



Editor: Ron Dehn

FOOTPRINTS



Merry Christmas, Happy Hanukkah, Happy New Year!!!



Ho, Ho, Ho!!!

The Rock Canyon Half Marathon by Dave Diaz

Wow! 502 Finishers, with 547 registered. I was very happy with the turnout, but a little surprised. We received 295 entries in the last week. I couldn't believe what was happening. Every morning my email was filled with more entries. At least when runners enter online we don't have to type all the information. Poor Jacqueline Wall (who volunteered to do data entry, bless her) was swamped with US mail entries and the job of deciphering runners handwriting.

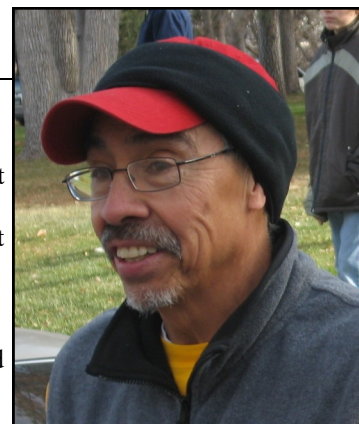
I was worried that the course wasn't going to be able to accommodate that many runners. I worried about the water stops, I had already bought cups and Gatorade but had to go out and buy more. I bought more 5 gallon jugs. I bought extra donuts, more bananas and this year added oranges (which go a long way if you quarter them). I got 2 portapotties but should have gotten at least 4. We delayed the start of the race 9 min-

utes until there were no lines at the bathrooms.

But despite the lines at the restrooms and running out of shirts everything else went smoothly. We got lucky with the weather, it was beautiful and we had plenty of food and Gatorade afterwards. Results were perfect and fast and no one got lost or, more important, hurt. PCC and the Massage Therapy students worked until 12:30 so that everyone who wanted a massage got one.

I'd like to report on the race but I really didn't get to see it. After the race starts, I got on my bike and pedal as fast as I can to the Nature Center. I have a 2 1/2 mile head start but I know the runners will catch me if I don't hurry. They are running faster than 10 mph and that's not easy on a bike because the course is sometimes rocky and uneven. On the way out I dig the 4 and 12 mile markers out of the weeds where I hid them the

day before and set them out. At the Nature Center I find club member Rochelle Beier-Kemmitt, who is a Rec Therapist at CMHIP and brings patients to do the water stop. She is all set up and ready for the 500 runners behind me. Jim Robinson is there to help.



Because of all the entrants, Stacey Diaz and Trish Ferguson (who both worked registration at City Park) jumped in the car and drove to the Nature Center to help. Then I head west to the next water stop making sure all the cones that I set

(Continued on page 5)

Atalanta Results & Pics
Pages 11 - 13

Rock Canyon Pics
Pages 14 - 16

SCR Banquet
January 31st
See page 17



Minutes from the November, 08 Meeting

Attendance: Paulette Arns, Gary Franchi, Don Pfof, Dave Diaz, Stacey Diaz, Ron Dehn, Jim Robinson, Jeff Arnold, Terry Cathcart, Rich Hadley, Jacqueline Wall, Peggy Oreskovich, Carrie Turman, Linda Strange, Robin Krueger, Paul LaBar, and Ken Raich.

Special Guests: SCR Banquet Committee: Linda Strange and other members of the Banquet Committee reported the current status of the banquet: La Renaissance will charge the club \$18.95 per meal. Each attendee will pay \$10 per adult (over 12 years of age) and \$5 for kids (ages 7 through 12). The club will supplement the cost difference for meals. Children 6 and under will be free. Each attendee must select whether they wish a vegetarian or non-vegetarian meal so the restaurant can plan accordingly. Ken Raich agreed to modify the online signup program to capture the number of people in each age category and the types of meals requested. Voting for Runner of the Year will be online (SCR Webmaster Paul LaBar will write a routine to handle the voting). Members must be 18 or over to vote. The restaurant doors will open at 6:00 PM with the food being served at 6:30. The program is scheduled to begin at 7:00 PM. During next month's SCR meeting the participants will vote for the "Dirty Sweat-sock" and "Outstanding Club Member" awards. They meeting attendees thanked the Banquet Committee for all the work they have done to organize this event.

Minutes from the October meeting were approved.

Officer Reports:

Treasurer's report – The club has slightly less in funds than we had at this time last year. It was noted that the Florence Chamber of Commerce had submitted a check to SCR for bibs they had purchased. The treasurer's report was approved as presented.

Newsletter Editor - Ron Dehn reminded the club that a single Dec/

Jan edition of the newsletter will be mailed during the first week of December.

Membership Chair - Don Pfof announced we currently have 215 paid members. This is the highest our membership has ever been at this time of the year. It was also noted that SCR has not been receiving bills from Colorado Runner Magazine. Don will ask about the billing when he sends our next mailing list to Colorado Runner.

Webmaster - On December 1st SCR will begin moving our web site to different service provider. A motion was passed to fund two years cost for the new web service. The cost is expected to be about \$100 per year for the web server and \$75 per year for an SSL certificate. HostGator has quoted a \$13.95/month plan for a business account which includes an SSL certificate. A 2-year commitment for this plan will be \$334.80. Our existing web service will expire on December 23.

Upcoming Events:

Atalanta Women's Run: Jacqueline Wall and Stacey Diaz announced that running hats will be distributed to each runner in lieu of T-shirts. In addition, each finisher will receive a charm bracelet. The course will be the same "Aberdene Course" as last year.

Temple Canyon Prediction Race: Rich Hadley announced that the race is "on track" for November 29th.

RockCanyon Half Marathon: Dave Diaz informed the club that planning for the race is moving smoothly. The logo is being prepared and will be sent to Ken Raich so medals can be ordered with the logo imprinted. Dave collected volunteer names for the finish line.

Jacqueline Wall is doing data entry and volunteered to help with the results.

Valentine's Day Race: Jeff Arnold told the club that this year's Valentine's Day race will actually take

place on February 14th.

Spring Runoff: Terry Cathcart announced he is working with Paulette Stuart to determine this year's changes. The Chieftain wishes to lower this year's costs so they are considering less expensive shirts (last year technical shirts were distributed) and alternatives to renting a tent. They expect to have the same races and courses as last year.



Activity Recaps:

Harvest Run: Dave Diaz announced the Harvest

(Continued on page 10)



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. 317

"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, Hannibal Hamlin *	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Jim Robinson, Linda Strange, Don Pfof, Ken Raich, Larry Volk, Carrie Turman, Dave Diaz

SCR meetings generally are held the first Wednesday of each month at the Pueblo YMCA in downtown Pueblo. All SCR members are welcome and may bring family, relatives, and pets, as long as he/she also brings treats for all members.

ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$25 to have either race registration forms or non-race flyers inserted. The club reserves the right to reject ads/flyers that don't meet its low standards.

* Hannibal Hamlin (August 27, 1809 – July 4, 1891) was the fifteenth Vice President of the United States, serving under President Abraham Lincoln from 1861-1865.



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



Great Stuff

by Gary Franchi

How many words is a running photo worth?



Seasonal thought for today's lunch, compliments of John G. Vavrek III, childhood friend of Great Stuff author: *"It's better to give than to receive, especially when you're on the receiving end."*

Musings about running, fitness and life:

(OK, folks, go get last month's issue of "Footprints" (November 2008) to refer to as you read this column.)

*

Ya know, I've been thinking a bit about the old cliché that says "a picture is worth a thousand words."

Oh, yeah? Who came up with THAT nonsense? A thousand words, eh? I want to know who's doing the talking because, if you can't look at a photograph and wrap up your comments in two or three sentences, then you're talking just to hear yourself talk. Or you're a politician. Or you've been at Prime Time a couple of hours too many.

Besides, if someone's droning on and on about a photograph, who's going to stick around that long and count the words? I know I'm getting up and walking away after about 200 words. 250 tops.

These deep thoughts crossed my mind one day when I was looking at that November 2008 issue of "Footprints" that I told you to fetch at the start of this. The thing that jumped out at me from the very start were the fantastic photos



Larry Volk at the Temple Canyon Predict

on the cover. *(Take a look.)* The pictures are so clear, so sharp.

There are more great photos inside, too. Just check out the Harvest Run shots on page 9 and the array of South Shore Adventure pictures on pages 12 and 13. There's some great stuff there and we are fortunate to have such visual delights in each issue.

