



Editor: Ron Dehn

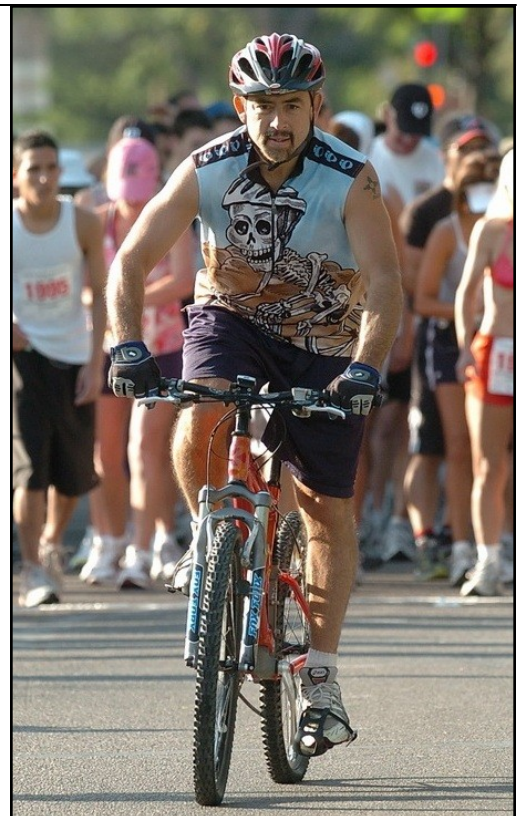
FOOTPRINTS

Don't believe everything you read...




The State Fair Edition - Yee Haw!

The PCC / CSU-Pueblo 75 Year Celebration Run / Walk



Dr. J.D. Garvin, president of PCC (above) worked a water stop at the 7.5k / 2 mile community celebration event and President Joe Garcia (right) of CSU-Pueblo rode the lead bike. Both presidents took part in the awards ceremony. For results and photos, turn to pages 10, 11, and 12.

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Minutes from the July, 08 Meeting

Attendance: Don Pfof, Paul LaBar, Gary Franchi, Dave Diaz, Paulette Arns, Jim Robinson, Terry Cathcart, Lori Gregory, Diana Tiffany, Ruth McDonald, and Ken Raich.

Special Guests: Lori Gregory thanked the club for their help with the “Little Run on the Prairie”. They had 36 finishers (fewer than last year) and determined the drop was due to sharing the same race date/time as Spirit Fest. Lori said next year they will try to resolve the scheduling conflict. The club voted to waive SCR fees because LROP used very few SCR resources and provided their own bibs.

Ruth McDonald requested SCR help for the “Hot to Trot” on September 21st. The club agreed to support the “Hot to Trot” again this year and Ken Raich agreed to serve as club liaison. Jeff Arnold will check out the course to see if the construction on 4th Street bridge will impact the race. Ruth’s entry form was passed around and the club recommended a few changes before having it printed. Ruth will distribute the entry form to Colorado Springs running stores and include it in the PPRR newsletter. The club voted to waive SCR Fees for help, bibs, and newsletter distribution because the Gold Dust Saloon provides so many services to the club. Ruth thanked the club, but said she wanted “Hot to Trot” to pay its own way. The club agreed Ruth could make a contribution to SCR (if she wished), but SCR would not bill the Gold Dust for fees.

Diana Tiffany reported that everything went very well for the “Women’s Distance festival”. They had 80 finishers which was more than Diana has had since she took over as Race Director. The participants especially liked the windbreakers and Diana received several great comments about the bags she distributed as awards. Diana also report that the upcoming “Moonlight Madness Prediction Race” will take place on August 2nd. They will serve grilled hot dogs and hamburgers after the race and Diana’s parents are

looking forward to hosting the race again this year.

Minutes from the June 2008 meeting were not available for approval. Hopefully, they will be available for the August meeting so the club can approve them at that time.

Officer Reports: Treasurer's report – The club has almost about the same amount of cash that we had at this time last year. However, we have not yet received the sponsor contributions for the “Women’s Distance Festival” so the balance may appear a bit lower than it actually is. The treasurer's report was approved as presented. Newsletter Editor - Ron Dehn was on vacation, but sent word that articles for the August newsletter should be sent by July 14th (July 19th at the latest). Stuffing will take place approximately on July 30th. Membership Chair - Don Pfof announced we have had two new memberships since last month and now stand at 208 paid members. Webmaster - Paul LaBar reported the web page is not having any problems and a web contributors meeting will be scheduled for next week.

Upcoming Events: Gary Franchi presented status for the upcoming “PCC-CSI 7.5K run/2-Mile Walk”. The event is proceeding as planned; however, they still need more people to volunteer as course marshals. Gary sent out a request for course marshals via the SCR listserver.

Activity Recaps: Hilbert Navarro was not present to discuss Spirit Fest. Ken brought the entry forms and results to turn over to Hilbert. Ken will contact Hilbert to arrange for “hand over” of the material. Jim Robinson presented status for the “Belmont Butt Buster”. He said they had a low turnout (16 finishers), but everyone really enjoyed the race and the course.



There have now been 5 prediction races, but no one has completed all 5 of the races.

New Stuff/Old Stuff: Dave Diaz announced he will move the “Harvest Run Prediction Race” from October 18th to October 25th. Ken will notify Linda Strange to change the race on the SCR calendar. Dave also announced that the Central Invitational Cross Country meet will take place at the City Park Golf Course (Elmwood) on September 27th. Anyone wishing to help is welcome and should contact Dave.

(Continued on page 5)



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

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

“Footprints” Issue No. 313

“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 |
| 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, * Zach Zaremba | |
| Newsletter Advisor | Chris Dehn | |
| Web Master | Paul LaBar | 404-0104 |

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Theresa Duran, Linda Strange
Jim Robinson, Ken Raich, Larry Volk, Ross Barnhart, Don Pfof, Rusty Smith, Lori & Len Gregory, Dave Diaz

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.

*Zach Zaremba, a 20 year old college student from Pueblo West set a new course record of 59 at Desert Hawk golf course. This was 3 strokes better than the old record on the 7,330 par-72 course.



The July 2008 SCR Meeting Minutes

By Theresa Duran



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

Attendance: Paulette Arns, Paula McCabe, Jeff Arnold, Dave Diaz, Gary Franchi, Rich Hadley, Don Pfof, Paul LaBar, Ramon Arriaga, Terry Cathcart, Ron Dehn, Ken Raich, Theresa Duran. Ken Raich noted that there is a lot of information that needed to be discussed on the agenda for the night, so time would have to be limited for each discussion taking place.

Special Guests: Ron Dehn was present and spoke for Lori Gregory, regarding the Little Run on the Prairie. A short discussion took place to determine the pickup time for equipment for the race, and what equipment he would be needing.

Paula McCabe from the YMCA, was present speaking for Brittany Reagan regarding the Corporate Cup Volunteers, and the race in general. She noted the 5K will be on September 13, 2008 to start at 7:30 to 7:45. The YMCA will be providing the volunteers for water marshals. It was noted that maintenance from the YMCA usually marks the course. The club would assist with the timing of the 5k as well as the 1 mile race. Contact person from the YMCA is Brittany Reagan, she can be reached at 543-5151.

Ramon Arriaga was present to discuss, and verify what the fee for the clubs services would be for assisting with the Cinco De Mayo. It was decided that the club would charge the Cinco De Mayo \$500 with a \$200 refund donated by the club for a total of \$300 for this year, after a motion was brought to the table, and opposed by 2 members Dave Diaz and Don Pfof, the motion carried. Next year the race will be charged according to SCR policy which is \$100 for races that are 100 runners or smaller, 33 cents per bib provided by the club, and \$1 per participant over 100 runners. The Cinco

De Mayo had 493 participants this year. This brought forth a discussion regarding inconsistency of charges for races. It was determined that it must remain consistent according to policy, which also allows the club to decide at their own discretion what charges would be assessed or not assessed. But charging \$100 for up to 100 participants, and \$1 more per participant over that 100, along with the 33 cents was unanimously decided on. Dave Diaz made copies of the policy and passed them out.

Officer Reports: Treasurer: Paulette Arns presented a detailed report of the Checking and Savings accounts so far this year as well as total amounts in each account, and a detailed report of income and expenses from the Spring Runoff which was updated due to a recent deposit of a check to the club for \$1,200.00. Newsletter Editor: Ron Dehn reported that it cannot be stated on the newsletter that we send out a monthly newsletter. Also all newsletters must be identical, therefore any race registration forms that do not have 250 copies, one form for each newsletter, cannot be placed in the newsletter. Membership Chair: Don Pfof reported that we have 206 paid members, which is the highest it has ever been. Renewals are still trickling in. Few have been received from those placed in the Spring Runoff race packets. 148 club members requested to receive the Colorado Runner Magazine. Webmaster: Paul LaBar reported that a meeting had been called by Ken Raich in order to discuss keeping things up to date with the calendar. Changes can be made by the Webmaster or someone else. Original entry must be submitted by the Calendar Keeper, and then changed from then. The possibility of making a cookbook and then delegate someone to make changes to the website when Paul or the Calendar Keeper are unavailable. He noted that he will be setting aside 1 hour a week on Mondays to add or make changes to the website.

Upcoming Events: Spirit Fest will be on June 14. Police will not be providing

course marshalling support. The race should be fine. There is not a lot of traffic in the area. The Belmont Butt Buster will be held on June 21. PCC-CSU 7.5 K finish line and result assistance is needed for the race. PCC has some finish line assistance taken care of though. PCC-CSU race will be on July 13.

