



Editor: Ron Dehn

# FOOTPRINTS



Caution - This issue may be haunted...

## A Ghoulish and Goblinsque Issue

### The Lead King Loop 25K Trail Run By Joe Bulow



On September 15, 2008, I ran in the Lead King Loop 25K trail run in Marble, CO, a tiny town nestled in the Elk Mountains, about 45 minutes south of Glenwood Springs. I use the

term "run" loosely here as it reminded me of hiking up to the saddle of Mt. Yale and then scampering back down. When you are used to running the relatively tame trails at the Pueblo Nature Center, this type of course comes as a huge but overall pleasant surprise.

At over 100 runners, the number of participants at this year's race almost doubled that of the past, all to take in the breathtaking views and face the challenging terrain of this beautiful event. The 15.5-mile course started at the Bea-

ver Lake Lodge, which appeared to be the only lodging option in Marble, with an elevation of 7900 feet. The weather was perfect with cool temperatures but sunny skies and absolutely no wind or precipitation.

Running by the picturesque Beaver Lake on the way out of town, we started our steep ascent after less than a half mile on a flat, dirt road and quickly switched to an extremely rocky and technical jeep road that can only be tackled by ATVs, serious 4-wheel drive vehicles, and crazy adventure junkies on foot. This rough terrain continued up and up until we reached the ridge to Lead King Basin at 10,900 feet at 5.5 miles into the race.

At this point, the trail briefly returned to a hard packed dirt and gravel trail that was a bit more suited to actual running than the previous 5 miles. I was eager to stretch my legs and posted my fastest mile split from mile 6 to 7 as I de-

scended to the basin while trying to look around and enjoy the 360 degree view of snow-capped peaks all around me.

The course soon returned to a very rough terrain where footing is crucial to avoid landing wrong on the large rocks embedded in the trail. I was able to continue running yet not at my preferred pace. We weaved in and out of densely packed aspen that were 1-2 weeks from peak fall color change but still amazingly beautiful.

Our route took us through the historic mining town of Crystal City, where several locals cheered us on. Soon after, I passed the 116-year old Crystal Mill above the roaring Crystal River. The Mill is on the National Register of Historic Places and one of Colorado's most photographed structures. I stopped for a brief look to take my own mental picture of the area.

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ATALANTA 5K RUN/WALK

November 8

The Hot to Trot Results Page 9, 10



## Minutes from the September, 08 Meeting

**Attendance:** Don Pfof, Paul LaBar, Gary Franchi, Dave Diaz, Paulette Arns, Jim Robinson, Jeff Arnold, Janelle Markert, Rich Hadley, Ron Dehn, and Ken Raich.

**Special Guests:** Janelle Markert from the YMCA requested assistance from SCR for the finish lines of the Corporate Cup 5K and 1M runs, and for the Bike event. The club distributed a “volunteer signup sheet” and Dave Diaz volunteered to coordinate the volunteers. Dave also volunteered to bring the SCR finish line equipment to/from the events. Minutes from the August meeting were approved.

**Officer Reports:** Treasurer's report – The club has almost about the same amount of cash that we had at this time last year. Two checks were written to Cinfully Delicious for the picnic: one from the SCR account and one from Jeff Arnold's account. We don't yet know which one of these checks was cashed by Cinfully Delicious. Whatever happened will be straightened out. The treasurer's report was approved as presented. Newsletter Editor - Ron Dehn notified the club that a single Dec/June edition of the newsletter will be mailed at the end of November. Membership Chair - Don Pfof announced we are still receiving new memberships this close to the end of the membership year. Currently, we have 212 members and are mailing 233 newsletters. Webmaster - Paul LaBar reported the web page is not having any problems. He will update the South Shore Adventure before this weekend's race.

**Upcoming Events: South Shore Adventure:** The club discussed the moving of the start/finish line for the South Shore Adventure. A sign or volunteer will be posted by the original start to direct anyone who did not get the “change” notice. Paul LaBar will post a notice of this change on the SCR main web page. **Hot To Trot:** everything is moving smoothly for the Hot To Trot. Ruth and Shelly are expecting over 200 participants.

**Activity Recaps:** Rich Hadley reported the Canon City River Trail Prediction Race was a great success. The runners liked the new course (moved from Tunnel Drive). A lot of new improvements have been done to the Canon City River Trail and all attendees were impressed. We discussed the recent SCR picnic and tried to determine why there had been a relatively light turnout. We determined the most likely causes for lack of attendance was the State Fair. In the future, we will schedule the picnic to avoid the opening weekend of the Fair. Next year, we will probably schedule the picnic for earlier during the summer. We discussed having the picnic on the afternoon following the Garden of the Gods Run (in June).

**New Stuff/Old Stuff: SCR Banquet:** Paul LaBar announced the banquet will be at La Renaissance on January 31, 2009 and will cost \$18.95 per person. The club will probably compensate each attendee \$8.95 so each member will pay only \$10. La Renaissance will charge children the same amount as adults so the club will need to compensate more for a child's plate (if we wish families with kids to pay less). Jesse Quintana has agreed to be the speaker. A raffle for door prizes will be offered (rather than a silent auction). We had quite a bit of discussion about whether to vote for banquet awards (like Runner of the Year) before or during the banquet. The committee will review this to see if nominations can be made before the banquet and deferring the actual vote until the night of the banquet.

