



Editor: Ron Dehn

FOOTPRINTS



Note to students: These really are the good 'old days. Enjoy!

The Back to School Issue

Ride your Bike for the Child Advocacy Center by Samantha Davenport

Hundreds of people pass by 301 West 13th Street daily but few are aware of exactly what goes on behind the doors of the house that sits on that lot. Although the design has simple, home-like features, the home is actually one of the most important pieces in



many Pueblo children's lives. It is The Pueblo Child Advocacy Center. The PCAC is an organization, established in 1987, that has since been absolutely crucial in taking care of children from all over Pueblo, Crowley, Otero, Bent, Las Animas, Huerfano, Baca, Prowers, Kiowa, Fremont, Chaffee, Park, and Custer counties that have been the victims of abuse or sexual assault. The task at hand for the Center is to provide care

and an environment that the children of such situations will feel comfortable. The process for taking care of investigations and medical examinations can often involve many people, and the Advocacy Center makes sure that a child is not in a position forced to relive their story over and over. The staff at the Pueblo Child Advocacy Center probably wishes that their services were not needed, but that simply is not how it is.

Many children come through the Center doors every year. Because they are needed and because the services they offer are so life changing and influential, they will be hosting the 3rd Annual Pueblo's Ride for Kids on September 28th, 2008. All profits from the ride will benefit the Center in the effort to make tough times a little easier for children who need it.

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Minutes from the August, 08 Meeting

The meeting was called to order by president Ken Raich.

Attendees: K. Raich, D. Diaz, Peggy Oreskovich, Carrie Turman, Gary Franchi, Don Pfof, Rich Hadley, Troy Davenport, Samantha Davenport, Ellen Cooney (Child Advocacy Center), Jeff Arnold, Matt Smith, Don Saling, Stan Hren, Paulette Arns, James Robinson, R. Dehn.

Special Guests: Ken spoke for Ruth McDonald. The Hot to Trot will be on Sept. 21st. In addition, Ruth has been talking with Ken about SCR putting on a race in conjunction with the PBR WildWestFest in May '09. No YMCA reps came to the meeting to discuss their needs for this year's Corporate Cup. Stan Hren, Don Saling, and Matt Smith discussed the possibility of SCR providing finish line support for the "Liberty Point 5k" race in Pueblo West next July 4th. This year prior to the annual July 4th parade, they held a 3k run/walk that drew about 130 participants. They gave no t-shirts, few awards, and charged only a \$5 entry fee. The club had some suggestions including: be sure to get this event on the SCR calendar by October or November, keep the race price low, and provide some incentive to encourage early registration. The Pueblo West group also expressed interest in some type of multi-sport event in Pueblo West such as a duathlon or triathlon. They would be glad to partner with SCR to bring back something like the Y-Bi, or Ordinary Mortals Triathlon, or Dragon on in Triathlon. (all these events used to be held in Pueblo West). They mentioned the possibility of an open water swim.

Peggy Oreskovich and Carrie Turman from the Banquet committee gave a report and some recommendations for the banquet. The club approved the site and date: La Renaissance Restaurant on January 31st, 2009. The committee (Peggy, Carrie, Linda Strange, Stacey Diaz, Robin Krueger, and Paul LaBar) are working on the program.

Troy and Samantha Davenport and Ellen Cooney from the Child Advocacy Center spoke about the upcoming Bike Ride that is a fund raiser for the Center. It will be held on Sunday, Sept. 28th beginning and ending

at the Loaf'n Jug Headquarters near the airport. Ellen thanked the club for their support. Last year's ride raised about \$2,000 for the Center which treats about 300 children per year. The ride is a tour style ride of whatever distance the rider chooses. The entire ride is about 38 miles.

The club voted to make a \$250 donation to the Advocacy Center, and also voted to waive the \$25 fee for stuffing inserts in the newsletter.

The club also voted to make \$250 donations to the Greenway & Nature Center and the Southern Colorado Trailbuilders in conjunction with the Southshore Adventure predict. SCR makes use of the Greenway & Nature Center during the Spring Runoff and the Rock Canyon Half. We use the south shore trails for the Southshore Adventure Predict.

The June and July minutes were approved.

Officer Reports: Paulette Arns passed out reports and The Treasurer's report was approved.

Newsletter: No issues.

Membership: Don Pfof indicated that we now have 210 paid member families, which is the highest in recent memory. 152 members have requested the free Colorado Runner magazine.

Webmaster: The SCR website will be moved to a new web hosting service in December.

Upcoming Races: The Tunnel Drive Predict will again have an alternate course due to erosion. The South Shore Predict will be more hilly previous races. Jim Robinson has made updates to the web descriptions of the predict races.

Activity Recaps / Updates: The PCC/CSU-Pueblo run walk was a great event. Ken and others received lots of positive feedback. Gary and Ron gave lots of credit to Julie Deherra, and the tremendous dedi-



cation of the numerous volunteers including several from SCR. The Moonlight Madness was a great run and pot luck. Diane's dog is ok despite collapsing during the run.