Recaps/ Updates/Revisits: Some of the race recaps listed on the meetings agenda were overlooked to further discuss the policies of SCR assisting with races, charges for those races, Race Director Kits which are downloadable and also give the details of the responsibilities of the race director. A motion was made and approved to add a Request for Race Assistance form to that kit. This form was made by Ken Raich, club President. On this form questions are answered by the Race Director providing race details and names and addresses of Sponsors, and Race Director, along with the types of assistance being requested. It states on the form that it must be submitted and approved prior to assistance being provided by SCR.

New Stuff/Old Stuff: A short discussion as to whether or not the club should hold its July meeting on July 2 or 9 took place. Many people would be out of town that week and would not be back until the following week. It was decided to proceed with July 2, it is also Don Pfof's Birthday on July 2. The SCR annual picnic is going to be held in August as usual. It was decided that the ideal location to hold it in the same place as in previous years at the Beulah Mountain Park. Jeff Arnold is going to check into price for catering by Cinfully Delicious which was \$422.50 last year, as well as he was going to check into the All Seasons.

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

Respectfully submitted by Theresa E. Duran



You triathletes out there, isn't it tough to place in the top three of your age division in an area triathlon? Now think of what it would be like to finish third in the entire world in your age bracket. Can't even fathom it, eh?

Pueblo's Michael Orendorff can.

Last month, the 56-year-old SCR member went to Vancouver, British Columbia in Canada to compete in the ITU World Age Group Triathlon Championships. Despite cold and windy conditions, Mike finished third in the 55-59 age division against studs from around the globe. He was the first American in his division, finishing behind only triathletes from Great Britain and New Zealand.

"It still floors me," the soft-spoken Orendorff said after returning home. His time was one hour, 51 minutes and 23 seconds, just 3:18 behind the world champion.

Before competition even started, the cold English Bay temperature (low 50s) caused race officials to change the swim leg from 1,500 meters to 1,100, followed by the standard Olympic distances of 40K (24.8 miles) bike and 10K (6.2 miles) run. Then, just prior to Orendorff's swim heat, the wind picked up and the water became choppy, and officials scrapped the swim altogether for safety purposes, changing the swim to a 3K run for the remainder of the age group races.

Orendorff was in sixth place after the 3K

Great Stuff

by Gary Franchi

Orendorff has epic achievement

A Great Stuff special for "Footprints"



run, 16 seconds back of the leader. But by the end of the first of four loops on the bike course, he had moved up to third. His strong and consistently faster bike splits (15:37 with bike mount, 15:04, 15:01 and 14:51) kept him there by an increasing margin. And his 40:45 10K run, despite quad muscle cramping during the last half, put the caper on his performance.

Mike's running had been supported recently by a book written by running guru Dr. Jack Daniels that he'd ordered on Amazon.com. "Daniels' Running Formula" caused Orendorff to alter his training program and adopt shorter half-mile and three-quarter-mile intervals in combination with two-mile repeats. The only problem is that he found he had overtrained, causing him to rest more during his taper in an attempt to recover.

But perhaps most surprising to Mike was his bike leg, something that he considered sub-par in training leading up to Worlds and in two previous triathlons in Colorado this summer. It came on a used bike he had purchased on ebay at the end of last year's triathlon season.

"I don't understand that – it's the big mystery," the modest yet proud Orendorff said. "I thought it would be the run that I do well, not the bike. I've never had it quite so strong."

Mike mentioned that his family played a role in his performance.

When there was an hour and 45-minute delay at the start of his heat while officials were deciding to cancel the swim, he adjusted mentally but started feeling the effects of the cold, windy weather. However, his brother David, who traveled from Seattle to be there, loaned Michael his jacket prior to the start when he noticed him shivering.

Having his 80-year-old mother on hand, also from Seattle, was special too, especially since she bundled up and braved the weather elements to watch the entire race outside. And Mike noted he heard wife Melinda's friend Ann shouting encouragement near the finish, when he

was just trying to survive but pretending to look in total control.

Meanwhile, Mike's daughter Patricia was back east watching the event online and calling Melinda on her cell phone with progress reports. It made the race more fun for the Orendorff clan watching and helped to confirm Mike's third-place position during the bike leg.

When he previously competed at Worlds in Perth, Australia in 2000, Orendorff did the tourist routine, taking in the sights beforehand, being on his feet quite a bit. While he said that was a worthwhile trade-off, this time he rested instead. That, coupled with the extra recovery he did during his tapering phase, may have been just what he needed.

"A lot of times it's a matter of being rested," he noted.

Orendorff had entered Worlds thinking he would be somewhere among the top 15 or 20 in his age division and maybe the fourth or fifth American there. Now, he can bask in the glow of knowing he has competed on a high-level platform with the elite performers in his age division.

"For one day at least, I could race with the best in the world," he said.

* * *

The aftermath

Three weeks after Worlds, Orendorff won his age division in the Buffalo Creek Xterra in Colorado, besting the world champion in his age division by more than seven minutes. An Xterra out of state was on tap for July 12, followed by the Crested Butte Xterra on July 27. What he call his next "A" race will be the Boulder 5430 Half-Ironman in August and then a trip to Portland for nationals in September.

If you have kids -
you may already
know the following:



A king size waterbed holds enough water to fill a 2,000 sq. ft. house to a depth of 4 inches.

If you hook a dog's leash over a ceiling fan, the motor is not strong enough to rotate a 42 pound Boy wearing Batman underwear and a Superman cape. It is strong enough, however, if tied to a paint can, to spread paint on all four walls of a 20x20 ft. room.

When you hear the toilet flush and the words 'uh oh', it's already too late.

Play-Doh and microwave should not be used in the same sentence.

No matter how much Jell-O you put in a swimming pool, you still can't walk on water.

Pool filters do not like Jell-O.

Garbage bags do not make good parachutes.

Marbles in gas tanks make lots of noise when driving.

You probably DO NOT want to know what that odor is.

The spin cycle on the washing machine does not make earthworms dizzy.

It will, however, make dogs dizzy.

Dogs throw up twice their body weight when dizzy.

Your Opinion Is Needed

By Linda Strange



SCR was contacted recently by the School Nurse for Pueblo School District 70, who's organizing a Wellness Day for district employees this August. A health fair is being planned, as part of the Wellness Day, and the Nurse wondered if our club would like to have a booth at the fair. The booth's purpose would be to talk about running, memberships, the club's mission, and races to passersby. Our club mission is to promote running and fitness in Southern Colorado, and by extension as a member of RRCA, running as a competitive sport and as healthful exercise. While races, donations and sponsorships have been the primary method of fulfilling our mission until now, it is worth discussing the merits of extending our message to the occasional public expo and allocating funds for this purpose, especially when we are sought out to do so.

As SCR club president Ken Raich has noted, SCR does not normally staff booths at conventions, etc. However, "I don't think it would be a bad thing to do," says Ken, "but we are just not currently set up to display posters, show videos, give out gifts, and the other normal stuff you see at a booth."

As Ken mentioned, key items necessary in the booth are: a couple of display boards, one with

information about SCR races, a race calendar, and maybe pictures from races; some newsletters; membership forms with a small easel board about the benefits; t-shirts from different races; a banner; and maybe a drawing to win a free entry into an upcoming race. Giveaway ideas could include: protein bars (maybe donated by a local store?), car stickers with running slogans/images, cheap water bottles, maybe even free t-shirts leftover from past races.

I could help get together the display boards and other items for the booth, if someone else could setup/teardown & work the fair for the morning on August 12. The question is - should the club invest in the promotional materials required to staff a booth at an expo or convention, and recruit some members to staff it? Please respond with your opinion to the listserve email or to myself via phone or email (676-4118 or lindastrange@hotmail.com) as soon as possible. Thanks!

(Minutes, Continued from page 2)

SCR Banquet: Linda Strange was not able to attend, but prepared a spreadsheet that compared the costs of four potential hosting facilities. The spreadsheet was distributed to all attendees and generated quite a bit of discussion. It became apparent that the Banquet Committee needs to organize and resolve several issues. Ken will send an Email to Linda and potential committee members requesting they organize, meet, and present their agreements at the next SCR meeting. **SCR Picnic:** The picnic will take place on August 23rd at Pueblo Mountain Park. Jeff Arnold will order the food and reserve the ball field early in the day. Dave and Stacey Diaz will bring the food and beer. Don and Lois Pfost will bring the soft drinks. And Jacqueline Wall will organize the children's games.

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

Respectfully submitted: *Ken Raich*





Birthdays & Other Events

August

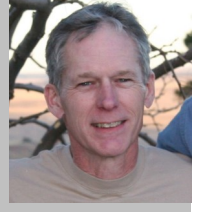
- 1 Frank Aragon
Francis Scott Key* (228)
- 3 Tom Ratzlaff
David Sorenson
Tom Brady* (30)
- 4 James Schwarzenberger
Louis Armstrong* (106)
- 5 Jerica Khosla
Jace Khosla
Neil Armstrong* (71)
- 6 Kerry Meier
Mary Rudolf
Lucille Ball* (96)
- 9 Dave Diaz
Sam Elliot* (63)
- 11 Ron Dehn
Alex Haley* (86)
- 12 Ross Westley
Pete Sampras* (36)
- 13 Don Learned
Alfred Hitchcock* (108)
- 14 Gus Appenzeller
Steve Martin* (62)
- 16 Jeff Arnold
Kathie Lee Gifford* (54)
- 17 Len Gregory
Paul Vorndam
Davy Crockett* (221)
- 18 Melanie Hughes
Robert Redford* (71)
- 22 State Fair Begins
- 23 Brian Ropp
Gene Kelly* (95)
- 24 Cheryl Cook-McCoy
Lou Huie
George Slaughter
Cal Ripken Jr* (47)
- 27 Carol McEnulty
Mother Teresa* (97)
- 30 Matthew Drake
Jack Black* (38)
- 31 Henry Hund
Dwight Martinez
Frank Robinson* (72)

*honorary SCR member

Runnin' the Trails

by Paul Vorndam

Are You a Real Trail Runner?