**Rye XC Awards:** Linda Strange asked SCR to compensate the Rye XC team for 18 medals and ribbons. Jeff Arnold said he had already purchased awards for Rye. Jeff will talk with Linda to make sure everything has been covered.



**Canon City Riverwalk Run:** Kyle Horn contacted SCR to ask advice about holding a race there. Rich Hadley agreed to contact Kyle and answer his questions. **Officer Volunteer Committee:** Don Pfof offered to organize a committee to identify volunteers for next year's SCR officer positions. The club acknowledged this as a great idea and thanked Don for his offer.

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

Respectfully submitted: *Ken Raich*



**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. 315

“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, Hal Deselms*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

#### Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Jim Robinson, Linda Strange

Don Pfof., Joe Bulow, 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.

\* Hal Deselms, representing the Kiwanis in the Corporate Cup won the 70+ bracket in Division I. Hal was 1.87 seconds off his predicted time.



# The Annual SCR Awards Banquet

by The Banquet Committee



SCR's annual awards banquet is still a few months off, but your friendly banquet committee is already hard at work. There are several exciting changes afoot this year.

The next awards banquet will be Saturday, January 31, at a new location, La Renaissance restaurant in Pueblo. According to La Renaissance restaurant's website, historical records indicate that the oldest portion of this beautiful structure was built in 1886 by the founders of the Mesa Presbyterian Church. The Main Dining Room (Banner Room) now occupies this area. The Manse (probably the current Balcony, Parsonage, and Garden Room) was added a year later. Since then, the building has changed hands and purposes many times, but it's been in its current incarnation since 1978. This new location promises to give our banquet more room to spread out and enjoy ourselves during the night's festivities.

The menu this year will be Roast inside Baron of Beef and Jamaican Sausage, or a vegetarian option that is still TBD.

There will also be a buffet of salad, fruit, vegetables, potatoes, bread and dessert. Tickets will be \$10 for adults and \$5 for children aged 12 and under. The club picks up the balance of the meal cost as a benefit to its members.



Male and Female Runner of the Year nominations will be accepted starting in October. You can either submit them online at SCR's website, drop them off/mail them to the YMCA. Nomination forms will be published in the November issue for those who do not wish to use the website. To make nominating and voting easier, there are three guidelines required of the nominee in the past year: physical achievement (participation in races, walks and other athletic endeavors), current member in the club, and community volunteerism. Voting for ROTY will be available online starting in late November, or via ballots that will also be printed in the

November newsletter. There will be no voting at the banquet this year.

This year's speaker will be Jesse Quintana, a long-time club member and runner. She will share with us her trials and tribulations of running through the years. It promises to be a fun speech! You may register to join us at the banquet by going online and signing up and paying at the secure page off the SCR website, beginning in December. Or, you can call Robin Krueger to sign up, then mail your payment to the YMCA, or drop it off at the Y. No reservations will be accepted after January 26<sup>th</sup>, and there will be no reservations or "drop-ins" accepted at the door that night. (This is at the request of the restaurant, as well as to provide the banquet committee the opportunity to enjoy the night with everyone else.)

Look for more information in the next newsletter, and we'll see you at the banquet!



*(The Lead King Loop, Continued from page 1)*

Another highlight of the run was plowing through the icy cold Crystal River at around mile 9. We were told before the race that we could attempt traversing across an old log that was slightly off course as an alternative but I surveyed the river quickly as I approached it and ripped on through, water splashing up to my knees for the brief but refreshing 50-yard stretch.

My feet were numb when I emerged from the river but my soaking wet shoes and socks did not hinder the rest of my run. I chose not to use the extra pair of

socks I had with me; I actually enjoyed hitting every puddle the rest of the way that encompassed several sections of the trail after that point rather than running in the brush next to the trail.

The six aid stations were positioned every 2-3 miles and were stocked with water, HEED energy drink and Hammer gel packets. Luckily, there was one more aid station at the 14<sup>th</sup> mile marker to boost my energy reserves and the motivation that it truly is "all downhill from here."

The last mile was the same as the first mile as we had completed our loop, run-

ning past the familiar Beaver Lake and onto the finish. By that time, everyone else had their backs to the finish line as the participants were straining to hear the race director call out the winners of the raffle prizes and post-race awards. The lone timer congratulated me on a "great accomplishment" and my family and I walked back down to the lake for a well-deserved foot soaking.





## Runnin' the Trails

by Paul Vorndam

### Lyrics To Train By



Artist	Song	Lyrics	Meaning
Collective Soul	Counting The Days	Counting the Days (yeah) Until the gods break these chains.	Counting the days until next race PR
Creed	One	We may rise and fall, but in the end we meet our fate together	Your life is slipping by. Go run!
Styx	Blue Collar Man	Keeping my mind on a better life When happiness is only a heartbeat away Paradise, can it be all i heard it was I close my eyes and maybe i'm already there	So what if that last mile of the race hurts; the end result is worth it.
Queen	Headlong	And you think you're so strong But there ain't no stopping no there's nothin' You can do about it There's nothin' you can do	You know your main competition can't beat you.
Blue Oyster Cult	Burnin' For You	Time is the essence Time is the season Time aint no reason Got no time to slow	What are you waiting for? Put the hammer DOWN!
Journey	Don't Stop Believing	Some will win, some will lose Some were born to sing the blues	Train or YOU will sing the blues!
Styx	Fooling Yourself	Get up, get back on your feet You're the one they can't beat and you know it Come on, let's see what you've got Just take your best shot and don't blow it	Attitude when you're recovering from an injury or lay-off.
Eurythmics	Sweet Dreams	Everybody's looking for something Some of them want to use you Some of them want to get used by you Some of them want to abuse you Some of them want to be abused	Give your competitors what they want – Abuse!

