombardi*
- 14 Abbigail Duran
Janice Huie
Harriet Beecher Stowe*
- 18 Joe Arrazola
Hilbert Navarro
Kenneth Price
Paul McCartney*
- 19 Michael Archuleta
Paul DallaGuardia
Kathleen Turner*
- 20 Kira Hughes
Donna Nicholas-Griesel
First Day of Summer
Melissa Mestas
Lionel Richie*
- 21 Carol Brimmeier
Prince William*
- 26 Noah Smith
Pearl S. Buck*
- 27 Emily Gogarty
Helen Keller*
- 30 Todd Hund
Lena Home*

*honorary SCR member



Rocky on Fitness

By Rocky Khosla

Rockem Shockem



Hello fellow runners, bikers and other aerobic nuts!

It's been a while since I have written a column for SCR, but I have come across something that is pretty cool and I think will be of interest to us runners, bikers and other outdoor enthusiasts. Let me begin by saying that some of the new innovations of the past twenty years have been truly life changing: the cell phone, the digital camera, MP3 players and satellite GPS devices come to mind. Add to this list another cool gadget, which I will get to in just a bit (don't you just hate this kind of suspense!).

If you are a runner or cyclist, you have probably had a few unexpected and unwanted encounters with dogs and/or weirdos. And as much as we try to avoid running or biking in areas or conditions where there could be trouble, sometimes you just can't avoid the situation. I was in New Orleans a while ago attending a medical conference, and had to get my long run in early. So I laced up the running shoes and ran up Canal street way outside the French Quarter. A gentleman flagged me down and told me "it's best if you don't run in this neighborhood as it can get pretty rough". I thanked him, turned around and ran about a 4:45 minute mile back to the hotel (or at least it felt like a 4:45 mile)!

Another time I was running up Old Burnt Mill Road on the south side of town when a mangy old mongrel came out of nowhere and started running towards me with teeth bared. I tried to look down and not make eye contact, but it's hard not to look when a beast is bearing down upon you. I stopped, found a nearby stick and waited to see what the hound from hell would do. Fortunately, it backed away and I was able to finish unscathed, but it was scary.

About six months ago I came across an advertisement for the C2 Taser and it caught my attention, as the advertisement stated that it was now available to the general public. I researched it and that is what this column is about. If you attended last year's SCR awards banquet, you might have seen me have a little fun with this topic! You can learn lots about it on your own at www.taser.com, but let me give you the condensed low down. This is a device that is a toned down version of what law enforcement folks carry. The device works by causing neuromuscular incapacitation in two possible ways: first, you can fire the instrument at an intruder within 15 feet of you, and if the two nitrogen propelled darts get within 2 inches of the in-

truder's body, 50,000 volts cause a temporary loss of motor function, allowing you to get away. This sounds barbaric, but it turns out that you can actually generate about 30,000 volts of static electricity by walking across a carpeted floor and touching the doorknob under dry conditions. If the darts miss, the second way you can use the device is to make direct contact with the intruder as the front of the device has active electrodes that have the same effect as the darts when they make contact.

There have been concerns raised about the safety of this device when used by law enforcement agencies, but I think it is a great alternative to lethal force. In every incidence that I am aware of where a taser use was associated with death, there were extenuating circumstances (the victim was high on cocaine, meth, etc, or had lots of other cardiac risk factors). I think the chance of a civilian being held liable for using a taser in the appropriate setting is zero, regardless of the outcome to the intruder. Let's face it; if a thug is going to jump you when you are on a run, you would probably be justified in using any method to incapacitate the thug. And given a choice, I sure don't want to carry a gun and possibly kill the thug and innocent people who may just get in the line of fire. It appears that the taser devices have worked on animals and humans as long as both the darts or the electrodes make contact.

Getting back to the C2 taser: I think this is ideally suited for us runners and cyclists in particular, though I also think it is a great idea for the elderly, kids off to college, and as part of a personal protection plan for the home. The C2 is 5.36 oz. in weight, 5.5 inches in length, and fits comfortably in the hand. It's powered by a replaceable lithium battery that lasts 10 years or 50 firings and comes with a cartridge that contains the nitrogen fired darts that is also replaceable and good for 5 years. The device cannot be activated until a background check is passed, and this can be done through the phone or on the Internet. The C2 is legal to carry openly or in a concealed fashion in Colorado and 41 other states. You cannot take it on the plane in your carry-on luggage, but you can take it in your checked baggage. You can get a holster for the C2, and I have run with the C2 in the holster and it was fine (it did tend to jiggle a bit). The taser company is about to release a holster with a built in 1 GB MP3 player and ear buds! Nutty as it sounds, I think that could be pretty cool as you can have your tunes and your personal protection right on your waistband.

(Continued on page 5)



Birthdays & Other Events

July

- 1 Marijane Martinez
Carl Lewis*
- 2 Angelo Aragon
Christopher Hruby
Don Pfost
Brooke Tibbs
Paul Willumstad
Jose Canseco*
- 3 Sandy Reinsch
Tom Cruise*
- 4 Zarela Vidal-Paredes
Independence Day
Rube Goldberg*
- 6 Abbey Smith
Dalai Lama*
- 8 Gloria Gogarty
Roone Arledge*
- 13 Jack Janney
Harrison Ford*
- 15 Kevin Hughes
Linda Ronstadt*
- 17 Regie Marquez
James Cagney*
- 18 Byron Beard
John Glenn*
- 20 Bill Veges Jr
Sir Edmund Hillary*
- 22 Marian Heesaker
Zane Khosla
Don Henley*
- 27 Hector Leyba
Norman Lear*
- 29 Diana Tiffany
Martina McBride*

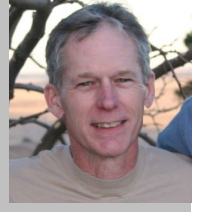
*honorary SCR member



Runnin' the Trails

by Paul Vorndam

Trail Running Technology



Remember all that stuff you used to do before you started sitting in front of a computer several hours a day? Some days I feel like it's only run, computer, eat and sleep! Even the computer doesn't diversify this much. For instance, check out this website: <http://trailrunningblog.com/>. Here's another good one: <http://runtrails.blogspot.com/>. I especially like the section on Interviews With Cool Trail Running People on the latter. Note that to make this list, one must be both cool and a trail runner. This seems redundant to me.

There are a lot of gadgets, software programs and websites available now that are devoted to helping you train better. You can Google "personal running trainer" to get hooked up with someone that will tell you you're fat and slow (for a fee, of course). Come to think of it, send me \$19.95 and I'll send you a personalized training regimen which in 30 days will drop your body fat to 4% and lower your 10K time to sub-30. If you act now I'll also include a free copy of this column and a pair of old running shoes. Call 1-800-you-dope now and I'll throw in a 12 ounce bottle of my special low sugar bacon fat absolutely free! However, if you don't want to pay for this stuff, check out <http://traininglog.runnersworld.com/landingpage.aspx> which is actually a pretty cool way to keep a running log complete with graphs, etc. But they won't send you any stinky old shoes.

