



Editor: Ron Dehn

FOOTPRINTS



Be Mine, Be Mine, Be Mine Valentine...

It's a Sweetheart Edition

Predict Series Champs - 2008



Shawn Loppnow
1st

Rich Hadley
2nd



Jeff Chowning
3rd

Mark Gurule
4th



Chief Reno
5th

Most Pics provided
by Larry Volk

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Minutes from the December, 08 Meeting

Attendance: Paulette Arns, Gary Franchi, Don Pfof, Dave Diaz, Ron Dehn, Jim Robinson, Rich Hadley, Carrie Turman, Todd Kelly, Kristine Chamblin, Christine Stageberg, Cheryl Farrer, Kim Arline, Jeff Arnold, and Ken Raich.

Special Guests: SCR Banquet Committee: Kim Arline from the Pueblo West Community Foundation proposed a new race to raise awareness and support for the trail system in Pueblo West. Kim showed the club a map with the existing trail system and the new trail system that should be completed by May. In May, she would like to have SCR's help to organize a race to "show off" the new trails. The course for the race will feature a 4-Mile loop of 8' paved trail alongside a 4' crusher fines path. The club is anxious to support this event to bring awareness to the local running community about this "soft surface" trail. Ken will contact Ruth McDonald at the Gold Dust Saloon to verify the date she wishes for the Wild West Fest "Run With The Bulls" so Kim's race will not conflict. **Spank Blasing and Panther Run:** Kristine Chamblin and Cheryl Farrer requested SCR support the Panther Run on April 18th and Todd Kelly requested SCR support the Spank Blasing Run on April 25th. There had been some indecision about which race would have which date, so SCR appreciated representatives from both races attending the meeting to work out the schedule.

SCR Banquet Committee: Carrie Turman reported the current status of the banquet: Voting for Runner of the Year is currently underway: There are 9 people on the ballot (4 male and 5 female). One nomination was declined because the nominee was not a club member. The voting will end on January 15th and the winners will be announced at the banquet. All registrations for the banquet must be to Robin Krueger by January 26th so she can give attendance numbers to La Renaissance on January 28th. No raffle will be held, but door prizes will be given during the evening.

Minutes from the November meeting were approved.

Officer Reports: Treasurer's report – The club has about \$7000 less in funds than we had at this time last year. It was noted that the Gold Dust Saloon submitted a \$300 check to SCR for club support during the Hot To Trot. The treasurer's report was approved as presented.

Newsletter Editor - Ron Dehn proposed a pricing scheme for newsletter ads: \$25 for an eighth-page ad, \$40 for a quarter-page ad, \$75 for a half-page ad, and \$125 for a full-page ad. The club voted to accept Ron's proposal, however, the club stipulated that SCR sponsors will be eligible to purchase ads for "half price".

Membership Chair - Don Pfof announced we currently have 215 paid members. 20 are new this month and 158 elected to receive Colorado Runner magazine. 5 newsletters were returned to the YMCA with bad addresses. The "Y" requested that SCR leave some money in the club box so they can pay the mailman when newsletters are returned as "undeliverable". Paulette will work this out with the "Y".

Webmaster - Paul LaBar could not attend the meeting so Ken Raich made a few web site announcements: On November 28th SCR contracted with a new web service provider. On "Black Friday, HostGator offered 75% off for new accounts, so we took advantage of a 3-year business contract for \$116.55. Our existing web service will expire on December 23 so the web site will be moved to the new host prior to that date. The public should not notice any differences.



Upcoming Events: Rock Canyon Half Marathon: Dave Diaz informed the club that attendance for this year's race exceeded his expectations. He already has run out of the 350 sweat-

shirts that were printed so a 2nd printing is certain. Dave announced the volunteer names and it appears all functions are supported. **Rudolf's Reindeer Romp:** Jim Robinson announced that Mary's race is "on track". **Spring Runoff:** Terry Cathcart was not present so we will get a status report during the January meeting.

Activity Recaps: Atalanta Women's Run: Total attendance was about the same as last year, however, there were more runners and fewer walkers. The atten-



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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. 318

"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	Don Pfof	544-9633
Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	
Non-Elected Officers		
Membership Chair	Ken Raich	564-0847
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Earl Silas Tupper*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Jim Robinson, Mike Archuleta
Don Pfof, 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.

* **Earl Silas Tupper** founded the Tupperware Plastics Company in 1938, and in 1946, he introduced Tupper Plastics to hardware and department stores. Around 1950, his partner Brownie Wise developed a new marketing strategy. Tupperware was withdrawn from sale in retail stores and Tupperware "parties" became popular in homes, the first example of "party-plan" marketing which has since been successfully emulated by many others.