**Editor's Note:** At Paul's suggestion, we add that we don't advocate listening to music while running in traffic (the trails are different!).



**Birthdays & Other Events**

**October**

- 2 Desiree DallaGuardia  
Groucho Marx\*
- 4 Joe Stommel  
damon Runyon\*
- 6 Michael F. Atlas-Acuna  
Britt Eklund\*
- 8 Rosa Navarro  
Chevy Chase\*
- 9 Nick Leyva  
John Lennon\*
- 12 Michael Duran  
Luciano Pavarotti\*
- 16 Dan Comden  
Terri Tibbs  
Oscar Wilde\*
- 19 Susan Campbell  
Jane Chess  
John Lithgow\*
- 23 Wendy Bulow  
Pele\*
- 25 Karen Kirkpatrick  
Marta Stommel  
Pablo Picasso\*
- 27 Scott Dudley  
Trevor Hadley  
John Cleese\*
- 28 Eileen Baracz  
Madelene Khosla  
Bill Gates\*
- 30 Betty Duran  
Charles Atlas\*
- 31 Halloween....

\*honorary SCR member

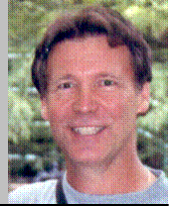
Runnin' the Trails - Lyrics To Train By (continued)			
Artist	Song	Lyrics	Meaning
Oleander	Hands Off the Wheel	<p>Don't, don't it make your day To gather up your strength And feel it slipping away How, how much can you take Before you fall apart Before you start to break</p> <p>Don't it make you feel like your hands are off the wheel Like your hands are off the wheel</p>	As you pass your competitor before the finish....
Tom Petty	I Won't Back Down	<p>Well I wont back down, no I wont back down You can stand me up at the gates of hell But I wont back down</p> <p>Gonna stand my ground, wont be turned around And Ill keep this world from draggin me down Gonna stand my ground and I wont back down</p> <p>Hey baby, there aint no easy way out Hey I will stand my ground And I wont back down.</p> <p>Well I know whats right, I got just one life In a world that keeps on pushin me around But Ill stand my ground and I wont back down</p> <p>Hey baby there aint no easy way out Hey I will stand my ground And I wont back down No, I wont back down</p>	I'll go out that door and train no matter what!



## Ramblin'

by Ron Dehn

### I dropped 40 points off my score



Yes, I dropped my score 40 points!

No, I didn't shave 40 strokes off my golf score. Those clubs I got last year are nice, but they didn't come with a "miracle" option. Besides, my brother Dave and I wouldn't have near as much to laugh about. Have you ever hit a golf ball and had it land behind you?

No, my IQ score has not dropped 40 points, although it wouldn't be difficult to find a dissenting opinion. Besides, those scores cannot go negative. Can they?

No, my bowling score hasn't dropped 40 pins. My most frequent bowling partner is my 6 year old grandson. Those bumpers REALLY help. I think my score has IMPROVED 40 pins.

And finally, I haven't dropped 40 seconds off a run of any distance... Get Real!

So what score dropped 40 points and why am I telling you about it?

My cholesterol score dropped 40 points, and I'm telling you because you may want to lower your score, and I have some practical suggestions. I'm also telling you because I'm just pretty darn pleased with myself.

Let's go back to last May. I was doing a follow-up visit with my primary care Doc after my annual physical. He was giving me all the good news but I sensed that he was saving some information for a serious discussion. Then he asked, "Have you ever had high cholesterol?" "Well, it has been borderline", I answered. "It's not borderline anymore, he replied." Hmmmm.

Then he laid some statistics on me. Given my age, the fact that I am on blood pressure medicine, (yes, my blood pressure is a little high – but that is a subject for another time) and my no-longer-borderline cholesterol score, my

risk for a heart attack or stroke in the next 5 years was 12%. Then he asked what I thought about that.

I told him that 12% was not acceptable. He then said that he wanted to give me 3 months to lower the score, and if I couldn't lower it, he would want me to go on medication.

Disclaimer: I have no formal medical training. The closest that I come to that, is that my wife Chris is a nurse. So, don't confuse my suggestions with medical advice, but here's what I did.

First, I made up my mind to correct the problem without medication. I did not decide to "try" to lower my score. I decided to lower it. No trying, just doing.

The strategy was to examine everything I put in my mouth – before it went in. A big part of that is simply reading labels. I wanted to know how many mg of cholesterol per serving, and the serving size. It is amazing how much difference in cholesterol there is in different types of butter spreads, yogurts, etc. I also checked out the fat content.

My nutrition habits were not bad before, but I simply didn't pay that much attention. I decided to watch my diet more closely and started with breakfast. I used to eat one egg, buttered toast, fruit, and maybe cereal. I now eat eggbeaters, toast with yogurt spread, oatmeal, and fruit. By the way, I ask for eggbeaters at restaurants, and so far, everybody has had them. (Or maybe they just guess that I won't know the difference.)