The Garmin Forerunner is a pretty cool gadget for trail running. It's a wristwatch gps/timer/heart rate monitor all rolled into one. It comes

(Continued from page 4)

I ended up getting a C2, and liked the idea so much that I wanted to have one for each of the cars, the twins, the wife, and the parents. I found out that by going through and becoming a certified reseller, I could save a fair amount of money if I was going to buy a bunch of these. I had to go through a fair number of hoops including getting a Federal, State and City license, and going through the Zoning department, but it was worth it as I am now legit: say hello to Doc Rock the Shocker!

Anyway, I am sorry that this sounds like a giant solicitation, but I thought you might be interested. If you are intrigued by any of this, go on

with software and you can download data from a run that includes, distance, time, elevation and location. You can graph all this stuff with the PC Trainer software and the accompanying Motion-Based website (<http://trail.motionbased.com>) even throws in the weather data when you upload your run info. The website also allows you to compare your training with everyone else's in the world for a given day. Wow – what else do you need? I can recall uploading a run I did up California Peak last summer thinking, NOBODY will have a run to higher altitude. Wrong – I looked and saw someone had run to 32,000 ft!! What? It turns out that the clown had left his gps on while on an airplane flight. The final cool thing about the Forerunners is that once you've run a route, you can bring up this little stick-figure person on the watch that shows if you're ahead or behind your pace the last time you ran the route. So you can train against yourself in real time. I don't know if this is better than the old-fashioned way of just checking your watch when you're done or not? But hey, if you haven't showered for a couple of weeks and wonder why no one else will run with you, then this little watch-dude will.

The bottom line is that now it is much easier to spend more time analyzing your running than actually doing it! Happy Trails!

Editor's Note: We thank Paul for all the techie info. Along these lines is a cool website for mapping your runs, including mileage and elevation. See: <http://www.runningmap.com>

the site and read all about it! You can buy these on the net through the www.taser.com site or also through Cabelas and through the Sports Authority. I can also sell you any of the civilian Taser products and accessories, and I'll donate \$25 from the sale of each C2 to the SCR fund. You can get a hold of me through my email at rockemshockemtaser@yahoo.com.

Till next time, may the wind always be on your back, and if anything or anyone tries to mess with you, I say shockem and dropem!

Sincerely

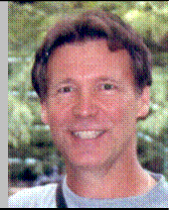
Rocky Khosla



Ramblin'

by Ron Dehn

(un) Easy Rider, Part I



There are lots of other potential titles for this article. One I considered was, “ROOKIE!!!” Other candidates included: “Ignorance might not be bliss, but it goes a long way”, and “What was I thinking”?

I’m a runner, and a “recreational” runner at that. I’m a “middle of the packer”. I’m not a cyclist. I do own a hybrid bike and a mountain bike. I ride occasionally for fun and fitness, but my longest ride was about 30 miles, and that was 10 years ago. Most every year, I hop on the hybrid to ride the Corporate Cup predict, which is usually around 12 miles. And I ride both bikes on dirt trails and streets in Pueblo West.

So, when Lee and Percy (brother-in-law and sister-in-law) invited Chris and me to join them in the Santa Fe Century ride, I had a severe lapse of judgment and said yes. Lee is a year younger than me, and has been biking only about 4 years. What he lacks in years, he makes up for in dedication. He trains on mountain passes and has done the Triple Bypass 3 times. I don’t know much about cycling, but I know the Triple Bypass is a 120 mile ride over Squaw Pass, Loveland Pass, and Vail pass, and definitely not for the faint of heart. Percy rides for fitness, health, and fun, but is not as serious about it as Lee.

But, I thought this would make a fun family outing. Chris was not going to cycle but she and I both like Santa Fe, so we were in. Percy thought she might sign up for the 50 miler, and Lee was going to do the full century. Lee told me he is not a fast rider, so I thought – what the heck? I’ll sign up for the century, ride with Lee, and call Chris on my cell phone when I was ready to quit. Hmm... At least I didn’t have the illusion that I could make the full 104 miles.

A little bit of time went by and I started looking at bikes. I knew my old hybrid would not be a good choice, and I

thought this might give me the incentive to do more cross training, but I needed a road bike.

I found out quickly that I also needed some biking shoes, a new helmet, a new bike odometer, new tools, and that was the beginning. I went for a 20 mile training ride on my hybrid. Hmm... add biking shorts to the list of items I need. And – after 20 miles I was very very tired. Another hmm... but I quickly dismissed it.

In my quest for equipment, I give many kudos to Lee and his staff at the Great Divide. I walked in there knowing very little, and asked lots of stupid questions. The staff was extremely helpful, patient, and gracious.

I still didn’t own a road bike and the ride was about two weeks away. My brother-in-law Lee (not Lee at the Great Divide) happened to be in the process of upgrading his bike and offered to sell his old one to me. When I took it to the Great Divide, the staff looked it over and agreed that I should get it. They helped fit me in shoes, and showed me how to clip in and out. (I was very worried about clipping out). Again – they were extremely helpful. I also bought more accessories.

I began to realize how ill prepared I was for this outing and started soliciting advice from anybody who offered.

Larry Winans, is a relative, great friend, and experienced rider who lives in Oregon. He has ridden for many years, and at age 62 did a 3,333 mile ride from Washington state to Washington D.C. Given the immediacy of my ride, he recommended I take several short rides to prepare instead of a few longer rides. He also recommended that I set a goal of a Metric Century – 62 miles. This goal was something to shoot for, and I actually might attain it.

Larry Volk, another friend, a great local

runner and cyclist with tons of experience, gave me some more extremely valuable advice. He said, “Since you have not been riding much...DO NOT RIDE IN BIG GEARS! If you ride in too big of a gear without proper preparation you will cause some knee problems. So what does this mean? It means fairly high RPMs; you want turn the pedals 1 complete revolution at a rate of at least 90-110 revolutions per minute. A rate like this will reduce stresses on the knees and prevent damage. Rates slower than this require much force, and if you are not used to it can cause knee pain and damage.”

I was extremely appreciative of this advice. I wanted to have fun, ride as far as I could, but not get injured. I don’t mind a little pain, want to stay away from injury.

Larry also gave me more valuable advice. “My motto (in running, bicycling, and just about everything)... **Keep the Rubber Side Down!** (If your soles of your shoes, or tires are on the ground...all is good!)” Hmm... Sounds much better than the alternative to me.

So, a little over one week before the Santa Fe ride – I mounted my new odometer on my new bike; put on my new shoes, helmet, and bike shorts, and headed out for a 20 mile training ride. This was after considerable practice of clipping in and out of my pedals in my driveway.

My total training consisted of a half dozen trail rides over a couple month period, and four 20-mile jaunts out on Highway 50. Plus my normal 3 to 4 runs per week.

I was ready???

The conclusion in the next issue of Footprints...



Predictions

by Jim Robinson

The Yappy Dog & Ben & Matt's Predicts



Yappy Dog
8.63 mile
Prediction
Run
Another
beautiful Sun-
day morning
prediction run
was held May
11, 2008.

