



Editor: Ron Dehn

# FOOTPRINTS

Spring, Sprang, Sprung?

## Spring's Around the Corner Edition

### The SCR Banquet by Paul LaBar



Volunteers took center stage at the 25<sup>th</sup> annual Southern Colorado Runners awards banquet, held on Saturday, January 31<sup>st</sup> at La Renaissance restaurant in Pueblo, CO. Several speakers, including incoming President Don Pfof and outgoing President Ken Raich, drew attention to the critical contributions volunteers make to the club and the Southern Colorado running community. Two new volunteer recognition awards were presented, to race directors and predict hosts, and this year's nomination criteria for male and female Runners of the Year included a volunteer component.

The crowd arrived early, socializing for about one-half hour over hors d'oeuvres before presentations began. The meal served buffet style consisted of salad, side dishes, roast or vegetarian rellenos. Banquet Committee co-chair Linda Strange kicked off the event by announcing that not only was this the 25<sup>th</sup> anniversary of the banquet (as far as

anyone can tell), but that the first banquet also took place at La Renaissance. Banquet attendance was the highest in recent history, with almost 120 guests registered. She then turned the floor over to Ken Raich, to announce the club officers for 2009.

Before introducing the new club board, Ken spent a few moments thanking several club members who have made significant contributions, including Don and Lois Pfof, Paulette Arns, Jacqueline Wall, Larry Volk (who provided the slide show and music playing at the start of the evening) and many others he didn't have time to name. He also thanked the 2009 banquet committee (Stacey Diaz, co-chair, Peggy Oreskovich, Robin Krueger, Carrie Turman, Paul LaBar and Linda Strange) for planning the event and closed his remarks by stressing the importance of volunteers to the organization. He reminded club members that they can volunteer at races

by contacting the race directors listed on the [www.socorunners.org](http://www.socorunners.org) calendar or for general activities email [volunteer@socorunners.org](mailto:volunteer@socorunners.org).

Ken announced the elected officials who ran unopposed. Don Pfof – President, Dave Diaz – Vice President, Mike Archuleta – Secretary, and Paulette Arns – Treasurer. He then introduced non-elected officials Ken Raich – Membership Coordinator, Ron Dehn – Newsletter Editor, Paul LaBar – Webmaster, Dave Diaz – Calendar Keeper, Jim Robinson – Predict Race Coordinator and Stacey Diaz – Volunteer Points Coordinator. Then new club president Don Pfof took the floor.

Don thanked outgoing officers Theresa Duran – Secretary, Rich Hadley – Vice President, and Ken Raich – President,

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More on the Banquet  
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The Valentine's Twosome  
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The Spank Blasing Preview  
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## Minutes from the February, 09 Meeting

### Southern Colorado Runners Meeting, Wed, February 4, 2009

Meeting called to order by New President Don Pfof at 7pm

**Attendance :** Don Pfof, Rich Hadley, Jeff Arnold, Gary Franchi, Dave Diaz, Terry Cathcart, Ken Raich, Hilbert Navarro, Paulette Arns, Paul Lebar, Mike Archuleta.

**Special Guests:** Kami Dahlberg, Michelle Ambury from Pueblo CSU

**Excused:** Ron Dehn, Jim Robinson

President report: Don thanked the previous officers and their efforts over the last year: Ken Raich did an excellent job over the last 3 years as president. Ken will assume the responsibilities as membership chair for SCR. Rich Hadley served as Vice President and always available to help. Dave Diaz will assume the roles of Vice President and calendar keeper. Paulette Arns will remain as treasurer. Theresa Duran was secretary over the last year and Mike Archuleta will serve as secretary for 2009.

Don also thanked the following non-elected officers for their contributions to the club, all of whom will serve again in 2009: Ron Dehn, Newsletter Editor; Paul LeBar, web master; Stacey Diaz, who monitors the point system and always has incredible awards for the Banquet; Jim Robinson, predict series coordinator, and Gary Franchi for his monthly newsletter column and articles in the Chieftain that promote running and related activities.

Don talked about his role as president and looks forward to working with everyone 2009.

**Special Guests:** Kami Dahlberg, Michelle Ambury from CSU-Pueblo. The CSU-Pueblo X Challenge is scheduled for April 18, 2009. The students asked to borrow the race clock for the event. The event conflicts with the Panther Run on April 18th, so it was suggested that the students ask District 60 for the use of their clock, and to contact Bobby

Gonzales from District 60 and Ray Macias from East high school.

### Minutes: Mike Archuleta Secretary

The meeting minutes for January 7 were reviewed and approved. There discussion about placing financial information on the meeting. The group decided it should not be a problem.

### Treasurer Report: Paulette Arns

Paulette reported the monthly statement and the net profit from the Rock Canyon was \$6200.00. She is still waiting for receipts from the banquet.

### Newsletter Report: Ron Dehn

Ron is currently on vacation

### Membership Chair: Ken Raich

Don announced we have currently 147 paid members. There are 86 members from 2008 who have not renewed. On January 31<sup>st</sup>, Don submitted to Derek Griffiths, publisher of *Colorado Runner* magazine, a list of 110 SCR members who requested copies of the next issue of his magazine. Don stated that if we included the memberships with families the club would have over 400 members.

### Webmaster Report: Paul Lebar

Paul reported he removed the banquet information from the website. He is working on promoting the Valentine Twosome run and the Spring Runoff. Dave Diaz asked Paul to add Diane Tiffany as the contact person for the Moonlight Madness predict. The Nature Center Trail Run, formerly Ben & Matt's Trail Run, will take place March 22<sup>nd</sup>, and will include both a 4 and 10 mile run. The Belmont Butt Buster was cancelled for 2009 by Gina Benfatti. Paul is looking at changing the website to web portal.

It will allow certain members to place information directly on the

web site. The member could place web threads or blogs.

### Upcoming Events:

#### Valentine Twosome Run: Jeff Arnold

The Valentine run is scheduled February 14<sup>th</sup>. Jeff reported the Pavilion is booked on race day. The race day registration and packet pickup will be outside. The race courses will the same as last

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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. 319

"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, Jim Ranson*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104
Calendar Keeper	Dave Diaz	

### Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Jim Robinson, Mike Archuleta  
Don Pfof, Ken Raich, Paul LaBar, Dave Diaz, Stacey Diaz,  
Emily Eberhardt, Jeff Arnold, Todd Kelly

**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.

\* Jim Ranson coached Central Wildcats boys basketball from 1959 through 1989 and is a legend in Pueblo sports. He mentored literally thousands of kids through the years. On February 20<sup>th</sup>, Coach Ranson was honored at the Central Gym as the playing surface was named the Jim Ranson Court.





