



Editor: Ron Dehn

FOOTPRINTS

Be thankful this is not a bi-monthly publication

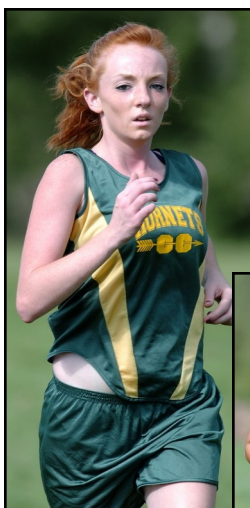
I'm Thankful for...

High School Girls running at the 47th Annual Central Invitational X-country



Left:
South

Below:
Centennial



Left:
Pueblo
County

Below:
Pueblo West



Left:
East

Below:
Rye



Photos
by
Larry Volk

The Annual SCR
Banquet, Page 4

Renew your membership
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Minutes from the October, 08 Meeting

Attendance: Paulette Arns, Gary Franchi, Don Pfost, Dave Diaz, Ron Dehn, Jeff Arnold, Stephanie Dalton, RoseAnn Thomas, Jacqueline Wall, and Ken Raich.

Special Guests: Stephanie Dalton and RoseAnn Thomas from the "Hustle for Rustle" requested assistance from SCR for their race on November 1. They requested use of one printing stopwatch and bib numbers. Jacqueline Wall will serve as SCR liaison for the race and will coordinate the transfer of equipment and bibs. Gary Franchi reported that the Danapaloosa Run will take place in Canon City on October 11 at 8:00 AM.

Minutes from the September meeting were approved.

Officer Reports:

Treasurer's report – The club has almost the same amount of cash we had at this time last year. The question was asked if Larry Volk paid the park fee for the South Shore Adventure. Paulette Arns will check with Larry. Paulette also announced that the Nature Center provided the club with some parking permits as a "Thank You" for our contribution. We suggested giving away these permits as door prizes during the banquet. The treasurer's report was approved as presented.

Newsletter Editor - Ron Dehn notified the club that a single Dec/Jan edition of the newsletter will be mailed at the end of November. The tentative stuffing date will be October 29 for the November newsletter and December 3 for the Dec/Jan newsletter. Ron also notified the club that postal costs have risen from \$40/month to \$81/month during the past year. Also, our annual postal permit costs \$180.

Membership Chair - Don Pfost announced we are still receiving new memberships this close to the end of the membership year. Currently, we are mailing 237 newsletters and 157 of our members have requested to receive Colorado Runner Magazine.

Webmaster - The Webmaster was not present to give a webmaster re-

port. Ken Raich announced that in December SCR will move our web site to different service provider. During the November meeting the club will be asked to fund a year's cost for the new web service. The anticipated annual cost is less than \$100 for the web server and about \$75 for an SSL certificate. Our existing web service will expire on December 23.

Upcoming Events: Atalanta Run: Jacqueline Wall announced that the Atalanta Run and November 8 is "on track" and receiving applications. Kathi will again provide the awards. Hats and bracelets will be given to all finishers. Entry forms went out in the last newsletter.

Activity Recaps: South Shore Adventure: We have been receiving very favorable comments from many who attended. This was a very good course and the runners really liked it. **Corporate Cup:** It was suggested that next year the walkers start in the 2nd wave of the 1-Mile race. There were also some other concerns about the "Y" and the club will discuss these during next month's meeting.

New Stuff/Old Stuff: SCR Banquet: No one was present from the Banquet Committee to discuss the banquet. We will make sure to get a briefing during next month's meeting.

Loaning Equipment: It was suggested that the club list loaned equipment as a "\$100 donation in kind" on our income tax filings. The membership agreed this was a great idea because we currently loan equipment several times per year and get no compensation.



Spring Runoff: Terry Cathcart will be asked to contact Paulette Stuart about the Spring Runoff. We understand the Chieftain wishes to cut

costs this year and we need to decide early where we intend to cut.

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. 316

"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 Pfost	544-9633
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Web Master	Paul LaBar	404-0104

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Jim Robinson, Linda Strange
Don Pfost., 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.

* Larry Romero of Pueblo won the jalapeno eating contest at the 2008 Chile and Frijole Festival. He won \$100 and a t-shirt (and probably some serious heartburn) for eating 41 jalapenos in 10 minutes.

Hmmmmm...

Great Stuff

by Gary Franchi

Some nutrition thoughts to chew on



Thought for today's lunch, compliments of humor writer Dave Barry: *"Nothing productive has ever happened in a meeting. If Noah had formed an Ark Construction Task Force, it would still be arguing over the ideal number of cubits."*

Musings about running, fitness and life:

Is it even possible today to pick up a magazine or a newspaper and not run across an article on nutrition? Take the test for yourself: Pick up the first five magazines on your stack of unread reading material that you've been wanting to get to, open 'em up individually and see what you find. Eat this to stay fit. Eat that to be healthier. Eat this and then that and set a 10K PR even if you're 60 years old and not named Carol Kinzy.

Since running is directly tied to the pursuit of health and fitness, the running magazines are naturally fanatical about giving us information on how to eat healthy. *Runner's World* regularly runs articles, dietary suggestions and recipes containing energy-laden lean greens, whole grains, fruits and, shoot, probably even wood chips sautéed in olive oil.

It also publishes little personality snippets on how, say, Josephine Studette was able to dominate the recent New York Park half-marathon because she eats hand-strewn organic vegetable patties wrapped in avocado-dashed carrot strips. Plus, she adheres to a strict pre-race and during-race liquid fuel formula that is guaranteed to maximize epic performance.