Take this quiz and find out!

1. What color are your running shoes?
 - a. Gold (like Michael Johnson!)
 - b. Red
 - c. White
 - d. Blue
 - e. Brown
2. If you take it in, you:
 - a. finish fast
 - b. fall
 - c. fetch the newspaper
 - d. run indoors
3. If you do the Round Trip and don't take it in:
 - a. you're skilled
 - b. you have strong ankles
 - c. you were a wimp
 - d. you can't answer #2 correctly
4. Treeline is
 - a. where the trees begin
 - b. where the oxygen ends
 - c. before A Frame
 - d. about half way time-wise on the Peak
5. A PLB is
 - a. a Pretty Large Butt
 - b. a Personal Locator Beacon
 - c. a Personal Locator Butt
 - d. a Prefrontal LoBotomy

6. Giardia is
 - a. a pretty orange and red flower
 - b. a disease you get because you're out of water and you just came to a really nice stream
 - c. an airport in New York
 - d. the bane of the oil companies because you're never out of gas.
7. AMS is
 - a. A Cute Mountain Sickness
 - b. Acute Mountain Sickness
 - c. A Mental Sickness (trail running)
 - d. Average Mile Speed
8. The three Rs:
 - a. Reading, wRiting and arithmetic
 - b. Rivers, Ridges and Ravines
 - c. Rest, Rest and more Rest
 - d. Roots, Rocks and Ruts

Answers: 1e,2b,3c,4b,5b,6b,7b,8d

#correct 0-2, Watch out for those cars! 3-4, OK, so you run the river "trail" once in a while! 5-6 You've had training, Mayonaise! 7-8, You're ready for Leadville!

Coming next month: Learn the Shocking Truth About Rocky! Is his Taser offer just a current fad? Watt if he gives you the first Taser for free; is it just a Taser Teaser?



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

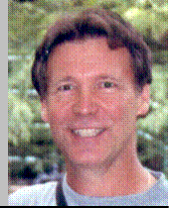
president@socorunners.org,
secretary@socorunners.org,
treasurer@socorunners.org,
membership@socorunners.org,
newsletter@socorunners.org,
calendar@socorunners.org,
predict@socorunners.org,
webmaster@socorunners.org



Ramblin'

by Ron Dehn

(un) Easy Rider, Part II



Note: This is the 2nd of a two-part series. If you missed Part 1, it was simply a description of how a novice cyclist, who started out on a family outing, ended up attempting the Santa Fe Century last May.

We arrived at the start line at 7am. This looked a lot different than the start of a run. What's up with this? Cyclists start whenever they want? If runners did that, I might actually win a race by starting 3 hours before everyone else.

The first few miles were on the outskirts of Santa Fe. I found out that (my brother-in-law) Lee's claim of being slow is relative. I was able to keep up with him for a while because of a few red lights at the intersections. Once we hit the open spaces, I rode right behind him for about 6 miles. For 2 more miles, he was within sight. I had set a goal of riding a metric century (62 miles), and I knew that was not going to happen unless I slowed my pace, so I watched Lee go out of sight.

The first part of the Santa Fe century is wonderful. It is mostly downhill. In spite of not being able to keep up with Lee, I felt pretty good. I was having considerable aching in my neck, shoulders and butt, but my legs felt good, and I was energized by the hundreds of other riders that were on the course. I averaged 19 mph for the first 23 miles. I actually began to think that I might complete the century. Then – an uphill. Hmm... 8mph?

The first rest stop was at 26 miles, and was I looking forward to it. My neck and butt definitely needed a rest. And my feet were numb. Wow – they had lots of food. And people are just sitting around socializing. At a water stop, runners might slow down to grab a drink, but these people are sitting down and visiting. After just a few minutes of stretching, massaging my feet, and partaking in the food fest, I felt pretty good again. The next rest stop was just before

“Heartbreak Hill”, another 14 miles. I figured that these people probably exaggerate. At the Bolder Boulder they have this little hill just before finish. They call it Heartbreak Hill too, and it's a piece of cake. I suspect cyclists embellish too.

I stopped to get food, water, and sunscreen at the stop just before Heartbreak Hill. It didn't look too bad, and I actually asked another rider if the hill up ahead was it. My neck and butt really needed the break. I stretched and walked around. These rest stops are pretty cool. My goal was distance and not speed, so I took my time. Then I began the ascent up the hill that didn't look too bad. Hmm... about a third of the way up, I joined the “Walker's Club”. They didn't exaggerate after all.

The really nice thing about going up a steep hill is that you eventually get to go downhill. Wow – I was flying. I was going 30+ mph with not much effort and hit 37 at one point. That is about 10 mph faster that I had ever gone on a bike. It was fun, but a bit scary.

I took advantage of every rest stop. My rests were getting longer and longer. More muscles were aching, but my neck and butt were beginning to scream at me. I stretched and stretched, and stretched. I ate and took another Aleve. I also drank a lot of water and Gatorade.

Before the ride, I told my wife Chris that I was hoping to make the Stanley food stop (64 miles) where she would pick me up. The Cedar Grove rest stop was at 49 miles. It was starting to get a bit warmer, and the sun must have been cooking my brain because I called Chris and told her I might continue after Stanley, and told her not to wait for me there.

A bit before the Stanley rest stop, my odometer passed 62 miles. I had made my goal, I could quit at Stanley and call it a success. One phone call, and I

would be in an air conditioned car. But – I wondered. How far could I push this? I was about to find out.

Just before Stanley, the course turned to the north. There was a breeze coming from the north, but I was soon at the stop eating, drinking, and stretching. I called Chris to tell her I was going to shoot for the Galisteo stop – 82 miles.

My Stanley stop was shall we say, extended. I chatted with one of the locals who told me that it is much better to start early. You avoid the heat and the wind. Wind? This was just a breeze when I stopped.

The elevation chart showed a 200 foot drop between Stanley and Galisteo. The space between consists of rolling hills – one after another. I was on the bike for about 10 seconds and realized that the former breeze was now a full scale wind. The first of the rolling hills followed quickly. My speedometer was now showing 6 and 7 mph speeds. A group of three cyclists passed me and I got behind them. I have almost zero experience drafting, but thought I'd give it a try. It seemed to help. I was able to keep up with them for about a mile. I was simply too tired. My speed ranged from 5 mph to an occasional 8. I stopped to rest.

The pattern continued. I was now going 4 to 5 mph and everything hurt. I stopped along side the road again to catch my breath. And again, and again. There was a SAG wagon along side the road the 4th time I stopped. I asked how far to Galisteo as they filled my water bottle. They pointed out a white roof in the distance, and told me that I had 4 more miles. I figured, if I could see Galisteo, I could make it there. I also knew that I was going no farther. If Chris was there - great. If not – I'd wait until she got there. I was cooked. It was a very long 4 miles.

(Continued on page 17)



Predictions

by Jim Robinson

Belmont Butt Buster 5.0 mile Prediction Run



The fifth race of the 2008 prediction series was held on Sat. June 21st and hosted at the home of Vince and Gina Benfatti. Gina and Vince always go to an extra effort to put on a quality event from marking the hilly five mile course to welcoming everyone into their house to a nice post race breakfast. I was impressed with several individuals that were at this race.

Jan and Lou Huie, are a very dedicated running couple from Colorado Springs and both ran excellent times. Lou finishing only 10 seconds off his predicted time. Matthew Drake a talented Pueblo West runner was the first overall runner with a time of 30 minutes and

10 seconds. A young runner from Canon City, Shayne Taylor, is one to watch next year as he will be a sure to be stand out high school runner in the future. Jim Austin came down from Westcliffe. Jim is a runner with a great attitude towards running and is very interesting to talk to.

Hilda Olivas and Jessie Quintana finished 1st and 2nd overall with prediction times of only 8 seconds off their prediction times. This was a relaxing fun event this year and everyone really seemed to enjoy themselves.

Belmont Butt Buster Results

| 16 Name | Predict | Actual | Variance | Points |
|---------------------|---------|------------|----------|--------|
| 1 Hilda Olivas | 55:00 | 55:07.53 | 0:07.53 | 100.00 |
| 2 Jessie Quintana | 55:00 | 55:08.06 | 0:08.06 | 93.75 |
| 3 Lou Huie | 38:15 | 38:04.60 | 0:10.40 | 87.50 |
| 4 Nina Gonzales | 52:15 | 51:39.54 | 0:35.46 | 81.25 |
| 5 Jan Huie | 42:50 | 43:26.67 | 0:36.67 | 75.00 |
| 6 Wendy Garrison | 50:00 | 49:21.16 | 0:38.84 | 68.75 |
| 7 Matthew Drake | 29:20 | 30:10.20 | 0:50.20 | 62.50 |
| 8 Carlos Rivera | 44:00 | 42:59.88 | 1:00.12 | 56.25 |
| 9 Joe Bulow | 44:00 | 42:58.87 | 1:01.13 | 50.00 |
| 10 Shawn Loppnow | 38:08 | 36:05.95 | 2:02.05 | 43.75 |
| 11 Paulette Arns | 59:12 | 1:01:31.10 | 2:19.10 | 37.50 |
| 12 Aaron Levinson | 35:30 | 33:10.88 | 2:19.12 | 31.25 |
| 13 Emily Batson | 42:30 | 39:40.92 | 2:49.08 | 25.00 |
| 14 Shayne Taylor | 39:31 | 35:54.15 | 3:36.85 | 18.75 |
| 15 Michelle Francis | 53:41 | 49:08.64 | 4:32.36 | 12.50 |
| 16 Jim Austin | 1:01:20 | 1:13:47.75 | 12:27.75 | 6.25 |