In general, I now eat less fat and more raw fruit and vegetables. I eat very little red meat, but love a hamburger here and there. Now I usually substitute a side salad for fries. I'm not much of a fish eater, but now eat salmon occasionally. Chris and I enjoy our favorite yogurt snack at least a few times per week. The low fat, low cholesterol yogurt is topped

with granola and fruit – usually blueberries or strawberries. There is a significant difference in the cholesterol content among brands of yogurt. Read the labels.

I also tried to be more regular with exercise.

In short, I made relatively subtle changes to my lifestyle, but the effect has been significant. So, at my 3-month follow up visit, My Doc told me he didn't want to see me until my physical next spring. Yes – that's another thing I do faithfully. I get a physical every 12 – 18 months.

I believe that my physician is my partner when it comes to my health, but, he is simply an expert resource. I'm the one who occupies my body, so it is up to me to manage those variables that fall within my sphere of control. I'm not a fanatic about it, and still eat "unhealthy" foods once in a while, but in smaller portions, and less frequently. And, I miss the junk less and less.

Another Disclaimer. If your physician recommends that you take medication, that is between you and your physician. I'm only suggesting that you consider healing your body by making changes in your lifestyle before popping a pill. In this case, it worked for me. And – if I can come up with a formula of other dietary changes and stress reducers like yoga or meditation that will lower my blood pressure – maybe that will work too. This may be a little trickier than reducing the cholesterol, but definitely worth considering. But – I'll continue the medication if I need to.

Bottom line – when facing a problem, determine what is in your sphere of control. If you can modify your own behavior to correct the problem, do it in the healthiest, most prudent manner possible. But then, this is a runner's magazine. I'm probably just preaching to the choir.



# Predictions

by Jim Robinson

## Canon City River Trail 5 mile Prediction Run



### Results

32 Name	Pred	Actual	Diff	Pts
1 Mark Gurule	36:30	36:35.26	5.26	100
2 Rich Hadley	34:30	34:18.88	11.12	96.88
3 Shawn Loppnow	37:37	37:19.29	17.71	93.75
4 Don Pfof	57:35	57:10.95	24.05	90.63
5 Maria-Elena Weaver	51:00	50:34.20	25.80	87.50
6 Wendy Garrison	48:45	49:17.61	32.61	84.38
7 Chief Reno	40:00	39:27.14	32.86	81.25
8 Emily Batson	39:00	39:34.38	34.38	78.13
9 Manny DeYoung	36:10	36:47.22	37.22	75.00
10 Becky Medina	47:45	48:22.63	37.63	71.88
11 Martha Drake	49:00	49:44.87	44.87	68.75
12 Al Weaver	42:40	41:54.44	45.56	65.63
13 Brian Ropp	34:00	34:46.77	46.77	62.50
14 Aaron Levinson	31:00	31:52.25	52.25	59.38
15 Ian Sturgeon	33:00	32:00.30	59.70	56.25
16 Jeff Chowning	33:15	34:18.01	1:03.01	53.13
17 Jane Chess	48:05	46:56.35	1:08.65	50.00
18 Stacy Diaz	43:00	44:10.48	1:10.48	46.88
19 Terri Packard	1:15:00	1:13:48.79	1:11.21	43.75
20 Esther Packard	1:15:00	1:13:48.61	1:11.39	40.63
21 Nina Gonzales	51:59	50:43.51	1:15.49	37.50
22 Gypsy Kelso	44:00	45:40.19	1:40.19	34.38
23 Carrie Turman	43:01	44:44.74	1:43.74	31.25
24 Mark Koch	34:50	36:35.99	1:45.99	28.13
25 Ron Dehn	47:31	45:42.23	1:48.77	25.00
26 Angelina Martinez	57:40	59:48.78	2:08.78	21.88
27 Paulette Arns	60:15	63:27.20	3:12.20	18.75
28 Lou Huie	36:56	41:48.51	4:52.51	15.63
29 Elizabeth Packard	55:30	48:22.64	7:07.36	12.50
30 Michelle Stackaniak	52:00	59:48.36	7:48.36	9.38
31 Rachel Packard	56:30	48:23.12	8:06.88	6.25
32 David Law	0:00	43:54.25	DQ	3.13
33 Austin Bass	0:00	48:46.49	DQ	3.13
34 Brian Bentz	0:00	1:00:39.17	DQ	3.13
35 Margo Harriman	0:00	57:20.96	DQ	3.13

Rich and Deb Hadley did another excellent job on their August prediction run. This was an accurate five mile run that showcased Canon City's beautiful river trail system. As lead bike for the run, we had the honor of having the 2007 Leadville 100 mile woman's champion, Tammy Stone. At the turn around point, Asron and Ashley Romani, directed the runners. Approximately 40 runners participated in the event held Saturday, August 23, 2008.

Mark Gurule was the closest to his prediction time, only 5.26 seconds off followed by Rich Hadley at 11.12 seconds off of his prediction time. Rounding out the top five were; Shawn Loppnow, Don Pfof, and Maria-Elena Weaver. Mr Shawn Loppnow is currently leading the 2008 prediction series.

I would like to thank Rich Hadley, a well respected coach and runner and his wife Deb Hadley for the time and effort that they put into this race. I would also like the volunteers for their efforts and the town of Canon City for providing a safe and scenic area for runners and walkers.

The results of this race and the cumulative standings for the SCR 2008 Prediction Series can be found at: [www.socorunners.org](http://www.socorunners.org).