Never mind that Josephine was a three-time state cross country champion back in high school despite feasting regularly on burgers and fries at Fast Food Emporium with the rest of her teammates. Hmmm, I guess they were organic fries.

The feeling that I'm starting to get about nutrition from all the literature reminds me of how I sometimes feel about health food stores. Although I make regular stops there, they exude such a self-righteous attitude that I feel

like walking in there eating a hot dog or a Twinkie. It would be kind of fun to watch the reaction.

Seriously, though, I'd say that most runners are pretty focused on eating right, myself included. Of course, I don't really see this put into motion much when we all hit a popular eatery for breakfast after a race. I think we pretty much know what most runners (but not all) will select if given a choice between either the breakfast burrito or the veggie omelet made with Egg Beaters that includes a side of gluten-free whole wheat pancakes minus any fattening spread at all. The big question is whether to get the selection smothered in hot or mild sauce.

Like everything else in life, eating has gotten complicated. Whatever happened to the good ol' days of going about your merry way, carbo loading before a race, then enjoying a good meal afterward to celebrate a fine effort -- with a couple of early-morning brews to wash it down. So simple, so enjoyable.

Now we're made to feel guilty by reading about how the elite runners say they "notice a big difference when they get quality complex carbs and nutrient-dense carbs like veggies." So what if they are have the best genetics, great coaching and workouts refined to the nth degree from several years of high-performance training! Oh, and they don't have regular jobs, either. But it definitely was the diet that caused that victorious 10-mile race.

Ah, but every once in a while we run across something that rekindles the spirit of eating, that renews our belief that even a munchie can be still be decadent yet good for you in the grand scheme of life. We hear or read something eating- or nutrition-related that is almost too good to be true, given the continual reports of living on fruits and vegetables.

I ran across one of these recently, an article on Yahoo.com that was attributed to Reuters Health. The headline: **"Eating dark chocolate may keep heart healthy."** Yeah,



I'm sure you've heard that many times before, too. But the first paragraph of this article hit a little closer to home, saying "eating dark chocolate regularly may help lower levels of inflammation."

Being one who has lived with a couple of foot neuromas, one requiring surgery a few years back, and who regularly ingests fish and flaxseed oil pills, apple cider vinegar and certain foods like fish to combat inflammation, this report was definitely great news. Finally, we get some nutritional salvation, an excuse to enjoy the pleasure of what we put in our mouths, even if it's only a small treat.

But reading on I discovered a restriction. The article went on to say that the benefit of dark chocolate is seen only when people ate up to one 20-gram serving of dark chocolate every three days and that the beneficial effects tended to disappear at higher consumption levels.

In other words, you can only get a taste teaser every three days. You can't sit there and polish off a full dark chocolate bar every day or so. The pleasure has to be minimal, planned in your monthly calendar.

Once again, they giveth, then they taketh away. I guess it's back to the sautéed wood chips. And where can we get those organic fries?

Ten things I was just wondering:

- 1, How does air really escape from bicycle tires, and does it happen only when no one is looking?
- 2, Why are ants in such a big frickin' hurry? Haven't they heard John Wooden's mantra: "Be quick but don't hurry."?
- 3, Don't you usually prefer race T-shirts that have a big design on the front rather than a smaller pocket design?
- 4, Wouldn't it be cool to use the Internet to organize a universal boycott of all products that are promoted obnoxiously in those irritating dynamic, moving ads on web sites?
- 5, If a swimmer has a tendency to pull toward one side, wouldn't it be nice if he or she could just go in for an align-

(Continued on page 5)



The Annual SCR Awards Banquet

by The Banquet Committee



SCR's annual awards banquet planning is coming along nicely, and things are falling into place. As mentioned previously, there are several exciting changes in store for the next banquet. As you know, the next banquet will be held in Pueblo, at the La Renaissance restaurant on Saturday, January 31, from 6 to 8:30p.m. This historic location promises to give our banquet participants 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 of Vegetable Rellenos. There will also be a buffet of salad, fruit, vegetables, potatoes, bread and choice of desserts. Tickets will be \$10 for adults, \$5 for children aged 7 to 12, and children 6 and under eat free. 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 November 5. A copy of the nomination form is in this month's newsletter, which you can mail to the YMCA or drop off at the YMCA. Or, you can submit nomi-



nations online at SCR's 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. You may nominate as many people as you like, but when it comes time to vote, you may only vote for one male and one female. Voting for ROTY will be available online at the club website starting December 2, or via ballots that will be printed in the December/January newsletter. These hard copy ballots may be mailed to or dropped off at the YMCA. There will be no voting at the banquet this year, and you must be 18 years or older to vote and a current club member. If you have any questions about nominating or voting, forward your questions to Carrie Slover at nominations@socorunners.org. 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 mid-December. For those who would prefer not to use the online registration, a registration form will be printed in the Dec/Jan newsletter, which you can then mail to or drop off at the Y with your payment. If you have any questions regarding registering for the banquet, you can email Robin Krueger at banquet-info@socorunners.org. No reservations will be accepted after January 26th, and there will be no reservations or "drop-ins" accepted at the door that night. (This is at the request of the restaurant.) We hope you are as excited about the changing face of the awards banquet as we are! We'll see you at the banquet!



Samuel A. Maverick, a Texas cattle baron in the mid 1800s had so many unbranded stray calves that they became known as *mavericks*. The term came to include independent-minded people as well.