New Stuff / Old Stuff: The SCR picnic is scheduled for August 23rd. Jeff Arnold will go up early and try to save a space. Stacey Diaz will pick up the food and Jacqueline Wall will organize kids games.

The meeting was adjourned just in time.

Respectfully Submitted by Ron Dehn



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. 314

"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, * Dara Torres*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Theresa Duran, Linda Strange

Jim Robinson, Don Pfof, Dave Diaz, Stacey Diaz, Ken Raich, Larry Volk

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.

*Dara Torres is a 41 year old Olympic swimmer from the U.S. She earned 3 silver medals in the Beijing games. She is known for her sportsmanship as well as her outstanding athletic abilities. See Gary's "Great Stuff" for a bit more detail.



Great Stuff

by Gary Franchi

Sportsmanship and the Olympics



Thought for today's lunch, compliments of author Upton Sinclair: *"It's difficult to get a man to understand something when his salary depends on him not understanding it."*

Musings about running, fitness and life:

As I kept watching the Summer Olympics from Beijing, I had a constant feeling of how refreshing they were, how different to what I have become grown accustomed while watching athletics in the US of A. It didn't take long to figure out why.

First, I had to see some good stuff.

There was Michael Phelps and the way he carried himself. Always humble, praising relay teammates for some of his gold medal success, boyish-sounding in interviews afterward on pool deck and in the studio with Bob Costas.

A U.S. women's beach volleyball tandem was disappointed but totally gracious and praising of opponents after finishing out of the medals in fifth place.

Women's marathon champ Constantina Tomescu-Dita of Romania had to be spent while circling the Bird's Nest track near the finish but was still able to lift her arms enough to blow kisses to the crowd giving her a thunderous ovation.

Dara Torres of the U.S., competing at 41 years of age, had officials stop the start of one race because a competitor hadn't returned from the locker room yet after needing to change swimsuits. Later, after settling for silver in the 50-meter freestyle by just one-hundredth of a second, Torres had a real and warm smile plus a hug for the gold medalist in the next lane.

However, I didn't really sense much humility in the voice of 100-meter champ Usain Bolt nor in the way he pranced around afterward. While he never acknowledged any of his competitors, at least he hugged his family afterward, showing he does have a human side. It was sweet to see some spectators get in on the hugging, too.

While watching the Olympics on the night that the medley relay swim team

sewed up Phelps' eighth gold medal, I would switch channels to catch a few plays of the Broncos' exhibition game against Dallas. I saw enough to see the usual chest-pounding antics of receivers when they caught a pass thrown their way or a defensive back who broke up a pass or made a nice open-field tackle.

It reminded me of the daily dosage of braggadocio displayed by overpaid NBA and other pro athletes and how it has turned off a legion of past and potential fans.

While the competition among the world's best obviously is the main Olympic showcase, undoubtedly one of the big reasons for its popularity is the sportsmanship and humility that are part of the package.

So refreshing. So appreciated.

The Pikes Peak lament

Climbing and descending Pikes Peak in competition are not for the meek of heart or feet. The decision to enter is followed by months of altitude training preparing for race day.

So how tough it must have been for those runners who were scaling the Peak under horrible conditions on Aug. 16 only to be turned back three miles from the top when race officials decided – wisely – that the weather conditions had gotten too dangerous. Rain and 50-degree temps that had greeted runners at the very start by then had turned to snow, sleet, hail and lightning. And temperatures in the 30s. No fun. And certainly not safe.

Some 759 runners beat the worsening weather conditions and made it to the top, although it was a difficult struggle. More than double that number never got the chance.

Life and sports are full of ups and downs, personal celebrations and disappointments. No, the hands we are dealt aren't often fair.

They say we learn more from the downs and disappointment, but that doesn't make it any easier for those Pikes Peak runners today. My condolences to all of you who never got the

chance to finish.

It was classy of race officials to award a finisher's T-shirt and medal to all those who made it back down in one piece.

Let's get that run split right

If you happened to read my Great Stuff column last month, you read about the superlative performance of our own Michael Orendorff in the ITU World Age Group Triathlon Championships held in Vancouver in June. But there was one notable error in one of his split times that I listed. Mike actually ran a 39:24 10K in the last leg of the triathlon. The 40:45 time that I reported included his transition 2 time.

My apologies to Mr. O and my regrets as well for "misreporting" the news.

Ten things I was just wondering:

1, When running a photo of the Running of the Bulls in one of its print editions, the Rocky Mountain News said readers could go to its website for scenes of that event. Did anyone go to that site? If so, why?

2, After his performance in the movie "Big," why wasn't Tom Hanks in the Olympic trampoline competition?

3, Can't some company invent a resealable bag that's easier to open and close?

4, Wouldn't it be interesting to see who could survive a 1,500-meter hurdles race?