Race directors; Rich and Deb Hadley. Other Volunteers: Lois Pfof, Aaron and Ashley Romani, Tammy Stone, Helen Robinson, Diane and Phil Quatelbaum Results: Jim Robinson



# Predictions

by Jim Robinson

## South Shore Prediction Run



### Results

30 Name	Predict	Actual	Diff	Pts
1 Chief Reno	57:30	58:31.68	1:01.68	100
2 Brian Ropp	53:00	54:09.85	1:09.85	96.67
3 Justin Ricks	46:00	47:56.16	1:56.16	93.33
4 Rich Hadley	55:30	57:39.24	2:09.24	90.00
5 Dave Diaz	1:05:00	1:07:14.94	2:14.94	86.67
6 Emily Batson	1:02:00	1:04:41.21	2:41.21	83.33
7 Jacque Vigil	2:00:00	1:57:15.80	2:44.20	80.00
8 Shawn Loppnow	57:05	59:56.18	2:51.18	76.67
9 Bill Vegas	1:08:00	1:04:42.50	3:17.50	73.33
10 Jeff Chowning	51:34	55:03.39	3:29.39	70.00
11 Dru Marshall	1:07:00	1:10:51.25	3:51.25	66.67
12 Matt Sherman	58:30	1:02:35.31	4:05.31	63.33
13 Humberto Paredes	59:50	1:04:11.85	4:21.85	60.00
14 Carrie Turman	1:20:00	1:24:24.81	4:24.81	56.67
15 Donald Moore	1:04:00	1:09:04.19	5:04.19	53.33
16 Kara Durland	1:05:00	59:48.55	5:11.45	50.00
17 Robert Hamilton	2:00:00	2:05:23.43	5:23.43	46.67
18 Mark Gurule	55:30	1:02:38.39	7:08.39	43.33
19 Joan Harrell	1:28:00	1:35:15.18	7:15.18	40.00
20 Marti Marshall	1:20:00	1:12:44.77	7:15.23	36.67
21 Manny DeYoung	1:09:20	1:00:52.26	8:27.74	33.33
22 Anthony Diaz	1:13:00	1:21:46.61	8:46.61	30.00
23 Stacey Diaz	1:15:00	1:24:24.44	9:24.44	26.67
24 Peggy Oreskovich	1:14:00	1:23:25.56	9:25.56	23.33
25 Don Pfof	1:24:30	1:37:13.31	12:43.31	20.00
26 George Massa	1:10:00	1:22:48.74	12:48.74	16.67
27 Steve Willman	1:20:00	1:34:53.71	14:53.71	13.33
28 Dick Shire	1:30:00	1:45:27.93	15:27.93	10.00
29 Diana Tiffany	1:20:00	1:36:17.90	16:17.90	6.67
30 Jim Austin	1:20:31	1:42:55.81	22:24.81	3.33

With a new starting point just outside the South Shore Marina of Pueblo reservoir, 30 brave runners completed the 6.78 mile run. The always-diabolical, Larry Volk, measured and marked a very challenging but enjoyable course. This was a true trail run with steep uphill and downhill. The times ranged from 47 minutes to just over 2 hours for the run. Mr. Justin Ricks of Pueblo West, Colorado was impressive with his fast time just weeks after completing his first 50 mile race. Equally impressive to me was Mr. Dick Shire of Indianapolis, Indiana. Despite his 80 years and the difficult course, he still had a smile on his face at the finish. Mr. Shire was in Colorado visiting his granddaughter at the Air Force Academy and decided to run a nearby race while in Colorado.

The prediction trail race was a success with Chief Reno closest to his prediction time despite his wild “moon walk” antics at the finish line. Brian Ropp was a close 2<sup>nd</sup> in his prediction followed by Justin Ricks in third place.

The next prediction event, the Harvest Run, will be held on Saturday Oct.25, 2008 at 5pm in the evening. This will be a 5 mile prediction starting at Lovell Park in Pueblo West. A nice pot-luck type supper will be held after the race.

Race Director for the South Shore Prediction: Larry Volk, Volunteers: Deb Hadley, Lois Pfof, Max Schmidt, Eric Brill, Paulette, Arns, Bike: Eric Brill, Results: Jim Robinson