Hello All,

Wendy and I were in New York City this past weekend and had a great run in Central Park. We ran about 4-5 miles on a heavily wooded loop that included famous places, seen in movies and television, like the Metropolitan Museum of Art, the Lake with the Boathouse restaurant and Bethesda Fountain, Strawberry Fields and the Central Park Zoo.

We also ran on the gravel path loop around the main Reservoir in the center of the park. The running paths were packed with runners, walkers and cyclists that were taking advantage of the beautiful sunny fall weather with high temperatures in the mid 70's in mid October.

Excellent views of the Upper West Side, Midtown to the south, and the Upper East Side at different sections of the run, especially when running around the Res-

ervoir. If you are in NYC, I'd highly recommend a jaunt through Central Park. You won't regret it.

Joe Bulow

Editor's Note: Joe posted this on the SCR listserv, and we liked it so much that we decided it was fair game for Footprints.



Birthdays & Other Events

November

- 1 Ross Barnhart
Gary Player (73)*
- 3 Barbara Hadley
Charles Bronson (86)*
- 4 Sean Bryan
Art Carney (89)*
- 5 Jessie Quintana
Roy Rogers (96)*
- 16 Robert O'Callaghan
Burgess Meredith (99)*
- 17 Rocky Khosla
Lawrence Volk
Danny DeVito (63)*
- 18 Steven Wall
Owen Wilson (40)*
- 19 Juanita Peters
Indira Gandhi (90)*
- 23 Chris Dehn
Miley Cyrus (16)*
- 24 Paulette Arns
Dale Carnegie (119)*
- 25 Lenore Raich
Joe DiMaggio (93)*
- 26 Mike Borton
Tina Turner (68)*
- 27 Thanksgiving Day
- 28 Nancie Biery
Karen Van Haverbeke
Ed Harris (57)*
- 29 Robert Quintana
Kim Delaney (46)*

*honorary SCR member



Runnin' the Trails
by Paul Vorndam
Leaf Runs and Stick Runs



Fall is a great time for a leaf run. The ancient Greeks actually invented the leaf run. They ran only wearing a leaf! Nowadays, being more modest (and certainly warmer), our leaf runs are to go gawk at the changing aspen and scrub oak leaves. If you would rather watch near naked Greeks, you were just born too late.

The quality of nature's display varies from year-to-year, but this fall was especially good. The colors were great and the season wasn't foreshortened by bad weather. I have some favorite runs here in the Wet Mountains and over in the Sangre's to take in the fall leaves, but I also try to find additional spots every year. Some favorites are Bartlett Trail and the Snowslide – Cisneros loop. Over in the Sangre's, I like the Commanche-Venable Loop and the Lake of the Clouds – Swift Creek Trail loop. State Highway 12 that runs south from La Veta is called the Highway of Legends – probably for the display of fall leaves along the route. A new trail (for me) that was spectacular this fall was the North Fork Trail. The trailhead begins a bit west of the North Lake reservoir off of Highway 12 at the Purgatoire Forest Service Campground. The trail ascends fairly gently for a few miles before steepening considerably as it climbs to meet the trail to Trinchera Peak that begins at the Blue Lakes campground. The road into the Purgatoire campground and first 3 miles of this trail are surrounded by stands of aspen. The trail wasn't steep enough to be breathtaking, but the leaf display was! I also was lucky enough to see a mama black bear and 3(!) cubs on the road in. BTW, a word of caution – he or she who runs and gawks at the overhead leaves

had better like the taste of dirt and pine needles.

OK, so if a leaf run is to go look at the leaves, then a stick run must be to go look at the pretty fall sticks, right? Wrong, bark breath! A stick run is a run where you are in serious danger of impaling body parts on various sticks along the way because the "trail" is 1) a euphemism, 2) an old game trail, 3) nonexistent or some combination thereof. You know you've been on a good stick run if you scream in the shower afterwards as the soap contacts the flayed skin on your arms, legs and elsewhere. Why would anyone subject themselves to this? This must be more evidence for the runner's high. Sometimes you're just seized with a sense of adventure – an irresistible urge to get off that same boring old trail and see if that PLB* is more than just a hunk of plastic. There are a few standard stick runs around here. For instance, the old logging road that runs south from Lake Isabel apparently deadends in a meadow at about 10,000 ft. However, you can do a stick run to the east and connect it with the Snowslide Trail. It's also possible to cut cross country from the Cisneros Trail to the Marion Mine (and come back down on the St. Charles Peak Trail, etc. The former author of this column was a master of the stick run. Rumor has it that he stopped doing these columns because he did one stick run too many – he's out there somewhere!

Anyway, next fall grab your leaf and do a stick run (or vice versa). Happy Trails!

* Personal Locater Beacon

(Great Stuff, Continued from page 3)
ment?

6, Wouldn't it seem logical to assume that virtually every football pass attempt that is intercepted is an "ill-advised" pass?

7, Can't they come up with shorter, abridged editions of Cliffs Notes?

8, Since the Merriam-Webster dictionary defines "dervish" as one that whirls or dances with or as if with the abandonment of a dervish, isn't the phrase "whirling dervish" redundant?

9, Can you believe they still do "the wave" at major league baseball games?

10, Wouldn't it be cool if someone discov-

ered that all elite Ironman athletes are actually aliens in disguise?

•
Until next month, may you find pleasure in each of your healthy meals.