This race was hosted by the Ross Barnhart family east of Pueblo. The Barnhart family are excellent hosts who open their house and do a great deal of work in marking the course and organizing this prediction race. This was a very close prediction race in that only 9 seconds separated the prediction time of the top three runners. The top three runners

in this order were; Larry Volk, Bill Giebel and Rich Hadley. Jeff Chowning from Colorado Springs continues to lead the prediction series. A total of 21 runners finished the Yappy Dog prediction run with an excellent pot-luck breakfast after the race by the Barnhart family.

Ben and Matt's Trail Run

Ben and Matt's Trail run was held on a sunny but cool Sunday morning , April 27,2008. There was a fairly good turnout for a 10 plus mile trail run on a not so easy, hilly course. I was impressed both with the quantity and quality of the runners present. One runner in particular stood out and that runner was Justin Ricks. Justin Ricks is a 27 year old runner that lives in Pueblo West. With his

wife and Young son and daughter cheering him on, he ran a one hour and eleven minute time over the hilly, rocky dirt trail course. However, Justin Ricks performance was good enough for third place as this is a race prediction trail run. In first place was Donald Moore, with a variance of only 32 seconds. In second place, one of the nicest ladies in the Pueblo running scene, was Diana Tiffany. I would particularly like to mention the extra effort that Michael Orendorff put in that Sunday morning in marking that difficult course for all of the trail runners. Michael did an excellent job as all twenty-three runners successfully completed the run without getting lost.

Yappy Dog Results

Name	Predict	Actual	Diff	Pts
1 Larry Volk	59:30	57:46.53	1:43.47	100.00
2 Bill Giebel	1:13:13	1:11:29.16	1:43.84	95.24
3 Rich Hadley	57:30	59:22.65	1:52.65	90.48
4 Donald Moore	1:12:20	1:09:24.45	2:55.55	85.71
5 Jeff Chowning	1:03:15	1:00:11.89	3:03.11	80.95
6 Diana Tiffany	1:26:00	1:22:19.83	3:40.17	76.19
7 Paulette Ams	1:25:52	1:22:10.33	3:41.67	71.43
8 Carrie Slover	1:25:21	1:21:27.52	3:53.48	66.67
9 Shawn Loppnow	1:05:04	1:01:02.55	4:01.45	61.90
10 Wendy Garrison	1:25:40	1:21:27.93	4:12.07	57.14
11 Robin Krueger	1:17:00	1:12:46.53	4:13.47	52.38
12 Anthony Diaz	1:17:00	1:12:46.18	4:13.82	47.62
13 Michelle Macias	1:26:00	1:30:17.67	4:17.67	42.86
14 Carol Kinzy	1:15:00	1:10:40.48	4:19.52	38.10
15 Paula McCabe	1:15:00	1:10:26.33	4:33.67	33.33
16 Matthew Drake	58:03	53:00.40	5:02.60	28.57
17 Peggy Oreskovich	1:19:00	1:13:08.91	5:51.09	23.81
18 Stacy Diaz	1:20:00	1:13:13.53	6:46.47	19.05
19 Humberto Paredes	1:12:35	1:05:43.29	6:51.71	14.29
20 Emily Batsen	1:18:00	1:10:58.95	7:01.05	9.52
21 Kris Spinuzzi	1:23:00	1:15:49.62	7:10.38	4.76

Ben & Matt's Trail Mix Results

Name	Predict	Actual	Diff	Pts
1 Donald Moore	1:41:00	1:41:32.88	0:32.88	100.00
2 Diana Tiffany	2:00:00	1:58:38.39	1:21.61	95.65
3 Justin Ricks	1:10:00	1:11:27.38	1:27.38	91.30
4 Matt Sherman	1:40:00	1:41:27.80	1:27.80	86.96
5 Robin Krueger	1:40:00	1:42:12.25	2:12.25	82.61
6 Rich Hadley	1:25:00	1:27:34.01	2:34.01	78.26
7 Bill Vegas	1:40:00	1:37:20.14	2:39.86	73.91
8 Kris Spinuzzi	1:56:00	1:52:47.63	3:12.37	69.57
9 Larry Volk	1:26:00	1:22:41.06	3:18.94	65.22
10 Wendy Garrison	2:05:00	2:01:18.09	3:41.91	60.87
11 Rick Hough	1:40:00	1:35:50.37	4:09.63	56.52
12 Sarah Parker	1:55:00	1:59:33.94	4:33.94	52.17
13 Paulette Ams	2:14:00	2:09:01.42	4:58.58	47.83
14 Chief Reno	1:30:00	1:35:31.43	5:31.43	43.48
15 Jeff Chowning	1:20:15	1:26:00.85	5:45.85	39.13
16 Dave Diaz	1:31:00	1:37:16.54	6:16.54	34.78
17 Brian Ropp	1:29:00	1:22:40.23	6:19.77	30.43
18 Bill Giebel	1:48:00	1:41:39.65	6:20.35	26.09
19 Stacey Diaz	1:58:00	1:51:14.01	6:45.99	21.74
20 Peggy Oreskovich	1:58:00	1:51:06.18	6:53.82	17.39
21 Anthony Diaz	1:43:00	1:51:03.30	8:03.30	13.04
22 Humberto Paredes	1:25:00	1:36:51.67	11:51.67	8.70
23 Carol Kinzy	2:05:00	1:51:22.29	13:37.71	4.35



Predictions

by Jim Robinson

Cumulative Standings for Top 25



Name	Spg R'off	Rams Eight	Ben & Matt's	Yap Dog	Total Points
Jeff Chowning	94.23	90.00	39.13	80.95	304.31
Donald Moore	48.08	25.00	100	85.71	258.79
Rich Hadley		85.00	78.26	90.48	253.74
Shawn Loppnow	90.38	100		61.90	252.28
Diana Tiffany	50.00		95.65	76.19	221.84
Larry Volk	55.77		65.22	100	220.99
Wendy Garrison	98.08		60.87	57.14	216.09
Anthony Diaz	100	55.00	13.04	47.62	215.66
Bill Giebel	92.31		26.09	95.24	213.64
Robin Krueger	76.92		82.61	52.38	211.91
Bill Veges	88.46		73.91		162.37
Paulette Arns		20.00	47.83	71.43	139.25
Don Pfost	53.85	80.00			133.85
Dave Diaz	84.62		34.78		119.40
Emily Batsen	42.31	60.00		9.52	111.83
Humberto Paredes	82.69		8.70	14.29	105.67
Kris Spinuzzi	30.77		69.57	4.76	105.10
Michelle Macias	61.54			42.86	104.40
Mark Gurule	73.08	30.00			103.08
Greg Gauna	96.15				96.15
Brian Ropp		65.00	30.43		95.43
Mark Koch		95.00			95.00
Chief Reno		50.00	43.48		93.48
Justin Ricks			91.30		91.30
Matt Sherman			86.96		86.96


Volunteers for the yappy dog run were:

Finish line: Don & Lois Pfost, Jim & Helen Robinson, Water stops: Robin & Terri Barnhart, Diane Stevenson, Lead bikes: Scott Stevenson, Jim & Jan Dudley, Follow bike: Sarah Barnhart, Course marshalls (aka 'dog tenders'): Ross & Ben Barnhart, Race hostess: Nancy Martin, And a stuffed yappy dog placed on the course by anonymous.