Race Director Dave Diaz took the Harvest Run photographs while traversing the course to make sure the race was running smoothly. While I was running the race, it got kind of exciting trying to figure out where Dave was going to show up next. Sort of like those video shooting games where you're wondering where the next little figure is going to pop up, your finger antsy to pull the trigger and blow the thing to smithereens. Nothing personal, Dave.

But the bulk of the great photos you'll find in almost every issue of "Footprints" are taken by club member Larry Volk. If you don't know Larry, just look for the guy that's got a digital camera with a lens that's about 2 feet long, mounted on a tripod while he crouches 10 or 20 yards from the finish line off to one side. I don't know how he clicks that shutter so many times without getting "photo finger," a distant cousin to tennis elbow. And how do his legs survive that crouching?

Sure, Larry makes his photos available for purchase, but let's not kid ourselves into thinking he's in it for the money. He couldn't possibly sell enough to justify the time and work that it takes to be at the races clicking the shutter and then processing the digital photos. It's just a service he contributes by doing something he loves and for which he has great knowledge and talent.

I was particularly intrigued by Larry's Hot to Trot photos on Page 11 of that newsletter. *(Go ahead, take a look.)* You can almost tell who the fast runners are just by viewing each photo. Look at Mary Humphreys, the lady wearing bib #309 on the right-hand side in the middle. Doesn't Mary look like she's ahead of the pack in the Boston Marathon, gliding fluently, shades in place, moving



Larry at the Rock Canyon Half Marathon

in powerful strides, totally under control?

And check out #295 in the top row, second from the right. Man, that guy looks like a stud runner! Look at the determination on this face. Don't you just "feel" the power in his clenched fists? He's so focused that his eyes are on the road, not even looking at the finish line that he was closing in on when Larry snapped the shutter.

OK, so I think these are cool photos. But are they worth a thousand words? I gave Mary 41 and I think I covered her exquisiteness pretty well. And the #295 stud muffin got 65 words worth of verbiage, which was probably stretching it a bit as it is. Like a late night show host, we've got some air space to fill, you know.

I found Larry's South Shore Adventure shots a trip and a half. He positioned himself near a precarious spot in the race and just started hammering away with his shutter finger. My personal favorite is the one on page 13 of Carrie Turman, who politely stopped to smile and wave at the camera.

It's a great shot. But is it worth a thousand words? Shoot, I'm only listening to about 200 words. 250 tops.

Ten things I was just wondering:

1, Wouldn't it be great if, like in football, they temporarily halted a race

(Continued on page 10)



A Note of Thanks to the Rock Canyon Volunteers

by Dave Diaz



A runner asked me Saturday at the Rock Canyon finish line how many volunteers it took put on this race. I said, without thinking, probably 60. When I sat down to count it came up to about 40. Forty volunteers, that's impressive when you realize we only have about 200 members in our club. This race could not happen without the volunteers, it runs on volunteers. So, on this Saturday morning, forty people selflessly gave of their time to help put on a race, so that others could run. It's good to give back to the sport that means so much to all of us and that's just what those individuals did.

I enjoy helping with this race but it couldn't have become what it is without our club president and computer guru Ken Raich. He does the bulk of the technical work for this race, which is a huge job. He updates the paper entry form, sets up and monitors online registration, prints labels for the bibs and handles results at the race. He even orders the medals for age division winners. He is "one with the computer" and an all around great guy and the club is lucky to have him.

Jacqueline Wall works side by side with Ken. Her excellent organizational and

people skills have smoothed over many tense situations. Jacqueline has a calming influence that is appreciated by many. She also has great common sense. She picks up mail-in entries at the Gold Dust and types them into the club's notebook, puts labels on the bibs, then along with Stacey Diaz manages the pavilion on race day morning. This year Stacey also designed and picked the color of the sweatshirt.

Raceday registration and packet pick up can be quite hectic especially with the number of entrants we had this year. We were fortunate to have a lot of great help race day morning. Those helping at registration were: Gabrielle Wall, Linda Strange, Carrie Turman, Peggy Oreskovich, Robin Krueger, Kenny Romero (who packs a mean truck), Kathy Stommel and Trish Ferguson. At packet pickup: Kerry Roman, Ruth McDonald, her Mom, and Tim from the Gold Dust. These are the most efficient group of people that I have ever seen. They knew what to do and got it done. Peggy, Robin, Linda and Kenny then ran the race while Stacey and Trish drove to the Nature Center to help with the water stop. Kathy cut up the fruit and set out all the donuts. This year they also set up food and Gatorade for the runners outside the pavilion to help with traffic flow in and out of the building. Later, they all returned and helped with clean up which included dumping trash, sweeping and mopping and loading tables and equipment into trucks.

The week before the race I get water jugs, cups, Gatorade and tables to Joe Bulow, Anthony Diaz and Hilbert Navarro who then manage the water stops. Volunteers at the water stops include Mark & Brenda Koch, Phil Quattlebaum, Jim Robinson, Joe Bulow, Rochelle Beier-Kemmett and the CMHIP patients (who have helped for the last three years and do a wonderful job), Stacey Diaz, Trish Ferguson, Hilbert Navarro and family, Anthony Diaz, Joe Diaz, Brianna Baros, Bill Veges, Paul Barela and Rick.

Don Pfof is my go to guy for any finish line. I don't worry about the finish line when Don is in charge, which frees me up to do a myriad of other duties. He and his crew, which include his lovely wife Lois,

set up the finish line, time each runner, pull tags and spindle them to send to Ken for results. Accuracy is the primary job of any finish line and I can always count on Don for an efficient, well run and accurate finish line. Finish line helpers include, Terry Cathcart, Angelica Wall, Steve Wall, Mark Koch, Ron Dehn, Gary Franchi, and Kim Arline. Larry Volk, our official photographer, takes great photos of runners both at the finish and out on the course.

Tomas Duran has been lead bike for several years and has already committed to next year. As Tomas already knows, it is not easy to stay ahead of the fast lead runners on those uneven, shale covered, dirt roads. With Tomas' excellent biking skills, he has been able to keep ahead of the runners and guide them safely back to the finish line. When the first runner finished the race, he went back on the course and trailed the last runner. He made sure no one was left out on the course.

I would also like to thank Mike Sexton and the Pueblo Parks and Rec who have always been there for us. Mitch Martin and the rangers at Lake Pueblo State Park who allow us to use state facilities and allow volunteers to drive on the trails and the Nature Center of Pueblo. Also, Lynne Ross and the students from the PCC Massage Therapy classes who provided post race massages to the runners and add a touch of class to our run.

And I can't forget the crew from the Gold Dust who have been helping this club since I was a young man. Ruth and Shelly help with registration and packet pick up and Tim picks up and delivers all the shirts to the City Park, not an easy job since sweatshirts take up a lot more space and are much heavier than t-shirts. They are our unofficial headquarters and long-time home to newsletters stuffings.

Thanks to all, -Dave Diaz

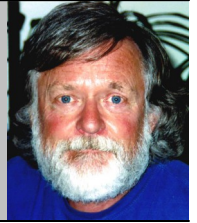
Editor's Note: We understand that the 40 volunteers do indeed make this happen, and deserve lots of credit; but many kudos also to Dave Diaz who works tirelessly to make this a 1st class event. That is why 500 people show up.



Lois Pfof and Steve Wall collect runner's tags at the finish line



Membership Reminder by Don Pfof



If you haven't sent in your 2009, membership, please take a few moments now to fill out the enclosed membership form and put it in the mail or drop it off at the YMCA.

The benefits of membership are many—the camaraderie of other runners, an award winning newsletter, reduced entry fees to club-produced races, an annual picnic and banquet, the prediction series, and a free subscription to *Colorado Runner* magazine.

Keep in mind that membership dues pay for the production and mailing of the

newsletter, and they subsidize subscriptions to *Colorado Runner*. So, if your renewal is not received before the February newsletter is mailed, your name will be removed from the mailing lists for both the newsletter and *Colorado Runner*.

Don't miss out. Send in your membership now. Better yet, pay for three years now and avoid the hassle of having to renew next year.

Thanks.

Don Pfof, Membership Chair

PS1: Because mail for the banquet is also being sent to the YMCA, please mark on your envelope "Attn: Membership", and don't include anything for the banquet in the same envelope.

PS2: If your address changes during the year, please notify the membership chair of your new address as soon as possible.

(Continued from page 1)

out the day before are still in place. I carry water bottles full of flour to replace any arrows that have worn off since yesterday.