## Minutes Continued

### By Mike Archuleta



(Continued from page 2)

year. Jeff has ordered the awards and chocolate for the race

#### **Spring Runoff Tune-up, Feb 22: Ken Raich**

Ken reported every thing is set for the 1<sup>st</sup> predict race of the year on February 22nd. There will be 1 water stop on the course. The course is 10 kilometers, starting at the stadium and finishing by city park swimming pool. There will be a potluck after the predict run.

#### **Spring Runoff, March 8<sup>th</sup>: Terry Cathcart**

Terry stated 800 long sleeve shirts have been ordered and 650 shirts will be printed for the race. The concession stand will be used for race day registration and packet pickup. The ticket booths will be used to hand out t shirts. It was suggested to have a volunteer at the stadium to direct runners and give out race day information. Terry discussed key areas were volunteers needed to be stationed to direct runners in the right direction. The lead bikes will be Mike Archuleta and Jay Bailey. The medical team will be Parkview medical center ER staff. Ken reported that 144 medals have been ordered for the race. Pat Berndt will not be available for the middle school race, "It's Funner to be a Runner". It was suggested that after the Spring Runoff gets started to use the concession stand registration to get the students registered. It was also discussed not to use the waiver and put their name on the race bib. Terry is going to check with Paulette about the waiver.

#### **Cinco de Mayo, May 3: Hilbert Navarro**

Hilbert Navarro reported that there will be no t shirts this Cinco run. It will be replaced by a knitted hat instead of t-shirt. The registration fee will be \$17.00 for early registration and \$20.00 for late registration. It was suggested to have the walkers finish in the opposite direction from the runners to prevent mixing up race results. Hilbert asked how much SCR would charge to help with Cinco de Mayo; these charges were summarized

and he was referred to the web site for further information on the club's race-help policies. In addition, Ken Raich suggested that the organizers of Cinco consider chip timing for the race, and he outlined some of the advantages and costs of chip timing. Ken noted that races that have sponsors and a history of financial success, such as Cinco de Mayo and Spank Blasing, can afford chip timing, and because more runners nowadays expect it, especially at larger races, chip timing might help these races become even larger and more successful. On the other hand, smaller races cannot afford chip timing. Further, the use of chip timing by larger races would reduce the work load on SCR's volunteer base and enable the club to help smaller races become more successful. Hilbert will confer with Ramon Arriaga about the possibility of chip timing and may return at a later date to discuss it with the club.

#### **Spirit Fest, June 13: Hilbert Navarro**

Hilbert Navarro will be the runner's club liaison for the race. Hilbert and Jess to talk about the race at next month's meeting

#### **Live Strong Event**

Don reported receiving email from Jimmy Taylor from St Mary Corwin about running and biking event in October. Don suggested asking Jimmy Taylor to the meeting at least 90 days before the event.

#### **Running with Bulls**

Jeff reported that Run with the Bulls, scheduled for May 16, will be the same course as the Hot to Trot race, a distance of 5k.

#### **Predict Series**

The predict series first race is the spring tune up on Feb 22<sup>nd</sup>. The Natural Center Trail Run on March 22 will be two distances, a 4 mile and 10 mile race. The Belmont Butt Buster and Tunnel Drive will not take place this year.

#### **New stuff / Old Stuff**

**Chip Timing:** As noted above, Ken

talked about the benefits of having a professional organization doing chip time. It would help limit the number of volunteers at the big races in Pueblo. The chip timing could be done at the Cinco run for about \$800.00. The bigger races like the spring Runoff, Spank Blasing would benefit from chip timing.

#### **Credit card race entries**

Ken talked about race registration on line and ACTIVE .COM and the system developed by him. The information is easy to download from the web. The online system has been used for several races.

#### **Steve Cathcart's Race clock repair**

Ken reported to repair the clock batteries and charge it would cost \$68.40 to repair. The motion was approved to repair the clock.

#### **Meeting Place**

Gary asked, "Where do we meet after the new YMCA opens in APRIL?" Don stated he will talk to Terry Lockhart from the YMCA.

**Adjournment:** Meeting adjourned at 9:00 pm.

Minutes submitted by Mike Archuleta

The St. John Neumann Panther Run will be held at City Park on Saturday, April 18<sup>th</sup> with a 10:00 AM



shotgun start. This is a 5K with a 1mi. run/walk starting at the Pavilion. We want to invite all seasoned runners and also encourage those of you who are beginners. The students of St. John Neumann Catholic School have learned that the challenge of this run becomes a thrilling experience. The early registration price is \$25, including a goodie bag and T-shirt with all proceeds going towards technology at SJNCS.



## Great Stuff

by Gary Franchi

### It's all about the bike



Thought for today's lunch, compliments of American author and humorist Mark Twain: *"Get a bicycle. You will not regret it. If you live."*

#### Musings about running, fitness and life:

What a day to be alive – Rocky Mountain Sports' annual "Keeper" race calendar for 2009 arrived at the Pueblo YMCA recently, free for the snatching and perusing. It's such a treat to see all the races that I won't be able to try this year because of physical ailments. On a positive note, think of all the money I'll be saving on entry fees, race travel, out-of-town meals, etc. It's really a lose-win situation for me. And YOU win, too, because you won't have to hear me drone on and on about those triathlon entry fees. You're welcome.

Life is indeed good. My bike hasn't gotten stolen like Mr. Armstrong's did in mid-February. Of course, his time trial bike's 10 grand price tag possibly made it a tad more attractive than the considerably more modest vehicle that I ride. Well, perhaps the lure of his star status as a 7-time Tour de France champion made his bike a bit more prized than mine as a scribe for this "Footprints" newsletter, difficult as that may be to believe.

But I really DO get excited when I see "The Keeper" each year. Where else can running events be lumped in the same publication as ultimate Frisbee, dodgeball and dog activities? Even without cage fighting, it's the premier melting pot of leisure-time dollar spending.

So bring on the dodgeball tournaments! It's been about 45 years since I got pummeled in the head with a dodgeball, which no doubt has something to do with the off-center state of these literary creations. Lance was right – it's not about the bike. It's about getting smackerood in the noggin playing dodgeball in a high school PE class. And here you've always thought that it was a congenital defect that I had.

Anyway, while studying "The Keeper," I was particularly intrigued by all of the cycling activities. If you wanted to, you could eat up your entire spring, summer and part of fall – not to mention a good chunk of your mortgage payments – taking part in cycling activities. And they've got some real dandies to choose from, too.