Volunteers for Ben & Matt's Trail Mix were:

Race Director: Matt Sherman, Course: Mike Orendorff, Finish Line: Helen Robinson, Deb Hadley, Results: Jim Robinson, Ken Raich



ST. PAUL THE APOSTLE

LITTLE RUN

ON THE PRAIRIE

JUNE 14, 2008

The Little Run on the Prairie

by Lori Gregory

and 2K walk -- will be held at Lovell Park in Pueblo West. Starting time is 8 a.m.

There will be awards for runners; ribbons for all finishers in the walk; a drawing for prizes, and t-shirts for all entrants. AND –

Steve at Almighty Muscle gave us two \$50 gift certificates to give to the overall male and female!

The primary goals of the event are to simply have fun, promote health and bring the community together. Proceeds

will benefit St. Paul the Apostle Church's building fund. Please join us in this worthy cause.

For registration forms or further information, call Lori Gregory at 547-4187 or 251-0906.



Runners and walkers, don't forget that June 14 date you already have circled on your calendars. The Little Run on the Prairie is fast approaching.

As you will recall from earlier news articles, the event -- featuring a 5K run

The Cinco de Mayo 5k Results

Pl	Time	First Name	Last Name	City	Sx	Age	Pl	Time	First Name	Last Name	City	Sx	Age
1	20:18	Davie	Luna	Pueblo	M	12	56	28:52	Todd	Kelly	Pueblo	M	42
2	20:24	Jake	Book	Pueblo	M	30	57	28:55	Jace	Montera	Pblo Wst	M	11
3	20:35	Robert (Chuck)	Lucero	Pueblo	M	36	58	29:03	Tanner	Snyder	Pblo Wst	M	11
4	20:50	Michael	Barris	Pblo Wst	M	44	59	29:10	Kenny	Medina	Pblo Wst	M	17
5	20:59	Bill	Bertsch	Colo Spgs	M	45	60	29:13	Raul	San Miguel	Pueblo	M	57
6	21:24	David	Hall	Pueblo	M	17	61	29:16	Carmen	Brown-Coseno	LaVeta	F	42
7	21:27	Brian	Ropp	Pueblo	M	44	62	29:17	Danella	Lucero	Denver	F	33
8	21:46	Kelly	Concho-Hayes	Pueblo	F	29	63	29:18	Vanessa	Roman	Superior	F	23
9	22:06	Jeremy	Gregory	Pueblo	M	23	64	29:20	Art	Shinn	Pueblo	M	53
10	22:07	Candy	Flores-Nunez	Chihuahua	F	14	65	29:22	Susan	Selle	Pueblo	F	43
11	22:29	Adam	Trujillo	Des Moines	M	29	66	29:44	Kathy	Sutphen	Pueblo	F	38
12	22:40	Francisco	Aleman	Chihuahua	M	53	67	29:50	Laura	Lacerte	Pueblo	F	29
13	23:18	Johnny	Garcia	Raton	M	51	68	29:52	Eugene	Aguilar	Pueblo	M	53
14	23:22	Nathan	Fernandez	Pueblo	M	31	69	29:55	Annie	Arnold	Pueblo	F	41
15	23:31	Jose	Flores	Pueblo	M	41	70	30:12	Pamela	Patterson	Pblo Wst	F	56
16	23:36	Jeff	Shapiro	Pueblo	M	13	71	30:19	Raquel	Aguirre	Chihuahua	F	21
17	23:40	Joshua	Welz	Colo Spgs	M	23	72	30:22	Baily	Schryver	Colo Spgs	F	22
18	23:41	Chris	Riley	Pueblo	M	47	73	30:24	Scott	Bay singer	Pblo Wst	M	44
19	23:46	Kevin	Shapiro	Pueblo	M	15	74	30:25	Shelby	Medina	Pblo Wst	F	13
20	23:56	Gianni	Palumbo	Pblo Wst	F	13	75	30:31	Angelique	Urenda	Pueblo	F	13
21	24:10	Bryan	Shapiro	Pueblo	M	12	76	30:32	Sherry	Butt	Suffork	F	27
22	24:14	Brian	Sumpter	Pueblo	M	13	77	30:41	Judy	Feinsinger	Carbondale	F	33
23	24:15	John	Montoya	Raton	M	50	78	30:42	Christine	Medina	Pblo Wst	F	43
24	24:32	Rusty	Smith	Pblo Wst	M	41	79	30:57	Jesus	Aveitia	Pueblo	M	11
25	24:32	Ben	Comden	Pueblo	M	17	80	31:04	Jayden	Cordova	Pueblo	M	7
26	24:36	Adrian	Montour	Pueblo	M	13	81	31:05	Greg	Gordon	Pueblo	M	53
27	24:37	Kenny	Chick	Colo Spgs	M	23	82	31:12	Abby	Cordova	Pueblo	F	35
28	24:38	Lonnie	Smith	Pueblo	M	29	83	31:15	Henry	Kim	Pblo Wst	M	57
29	24:39	Roderick	Ware	Pblo Wst	M	32	84	31:22	Denise	Schoch	Pueblo	F	27
30	24:47	Theresa	Duran	Pueblo	F	30	85	32:06	Jeff	Stephens	Colo Cty	M	54
31	25:03	Timothy	Urenda	Pueblo	M	15	86	32:15	Eileen	Baracz	Canon City	F	60
32	25:09	Matthew	Comden	Pueblo	M	22	87	32:18	Shawna	Nunez	Pueblo	F	35
33	25:14	Gregory	Gauna	Pueblo	M	38	88	32:29	Margarito	Fuentes Jr	Pueblo	M	55
34	25:15	Angel	Medina	Pblo Wst	M	42	89	32:32	Tom	Shepard	Pblo Wst	M	33
35	25:19	Kallene	West	Pueblo	F	29	90	32:35	Brian	Mueller	Pblo Wst	M	34
36	25:33	Bob	Gassen	Canon City	M	61	91	32:48	Annette	Shepard	Pblo Wst	F	31
37	25:35	Leroy	Mora	Pueblo	M	39	92	32:51	Carla	Beauvais	Pblo Wst	F	47
38	25:51	Cheryl	Farrer	Pueblo	F	35	93	32:51	Toni	Fernandez	Pueblo	F	7
39	26:06	Patrick	Swank	Pueblo	M	60	94	32:52	DeeDee	Medina	Pueblo	F	31
40	26:23	Marcus	Gurule	Pueblo	M	14	95	32:53	Ed	Espinosa	Pueblo	M	41
41	26:23	Mark	Gurule	Pueblo	M	46	96	32:54	Joe	Sisneros	La Jara	M	55
42	26:31	Michael	Garcia	Pueblo	M	44	97	32:55	Dan	Comden	Pueblo	M	54
43	26:41	Guillermo	Garibay	Pueblo	M	57	98	33:06	Roger	Weitzel	Pueblo	M	48
44	26:46	Anthony	Loudy	Pueblo	M	42	99	33:14	Ralph	Regalado	Pueblo	M	71
45	26:49	Jessica	Kleven	Pueblo	F	12	100	33:48	Duncan	McAuliffe	Pueblo	M	57
46	26:51	Rick	Macias	Pueblo	M	47	101	33:50	Angela	Rangel	Pueblo	F	26
47	27:06	Maureen	Mischlich	Pueblo	F	25	102	33:55	Rachelle	White	La Junta	F	24
48	27:06	Mary	Humphreys	Pblo Wst	F	45	103	33:57	Kathryn	Duren	Pueblo	F	35
49	27:07	Nathan	Bass	Pblo Wst	M	15	104	33:58	Nicole	Contreras	Pueblo	F	26
50	27:23	Mike	Hurley	Pueblo	M	38	105	34:12	Patrick	Milligan	Colo Spgs	M	64
51	27:31	Stanley	Hren	Pblo Wst	M	66	106	34:23	Trina	Lester	Pueblo	F	26
52	27:45	David	Garcia	Colo Spgs	M	48	107	34:24	Marissa	Dilka	Pueblo	F	24
53	28:35	Ryan	Eslinger	Pueblo	M	32	108	34:26	Jaxon	Garoutte	Pueblo	M	7
54	28:36	Hilary	Gagliardi	Pblo Wst	F	34	109	34:26	Reynalda	Garoutte	Pueblo	F	30
55	28:39	Jeffery	Cordova	Pueblo	M	14	110	34:30	Kerri	Harbison	La Junta	F	42