5, What's harder – the transition of a triathlon or the pit stop of a NASCAR race?

6, If a product is advertised as X% off but no price is listed, can't we assume that it's still overpriced?

7, With all of the pageantry, aura and personal experience associated with the Bolder Boulder, does anyone really care about watching the elite runners there?

8, Thinking back to the past NBA season, can't we say that the home-court advantage in basketball is actually more of a home-ref advantage?

9, Might the biggest indicator of

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Birthdays & Other Events

September

2	Lillian Rivera Maria Weaver Jimmy Connors*
9	Jim Martinez Adam Sandler*
10	M. Edmund Jose Feliciano*
12	Jim Dudley Jesse Owens*
13	Ted Johnson Mel Torme*
15	Matthew Diaz Dan Marino*
18	Michael Orendorff Lance Armstrong*
21	Stacey Diaz Tomas Duran Bill Murray*
22	Elliott Dudley Tommy Lasorda*
23	Gary Franchi Hilda Garcia Rodge Rodgers Ray Charles*
24	Walt Dehn Jim McKay*
25	Kerry Roman Will Smith*
26	Kelly Hale Julie London*
27	Joeseoph D'Angelo Debra Hadley Robin Krueger Meat Loaf*
30	Stanley Hren Deborah Kerr*

*honorary SCR member



Runnin' the Trails
by Paul Vorndam
Visitors from Roswell?



While heading out for the trail the other day I found myself wondering what exogenous life would think about our love for running. Quite coincidentally, as I pulled into the St. Charles Peak trailhead parking lot there was a strange vehicle (craft?) already there.

“Must be a new hybrid-RV I thought.” and I ignored it as I got ready for my run. And so pre-occupied, I didn’t notice the two odd-looking fellows exit the vehicle and approach.

“We are sentient beings from another galaxy. We have been observing your world for many centuries.” one of them blurts out with no preamble.

“What, and you came here anyway?” I said. “You’re supposed to be intelligent?”

“There are many things we do not understand about you.” he (it?) continued. (apparently that included sarcasm) “For instance, this pastime of running. Your ancestors ran to survive. We observed them running to hunt food and also to not become food. Yet, now people seem to run to avoid food altogether. BTW, we don’t think Power Bars are food. People used to just run from point A to point Z.”

“That’s point A to point B.”

“Whatever. Please explain.”

“Now we just run to get in shape.”

“Oh, we didn’t realize that your species were shape-shifters!”

“Uh, well, it’s pretty subtle.”

“Yes, we see that.” (OK, maybe they do understand sarcasm)

“Actually, we run for peace of mind.” I corrected.

“Piece of mind? So you’re cannibals?” he puzzled.

“No, no – look why don’t you just come with me up St. Charles?” I said, exasperated now.

“How far up are you going? he inquired.

“To treeline. Dude, what do you care – do you want to understand why we do this or not?”

“Watch your mouth Jack, we have phazors!” he spat back.

Ignoring the last, I set off up the trail. Floating along beside me, the inquisitive one asks “So *this* is running?”

Panting, I replied “Well, maybe not if you’re used to the speed of light!”

“It appears to stress your organism. What is that sound you’re making? You sound like a sick moose?” he snickered.

“It’s called oxygen –carbon dioxide exchange. It’s a longtime hobby of mine.” I said wondering if they have moose where they’re from.

I take a pull on my Gatorade bottle. “What’s that?” he asks immediately.

Too tired to explain, I toss him the bottle. “Here, just try it.”

He takes a swig and grimaces. “That tastes like &%\$%\$!?”

“It’s part of the appeal of running.” I explain.

“Why are you listening to electromagnetic interference?” he asks.

“It’s not interference, it’s music.” I growl.

“We have been listening to the emanations from your world for decades. It has all been interference, until we heard Mudwayne, of course.” he replied smugly. Then he looks over at me and asks “Is pulling your hair, part of this running stuff too?”

When we reach treeline, I turn around and start back down.

“Where are you going?” he inquires. “Did you forget something?”

“This is a point A to point A run.” I shout over my shoulder.

“But you don’t get anywhere that way?” he shouts back.

“It’s not the destination, it’s the journey!” I say, feeling momentarily philosophical.

“Stop! We have concluded that if running typifies what you value as a species, we want no further association with your planet! We are leaving!”

“Fine, don’t let the door hit you in the butt on the way out!” I replied disgustedly.

“Huh?”

“Nevermind.”

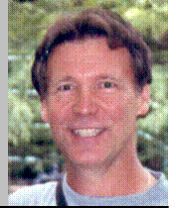
Pleasantly fatigued, I arrived back at my car in the otherwise empty trailhead parking lot. They have a lot to learn, eh? Happy Trails!