At about 5 ½ miles, I find Hilbert Navarro and family/friends who have volunteered to do this water stop for many years. The week before the race I leave the cups and Gatorade on his porch and he takes care of the rest. I just love the Mexican music he plays. Hilbert too, is set up and ready to go, so I leave knowing the runners are closing in on me. I get to the last water stop before the dam to find my brother Anthony Diaz and Uncle Joe. When this race was small Anthony would do the water stop with just him and his kids. Today we have 6 volunteers and I hope that is enough. Dave Foster and Paul Barela have helped me since I took over this race. Everything is OK so I head back to the park. The runners don't catch me this year as I stay on the asphalt on the way back.

Speaking of taking over, this race began in 1987 as The Osprey Half Marathon which started and finished out by the dam. In the first 6 years it had 3 different race directors and after the '92 race the club was going drop it because no one wanted to take it over. I had been

looking for a way to help the club and decided to try to direct this race. I didn't know what an Osprey was so in 1993 I changed the name to Rock Canyon which is the name of the canyon area where the race is run, plus it sounded more manly to me. After a couple of years of hauling equipment out to the dam and just freezing our behinds off since the only protection we had from the weather was an open pavilion I decided to move it to City Park. The race has grown steadily albeit slowly over the past 16 years, usually about 20 to 30 runners per year. I should have noticed something was different when we went from 245 finishers in 2006 to 346 in 2007 and now in 2008 we have 502 finishers—an overnight success that took 22 years.

Congratulations to our 2008 winners Paul Mann, 1:17:02, from Colorado Springs and Ashlee Nelson, 1:26:38, also from Colorado Springs. On a personal note, I'd like to congratulate my son, David, who finished in 1:35 which was 22 minutes faster than the last time he ran this race in 2005. When he was in high school he was 5'8" and 130 lbs and ran a 5K in 16:02. Today he is 6' and 180 lbs and runs for fun. He owns Fitness Together in Denver which is a fit-

ness center that offers only 1-on-1 personal trainers. Until next year, happy trails and mark Dec 5, 2009 on your calendar for the 23rd edition of the Pueblo Rock Canyon Half Marathon .

David Diaz





Birthdays & Other Events

December

- 2 Humberto Paredes
Lee Trevino* (68)
- 8 Richard Greet
Caleb Smith
Diego Rivera* (121)
- 11 Dave Dehn
Rita Moreno* (76)
- 12 Anthony Diaz
Kathy Stommel
Frank Sinatra* (92)
- 13 Carrie Turman
Taylor Swift* (18)
- 14 Rochelle Beier-Kemmet
Sipke Jones* (96)
- 16 Daniel Paredes
Arthur C. Clarke* (90)
- 19 Terry Cathcart
Jennifer Beals* (44)
- 20 Charles Hall
John Holiman
Irene Dunne* (109)
- 21 Jerry Tiller
Ray Romano (50)
- 22 Kaylene Khosla
Barbara Smith
Maurice Gibb* (58)
- 24 Richard Hadley
Kit Carson (198)
- 25 Jesus of Nazareth*
- 30 Jared Bruce
Bo Diddley* (79)

*Honorary SCR Member



Runnin' the Trails
by Paul Vorndam
The Joys of Fall Trail Running

You've probably heard about the two hunters, upon spotting their "game", having this conversation:

"Hey Slim, lookee thar. Some fool painted the word COW on the side of that deer!"

"Yeah Tex, I see that. Don't make no sense to me. Let's blast 'em!"

And another poor rancher's steer bites the dust in a hail of semi-automatic rifle fire.

Fall is a gorgeous time to run trails – blue sky, cool temps and fall colors. What more could you ask for? How about solitude?

Frankly, running trails in the fall amidst the ATV/6-pack crowd worries me a lot more than surprising a bear or a mountain lion on the trail!

Two hunters were standing over a runner that they had shot:

"Hey Slim, ain't that the weirdest thing you ever seen? Some fool put a red 2007 Pikes Peak Ascent jacket on this here deer."

"Yeah Tex, I figure this 'un was one of them lawyer deers."

"He said: "Don't shoot – I'm human!", but you cain't trust an attorney to tell the truth."

Now this is a true story: a few years ago a friend and I decided to run to Woodland Park from the Air Force Academy. We started up an old trail behind the firing range (you could do that back then) and after we got onto national forest land, we ran into two fellows dressed in orange carrying shotguns. We said hi

and one of them tells us" You shouldn't be out here"! In reply to "Why not?", he explained



that it was hunting season and that we could get shot!! I think we politely asked them to hold their fire for a bit while we got out of range – and then we did – in a hurry! I guess "National" forest means except during hunting season? I wonder if you could get away with running trails during hunting season if you wore an orange vest and hat and carried a rifle?

"Hey Slim, this here deer was carrying a Remington 30-06 and he's wearing camo stuff too."

"That ain't camo, Tex – that's huntin' duds."

"Nah, he wuz wearin' that orange camo to throw us off."

"That why you shot him anyway?"

"Yeah, he ain't pullin' that reverse-psychology stuff on me!"

Fall is a really good time to do speedwork on the trails – you'd be surprised how much faster you can go when you're being shot at. Y'all be careful out there.

Happy Trails!



Birthdays & Other Events

January

- 5 Wendy Garrison
Diane Keaton* (62)
- 15 Emily Borrego
Chris Kirkpatrick
MLK Jr.* (79)
- 16 Chief Reno
Mary Simmons
Dizzy Dean* (97)
- 18 Gloria Montoya
Oliver Hardy* (116)
- 19 Jan Dudley
Junior Seau* (39)
- 22 Heather Baca
Sam Cooke* (73)
- 24 Ruth McDonald
Neil Diamond* (67)
- 25 Monica Diaz
Alicia Keys* (27)
- 27 Mike Messick
Gabrielle Wall
Lewis Carroll* (176)
- 28 Joshua Smith
Christine Willumstad
Elijah Wood* (28)

*Honorary SCR Member



Ramblin'

by Ron Dehn

Inspiration



I cannot believe that it's time to get a new calendar. Can 12 months actually go by this fast? As is my custom this time of year, I reflect on the road behind as well as anticipate the road ahead. And – most importantly, I'm getting better at focusing on the road on which I am standing, i.e. the present.

Being reasonably fit is important to me. I'll never be an Olympic athlete, will never play in the Superbowl, the World Series, the Stanley Cup, on the courts at Wimbledon, etc, etc. But I do make choices which add to, or detract from, fitness in spirit, mind, and body. And a reasonable degree of fitness contributes to my overall quality of life. So, incorporating healthy spiritual, mental, and physical activities into my day makes sense from every possible perspective.

We humans are indeed strange animals. There is such a big difference between knowing and doing. We often know what to do, but translating knowledge to deeds can be challenging. So we often look for things to inspire us. Inspiration gives us a bit of a jump start. When we see others accomplishing things in spite of obstacles, we somehow can ride their coattails and raise our own level of ac-

complishment.

I've had the opportunity to spend lots of time over the last several months with my parents. I've been inspired by them, as they face both challenges and opportunities associated with age.

Mom has been in and out of the hospital and the nursing home for the past 6 months. Last summer when I was training for the Ascent, I would visit with Mom and tell her that we were climbing the mountain together, each in our own way. When the physical therapist asked Mom to ride the bike for 10 minutes, she insisted on doing 20. Knowing that, how could I not give a little extra effort? When I'm tempted to walk up that final hill, I think about Mom's determination, and dig a little deeper. By the way, Mom was a sprinter when she was a girl. She tells the story of the time she "threw" a race at the Elks annual picnic. First prize was a 10 lb. sack of flour. Second place received a 78 rpm "boogie woogie" album. She let some guy walk off with first place honors and the sack of flour.

Dad is living proof that staying active adds to one's quality of life. He climbed

telephone and power poles to put bread on our table, and that muscle memory still keeps him strong. He's been "retired" over 20 years, but hasn't slowed that much. He works 4 days a week, and averages more hours per week on the job than I do. Even when he's off – he stays active. He always has a project. He might be painting, gardening, or shoveling snow off the neighbor's walk. No rocking chair for this guy! He doesn't "work out" in the sense that most readers do. He simply works. And staying active has paid off! He can do things most people his age quit doing years ago. Many of you south siders probably know my Dad. His name is Walt and he normally works the 3 – 10 shift at the south side Wal-Mart. Next time you are there - look for him and tell him hello.

We don't have to look too far to find reasons to stay healthy or to find role models whom we can emulate. Every person around us has a story to tell. We just need to take the time to listen.