There are the standard favorites like the Ride the Rockies and Colorado Rocky Mountain Bike tours and lots of "cause" rides like the MS-150. There's plenty of stuff like Castle Rock's Elephant Rock, which is being held again for those who want to experience the tight packs of the peloton.

Being what I am (remember the noggin blasting from my youth), a few other events caught my eye.

The ultimate biking event has to be the Brewery Tour on Bikes, which runs monthly from May through November in Fort Collins. Gee, I wonder what the beverage of choice is following these rides. (Dave, this series was designed for you.)

The worse starting time for a ride is probably the 3 a.m. start for The Grand Loop – part of the Colorado Triple Crown – in Golden on Aug. 1. You've got to really love cycling to skip a night of sleep to do this ride.

My vote for the worst name for a cycling event has to go to the "Road Race," which is being held June 13 in Dotsero, the name of a town in Colorado's Eagle County, albeit a popular Festival Fridays band as well. Being consistent with its name, the race has no website – you have to call or e-mail for information. A close second is the Tour de Trash set for June 13 in Summit County. Beautiful. I suppose the T-shirts have an attractive picture of a garbage can, certainly something you'll want to wear to your subsequent social gatherings.

My favorite event name continues to be the Triple Bypass, a July 11 lung- and quad-tester that covers 120 miles over three mountain passes and with more than 10,000 feet in elevation gain from Evergreen to Avon. Forget about attempting this, though – it has already filled its 3,500 allotted slots.

So the year of love is about to begin. It's time to get that "Keeper" out and start planning your racing and riding year. Then begin putting your mettle to the pedal in earnest. But unlike Lance, keep that bike locked up and in a safe place so you'll be able to enjoy the memories.

Let the rides begin.

#### Headphones

I'd be remiss if I didn't mention that

the USATF, the governing body for long-distance running events in the United States, has amended its rule and now allows music devices in races. Because of that, Grandma's Marathon in June will once again allow runners to use headphones.

You see, there IS justice in the world.

#### Ten things I was just wondering:

1, Is a freak accident an accident involving a freak?

2, Speaking of freaks, does it really make any sense for us mere mortals to adhere to the "What Would Lance Do" bicycle training mantra?

3, Don't you hate it when they discontinue a product you like and use regularly, especially a model of running shoe?

4, Can't we pretty much say that the "Share the Road" message on license plates will be ignored by the drivers that cyclists are trying to reach?

5, Do they call it Krazy Glue because you start acting funny after inhaling it?

6, Seriously now, when adjusting for age, has anyone around here ever really had a better running year than the SCR's Carol Kinzy did in 2008 at the tender age of 6-0?

7, Are running races and triathlons immune from the recession because of the well-bred characteristic of their participants?

8, How was it physically possible for the SCR's Marv Bradley to have done 2 ultras per month during 2008?

9, For us working stiffs, can daylight saving time get here soon enough?

10, In cycling circles, if it's not about the bike, then what is it about?

Until next month, may all your bike rides be downhill with a tailwind.

## SCR Birthdays

## March

- 1 Kristy Davenport
- 2 Kim Arline  
Melisa Maes-Johnson  
Priscilla Portillos  
Rachael Ratzlaff
- 3 Arnold Decessaro  
Aaron Levinson  
Larry Rogers
- 5 Brianna Diaz
- 6 Sarah Clapp  
Brandon Hruby  
Shawn Loppnow  
Bob Mutu
- 7 Patsy Cresswell
- 8 Brandon Baca  
Nancy Martinez  
Kenneth Raich  
Linda Strange
- 9 Tanner Snyder  
Brittany Tibbs
- 10 Jolene Norton
- 11 Jamen Cox  
Justen Cox  
Laura Winner
- 12 Paul Barela  
Paul Koch
- 13 Dennis Krall
- 14 Tim Kraemer
- 15 Chester Haddan III  
Brandy Romero
- 16 Bonnie Norton  
Reginal Rudolph
- 17 Patricia Cisneros  
Angelica Wall
- 18 Laura Clark  
Jonathan Huie
- 19 Carissa Calkins
- 20 Renee Elwell
- 22 Stephen Hruby
- 24 Jerry Cox  
Bob Gassen  
Kristen Meier  
Olivia Sherman
- 25 Becky Medina  
Laura Schilf
- 26 Marvin Bradley  
Susan Gebhart
- 28 Michael Calkins  
Michael Garcia  
Meg Gredig
- 29 Robert Alvarado  
Dean Volk
- 30 Tamra Rudolph

\*Honorary SCR Member



## Runnin' the Trails

by Paul Vorndam

### HillStreet Blues?



There are lots of “Hillstreets” down here around Rye. In fact, it’s hard to find a street or a trail without them. So what to do about that? Complain or embrace? Problem or opportunity? When I was teaching sometimes my students would complain about having to work hard to study for the course. This was my chance to give them the Victorian work philosophy (and it applies to running also):

1. If it feels bad and you don’t like it, it’s good for you.
2. If it feels good and you like it, it’s bad for you.

And then I’d give them some examples like running intervals (feels bad, but you benefit) or eating chocolate cake (you like it, but then you gain weight and it makes the intervals harder and - oops – never mind, that’s a circular argument). So anyway, in class invariably someone would smugly respond with a question about sex, saying it feels good and that it wasn’t bad for you. Of course they had never been up at 2AM with a couple of screaming kids!

Running is sometimes downright painful and if you’re running on flat ground, you can back off the pace and be comfortable. Hills are a bit of a different story – if you back off until it’s comfortable, you’ve probably turned around and headed down! It’s easy to be lazy and go out on a flat course and put in what someone in Runner’s World a few years ago called “zombie miles”. I think they were referring to just cruis-

ing along mindlessly (easy to do as you get older) and not running so hard that you were making the zombie noises ala Resident Evil. If you’re feeling lazy and go out on a hilly course though, you’re going to get a workout whether you had planned on one or not!

