



Editor: Ron Dehn

# FOOTPRINTS

April: from the Latin *aperire* "to open" (also see page 15\*)

## The Spring has Sprung Edition

### The Spring Runoff

Wow, what a day. Wow, what a race. Nearly 800 runners & walkers crossed the finish line in the 31<sup>st</sup> running of the Pueblo Chieftain Spring Runoff which began in the parking lot of Dutch Clark Stadium and ended on the track. On top of that, there were 118 youngsters who ran the 1-mile Funner to be a



Stella Heffron Wins the Ladies 10k

Runner course, and about 60 toddlers who sprinted on the track around the curve and onto the straight away in the toddler run.

Adam Rich of Colorado Springs and Danielle Korb of Ft. Collins paced 377 5k finishers with blistering times of 15:58 and 17:38. Only 5

men finished ahead of Danielle. Justin Ricks of Pueblo West and Stella Heffron, a former Puebloan, ran the 10k course in 34:39 and 41:51, beating many of the 5k runners across the finish line. Steven Folkerts of Ft. Collins and Lindsey Book of Pueblo, earned top honors among

101 10-milers with times of 55:40 and 1:10:29. Crystal Loch and Ron Shepherd were the first 2 walkers to finish with times of 16:11 and 22:04. Charlie Lucero of Roncalli, and Angelica Wall from Pinon Valley school topped the youth runners in the 1 mile youth event.

For more coverage, see pages 10 - 14.



Bonifacio (Boney) Cosyleon

Running with Panthers and Bulls - Page 8

The Spank Blasing Run Page 9

The Cinco Page 9



## Minutes from March, 09 by Mike Archuleta

### Introductions

Attendance: Paulette Arns, Terry Cathcart, Jim Robinson, Dave Diaz, Mike Archuleta, Gary Franchi, Linda Strange, Todd Kelly, Hilbert Navarro, Ruth McDonald, Ken Raich, Jeff Arnold, Don Pfof, Kerry Roman, Dennis Wait, Arron Levinson, Paul Lebar, Larry Volk, Ramon Arriaga, Rich Hadley

**Upcoming Races/Events:** Brief explanation of process: Coming to the club, making a proposal, lineup a liaison from the club who will help with volunteers etc. The club has policies about fees for rental of equipment; all of this information is online. \$100 for every 100 people and \$1 each for each additional person / Bibs can be provided at \$.32 each / Flyers to be inserted into the newsletter is \$25.

### Spring Runoff, Sun Mar 8 ~

**Terry:** Ordered shirts – 850, 650 are printed as of now. Terry asked if anyone has truck to help pick up the Food order on Saturday @ 3:30. The remote microphone doesn't work, so will use the Chieftains. Registration will be on the East side of the stadium, will move to the West side for the end of the race. Water and fruit will be available. Parents need to sign waivers for kids. Thursday will need a couple more people to help put labels on the bibs. Shirts will be handed out with their packets; an X will be placed on the back of the bibs so they know they got their shirts already. Tracy Renck is asking for story ideas regarding the race. Parking on the East end of the lot, back part will be blocked off since it's a dead end. Concession stand on West side will be open. Place medals will be given as well as a medal for each walker, youth medals are plastic. Parkview ER Medical support will be there.

### Panther Run, Sat Apr 18 ~ Cheryl & Chris:

Posters and registration forms are ready to go out. The race registration will be online tomorrow. This race will be by pledges so those forms are ready to go out. Early registration deadline is April 10<sup>th</sup> and will be able to register online and at the Gold Dust Saloon. The club will provide a computer at the registration table at the race for those who register the day of the race. Barbeque and volunteers are all set up. There will be a competition for the children. The pavilion is the start/stop point. The race starts at 10:00 so registration should start at 9:00. Will use the club bibs and numbers will be assigned on the computer the night before.

### Lake Pueblo Arkansas Point Bike Challenge, Sun Apr 19 ~ Austin:

Austin sent an email to Don earlier regarding this race. Results for this race can be posted on the website.