From our home to yours, Merry Christmas, Happy Hanukkah, and Happy New Year!

Christmas Song Quiz

What Christmas songs are described by the phrases below?

Example: The lad is a diminutive percussionist. Answer: The Little Drummer Boy

1. Sir Lancelot with severe laryngitis
2. Kong, Lear, and Nat Cole ...that's us!
3. May the Deity bestow an absence of fatigue to mild male humans
4. Duodecimal enumeration of the passage of the yuletide season
5. Parent was observed osculating a red-coated unshaven teamster
 6. Jubilation to the entire terrestrial globe
 7. Leave and broadcast from an elevation
8. Quadruped with crimson proboscis
 9. Adorn the vestibule
 10. 5p.m. to 6a.m. without noise
 11. Hallowed post meridian
12. Fantasies of a colorless December 25th
13. Homo sapien of crystallized vapor



Answers on page 16



Predictions

by Jim Robinson

The Temple Canyon Predict



The Temple Canyon 4 mile prediction race was held November 29, 2008 in probably the best weather this race has ever had. This is a good thing too because the race crosses a cold mountain stream twice after running down into a canyon. In one of the largest turn outs for a prediction race, 67 hardy runners enjoyed bright sunshine with no wind in the foothills west of Canon City. The fastest time was by Mr. Paul Koch of Colorado Springs with a 25min. 12 second effort on the difficult course. Our own newsletter editor, Ron Dehn, was the closest to his prediction with a variance of only

4.6 seconds. Nolan Kessler, a local high school wrestler was 11 seconds off his prediction time. Mr. Don Pfof rounded out the top three being 17 seconds off of his prediction time.

I would like to thank the race directors: Rich and Deb Hadley for an excellent race and the volunteers, Helen Robinson, Phil and Diane Quattlebaum and Lois Pfof for their help.

Results of the Temple Canyon predict are provided below.

63 Name	Pred	Actual	Diff	Pts
1 Ron Dehn	37:37	37:32:40	4.60	100
2 Nolan Kessler	30:00	30:11.21	11.21	98.41
3 Don Pfof	46:41	46:58.75	17.75	96.83
4 Paul Koch	25:12	25:31:39	19.39	95.24
5 Nick Grooms	37:25	36:59:95	25.05	93.65
6 Maximilian Schmidt	35:30	34:57:38	32.62	92.06
7 Coleman Coffey	42:50	43:23:16	33.16	90.48
8 Larry Volk	27:17	27:50:54	33.54	88.89
9 Joe Wach	38:01	37:27:18	33.82	87.30
10 Paulette Arns	45:02	44:26:94	35.06	85.71
11 Shayne Taylor	27:24	26:44:12	39.88	84.13
12 Brian Ropp	28:00	28:39:99	39.99	82.54
13 Dave Diaz	31:00	31:42:72	42.72	80.95
14 Bill Veges	33:00	33:43:35	43.35	79.37
15 Mark Koch	30:52	29:58:03	53.97	77.78
16 Chief Reno	31:30	30:33:21	56.79	76.19
17 Kevin Snyder	30:29	29:24:37	1:04.63	74.60
18 Mark Gurule	40:00	38:50:85	1:09.15	73.02
19 Tyrel Matthews	42:13	43:22:75	1:09.75	71.43
20 Peggy Oreskovich	59:30	1:00:40:34	1:10.34	69.84
21 Aaron Sanders	53:30	52:19:02	1:10.98	68.25
22 Josh Bufmack	39:39	38:25:23	1:13.77	66.67
23 Laura McIntyre	36:08	37:22:78	1:14.78	65.08
24 Tammy Stone	38:42	39:57:05	1:15.05	63.49
25 Emily Batson	33:00	31:41:99	1:18.01	61.90
26 Jeff Chowning	30:38	29:16:41	1:21.59	60.32
27 Becky Medina	42:00	40:34:01	1:25.99	58.73
28 Diana Tiffany	44:00	42:32:78	1:27.22	57.14
29 Angelo Dev encenty	1:01:00	1:01:29.02	1:28.02	55.56
30 Jeff Vanlwarden	31:03	29:32:60	1:30.40	53.97
31 Craig Hayden	30:30	32:08.46	1:38.46	52.38
32 Aaron Levinson	26:00	27:40:28	1:40.28	50.79
33 Brian Vanlwarden	29:29	27:45.74	1:43.26	49.21



Above: Joe Wach from Longmont

Below: Mark Koch and Brian Ropp



63 Name	Pred	Actual	Diff	Pts
34 Kris Spinuzzi	41:06	39:19.32	1:46.68	47.62
35 Jim Harrington	34:10	32:21.08	1:48.92	46.03
36 Alan Rothenbucher	36:00	37:49:97	1:49.97	44.44
37 Wendy Garrison	43:00	41:09:28	1:50.72	42.86
38 Chris McIntyre	29:29	27:33:30	1:55.70	41.27
39 Justen Cox	26:00	28:16:50	2:16.50	39.68
40 Dillon Borrego	38:00	35:18:53	2:41.47	38.10
41 Rico Garcia	48:48	51:46:37	2:58.37	36.51
42 Emma Creany	35:21	32:05:59	3:15.41	34.92
43 Brian D. Schipper	36:00	32:38:46	3:21.54	33.33
44 Brenden Rothenbucht	35:00	31:31.87	3:28.13	31.75
45 Heidi Hubinger	38:50	35:17:48	3:32.52	30.16
46 Donald Moore	36:00	32:15:21	3:44.79	28.57
47 Charles Busch	55:00	51:07:04	3:52.96	26.98
48 Kim Krieb	40:00	43:55:20	3:55.20	25.40
49 Nina Gonzales	44:20	48:15:95	3:55.95	23.81
50 Steve Carter	35:45	31:45:22	3:59.78	22.22
51 Marcus Gurule	47:30	43:25:34	4:04.66	20.63
52 Susan Gebhart	39:28	43:55:76	4:27.76	19.05
53 Jamen Cox	24:30	29:13:79	4:43.79	17.46
54 Tim Masters	40:00	34:55:39	5:04.61	15.87
55 Jane Chess	38:38	44:06:59	5:28.59	14.29
56 Simon Kody	50:00	41:40:25	8:19.75	12.70
57 Aaron Romani	40:00	31:32.95	8:27.05	11.11
58 Wesley Bell	40:00	31:27:08	8:32.92	9.52
59 Stacy Diaz	1:10:00	1:00:41.45	9:18.55	7.94
60 Matt Aichlmayr	35:00	51:06:68	16:06.68	6.35
61 Miguel Montelongo	1:10:00	49:55:02	20:04.98	4.76
62 Dominic Sorrenti	1:10:00	49:54:59	20:05.41	3.17
63 John Rosenbaum	1:10:00	38:05:14	31:54.86	1.59
64 Debbie Gurule	DQ		0:00.00	0
65 Jerri Dev encenty	DQ		0:00.00	0
66 Katelin Dev encenty	DQ		0:00.00	0
67 Donte Dev encenty	DQ		0:00.00	0



Predictions

Cumulative Standings & Pics from Temple Canyon



Predict Standings after 10 races

(top 25 only - to view standings of all 150 participants go to the SCR website)

Name	Spg Roff	Ram 8	Ben Mat	Yap Dog	Butt Bust	Moon Mad	Can City	Sth Shor	Harv 5M	Tmpl Can	Total Points	Best 5 Races
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	60.32	584.05	431.48
Chief Reno		50.00	43.48				81.25	100	66.67	76.19	417.59	374.11
Wendy Garrison	98.08		60.87	57.14	68.75	27.78	84.38		51.85	42.86	491.70	369.22
Mark Gurule	73.08	30.00				72.22	100	43.33		73.02	391.65	361.65
Bill Veges	88.46		73.91			44.44		73.33		79.37	359.52	359.52
Don Pfost	53.85	80.00					90.63	20.00	37.04	96.83	378.34	358.34
Brian Ropp		65.00	30.43				62.50	96.67		82.54	337.14	337.14
Emily Batson	42.31	60.00		9.52	25.00		78.13	83.33	22.22	61.90	382.42	325.67
Donald Moore	48.08	25.00	100	85.71		22.22		53.33		28.57	362.92	315.70
Paulette Arns		20.00	47.83	71.43	37.50	66.67	18.75		40.74	85.71	388.63	312.38
Diana Tiffany	50.00		95.65	76.19				6.67		57.14	285.65	285.65
Anthony Diaz	100	55.00	13.04	47.62		33.33		30.00	48.15		327.14	284.10
Nina Gonzales					81.25	55.56	37.50		70.37	23.81	268.49	268.49
Jessie Quintana	44.23	15.00			93.75	50.00			55.56		258.54	258.54
Peggy Oreskovich	32.69		17.39	23.81				23.33	14.81	69.84	181.88	167.07
Kris Spinuzzi	30.77		69.57	4.76		5.56				47.62	158.27	158.27
Stacey Diaz	26.92		21.74	19.05			46.88	26.67	25.93	7.94	175.11	148.13
Larry Volk	55.77		65.22	100						88.89	309.88	
Dave Diaz	84.62		34.78					86.67		80.95	287.02	
Mark Koch		95.00					28.13		77.78	77.78	278.68	
Becky Medina						83.33	71.88		62.96	58.73	276.90	



Left
Finish line timers Lois Pfost
and
Helen Robinson

Right:
Don Pfost
finishes up the
long hill. Check
out the spec-
tacular back-
ground. Just
think how it
looks in color!