Ramblin'

by Ron Dehn

Running the race I didn't sign up for



I ran a race today that I didn't sign up for. No – I didn't "crash" a run or pull a "Rosie Ruiz". I signed up in advance and paid my entry fee. Things just didn't quite work out according to plan. I signed up for the Pike's Peak Ascent and ended up running the "2/3 Pikes Peak Marathon." Let's begin with August 15th.

That evening I laid out my clothes, water, and food for the next day. Then I watched Michael Phelps beat Milorad Cavic by 1/100 of a second in the 100 meter butterfly final to win his seventh gold in the Beijing Olympics. I set my watch alarm for a few minutes before 5am and my phone alarm for a few minutes after, and went to bed. I slept like a rock until 4:20 the next morning. When it became apparent that I was not going to go back to sleep, I got up and started to get ready.

The first thing I noticed was that it was still raining. Hmmm. I had hoped the rain would hold off until the afternoon, but the forecast listed a 60% chance of rain all day. As I drove north on I-25 the rain intensified. Not good. I always carry more clothes than I think I need. No matter what the weather is in Manitou, it can be very cold on the top of Pike's Peak.

My wife Chris, along with some of the kids; usually goes to the top to greet me as I finish. I convinced all of them to skip it this year. It is really great to have your own cheering section as you scale the last quarter mile of rocky trail; and I really appreciate them being there. But I knew the best case scenario would be a fair amount of snow on top. This would mean that travel up and down the Pike's Peak Highway would be difficult at best. And, if the worst case scenario took place – things would not be pleasant. They reluctantly followed my advice.

I had already put on a couple layers and running tights. I always take a wide selection of clothing and figure out what

I'm going to stuff in my fanny pack when I get there. After I parked, I picked out the warmest things I had. I always take a light stocking cap and gloves. Wool socks are a must. Your feet get wet at least half the time, so you want to keep them warm. I wore a water resistant shell and billed cap to keep the rain out of my face and headed for the start line.

It was raining steady and cool, but not cold. Once the race started, things heated up, and my shell was around my waist within the first mile. The rain compacted the trail, and the footing was excellent. Sure, you had to dodge a puddle here and there, but it was very pleasant to run on. The temperature (at that point) was perfect.

There was less conversation among runners than normal. There was the sound of the rain, and the sound of feet on the damp dirt. The trail is steep, narrow, and quite crowded for the first 3 miles or so. For the most part, you are in a single file line of runners.

I know it is important to hydrate well when running at altitude. Even though it was cool and quite wet, I drank water and Gatorade at every water station. I also ate pretzels, vanilla wafers, M&M's and whatever else the support crews were passing out. I also carry some water, but didn't need it.

The rain continued and there were gusts of wind here and there. I put my shell back on. I had some chemical hand warmers that I opened up to put in my gloves. Within a few minutes they were wet, but they still generated some heat. I was wearing appropriate clothing for the weather, so I stayed reasonably warm in spite of being totally wet. I had one more layer in my fanny pack in case it got colder.

Barr Camp is a little more than 7 miles up. They have a great aid station there. In addition to water and Gatorade, they

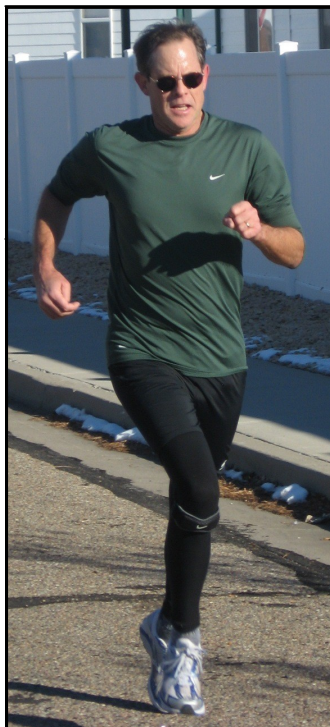
were making mini peanut butter and jelly sandwiches on tortillas, and slicing them into small squares. I ate 3 or 4 of those and banana slices, and continued up the mountain.

The mile markers tell how many miles to the top. I always look forward to the 5 mile marker because I know that the finish line is within reach. True, the top 5 miles are quite difficult, but once I reach that point, my mind is convinced that I can finish. And – I don't want to think otherwise. You don't want to doubt yourself anywhere along the way. I passed the 5 mile (to go) marker and felt good. I was wet and cool, but the legs had lots left, and I still felt fairly energetic. Then, for about the fifth time, I heard the rumbling of thunder.

When I was somewhere between mile markers 5 and 4, runners began coming down hill and telling us "uphillers" that race officials were turning runners around because of the weather. The race was cancelled. I continued, as did many of us going uphill. But after about 10 minutes of this, most other runners had started back downhill. I found out later on the website that "most of the 2nd wave runners and a few of the 1st wave runners were turned around at A-Frame." I continued for a bit, thinking I might go to A-Frame (3 miles from top) or at least to mile marker 4. I suddenly realized that the once busy trail was almost empty. I then began to think about two things. My family would be worrying about me. Secondly, the support crews wanted to get off the mountain. It was time to turn around.