### Spank Blasing, Sat Apr 25 ~ Todd:

Biggest change is the start/finish. It will start at the Thunder wolf Stadium – 5K will take first right off of Troy and circle and finish at the stadium, 10K will go through Belmont and finish at the stadium. Summit Racing

Management said they would provide race day registration, data entry, hand out chips, final course set up, online/paper registration, set up chip timing system and manual back up timing system, provide transponder chips, and time the race, produce final results, and post on their website. Suggestion made to detail what they are doing so that Todd isn't left shorthanded. Medals or some kind of award will be given to the series winners.

One new item, the Spank Blasing Invite - college Track and Field meet in March, first one held since the program was dropped. They need help in every field so if anyone is interested in volunteering contact Todd or go to the website at [gopueblo.com](http://gopueblo.com) and go to Track and Field.

### Cinco de Mayo, Sun May 3 ~

**Ramon & Hilbert:** They will use a chip timing company Program Productions out of Boulder. Still working out what they will do for the run. Registration forms will need to be in to put in the newsletter by mid month to be put in the April Newsletter. He will also need a link on the SCR website for online registration. Usually the insurance will be covered by SCR if it is a club sponsored race. He will check with Pueblo City Schools to see if this race is covered by them. Wellness walk will extend to walk the whole perimeter of the State Fair Grounds and Programs Productions will time that race as well. They are open to any suggestions. Last years 5K and 10K finish had some problems, so they will talk to the State Fair Grounds personnel to make sure that won't happen again. Staffing from them will be better this year. Shirt prices were lowered and still have a good product available. Hilbert will send the link for the website.

### Run with the Bulls, Sun May 17 ~

**Ruth:** \*New\* With the PBR headquarters being in Pueblo, they are planning/promoting an annual event called "The Wild Wild West Fest" at every venue worldwide on the PBR tours. This event will run the 13<sup>th</sup> – 17<sup>th</sup> of May and will be centered on the historic district and their headquarters building. They are bringing their "Built Ford Tough" tour to the State Fair Grounds. They are working with mainly non-profit groups and she thought they would sponsor an SCR event. Ruth proposes a run similar to the Hot to Trot run during the Chili Festival. She still has a lot of work to do on this and is trying to contact PBR people, but the run is on the agenda and they will support this run on their website. Proposed start is at the PBR building on the Riverwalk and a course will need to be laid out. Suggested to start up more on Union and finish at the PBR with essentially the same course as the Hot to Trot run. Will have to work out what is going on at PBR during this event to see if they can use it

as a start/finish. There are still a lot of details to figure out. Ruth would like to have members of the runner's club wear horns, in the form of a hat of some sort. She would like to have a 5K run and a shorter walk and try to get more kids involved in the walk. She would like to have a barbeque stand at the Gold Dust Saloon for all the participants. Possibly have PBR donate the awards for the race. There will be a press conference Monday the 9<sup>th</sup> at the Convention Center at 2:00 and she will be there to represent the club and anyone else who would like to be there can come. She will be at the next meeting with more information. It should be put on the calendar with May being so close. It will be a SCR race. PBR website is [wildwildwestfest.com](http://wildwildwestfest.com).

Vote: Ruth put the motion to add this run to the club agenda, Don seconded the motion, all in favor and none opposed.

(Continued on page 3)



**Southern Colorado Runners**  
[www.socorunners.org](http://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. 320

"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, Ken Mink*	
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  
Ken Raich, Dave & Stacey Diaz, Larry Volk, Todd Kelly,  
Cheryl Farrer, Ramon Arriaga, Terry Cathcart

**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.

\* Ken Mink played basketball this season at Roane State Community College in Tennessee. Mink is 73. He played about 15 minutes in seven games and scored 5 points. Mink also played college ball at Lees College in Kentucky 52 years ago.



SCR is associated with RRCA, Road Runners Club of America. See [www.rca.org](http://www.rca.org)



## Minutes Continued

### By Mike Archuleta



#### Spirit Fest, Sat Jun 13 ~ Jesse & Hilbert:

Hilbert would like to do what they did last year with the same course. He would like the club to support the finish line and they will provide all of the other support. An entry form will need to be inserted in the newsletter and online registration should be available. He will have this information ready at the next meeting. He expressed his thanks for all of the club support. This is the 9<sup>th</sup> annual event and has had great crowds at each event.