More SCR Minutes

From January, 2009 by Mike Archuleta



The meeting was called to order by President Ken Raich at 703pm

Attendance: Paulette Arns, Gary Franchi, Don Pfof, Dave Diaz, Ron Dehn, Jim Robinson, Rich Hadley, Jeff Arnold, Ken Raich, Terry Cathcart, Paul Lebar, Mike Archuleta, Linda Strange, Peggy Oreskovich, Kerry Roman, Ed Posser

Special Guests:

Jane McCarthy from Trinidad proposed race for EMS week in Trinidad on May 16th 2009. Jane talked about the awards and possible cash prizes for the top runners. She requested assistance from SCR for their race on May 16th 2009. They requested use of timing system and SCR support. The race is on the same weekend with Racing with the Bulls. Mike Archuleta suggested she check with the regional trauma and EMS council committees and look at another date for EMS race. Jane stated she will check back next month and decide the best option. It was also suggested to look at the race as fun run and reconsider the cash prizes.

SCR Banquet Committee: Linda Strange and Peggy Oreskovich reported the status of the banquet: Linda reported 25 adults and 2 children have confirmed for the banquet. The post card will be sent to SCR club members to remind them about the banquet. The runner of the year has 30 hits by the internet and 1 by mail. Rich Hadley will confirm with the youth runners of the year. The banquet committee members and speaker, youth runners will be compensated for the banquet, the awards are being provided by Don Pfof. The registration deadline for the banquet is January 26th to give numbers to the attendance numbers to La Renaissance on January 28th. This year, there will be drawings with giveaways during the banquet, rather than a raffle. The committee is providing the awards for Female/Male Runner of the Year, and Don Pfof is arranging for the other club awards--i.e., Outstanding Club Member, Dirty Sweat Sock, and Youth Runners--that will be made by a member of the Pueblo Woodturners' Club.

Minutes from the December meeting were approved

Officer Reports:

Treasurer's report – Paulette reported that Rock Canyon reported \$4800 profit from the half marathon. The Atlanta race with net profit \$200. This is \$629 more than last year. The majority of the expenses are for races and the newsletter, and maintaining the web site

Membership Chair - Don Pfof announced we currently have 122 paid members. There are 12 new this month and 105 members have not renewed their membership. There is some concern about not reaching the 200 membership. It was suggested to send the additional newsletters to the health clubs and churches to recruit new members. Gary Franchi suggested making a flier to post instead of sending additional newsletters. If we do not have the 200 memberships required to get the bulk mailing discount when the February newsletter is sent, random members who have not yet renewed will be selected to reach the 200 mailing quantity

Newsletter-Ron Dehn reported the deadline for the newsletter will be 1/15/2009. The newsletter stuffing will be 1/26/2009.

Webmaster - Paul LaBar reported the new site moved was smooth and had no problems on December 23rd. The next featured races will be the Valentines race and spring run off. Paul reported placing information the banquet and the new updated race calendar.

New Officers:

- President Don Pfof is the new president and will continue to do the great job Ken has done over the last few years.
- Vice President Dave Daiz is not only a great runner but person. He is the perfect VP.
- Treasure Paulette Arns will remain as treasurer. Paulette can be seen at every race and is great person and runner.
- Mike Archuleta is the new secretary. Mike can be seen in the ER at Parkview

Upcoming Events:

Spring Runoff Update: Terry Cathcart talked about getting the stadium ready for registration and packet pick up on race day. The concession stand will be ideal area. The lead biker will be Mike Archuleta and medical support from Parkview ER. Terry is working to get Central High School for the water stops, Terry Cathcart presented status for the Spring Runoff. High-quality long-sleeved shirts will be printed in three-colors. Paulette Stuart from the Chieftain is checking with Imprinted Sportswear to see if we can order more shirts than we need and return the unused quantity after the race (this would result a much closer pre-race count and fewer shirts needing to be printed and mailed after the race). The entry fee will be \$25 during the last week before the race and \$30 on race day to encourage people to register early. Terry is scheduling a meeting with the caretaker of Dutch Clark Stadium to see if we can use the concession stand for race-day registration. Using the concession stand would save over \$900 in tent rental fees. Kerry Roman and Dave Diaz volunteered to perform computer data entry for the paper registration forms. Don Pfof volunteered to have the Woodturners Club produce 12 awards (not to exceed \$50/each). Terry will check with Paulette to confirm the date of the “packet stuffing” party at the Chieftain.

Rock Canyon Update: The Rock Canyon with 547 entrants for the race. The Rock Canyon is qualifier for the Pikes Peak Marathon. Dave reported 45 people didn't show for the This saved SCR \$4.35/each in postage. Rudolf's Reindeer Romp: Jim Robinson reported the final prediction race of the series was successful in spite of snowy conditions and slick streets. 18 members completed the race in spite of the weather conditions. Final results for the 2008 Prediction Series have been compiled and posted on the web site. Jim is having the awards prepared and will present them at the Banquet. race. Dave mailed out 47 sweat shirts.