The further I went down, the more populated the trail got. Some were running and some were walking and visiting. It was still raining, but had let up a bit, and it got a bit warmer as we descended. When I got cell service, I called Chris to let her know that I was fine. She was in Colorado Springs and asked me if I wanted to get some hot soup when I got

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Predictions

by Jim Robinson

Moonlight Madness 5 mile Prediction Race



The sixth race in the 2008 Prediction series was held at 7:30pm on Saturday the 2nd of August. Five runners have completed five of the six races. Shawn Loppnow is currently in the lead with 396 points. Shawn was only 4 seconds off of his prediction to win the 100 points for the Moonlight Madness Prediction race. Also very impressive was Kevin Hughes who was only 16 seconds off of his prediction. Kevin is only 9 years old. It was great to see Kevin run with a smile on his face and enjoying his run. Also inspirational, was Paulette Arns who walked the course in a very good time.

The race was held at the home of Bill and Lee Tiffany who are the parents of Diane Tiffany. Luckily the temperature dropped before the start of the race. A nice post race potluck dinner was held after the race. I would like to thank Bill and Lee Tiffany for their hospitality and for all the work that Diane Tiffany put into directing this prediction race.

Moonlight Madness Results

18	Name	Pred	Actual	Diff	Pts
1	Shawn Loppnow	38:37	38:41.02	4.02	100
2	Kevin Hughes	49:00	49:16.35	16.35	94.44
3	Matthew Drake	31:00	30:29.45	30.55	88.89
4	Becky Medina	53:30	52:37.78	52.22	83.33
5	Rich Hadley	35:30	36:24.44	54.44	77.78
6	Mark Gurule	37:00	36:04.09	55.91	72.22
7	Paulette Arns	59:45	1:00:58.82	1:13.82	66.67
8	Robert Santoyo	40:00	38:33.99	1:26.01	61.11
9	Nina Gonzales	50:45	52:23.54	1:38.54	55.56
10	Jessie Quintana	55:08	57:29.40	2:21.40	50.00
11	Bill Vegas	41:00	38:36.81	2:23.19	44.44
12	Brian Bentz	57:30	59:57.99	2:27.99	38.89
13	Anthony Diaz	45:00	42:30.66	2:29.34	33.33
14	Wendy Garrison	55:00	52:30.42	2:29.58	27.78
15	Donald Moore	47:17	44:17.88	2:59.12	22.22
16	Martha Drake	47:13	51:02.42	3:49.42	16.67
17	Dani Hill	47:59	52:26.12	4:27.12	11.11
18	Kris Spinuzzi	52:00	47:25.00	4:35.00	5.56

Predict Series Standings (Top 25)

Name	Spg	Rams	Ben	Yap	Butt	Moon	Tot	Best
	Roff	8	Matt	Dog	Bust	5M	Pts	5
Shawn Loppnow	90.38	100		61.90	43.75	100	396.03	396.03
Wendy Garrison	98.08		60.87	57.14	68.75	27.78	312.62	312.62
Donald Moore	48.08	25.00	100	85.71		22.22	281.02	281.02
Anthony Diaz	100	55.00	13.04	47.62		33.33	249.00	249.00
Paulette Arns		20.00	47.83	71.43	37.50	66.67	243.42	243.42
Rich Hadley		85.00	78.26	90.48		77.78	331.51	
Jeff Chowning	94.23	90.00	39.13	80.95			304.31	
Diana Tiffany	50.00		95.65	76.19			221.84	
Larry Volk	55.77		65.22	100			220.99	
Bill Giebel	92.31		26.09	95.24			213.64	
Robin Krueger	76.92		82.61	52.38			211.91	
Bill Vegas	88.46		73.91			44.44	206.82	
Jessie Quintana	44.23	15.00			93.75	50.00	202.98	
Matthew Drake				28.57	62.50	88.89	179.96	
Mark Gurule	73.08	30.00				72.22	175.30	
Emily Batsen	42.31	60.00		9.52	25.00		136.83	
Nina Gonzales					81.25	55.56	136.81	
Don Pfost	53.85	80.00					133.85	
Dave Diaz	84.62		34.78				119.40	
Kris Spinuzzi	30.77		69.57	4.76		5.56	110.65	
Humberto Paredes	82.69		8.70	14.29			105.67	
Michelle Macias	61.54			42.86			104.40	
Brian Bentz	28.85	35.00				38.89	102.74	
Hilda Olivias					100		100.00	
Greg Gauna	96.15						96.15	

The volunteers



Volunteers Needed

By Ken Raich



As you know, the Southern Colorado Runners Club is run totally by volunteers. Not only are volunteers responsible for organizing our races and tabulating results, but volunteers also handle all our administrative chores (like the Treasurer, Secretary, Newsletter Editor, Membership Chair, Webmaster, President, etc). Some of the people performing administrative jobs are elected and others simply offer to help the club, however, all are volunteers.