#### Diabetes Prevent-a-Thon, Sat Jun 20

~ **Chris & Mike:** Mike met with Chris Reichert from Parkview's Diabetes Center and gave her instructions to look at the Race Directors kit to make sure to follow through that. She will be at the next meeting to get some guidance on how to do the brochure. Mike will be the liaison on this race.

#### Officer Reports

**Minutes ~ Mike:** Minutes from the last meeting were accepted.

**Treasurer ~ Paulette:** Paulette reported the monthly statement and the profit/expenses from the Valentine Run. Expenses from the banquet were close to \$1500. Monthly financials were accepted.

**Newsletter Editor ~ Ron:** Ron not present

**Membership Chair ~ Ken:** 184 current members. Need 200 to get their discount. Still waiting for some past SCR members to renew their annual membership.

**Webmaster ~ Paul:** Created place holder and place results pages for all races. Embedded a code for all races that allows him to quickly uncomment out a line and will increase the speed of the webpages and will do the same for the rest of the pages that have links. Doesn't want to make the webpage complicated but he doesn't want it to be so simple that it doesn't offer any of the features so is looking for a balance and will bring some examples to the next meeting for everyone to vote on. He stated the need to down select some of the many options that are offered on the website. Current website offers 8 and others offer 100+.

#### Activity Recaps/Updates

#### Awards Banquet Report ~ Linda:

Summaries of costs were made available. 114 people pre registered for the event. 5 were no shows. They paid but did not show. 11 kids – 8 of which were free, 3 reduced priced. 19 people paid by check, 3 paid at the door, 26 paid online, 1 person ordered off the menu. 107 total people at the banquet 17 people reserved vegetarian meals but only 5 or 6 people picked up their meals. Need to think of a better way to do vegetarian meals next year. No complaints have been made. Suggestions for next year: People who are receiving a reward should be contacted ahead of time to see if they are coming to the banquet. Possibly have 2 tables at the door for quicker registration. Binder was given to Don including all of the information on the Banquet. Should talk about Youth runners in the future, and plans should be made months ahead of time for this event. She started in July and it worked out great.

Online registration worked out well, recommends doing that again next year.

**Valentine Twosome ~ Jeff:** Ken made a suggestion that we get duplicate bibs to identify the people in the pictures that were taken. The race went well overall. Somewhere down the road we may end up paying. Next year Valentines Day is on a Sunday so will have to make plans ahead of time for the race.

**Spring Runoff Tuneup ~ Ken:** The run was a great event with nice weather. He used bib numbers that helped quite a bit because there were a lot of people that he didn't know. Using duplicate bib numbers is a great idea. He would like to get a couple additional sets of numbers. We use #1-1000 in black numbers and #101-2000 in red numbers. He would like to order two sets of black numbers. So the Gold Dust can have one and we have one. He would like to give a set of maybe 500 numbers to the predict chair.

#### Mad Max's Trail Run, Sun Mar 22 ~

**Jim:** Two runs on this race, added 4.6 mile and the other run would be 10.3 miles. They want to use a different color for the 4.6 to distinguish the different runners for the two runs. Both races will start at the same time.

**Racing Calendar ~ Dave:** Nothing new on the calendar except the dates for Running with the Bulls. Spirit Fest is on the calendar for June 13<sup>th</sup>. Paulette's suggested to put the time that the race is going to start on the calendar.

**Other:** None

#### New Stuff/Old Stuff

#### Meeting with YMCA's Terry Lockwood ~ Don:

After the YMCA moves to the new facility the meetings for the club will be held at the old facility until May. After that we can

meet in the new facility in June but that part won't be done by June meeting time. There will be 3 or 4 months of construction before a meeting room will be available. Don reserved meeting room at the Barkman Library branch from June through December just in case. We won't lose the access to the YMCA during that time, but it would strengthen the clubs position if they used the YMCA as soon as a room is ready. The new address is 3200 Spaulding Ave Pueblo, CO 81008. If you want to tour the new facility everyone is encouraged to do that. Flyers were handed out and there will be a table set up at the Spring Run Off with the flyers. **SCR pledge to YMCA Campus Fund ~ Don:** Several years the club made a contribution of \$5000 to the Campus Building Fund. According to Paulette we still owe \$1500 and would like to pay the balance of that pledge.