Ramblin'

by Ron Dehn

Mini Rambles



Birthdays & Other Events

December

- 2 Humberto Paredes
Cathy Lee Crosby (59)*
- 8 Richard Greet
Caleb Smith
Teri Hatcher (44)*
- 9 Nicole Lopez
Beau Bridges (66)*
- 11 Dave Dehn
Rita Moreno (76)*
- 12 Anthony Diaz
Kathy Stommel
Cathy Rigby (55)*
- 13 Carrie Turman
Dick Van Dyke (83)*
- 14 Rochelle Beier-Kemmet
Nostradamus (504)*
- 16 Daniel Paredes
Margaret Mead (106)*
- 19 Terry Cathcart
Cicely Tyson (74)*
- 20 Charles Hall
John Holiman
Uri Geller (62)*
- 21 Jerry Tiller
Chris Evert (53)*
- 22 Kaylene Khosla
Barbara Smith
Jordin Sparks (18)*
- 24 Richard Hadley
Howard Hughes (102)*
- 25 Jesus of Nazareth*

*honorary SCR member

Check it out!

Did you know that one of our local runners has won her age division in every race she's entered this year? And she's entered a lot of races. That same runner broke her age division record in the ADT by 18 minutes. Yes, you read that correctly – 18 minutes.

How about the SCR member who just completed is 1,100th race? He estimates that he has run 800 5k races. Can you imagine his t-shirt collection?

One of Pueblo's swimmers just passed the 1,000 mile mark of lap swimming at the YMCA. That's a lot of flip turns – and dedication. One thousand miles?

There are several area athletes who have competed well in regional and even national events. Events like the Pikes Peak Ascent and Marathon, the XTerra Mountain Regional Triathlon Championships, Half-Ironmans, and marathons all over the country.

These athletes are not someone I read about in Runner's World or watched on television. I read about these accomplishments in the Pueblo Chieftain – in Gary Franchi's column. And – I even know most of these people and have seen them at numerous SCR events.

If you missed Gary's October 11th column – check it out on the SCR website. You will enjoy.

Ron's Biking Adventures

I've been writing columns and editing *Footprints* for seven years. In general, I get very little feedback on the newsletter, and sometimes wonder if these issues are used to line bird cages or soak up oil spots in the garage.

But – many readers have commented on the (un) Easy Rider articles in the June/July and August issues. These articles depicted the adventures of a rookie bicyclist (me) who attempted a century ride and barely knew which way the pedals turned.

While I do enjoy biking, I'm still working on making it a "regular" activity.

I've had a couple embarrassing moments with respect to my clip-in biking shoes. The original goal was to get comfortable with being clipped in. Well, on one occasion, I was so comfortable, I forgot to clip out. I was working with Lori Gregory to measure the course of the "Little Run on the Prairie". I rode into the parking lot, applied the brakes, and came to a stop. Somehow, both feet came free, but it was after I was on the ground. A month or so later, I was riding up to a stop light, unclipped my right foot, stopped, and put my foot down. I noticed a group of motorcyclists on the side of the road. While I was waiting for the light to turn, I somehow shifted my weight to the left. By the time I picked myself up, the light was green, so I took off, ignoring the small trickle of blood I felt on my left knee. The motorcyclists were polite and didn't say anything while I was within earshot.

Then, came the Corporate Cup 12.4 mile predict ride. I figured that I must now be very fast, so I predicted an optimistic time, and was placed in Wave 1. About a quarter mile after the start, I realized that I was the very last person in my wave, so I pedaled harder. A couple miles before the turn-around, Paul Dalla-Guardia and Joe Garcia passed me. They were both in Wave 2 which started 2 minutes after I did. Before long, a string of riders were going around me, and I felt like the senior citizen driving 45 on the Interstate. Lucky for me their bikes didn't have horns. No more than 30 seconds after the turn around, I saw my brother Dave who also was in Wave 2. This meant he was about a minute behind me, and he was riding his hybrid... Oh well, Dave's always been a better athlete. Next year, I'll make it a point to predict something a bit more reasonable, or better yet – practice before hand.

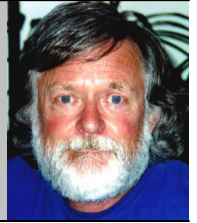
Anyway – the whole cycling thing is fun, but I'm still a rookie. Just like holding a paint brush in front of an easel does not make one an artist; riding 4/5^{ths} of a century does not make one a cyclist.

Hmmm... pass me another piece of that Humble Pie...





2009 Membership Renewal by Don Pfost



As membership chair, let me ask for your help in renewing your membership in the Southern Colorado Runners for 2009.

Here's how you can help. Just check the address label on your newsletter. If you see "Exp Dec 31, 2008" in the upper right hand corner, then it's time to renew. Some of you have paid several years in advance, so you may see 2009, 2010 or beyond, in which case, you don't need to do anything.

If it's time to renew, please complete and sign the 2009 membership form enclosed in this month's newsletter, and send it, along with a check for your membership dues, to the address in the lower left hand corner of the membership form. Or, if you prefer, you can renew online by going to the SCR website, clicking "Join" on the far right-hand side of the navigation bar, and proceeding from there.

Individual memberships are only \$15 per year, family memberships are \$20, and you can pay for multiple years. If you're paying for a family membership, please include the requested information on each family member—among other reasons, this is used to generate monthly birthday lists for the newsletter, and we want to include family members.

You'll see the many benefits of membership listed near the top of the form. Basically, a \$15 individual membership

covers the cost of producing and mailing the newsletter for a year. So, in a sense, the other benefits cost you nothing.

Donations to the SCR equipment fund and the YMCA Campus Campaign fund are optional, of course, but they are always appreciated.