Predict Series Standings (Top 25)

| Name | Spg | Rams | Ben & Matt's | Yap Dog | Butt Bstr | Tot Pts |
|------------------|-------|-------|--------------|---------|-----------|---------|
| Jeff Chowning | 94.23 | 90.00 | 39.13 | 80.95 | | 304.31 |
| Shawn Loppnow | 90.38 | 100 | | 61.90 | 43.75 | 296.03 |
| Wendy Garrison | 98.08 | | 60.87 | 57.14 | 68.75 | 284.84 |
| Donald Moore | 48.08 | 25.00 | 100 | 85.71 | | 258.79 |
| Rich Hadley | | 85.00 | 78.26 | 90.48 | | 253.74 |
| Diana Tiffany | 50.00 | | 95.65 | 76.19 | | 221.84 |
| Larry Volk | 55.77 | | 65.22 | 100 | | 220.99 |
| 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 |
| Paulette Arns | | 20.00 | 47.83 | 71.43 | 37.50 | 176.75 |
| Bill Veges | 88.46 | | 73.91 | | | 162.37 |
| Jessie Quintana | 44.23 | 15.00 | | | 93.75 | 152.98 |
| Emily Batsen | 42.31 | 60.00 | | 9.52 | 25.00 | 136.83 |
| Don Pfost | 53.85 | 80.00 | | | | 133.85 |
| Dave Diaz | 84.62 | | 34.78 | | | 119.40 |
| 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 |
| Hilda Olivas | | | | | 100 | 100.00 |
| Greg Gauna | 96.15 | | | | | 96.15 |
| Brian Ropp | | 65.00 | 30.43 | | | 95.43 |
| Mark Koch | | 95.00 | | | | 95.00 |
| Shayne Taylor | | 75.00 | | | 18.75 | 93.75 |

The volunteers for the Belmont Butt Buster were:
 Race Director: Gina and Vince Benfatti, Finish:
 Helen Robinson, Bob Drake, Results: Jim Robinson

The 2008 Little Run on the Prairie

by Len & Lori Gregory



Small but mighty. Such was the Little Run on the Prairie in Pueblo

West in mid-June. The relatively modest turnout of 36 runners and walkers did not detract from the considerable success of the event, whether measured in terms of competition, individual participation or family togetherness.

Yes, a few of the usual speed merchants were on hand, giving one another something to shoot for at the head of the pack. In this category, overall male and female winners were Justin Ricks (16:50) and Barbara Smith (26:13).

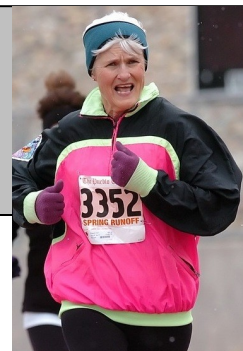
But the most important reasons for holding such community events should be to promote healthy outdoor activity among the population in general and to give kids their first real taste of athletic accomplishment. And here is where the Little Run -- precisely because of its small scale -- was so inspirational.

Whereas the family flavor tends to get lost at the larger, more intensely competitive races, this was an opportunity to witness -- up close and personal -- how very much it means to an impres-

sionable youngster to win a medal and public recognition in the company of mom and dad. And it was a special chance, at the less crowded finish line, to share the utter joy of a first-time runner or walker reaching such an important individual goal.

Well, OK, no race is perfect, and this one had its normal quota of mix-ups. Granted, all but one of the walkers failed to be directed at the proper turn onto the walk course, which meant that their planned 2k trudge inadvertently was transformed into 5ks of good exercise. And it is true that race volunteers were required to ...um ... force the lock on the gate to the track at Lovell Park, so that competitors could complete the course as planned. But the chief hammer wielder, a certain well-known former runner currently masquerading as an elite master swimmer, need not worry. His secret is safe with Footprints.

All in all, minor misdemeanors notwithstanding, it was a wonderful day in the life of Pueblo West, the running/walking community, and the recipient of the race proceeds, St. Paul's Catholic Church building fund.



LROP Results

| Pl | Last | First | Time | Sex | Div | R/W |
|----|-------------|-----------|-------|-----|-------|------|
| 1 | Ricks | Justin | 16:50 | M | 20-29 | R OA |
| 2 | Cernoia | Michael | 17:54 | M | 15-19 | R |
| 3 | Drake | Matt | 18:13 | M | 15-19 | R |
| 4 | Loppnow | Shawn | 20:23 | M | 40-49 | R |
| 5 | Guy | Matt | 21:08 | M | 30-37 | R |
| 6 | Hill | Jacob | 23:23 | M | 15-19 | R |
| 7 | Smith | Rusty | 23:41 | M | 40-49 | R |
| 8 | Gassen | Bob | 24:38 | M | 60-69 | R |
| 9 | Hughes | Ken | 25:15 | M | 30-39 | R |
| 10 | Sanchez | Michael | 25:32 | M | 40-49 | R |
| 11 | Smith | Barbara | 26:13 | F | 40-49 | R OA |
| 12 | Brentlinger | Nelson | 27:13 | M | 40-49 | R |
| 13 | Sammons | Tamala | 27:27 | F | 30-39 | R |
| 14 | Smith | Andrew | 28:22 | M | 9-14 | R |
| 15 | Vargas | Felix | 28:48 | M | 15-19 | R |
| 16 | Leyva | Jeff | 29:10 | M | 30-37 | R |
| 17 | Smith | Caleb | 30:24 | M | 9-14 | R |
| 18 | Smith | Joshua | 30:33 | M | 0-8 | R |
| 19 | Chamberlain | Virginia | 30:55 | F | 80+ | W |
| 20 | Quintana | Jessie | 31:48 | F | 60-69 | R |
| 21 | Sanchez | Kristina | 31:60 | F | 30-39 | R |
| 22 | Harriman | Margo | 34:09 | F | 40-49 | R |
| 23 | Ricks | Malachi | 35:01 | M | 0-8 | R |
| 24 | Sanchez | Cathryn | 35:05 | F | 40-49 | R |
| 25 | Smith | Ashley | 36:33 | F | 9-14 | R |
| 26 | Vargas | Rosalinda | 36:57 | F | 0-8 | R |
| 27 | Vargas | Marilyn | 37:09 | F | 40-49 | R |
| 28 | Ricks | Kylah | 39:55 | F | 0-8 | R |
| 29 | Sanchez | Marquita | 40:03 | F | 50-59 | W |
| 30 | Rios | Ana | 40:05 | F | 9-14 | W |
| 31 | Rios | David | 40:39 | M | 40-49 | W |
| 32 | Solano | Julia | 42:14 | F | 60-69 | W |
| 33 | Vargas | Meno | 42:15 | M | 0-8 | W |
| 34 | Vargas | Jaylen | 42:15 | F | 9-14 | W |
| 35 | Quintana | Robert | 43:06 | M | 60-69 | W |
| 36 | Macchietto | Georgia | 46:18 | F | 60-69 | R |

The Smith Family made up 1/6 of the runners in the LROP

And all of them walked away with medals!!!

Those pictured are Rusty & Barbara, (the two older ones) and Ashley, Andrew, Caleb, and Joshua.

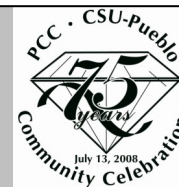


THANK YOU LROP volunteers: Race Director: Lori Gregory, Registration-Martha Drake, Sylvia Cernoia, Sheryl Hill, Jacob & Brice. Course Marshals-Len Gregory, Bob & Martha Drake, Chris Pettigrew, Travis Hackley, Marguerita Ochoa-Smith, Larry & Sylvia Cernoia. Finish line-Ron Dehn, Cecil Townsend, Terry Cathcart, Paulette Arns. Lead bike-John McWilliams. Cleanup-Larry Cernoia. Special thanks to Jessie and Bob Quintana for bringing donuts!



The PCC / CSU-Pueblo 75 Year Celebration

(Continued from Cover)



On July 13th, PCC and CSU-Pueblo threw a party, and a whole lot of Pueblo showed up to celebrate. They planned lunch for 1,000 and word was that they were scraping the bottom of the barrel to feed the crowds. And that doesn't count the before and after lunch bunch.

Pueblo was celebrating 75 years of higher education in our city. The celebration included health exhibits, a car show, an art show, a climbing wall, bike rides, tons of live entertainment, educational booths, community booths, historical exhibits, more food, various competitions and ceremonies, and a 7.5k run / 2 mile walk to kick off the day.

Eighty-six runners ran the out-and-back 7.5k (approx 4.66 miles) course which started on Orman Avenue in front of PCC and wound its way through City Park. Thirty-three walkers completed the 2 mile route. Runners and walkers then joined hundreds of others at the pancake breakfast.

Lois Pfof created beautiful wood turned awards in the shape of a diamond for the first overall male and female runners in both the under and over 40 age divisions.

We don't have the names of all those who volunteered to put this race together, but here's the list of volunteers at press time: Race Director: Julie Deherrera, Course: Jeff Arnold, Results & tons of assistance: Ken & Pixie Raich, Finish: Lois & Don Pfof, Paul LaBar, Paulette Arns, Gary Franchi, Strider Swope, Ron Dehn, Photographer: Larry Volk, Lead Bike: Joe Garcia, Water Stop Coordinator: Ross Barnhart, Sweep Bike: Cindy Montaneri, Awards Presentation: J.D. Garvin, Joe Garcia, Course Marshalls: Volunteers from PCC & CSU-Pueblo, Awards for OverAll winners: Lois Pfof, Logistics, Traffic Control, Awards, T-shirts, Artwork and Fine Details: PCC & CSU-Pueblo Staffers including: Dan Gallegos, Jamie Manzanares, Erin Ragulsky, Becky Coffrin, Kim Boysen, Jim Bowman, Trisha Macias, & the list goes on...