**Compensating volunteers ~ Don:** None

**Award was presented to Larry for Outstanding Club Member.**

**Adjourn**



Don Pfost presented Larry Volk with the award for the 2008 Most Valuable Club Member at the SCR Meeting.

Larry was unable to attend the banquet where he was honored as this year's recipient for his many contributions to the club.



Thought for today's lunch, compliments of words spotted on a T-shirt: "Bikers know why dogs stick their heads out of car windows."

### Musings about running, fitness and life:

I finally realized the true attraction of running. It's because its participants tend to be a bit off-center, colorful, extreme, multi-faceted, driven, witty, comedic and basically fun to be around.

Think about it. While there are exceptions, it's unlikely that long-distance runners will be wearing a gray suit to work or ordering vanilla ice cream after running a marathon. Not that there's anything wrong with those choices, but for the most part runners tend to be a bit more bombastic.

In essence, they are a different breed. A few cases in point for you to digest while washing down your beverage of choice:

**The Bay to Breakers 12K in San Francisco.** They don't even bother to call this a road race anymore because it's not. It's an excuse for tens of thousands of people to party in outrageous style over a 12K course. So they have floats, team entries (caterpillars, etc.), drunkenness and, shoot, probably even debauchery. And these are all happening DURING the race.

Bowing to pressure from city officials, Bay to Breakers organizers decided to ban floats, beer and (gasp!) nudity from this year's race. Concerning beer, they said police would physically remove any items on wheels – like shopping carts – that contained kegs of brewski.

They had no idea what they had done. The outrage was so severe – 20,000 critics joined a Facebook group that threatened to boycott the race – that event officials caved in on the floats but stood strong against allowing kegs on those floats and nudity during the event.

Said race spokesman Sam Singer: "We are really asking people to act responsibly and treat the other participants and the rest of San Francisco with respect by not urinating, defecating, vomiting or littering the streets of San Francisco."

It's about time they spoke out against littering!

For the record, while nudity is not allowed, police said they aren't planning to issue citations for indecent exposure.

Whew! Now that's a relief.

**The Gorilla Run.** This is in our own backyard up in Denver, and its shtick is that you don't get a measly T-shirt in your race packet. Not even a tech shirt. Instead, you get a gorilla suit, which you are supposed to wear during the 5.6K event. Of course, you have to ante up a bit, with the entry fees \$99.95 for first-time adult gorillas, \$50 for returning adult gorillas (they use their previously purchased gorilla suit), \$50 for first-time little gorillas and \$35 for returning little gorillas. But what better way to celebrate Halloween?

For the record, this event is a fund raiser for The Mountain Gorilla Conservation Fund to keep the highly endangered Mountain Gorilla alive in the jungles of Rwanda, Uganda and the Democratic Republic of the Congo.

Who comes up with such an idea, anyway? A runner, of course. Probably a bunch of them, in fact, while walking next to a float stocked with one of those kegs in a Bay to Breakers a few years ago.

**Pikes Peak Ascent & Marathon.** The event's website contains this dandy bit of verbiage while describing the course: "There's a reason trees don't bother growing above 12,000' on Pikes Peak. They can't! Makes one wonder if trees are smarter than runners."

Yeah, trees may be smarter, but runners are off-center, colorful, extreme, multi-faceted and driven humans. Hence, we do this course not despite the fact but because it gains about 6,000 vertical feet in elevation in the first 10

## Great Stuff

by Gary Franchi

### We are a different breed of cat



miles on the way up. And because it rises another 2,000 feet in the final three miles to the summit, which most runners take about 30 minutes or more per mile to cover. They don't call it America's Ultimate Challenge for nothing. Oh, and don't forget the snow, hail, ice and whatnot that have plagued the race for several of the past few years.