You'll also notice that your mailing label has either "CR=YES" or "CR=NO" in the upper left hand corner. "YES" means you requested free bi-monthly issues of *Colorado Runner* magazine in 2008. Be sure to check the starred box on your membership form if you would like to receive *Colorado Runner* in 2009, whether or not you requested it in 2008. Remember, it's free.

Toward the bottom of the form you'll see a list of volunteer activities. As noted, this information is being updated, so please check any activities you're willing to help with. Keep in mind that volunteers earn points when they lend a hand, and fifty points earns an award that is presented at the club's annual banquet.

Please consider volunteering. Helping at races, which includes a range of activities, such as directing races, working the finish line, and serving as a course marshal, is an area where more help is especially needed.

Note also that free life-time memberships are available to those who are sev-

enty years or older. If you qualify for this category of membership, please fill out the form and send it in, but no need to send payment. And, in the future, we'd appreciate having you submit a membership form each year.

Lastly, if your mailing address changes during 2009, please notify me by emailing me at membership@socrunners.org or calling me at 719-544-9633. If a newsletter is returned as "undeliverable" because it has an invalid address, not only do you miss the issue, but the club gets charged a fee by the US Postal Service.

If you have questions, please contact me by email or phone.

Please note: If you drop off or mail in your membership to the YMCA, please indicate: "ATTN Membership" on the envelope. If you are sending in banquet reservations and / or nomination forms, please mark your envelope "ATTN Banquet". Please do not combine membership and banquet payments in one envelope. THANKS!

OR... you may want to do everything on-line and save both stamps and envelopes.

Now here's a word that just might come in handy at Thanksgiving, and I would bet that it's not part of your standard vocabulary. The word is: **snood**
noun: 1. A fleshy appendage over the beak of a turkey. 2. A net for holding a woman's hair at the back of her head.





Predictions

by Jim Robinson

HARVEST 5 MILE PREDICTION RUN



The October prediction run was held on Saturday evening Oct. 25th in Pueblo West. Dave Diaz marked the 5 mile course and somehow arranged for the warm late October evening. A post race meal and bonfire was held after the race in the picnic area at Lovell Park.

Al Weaver was the closest to his prediction time with a difference of only 4.69 seconds. Jeff Chowning was 8.9 seconds off of his prediction time for second place and Torry Henson was the third closest to her predicted time. Al Weaver and his wife Maria Elena Weaver stated that this Harvest run is one of their favorite of the prediction series races. Al and Maria Elena are from Canon City. Al graduated from the Colorado School of Mines

and is a mining engineer and Maria Elena is a physical therapist in Canon City.

The Harvest Run was the 9th race of the prediction series with only two more races to go for 2008. Shawn Loppnow continues to lead the series with Rich Hadley and Jeff Chowning following closely in the second and third spots.

I would like to thank the Race Directors: Dave and Stacey Diaz and the volunteers: Ken and Pixie Raich, Paul Barela and Jessie Weaver for their work in putting on this fun event.

Predict Standings after 9 races

(top 25 only - to view standings of all 111 participants go to the SCR website)

Name	Spg Roff	Rams 8	Ben & Matt	Yap Dog	Butt Bst	Moon Mad	Can Cty	Sth Shr	Harv 5M	Tot Pts	Best 5
Shawn Loppnow	90.38	100		61.90	43.75	100	93.75	76.67	11.11	577.56	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	96.30	523.73	431.48
Wendy Garrison	98.08		60.87	57.14	68.75	27.78	84.38		51.85	448.85	369.22
Chief Reno		50.00	43.48				81.25	100	66.67	341.39	341.39
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	22.22	320.51	288.77
Anthony Diaz	100	55.00	13.04	47.62		33.33		30.00	48.15	327.14	284.10
Don Pfost	53.85	80.00					90.63	20.00	37.04	281.51	281.51
Paulette Arns		20.00	47.83	71.43	37.50	66.67	18.75		40.74	302.91	264.16
Jessie Quintana	44.23	15.00			93.75	50.00			55.56	258.54	258.54
Stacey Diaz	26.92		21.74	19.05			46.88	26.67	25.93	167.17	148.13
Peggy Oreskovich	32.69		17.39	23.81				23.33	14.81	112.04	112.04
Bill Veges	88.46		73.91			44.44		73.33		280.15	
Brian Ropp		65.00	30.43				62.50	96.67		254.60	
Nina Gonzales					81.25	55.56	37.50		70.37	244.68	
Robin Krueger	76.92		82.61	52.38					18.52	230.43	
Diana Tiffany	50.00		95.65	76.19				6.67		228.51	
Larry Volk	55.77		65.22	100						220.99	
Becky Medina						83.33	71.88		62.96	218.17	
Bill Giebel	92.31		26.09	95.24						213.64	
Dave Diaz	84.62		34.78					86.67		206.07	