Without a doubt, SCR would not be able to function without all our wonderful

volunteers. Please consider joining the ranks of our volunteers by offering to take on one of the many tasks which need to be performed. It's obvious that the help of our volunteers is greatly appreciated by the Southern Colorado Running Community, however, volunteers also find that they receive tremendous personal satisfaction by helping a worthy cause.

It's easy to get involved: Just send an Email to volunteer@socorunners.org and tell us what type of volunteer activity you are interested in performing

(administrative, race help, special event coordination, etc.) We will get back to you with some opportunities to help out.

Thanks for making our club work,

Ken Raich

Editor's Note: There is no way to list the "key" volunteers for SCR, because there are many, but Ken and his wife Pixie are in the thick of almost every SCR activity. We are very fortunate to have them.



A School of Fish?

This photo from the July 27th State Games Open Water Swim (1500m & 3000m). All pictured placed in their respective divisions. L to R, Gary Franchi, Stacey Diaz, Cecil Townsend, Carrie Turman, Desiree Dallaguardia and her dad Paul.



Pictured above are a couple of the diamond shaped awards made by Lois Pfof for the PCC/CSU-Pueblo 75th anniversary celebration run. They were truly works of art and were part of the reason that this event was so successful

Help Wanted

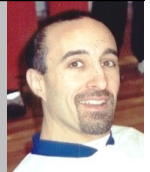
First, see the article by SCR Prez Ken Raich above. Then think about helping out with one of the two specific duties listed below.

Club Secretary Needed: Job Requirements include showing up to monthly meetings, taking notes, then rewriting your notes so they make sense, and submitting them to the webmaster, club president, and newsletter editor for posterity. And... you earn volunteer points.

Club Miner Needed: No, you are not going to have to take your burro and pickaxe and head for Leadville. We want you to mine information. We would like to include information about SCR members who compete in races, triathlons, etc outside of our Pueblo races. This would involve going to websites, obtaining result data, putting that in a Word file, and submitting this to the newsletter editor. For example: wouldn't it be fun to see results for SCR members who did the Bolder Boulder? Again, you earn volunteer points!



The 2008 South Shore Adventure Course Description by Larry Volk



This year's South Shore Adventure takes place on Sunday, September. 7th at 7:30 am, on the South Shore of Pueblo Reservoir

2008 South Shore Predict Course Description: 6.76 mile Technical Trail Run (approximately 460 ft. of total altitude gain and loss during this predict run.)

- The run will start/finish at the Pedros Point Trail Head. The start heads North for approximately 1/4 mile, turning right (East) onto the Cuatro Cinco trail.
- Once on Cuatro Cinco the trail is rolling and relatively flat for the next 1.25 miles; at which point there is about a 250 ft. gain in altitude in the next 1 mile.
- The course follows Cuatro Cinco until it crosses the Arkansas Point Trail at the RED gate and continues East onto the Rodeo Ridge Trail.
- Following Rodeo Ridge for about 1/2 mile until it intersects with the Rodeo Trail which takes the course down 200 ft. of altitude in 1/4 mile onto the Duke Trail.
- Turning Right onto Duke, it is follows the base of the bluffs around (East, then North, and then West) for approxi-

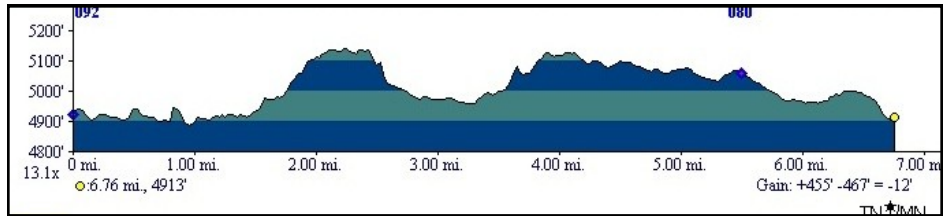
mately 1 mile to the Steep Tech Trail.

- A sharp left turn takes the course onto the Steep Tech Trail for a 1/2 mile climb back up a 200 ft. altitude change to the top of the bluffs (Arkansas Point). If you are a Mountain Goat you will appreciate this part of the course. This section is technical with loose footing... If you want a GREAT view; take a look to your left halfway up this climb to view the South Lake Pueblo Marina and Pikes Peak in the background. This is a great place to take a photo (if you are carrying your camera).
- At the apex of this climb the course turns left (South) onto the Arkansas Point Trail for about 1/3-1/2 mile. Turning right (West) onto the Roller Coaster Trail sets the course for a relatively nice downhill towards the finish.
- Following Roller Coaster past (Hooters Canyon and Pin Ball) the first two trails we cross to the Free Ride trail.
- The course turns right onto Free

Ride and follows it down (1/4 mile) a technical downhill to the Skull Canyon Trail.