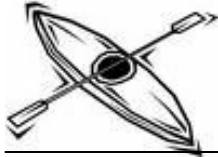
There have been many articles written about hill running techniques, i.e., shorten your stride going uphill and maintain cadence or don’t overstride going downhill – try to just increase turnover, etc. All that doesn’t give you the mental framework you need to run hills. Do you dread THE hill in your daily run? Surely you have at least one along the way? Hills are really your friends. They have your best interest at heart. (If guys can anthropomorphize their cars, then I can do the same for hills!) So look forward to that hill! It can be really addictive. Why, in no time, you’ll be turning around at the top to go back and do that hill again! In Lance Armstrong’s book *Every Second Counts*, he relates a story about a training ride he did on the Hautacam, a monster climb in the French Pyrenees. His coach received 2 sets of data from Lance’s bike computer and was puzzled until Lance told him that he had done the climb twice! His coach’s response cannot be printed in this family newsletter. So if you’re ever seized by the urge to do that hill again (and again), no fellow runner will think you’re a whacko. I can’t vouch for the rest of the population, however.

Happy Trails!

A photo of SCR members at the winter series race in Colorado Springs on January 24<sup>th</sup>. From L to R

Carrie Turman,  
Leona Spracklin,  
Paul Dallaguardia,  
Stacey & Dave Diaz,  
Peggy Oreskovich.





## Ramblin'

by Ron Dehn

### "Cross Training" in Puerto Rico



We've never taken a winter vacation. But last fall, an idea was tossed out, a friend of a Chris' cousin has a place she rents out, one thing led to another, and the next thing I know we (Chris, Chris' Mom Nora, and I) are landing in San Juan, Puerto Rico on January 29<sup>th</sup>.

One of the first things I did was pick up a local paper to see the weather forecast. High 82 and low 72. Today, Tomorrow, the next day, and the day after that. So far, so good!

We arrived late and had accommodations on the main island for the first night. The next day we met up with Chris' cousin Debbie, who flew in a few days before, and the four of us headed for Vieques island via ferry. Vieques, a municipality of Puerto Rico, is about 55 square miles in size, roughly 21 miles east to west by 4 miles at the widest point. Puerto Rico is a U.S. territory, so passports are not required. Vieques was used for weapon testing by the U.S. Navy from the 1940's until 2003. As a result, there has been very little tourism and development by the "outside" world. I read some of the literature about the island. Under "Attractions" was the following: "There are no casinos, golf courses, strip malls or major shopping centers. The greatest attraction is Vieques itself." It appeared the only commercial development was local. We visited a few of the beautiful beaches and there were no hotels or development, and a relatively small number of people. Very cool! We rented a car and drove around quite a bit of the island. The vegetation was amazing and beautiful.

Most people we met spoke both Spanish and English. Both Nora and Debbie are fluent in Spanish, Chris and I are not. Hablo muy poco. My most often used phrases were: Quiero cerveza por favor and Donde esta el baño. So, when Chris and I got lost, my limited Spanish didn't help us find our way, but we had beer to drink, and someone would point

the way to the bathroom.

So, when are we going to get to the cross training part? After all, this is a running magazine. Hold on – it's coming.

I had done a little research before we left home, so I was aware of a place in Vieques called Bio Bay. This is a place where magical things happen at night. I talked the others into a kayak excursion in Bio Bay. Kayaking is cross training. See, I told you it was coming.

There was a row of small stands next to the beach in Esperanza that reminded me of a Farmer's Market. One had a home made sign (all the signs were home made) that said, "Abe's Snorkeling & Bio Bay Tours". The next night we met Abe.



Abe

When Chris first saw Abe, she leaned over to me and said Abe looked like the

Jimmy Buffet of Vieques. Abe didn't sing for us, but his layers upon layers of tan were the result of decades of sun and salt water. He wore a red bandana on his head, a blue tank top, long red swim trunks, sandals, sunglasses, beads, and a huge smile. When he spoke, every third sentence was a joke, and it was obvious that Abe's work was his play, and his play was his work.

Abe told us a bit about the area. The Bio Bay is one of a handful in the world, and is rated by Guinness as the most bioluminescent. The bay is relatively calm, has the right amount of salinity in the water, is free of pollution is the right depth and width, has relatively small tidal exchange, is the right temperature, and is surrounded by mangrove trees.

We hopped into a large rust-brown van and a group of others hopped into the back of Abe's pickup and we headed for the bay. The pickup pulled a large trailer full of kayaks. We traveled 5 or 6 miles, and the last mile could almost be classified as a 4-wheel drive road. There were about 25 of us plus Abe and 4 or 5 of his assistants. It was getting near dusk.

When we got there, Abe's crew unloaded the kayaks from the trailer and we got into groups of 2 and 3, put on our life vests, got a few minutes of instruction, and headed for the kayaks. Abe and his crew had headlamps that they could turn on and off so we could spot them when it got dark. I must point out at this point that neither Chris or Nora can swim.

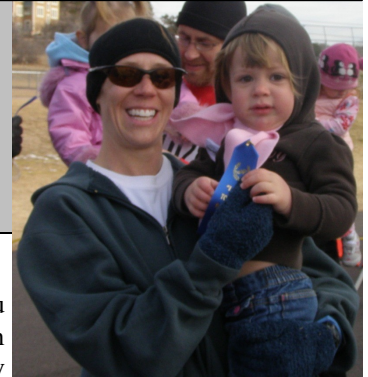
To be continued next month.



## Predictions

Emily Eberhardt

### Mad Max's Trail Adventure



Emily & Daughter  
after the Rescue Run

Course Description: There are two distances for this predict – one is 10.3 miles, and the other is 4.6 miles. The run will start at the same time and same place for both distances, so there will not be any time adjustments for distance. No whining on this! This run is being named mostly after the movies – as the shorter run resembles some of the scenery from the low-budget flicks, which most people have probably seen. It is also being named after my German foreign exchange student, Maximilian, who really was mad when I made him help me mark the course mileage. This is a BYOW (bring your own water) or BYOB, whatever you prefer. Please dispose of trash in appropriate receptacles.

**Mad Max's 4.6 miler** – Brian and Chief did a super good job coming up with this one. There are a few hills where you may come across people on motorbikes, but I assure you none of them are as good looking as Mel Gibson. This run starts at the light post in the Nature Center parking lot and heads west where you will take a right at the first big rocks. You'll climb a hill and then head across the railroad tracks and gate to turn right, and then follow the arrows from there. For those of you who need landmarks, you will hit your first gully about 1 mile in - have fun with the tumbleweeds. The course will then head north and you will take on a few decent hills before heading west to another gully. Think of the second gully as the New Pueblo Landfill, and look out for shell casings, glass, and Michelob Ultra beer boxes. Once you make this loop you will head up another hill and then back down to do another loop, which is just silly on Chief and Brian's part, before you head into your third gully. This one is definitely on the Mad Max theme – be sure to look to your right for broken televisions and other paraphernalia. There is one other silly loop around a tree, which we will name later. After crossing the gate and railroad tracks again head to your right and then make a sharp left where you will see a ramp. Please do not go off the ramp. We don't want any ugly emails. The rest of the course will lead you back to the parking lot.