Predictions

Results by Jim Robinson - Photos by Dave Diaz
HARVEST 5 MILE PREDICTION RUN



Results

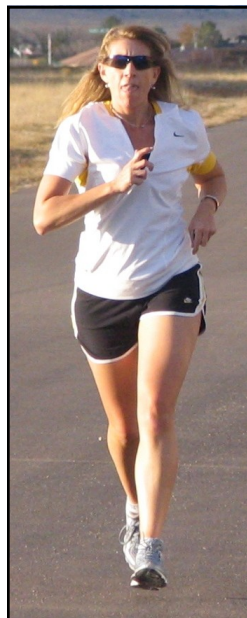
27 Name	Pred	Actual	Diff	Points
1 Al Weaver	40:41	40:45.69	4.69	100.00
2 Jeff Chowning	33:42	33:50.90	8.90	96.30
3 Torry Henson	49:00	48:50.22	9.78	92.59
4 Ron Dehn	46:12	45:43.23	28.77	88.89
5 Rusty Smith	38:30	39:00.44	30.44	85.19
6 Gary Franchi	46:17	45:42.01	34.99	81.48
7 Mark Koch	38:20	37:34.65	45.35	77.78
8 Gary Moore	31:30	32:19.59	49.59	74.07
9 Nina Gonzales	52:00	52:52.47	52.47	70.37
10 Chief Reno	38:40	37:41.23	58.77	66.67
11 Becky Medina	47:53	46:44.94	1:08.06	62.96
12 Aaron Levinson	32:00	33:10:99	1:10.99	59.26
13 Jessie Quintana	57:00	55:39.12	1:20.88	55.56
14 Wendy Garrison	48:30	47:08.06	1:21.94	51.85
15 Anthony Diaz	43:30	45:10.66	1:40.66	48.15
16 Marian Heesaker	49:20	47:36.28	1:43.72	44.44
17 Paulette Arns	59:48	61:45.33	1:57.33	40.74
18 Don Pfost	58:00	56:00.30	1:59.70	37.04
19 Dennis Wait	61:40	59:33.63	2:06.37	33.33
20 Maria Elena Weaver	49:30	47:19.70	2:10.30	29.63
21 Stacey Diaz	48:00	45:36.22	2:23.78	25.93
22 Emily Batson	41:00	38:30.72	2:29.28	22.22
23 Robin Krueger	45:00	42:07.20	2:52.80	18.52
24 Peggy Oreskovich	49:00	45:32:58	3:27.42	14.81
25 Shawn Loppnow	43:35	39:44.79	3:50.21	11.11
26 Mel Henson	50:00	54:19.60	4:19.60	7.41
27 Ticia Passerelli	00:00	44:04.29	DQ	3.70



L to R: Marian Heesaker, Becky Medina, Torry Henson, Wendy Garrison, Maria Elena Weaver



Above L to R: Gary Franchi, Peggy Oreskovich, Ron Dehn, Stacey Diaz



Left:
Emily Batson,
Robin Krueger



Potpourri



Larry Volk took us up on our request for a “miner” to mine some data for *Footprints*.

Here are finishers from the Pueblo and Canon City areas in the Denver Half Marathon (right), and the Full Marathon (below).

Thanks Larry, and congrats to all finishers, especially those who qualified for Boston

Class	Rnk	Class	First Name	Last Name	Sx	City	Pace	Sx Rank	Age	Gun Final	OA Final	OA Rank
	145	F40-44	WENDY	GARRISON	F	PUEBLO	0:10:01	1080	41	2:14:40	2:11:19	2120
	16	M40-44	JOHN	ROLDAN	M	PUEBLO	0:07:17	118	40	1:35:54	1:35:29	146
	428	F30-34	JAMIE	SWEENEY	F	PUEBLO	0:13:56	2269	30	3:08:35	3:02:34	3664
	415	F25-29	MICHELLE	MACIAS	F	PUEBLO	0:10:53	1597	26	2:25:49	2:22:38	2820
	74	F45-49	STACEY	DIAZ	F	PUEBLO	0:10:23	1331	48	2:16:42	2:16:03	2456
	133	F35-39	KRISTINE	SPINUZZI	F	PUEBLO	0:09:24	701	39	2:06:40	2:03:20	1570
	64	M50-54	VICTOR	BOLEY	M	PUEBLO	0:09:46	974	52	2:13:21	2:08:09	1899
	137	M25-29	JAVIN	BAKER	M	PUEBLO	0:09:35	916	27	2:07:03	2:05:37	1719
	27	M50-54	RICK	BAKER	M	PUEBLO	0:08:47	596	51	1:56:43	1:55:16	963
	337	F35-39	MICHELLE	FRANCIS	F	PUEBLO	0:10:49	1572	36	2:26:36	2:21:51	2790
	213	F35-39	REBECCA	MEDINA	F	PUEBLO	0:09:58	1060	38	2:14:06	2:10:45	2089
	45	M35-39	MATT	GUY	M	P WEST	0:07:47	215	37	1:46:20	1:42:05	291
	55	F40-44	CHRISTINE	MCCARTHY	F	P WEST	0:08:51	395	40	1:59:35	1:56:06	1021
	60	M30-34	SCOTT	RESCHLY	M	P WEST	0:08:01	304	32	1:47:36	1:45:02	417
	439	F30-34	CASEY	BURSHA	F	CANON	0:15:19	2369	34	3:26:52	3:20:39	3785
	137	F30-34	AUTUMN	MEAGHER	F	CANON	0:09:35	804	34	2:07:43	2:05:37	1720
	48	F50-54	JOAN	SINDLER	F	CANON	0:11:49	1963	53	2:37:37	2:34:53	3293
	440	F30-34	KELLY	TRAINOR	F	CANON	0:15:19	2370	31	3:26:52	3:20:39	3786
	49	F50-54	BECKI	VETTESE	F	CANON	0:11:49	1964	50	2:37:39	2:34:55	3294
	135	F35-39	HEATHER	WHITSON	F	CANON	0:09:26	719	36	2:06:00	2:03:46	1597