Those that do the roundtrip the day after the Ascent get to take the grand tour by trying to dodge rocks and avoid crashing on the way down. It's a "dry blood," though, so it's OK.

No wonder this year's roundtrip filled in a matter of days while the Ascent waves still had only a few available slots.

What can we say? We are what we are.

### Ten things I was just wondering:

1, How come there's not a "u" in the word "forty?"

2, Is it just me, or does bottled water available after road races taste funny?

3, Why doesn't someone start a "Team Out of Training" as an athletic event fund raiser for those who, you know, don't want to make the physical commitment?

4, Wouldn't "wedgies" have been a great brand name for door stops?

5, Don't suicide bombers have anything better to do?

6, If you do a search for yourself on dexknows.com and don't find a listing, does that mean that you don't exist?

7, Wouldn't it be cool if they could make a running-based movie with the emotional impact and universal appeal of sports movies like "Rudy" and "Hoosiers?"

8, Why do whole cashews taste so much better than cashew halves and pieces?

9, Would there be much conversation left if people were forbidden from using clichés?

10, Wouldn't "The Wedgies" be a great name for a rock band?

Until next month, remember that anything goes – because you're a runner.



**SCR Birthdays  
& other events**

**April**

- 3 Carmen Brown Coseno  
Eddie Murphy\*
- 5 Sarah Gogarty  
Colin Powell\*
- 7 Gerald Puls  
Russell Crowe\*
- 9 Terri Blessman  
Dennis Quaid\*
- 10 Marilyn Vargas  
Joseph Pulitzer\*
- 11 Brad Van Buskirk  
Louise Lasser\*
- 13 Joe Farra Jr  
Thomas Jefferson\*
- 17 Christopher Roman  
Robert Santoyo  
Russell Smith  
Robert Tibbs  
Jennifer Garner\*
- 18 Bryan Dehn
- 20 Buffie DeSalvo  
Kieran Hughes  
Bob Stuemky  
Jessica Lange\*
- 21 Rob Archuleta  
Andie Macdowell\*
- 22 Megan Kraemer  
Sarah Shiflett  
Ashley Smith  
Jack Nicholson\*
- 24 Robert Kelher  
Shirley MacLaine\*
- 25 Mark Rickman  
Talia Shire\*
- 27 Triton Roman  
Samuel Morse\*
- 28 Samantha Strange  
Jay Leno\*
- 29 Michael Barris  
Andre Agassi\*
- 30 Emily Batson  
Michael Waltrip\*

\*Honorary SCR Member



**Runnin' the Trails**  
by Paul Vorndam  
**We Who Laugh Last**



Some of the more understanding readers of this column would perhaps agree that I occasionally attempt to sprinkle in a little humor from time to time. Since that assertion isn't exactly brimming with confidence, you must also understand the context. In the past while writing this, when I've gleefully run to a family member to show them a few lines that I thought were particularly amusing, the comments I got were among the following:

“That’s stupid.”  
“That’s disgusting.”  
“That’s cute.”  
“That’s sick.”

Notably missing from the above of course was anything containing the word hilarious. So OK, you're not ROLTFLYAO, but there is, it runs out, a benefit to this madness. It has to do with endothelium.

Endo-what?! Warning – I'm going to tread on Rocky's turf again. Hopefully he'll again forgive this and not come and Taser me. The endothelium is a layer of cells that lines our blood vessels. I was reading about a study of endothelial function (blood flow) in a recent

edition of Harvard Men's Health Watch. The study measured endothelial function after 1) rest, 2) stress and 3) humor. The study showed that both humor and exercise increased endothelial function.

“During laughter, blood flow increased 22%, making the net difference between blood flow during stress and blood flow during laughter more than 50%”

An editor, Norman Cousins, was quoted as saying: “Laughter is a form of internal jogging.”! This is profound. It means that on the days you can't get out for a run, you simply need to find the SCR newsletter and turn to this column! And if you don't find anything herein especially funny, remember that retching is also exercise.

Happy Trails!

P.S. If you really can't anything funny in the column itself, there is at least, the photo at the top.