The Cinco de Mayo 5k Results, Continued

PI Time	First Name	Last Name	City	Sx	Age	PI Time	First Name	Last Name	City	Sx	Age
111 34:50	Bob	Roa	Pueblo	M	71	166 49:27	Angela	Nelson	Pueblo	F	10
112 34:53	George	Dominguez	Raton	M	67	167 49:53	Kathy	Nelson	Pueblo	F	36
113 35:01	Kyle	Espinosa	Pueblo	M	11	168 49:53	Kerry	Roman	Pueblo	F	35
114 35:06	Kay	Bowman	Pueblo	F	49	169 1:05:10	Aydeth	Molina	Pueblo	F	10
115 35:16	Marco	Arriaga	Pueblo	M	22	170 1:05:11	Alison	Kochenberger	Pueblo	F	27
116 35:25	Holly	Semsarfathi	Pueblo	F	19						
117 35:26	Lynne	Day	Colo Spgs	F	39						
118 35:26	Cami	Manchego	Fowler	F	30						
119 35:48	Andrea	Espinoza	Pueblo	F	19						
120 35:55	George	Alfonso	Pblo Wst	M	57						
121 36:03	John Jr	Madrid	Pueblo	M	38						
122 36:09	Jan	Dudley	Pueblo	F	53						
123 36:12	Danita	Johnson	Pueblo	F	36						
124 36:50	Kris	Bower	Pblo Wst	F	34						
125 37:16	Adriana	Arteaga	Pueblo	F	26						
126 37:18	Donna	Gutierrez	Pueblo	F	39						
127 37:19	Ana	Benz	Pblo Wst	F	32						
128 37:20	Robert	Gonzalez	Pueblo	M	41						
129 37:20	Malachi	Ricks	Pblo Wst	M	6						
130 37:42	Denise	Ricks	Pblo Wst	F	27						
131 37:42	Marquita	Sanchez	Pblo Wst	F	57						
132 37:44	Thomas	Coseno	LaVeta	M	57						
133 38:05	Lisha	Gomez	Colo Cty	F	34						
134 38:21	Alex	Cortez	Raton	M	61						
135 38:32	Jeremy	Cesario	Pueblo	M	25						
136 38:48	Heather	Robles	Pueblo	F	30						
137 39:03	Vic	Laureano	Pueblo	M	42						
138 39:04	Tisha	Saenz	Pueblo	F	33						
139 39:11	William	Cordova	Pueblo	M	34						
140 39:20	ShaneaRae	Cordova	Pueblo	F	7						
141 39:39	Kristina	Wudinich	Pueblo	F	28						
142 39:43	Christy	Furman	Pueblo	F	59						
143 39:46	Ben	Trujillo	Walsenburg	M	57						
144 40:16	Ernie	Campos	Pueblo	M	11						
145 40:18	Carlos	Aguilar	Pueblo	M	12						
146 40:31	Kellie	Avila	Pueblo	F	37						
147 41:06	Armando	Montour	Pueblo	M	11						
148 41:12	Corrine	Arriaga	Pueblo	F	49						
149 41:22	Cynthia	Fuentes	Pueblo	F	57						
150 41:25	Debbie	Gurule	Pueblo	F	43						
151 41:25	Taylor	Gurule	Pueblo	F	17						
152 41:31	Kaylah	Ricks	Pblo Wst	F	5						
153 41:53	Michelle	Rael	Pueblo	F	33						
154 41:57	Louise	Samora	Pueblo	F	54						
155 42:03	Lucas	Espinosa	Pueblo	M	8						
156 42:10	Brian	Trammel	Widefield	M	48						
157 42:11	Arleen	Aguirre	Pblo Wst	F	45						
158 42:27	Josephine	Hernandez	Pueblo	F	31						
159 42:39	Gae	Ryan	Pueblo	F	37						
160 45:38	Kim	Mueller	Pblo Wst	F	32						
161 45:39	Jennifer	Esquibel	Pblo Wst	F	30						
162 47:52	Anna	Roman	Pueblo	F	53						
163 48:25	Laura	Yaun	Pueblo	F	29						
164 48:25	Jessica	McDonald	Pueblo	F	30						
165 48:25	Jon	McDonald	Pueblo	M	29						

The Comden Brothers, Matt (L) and Ben ran the 5k



The Dehn Brothers, Ron (L) and Dave ran the 10k



Many thanks to the Cinco Volunteers:

Race Directors: Ramon Arriaga and Hilbert Navarro, Finish Line: Dave Diaz, Don & Lois Pfof, Anthony Diaz, Bill Veges, Mike Archuleta, Jesse Sena, Photographers: Caitlin Kinnett, Larry Volk, Registration: Ruth McDonald, Results: Ken & Pixie Raich