Pics by L Volk



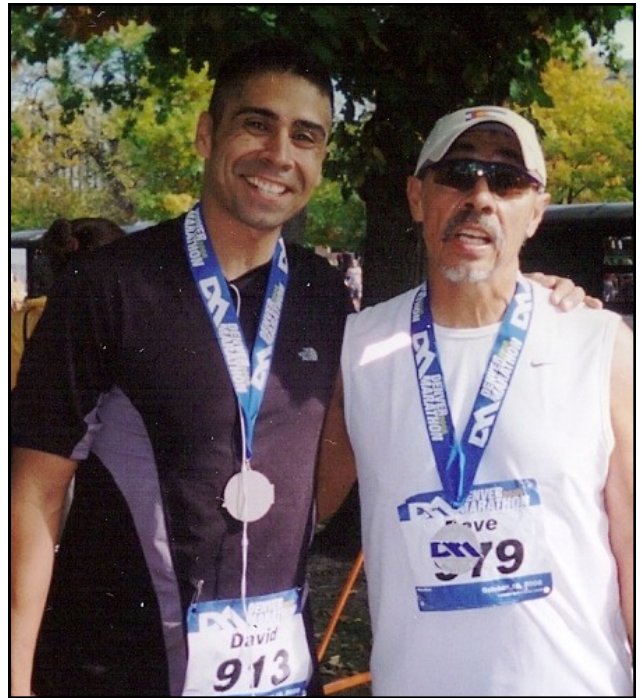


Potpourri



Denver Marathoners: (standing) Becky Medina, Vic Boley, Kris Spinuzzi, Stacey Diaz, Peggy Oreskovich, Dave Diaz (front) Wendy Garrison and Michelle Macias.

Denver Marathoners: David and Dave Diaz. It was David's first marathon. The photo was taken after the race. Notice the difference in their expressions. There is something to be said for youth.



(Stuff, Continued from page 3)

whenever a runner got injured?

2, Shouldn't most blogs be called "blahs?"

3, Isn't "terminal," as in illness, a great name for airports?

4, How sorry is the evidence if the proof is in the pudding?

5, With the level of technology available today, why is there no consistency in race T-shirt sizes, even within an individual company?

6, Don't you kind of wish they'd junk the "breaking the plane" rule in football?

7, When a flu shot notice mentions that you should talk to your doctor first, what really is there to talk about?

8, Wouldn't it be cool if there was a measuring device that would quantify the value of crowd excitement at a running race?

9, Seriously now, is there anything more contrived and hokey than a running magazine having a "green" issue?

10, Do they really have computer updates for all the notices that keep popping up on our monitors or are they just playing with our heads?

•

Until next month, may you be on the receiving end of some good stuff this holiday season.

(Minutes, Continued from page 2)

Run was well attended. There was a communication "glitch" between the Sheriff's Dept. and the Fire Dept. concerning approval for the bonfire, but Dave worked things out with both departments.

New Stuff/Newsletter Ad Prices for Sponsors: Ron Dehn told the club he had provided Almighty Muscle with a half page ad. Because they are an SCR sponsor, Almighty Muscle was charged the price of a business card ad Ron requested the club establish a price policy for "Sponsor Ads". The club requested that Ron create a price list and present it at the next meeting for a vote.

Race Calendar: Dave Diaz is putting together a "Club Event Calendar" to submit to RRCA for insurance purposes. This needs to be submitted to RRCA every year in December with our RRCA membership renewal.

New Office Committee: Don Pfof and Paul LaBar announced they are putting together candidate names for the 2009 SCR Officers.

YMCA Thank You: The Pueblo YMCA sent a letter to SCR thanking the members for helping with the Corporate Cup events.

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

Respectfully submitted: Ken Raich



Atalanta 5k Results



Pl	Time	First Name	Last Name	City	Ag	Pl	Time	First Name	Last Name	City	Ag
	Run						Run				
1	22:01	Nicole	Vettese	Canon Cty	22	51	31:04	Adriana	Arteaga	Pueblo	27
2	22:15	Robin	Krueger	Pblo Wst	40	52	31:08	Gabrielle	Wall	Pueblo	9
3	22:29	Paula	McCabe	Pueblo	36	53	31:14	Debra	Wall	Pueblo	42
4	23:01	Peggy	Oreskovich	Pueblo	46	54	31:20	Marilyn	Vargas	Pblo Wst	44
5	23:28	Carol	Kinzy	Pueblo	60	55	31:32	Kerri	Harbison	La Junta	43
6	23:28	Andrea	Fox	Pueblo	24	56	31:36	Becki	Vettese	Canon Cty	50
7	23:30	Kallene	West	Pueblo	30	57	32:26	Rachelle	Gonzales	Pblo Wst	35
8	23:41	Laurice	Lopez-Cepero	Pueblo	37	58	32:30	Laura	Farmer	Pblo Wst	36
9	23:46	Nancy	Musso	Pueblo	39	59	32:37	Shelley	Knepper	Pblo Wst	49
10	23:52	Caroline	Matthews	Pueblo	36	60	32:58	Jessie	Quintana	Pblo Wst	65
11	24:22	Stacey	Diaz	Pueblo	48	61	33:08	Amanda	Jones	Colo Spgs	21
12	24:55	Kelly	Hale	Rye	41	62	33:23	Haley	Zwicker	Lamar	26
13	25:10	Wendy	Bulow	Pueblo	37	63	33:28	Kaelyn	Kresyman	Parker	12
14	25:13	Karen	Ortiz	Pueblo	44	64	33:28	Elizabeth	Stageberg	Pblo Wst	13
15	25:15	Juanita	Peters	BonCarbo	47	65	33:28	Anna	DeGroote	Pueblo	9
16	25:20	Liz	Tabeling-Garcia	Alamosa	47	66	33:34	Chantal	DeGroote	Pueblo	11
17	25:30	Anakacia	Shifflet	Rye	26	67	33:59	Jennifer	Roy	Pueblo	31
18	25:36	Kristine	Spinuzzi	Pueblo	39	68	34:39	Gae	Ryan	Pueblo	38
19	25:38	Linda	Strange	Rye	38	69	35:08	Heidi	Gard	Pblo Wst	47
20	25:49	Marijane	Martinez	Las Vegas	56	70	35:09	Carrie	Turman	Pueblo	55
21	25:57	Margaret	Dimatteo	Rye	31	71	35:36	Nikki	Gonzales	Pblo Wst	11
22	26:02	Hilary	Gagliardi	Pblo Wst	34	72	36:38	Nancie	Biery	Pueblo	50
23	26:24	Alice	Fitzgerald	Trinidad	46	73	36:58	Crystal	Flint	Lamar	25
24	26:27	Anita	Hohenstein	Cstl Rock	36	74	37:23	ShaneaRae	Cordova	Pueblo	8
25	26:29	Jene	Herrera	Pblo Wst	42	75	37:24	Maribeth	Butler-Sisroy	Pueblo	44
26	26:43	Mary	Humphreys	Pblo Wst	46	76	38:01	Dana	Andrak	Pueblo	39
27	26:45	Amy	Fox	Colo Cty	31	77	38:37	Christy	Furman	Pueblo	59
28	26:45	Heidi	Garner	Rye	31	78	38:38	Susan	Samaniego	La Junta	40
29	26:52	Carol	Brimmeier	Trinidad	56	79	38:41	Nora	Gonzales	Aurora	51
30	27:03	Karen	Jones	Pueblo	46	80	38:46	Dolores	Valdez	Penrose	60
31	27:04	Charity	Krow	Pueblo	27	81	39:07	Jacqueline	Wall	Pueblo	37
32	27:14	Nicole	Aguilar	Ft Collins	27	82	41:00	Katelin	Dev encenty	Pueblo	9
33	27:25	Deanna	Platt	Pblo Wst	29	83	41:02	Jerri	Dev encenty	Pueblo	39
34	27:28	Raelene	Moore	Pblo Wst	43	84	41:47	Bonnie	Norton	Pueblo	46
35	27:32	Laurel	Wright	Pueblo	54	85	41:58	Christine	Randall	Pueblo	22
36	27:35	Emilie	Pomerleau	Pueblo	26	86	48:40	Monique	Romero	Pueblo	10
37	27:39	Jessica	Sisneros	Pueblo	27	87	55:10	Cynthia	Ellingson	Pueblo	41
38	27:40	Martha	Drake	Pblo Wst	54	88	55:13	Kerry	Roman	Pueblo	36
39	27:46	Deborah	Gurule	Pueblo	44		Walk				
40	27:56	Angelica	Wall	Pueblo	11	1	37:12	Paulette	Arns	Pblo Wst	55
41	28:24	Gabrielle	Stageberg	Pblo Wst	10	2	44:22	Trina	Polk	Pueblo	30
42	28:38	Diana	Tiffany	Pueblo	46	3	44:22	Pat	Pate	Pblo Wst	57
43	28:40	Maria-Elena	Weaver	Canon Cty	49	4	46:47	Jane	Eckland	Pueblo	66
44	29:09	Nina	Gonzales	Pblo Wst	27	5	48:19	Dawn	Merryman	Pblo Wst	41
45	29:14	Gloria	Gogarty	Pueblo	52	6	49:15	Lois	Cabibi-Cocharo	Pueblo	68
46	29:19	Hilda	Olivas	Pueblo	53	7	49:16	Lois	Pfost	Pueblo	66
47	30:27	Lillian	Jones	Pueblo	51	8	54:32	MaryLou	Martinez	Pueblo	61
48	30:39	Tammy	Moore	Pueblo	37	9	56:49	Peggy	Hancock	Pueblo	49
49	30:40	Renee	Trujillo	Pblo Wst	35	10	56:51	Marion	Schaeffer	Pueblo	69
50	30:42	Denise	Crepeau	Pblo Wst	48	11	56:53	Christa	Phillips	Pueblo	65
						12	57:08	Connie	Buynar	Pueblo	46