7.5k Run Results

| Pl | Time | Name | | Sx | Ag | Pl | Time | Name | | Sx | Ag |
|----|-------|-----------|--------------|----|----|----|---------|-----------|------------|----|----|
| 1 | 27:37 | Matthew | Drake | M | 19 | 54 | 42:09 | Martha | Drake | F | 54 |
| 2 | 29:01 | Aaron | Levinson | M | 19 | 55 | 42:58 | Nina | Gonzales | F | 26 |
| 3 | 29:43 | Isaac | Abila | M | 17 | 56 | 43:59 | Eileen | Baracz | F | 60 |
| 4 | 29:47 | Robert | Lucero | M | 37 | 57 | 44:32 | Kristina | Sanchez | F | 36 |
| 5 | 31:09 | Mark | Gurule | M | 46 | 58 | 44:49 | Katherine | Singer | F | 67 |
| 6 | 32:59 | Adam | King | M | 32 | 59 | 45:00 | Karen | Jones | F | 46 |
| 7 | 33:13 | Matthew | Comden | M | 22 | 60 | 46:20 | Judy | Feinsinger | F | 33 |
| 8 | 33:20 | Bill | Veget | M | 50 | 61 | 46:50 | Dan | Comden | M | 54 |
| 9 | 33:36 | Lindsey | Book | F | 25 | 62 | 47:07 | Rhonda | Uber | F | 43 |
| 10 | 33:47 | Paula | McCabe | F | 35 | 63 | 47:36 | Malcom | Singer | M | 67 |
| 11 | 33:51 | Charlie | Lucero | M | 12 | 64 | 47:53 | Eugene | Aguilar | M | 53 |
| 12 | 33:54 | Lou | Huie | M | 61 | 65 | 48:01 | Toni | Fernandez | F | 8 |
| 13 | 33:57 | Marv | Bradley | M | 69 | 66 | 48:02 | Adriana | Arteaga | F | 27 |
| 14 | 34:00 | Michael | Orendorff | M | 56 | 67 | 48:03 | Robert | Gonzales | M | 42 |
| 15 | 34:19 | Anthony | Nicola | M | 19 | 68 | 48:25 | Jude | LaFollette | F | 55 |
| 16 | 34:23 | Nathan | Fernandez | M | 32 | 69 | 48:32 | James | Amos | M | 40 |
| 17 | 34:29 | Derrick | McCabe | M | 37 | 70 | 48:40 | Jennifer | Patel | F | 24 |
| 18 | 34:36 | Chester | Haddan | M | 41 | 71 | 49:00 | Jimmy | Taylor | M | 41 |
| 19 | 34:49 | Shane | Cordova | M | 41 | 72 | 49:23 | Michael | Ortiz | M | 39 |
| 20 | 34:52 | James | Robinson | M | 57 | 73 | 49:46 | Clayton | Berger | M | 13 |
| 21 | 34:55 | Manny | DeYoung | M | 46 | 74 | 50:05 | Jessie | Quintana | F | 64 |
| 22 | 35:07 | Emily | Batson | F | 31 | 75 | 50:14 | Donna | Gutierrez | F | 39 |
| 23 | 35:25 | Robert | Santoyo | M | 46 | 76 | 50:35 | David | Cockrell | M | 58 |
| 24 | 35:26 | Rick | Macias | M | 48 | 77 | 51:53 | Marilyn | Vargas | F | 44 |
| 25 | 35:27 | Jeremy | Hayes | M | 27 | 78 | 52:24 | Shanearae | Cordova | F | 8 |
| 26 | 35:28 | Chris | Holley | M | 33 | 79 | 52:29 | Barbara | Hadley | F | 54 |
| 27 | 35:30 | Tom | Ratzlaff | M | 47 | 80 | 52:31 | Fred | Stultz | M | 61 |
| 28 | 36:08 | Bob | Gassen | M | 61 | 81 | 54:25 | Tyrus | Escalante | M | 38 |
| 29 | 36:11 | Carol | Kinzy | F | 60 | 82 | 54:38 | Jennifer | Esquibel | F | 30 |
| 30 | 36:20 | Jerica | Khosla | F | 16 | 83 | 59:10 | Nancy | Mitrick | F | 65 |
| 31 | 36:30 | Rocky | Khosla | M | 49 | 84 | 1:07:27 | Andrew | Berger | M | 11 |
| 32 | 36:35 | Karen | Ortiz | F | 44 | 85 | 1:07:29 | Kathy | Wilson | F | 40 |
| 33 | 36:41 | Rusty | Smith | M | 41 | 86 | 1:07:30 | John | Vukich | M | 51 |
| 34 | 36:44 | Nancy | Musso | F | 38 | 87 | 1:07:42 | Catherine | Berger | F | 33 |
| 35 | 37:53 | Kevin | Hughes | M | 8 | | | | | | |
| 36 | 38:17 | Mary | Humphreys | F | 45 | | | | | | |
| 37 | 38:22 | Ken | Hughes | M | 38 | | | | | | |
| 38 | 39:04 | Carmen | Brown Cosenc | F | 42 | | | | | | |
| 39 | 39:06 | Catherine | Gomez | F | 52 | | | | | | |
| 40 | 39:12 | Juanita | Peters | F | 47 | | | | | | |
| 41 | 39:36 | Tamra | Taylor | F | 38 | | | | | | |
| 42 | 39:38 | Felix | Vargas | M | 16 | | | | | | |
| 43 | 39:48 | Jan | Huie | F | 59 | | | | | | |
| 44 | 40:18 | Hilary | Gagliardi | F | 34 | | | | | | |
| 45 | 40:40 | Marus | Gurule | M | 14 | | | | | | |
| 46 | 40:41 | Carol | Brimmeier | F | 56 | | | | | | |
| 47 | 41:29 | Linda | Strange | F | 38 | | | | | | |
| 48 | 41:45 | Tamsin | Clark | F | 36 | | | | | | |
| 49 | 41:47 | Gypsy | Kelso | F | 37 | | | | | | |
| 50 | 41:51 | Alice | Fitzgerald | F | 46 | | | | | | |
| 51 | 41:53 | Michelle | Francis | F | 36 | | | | | | |
| 52 | 42:07 | Thomas | Coseno | M | 58 | | | | | | |
| 53 | 42:08 | Debbie | Gurule | F | 44 | | | | | | |



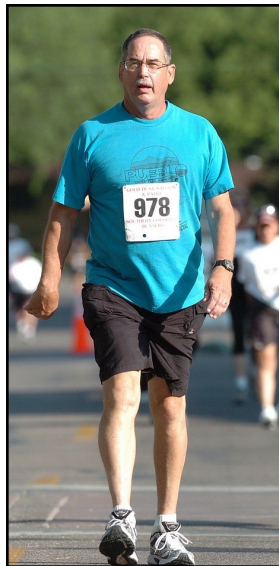
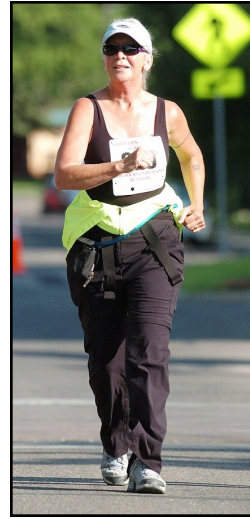


The PCC / CSU-Pueblo Community Celebration Walk Results & Photo Collage



2-Mile Walk Results

| Pl | Time | Name | Sx | Ag |
|----|-------|-------------------------|----|----|
| 1 | 25:29 | Robert Quintana | M | 65 |
| 2 | 28:13 | Cleo Zarr | F | 56 |
| 3 | 28:13 | Jay Zarr | M | 56 |
| 4 | 28:29 | Dennis Trujillo Johnson | M | 55 |
| 5 | 28:32 | Robert Drake | M | 56 |
| 6 | 28:46 | Shirley Carey | F | 46 |
| 7 | 28:46 | Denise Ruybal | F | 39 |
| 8 | 28:51 | Jacquie Waller | F | 20 |
| 9 | 28:52 | Ginny Casida | F | 59 |
| 10 | 29:25 | Theresa Bachicha | F | 46 |
| 11 | 29:40 | Jon Brude | M | 46 |
| 12 | 31:08 | Cynthia Ayala | F | 48 |
| 13 | 31:09 | Earl Cowley | M | 70 |
| 14 | 31:33 | Paula Eberhardt | F | 60 |
| 15 | 31:34 | Nichole Burke | F | 36 |
| 16 | 32:09 | Andy McKinstry | M | 51 |
| 17 | 32:10 | Julie Falletta | F | 47 |
| 18 | 33:35 | Deb Jones | F | 54 |
| 19 | 33:51 | Kerry Roman | F | 35 |
| 20 | 34:05 | Vickie Gallegos | F | 50 |
| 21 | 34:29 | Marvin Jones | M | 64 |
| 22 | 34:29 | Bea Jones | F | 63 |
| 23 | 34:38 | Rosemary Breckenfelder | F | 54 |
| 24 | 34:38 | Steven Breckenfelder | M | 46 |
| 25 | 34:45 | Victoria Kampa | F | 51 |
| 26 | 34:47 | Shirley Haddan | F | 47 |
| 27 | 34:49 | Sandra Szabo | F | 52 |
| 28 | 34:59 | Ron Mestas | M | 51 |
| 29 | 35:56 | Sheila Fowler | F | 43 |
| 30 | 35:56 | Tina Sauer | F | 30 |
| 31 | 36:07 | Karen Peterson | F | 57 |
| 32 | 36:08 | Kit Brown | F | 52 |
| 33 | 36:10 | Mike Mittler | M | 38 |



Top Row
L to R

1st Walker
Robert Quintana

1st Female
Walker Cleo Zarr

1st Masters
Walker Jay Zarr

Left

Robert Drake

Paula Eberhardt

We really appreciate Larry Volk's donation of photos for our publication. If you would like to view and / or purchase any of the 374 photos that Larry took, visit the PCC / CSU-Pueblo section of the SCR homepage (www.socorunners.org) or go directly to the event pictures site:

www.eventpictures.com/app/event/viewEvent?eventInstanceId=15111

Larry takes photos at several races throughout the year and we hope some readers are taking advantage of the opportunity to purchase your race pics.