Class	Rank	Class	First Name	Last Name	Sx	City	Pace	Sx Rank	Age	Gun Final	OA Final	OA Rank
	82	M18-24	DEKE	GOEHRINGER	M	PUEBLO	0:11:22	909	20	4:58:52	4:57:54	1425
	22	M18-24	ANTHONY	NICOLA	M	PUEBLO	0:08:24	263	20	3:45:40	3:40:30	335
	4	F45-49	PEGGY	ORESKOVICH*	F	PUEBLO	0:08:30	83	46	3:43:42	3:43:03	372
	93	M45-49	ROBERT	SANTOYO	M	PUEBLO	0:10:28	774	46	4:34:47	4:34:20	1188
	19	M40-44	LARRY	VOLK*	M	PUEBLO	0:07:42	122	44	3:22:07	3:21:47	138
	8	M60-64	DAVE	DIAZ*	M	PUEBLO	0:09:04	431	60	3:58:24	3:57:46	612
	35	M40-44	SHAWN	LOPPNOW	M	PUEBLO	0:08:03	192	41	3:31:56	3:31:09	226
	1	F60-64	CAROL	KINZY*	F	PUEBLO	0:08:52	143	60	3:52:57	3:52:23	517
	34	F35-39	PAULA	MCCABE	F	PUEBLO	0:09:18	222	36	4:04:33	4:03:58	722
	98	F30-34	KATIE	DAVIS	F	P WEST	0:10:58	473	33	4:50:36	4:47:30	1332
	35	M50-54	HUMBERTO	PAREDES	M	P WEST	0:09:18	501	51	4:04:37	4:03:59	723

*Qualified for the Boston Marathon

Did you know???

Who Chevrolets, Oldsmobiles, Rolls-Royces, Mercedes-Benz, and Buicks were named after?

Louis Chevrolet, a race-car driver and designer who co-founded the company that later merged with GM.

Ransom Eli Olds, an auto pioneer who started the Olds Motor Vehicle company in 1897.

Sir Henry Royce founded the company in 1903; Charles Rolls promoted the car.

Carl Benz is believed by many to have invented the automobile in 1879. Mercedes Jellinek was a young girl; her father was a German diplomat and an investor in Benz’s company.

David Dunbar Buick, a Scotsman, sold his failing Buick motor Car Company to William Durant in 1908. Durant used it

as the cornerstone of the General Motors empire. Buick died broke.





Photo Gallery Hot to Trot



The Hot to Trot results were published in last month's Footprints, but we ran out of room for photo - so here they are. Again, we thank Larry Volk for providing these...

Clockwise from upper left: Mikalann Medina, Patrick Swank, Gary Franchi, Ralph Regalado, Mary Humphreys, Susan Campbell, Martha Drake, David Roth

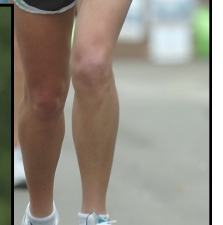
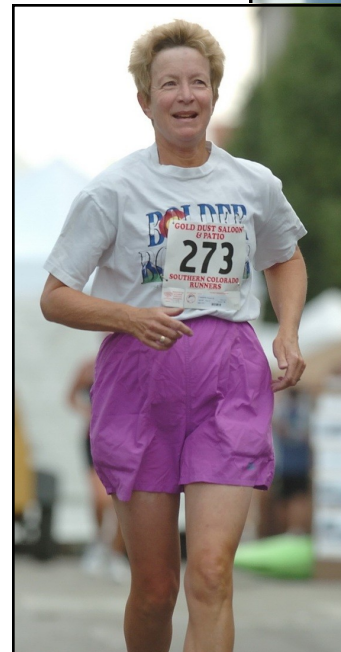




Photo Gallery

South Shore Adventure



We thank Larry Volk for these great photos from the South Shore Adventure Predict. In case you can't tell, the course is rather challenging.

Larry will give each runner 1 free pic of themselves from this race. Just e-mail Larry at: lrvolk@yahoo.com

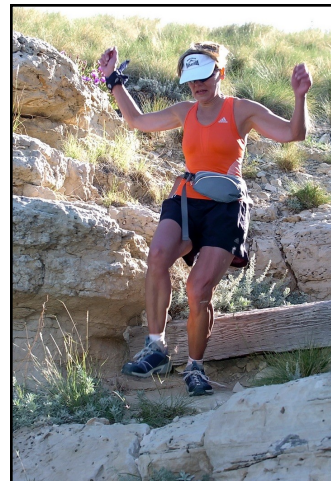
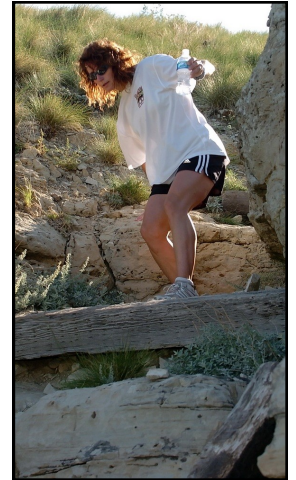
He also made a poster which combines photos of all runners. You can order the photo or additional pics.

The website is provided on the next page.



Photo Gallery

South Shore Adventure



Larry will give each runner one free pic of themselves from this event. Just send him an e-mail at: lrvolk@yahoo.com
See all the pics at eventpictures.com see: <http://eventpictures.com/app/event/viewEvent?eventInstanceId=16261>



Picnic Pics



These Pics are from the picnic a couple months ago. We were tight on space last month but made room in this issue. Thanks Dave & Stacey Diaz for the photos!

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 early December 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.