# Hot To Trot Results

# Predictions by Jim Robinson Top 25 Standings



Pl	Time	First Name	Last Name	Se	Age
5K					
1	15:22	Levi	Medina	M	21
2	18:02	Charlie	Gray	M	54
3	18:29	Aaron	Levinson	M	19
4	18:47	Gary	Moore	M	32
5	18:54	David	Bieda	M	46
6	19:20	Zachary	Alhamra	M	11
7	19:27	Rich	Hadley	M	52
8	19:43	Mark	Gurule	M	46
9	20:42	Jack	Crockett	M	18
10	20:46	Manny	DeYoung	M	46
11	20:50	Chris	Riley	M	47
12	20:57	Shawn	Loppnow	M	41
13	21:03	Anthony	Nicola	M	20
14	21:05	Kelly	Concho-Hayer	F	29
15	21:07	Mark	Koch	M	49
16	21:08	John	Musso	M	38
17	21:13	Don	Byers	M	52
18	21:21	Derrick	McCabe	M	37
19	21:24	Ralph	Valdez	M	29
20	21:31	David	Baker	M	50
21	21:39	Chester	Haddan	M	41
22	21:42	Brian	Sumpter	M	14
23	21:44	Jason	Buck	M	29
24	21:45	Gabriel	Mosutan	M	24
25	21:52	Chris	Markert	M	31
26	21:54	P	McCabe	F	36
27	22:02	Emily	Batson	F	31
28	22:11	Kenneth	Duling	M	45
29	22:15	Rusty	Smith	M	41
30	22:17	Robert	Santoyo	M	46
31	22:18	Jill	Miller	F	53
32	22:26	Donald	Moore	M	40
33	22:31	Roderick	Ware	M	32
34	22:38	Steve	Wall	M	44
35	22:40	Carol	Kinzy	F	60
36	22:47	Shane	Cordova	M	41
37	22:55	Mikalann	Medina	F	24
38	22:59	Paul	LaBar	M	47
39	23:02	Kallene	West	F	29
40	23:07	Gene	Mares	M	45
41	23:10	Teri	Prichard	F	34
42	23:18	Craig	Johnson	M	43
43	23:22	Danio	Gracin	M	53
44	23:24	Derek	Genova	M	28
45	23:28	Nancy	Musso	F	38
46	23:29	Darin	German	M	14
47	23:44	Laurice	Lopez-Cepero	F	37
48	23:46	Ken	Hughes	M	38
49	23:50	Jeremy	Hayes	M	27
50	23:56	Howard	Stringert	M	52
51	24:06	Bill	Crockett	M	53
52	24:22	Cassidy	Ferguson	F	23
53	24:28	Patrick	Swank	M	60

Name	Spg	Rams	Ben & Matt's	Yap Dog	Butt Bust	Moon Mad	Can City	Sth Shor	Tot Pts	Best 5 Races
Shawn Loppnow	90.38	100		61.90	43.75	100	93.75	76.67	566.45	460.80
Rich Hadley		85.00	78.26	90.48		77.78	96.88	90.00	518.39	440.61
Jeff Chowning	94.23	90.00	39.13	80.95			53.13	70.00	427.44	388.31
Wendy Garrison	98.08		60.87	57.14	68.75	27.78	84.38		397.00	369.22
Mark Gurule	73.08	30.00				72.22	100	43.33	318.64	318.64
Donald Moore	48.08	25.00	100	85.71		22.22		53.33	334.35	312.13
Emily Batson	42.31	60.00		9.52	25.00		78.13	83.33	298.29	288.77
Anthony Diaz		100	55.00	13.04	47.62		33.33	30.00	279.00	265.95
Paulette Arns			20.00	47.83	71.43	37.50	66.67	18.75	262.17	243.42
Stacey Diaz	26.92		21.74	19.05			46.88	26.67	141.25	141.25
Bill Veges	88.46		73.91			44.44		73.33	280.15	
Chief Reno		50.00	43.48				81.25	100	274.73	
Brian Ropp		65.00	30.43				62.50	96.67	254.60	
Don Pfost	53.85	80.00					90.63	20.00	244.48	
Diana Tiffany	50.00		95.65	76.19				6.67	228.51	
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	
Dave Diaz	84.62		34.78					86.67	206.07	
Jessie Quintana	44.23	15.00			93.75	50.00			202.98	
Justin Ricks			91.30					93.33	184.64	
Matthew Drake				28.57	62.50	88.89			179.96	
Nina Gonzales					81.25	55.56	37.50		174.31	
Humberto Paredes	82.69		8.70	14.29				60.00	165.67	
Martha Drake	75.00					16.67	68.75		160.42	

Pl	Time	First Name	Last Name	Se	Age
5K					
54	24:38	David	Garcia	M	48
55	24:44	Kevin	Hagerman	M	38
56	24:48	Mike	Borton	M	52
57	24:53	Andrea	Fox	F	24
58	24:55	Jeffery	Cordova	M	15
59	24:57	Jessica	Kleven	F	12
60	24:57	Alexander	Mitrick	M	12
61	24:58	Gary	Franchi	M	59
62	25:00	Hilary	Gagliardi	F	34
63	25:01	Marge	Gray	F	52
64	25:06	Michelle	Cordova	F	33
65	25:09	Shannon	Rodriguez	M	34
66	25:16	Mary	Humphreys	F	46
67	25:20	Michael	Allen	M	58
68	25:29	Kevin	Hughes	M	9
69	25:53	Donnie	Byers	M	11
70	26:06	Gary	Horton	M	41
71	26:09	Stanley	Hren	M	66

Pl	Time	First Name	Last Name	Se	Age
5K					
72	26:11	Felix	Vargas	M	16
73	26:15	Ignacio	Garcia	M	47
74	26:26	Margaret	Dimatteo	F	31
75	26:30	Susan	Hirst	F	47
76	26:30	David	Roth	M	46
77	26:32	Deanna	Platt	F	29
78	26:33	Josh	Messner	M	26
79	26:38	Vicki	McCann	F	51
80	26:39	Bill	Pike	M	58
81	26:42	Abigail	Simpson	F	14
82	26:46	Elisha	Tucci	F	30
83	26:48	Joe	Cordova	M	40
84	26:59	Henry	Hund	M	67
85	27:01	Jennifer	Gale	F	25
86	27:02	Meredith	Maksimowicz	F	27
87	27:17	Leroy	Sandoval	M	48
88	27:22	Lee	Madison	M	56
89	27:25	Jayden	Cordova	M	8