- Turning right (West) onto Skull Canyon the course winds its way for 1/2 mile down to the South Shore Trail. A left turn (relatively South) onto the South Shore trail; the course follows the South Shore Trail (a good 1.0 mile +) back to the start at Pedros Point Trail Head.

Notes: This is a carry you own water run. There will be NO water available on the course during the run. Water will be available at the Start/Finish. This is a technical trail run with varying surface; rocks, roots, gravel, cactus, snakes, holes, etc.,...ALL can be crossed during this run. There may be places on the course where you will need to navigate based on instinct.



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

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 10.



Continueds



(Ramblin, Continued from page 5)

down. Wow, did that sound good.

I ran some and walked some for a while. The lower I got, the more I ran. I wanted to get down. I went back to Memorial Park to get my “sweat check” bag of dry clothes that I had sent up the mountain and ran into a runner wearing a finisher medal. I asked him how it was on top and he told me that he wished that he had been turned back. He said there was a blizzard of ice and snow on top and several people had been treated for hypothermia. Some were taken down by ambulance. Sobering news.

Later, after reading the comments on the SCR listserv and the Pikes Peak Ascent / Marathon message board, from several who endured the elements, I was glad that I got turned around. I’ve been in some fairly uncomfortable weather on the Peak including the lightning and hail storm in ’05; but being totally soaked in blizzard conditions is beyond discomfort. There is a huge difference between discomfort and dangerous.

Here’s some comments from finisher Larry Volk on the listserv: “It was quite an adventure. Pueblo/Pueblo West finishers today...Brian Ropp, Mark Koch, Emily Batson, Larry Volk, and Chief Reno.

It really was incredible weather above A-Frame...Wind, Rain, Ice Pellets (Grapple), Ice, Snow, (Expletive!) COLD. One for the History Books.

Things learned: Train Properly, Dress Appropriately, If you have experienced this in the past...learn from it, Don't Spend 1 month in the last two months at sea level with no mountain running, Get Plenty of rest...among other topics...

Observations during the race: The aid stations were awesome! The safety personal, especially at A-Frame and above were really incredible!

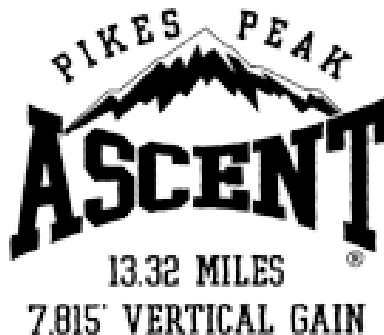
My compliments to Brian, Emily, Mark,

and Chief...to a job well done (myself too). However, I do feel for ALL of the runners, especially the runners from Pueblo that were turned around at A-Frame and had to endure 3/4 of a marathon in returning to Manitou Springs down the Barr Trail.”

One of the finishers indicated on the web message board that 80 people were treated for hypothermia. I heard from a reliable source that the number was closer to 150, and that many more had symptoms. I too offer kudos to those who actually crossed the finish line at 14,115 feet. This is truly a race you will never forget. That was an incredible accomplishment! And, if every time that you tell the story – the wind speed increases, and the temperature decreases – that’s ok – YOU DID IT!!

There are two other groups that deserve a pat on the back. First, all you who made the “normal” cutoff times but were turned back anyway – we did well under some cool and wet conditions. I plan to wear my “finisher” shirt. I hope you do too. We worked pretty hard that day and ran a lot farther than we’d planned.

Finally, congrats to Chris Roman, Steven Lopez, and Dave Diaz from Pueblo who finished the full marathon on the following day. The conditions were still wet, snowy, and cold, although the blizzard portion of the weather had subsided. But after finishing my unofficial 2/3 marathon... I really admire those of you who did the official 3/3 marathon.



To Ponder

Living on Earth is expensive,
but it does include a free trip
around the sun every year.

How long a minute is
depends on what side of the
bathroom door you're on.

Birthdays are good for you;
the more you have,
the longer you live.

Happiness comes through doors you
didn't even know you left open.

Ever notice that the people who are
late
are often much jollier
than the people who have to wait for
them?

Most of us go to our grave
with our music still inside of us.

If Wal-Mart is lowering prices
every day,
how come nothing is free yet?



(Continued from page 3)

character be how an elite athlete reacts to his or her own epic performances?

10, Wouldn't it be cool if they had an age-group Olympics?

Until next month, remember that you don't have to play a sport good to be a good sport.



Pics from the Predict



We had some last minute pics from the August 23rd Five Mile Predict on the Canon City River Trail System. The run was hosted by Deb & Rich Hadley and results will be posted on the web site and included in next month's issue of *Footprints*



Solution to Sudoku puzzle on page 13

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

Race Calendar by Linda Strange

SEPTEMBER 2008

13th – Sat, 7:30am. **YMCA Corporate Cup Prediction Run**, CSU Pueblo. 5K. For Corporations Only. [Brittany Reagan](#), 719-543-5151.