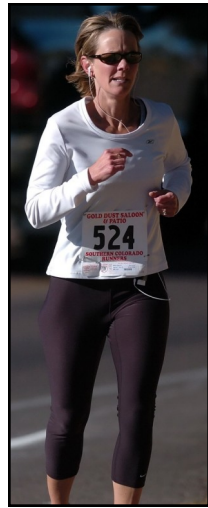
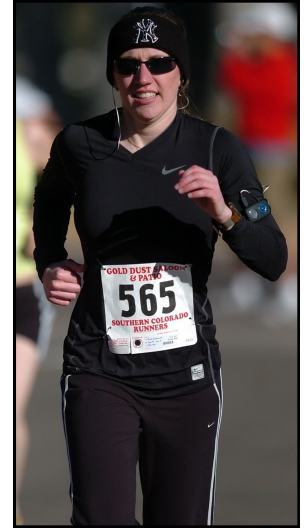




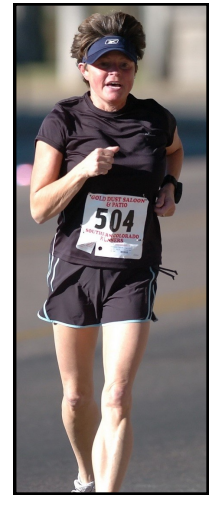
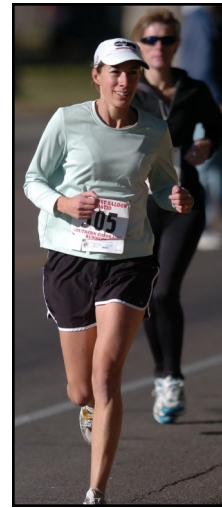
Atalanta Photo - courtesy Larry Volk



If you want to view and / or purchase a photo, go to socorunners.org, then click Races, then Results, then Atalanta Women's Run then click individual names or the Event Pictures logo

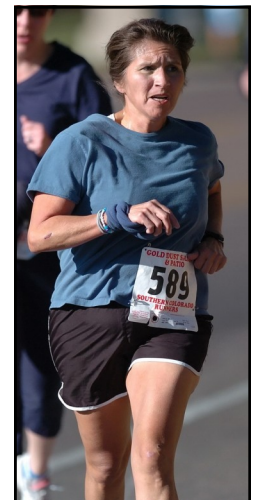
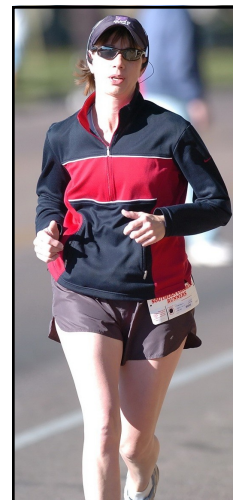
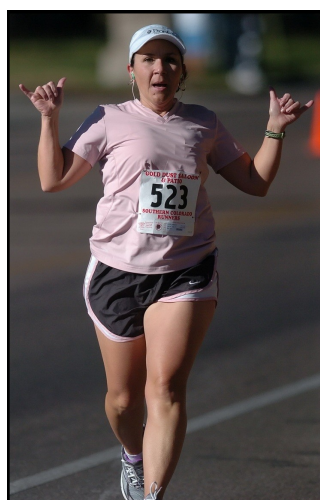
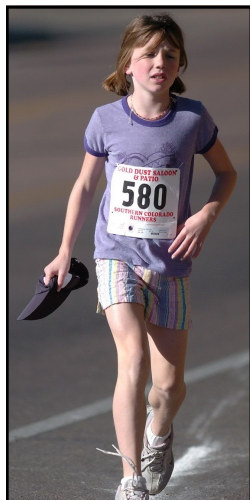


Top, LtoR: Kerry Roman, Race Directors Stacey Diaz & Jacqueline Wall, Pat Pate, Kallene West



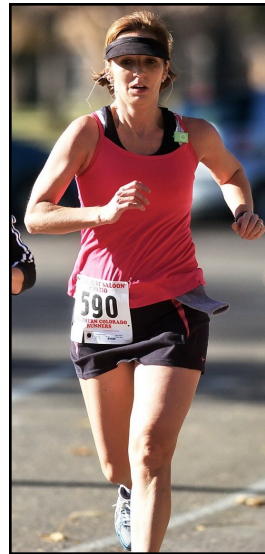
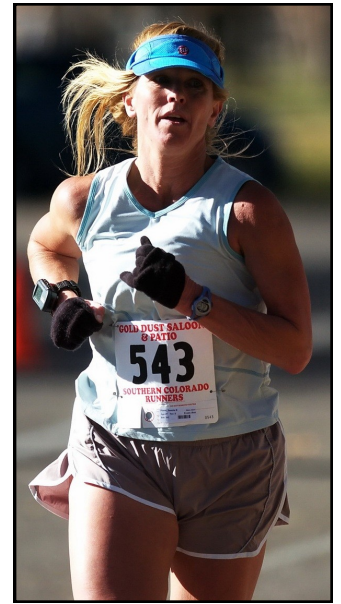
Middle: Nancie Biery, Kelly Hale, Wendy Bulow, Carol Brimmeier

Bottom: Angelica Wall, Gabrielle Stageberg, Deborah Gurule, Debra Wall, Hilda Olivas