**The 10.3 miler** – if you have done Ben and Matt's in the past, this course is pretty much the same. After crossing the railroad tracks and gate, head to the left. You won't really hit too much Mad Max stuff until about 2.5 miles into it. There will be a gully – look for some tires and a cooler lid as land markers. You will be able to see Liberty Point around mile 3. The trail will continue around to the west and from miles 4 to 6ish there will be a nice long loop with decent elevation. The course will wrap back around the same way it went out and will finish the last mile the same as the 4.6 course. Sorry there are not as many cool landmarks on this one – but the trail is very scenic. Both of these trails are on rocky terrain – similar to the South Shore, with dirt roads and some smaller dirt trails intertwined. Twisted ankles and knees are definitely a possibility, so be prepared. My Garmin watch tells me the 10.3 miler starts at an elevation of 4750 ft. with the high point at mile 6 at 5188 ft. The total ascent and descent is about 1630 ft. The 4.6 miler will hit a high point around 5000 ft. with a total ascent/descent around 850 ft.

There is a good likelihood you will find remnants of tumbleweeds in your socks AND shorts. No one can fall down during this race – that is the only rule. I don't want to be stitching any knees because of pieces of glass or mattress springs causing lacerations! Feel free to email with any questions!

Mad Max takes place at 8:00 am on Sunday, March 22nd starting at the light post in the Nature Center parking lot.



### Want One of These???

These are the 2009 Pueblo Chieftain Spring Runoff medals. If you want a shot at one, you better get that registration form in. The easy way to register is to go to the SCR website ( <http://www.socorunners.org> ) and scroll down the home page to the Spring Runoff Section. You can register on-line. It is efficient and easy.

If you are not going to run in the race - please consider helping. This is a big event, and there are lots of different roles for volunteers. If you can help - contact Terry Cathcart at [tvathcart@hotmail.com](mailto:tvathcart@hotmail.com)



## The Banquet (continued)

By Paul LaBar



*(Continued from page 1)*

for their hard work during 2008 and earlier. He offered special appreciation for Ken, who served a 3-year term, which was one year longer than the traditional two year term for SCR presidents. In addition to thanking the new and continuing officers, he expressed his appreciation for Gary Franchi who serves as the club's unofficial scribe and covers club events for the Pueblo Chieftain, and Jeff Arnold who designs many race courses and acts as race director for local runs.

Don described how the club "runs off the energy of volunteers" and mentioned how volunteers not only have the opportunity to socialize with other club members, but can also win awards for accumulating volunteer points. He recognized that we all live busy lives, but encouraged members to help work at races, deliver equipment, contribute to the newsletter and seek out other opportunities to offer their talents. The club sponsored seven races and assisted with 15 others in 2008, he said. There are many jobs to do at each race and we will provide training, he said. Don also reminded the group that for those not interested in volunteering at races, there are many other opportunities. He closed by stating that he was honored to be elected president and looked forward to serving the club.

Stacey Diaz took the podium and proceeded to present the awards for 2008 volunteers, accompanied by a slide presentation with candid photos of the recipients. (See the sidebar "And the Winners Are..." for a list of award recipients.) This year's award was a silver wrist watch with the SCR logo imprinted on the face. Stacey was assisted by Maggie Strange, who handed out the awards.

This year's featured speaker was Jessie Quintana, a 30-year runner who told the group she began running in the '70s with encouragement from her husband Robert. When she first started, she couldn't complete a lap at the high school track, but with support from her husband throughout their 44 year marriage, she progressed to the point of completing 13 Pikes Peak Ascents, 6 marathons, and running in other well-known races like Garden of the Gods 10 mile, Bolder Boulder, Boston Marathon and the Nike Women's San Francisco

marathon. Jessie commented that she always felt like the little engine that could after she passed the A Frame during Pikes Peak. Jessie displayed two handmade quilts comprised of many of her racing shirts from over the years, and wove anecdotes, observations and photos into her speech. She expressed appreciation for her family, grandkids and husband Robert. She then encouraged runners not to push to the point of pain, but instead to "go slow and enjoy yourself," since nobody cares about your times. She concluded her inspirational talk by sharing her personal credo, "Be alive, Celebrate life."

Linda Strange and Peggy Oreskovich then quickly conducted a drawing for door prizes, including bottles of wine, gift certificates to local businesses, and the floating candle centerpieces on the tables.

Following a brief intermission for dessert, Predict Race Coordinator Jim Robinson presented medals to this year's Predict Race winners. He described the series as an excellent no-pressure way for new runners to get involved in the sport and an opportunity for experienced runners to get a hard workout. Recipients consisted of all runners who participated in 5 or more races and were ranked in order of those who most accurately predicted their times while also running in the most races. Rules for the predict races can be found online at the club website. The top 3 male winners were Shawn Loppnow, Rich Hadley and Jeff Chowning (of Colorado Springs), and females were Wendy Garrison, Emily Batson, and Diana Tiffany. A complete list of recipients can be found on the club website or in the February 2009 issue of Footprints.

Jim also recognized the predict race hosts for the first time in the event's history. Jim was followed by Peggy Oreskovich, who also presented a new award to 2008 Race Directors. Each received a glass imprinted with SCR's logo. (See sidebar for recipients)

Jeff Arnold and Rich Hadley presented this year's male and female Youth Runners of the year. This year's female recipient, Anna Marshall, a junior at Central High School, was described by Jeff as having a beautiful stride, and being a contender for state medals. Shayne Taylor

from Canon City high school, was the male winner. Rich noted that Shayne completed his first marathon this year in Salida, as well as going with his team to state championships and being an outstanding team member at his school. Rich also said he was interested in sponsoring an SCR predict race in Canon City as well. Each received awards made by the Pueblo Wood Turners and necklaces with medallions.

Male and Female Runner of the Year awards were presented by Carrie Turman, who was in charge of coordinating the process and voting this year, along with Paul LaBar. The banquet committee wanted to recognize not just those with impressive athletic feats, but those who also found time to contribute to the running community also while accomplishing their feats. This year's nominees represented a group of members who had done both. Carrie told the group that voting had been done ahead of time by mail-in ballots or electronically. Most of the ballots had been submitted online, she said. Carrie then presented certificates of recognition to the nominees and announced the winners. Male Runner of the Year was Ron Dehn, and the female winner was Stacey Diaz, both of which received plaques and runner necklaces.