18th – Thu, 6:00pm. **YMCA Corporate Cup 1-Mile Run**, Pueblo State Fairgrounds. 1 mile. For Corporations Only. [Brittany Reagan](#), 719-543-5151.

21st – Sun, 7:00 am. **Boulder Backroads**, Boulder Reservoir. Marathon, Half, and team relay. Held north of Boulder and framed by the majestic Colorado Front Range foothills. Runners begin at the Boulder Reservoir and travel out through Boulder County’s beautiful countryside on mostly soft-packed dirt roads and quiet rural lanes. [Jeff Mason](#), 303-859-0244.

21st – Sun, 8:00am. **Hot to Trot**, Pueblo’s Union Avenue District. 5K run/2mi walk/Kiddie K. Join in the festivities of Pueblo’s celebration of the harvest of the Mira Sol Chili. The race starts and finishes at the Gold Dust Saloon, after passing through the Historic District, the Arkansas Rivertrail and the Riverwalk. Ruth McDonald, Gold Dust Saloon, 719-251-3189.

28th – Sun, 8:30am. **Pueblo's Bike Ride For Kids**, Loaf'n Jug Headquarters, 442 Keeler Pkwy, Pueblo. 38 miles. Help raise funds for child abuse victims throughout the Pueblo area. The distance you bike is up to rider – support van and rest stops throughout the course. [Ellen Cooney](#), 719-583-6332.

OCTOBER 2008

11th – Sat, 8:00am. **CC Tiger Classic**, South Monument Valley Park, Colorado Springs. 5k. Runners and walkers, benefitting the Tiger Pride. Contact Colorado College at (719) 389-6336.

19th – Sun, 7:00am. **Denver Marathon, Half Marathon, and ING Marathon Relay**. This world-class event continues as Colorado's largest marathon and is again expected to attract a record number of runners. Every detail of the Denver Marathon has been planned with you - the runner - in mind. A world-class race course, a world-class race organization, in beautiful Colorado, all during a perfect time of year! [Denvermarathon.com](#).

NOVEMBER 2008

8th – Sat, 8:00am. **Atalanta Women's Run**, Pueblo’s City Park. 5k run, 5k walk. Women and girls of all ages will come together for this annual race through City Park, which has become a fall tradition. Unique awards and cool t-shirts. [Stacey Diaz](#) 719-564-9303

16th – Sun, 9:30am. **Panicking Poultry 5k**, Boulder Reservoir. 5k, Kids Fun Run and Team Challenge. A benefit for the [National Multiple Sclerosis Society - Colorado Chapter](#). Post-race meal by Carrabba’s Italian Grill, with refreshments from [Avery Brewing Company](#) , [Harpo's Sports Grill](#) , and [Absolatte Catering](#). Official 2009 [Bolder Boulder](#) Qualifier. [Panickingpoultry5k.com](#)

Attention

◆ Readers, Race Directors, Writers, Stuffers, and anybody else remotely interested. We are skipping an issue in December. The last Footprints for 2008 (the December / January issue) will be mailed in late November, and the February issue will be mailed in late January. If you have any inserts, news, announcements, etc. that you want included in the newsletter, please submit accordingly. If something comes up, you can always submit information to the webmaster for posting on the club website.



**Remember
In September
To Visit
The Dust**

**The Gold Dust that is,
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 Runs

This year's South Shore Adventure takes place on Sunday, September 7th at 7:30 am, on the South Shore of Pueblo Reservoir. If you want more details, see Larry's article on page 8. Sounds fun!

The Harvest Run is planned for 5pm on October 25 at Lovell Park in Pueblo West. It is a 5 mile predict and pot luck dinner. The club provides the bonfire (if conditions permit), music, chicken, plates, utensils, soda, and beer. Just bring a covered dish or desert, or whatever works for you. Can you beat a deal like that? To get to Lovell Park from Pueblo, go west on Highway 50 to the Purcell exit (1st exit to Pueblo West), stay in the right hand lane and take a right on Hahn's Peak and go a bit over a mile until you see the park on your left.



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 September 3rd and October 1st. 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...

No man has a prosperity so high or firm, but that two or three words can dishearten it; and there is no calamity which right words will not begin to redress. -Ralph Waldo Emerson, writer and philosopher (1803-1882)

Rudeness is the weak man's imitation of strength. -Eric Hoffer, philosopher and author (1902-1983)

It came to me that reform should begin at home, and since that day I have not had time to remake the world. -Will Durant, historian (1885-1981)

My life is my message. -Mohandas K. Gandhi (1869-1948)

Profits, like sausages... are esteemed most by those who know least about what goes into them. -Alvin Toffler, futurist and author (b. 1928)

A hair in the head is worth two in the brush. -Oliver Herford, writer and illustrator (1863-1935)

Drill for oil? You mean drill into the ground to try and find oil? You're crazy. --Drillers who Edwin L. Drake tried to enlist to his-project to drill for oil in 1859.