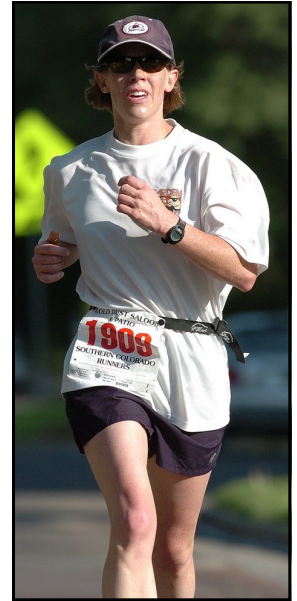
Also providing photos of this event:
Ross Barnhart and Gary Franchi

Race Start

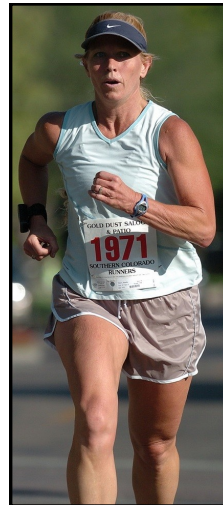




More Pics from The PCC / CSU-Pueblo 75 Year Community Celebration



L-R 1st & 2nd place finishers Matt Drake and Aaron Levinson, Derrick McCabe, Emily Batson



Left:

Mark Gurule, Tom Ratzlaff
Robert Santoyo, Juanita Peters

Below:

Karen Ortiz, Rhonda Uber
Kevin Hughes
Barbara Hadley, Jimmy Taylor





The Spirit Fest Results

June 14th on the Riverwalk



| Pl | Name | Ag | Sx | Time |
|----|--------------------|----|----|-------|
| 1 | Levi Medina | 21 | M | 16:33 |
| 2 | Ian Sturgeon | 29 | M | 20:07 |
| 3 | Aaron Levinson | 19 | M | 20:23 |
| 4 | Don Smith | 39 | M | 20:52 |
| 5 | Mark Gurule | 46 | M | 21:04 |
| 6 | John Roman | 63 | M | 21:49 |
| 7 | Nathan Fernandez | 31 | M | 22:00 |
| 8 | Jeremy Gregory | 24 | M | 22:01 |
| 9 | Chris Madison | 20 | M | 22:10 |
| 10 | Kelly Concho-Hayes | 29 | F | 22:14 |
| 11 | Jerry Kelly | 46 | M | 22:17 |
| 12 | Eric Griego | 25 | M | 22:25 |
| 13 | Frank Romero | 24 | M | 23:03 |
| 14 | Chief Reno | 46 | M | 23:03 |
| 15 | Chris Riley | 47 | M | 23:27 |
| 16 | Jose Manuel Flores | 42 | M | 23:52 |
| 17 | Manny DeYoung | 46 | M | 23:55 |
| 18 | Shawn Reid | 23 | M | 25:13 |
| 19 | Donald DiPrince | 58 | M | 25:29 |
| 20 | Robert Santayo | 46 | M | 26:11 |
| 21 | Mary Humphreys | 45 | F | 26:12 |
| 22 | Mike Garcia | 44 | M | 26:20 |
| 23 | Austin Bass | 13 | M | 26:34 |
| 24 | Catherine Gomez | 52 | F | 26:35 |
| 25 | BJ Byers | 26 | M | 26:42 |
| 26 | Hilary Gagliardi | 34 | F | 26:45 |
| 27 | Deanna Platt | 29 | F | 27:16 |
| 28 | Todd Kelly | 42 | M | 27:35 |
| 29 | James Husford | 44 | M | 27:37 |
| 30 | Tara Johnson | 33 | F | 28:00 |
| 31 | Lee Madison | 55 | M | 28:16 |
| 32 | Tommy Kail | 18 | M | 28:39 |
| 33 | Toni Fernandez | 7 | F | 29:03 |
| 34 | Debbie Gurule | 44 | F | 29:08 |
| 35 | Michelle Francis | 35 | F | 29:12 |
| 36 | Charity Krow | 27 | F | 29:31 |
| 37 | Nina Gonzales | 26 | F | 29:36 |
| 38 | Mikayla Sanchez | 20 | F | 30:46 |
| 39 | Eugene Aguilar | 53 | M | 30:48 |
| 40 | Mike Berumen | 46 | M | 31:07 |
| 41 | Kathryn Kettler | 64 | F | 31:32 |
| 42 | Roger Langer | 38 | M | 31:55 |
| 43 | Jaxon Garoutte | 7 | M | 31:56 |
| 44 | Dylan Shapiro | 9 | M | 32:00 |
| 45 | Dee Dee Medina | 31 | F | 32:03 |
| 46 | Ed Espinoza | 42 | M | 32:04 |
| 47 | Michelle Vigil | 40 | F | 32:05 |
| 48 | Reynalda Garoutte | 31 | F | 32:08 |
| 49 | Lucas Andrada | 7 | M | 32:12 |
| 50 | Remy Andrada | 25 | F | 32:12 |
| 51 | Joe Bower | 37 | M | 32:24 |
| 52 | Adreiana Artega | 26 | F | 32:41 |
| 53 | Robert Gonzales | 42 | M | 32:43 |
| 54 | Lillian Jones | 51 | F | 33:58 |



And... It is always appropriate and important that we thank our volunteers:
 Race Director: Hilbert Navarro, Finish Line: Paul LaBar, Pixie Raich, Registration: Ruth McDonald, Results: Ken Raich

| Pl | Name | Ag | Sx | Time |
|----|------------------|----|----|-------|
| 55 | Lilia Sprouse | 57 | F | 34:34 |
| 56 | Kevin Shapiro | 15 | M | 35:51 |
| 57 | Dennis Wait | 53 | M | 35:59 |
| 58 | Brian Bentz | 38 | M | 36:04 |
| 59 | Mona Langer | 39 | F | 37:35 |
| 60 | Kris Bower | 34 | F | 37:43 |
| 61 | Karri Brown | 33 | F | 37:59 |
| 62 | Jaden Brown | 10 | M | 38:01 |
| 63 | Neely Byers | 25 | F | 38:19 |
| 64 | Kyle Espinoza | 11 | M | 39:29 |
| 65 | Jae Ryan | 37 | F | 39:54 |
| 66 | Kim Mueller | 32 | F | 41:58 |
| 67 | Louise Samora | 54 | F | 42:33 |
| 68 | Lucas Espinoza | 8 | M | 42:34 |
| 69 | Dawn Bass | 39 | F | 43:44 |
| 70 | Nathan Bass | 15 | M | 47:43 |
| 71 | Kathy Santos | 31 | F | 48:21 |
| 72 | Kathy Shapiro | 44 | F | 48:37 |
| 73 | Kathleen DeFazio | 74 | F | 48:39 |
| 74 | Juanita Gonzales | 53 | F | 49:00 |

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 17.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 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 | |