**From the Mailbox**



Dear Running Club Coordinator:

June 14th, 2009 Larimer Square, Denver

The Mile High Experience! Sign up now for the fifth annual Rocky Mountain 1/2 Marathon presented by Map-MyRun.com and hosted at Larimer Square, Denver Colorado. This spectacular event gives runners a breathtaking view of Mile High City. Get ready for a great course and a lot of fun as well as food, music, and entertainment for the entire family at the free Race Day Expo at Larimer Square!

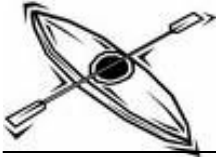
Sign up at [www.rockymountainhalf.com](http://www.rockymountainhalf.com) by April 17th, 2009 and receive your club discount of \$10 off enrollment! Enter Promo Code: COCLUB at registration to redeem discount.

Visit [www.rockymountainhalf.com](http://www.rockymountainhalf.com) for more information."

If you have any questions, please don't hesitate to contact me.

Thank You,

Katarina Martinez  
Rocky Mountain Half Marathon  
(720)422-2053



## Ramblin'

by Ron Dehn

### "Cross Training" in Puerto Rico - Part II



Let's see, where were we? On Vieques island, a municipality of Puerto Rico, a bit before dusk, the kayaks were on the beach, and our tour guide Abe was giving us instructions. We had put on our life vests and were getting into groups for kayak assignments. And yes – neither Chris or Nora know how to swim.

The ladies (Chris, Nora, and Debbie) wanted to hang together, so I volunteered to go alone. Abe and his assistants were assigning kayaks and giving last minute instructions. Abe was about as laid back of a fellow as we had found in the Caribbean, but once we got to our assigned kayak, he turned serious for a minute. He said something like, "I joke a lot, but when I ask you to count off, I expect you to count out loud and strong. If I don't hear a number, then I'll know it is time to panic."

We got into the water one kayak at a time and paddled out just a short way. Abe had four or five assistants to make sure we were getting away from shore and staying more or less together. When we were all in the water, Abe gave us the "count off" test and we passed.

At this point, I must give some credit to Chris' mom Nora. I won't give away her age, but I'm 60 and Chris is a few years younger. Nora doesn't know how to swim and had never even held a paddle. She said yes to this adventure without hesitation.

We paddled out a few hundred yards and Abe began to tell us about the bio bay. There are a handful in the world, but according to Guinness, this bay is the best. Abe sounded a bit like a science teacher as he described the delicate balance required. The water temperature, the lack of pollution, width and depth of the bay, the mild currents, the protecting forests around the bay, and the surrounding red mangrove trees. Their roots release tannins rich in vitamin B12, a key nutrient for the dinoflagellates.

It is starting to get dark. I can see Abe's profile, and his red headlamp when he turns it on. Chris then interrupted Abe.

"Abe, excuse me, I think we're taking on water", she said in an unusually calm voice. I was a bit surprised at her calmness because she won't venture past the 4-foot mark in a swimming pool, and she was a first time kayaker, a few hundred yards from shore, and the water level inside is rising.

"You won't sink", Abe reassured her. He called for one of his assistants to check things out while he continued his science lesson. The kayaks were tied to each other at this point, and his assistant unhooked Chris' kayak and headed away from the group. I started to join them, but I was in the middle, and tied to a couple others. I could not get out, so I watched as they broke away. The assistant told Abe they were going back to shore. By then it was fairly dark and I could see only their outline as they headed away.

Abe continued, but I wasn't hearing a whole lot. I was staring into the darkness in the direction I had last seen the ladies.

People began to put their hands in the water. And sure enough, with every touch was a fleeting glow. The dinoflagellates are microscopic organisms, and the particular variety in this bio bay emit light when disturbed. It was beginning to get pretty dark now, and the glow intensified. I was still only half paying attention when I heard Chris' voice. I figured that after the "water in the kayak" experience, the group of ladies would probably have stayed on the shore. Chris and Debbie were in their own kayak and they came close enough I could see them. "Where's your Mom", I

asked. "She's with one of the guides, they are right behind us", Chris answered. I was pleasantly surprised.