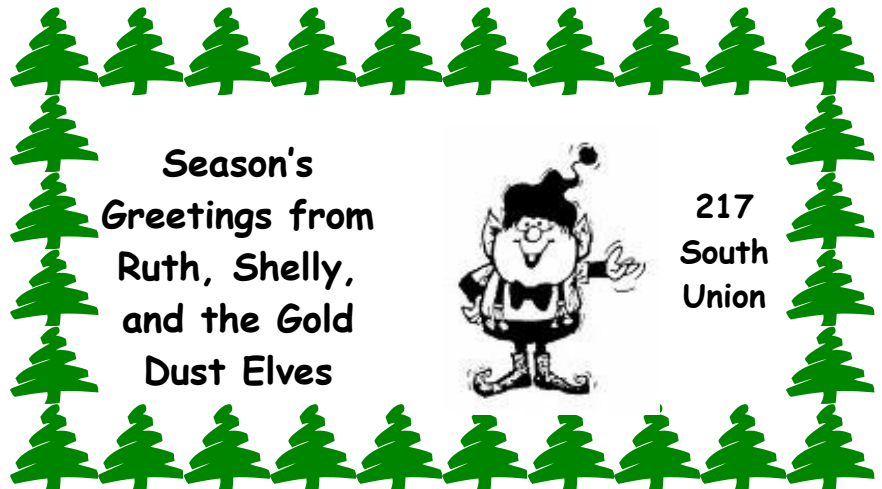


A few more Atlanta Pics from Larry




Top LtoR:
Gloria Gogarty, Gabrielle Wall,
Paula McCabe, Juanita Peters

2nd row:
Denise Crepeau, Marijane Martinez,
Kristine Spinuzzi,
Elizabeth Stageberg
Thank you Larry V. for the Pics



**Season's
Greetings from
Ruth, Shelly,
and the Gold
Dust Elves**



217
South
Union



Pueblo Rock Canyon Half Marathon



We chose not to list all 502 Finishers of the December 6th Rock Canyon Half Marathon. We listed the top 10 men and women finishers instead. We recognize that finishing a half marathon is an achievement, and we don't want to slight anybody, but we're also trying to be responsible in the use of resources. Congratulations to all finishers, and especially all who placed in their respective divisions.

To view all finishers and their photos, go to the SCR website: www.socorunners.org and click on the View Race Results or the View Race Photos link. You can order photos through the website. We thank Larry Volk for "loaning" several photos to us for publication. Larry burned the midnight oil so the pics would be ready for publication.

Top 10 Men and Women Finishers

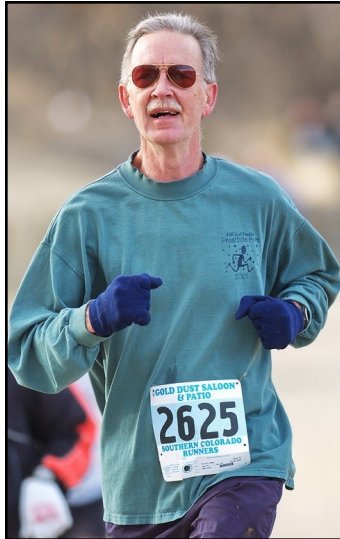
Oall Time	First	Last	City	Age	OA Time	First	Last	City	Age		
1	1:17:02	Paul	Mann	Colorado Springs	31	17	1:26:38	Ashlee	Nelson	Colorado Springs	28
2	1:17:27	Gerald	Romero	Colorado Springs	37	23	1:28:10	Shannon	Meredith	Colorado Springs	37
3	1:19:46	Matthew	Drake	Pueblo West	20	35	1:30:55	Elizabeth	Watkins	Colorado Springs	26
4	1:19:48	Kevin	Morgan	Colorado Springs	21	36	1:31:16	Angie	Martell	Peterson Afb	24
5	1:22:41	Brad	Cooper	Littleton	42	43	1:33:05	Brenda	Smith	Longmont	29
6	1:23:07	Matt	Strand	Denver	41	44	1:33:09	Jennifer	Wheeler Buenger	Colorado Springs	34
7	1:23:19	Mike	Schmidt	Pueblo West	18	47	1:33:36	Stephanie	Wurtz	Colorado Springs	26
8	1:23:44	Jeremy	Vincent	Centennial	33	51	1:34:28	Dani	Wanner	Longmont	31
9	1:23:48	Rick	Hessek	Colorado Springs	42	60	1:36:57	Michelle	Mueller	Fort Collins	47
10	1:24:24	Paul	Koch	Colorado Springs	40	75	1:38:51	Lisa	McCone	Colorado Springs	42

L to R
Ana Bentz, Brian Bentz
Donald Moore

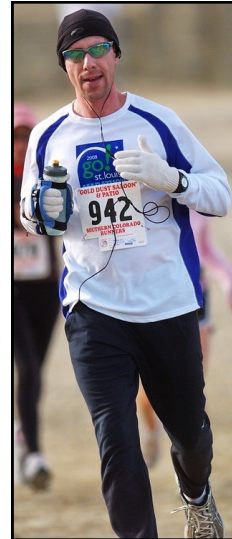




Pueblo Rock Canyon Half Marathon Pics by Larry Volk



L to R
Aaron Levinson
Al Weaver
Eric Renicker
Jamen Cox



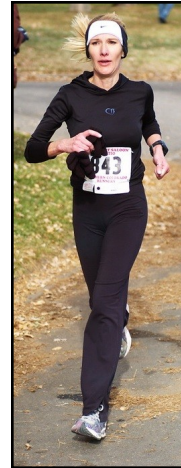
L to R
Joe Bulow
Joe Stommel
Justin Cox
Timothy Steffens

L to R
Mark Gurule
Jan Huie
Lou Huie





Pueblo Rock Canyon Half Marathon Pics by Larry Volk

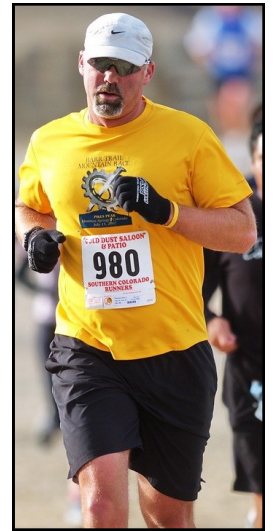
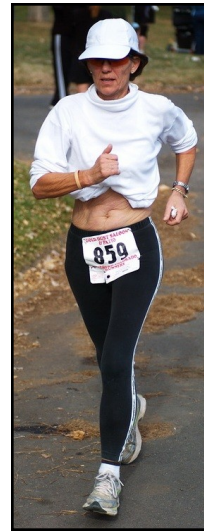


L to R

- Kerri Harbison
- Stephen Harbison
- Ted Johnson
- Tom Ratzlaff
- Laurice Lopez-Cepero

L to R

- Juanita Peters
- Linda Strange
- Maryvonne Mauprivez-Mack
- Matt Sherman



Michael Orendorff

Paul Koch

Shawn Loppnow

Answers To Christmas Song Quiz on Page 7

1. Silent Night
2. We Three Kings
3. God Rest Ye Merry Gentlemen
4. The 12 days of Christmas
5. I Saw Mommy Kissing Santa Claus
6. Joy to the World
7. Go Tell it on the Mountain
8. Rudolph the Red-Nosed Reindeer
9. Deck the Halls
10. Silent Night (again)
11. O Holy Night
12. I'm Dreaming of a White Christmas
13. Frosty the Snowman



Banquet Registration Form



Southern Colorado Runners Club

**2009 Awards Banquet Registration
January 31, 2009, 6:00pm**

La Renaissance Restaurant, Pueblo



If you would prefer not to use the online registration for purchasing tickets to the banquet, please complete all of the information below, clip out, and mail or drop off with your payment to the Pueblo YMCA, 700 N. Albany, Pueblo, CO 81003. No tickets will be sold at the door the evening of the banquet. **Mail-in or drop-off registrations must be received at the Y no later than January 26.**

First name: _____ Last name: _____

Address: _____ City: _____ State: _____ Zip: _____

Day phone: _____ Evening phone: _____

Email: _____

Number of adults (\$10 per adults): _____

Number of children ages 7 - 12 (\$5 per child): _____

Number of children 6 & under (free): _____

Please enter your meal choices so we can plan for the appropriate quantity:

Number of vegetarian meals (Vegetable Rellenos): _____

Number of non-vegetarian meals (Roast Inside Baron of Beef & Jamaican Sausage): _____

Meal(s) cost total: _____

Make your check out to ***Southern Colorado Runners Club***, and include with this form. No cash please. If you have questions, you may email Robin Krueger at banquetinfo@socorunners.org. Complete banquet details are available at www.socorunners.org. We'll see you there!

Nominations for Runner of the Year

Male

Joe Bullock:

Every year without even being asked, Joe takes charge of the Nature Center water stop. He is dependable and Dave would be in a bind without his help. He is also willing to help out wherever he is needed and has worked several finish lines. He has written several articles for the newsletter about his adventures.