Finally, Don Pfof and Ken Raich returned to the podium for the night's last awards. Ken presented the Outstanding Club Member award to Larry Volk (who was unable to attend) for the numerous races he's photographed over the years, often under difficult conditions, and the photos he's contributed to the newsletter. Ken pointed out that not only were his photos highly professional, but they were also useful to the race directors who have referred to them when tabulating race results. Don then presented the Dirty Sock Award to an appreciative and deserving Lenore Pixie Raich. He described the numerous instances where Pixie has worked long hours doing data entry during race preparations, assisting with race registration, working race finish lines and helping tabulate results. This includes the major races in Pueblo such as the Spring Runoff, Spank Blasing, Cinco de Mayo, Hot to Trot and Rock Canyon races to name just a

*(Continued on page 9)*





# The Banquet (continued)

By Paul LaBar



*(Continued from page 8)*

few. Each received a plaque and awards from Pueblo Wood Turners.

The evening concluded around 9 p.m. We hope you can join us again next year!

Special thanks to the banquet committee for all their hard work making this year's banquet such a success! Also, thank you to the many door prize donations: Colorado Running Company, Bonacquista Winery, Hopscotch Bakery, Intellitech, the Pueblo Nature Center, organizers of the Pueblo Spring Runoff and Rock Canyon half marathon, and Robin Krueger for the centerpieces.



Above: Banquet Committee  
Linda Strange  
Stacey Diaz  
Carrie Turman  
Paul LaBar  
Peggy Oreskovich  
Robin Krueger



Clockwise from UL

Anna Marshall & Jeff Arnold  
Paula & Derrick McCabe  
Helen Robinson & Mark Gurule  
The Hughes Family  
Speaker Jessie Quintana





# The Banquet (continued)

By Paul LaBar



## And the Winners Are

### 2008 Prediction Run Hosts

Ken and Pixie Raich - 2008 Spring Runoff Tune-up  
 Don and Lois Pfof - Ramsgate 8 Prediction Run  
 Matt Sherman – Ben and Matt’s Trail Mix  
 Ross Barnhart and Family – Yappy Dog  
 Gina and Vince Benfatti – Belmont Butt Buster  
 Diana Tiffany – Moonlight Madness  
 Rich and Deb Hadley – Canon City River Trail, Temple Canyon Run  
 Mary Rudolf and Don Learned – Rudolf’s Reindeer Romp

### 2008 Race Directors

Jeff Arnold – Valentine’s Twosome, Run for Rio  
 Terry Cathcart – 2008 Spring Runoff  
 Kristine Chamblin – 2nd Annual Panther Run  
 Todd Kelly – Spank Blasing Memorial Run  
 Ramon Arriaga and Hilbert Navarro – Cinco de Mayo  
 Mike Archuleta – Pueblo Diabetes Prevent-a-thon  
 Lori Gregory – Little Run on the Prairie  
 Hilbert Navarro – 2008 Spirit Fest on the Riverwalk Run  
 Diana Tiffany – 2008 Women’s Distance Festival  
 Gary Franchi and Ron Dehn – PCC/CSU-Pueblo 75th Anniversary Run  
 Ruth McDonald and Shelley Riddock – Hot to Trot  
 Stacey Diaz and Jacqueline Wall – 2008 Atalanta Run  
 Dave Diaz – Rock Canyon ½ Marathon

### 2008 Volunteer Awards

Jim Robinson, Jeff Arnold, Mike Orendorf, Jesse Quintana, Gary Franchi, Stacey Diaz, Dave Diaz, Ron Dehn, Peggy Oreskovich, Paulette

Arns, Tim (from the Gold Dust), Brian Ropp, Joe Bulow  
 Don Pfof, Karen VanHauerbeck, Larry Volk, Paul LaBar, Ross Barnhart, Shelly Riddeck, Robert Tibbs, Don Learned, Mary Rudolf, Anthony Diaz, Ruth McDonald, Ken Raich, Jacqueline Wall, Terry Cathcart, Bill Vegas, Linda Strange, Jan Dudley, Carrie Turman, Jim Dudley, Lois Pfof, Rich Hadley

### Male Runner of the Year

Ron Dehn – winner  
 Joe Bulow  
 Mark Gurule  
 Shaw Loppnow

### Female Runner of the Year

Stacey Diaz – winner  
 Robin Krueger  
 Lois Pfof  
 Dianna Tiffany

### Female Youth Runner

Anna Marshall

### Male Youth Runner

Shane Taylor

### Outstanding Club Member

Larry Volk

### Dirty Sweat Sock

Lenore Pixie Raich

## 2009 Club Officers

### Elected

Don Pfof – President  
 Dave Diaz - Vice President  
 Mike Archuleta – Secretary  
 Paulette Arns - Treasurer.

### Non-elected

Ken Raich - Membership Coordinator  
 Ron Dehn - Newsletter Editor  
 Paul LaBar – Webmaster  
 Dave Diaz - Calendar Keeper  
 Jim Robinson – Predict Race Coordinator  
 Stacy Diaz – Volunteer Points Coordinator.



Above: Linda & John Strange & Family  
 Jim Robinson sorting awards  
 Emily & Terrence Batson & Daughter



**Awards and Drawing  
Items  
at the Banquet**  
by Don Pfost



The wood pieces presented at the banquet to Larry Volk, Pixie Raich, Anna Marshall and Shayne Taylor as recipients of the Outstanding Club Member, Dirty Sweat Sock, Female and Male Youth Runners, respectively, were turned on a wood lathe by Bob Sweeney, and the wood burning—also known as pyrography—that included the name of the award and recipient was done by his wife, Deborah. Both are members of the Pueblo Woodturners' Club. The OCM award was a vase of spalted white oak, the DSS and FYR awards were vases of juniper or Colorado cedar, and the MYR award was a bowl of sycamore.

In addition, the two bowls offered as part of the drawing were turned by Dick Booth, also a member of the Pueblo Woodturners' Club—one was made from cottonwood and the other from maple.

Thanks to Bob, Deborah and Dick for their artistic creations.