The Cinco de Mayo 10k Results

Pl	Time	First Name	Last Name	City	Sx	Age	Pl	Time	First Name	Last Name	City	Sx	Age
1	31:08	Andrew	Letherby	Boulder	M	34	55	56:04	Dave	Dehn	Pueblo	M	55
2	31:45	Adam	Rich	Colo Spgs	M	27	56	56:04	Ron	Dehn	Pblo Wst	M	59
3	32:26	Daniel	Castaneda	Colo Spgs	M	23	57	57:00	Diana	Tiffany	Pueblo	F	45
4	33:05	Aaron	Rubalcaba-Lopez	Pueblo	M	23	58	57:24	Wendy	Garrison	Pueblo	F	41
5	33:53	Ramon	Dominguez-Cabrera	Chihuahua	M	24	59	57:51	Tony	Wolusky	Colo Spgs	M	49
6	34:04	Levi	Medina	Pueblo	M	20	60	58:06	Bemadette	Rowlison	Peterson AFB	F	36
7	37:52	Nichele	Suszek	Westminster	F	25	61	58:23	Lary	Mondragon	Pblo Wst	M	50
8	37:58	Nirma	Ramirez	Chihuahua	F	25	62	58:27	Brian	Arguello	Pueblo	M	34
9	38:41	Maija	Hitchings	Colo Spgs	F	24	63	59:06	Paulette	Ams	Pblo Wst	F	55
10	39:02	Aaron	Levinson	Pueblo	M	19	64	59:52	Veronica	Romero-Romo	Pueblo	F	40
11	39:39	Regie	Marquez	Pueblo	M	31	65	1:00:36	Michelle	Macias	Pueblo	F	26
12	39:55	Meg	Letherby	Boulder	F	34	66	1:01:26	Nina	Gonzales	Pblo Wst	F	26
13	40:36	Jose Antonio	Gallegos-Jimenez	Chihuahua	M	50	67	1:01:41	Renee	Trujillo	Pblo Wst	F	35
14	41:30	Alba	Silva	Chihuahua	F	24	68	1:02:48	Patricia	Cisneros	Pblo Wst	F	45
15	41:52	Sonja	Wieck	Greenwd Vlg	F	28	69	1:03:03	Michelle	Francis	Pueblo	F	35
16	42:11	Bobby	Valentine	Pueblo	M	43	70	1:03:22	Ishikawa	Suehiro	Pueblo	M	49
17	42:45	Jesus	Escudero	Chihuahua	M	60	71	1:04:27	Shelley	Knepper	Pblo Wst	F	49
18	43:33	Mark	Koch	Pueblo	M	48	72	1:07:59	Jennifer	Bowman	Denver	F	30
19	43:38	Mark	Feinsinger	Carbondale	M	39	73	1:08:00	Michael	Atlas-Acuna	Pueblo	M	57
20	43:49	John	Roldan	Pueblo	M	40	74	1:09:50	Jessie	Quintana	Pblo Wst	F	64
21	43:53	Shawn	Loppnow	Pueblo	M	41	75	1:11:42	Brian	Bentz	Pblo Wst	M	38
22	43:59	Lindsey	Schryver	Pueblo	F	25	76	1:21:53	Richard	Emond	Canon Cty	M	45
23	44:00	Scott	Beauvais	Pblo Wst	M	49							
24	44:23	Jennifer	Kottenstette	Pueblo	F	27							
25	44:24	Matthew	Kottenstette	Pueblo	M	32							
26	46:19	Ruben	Corral	Chihuahua	M	49							
27	46:19	Antonio	Cisneros	Chihuahua	M	51							
28	46:22	Paula	McCabe	Pueblo	F	35							
29	46:33	Matt	Sherman	Pblo Wst	M	35							
30	46:40	Teri	Prichard	Colo Cty	F	33							
31	47:02	Shane	Cordova	Pueblo	M	40							
32	47:11	John	Roman	Pueblo	M	63							
33	47:11	Robert	Santoyo	Pueblo	M	46							
34	47:33	Carol	Kinzy	Pueblo	F	60							
35	47:52	Kristy	Milligan	Colo Spgs	F	29							
36	48:51	Manny	DeYoung	Pueblo	M	46							
37	48:57	Jeremy	Lima	Pueblo	M	26							
38	49:10	Michael	Shepherd	Pblo Wst	M	32							
39	49:22	Emily	Batson	Pblo Wst	F	31							
40	49:26	Teri	Fox	Pblo Wst	F	34							
41	49:46	Paul	LaBar	Pueblo	M	46							
42	50:17	Sasan	Delshad	Pueblo	M	47							
43	50:21	Karen	Ortiz	Pueblo	F	44							
44	51:15	Phillip	Hoehne	Pueblo	M	17							
45	51:27	Donald	DiPrince	Pueblo	M	58							
46	52:01	Brandice	Eslinger	Pueblo	F	32							
47	54:02	Mike	Borton	Pueblo	M	52							
48	54:16	Kristine	Spinuzzi	Pueblo	F	39							
49	54:17	Deliah	Vargas	Chihuahua	F	50							
50	54:17	Deanna	Platt	Pblo Wst	F	29							
51	54:44	John	Dagnillo	Pueblo	M	48							
52	55:21	Paul	Racine	Canon Cty	M	45							
53	55:39	Austin	Bass	Pblo Wst	M	13							
54	55:42	Rob	Archuleta	Pueblo	M	35							

Right:
Duncan McAuliffe

Below:
Paula McCabe



Cinco de Mayo 10k Pics



Southern Colorado Runners:

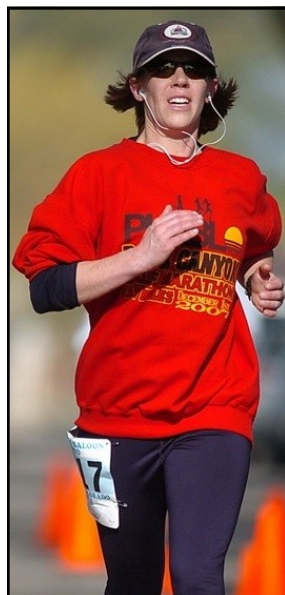
My husband (Kerry) and I are registered for the Marine Corps Marathon on 10/26 in Washington, DC. We are raising money for the Special Forces Wounded Warrior Foundation. It'll be Kerry's first marathon, my 10th. He's a former Marine (so this marathon is fitting for him), and I'll be pacing him to beat his goal of breaking 4 hours (my 9 marathons have been between 3:27 and 3:49).

So far our fundraising is going well. I was wondering if you might mention our fundraising website in the Southern Colorado Runners monthly newsletter (we've both been members for a number of years). Any help you could give in spreading the word would be greatly appreciated.

www.firstgiving.com/kerryandvickimeier

Thanks for your consideration.

Sincerely,
Vicki Meier
Canon City, CO
(719) 429-7962
vmeier@bresnan.net



Top to Bottom, L to R

Debbie &
Taylor Gurule
Rob Archuleta
Austin Bass

Holly Semsarfathi
Cami Manchego
Michael Barris
Marco Arriaga

Kerri Harbison
Emily Batson

Thanks Caitlin & Larry

As usual, we express our gratitude to Caitlin Kinnett and Larry Volk for providing photos of our various races. Caitlin and Larry took over 1,000 photos at the Cinco, and gave us all these pics. THANK YOU!!! If you want to see and possibly purchase your photo(s), go to the SCR website <http://www.socorunners.org/> click on race results, then click on the Cinco de Mayo run. You can click on the EventPictures logo, or find your name and click on it. Pretty Cool!