Joe completed a 50-mile relay race in Wisconsin in January and ran the 25K trail run called Lead King Loop in Marble, CO. He competes in triathlons and has completed an Ironman.

Joe is just a fun person. Always has something funny or encouraging to say and makes others smile. He is a great dad to his two boys and has a wonderful wife, Wendy.

Ron Dehn:

Ron has continued his successful reign as Newsletter Editor, turning another year's worth of races and statistics and sometimes dull club news into interesting reading. He helped coordinate the PCC run this summer. Ron participated in his first Century bike race.

Ron continues to support the local running community, donating his time and energy to provide great coverage of races. He works with lots of different personalities and always finds common ground and solutions.

Mark Gurule:

For the past three years Mark has been a volunteer coach for a 14 and under boy's basketball team. This team played basketball in the Pueblo, Denver, and Colorado City leagues. Some of the members of this team were considered "At Risk Youth", which required Mark to provide transportation to and from games, meals and contact with their probation officers. He also hosted a 5K Fun Run, a movie (Spirit of the Marathon), and two female runners from Mexico competing in the Cinco De Mayo Run as part of Project Respect.

Mark ran in the 2008 PF Chang Rock N'Roll Marathon (3:22:10) and qualified for Boston; ran in the 2008 Boston Marathon (3:44:02). Also in 2008 Mark set a course record for Masters at the State Games 5K (20:08); Spring Runoff 10 mile 2nd (1:11:30), as well as 1st Master in both the Spirit Fest on the River Walk 5K (21:04) and PCC/CSU 75th Anniversary Run 7.5K (31.09).

During the 2005 Spring Runoff Mark crossed the finish line and collapsed. After

a physical exam and blood tests it was determined that Mark had high cholesterol, exercised induced asthma, high blood pressure and was a high risk for heart problems. After much hard work, dedication and effort Mark was able to lose weight and get his medical conditions under control without the aide of medication. Mark would not allow himself to be a victim to his health problems. Seeing his determination, effort and hard work has inspired our entire family to live a healthier lifestyle.

Shawn Loppnow:

Shawn has volunteered at several races, Corporate Cup, Atalanta to name a few. This is Shawn's first year as a SCR member. He's been running for approximately 6 years but has gotten very serious these past 2 years. He completed his first half marathon last December in a time of 1:46:47 (8:09). In 2008 he participated in the Spring Runoff 10 mile 1:12:08 (7:13), Cinco De Mayo, Bolder Boulder, Hot to Trot, Little Run on the Prairie, and finishing with his first ever marathon in Denver 3:31:09 (8:03). Very impressive improvement. In addition to these races he has also participated in 7 predict races, and leading the standings at this time.

Female

Stacey Diaz:

Stacey is not only a very consistent runner and triathlete but she is responsible for really adding to the club and producing a friendly atmosphere. In addition, she is the race director for the Atalanta and helps out or participates in just about every race and predict the Southern Colorado Runners do.

Stacey consistently places in her age group at races in Pueblo. She also placed in her age group in races in Colorado Springs and Boulder.

Stacey runs races including 5K's, 10K's, Mountain races like Barr Trail and the Ascent and although she was injured she completed the Denver Half Marathon. She was hampered by some illness and injuries this past running season, but she rarely complained and did not let that stop her from training and racing. There are no excuses because she loves running so much.

Robin Krueger:

Robin volunteers at races and volunteered at the Corporate Games.

Robin has competed in many triathlons and placed in her age group. She also raced the

Barr Trail, took part in the Ascent and ran in a marathon in California. These are just a few of the races and accomplishments Robin has achieved this year. She has placed in the State Games Triathlon, the Atalanta, Spring Runoff, Rock Canyon Half Marathon and placed in her age group in the Santa Clarita Marathon in California. Robin can compete and do well in just about any race from a 5K to a marathon to triathlon. She's not only an amazing runner and triathlete, but she is encouraging and fun.

Lois Pfost:

Lois has been a long time club member. She has been a co-director of the WDF for the last several years. She is at practically every finish line working. If Lois is at the finish line then you know things will be done right. She also hosts a predict at her home.

Lois doesn't run but has been a long time walker. She always places in the top of her age group, which is 66.

Lois is a cancer survivor. I remember several years ago she showed up at our Christmas party without her head covering. She had no hair due to the chemo. She said she couldn't decide what to wear on her head so she wore nothing and she was absolutely beautiful. She is a courageous lady!

Diana Tiffany:

Diana promotes fitness and running by serving as the Race Director for the WDF, hosting the Moonlight Madness predict, and coaching both girls and boys cross country teams at Pueblo County HS.

Diana set a goal to train and complete the Pikes Peak Ascent and PP Marathon as back-to-back events in 2008. She completed her training and was ready but was turned back due to the cold and snowy weather conditions. In her attempts at both events, she actually completed more distance on the Peak than if she had completed both events.

Race Calendar by Linda Strange

JANUARY 2009

1st - Thurs, 10a.m. **Rescue Run**, Colorado Springs. 5k & 10k. Rain, snow or 20 below, the 31st Annual Rescue Run 5K/10K will go on. The event features challenging 5K and 10K courses with spectacular views of Pikes Peak and the front range mountains. All proceeds of the event go to the El Paso County Search and Rescue organization. They provide search and rescue services in El Paso County and other counties. They never charge for their services. Contact Dave Sorenson, 719-473-7848, or visit <http://www.pprun.org>

18th - Sun, 10a.m. **Frosty's Frozen Five**, Chatfield State Park, Littleton. 5m & 10m. This race is the second race in the Winter Distance Series. The other two races are Rudolph's Revenge and the Snowman Stampede. The average low temperature on January 18 is 15 degrees and the average high temperature is 45 degrees. There may be snow or ice on the course, there may be rain, it may be muddy, and it may be nice. The race will be run no matter what the weather! Expect to see wildlife in the form of rabbits, prairie dogs, fox, and coyotes. Visit <http://www.winterdistanceseries.com> for more details.

FEBRUARY 2009

14th - Sat, 9a.m. The **Valentines Twosome**, Pueblo, City Park. This is a two person low-key relay race. Each runner runs one lap, about 1.6 miles carrying a baton. The race was designed for teams of one male, one female. Two female teams will be allowed. Costumes are encouraged. Chocolate prizes for top 3 in age divisions and for biggest, most romantic, most creative, and ugliest batons. \$5 entry fee, no t-shirts.

SCR RUNNER OF THE YEAR BALLOT

Each member of SCR (individual or family member) over 18 years old can vote for 1 male and 1 female Runner of the Year. Please place a check-mark in the space to the left of the name. For family memberships each eligible voter should place a check-mark in the space to the left of the name for both male and female runners. You can vote online at www.socorunners.org, or cut and mail this ballot to SCR, Pueblo YMCA, 700 N Albany Ave, Pueblo, CO 81003. Deadline for voting is **January 15, 2009**.

To protect your privacy in voting, one club member (Carrie Turman) has been assigned to count the votes and report only the male and female selections to the banquet committee.

Ballot submitted by (list all names of eligible family members voting):

<u>MALE</u>	<u>FEMALE</u>
<input type="checkbox"/> JOE BULOW	<input type="checkbox"/> STACEY DIAZ
<input type="checkbox"/> RON DEHN	<input type="checkbox"/> ROBIN KRUEGER
<input type="checkbox"/> MARK GURULE	<input type="checkbox"/> LOIS PFOST
<input type="checkbox"/> SHAWN LOPPNOW	<input type="checkbox"/> DIANA TIFFANY



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

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***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.



Newsletter News

You may have noticed that our schedule is a bit off the last couple months. When the holidays are over, we'll be a bit more consistent. Expect your February issue of Footprints to arrive in your mailbox the first week of February. In the meantime, enjoy your family time and the spirit of the holidays!

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 January 7th and February 4th. 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 lame man who keeps the right road outstrips the runner who takes a wrong one. The more active and swift the latter is, the further he will go astray. -Francis Bacon, essayist, philosopher, and statesman (1561-1626)

The mark of the immature man is that he wants to die nobly for a cause, while the mark of a mature man is that he wants to live humbly for one. -Wilhelm Stekel, physician and psychologist (1868-1940)

Persons appear to us according to the light we throw upon them from our own minds. -Laura Ingalls Wilder, author (1867-1957)

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong. -Charles Wadsworth

He who has not Christmas in his heart will never find it under a tree. ~Roy L. Smith

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall. ~Larry Wilde

Christmas, children, is not a date. It is a state of mind. ~Mary Ellen Chase