So - back to playing in the water. Whenever the paddle, your hand, or any object touched the water, there was a fleeting glow. It was a lot like the light you see right after you twirl a sparkler in the air. I cupped my hand and pulled it out of the water. It looked like a thousand tiny shimmering diamonds were running down my arm. I was so fascinated, I repeated this at least 50 times.

We played and played in the water. Some got out of their kayaks to swim. As long as there was movement, there was the glow. The guides lit up their headlamps and we paddled a bit farther out. Fish darting about created streaks in the water. You could glide for a bit, then tap your kayak with the paddle to create a fireworks show in the water.

After considerable play time, Abe and the others lit up their headlamps, we counted off, and headed back to shore.

We did lots of things in Puerto Rico, but the bio bay tour with Abe was definitely one of the most memorable.



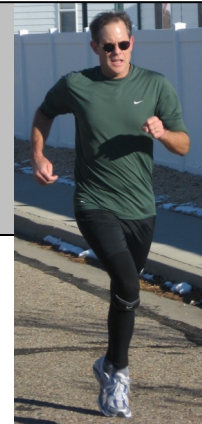
L to R: Debbie, Nora, Chris, and yours truly



# Predictions

By Jim Robinson

## Spring Runoff Tuneup Prediction Run



The first race of the 2009 Prediction Series was held on Feb. 22, 2009. There were 47 runners starting on the nice sunny Sunday morning. Runners were from Pueblo, Florence, Colorado Springs, and Grand Junction, Colorado.

Mr. Rich Hadley was the closest to his prediction time with a variance of only 4.5 seconds. Edward Leanos and Anthony Diaz rounded out the top three. Justin Ricks had the fastest time with a 36 minute and 45 second time for the 6.2 mile (10K) course.

This prediction race also gave the runners a chance to test out their legs on a large part of the actual course of the Pueblo Spring Run off 10K to be held on Sunday March 8, 2009.

A great post race get together was held at the home of the race directors: Ken and Pixie Raich.

Volunteer Support;

Race Directors: Ken & Pixie Raich

Course Marshals: Lois Pfost, Sam McKee

Finish Line: Helen Robinson, Deb Hadley



Above: A Gaggle of Finishers

Below: A Gaggle of Finish Line Workers  
(Helen & Jim Robinson, Ken Raich, Deb Hadley)  
Pics by Dave Diaz