The 2008 Run for Rio By Jeff Arnold



Twenty-four year old Tyler Haughness, of Capitan, New Mexico won the eleventh edition of the Run for Rio in 19:05. His two second lead over Kyle Reno was the closest finish in history. Teri Prichard of Colorado City was the first woman. Kevin Hughes, 8, was the first male youth (12 & under) runner in 27:02, while Toni Fernandez, 7, was the first female youth runner.

Stacey Mishler, 46:18, and Dan Wachob, 46:24, were the first two walkers, with no youth walkers participating. The last five of the walkers, including Rio Martinez' father Jim, walked the course wearing Vietnam era fatigue uniforms and carrying the American flag. They walked the last few hundred feet of the course to steady applause from spectators and previous finishers.

Haughness, who is working at Camp Jackson for the summer, led from the start with fifteen year old Billy Jack Forell who gradually fell back to finish fifth almost four minutes behind the winner. Meanwhile Kyle Reno who has run many of the Rio races moved up to make a race of it at the end.

Though I have seen him do well in many races, it's always surprising to see Kevin Hughes come across the finish line so quickly. He was 14th of 26 runners in this race. My surprise was repeated when Toni Fernandez, even smaller and younger than Kevin, sprinted across the line.

The highlight of the awards was seeing Dave Karnell again.

Editor's Note: In case you are a new reader,, Dave Karnell is the recipient of Rio's heart.

THANK YOU RIO Volunteers!!!

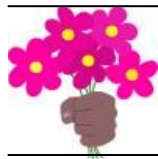
Nancy Martinez – Director, Jeff Arnold - course marking, Samantha Davenport – results, Gary Franchi – timer, Finish Line-Karen Vanhaverbeke, Linda Strange, Rachel Yoder, Laura Lauritzen, Water Stop, Jordan , Jack Highberger

Results

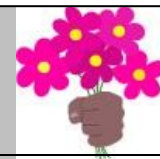
1 Tyler Haughness	24	19:05	OA Male
2 Kyle Reno	26	19:07	
3 Michael Orendorff	56	20:02	
4 Aaron Levinson	18	20:09	
5 Billy Jack Forell	15	22:58	
6 Nathan Fernandez	31	23:05	
7 Teri Prichard	33	23:53	OA Female
8 Manny DeYoung	46	24:19	
9 Jadi Crawford	18	24:36	
10 John Strange	40	24:38	
11 Kallene West	29	24:48	
12 Hillary Crawford	17	25:59	
13 Ken Hughes	36	26:58	
14 Kevin Hughes	8	27:02	OA Youth Male
15 Jared Graber	26	28:03	
16 Margaret DiMatteo	30	28:34	
17 Vince Carpio	34	31:34	
18 Toni Fernandez	7	32:15	OAYouth Female
19 Michelle Houghton	31	32:40	
20 Jim Austin	66	37:42	
21 Lana Stinchcomb	53	39:54	
22 Toby Stinchcomb	30	39:54	
23 Shanea Cordova	7	40:14	
24 Lisha Gomez	34	40:17	
25 Tammy Kozlowski	24	42:25	

Walk

1 Stacey Mishler	29	46:18	OA Female
2 Dan Wachob	68	46:24	OA Male
3 Jenna Carpio	28	46:25	
4 Dee Cash	52	46:26	
5 Lisa Wachob	44	50:35	
6 Scott Wachob		50:39	
7 Shane Cordova	40	51:02	
8 John Hurtado	44	51:39	
9 Jo Forell	47	55:45	
10 Dave Karnell	58	57:04	
11 Nick Karnell	31	57:05	
12 Basilio Montoya	64	59:56	
13 Joelle Sissons	52	59:56	
14 Thomas Marquez	59	1:00:17	
15 Mike Roybal	49	1:00:18	
16 Jim Martinez	63	1:00:18	



Potpourri



(Stuff, Continued from page 3)

have accomplished running-wise had he lived another 10 years?

7, How did it ever become standard practice and legal for hockey players to slam into other players from behind against the boards?

8, Wouldn't it be cool to hear a winner of a road race say he/she "ran a crappy race?"

9, Does ESPN TV lose more of more

"mature" viewers with its glitzy Hollywood visuals than it gains through younger viewers?

10, Will anyone in power in Pueblo ever show some intelligent vision related to the city's entire swimming pool situation?

Until next month, get out there and enjoy your own great racing experiences..

Diabetes Run Results

Pl	Name	Age	Sx	Time
1	Michael Barris	44	M	18:42
2	Kelly Concho-Hayes	29	F	19:59
3	John Roman	63	M	20:52
4	Paula McCabe	35	F	21:21
5	Manny G DeYoung	46	M	21:38
6	Kallene West	29	F	22:11
7	Carol Kinzy	60	F	22:36
8	Shannon Rodriguez	33	F	23:02
9	Darryl Clark	47	M	23:06
10	Wendy Bulow	36	F	23:54
11	Mike Chepeau	47	M	23:56
12	Mary Humphreys	45	F	24:10
13	Deanna Platt	29	F	24:42
14	Trisha Davis	57	F	24:51
15	Derrick Jones	37	M	24:51
16	Brian Arguello	34	M	25:01
17	Danella Lucero	33	F	25:49
18	Bryan Reichert	30	M	26:36
19	Melissa Olivias	27	F	26:41
20	Scott Bay singer	44	M	26:44
21	Martha Drake	54	F	26:45
22	Jerry Tiller	43	M	27:21
23	Jimmy Taylor	41	M	27:37
24	Andrew Smith	11	M	28:21
25	Sheri Tiller	40	F	28:22
26	Roberta Masias	54	F	29:20
27	Jesse Quintana	64	F	29:42
28	Stefanie Wycoff	25	F	29:45
29	Caleb Smith	9	M	29:46
30	Joshua Smith	7	M	29:47
31	Kent Hartman	29	M	30:06
32	Kenneth Dernovsek	57	M	30:27
33	Leslie Ayers	35	F	31:57
34	Jan Dudley	53	F	32:06
35	Megan Smith	23	F	32:31
36	Kara McClure	27	F	32:31
37	Denise Crepeau	48	F	32:32
38	Kim Arline	41	F	34:15
39	Amber Arline	11	F	34:16
40	Joe Ryan	37	F	37:58
41	Kathy S Wilson	40	F	39:36
42	Louise Rael	48	F	43:39*

*late star

Attn: Race Directors, Readers, & Writers We're Skipping An issue

This is the June / July Issue of Footprints

There will be NO separate July issue.

The August issue will be mailed approximately July 30.



Now, Here's a Tough Final

Press Release by George Dallam



CSU-Pueblo Triathlon class completes Final Exam at the TRI 4 Me race in Denver

Several CSU-Pueblo students, faculty members and related family members competed at the TRI 4 Me sprint triathlon in Denver, Saturday 4/26 as the 'final exam' for EXHP 291, Triathlon Training. In spite of extremely cold (~38 degrees) and windy conditions everyone in this stalwart group completed the race as well as taking numerous age group podium spots. In most cases this was their first triathlon competition.