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Great Stuff

by Gary Franchi

Less can be more



Thought for today's lunch, compliments of the late French writer Jules Renard: "*Laziness is nothing more than the habit of resting before you get tired.*"

•

Musings about running, fitness and life:

Ya know, from personal experience I can say that you actually CAN teach an old dog new tricks. Not that my 60+ years on Planet Earth necessarily qualify me to be an "old dog." No, but it helps.

Actually, there are lots of other more concrete qualifiers of "old dog" status. For one, take a look at my race time these days – if you can find a race that I was healthy and/or in shape enough to run, I mean. For another, being in the second oldest age division at some races certainly carries some "old dog" characteristics. Then there's the crawl out of bed in the morning, with its associated body aches. That certainly provides further evidence that the birth certificate has undergone some yellowing.

Ah, but with age sometimes comes a few new realizations, if not occasional morsels of wisdom. And one thing I'm starting to begrudgingly realize is the value of getting more rest. I'm beginning to notice a pattern of having a pretty decent run ("decent" is a relative term, mind you) after taking a day or so completely off from workouts or to cross-train.

Now don't confuse napping during the day or sleeping at night with resting. Napping has never been foreign to me. My favorite signs on the interstate are those that say "Rest Stop Ahead," which has led to some incredible in-car slumbers. I've also caught a little shuteye in one of the tourist railroad cars in Fairplay and napped through the majority of the Rose Bowl Parade back in 1970 on somebody's lawn, right next to the parade route road. Hey, it happens.

But this "rest" thing is a new gig for me, though, and something that's not particularly easy. How can you justify taking rest days when, for one, workouts of just about any type supposedly help

speed up the metabolism rate, something vital as we mature? And two, while you're taking a rest day, Charlie is squatting in the bushes, getting stronger. (See the movie "Apocalypse Now" for the analogy.)

Good buddy Cecil Townsend, still a swimmer extraordinaire at 61, has always preached that rest is part of training. I've listened and believed but haven't really practiced what he preached.

Feeling some of the baggage of age, I thought I'd give it a try recently – take at least one rest day a week and see what happens. Lo and behold, I gained two pounds. No, no, actually, I found that my runs actually became more decent (a relative term) after taking at least a day off from any kind of physical exercise and were even stronger after a couple of days of no running. And this was without carbo-loading.

So simple – a case of the old "less is more" cliché. Why is this, I wondered. How could this be?

To gain some insights, I looked up "rest" in the dictionary. Merriam-Webster's first entry reads: "A bodily state characterized by minimal functional and metabolic activities."

Of course, that really has nothing to do with taking a day or two off from running and at least a day of complete rest from workouts. But it almost seems like it fits into the theme of this column, if I could figure out what that is.

Whatever, I'm plodding onward into this new experiment, resting the weary bones more, filling the idle time with other things, feeling guilty about it but conceding that I just might have crossed the plateau of physical capacity. Perhaps the legs will miraculously recover from the relatively sluggish malaise they have experienced the past two or three years.

Maybe this "old dog" just might benefit from a trick that is new to him.

Just watch, though – the times will get slower.

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Ten things I was just wondering:

1, Isn't it irritating to hear someone whistling inane, unrecognizable tunes in the locker room?

2, Can we surmise that the 40% of the U.S. population that does not exercise have "slow abs?"

3, Wouldn't it be nice if there were no field goals allowed in football until the last two minutes of each half?

4, When you open a computer document and do nothing more than call for a printout, why, when you close the document, does it sometimes ask you if you want to save the changes made? What changes?

5, Don't you wish The Chieftain would print the times and places of all local runners in all of its high school cross country meet results?

6, Shouldn't a dust pan really be called a dirt pan?

7, Given the scope of the running and triathlon worlds, doesn't it get a little tiring when so much focus is put on marathons, ultramarathons and Ironmans?

8, Would it surprise you if they found out that airlines were in cahoots with airport concession folks when there are flight departure delays?

9, When you look up Kinko's in the Pueblo phone book, it says "See FedEx Kinko's." Would it kill them to put the address and phone number there instead?

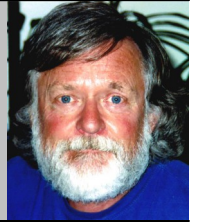
10, In hockey, why do they blow the whistle when the puck is shot or deflected into the stands? Do they think the players will keep playing without a puck?

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Until next month, may each of you train less, get faster, win the lottery and fly to the moon.



SCR Memberships by Don Pfost



As membership chair, let me summarize some information about SCR's memberships, and encourage those who've not renewed to do so as quickly as possible.

First, as of early January 2009, SCR had a total of 223 memberships. This included 136 individual memberships and 87 family memberships, with the family memberships accounting for 257 members. Thus, currently, the total count of SCR members is 393, the largest number of members the club has ever had. Keep in mind, though, that this total includes those who were members in 2008 but have yet to renew for 2009.