Women's Distance Festival Results



5k Run Results

| Pl | Name | Ag | Grp | | Time | Pace |
|----|--------------------------|----|-----|-----------|-------|-------|
| | | | Pl | From | | |
| 1 | Kelly Concho-Hayes | 29 | OA | Nambe NM | 20:18 | 6:32 |
| 2 | Nicole Marie Vettese | 22 | 1 | Canon Cty | 20:26 | 6:35 |
| 3 | Robin Krueger | 39 | 1 | Pblo Wst | 20:50 | 6:42 |
| 4 | Sara Brooke Kettelkamp | 18 | 1 | Pueblo | 21:26 | 6:54 |
| 5 | Paula J McCabe | 35 | 2 | Pueblo | 21:38 | 6:58 |
| 6 | Theresa E Duran | 31 | 3 | Pueblo | 21:56 | 7:04 |
| 7 | Peggy Oreskovich | 45 | 1 | Pueblo | 22:20 | 7:11 |
| 8 | Stacey A Diaz | 47 | 2 | Pueblo | 22:36 | 7:17 |
| 9 | Carol Ann Kinzy | 60 | 1 | Pueblo | 22:44 | 7:19 |
| 10 | Ashlee M Romani | 21 | 2 | Florence | 22:44 | 7:19 |
| 11 | Martha Kettelkamp | 34 | 4 | Pueblo | 22:57 | 7:23 |
| 12 | Kallene M West | 29 | 3 | Pueblo | 23:05 | 7:26 |
| 13 | Jerica M Khosla | 16 | 2 | Pueblo | 23:46 | 7:39 |
| 14 | Jennifer Beauvais | 23 | 4 | Pblo Wst | 24:14 | 7:48 |
| 15 | Taylor H Lopez-Cepero | 12 | 1 | Pueblo | 24:27 | 7:52 |
| 16 | Laurice R Lopez-Cepero | 37 | 5 | Pueblo | 24:29 | 7:53 |
| 17 | Juanita Peters | 47 | 3 | BonCarbo | 24:48 | 7:59 |
| 18 | Mary B Humphreys | 45 | 4 | Pblo Wst | 25:01 | 8:03 |
| 19 | Linda A Strange | 38 | 6 | Rye | 25:22 | 8:10 |
| 20 | Tricia Davis | 57 | 1 | Raton NM | 25:29 | 8:12 |
| 21 | Carmen K Brown Coseno | 42 | 5 | La Veta | 25:39 | 8:15 |
| 22 | Deanna J Platt | 29 | 5 | Pblo Wst | 25:53 | 8:20 |
| 23 | Mary E Butler-Sisroy | 43 | 6 | Pueblo | 26:11 | 8:26 |
| 24 | Becky Medina | 38 | 7 | Pueblo | 26:50 | 8:38 |
| 25 | Carol M Brimmeier | 56 | 2 | Trinidad | 26:51 | 8:39 |
| 26 | Martha L Drake | 54 | 3 | Pblo Wst | 27:03 | 8:42 |
| 27 | Debbie A Gurule | 44 | 7 | Pueblo | 27:08 | 8:44 |
| 28 | Lisa Elaine Engel | 38 | 8 | Colo Spgs | 27:11 | 8:45 |
| 29 | Gypsy Aurora Kelso | 37 | 9 | Penrose | 27:15 | 8:46 |
| 30 | Laurel Elizabeth Wright | 50 | 4 | Pueblo | 27:34 | 8:52 |
| 31 | Shawna L Nunez | 35 | 10 | Pueblo | 27:35 | 8:53 |
| 32 | Elisha Tucci | 30 | 11 | Pueblo | 28:06 | 9:03 |
| 33 | Nina S Gonzales | 26 | 6 | Pblo Wst | 28:12 | 9:05 |
| 34 | Michelle Macias | 26 | 7 | Pueblo | 28:14 | 9:05 |
| 35 | Kristie Dorwart | 31 | 12 | Pueblo | 28:47 | 9:16 |
| 36 | Deb Hadley | 51 | 5 | Florence | 28:48 | 9:16 |
| 37 | Sheri L Tiller | 40 | 8 | Pblo Wst | 28:50 | 9:17 |
| 38 | Jennifer Lynn Gale | 25 | 8 | Pueblo | 28:55 | 9:19 |
| 39 | Hilda Lucille Oliv as | 52 | 6 | Pueblo | 28:58 | 9:19 |
| 40 | Laura Green | 47 | 9 | Canon Cty | 29:08 | 9:23 |
| 41 | Maria-Elena Weaver | 48 | 10 | Canon Cty | 29:11 | 9:24 |
| 42 | Donna Gutierrez | 39 | 13 | Pueblo | 29:27 | 9:29 |
| 43 | Patricia A Cisneros | 45 | 11 | Pblo Wst | 29:37 | 9:32 |
| 44 | Becki Vettese | 50 | 7 | Canon Cty | 29:45 | 9:35 |
| 45 | Jessica M Sisneros | 26 | 9 | Pueblo | 29:46 | 9:35 |
| 46 | Kerri Lynn Lonnerberg | 28 | 10 | Pueblo | 30:11 | 9:43 |
| 47 | Mary Crookshank | 45 | 12 | Colo Spgs | 30:17 | 9:45 |
| 48 | Kaylene Khosla | 10 | 2 | Pueblo | 30:26 | 9:48 |
| 49 | Samantha Besse Hernandez | 27 | 11 | Pueblo | 30:57 | 9:58 |
| 50 | Jessie M Quintana | 64 | 2 | Pblo Wst | 31:13 | 10:03 |
| 51 | Jan A Dudley | 53 | 8 | Pueblo | 31:45 | 10:13 |
| 52 | Kris Bower | 34 | 14 | Pblo Wst | 32:57 | 10:36 |

| Pl | Name | Ag | Grp | | Time | Pace |
|----|--------------------|----|-----|----------|-------|-------|
| | | | Pl | From | | |
| 53 | Cathryn L Sanchez | 46 | 13 | Pblo Wst | 33:46 | 10:52 |
| 54 | Marquita Sanchez | 57 | 9 | Pblo Wst | 34:28 | 11:06 |
| 55 | Ashley A Garrison | 10 | 3 | Pueblo | 36:23 | 11:43 |
| 56 | Wendy A Garrison | 41 | 14 | Pueblo | 36:23 | 11:43 |
| 57 | Dana A Andrak | 39 | 15 | Pueblo | 36:36 | 11:47 |
| 58 | Kellie M Avila | 37 | 16 | Pueblo | 36:44 | 11:49 |
| 59 | Nancie Laree Biery | 50 | 10 | Pueblo | 37:12 | 11:58 |
| 60 | Jae Lynn Ryann | 37 | 17 | Pueblo | 37:27 | 12:03 |
| 61 | Roberta Reyes | 30 | 18 | Lamar | 40:46 | 13:07 |
| 62 | Kim Mueller | 32 | 19 | Pblo Wst | 40:50 | 13:08 |
| 63 | Kerry Roman | 35 | 20 | Pueblo | 45:49 | 14:45 |

5K Walk Results

| | | | | | | |
|----|-------------------------|----|---|-----------|-------|-------|
| 1 | Paulette A Arns | 55 | 1 | Pblo Wst | 34:48 | 11:12 |
| 2 | Carla L Beauvais | 47 | 1 | Pblo Wst | 34:50 | 11:13 |
| 3 | Sandy Messick | 49 | 2 | La Junta | 42:09 | 13:34 |
| 4 | Wendy K Peabody | 29 | 1 | La Junta | 42:09 | 13:34 |
| 5 | Krystal Cox | 22 | 2 | Pueblo | 44:44 | 14:24 |
| 6 | Jamie Murray | 42 | 3 | Canon Cty | 45:08 | 14:32 |
| 7 | Michelle M Taylor | 39 | 1 | Canon Cty | 45:08 | 14:32 |
| 8 | Maria C Fieth | 45 | 4 | Canon Cty | 45:40 | 14:42 |
| 9 | Christie L Loeber | 35 | 2 | Canon Cty | 45:40 | 14:42 |
| 10 | Beverly Jean Van Cleave | 58 | 1 | Pblo Wst | 46:39 | 15:01 |
| 11 | Diana J Quattlebaum | 49 | 5 | Florence | 48:15 | 15:32 |
| 12 | Connie Buy nar | 46 | 6 | Pueblo | 55:10 | 17:45 |
| 13 | Christa Phillips | 65 | 1 | Pueblo | 55:11 | 17:46 |
| 14 | Dawn M Merryman | 41 | 7 | Pblo Wst | 55:12 | 17:46 |
| 15 | Tina Cox | 40 | 8 | Pueblo | 55:12 | 17:46 |
| 16 | Lois H Pfost | 66 | 2 | Pueblo | 55:46 | 17:57 |
| 17 | Bea F Jones | 63 | 3 | Pueblo | 55:46 | 17:57 |



Kelly Concho-Hayes led the ladies in this year's WDF by running at a 6:32 pace over the 5k course in Pueblo's City Park

Women's Distance Festival Photo Collage



**We thank the WDF
volunteers!!!**

Race Director: Diana Tiffany, Course:
Dave Diaz, Lead Bike: Jim Dudley,
Finish Line: Don & Lois Pfost, Bill
Vege, Registration: Ruth McDonald,
Mary Rudolf, Refreshments: Wendy
& Ashley Garrison, Results: Ken &
Pixie Raich

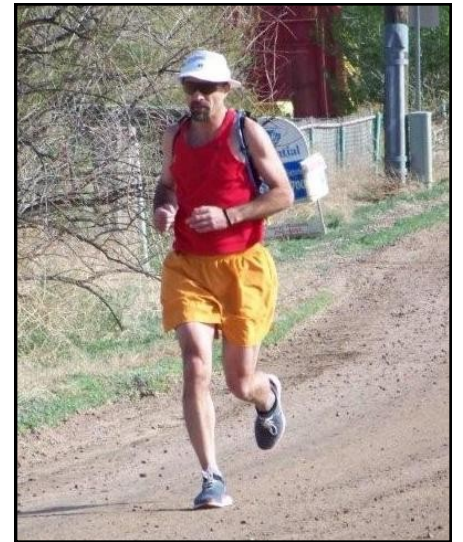
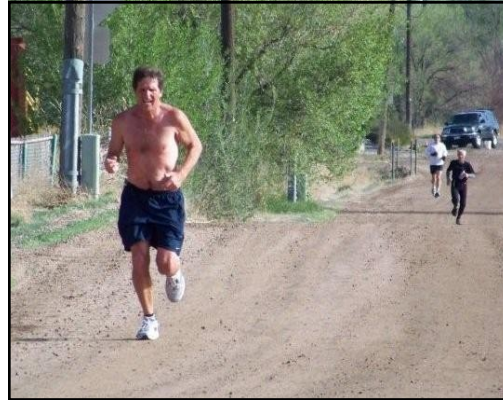


We thank Dave Diaz
for the photos





The Yappy Dog Photo Collage



Editor's Note

We reported the Yappy Dog Predict Run results in the last issue of Footprints, but did not have room for the photos. We thought you'd like to see them, so here they are. Thanks goes to Ross Barnhart for the pics!





Potpourri



((un) Easy Rider, Continued from page 7)

When I got to Galisteo, I rode toward the tent at the rest stop. Chris was parked just before the tent, and I didn't even see her at first. She got out of the car and started waving at me. I was saved!!! I was SO glad to see her.

My odometer, showed 82 miles and some change, an average of 13.5 mph, a max speed of 37, and riding time of 5 hrs and 54 minutes. I had spent over 2 hours at rest stops.