You won't find any turkeys at the Dust



The Gold Dust that is, 217 South Union

Race Calendar by Linda Strange

NOVEMBER 2008

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](#)

23rd – Sun, 10:30am. **Fall Cross 2008**, CU Buff Ranch, Boulder. Women's 6k and men's 10k. Race series finale. An "Xtreme Green event – All race goodies and event products are organic and earth friendly!" Jan Ward: janward32@gmail.com - 303-443-1297

27th – Thurs, 9:00am. **Pederson Volvo Fort Collins Thanksgiving Day Run**, Old Town, Fort Collins. 4 miles, ½ mile kids run. Kids 12 and under run 4 Miler free. Includes T-shirt, number and expanded age group prizes! Join the fun and participate in Northern Colorado's largest run/walk event! Cash prizes for elites and pies for age group prizes! Entries available at your local running store or register online at [www.timberlein timing.com](#).

DECEMBER 2008

6th – 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](#)

13th – Sat, 10:00am. **22nd Annual Jingle Bell Run/Walk**, Raton, NM. 5k run/walk. \$2000 cash prize!!! Contact George Dominquez at 575-445-2546 to register.

Almighty Muscle

Running & Fitness Holiday Blowout Sales!!!

"Gnarly November Sale"!

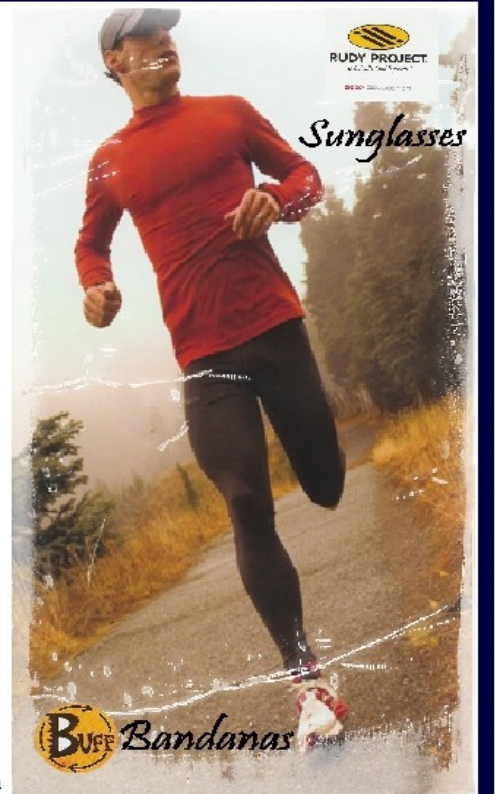
Nov. 28th and 29th-- the 2 days after Thanksgiving - 50% off THE ENTIRE STORE!!! Yes, that's right, THE ENTIRE STORE!!! Save on Mizuno™, Pearl Izumi™, and Brooks™ running shoes!!!*

"Delightful December Sale"!

Dec. 1st - 23rd-- 40% off all items except shoes and sunglasses!*

*Limited sizing

New Winter Hours: Thur. & Fri. 10-5pm
Sat. 10-1pm (subject to change)



719.542.1850



**517 W. 5th St., Ste. 109
Pueblo, CO 81003**

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003

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

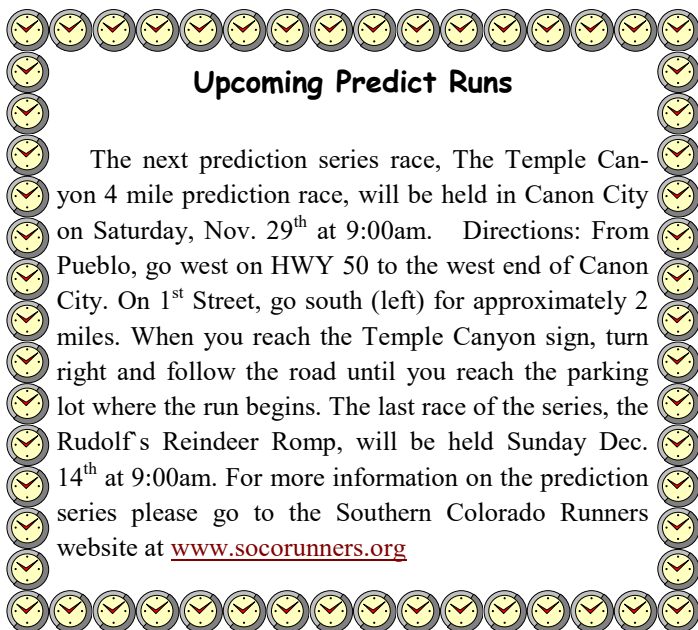
Address Service Requested



***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 next prediction series race, The Temple Canyon 4 mile prediction race, will be held in Canon City on Saturday, Nov. 29th at 9:00am. Directions: From Pueblo, go west on HWY 50 to the west end of Canon City. On 1st Street, go south (left) for approximately 2 miles. When you reach the Temple Canyon sign, turn right and follow the road until you reach the parking lot where the run begins. The last race of the series, the Rudolf's Reindeer Romp, will be held Sunday Dec. 14th at 9:00am. For more information on the prediction series please go to the Southern Colorado Runners website at www.socorunners.org

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 December 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...

The fundamental delusion of humanity is to suppose that I am here and you are out there. -Yasutani Roshi, Zen master (1885-1973)

Let your capital be simplicity and contentment. -Henry David Thoreau, naturalist and author (1817-1862)

I am a part of all that I have met. -Alfred, Lord Tennyson, poet (1809-1892)

Life is short. Be swift to love! Make haste to be kind! -Henri Frederic Amiel philosopher and writer (1821-1881)

The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher. -Thomas Henry Huxley, biologist and writer (1825-1995)

When somebody tells you nothing is impossible, ask him to dribble a football. ~Author Unknown

Just remember, if the world didn't suck, we'd all fall off. ~Author Unknown