Secondly, the club continues to grow as new members join, attracted, at least in part, by the reputation of the club and the bargain members get for the price of membership. Since October, 2008, the following fifteen have joined the club: Pauline Alvarado, Kim Arline, Dave Banko, Terri Blessman, Quint Brantt, Jan Carroll, Jeff Chowning, William Clark, Shane Cordova, Charlie Gray, Tim Kraemer, Jane McCarty, Becky

Medina, Reginal Rudolph, and Leona Spracklin. Some of these names represent family memberships, so the number added to the total is greater than this list suggests.

Third, as members join and renew, some make donations to the SCR equipment replacement fund and/or the YMCA Campus Campaign fund. The following have made donations, most often to the equipment fund, and we thank them for their generosity: Laura Clark, George Dominguez, Gary Franchi and Karen Van Haverbeke, Jan and Lou Huie (EF and YMCA), Gloria J Montoya, Hilbert Navarro (EF and YMCA), Peggy Oreskovich, Jim Robinson and Maribeth Sisnroy.

And finally, a note about renewing. If your mailing label reads "Exp Dec 31, 2008", consider yourself lucky—you're reading this newsletter because your name was randomly drawn from a list 2008 members who've not renewed. To explain: To meet USPS requirements for bulk mailing, SCR must mail out at least

200 copies of the newsletter. Right now, we fall a bit short of this number based on 2009 paid memberships. Therefore, we randomly select from the nonrenewals the number needed to reach 200. Don't press your luck—you may not be so lucky next month. And, if you requested *Colorado Runner* as one of your membership benefits in 2008, your name has already been dropped from the list and you won't be getting another copy until and unless you renew.

In short, if you haven't renewed, please do so now. If you've misplaced the membership forms that were sent with recent newsletters, download it from the club's website, fill it out, and mail it to or drop it off at the YMCA.

Contact Info for SCR Officers

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

Meet your



for lunch
At The Gold
Dust



217
South
Union



Birthdays & Other Events

February

- 4 Michelle Riddock
Norman Rockwell*
- 11 Judy Navarro
Diana Quattlebaum
Sarah Palin*
- 12 Alexander Paredes
Abraham Lincoln*
- 13 Jerry Lopez
Chuck Yeager*
- 14 Allen Weaver
Drew Bledsoe*
Valentine's Day
- 20 Beverly Skroch
Sidney Poitier*
- 22 Aaron Diaz
Ashlee Romani
Vijay Singh*
- 24 Andrew Smith
Steven Jobs*
Mardi Gras
- 25 Joseph Bulow
Zeppo Marx*
- 26 Nancy Mitrick
Jackie Gleason*
- 27 Vicki Meier
Jace Montera
John Steinbeck*
- 28 Sandra Messick
Bernadette Peters*

*Honorary SCR Member



Runnin' the Trails

by Paul Vorndam

To Train or Not to Train?



I'd like to share some insights that I've gleaned in 30 or so years of running about training with a cold. Now, understand that I'm not a medical doctor and I don't want to step on Rocky's toes (actually, I couldn't catch his toes if I did want to step on them!), so this is what works for me – check with Rocky or your physician (or psychiatrist) before you do anything I do.

I haven't had a cold continuously for 30 years, but I've had enough of the ^#&^\$!! things to claim a reasonable amount of experience. However, that may or may not mean diddly. Here's the problem: when scientists want to draw conclusions about observations and outcomes, they generally want to examine large amounts of data and they want something to compare that data to – something they consider “normal” so they can tell if the data is “interesting” (not normal). The normal data set is called a control. Caution #1: you can't be your own control. You may have an experience, but unless you've cloned yourself, you have nothing to compare it to. Oh, you'll compare it to last year when the same thing happened? And of course, you're *exactly* the same as you were last year, right? OK, so that doesn't mean that comparisons are totally worthless, it just means that you have to keep in mind that you can't control all the variables when you're doing a self-comparison. Caution #2: Your one-time experience does not constitute a large data set. In other words, you're not statistically significant. Them ain't supposed to be fightin' words, so before you come down to Rye to kick my butt, all I mean is that you really need to be careful about drawing conclusions from something that happens to you once or even a few times. We all fall into this trap. We make decisions based on our experiences and we feel we're justified until we learn that others experienced the same thing and came to different conclusions or outcomes. I made money on GM stock this week, so you're going to sink your next paycheck into GM, right? Maybe you should run for congressional office? So does caution #2 mean that we senior citizens have an advantage since we've been around longer and our “data sets” are larger? I'm dying to say that it's so but, sorry – statistically significant data sets are *really* large. Does that mean that the sum total of our experiences as senior citizens is worthless? Not at all, as I tell my sons, age and wisdom do go hand-in-hand!