**A Few More Banquet Pics**  
(Banquet photos by Dave Diaz)



Clockwise from UL

Paulette & Larry Arns  
Sweatsock Winner Pixie Raich  
Rich Hadley &  
Youth Runner Award Winner Shayne Taylor  
Brenda & Mark Koch



**Contact Info for SCR Officers**

- [president@socorunners.org](mailto:president@socorunners.org),
- [secretary@socorunners.org](mailto:secretary@socorunners.org),
- [treasurer@socorunners.org](mailto:treasurer@socorunners.org),
- [membership@socorunners.org](mailto:membership@socorunners.org),
- [newsletter@socorunners.org](mailto:newsletter@socorunners.org),
- [calendar@socorunners.org](mailto:calendar@socorunners.org),
- [predict@socorunners.org](mailto:predict@socorunners.org),
- [webmaster@socorunners.org](mailto:webmaster@socorunners.org)

You might just  
find a pot o'  
gold



At The Dust

The  
Gold  
Dust,  
  
That  
is



217  
South  
Union



## Snowy Valentines

By Jeff Arnold



I really like this race. When I get rich, I'm going to take all the willing entrants out to eat afterwards. The race started at 9:00 and we were finished with awards by just after 9:45. There were many good volunteers and admittedly we started the awards with three runners still out on the course, but everyone who didn't leave early got chocolate. (For those who know the story, the folks who reserved the Pavilion to decorate for a wedding didn't show up before we left.)

Because of snow on the course, I didn't even chalk it. It's a simple, frequently-used course, but I probably should have gotten some blue spray paint. If the snow was a hardship, you couldn't tell from the smiles on the faces of finishers.

The winning team of Gina Lucrezi and Howard Nippert from Colorado Springs were unchallenged. Their 18:47 was one of the fastest on record, and the course was slick in spots. Gina is training for a mountain race in New Hampshire and Howard is an ultramarathoner who offers professional coaching. (If anyone is interested, contact me and I will provide Howard's email.) After the race they were planning to head out for a couple of hours on the river trail.

Our youth award winner, Shane Taylor showed up with a wig and his buddy Jeff McKean. The two were the second across the finish line but were excluded from the official competition. Shane, if you read this, start planning right now to do something really nice for your mother on Mother's Day.

Katie Hurtado used to be pretty good runner at Central High School and is one of the nicest people I know. Even her students at Corwin Middle School know that. Most middle school students don't know their teachers are people. Katie teamed up with her dad Mike who used to run for Larry Pickering at Centennial. Mike had

given up pounding the pavement many years ago, but wanted to do a triathlon and eased into running again very slowly. He's up to four miles now. He and Katie used a rose as a baton and won the Most Romantic category as well as the 61-70 division.

When Brad Winn was at Pueblo County High, he was a hard-working but not outstanding runner. His mother Marla had a cancer Pueblo doctors couldn't deal with. She went to Tulsa, almost too late. When Brad was a junior, he and his sister Noel were called to Tulsa to say goodbye to their mother. She made a remarkable recovery and she and Brad, with a combined age of 83, were the fourth team across the line. Brad ran four years at UCCS, then started racing bikes. It was probably a deeply emotional experience for them to run this race together.

Shiela and Michael Banker are parents of Jon who swam in the Olympic Trials in 2008. They ran their first Valentine's Twosome that I'm aware of and were second in their division.

Robert and Terri somehow used their actual Marriage Certificate, rolled up, as the baton voted Most Creative. I'll say. They were also second in the 81-90 division. Bob is the guy who gets water and volunteers to most of the water stops at the Spring Runoff. He and Terri also provided their two children, Brittany and Cole who won their somewhat easier 31-40 division.

Robert and Emily Lucero won for the biggest baton with a fishing pole and fish. (The fish was cardboard.) And they were fifth overall, not bad since Emily is 11.

If you feel the fun has gone out of races, plan on the Valentines Twosome next year.



**Above: Tanner & Jourdan Snyder show off a very clever costume**

**Below: Jeff Arnold and Mike Archuleta work the results while Bryan Serena watches the finishers**





# Snowy Valentines

By Jeff Arnold



1	Gina Lucrezi & Howard Nippert	788	68	OA	18:47
2	Shayne Taylor & Jeff McKean	786	30	EX	21:53
3	Nicole Vettese & Ryan Guthrie	772	44	1	22:01
4	Marla & Brad Winn	767	83	1	24:06
5	Emily & Robert Lucero	45	775	2	24:23
6	Kelli & Michael Barris	58	783	1	25:30
7	Brittany & Cole Tibbs	38	792	2	25:53
8	Sherrise & Keith Miller	49	784	3	26:03
9	Kalene & Jake West	59	770	2	26:20
10	Terri & Robert Tibbs	90	791	2	28:00
11	Melisa & David Mills	44	789	4	28:24
12	Tanner & Jourdan Snyder	21	766	1	29:31
13	Trisha Davis & Chris Moos	113	787	1	29:38
14	Brandee Jaramillo & Anthony Nicola	40	771	2	30:14
15	Brenda & Kevin Shriver	77	769	1	30:27
16	Katie & Michael Hurtado	70	795	1	30:44
17	Marcelle Urner & Chris Obert	74	777	2	31:09
18	Adriana Arteaga & Robert Gonzales	69	794	2	31:23
19	Antonio & Marcello Aquilera	54	796	3	31:32
20	Monica & Bryan Serena	71	790	3	33:17
21	Sheila & Michael Banker	106	785	2	35:03
22	Becki & Denis Vettese	106	780	3	35:04
23	Jamie Donlon & Fawn Friend	62	793	3	35:36
24	Lana & Monica Stinchcomb	81	776	3	35:36
25	Esther & Austin Woolston	40	781	3	44:32
26	Eve & Phil Woolston	44	782	4	44:32

Want to see your photo from the Valentine's Twosome?

Go to the SCR website and click on Valentines Twosome Race Results

Then click on your name.

You can order pics through Event Pictures

Batons: Biggest: Emily & Robert Lucero – fishing pole and fish  
 Most Creative: Terri & Robert Tibbs – their Marriage Certificate  
 Most Romantic: Katie and Michael Hurtado – a single rose

Volunteers: Pixie & Ken Raich Race Day Registration  
 Timers: Ron Dehn & Shawn Loppnow  
 Spindler: Paulette Arns  
 Course Marshal: Mike Archuleta  
 Photos: Larry Vogt  
 Candy Man: Jeff Arnold

**Below Left: Bryan & Monica Serena**

**Below: The Tibbs Family  
 Brittany, Cole, Robert, & Terri**





Colorado State University-Pueblo  
April 25, 2009  
Neta & Eddie DeRose ThunderBowl

## The Spank Blasing Run

by Todd Kelly



Above: TK giving an award at the '08 Spank

Over the past seven years, the Spank Blasing 5K/10K Run & Fun Walk has evolved from a fundraising walk-a-thon for Colorado State University-Pueblo women student-athletes, to one of Pueblo's top five multi-event road race. And the evolution continues again this year as the Spank, considered by some as one of the most challenging road races in Pueblo with several long hilly sections, becomes the first road race in Pueblo to offer chip timing and will start and end in the brand new Neta & Eddie DeRose ThunderBowl, home to the CSU -Pueblo football and track teams.