This was a very humbling experience. Thousands of riders rode the entire course, and thousands passed me. I was passed by men and women of all ages, shapes, and sizes. I played "tag" for the last 25 miles with one gentleman riding a recumbent bike. His long gray beard and hair flowed in the wind like a flag. When I would stop for a break – he'd pass me. I'd eventually pass him, and the cycle would repeat. I suspect he finished the entire 104 miles.

So, hats off to you cyclists. I have great admiration for you and what you do. It is no small deed to ride 100 or 80 or 50 or even 30 miles. To many of you, these are routine accomplishments. Believe me – they are not routine. As for me - I will continue to ride some, and hopefully will complete a century sometime in the next year. If I do, I guarantee it won't be fast.



True Love

When I got home last night, my wife demanded that I take her someplace expensive.... so, I took her to a gas station.

Things to Ponder

The problem with doing nothing is not knowing when you're finished. - John Corey, character in the novel *Night Fall* by Nelson Demille.



The perfection of a clock is not to go fast, but to be accurate. -Luc de Clapiers, marquis de Vauvenargues, moralist and essayist (1715-1747)

We got this on the Internet - so it must be true...

A recent study conducted by Harvard University found that the average American walks about 900 miles a year. Another study by the American Medical Association found that Americans drink, on average, 22 gallons of alcohol a year. This means, on average, Americans get about 41 miles to the gallon. Kind of makes you proud to be an American.



This is what it takes to put on a good race - lots of volunteers. Gary Franchi briefs the course marshals prior to the PCC / CSU-Pueblo celebration run / walk. These are most, but not all of those who showed up to help.

Solution to Sudoku puzzle on page 13

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 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 |



Mailbag (sort of)



From the SCR Listserv

The following were sent to the SCR electronic mailing list. We figured that if it is out there in cyberspace - it is fair game for us. We also figured that since most of our readers are not on the electronic mailing list - that we should provide the information in the old fashioned way. By the way, if you want to receive SCR postings electronically, go to the SCR homepage (www.socorunners.org) and click the "SCR Email Group" link and go to the Subscribe to socorunners section.

Folks,

In the eleven years of its existence as a race, the Run for Rio has awarded thirteen \$1000 scholarships to Rye High School student athletes. Four of those have been SCR members: 1999 Aaron Franchi, 2000 Jessica Gogarty, 2003 Crystal Berndt, 2007 Samantha Davenport. (In two different years two scholarships were awarded.)

Due to relatively low turnout this year, Rio's parent's are considering moving the race to the Trinidad area where one scholarship would be given to a graduate from one of the Trinidad area schools like Trinidad, Hohene, Primero. If we want to keep the race, and scholarship, a little closer to home, we ought to make a concerted effort to get more folks running and walking there.

If the race is in Rye next year, I'll send this notice out earlier.

Jeff Arnold
jeffaco@earthlink.net

To Those Cinco Runners who did not get their shirts,

I have called most of the Race day entries, all shirts can be picked up at the YMCA.

Please forward this to the SCR Group, any questions please send them my way.

FYI this is for local runners only, out of town runners we are mailing the shirts to them.

Ramon Arriaga
Colorado State Pueblo Women's Volleyball
719-248-7468
ramon.arriaga@colostate-pueblo.edu

To Socorunners:

First, thanks to Gary and the PCC crew for staging today's (The PCC / CSU-Pueblo 75th Anniversary) run. Special thanks to Jeff for marking kilometers on the course. So much easier to set and hold pace with km's than miles. Yep, I can still divide and multiply ten all these years after my education ended. :-)

Having raced yesterday in the Black Hills of South Dakota (an Xterra (off-road) triathlon) I ran today mostly to support Gary and others with another body out on the course. Thus I was able to stop and talk with spectators and race workers, do a little leg turnover work in between those stops and walks. That was good but the real treat was jogging in with Marv Bradley the last 1+K. I hadn't had a chance to run with him in the past and have often wondered how he accomplishes his incredible feats at 68/69. What really struck me was his rhythm. The evenness and steadiness of every movement as he pushed in to the finish was truly different than us regular runners. I've compared it to the top long distance swimmers in another post. That incredible, metronomic rhythm is still ringing in my head. Truly folks, I think it was at a level the rest of us can only

dream about and probably many of us don't know exists until we can experience it directly. Certainly gives me something to work on as I felt I was just a stumbler running next to him.

Thanks for the treat, Marv.

Michael O.



Editor's Note: Marv Bradley (left) and Michael Orendorff at the 75th Anniversary Run. Michael is anything BUT a stumbler (As he describes himself above) See Great Stuff on page 4. Photo by Larry Volk

Race Calendar by Linda Strange

Aug. 9th, Sat., 8:00 am. **Georgetown to Idaho Springs Half Marathon.** This point-to-point half marathon winds along beautiful Clear Creek just 25 minutes west of Denver. Most of the course is run on the frontage road, with a few miles along dirt roads in Georgetown and Lawson, losing 1000' of elevation along the way. Clear Creek Booster Club, 303-570-0824

1/2



Aug. 16th & 17th, **Pikes Peak Ascent and Marathon.** Manitou Springs, CO. The Pikes Peak Ascent® and Pikes Peak Marathon® will redefine what you call running. Sure, they start out like a lot of races on Any Street, USA. But your first left turn will have you turning in the direction of up! During the next 10 miles, as you gain almost 6,000 vertical feet, your legs, lungs, heart and mind will be worn to a ragged nothingness. But it won't be until your last three miles, with still over 2,000' of vertical to go, that you will realize where the Marathon got its moniker—America's Ultimate Challenge.

Aug. 30th, Sat., 7:00 am. **Tenderfoot Mountain Duathlon/Triathlon.** Salida, CO. The event starts with a 1000-meter swim in the Hot Springs pool, followed by a 40k bike ride on county roads and US highways, and finishes with a 10k run on urban trails and paved and dirt roads. Not a swimmer? Compete in the Duathlon which consists of the bike and run portions of the event. All participants receive a t-shirt, race bag, and lunch. [Tammy May](#) 719-942-4526



Sept. 1st, Mon., 7:00 am. **Aetna Park to Park 10 Miler.** [City Park, Denver.](#) 10 miles. Recognized as “one of Colorado's top foot feats in 2007” by the Rocky Mountain News, the Aetna Park to Park 10 Miler hits the streets on Labor Day 2008. The race will connect four of Denver's most beautiful parks with runners on a USATF certified course which starts at City Park, travels to Cheesman Park then to Alamo Placita Park and finishes at Washington Park. The course will take you through some of Denver's greatest parks, neighborhoods, and parkways. You will see monuments, diverse architecture and, of course, beautiful scenery. Proceeds from the race will benefit the Lorenzen Cancer Foundation in the fight against pancreatic cancer. [Alan Lind](#), 303-220-1037

Sept. 7th, Sun., **Race for the Cure.** 5k run/walk and 1k family walk. Colorado Springs, Garden of the Gods Park. <http://www.komencs.com/Race.aspx>



Sept. 21st, Sun., 8:00 am. **Hot to Trot.** Pueblo. 5K run/2mi walk/Kiddie K. Starts and finishes at the Gold Dust Saloon, as part of Pueblo's celebration of the Mira Sol Chile. The course goes through the Historic district, along the Arkansas river trail and the Riverwalk. All entrants receive a free breakfast at the Gold Dust afterwards, as well as chances to win prizes and cash! Ruth McDonald, Gold Dust Saloon, 719-251-3189



The annual SCR picnic will be held on Saturday, August 23 at Pueblo Mountain Park near Beulah.

People will meet at noon and the food will be served at 1:00 PM.

The food will be from Cinfully Delicious.

We're planning on kids games.

The food and drink are provided. We will try to stake out an area by the softball fields, so just show up with some sun-screen and an appetite. It hasn't happened in a couple years, but sometimes a softball game breaks out, so if you are so inclined – bring a glove and wear some something besides flip flops...



Stop by the Gold Dust before the Rodeo

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 by Jim Robinson

The next prediction run is an evening run called the Moonlight Madness hosted at the home of Diana Tiffany's parents south of Pueblo on Verde road. The 5 mile prediction run will be held at 7:30pm on August 2, 2008. The directions are; from Pueblo head south on I-25 to Verde road exit 87. From there, go approximately 6 miles east to 5395 Verde Rd.. The site of the race start will have a mailbox with Tiffany on it. There will be a potluck dinner after the race. For questions call 251-1863.

Rich and Deb Hadley will host a 5 mile prediction race on Sat. Aug. 23rd. at 7:30am on the Canon City River Trail System. The directions to the prediction race are; from Highway 50 (going West), turn South (left) at the light on 3rd. Street. The race start is near the Santa Fe railroad depot near Centennial park in Canon City. From there, it will run along the river trail system in Canon City. Please note, this is a change from the original Tunnel Drive Prediction location. For questions please call (719) 784-6514

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 August 6th and September 3rd. 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...

Where is the wisdom we have lost in knowledge? Where is the knowledge we have lost in information? -T. S. Eliot (1888-1965)

It's like, at the end, there's this surprise quiz: Am I proud of me? I gave my life to become the person I am right now. Was it worth what I paid? -Richard Bach, writer (1936-)

The great thing about getting older is that you don't lose all the other ages you've been. -Madeleine L'Engle, writer (1918-)

This above all: to thine own self be true, \ And it must follow, as the night the day, \ Thou canst not then be false to any man. -William Shakespeare, poet and dramatist (1564-1616)

Too often I would hear men boast of the miles covered that day, rarely of what they had seen. -Louis L'Amour, novelist (1908-1988)

Right now I'm having amnesia and deja vu at the same time. I think I've forgotten this before. -Steven Wright, comedian (b. 1955)

Everything that can be invented has been invented. --Charles H. Duell. Commissioner. U.S. Office of Patents. 1899.