OK, enough with the disclaimers – what about training with a cold? In my distant youth, I would just ignore the cold and train normally. Sometimes it didn't seem to make any difference, but sometimes the cold seemed more intense and lasted longer than usual (i.e., longer than 2 weeks). As the years passed and I continued this, it seemed that the instances of the longer nastier colds trended up. Sitting at home with chicken broth, cough syrup, etc. for 2 weeks didn't seem to actually shorten the normal progression, so what's the “happy” medium?

The First Day. Your throat feels scratchy and maybe your nose begins to run. Let your nose do the running. You still feel OK and so it may be tempting to get that last run in before you start to feel like the CEO of GM before Congress, but you can't be sure at this point if you're about to get just another annoying cold or something worse (strep throat, etc.), so caution is the better play here.

The Next Few Days (3 or 4). If this is just another annoying cold, your nose will run like a faucet and you'll get a sore throat for 2 or 3 days and then cough and be congested for awhile. Don't run while your throat is sore. OK – just do one less set of intervals. Seriously, the sore throat may be indicative of something more insidious (ask Rocky – he knows about all sorts of really insidious stuff). If 4 or 5 days off is going to harm your fitness level, you're an Olympic athlete and you wouldn't be reading this drivel anyway.

The Rest of the Days (hopefully no more than 2 weeks!). You'll start feeling better. You may sound like a frog or that guy that does the bass vocals on “Blue Moon”, but I've found that I can resume training at this point gradually (no intervals, no 10 milers, i.e., don't push it). Strongly consider one day on and one day off until the last symptoms disappear.

What if? The cold intensifies? You spike a fever? You just feel worse? Nothing a good set of hill intervals won't burn off, right? Call Rocky – don't call me. I'm statistically insignificant too. Happy Trails!



Ramblin'

by Ron Dehn

Volunteerism



We all have time constraints. We all have a full list of things to do, so we have to budget our time. We allocate this precious and finite resource to many things including: family, job, self, friends, various organizations. These are good things. And, we want to share our time and talents with others. But sometimes, finding time can be difficult.

If you are a regular runner, you probably recognize some of the race directors, registration people, finish line crew, course marshals, and other volunteers at the races. Most of these are SCR members or their family. In addition, there are others behind the scenes who do the planning, design the awards and t-shirts, place the orders, mark the course, obtain permits, set up tables, etc. Then there are those who conduct and attend meetings, take minutes, keep the books, write the checks, write articles, haul equipment, plan events, make phone calls, etc. etc. SCR is strictly a volunteer organization. There is a volunteer or team of them behind everything we do.

And we're not unique. There are lots of volunteers out there who bring meals to the hungry, read to the blind, tutor students, paint over graffiti, build houses, find shelter for the homeless, clean churches, work in hospitals, and give comfort and hope to the sick, lonely, and despondent. There are thousands of great ways to make a contribution.

There are many volunteers whose works are known only to a few. Some of these pick up groceries for an elderly neighbor, shovel their walk, check on them regularly, and so on. Volunteers play a huge role in our society.

Volunteers do what they do for lots of reasons, but it seems that most have a passion and core belief in what they are doing. Being a course marshal at an SCR race is certainly different than giving blood for hurricane victims, but in both cases, the volunteers are promoting something near and dear to them. As diverse as these two examples are, they could both fall under the umbrella of promoting the well being of others.

If possible, we'd love to have your help at a race or other SCR function. Some forty people lent a hand at the Rock Canyon half marathon, but most races require a lot less than that. Take a look at your calendar. If you can help, contact a race director or one of the SCR officers. Contact information is on the Calendar Page (page 11) or page 5 of this issue. Most jobs require little or no previous experience. There are a few exceptions, but we'll train you. You might want to attend a meeting to get an idea of how SCR works.

Many of you already volunteer for SCR events. Many thanks to you for your contributions. If you haven't and would like to lend a hand, let us know. It's a great way to support your fellow runners and promote fun and wellness in our community. Pretty cool!



A Note from Joe

Hi all,

I have registered for the Bicycle Tour of Colorado that will start and finish in Glenwood Springs this June. A friend of mine from Washington, D.C. who used to live in Colorado will be joining me but it would be great to have more representation from Pueblo. Check out the fantastic route at www.bicycletourcolorado.com.

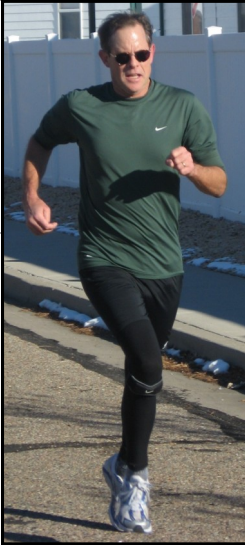
In preparation for this week of riding over 550 miles, I will plan on riding the Buena Vista Bike Fest century in May like I did last year. Another great route that includes riding up to Leadville and around on the closed-to-traffic

Beltway before returning back to Buena Vista for a happening post-race party. www.bvbf.org

I also may ride the Elephant Rock Ride in early June in Castle Rock. I have yet to ride this century but have heard good things. I'd welcome anyone to join me on these rides or in training for these events. Feel free to contact me.