## Hot To Trot Results, continued

PI	Time	First Name	Last Name	Se	Age	PI	Time	First Name	Last Name	Se	Age	PI	Time	First Name	Last Name	Se	Age
	5K						5K						2M				
90	27:27	Abby	Cordova	F	35	145	33:52	Laura	Cadena	F	36	1	18:29	Dale	Boone	M	56
91	27:28	Nina	Gonzales	F	26	146	34:00	Rudy	Aguilar	M	52	2	18:37	Billy	Mares	M	42
92	27:34	Jaclyn	Mutz	F	28	147	34:45	Susan	Campbell	F	63	3	20:52	Shauna	Quint	F	42
93	27:38	Shawna	Nunez	F	35	148	34:51	Amy	Martinez	F	43	4	21:05	John	Hancock	M	48
94	27:39	Bob	Kelher	M	65	149	34:56	ShaneaRae	Cordova	F	8	5	21:08	Cynthia	Fuentes	F	57
95	27:41	Jessica	Sisneros	F	27	150	34:57	Erin	Regritto	F	28	6	22:28	Theresa	Bachicha	F	46
96	27:42	Debbie	Gurule	F	44	151	35:01	Amanda	Jones	F	20	7	23:11	Janelle	Meredith	F	51
97	27:53	Marianne	Maksimowicz	F	51	152	35:03	Gae	Ryan	F	37	8	23:28	Mara	Comaianni	F	49
98	28:00	Karen	Jones	F	46	153	35:06	Rosalinda	Vargas	F	8	9	23:50	Nicole	Cruz	F	37
99	28:12	Tina	Valdez	F	36	154	35:08	Shaynee	Johnson	F	14	10	23:50	Jamie	Vigil	F	43
100	28:15	Martha	Drake	F	54	155	35:08	Becky	Jenkins	F	23	11	23:53	Luann	Gale	F	46
101	28:17	Eileen	Baracz	F	60	156	35:17	Meredy	Brownstein	F	52	12	24:20	Cindy	Herman	F	56
102	28:17	Anna	Simpson	F	23	157	35:18	Melanie	Hughes	F	37	13	24:21	Mary	Lopez	F	57
103	28:21	Sarah	Cordova	F	30	158	35:19	Kira	Hughes	F	6	14	24:38	Paul	Willumstad	M	59
104	28:33	Bob	Roa	M	72	159	35:19	Jennifer	Esquibel	F	30	15	24:59	Jaylen	Vargas	F	10
105	28:44	Mike	Dorwart	M	34	160	35:19	Nathan	McCarthy	M	11	16	25:02	Patrick	Cole	M	43
106	28:44	Kristie	Dorwart	F	31	161	35:26	Ralph	Regalado	M	71	17	26:12	Michael	Bensko	M	26
107	28:49	Patricia	Cisneros	F	45	162	35:45	Heidi	Gard	F	18	18	26:13	Ashley	Pyle	F	22
108	29:08	John	Mitrick	M	43	163	37:07	Judy	Leonard	F	59	19	26:20	Marvin	Jones	M	64
109	29:09	Misty	Sprague	F	30	164	37:07	Michelle	Cata	F	44	20	26:21	Bea	Jones	F	63
110	29:11	Tina	Sandoval	F	42	165	37:09	Donald	Saling	M	58	21	27:09	Moosie	Gurule	F	45
111	29:17	Kerri	Lonnberg	F	29	166	37:28	Nancy	Mitrick	F	65	22	27:43	Peggy	Hancock	F	49
112	29:37	Angelinda	Fedden	F	29	167	37:39	Amy	Moreman	F	26	23	27:44	Marion	Schaeffer	F	69
113	29:40	Charity	Krow	F	27	168	41:45	Cynthia	Ellingson	F	41	24	27:46	Shirley	Haddan	F	47
114	29:47	Michelle	Vigil	F	33	169	47:36	Kerry	Roman	F	35	25	28:01	Madison	Bentz	F	4
115	29:56	Lillian	Jones	F	51							26	28:03	Ana	Bentz	F	33
116	30:00	Tracey	Cook	F	33							27	28:07	Zoe	Rose	F	4
117	30:00	Michael	Cook	M	41							28	28:08	Stacy	Gonzales	F	45
118	30:08	Renee	Truillo	F	35							29	28:32	Christy	Peck	F	39
119	30:12	Lori	Romero	F	34							30	28:35	Rebecca	Gaul	F	41
120	30:22	Margarito	Fuentes Jr	M	56							31	28:36	Jesus	Sanchez	M	36
121	30:29	Susan	Hancock	F	46							32	28:56	Anna	Horton	F	40
122	30:32	Alan	Brownstein	M	52												
123	30:41	Adriana	Arteaga	F	27												
124	30:42	Robert	Gonzales	M	42												
125	31:11	Victoria	Mitrick	F	8												
126	31:18	Erick	Collier	M	30												
127	31:23	Devin	Cata	M	8												
128	31:28	Mary	Martinez	F	53												
129	31:34	Erin	Messner	F	26												
130	31:39	Sheryl	Page	F	33												
131	31:46	Peggy	Mitrick	F	44												
132	32:02	Nicole	Rogers	F	11												
133	32:04	Angela	Garcia	F	29												
134	32:09	Marquita	Sanchez	F	57												
135	32:31	Brian	Bentz	M	38												
136	33:13	Jess	Cosyleon	M	61												
137	33:16	Jennifer	Patel	F	24												
138	33:24	Chrissy	Baski	F	27												
139	33:24	Gwen	Baski	F	23												
140	33:30	Laura	Farmer	F	36												
141	33:34	Nico	Messner	F	28												
142	33:37	Marilyn	Vargas	F	44												
143	33:38	Larry	Walls	M	69												
144	33:44	Filomeno	Vargas	M	7												

Dear SCR,

I just want to say "thanks" to all who organized and worked the Hot to Trot race this morning. As always, the race was extremely well done, the course well marked and it was fun to run. Kudos also for the extremely prompt posting of the results! Greatly appreciate the organized opportunities to run and all the hard work of the volunteers!!