Class member Ashley Samek was the fourth overall female as well as capturing first place in a very competitive women's 20-24 age. She was closely followed by classmate RaeAnn Gulley in 3rd and 8th overall. Brian Seawald, a former power

forward for the CSU-Pueblo men's varsity basketball team, took third in the men's 20-24 division as well. Jamie Crownover, another triathlon class member and local high school distance runner, took first in the women's 16-19 age division. De facto class member and business instructor Geri Wink took 3rd in the women's 50-54 age group. Finally, class instructor George Dallam took third overall and 2nd in the men's 45-49 age group, while his wife Susan Dallam placed as the 2nd female overall and was first in the women's 40-44 age group. Fun was had by all. Results can be found at: <http://www.summitracemanagement.com/tri4meresults2008.htm>

<http://www.summitracemanagement.com/tri4meresults2008.htm>

THANK YOU Volunteers

We don't have a complete list of volunteers for the Diabetes Run, but we know that Mike Archuleta and Dave Diaz were part of the core of several who made this event successful.

Race Calendar by Linda Strange

June 7th, Sat., 8:30am. **32nd Annual Run the Rockies Half-Marathon and Ten Mile Creek 10K**, Hwy 91 and I-70 (across from Copper Mountain Resort). Why run a course in the city when you can run fast Rocky Mountain courses in beautiful Summit County? The Half Marathon is 75% downhill and the Ten Mile Creek 10K is 100% downhill. Both start at Copper Mountain and finish in downtown Frisco!! http://www.emgcolorado.com/race_rockies.html

June 14th, Sat., 8:00 am. **Spirit Fest on the Riverwalk**, Pueblo's Riverwalk. 5k. [Hilbert Navarro](#), 564-7685. This is part of a two day (June 13 & 14) music festival featuring international, regional and local recording artists. There will be food, beverages, a Kids Fun Zone, and a pancake breakfast. T-shirts to all 5k participants and award for 1st, 2nd, and 3rd place in age / gender divisions.

June 14th, Sat., 8:00 am. **Little Run on the Prairie**, Lovell Park, Pueblo West. 5k/2k walk. [Lori Gregory](#), 547-4187. T-shirts for all participants and all walkers will receive a finisher's ribbon. Awards to the top 3 runners in each age/gender division, and a \$50 gift certificate from the Almighty Muscle to the overall male and female finishers. See Lori's article in this newsletter.

June 15th, Sun., 8:00am. **Father's Day 5k**, Fort Collins, CO. Race Director at 970-221-6358.

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

June 29th, Sun., 8:00 am. **2008 USA Trail Championships**, Steamboat Springs. 12k men, 8k women, Juniors. \$5,000 purse, plus the first 300 entrants to sign up will receive Smartwool Running Tee. Open to USATF and non-USATF members. Post race brunch hosted by Qdoba. Post race Blue Grass music by Ragweed. <http://www.runningseries.com/races/championships.php>

July 4th, Fri., 8:00am. **Leadville Firecracker 5k**, Leadville, CO. Bring the family and friends and beat the heat above 10,000'. Walk or run the paved loop course that starts and finishes in downtown Leadville. Run the race, watch the parade, and win a prize in the post race raffle. http://www.active.com/page/Event_Details.htm?event_id=1540676

July 6th, Sun., **Gold Coast Airport Marathon & Half Marathon**, Queensland, Australia. The Gold Coast Airport Marathon is Australia's fastest, flattest course with a top elevation of just 15m above sea level. The course winds its way from Southport along the world-renowned Gold Coast coastline to Miami, passing through Surfers Paradise and Broadbeach before turning at the 13km mark. The trip home follows the coastline up along the famous Broadwater in the north (34km) before turning for the homeward journey. <http://www.goldcoastmarathon.com.au>

July 11th, Fri., 6am through Sun., July 13th. **Hardrock Hundred Mile Endurance Run**, Silverton, CO. The annual running of the Hardrock Hundred Mile Endurance Run is scheduled to start at 6:00 am, Friday July 11, 2008, in Silverton, Colorado. In 2008, the course will be run counterclockwise—a big loop through the San Juan Mountains of beautiful southwest Colorado. 100 miles, 33,000' total elevation. <http://www.hardrock100.com>

July 13th, Sun., 7:30 am. **PCC/CSU-Pueblo 75th Anniversary Run**, Pueblo, CO. 7.5k run/2mi walk. (7.5k is approx 4.66 miles) One-time race to celebrate the 75th anniversary of higher education in Pueblo. T-shirts to all participants. Awards to all walkers, awards to top 3 runners in age / gender categories, special awards to OA runners in 39 and under and 40+ age brackets. Pancake breakfast for participants. Other activities include massages, health exhibits, car show, art show, inflatables, entertainment, history exhibits, family fun, etc. Contact Julie Deherrera at 549-3315 for more details.

July 13th, Sun., 7:00am. **Barr Trail Mountain Race**, Manitou Springs, CO. 12 miles. The start is by the COG railway depot at an elevation of 6,570', then proceeds 6 miles up the Barr Trail gaining 3,630' where it will turn around at Barr Camp at 10,200'. Runners will then head back down the Barr Trail to the finish for a total of 12 miles. The cut-off for the race is 3 hours and 30 minutes. <http://runpikespeak.com>

July 26th, 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](#), 719-635-8803.



I want YOU!
(to take me to 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

Jun. 21st - Sat 8:00 am, Belmont Butt Buster, 5mi Starts and finishes at Franklin Elementary School, taking lots 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 pot-luck follows the run. **Hosted by:** Gina and Vince Benfatti **Site:** 1318 Horseshoe Drive, 544-1029.

Aug. 2nd - Sat 7:30 pm, Moonlight Madness, 5mi This evening run begins and ends at 5395 Verde Rd. Diana schedules this 5 mile run around the full moon because it begins at dusk but finishes in the dark, so you may want to bring a flashlight. It's an out and back course on a dirt road with almost no traffic. The best part is after the run, Diana and her helpers BBQ hamburgers and hotdog's provided by the Southern Colorado Runners while runner's bring a side dish. Remember it's free and everyone is welcome. **To get to the race:** head south from Pueblo on I-25 to Verde Road (Exit 87) then 7 miles east to 5395 Verde Rd. Race Director: [Diana Tiffany](#) - 719-251-1863 p.s. Wait to wash your car until the next day.

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 July 2nd. We'd love to hear your ideas!

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

The Final Thoughts...

There are times when we must sink to the bottom of our misery to understand truth, just as we must descend to the bottom of a well to see the stars in broad daylight. -Vaclav Havel, writer, Czech Republic president (1936-)

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

"Let me be the one to tell you something you already know"-
Woody Guthrie

Nearly all men can stand adversity, but if you want to test a man's character, give him power. -Abraham Lincoln, U.S. president (1809-1865)

Knowing all truth is less than doing a little bit of good. -
Albert Schweitzer

Education's purpose is to replace an empty mind with an open one. -Malcolm S. Forbes

Who the **** wants to hear actors talk? --H.M. Warner, Warner Brothers, 1927.