Joe Bulow





Predictions

by Jim Robinson

Rudolf's Reindeer Romp 3.7 mile prediction Run



Race will be held regardless of the weather! This statement turned out to be very prophetic. Who knew that it was going to be 11 degrees with blowing snow? Yet the race was held and turned out to be successful. The race directors: Don and Mary Rudolf decided to shorten the race from the original 4.5 mile distance to 3.7 miles. Unfortunately, all of Don's work in marking the course the night before with white flour went for not. Don ended up marking the course with bright orange cones and becoming the lead, four wheel drive vehicle. Fortunately no one got lost. Paulette Arns stated, "All anyone had to do was to follow all the tracks in the snow."

Mark Gurule was only 3.6 seconds off his predicted time. Some of the younger runners braved the cold wearing shorts. Aaron Levinson was the fastest runner with a time of 25 minutes and 55 seconds which is a good time considering the con-

ditions and terrain.

Afterwards, everyone warmed up with a nice potluck breakfast hosted by Don Learned and Mary Rudolf. Eighteen runners ran this prediction race including Shayne Taylor from Canon City. Thanks to the race directors: Mary Rudolf and Don Learned and Helen Robinson for volunteering.

This race concluded the Southern Colorado Runners Prediction Series for 2008. Eleven prediction races were held in 2008. To be eligible for awards, participants had to complete at least five of the races in the series. First overall in the series was Shawn Loppinow, a rapidly improving runner. Old pro, Rich Hadley, was second overall in the series. Jeff Chowning from Colorado Springs rounded out the top three. Twenty-three runners completed at least five of the races in the series. Awards for the series will be given out at the Southern Colorado Runners banquet on Jan. 31, 2009.

Rudolf's R. R. Results

17 Name	Pred	Actual	Diff	Pts
1 Mark Gurule	32:00	31:56.64	3.36	100
2 Shawn Loppinow	31:31	31:16.85	14.15	94.12
3 Mitch Klomp	27:15	27:00.31	14.69	88.24
4 Chief Reno	30:30	30:48.98	18.98	82.35
5 Aaron Levinson	25:30	25:55.76	25.76	76.47
6 Emily Batson	31:45	31:14.21	30.79	70.59
7 Shayne Taylor	25:38	26:16.19	38.19	64.71
8 Larry Volk	30:00	30:42.09	42.09	58.82
9 Diana Tiffany	41:30	40:46.62	43.38	52.94
10 Debbie Gurule	42:31	41:01.19	1:29.81	47.06
11 Brian Ropp	29:30	27:58.26	1:31.74	41.18
12 Ron Dehn	33:33	35:44.96	2:11.96	35.29
13 Bill Vegas	35:00	31:27.66	3:32.34	29.41
14 Paulette Arns	47:00	42:57.69	4:02.31	23.53
15 Dave Diaz	35:00	30:26.52	4:33.48	17.65
16 Dennis Wait	38:00	46:10.82	8:10.82	11.76
17 Stacy Diaz	1:10:00	42:39.00	27:21.00	5.88
18 Carrie Turman	1:10:01	42:40.00	27:21.00	5.88

Co-Race Director Don Learned gives directions to a shivering Bill Vegas





Predictions

Final 2008 Cumulative Standings



Final 2008 Predict Standings

(5 race finishers only - to view standings of all 150 participants go to the SCR website)

Name	Spg R'Off	Rams Eight	Ben & Matt's	Yap Dog	Butt Bustr	Moon Mad	Canon City	South Shore	Harvest 5M	Temp Cnyn	Rud Romp	Total Pts	Best Five
Shawn Loppnow	90.38	100		61.90	43.75	100	93.75	76.67	11.11		94.12	671.68	478.25
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
Mark Gurule	73.08	30.00				72.22	100	43.33		73.02	100	491.65	418.32
Chief Reno		50.00	43.48				81.25	100	66.67	76.19	82.35	499.94	406.46
Wendy Garrison	98.08		60.87	57.14	68.75	27.78	84.38		51.85	42.86		491.70	369.22
Larry Volk	55.77		65.22	100						88.89	58.82	368.70	368.70
Bill Veges	88.46		73.91			44.44		73.33		79.37	29.41	388.93	359.52
Don Pfost	53.85	80.00					90.63	20.00	37.04	96.83		378.34	358.34
Emily Batson	42.31	60.00		9.52	25.00		78.13	83.33	22.22	61.90	70.59	453.01	353.95
Brian Ropp		65.00	30.43				62.50	96.67		82.54	41.18	378.32	347.88
Diana Tiffany	50.00		95.65	76.19				6.67		57.14	52.94	338.59	331.93
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	23.53	412.16	312.38
Dave Diaz	84.62		34.78					86.67		80.95	17.65	304.67	304.67
Ron Dehn		45.00					25.00		88.89	100	35.29	294.18	294.18
Anthony Diaz	100	55.00	13.04	47.62		33.33		30.00	48.15			327.14	284.10
Aaron Levinson					31.25		59.38		59.26	50.79	76.47	277.15	277.15
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	5.88	180.99	148.13