Chip time is another way of saying "net time," or the actual amount of time it takes a runner to go from the starting line of a race to the finish line. Many races feature a timing technology in which all participants run with a computer chip attached to their running shoe. When you register for a race, you receive your "borrowed" chip, programmed with your information, at the same time you get your race bib. The chip usually attaches to your shoelaces, although some are connected to a Velcro strap that goes around your ankle. At the end of the race, someone will be there to collect the chip from you.

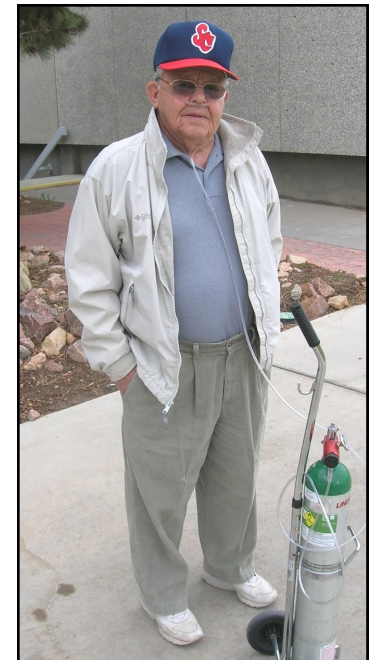
The 2009 edition of the Spank will take place on Saturday, April 25. Registration begins at 7:30 a.m. in the ThunderBowl Fieldhouse located on the south end of the stadium. The race will start at 9 a.m. with the family of the late James "Spank" Blasing firing the starting gun. Pre-race registration is \$25 per participant, with race-day registration \$30 per person.

Seven years ago, the CSU-Pueblo Department of Athletics, in a way to increase scholarship funds for the ThunderWolves student-athletes, started the Walk for Women's Athletics. CSU-Pueblo's women's varsity teams and community "Team Captains" solicited donations and team members to help the cause.

In 2005, the event expanded to include the men's varsity teams in the fund raising efforts and in 2006, a 5K road race was added along with the Fun Walk. Just 34 runners competed in the first 5K, but the following year, 110 individuals ran the 5K course which circled the CSU -Pueblo campus. The Pueblo Toyota Running Series was also formed in 2007, allowing runners in the Spank and Cinco De Mayo races to compete for prizes.

In 2008, a 10K road was added, the Spring Runoff joined Pueblo Toyota Running Series and participation in the Spank continued to rise. More than 247 people participated in either of the Spank's 5K or 10K races. To register for the 2009 edition of the Spank, please call 549-2013, or visit [gothunderwolves.com](http://gothunderwolves.com) for more information.

Todd Kelly  
Athletic Development Director  
(719) 549-2013



Spank Blasing, a legend in Pueblo athletics, got to fire the starting pistol for the 2006 event. Spank was a highly respected teacher, coach, and administrator at (then) PJC, SCSC, and USC.

## 2009 Race Calendar by Dave Diaz

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Race Directors: If you wish to make changes, please notify Dave at: [calendar@socorunners.org](mailto: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>
<b><u>March</u></b>				
Sun 08	Spring Runoff	2M,5K, 10K,10M	Dutch Clark Stadium	Terry Cathcart (tvathcart@hotmail.com)
Sun 22	*Mad Max's Trail Run	4.6or10.3M	SCR/Nature Ctr	Emily Batson (eberhardtdds@yahoo.com)
<b><u>April</u></b>				
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)
<b><u>May</u></b>				
Sat 02	Blossom Day Run	5M, 5K	Canon City, CO	Sarah Ley (sarahley@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	Union Ave	Ruth McDonald 719-251-3189
<b><u>June</u></b>				
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)
<b><u>July</u></b>				
Sat 04	Liberty Point 5K	5K	Pueblo West	Stan Hren (terbear31@msn.com)
<b><u>August</u></b>				
Sat 01	*Moonlight Madness	5M	SCR/Verde Rd	Diana Tiffany (dtiffany@mail.ghvalley.net)
<b><u>September</u></b>				
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)
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
??	*South Shore Adventure	8.3M	SCR/Lake Pueblo	Larry Volk(lrvolk@yahoo.com)
<b><u>October</u></b>				
Sat 24	*Harvest Run & Bonfire	5M	SCR/Lovell Park PW	Dave Diaz(diazsd@aol.com)
<b><u>November</u></b>				
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
<b><u>December</u></b>				
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**

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

## Address Service Requested



***If you move,  
Let us know!***

Issues of "Footprints"  
are not forwarded.

Hence, if you move, please  
get your new address to the  
SCR Membership Chair in  
care of the YMCA at the  
address listed above.

### Upcoming Runs

**Sunday, March 8th is the 31st annual Pueblo Chieftain Spring Runoff.** This is Pueblo's largest race with a variety of runs to choose from including a 5k, a 10k, a 10mile, a 1.6 mile walk, plus kids races, and great awards too. Toddler race @ 8:45, others at 9:00. Register on-line through the SCR website.

**The Panthers are running at 10am on Saturday, April 18th.** This is the John Neumann 5k run, 1 mile walk. See page 3 for more info and check back at the SCR website for registration.

Also check the calendar on page 15 or the SCR website for info on the two upcoming predict runs: **The Mad Max on March 22**, and the **Ramsgate 8 on April 4th**. Also check out the article on page 14 regarding the **Spank Blasing** run. This event takes place on **April 25th**.

**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 March 4th. We'd love to hear your ideas!

**Visit our Web Site:** For racing schedules, results, contact info, etc, see: [www.socorunners.org](http://www.socorunners.org)

### The Final Thoughts...

It is not how old you are, but how you are old. -Jules Renard, writer (1864-1910)

Knowing what / Thou knowest not / Is in a sense / Omniscience. -Piet Hein, poet and scientist (1905-1996)

The stock market is a wonderfully efficient mechanism for transferring wealth from the impatient to the patient. Warren Buffet

Happiness is not a goal; it is a by-product. -Eleanor Roosevelt, diplomat and author (1884-1962)

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

Heavier-than-air flying machines are impossible. --Lord Kelvin, president, Royal Society, 1895

I was reading the dictionary. I thought it was a poem about everything. -Steven Wright, comedian (b. 1955)