Mary Humphreys

Those Volunteers were: Race Directors: Ruth McDonald and Shelley Riddock, Finish Line: Don & Lois Pfost, Diana Tiffany, Steve Wall, Deb Hadley, Sam McKee, Results: Ken & Pixie Raich, Course: Jeff Arnold, Photographer: Larry Volk

*Editor's Note: We'll have some pics from the HTT next month. We ran out of room this month.*

## Race Calendar by Linda Strange

### OCTOBER 2008

5<sup>th</sup> – Sun, 7:00am. **Blue Sky Marathon & Half Marathon**, Fort Collins. The Blue Sky Marathon will be the first all-trail marathon event in Northern Colorado. Both races will start and finish at the Horsetooth Mountain Park Soderberg Trailhead. [Bluesky-marathon.com](http://Bluesky-marathon.com)



11<sup>th</sup> – 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.

19<sup>th</sup> – 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](http://Denvermarathon.com).

### NOVEMBER 2008

1<sup>st</sup> – Sat, 9:00am. **Hustle for Russell**, Pleasant View Middle School, Pueblo. 5k run/walk. A fun family event. See [socorunners.org](http://socorunners.org) for more details.

8<sup>th</sup> – 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](http://StaceyDiaz.com) 719-564-9303



16<sup>th</sup> – 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](http://NationalMultipleSclerosisSociety.org). Post-race meal by Carrabba's Italian Grill, with refreshments from [Avery Brewing Company](http://AveryBrewingCompany.com), [Harpo's Sports Grill](http://HarposSportsGrill.com), and [Absolatte Catering](http://AbsolatteCatering.com). Official 2009 [Bolder Boulder](http://BolderBoulder.com) Qualifier. [Panickingpoultry5k.com](http://Panickingpoultry5k.com)



### DECEMBER, 2008

6<sup>th</sup> – Sat, 9:00a.m. **Rock Canyon Half Marathon**, City Park, Pueblo. 22nd anniversary of Pueblo's second largest race. We expect about 350-400 runners from throughout Colorado and nearby states, coming for a quality race with an accurate course, beautiful scenery, your finish time and place, music, fun, refreshments (bananas, cookies, doughnuts, Gatorade), and a great looking SWEATSHIRT with no advertisements. This race will not be cancelled because of the weather so come prepared! [Socorunners.org](http://Socorunners.org)

#### 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**

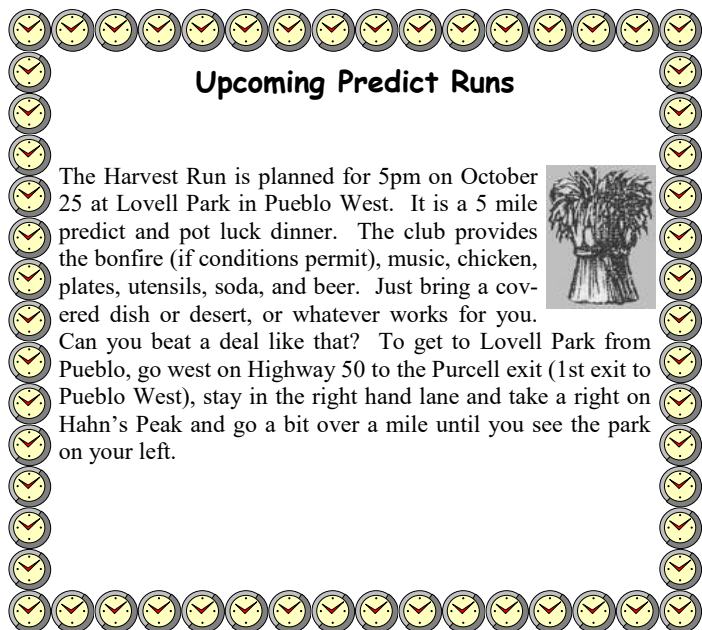
**Non-Profit  
Organization  
U.S. Postage Paid  
Pueblo, Colorado  
Permit # 41**



***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**

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](http://www.socorunners.org)

**The Final Thoughts...**

You can't live a perfect day without doing something for someone who will never be able to repay you. -John Wooden, sports coach (b. 1910)

Alas, after a certain age every man is responsible for his face. -Albert Camus, writer and philosopher (1913-1960)

If you want others to be happy, practice compassion. If you want to be happy, practice compassion. -Dalai Lama

We are so fond of being out among nature, because it has no opinions about us. -Friedrich Wilhelm Nietzsche, philosopher (1844-1900)

We can't all be heroes because somebody has to sit on the curb and clap as they go by. Will Rogers (1879 - 1935)

The abdomen. the chest. and the brain will forever be shut from the intrusion of the wise and humane surgeon. --Sir John Eric Ericksen. British surgeon. appointed Surgeon Extraordinary to Queen Victoria 1873.

It's tough to make predictions, especially about the future. Yogi Berra