L to R Helen Robinson stacks cones. (the chalk arrows weren't very easy to find), Larry Volk and Predict Series Coordinator Jim Robinson, Race Winner with a 3 second differential Mark Gurule





Potpourri



Letters to (and from) the Editor

We didn't make this up
we're not that clever



Dear Editor,

The newsletter is good toilet reading, and that's a compliment. I will end up reading it cover to cover at least once that way. Even Gary's column.

Thanks,

A "Regular" Reader...

Dear R.R.

Strangely enough, we have heard this compliment once before, so it must indeed be a compliment. And... not too long ago, one of our readers told us that he keeps a copy of *Footprints* on his nightstand, and the newsletter is

often the last thing he sees as he drifts off to sleep. He too, claimed this to be a compliment.

Thanks for your feedback, (I think).

Your irregular and sleep deprived editor

So Readers, we are happy to know that because of us – at least a couple of our readers are kept regular, and at least one is kept from insomnia. If you have any printable stories about your use of *Footprints*, please send a note to: newsletter@socorunners.org.

Note from M. Edmund Vallejo

(SCR member since 1991, retired educator, School District #60 to SCR's Membership Chair for 2008, Don Pfof)

"I have not jogged my usual 3 miles per day since August 2005 when I had lower back surgery and disk fusion. My physician said at the time that my runner's days were over. I jogged for 30 years and miss it terribly, especially the runners' high. Since '05, however, I still do the treadmill 4 days a week at a very fast 12-minute mile, or 4.6+ miles per hour. Call me some time to help (if you can use a 79 year-old in-shape youngster).

Signed: Edmund Vallejo

Editor's Note: I do not know Edmund Vallejo personally - only good enough to say hello - but I have very high regard for him. He is an honorable and highly respected educator and finished his career as Dist 60 superintendent. He is an accomplished photographer and had a book published entitled "Colorado landscapes: A compilation of beautiful photographic color vistas, poetry, and simple 35mm picture-taking techniques". I don't know how many times he did the spring runoff, but a quick search showed that he took 3rd in his age division of the 2003 10k. (below)

(December minutes continued from page 2)

dees liked the running caps and charm bracelets. **Temple Canyon Prediction Race:** Rich Hadley announced that this year's race produced a record 67 finishers. Everything went smoothly.

New Stuff/Old Stuff: 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 announced that he and Paul LaBar are putting together candidate names for the 2009 SCR Officers.

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

Respectfully submitted: Ken Raich

(January minutes continued from page 3)

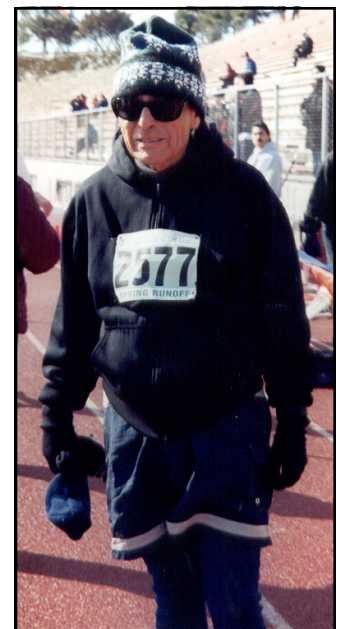
New Stuff/Old Stuff:

Dave is putting together a "Club Event Calendar" to submit to RRCA for insurance purposes. Paulette submitted to RRCA membership renewal. **New Office Committee:** Don Pfof announced the 2009 SCR Officers. **New Running Group:**

Ed Prosser announced he intends to start a group run on Saturday mornings at 7:00am from Reservoir Road. The club suggested he use the listserver to get the word out.

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

Respectfully submitted: Mike Archuleta



Race Calendar by Dave Diaz (tentative '09 schedule)

Race Directors: If you wish to make changes, please notify Dave at: calendar@socorunners.org

All race dates are subject to change; verify with race director or socorunners.org

<u>DATE</u>	<u>RACE NAME</u>	<u>DIST</u>	<u>LOCATION</u>	<u>CONTACT</u>
February				
Sat 14	Valentine's Twosome	1.6 M	SCR/City Park	Jeff Arnold (jeffaco@earthlink.net)
Sun 22	*Spring Runoff Tune-up	6 M	SCR/City Park	Ken Raich (ken@raich.us)
March				
Sun 08	Spring Runoff	2M,5K, 10K,10M	Dutch Clark Stadium	Terry Cathcart (tv.cathcart@hotmail.com)
Sun 22	*Nature Center Trail Run	??	SCR/Nature Ctr	C. Turman/E. Batson (eberhardtds@yahoo.com)
April				
Sat 04	*Ramsgate 8	8K	SCR/Belmont	Don Pfost (dlpfost1@mindspring.com)
Sat 18	Panther Run	5K	Pueblo City Park	Cheryl Farrer (cheryl.farrer@colostate-pueblo.edu)
Sat 25	Spank Blasing	5K, 10K	CSU-Pueblo	Todd Kelly (todd.kelly@colostate-pueblo.edu)
May				
Sat 02	Blossom Day Run	5M, 5K	Canon City, CO	Sarah Ley (sarahfley@hotmail.com)
Sun 03	Cinco de Mayo	2M,5K,10K	State Fair Grounds	Ramon Arriaga (ramon.arriaga@colostate-pueblo.edu)
Sun 10	*Yappy Dog	8.6M	SCR/So Mesa Elem Sch	Ross Barnhart (barnhartaccount@gmail.com)
Sat 16	Run With the Bulls	5K, 10K	Union Ave	Ruth McDonald 719-251-3189
June				
Sat 06	Run for Rio	5K	Rye, CO	Jeff Arnold (jeffaco@earthlink.net)
Sat 20	Diabetes Prevent-a-thon	5K	??	Mike Archuleta (PUEBLOTRIATHLON@MSN.COM)
Sat 27	Women's Dist Festival	5K	SCR/City Park	Peggy Oreskovich (moreskovich@comcast.net)
July				
Sat 04	Liberty Point 5K	5K	Pueblo West	Stan Hren (terbear31@msn.com)
August				
Sat 01	*Moonlight Madness	5M	SCR/Verde Rd	Diana Tiffany
September				
Sat 12	Corporate Cup 5K	5K	CSU-Pueblo	Hillary Pacheco-Hall (hpachecohall@puebloymca.org)
Sun 13	Corporate Cup Bike Ride	12.4M	SoMesaElemSchool	Hillary Pacheco-Hall (hpachecohall@puebloymca.org)
??	*South Shore Adventure	8.3M	SCR/Lake Pueblo	Larry Volk (lrvolk@yahoo.com)
Sat 19	Run 4 Trails	4M	Sierra Vista Elem,PW	Kim Arline (kimarline@comcast.net)
Sun 27	Hot to Trot	5K	Union Ave	Ruth McDonald 719-251-3189
October				
Sat 24	*Harvest Run & Bonfire	5M	SCR/Lovell Park PW	Dave Diaz (diazsd@aol.com)
November				
Sat 14	Atalanta	5K	SCR/City Park	Stacey Diaz (diazsd@aol.com)
Sat 28	*Temple Canyon	4M	SCR/Canon City	Rich Hadley 719-784-6514
December				
Sat 06	Rock Canyon	13.1M	SCR/PuebloCityPark	Dave Diaz (diazsd@aol.com)
Sun 13	*Rudolph's Reindeer Run	4.2M	SCR/Regency Area	Don Learned (doon@yahoo.com)

*SCR Prediction Series-9 FREE Races-more info at socorunners.org

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.

Upcoming Runs

Ok, all you sweethearts... sign up for the **Valentines Run on February 14th**. This is a low key run with no t-shirts given, but most end up winning some chocolate. Make up your batons. Be creative - there are prizes for the batons.

The first run in the predict series for 2009 is the **Spring Run-off Tuneup on February 22**. This is also a pot luck brunch. It starts and ends at the west entrance to City Park. This race can be a cold one, so bring gloves and a hat.

The Spring Runoff will take place on March 8th. This is a bit of a change from the previous 30 years. This year the race is on the 2nd Sunday of March. It is a big one with 700—800 participants expected. If you are not running the race, consider volunteering. It takes a lot of volunteers to put on this event.

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 February 4th and March 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...

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. -Martin Luther King, Jr., civil-rights leader (1929-1968)

You can sometimes count every orange on a tree but never all the trees in a single orange. -A.K. Ramanujan, poet (1929-1993)

The only real voyage of discovery consists not in seeking new landscapes but in having new eyes. -Marcel Proust, novelist (1871-1922)

All ideas are already in the brain, just as all statues are in the marble. -Carlo Dossi, author and diplomat (1849-1910)

It is not life and wealth and power that enslave men, but the cleaving to life and wealth and power. -Buddha (c. 563-483 BC)

We don't like their sound, and guitar music is on the way out. -Decca Recording Co. rejecting the Beatles, 1962