### Results

44 Name	Predict	Actual	Variance	Points
1 Rich Hadley	44:14	44:09.47	4.53	100.00
2 Edward Leanos	54:25	54:35.21	10.21	97.73
3 Anthony Diaz	52:45	52:59.96	14.96	95.45
4 Greg Gaunna	51:15	50:57.71	17.29	93.18
5 Paulette Arns	1:05:01	1:05:24.44	23.44	90.91
6 Humberto Paredes	47:40	48:06.70	26.70	88.64
7 Mark Gurule	45:30	45:58.21	28.21	86.36
8 Mike Cernoia	38:30	39:00.62	30.62	84.09
9 Jeff Chowning	42:45	43:17.80	32.80	81.82
10 Rubin Krueger	54:00	54:39.81	39.81	79.55
11 Leona Spracklin	54:00	54:40.89	40.89	77.27
12 Brian Ropp	44:00	43:18.49	41.51	75.00
13 Stacey Diaz	54:00	54:42.98	42.98	72.73
14 Matt Sherman	45:30	46:14.54	44.54	70.45
15 Gypsy Kelso	58:00	57:14.80	45.20	68.18
16 Peggy Oreskovich	53:50	54:38.67	48.67	65.91
17 Larry Volk	44:30	45:29.94	59.94	63.64
18 Hank Hund	58:00	56:58.42	1:01.58	61.36
19 Shaun Lopnow	49:49	48:45.02	1:03.98	59.09
20 Aaron Levinson	41:00	39:53.06	1:06.94	56.82
21 Kenny Romero	48:00	49:24.74	1:24.74	54.55
22 Justen Cox	44:00	45:25.56	1:25.56	52.27
23 Paul DallaGuardia	1:09:09	1:10:37.75	1:28.75	50.00
24 Shane Taylor	41:10	42:39.56	1:29.56	47.73
25 Nathan Schwinghammer	42:00	43:34.77	1:34.77	45.45
26 Jordan Montera	43:00	41:10.23	1:49.77	43.18
27 Rusty Smith	53:45	51:46.62	1:58.38	40.91
28 Martha Drake	55:15	57:19.64	2:04.64	38.64
29 Justin Ricks	39:00	36:45.06	2:14.94	36.36
30 Jen Wheeler-Buerger	47:00	44:35.81	2:24.19	34.09
31 Carrie Turman	1:00:00	57:33.17	2:26.83	31.82
32 Jamen Cox	43:20	45:54.04	2:34.04	29.55
33 Dave Diaz	51:00	48:25.79	2:34.21	27.27
34 Debbie Gurule	58:00	1:00:38.57	2:38.57	25.00
35 Jessie Quintana	1:08:00	1:10:45.33	2:45.33	22.73
36 Bill Veges	51:00	47:57.07	3:02.93	20.45
37 Nels Hendrickson	45:00	41:42.58	3:17.42	18.18
38 Brittany Tibbs	1:04:22	1:01:02.84	3:19.16	15.91
39 Terri Tibbs	1:04:22	1:01:02.41	3:19.59	13.64
40 Robert Santoyo	48:00	52:17.66	4:17.66	11.36
41 Don Pfost	1:08:12	1:12:38.27	4:26.27	9.09
42 Michael Orendoff	46:30	41:09.37	5:20.63	6.82
43 Amber Arline	1:18:00	1:25:39.93	7:39.93	4.55
44 Kim Arline	1:14:00	1:24:42.95	10:42.95	2.27
45 John Musso	DNP*	48:20.75		
46 Mike Borton	DNP*	54:45.55	* DNP =	
47 Valerie Eison	DNP*	1:06:51.30	did not predict	

17<sup>TH</sup> ANNUAL  
PANTHER RUN



ST. JOHN NEUMANN  
CATHOLIC SCHOOL

The 17<sup>th</sup> Annual Panther Run “Making Tracks for Education” hosted by St. John Neumann Catholic School, will be held on **April 18<sup>th</sup> at 10:00 am** at The **Pueblo City Park**. In actuality, the event as scheduled in 2009, has only occurred for the past three year. The students at St. John Neumann Catholic School have been pledging yearly for a total of 17 years to run 3 miles with the first 14 years culminating with a 3 mile run around the school grounds. It was a very small event which occurred for only the St. John Neumann Families. The run was expanded in 2006 to include the Pueblo community to bring more awareness of the school and to promote a healthy active lifestyle for all residents. We are again expanding this year to include all of Colorado and beyond. As I write this article, there are already runners signed up from New Mexico, Nebraska and Massachusetts!!! So very exciting.

St. John Neumann is a non-profit organization committed to serving Pueblo’s children. St. John Neumann

## The 17th Annual Panther Run

By Cheryl Farrer

students come from all walks of life, united by the common goal of excellence in education. At St. John Neumann, all students have the opportunity to thrive academically; reaching their full potential while learning the values of self discipline, responsibility, and integrity, all essential for success in life. St. John Neumann has served Pueblo with academic excellence since 1977. We receive no funding from the government nor dioceses. Therefore our fund-raising events, such as the Panther Run, help to provide funding to equip our children with the resources they need to excel. This year the funds will be used for Technology improvements at the school.

The events will include a 5K race which consists of two loops “on street” running through city park (see map on [www.socorunners.org](http://www.socorunners.org)), a 1.6 mile fun run/walk which is completed with one loop around the park and *DASH IT* a 50 yard dash for all of the racers 6 years of age and younger. There were 120 participants in 2008. We strive to double that number this year with more advertisement throughout Pueblo and other surrounding communities. This event is to serve three main avenues, to raise funds as discussed above, to raise aware-



ness for the need for physical activity and to increase awareness of the school throughout Pueblo.

The Panther run is mainly coordinated by parent volunteers with the support of the administration. The students are also highly involved with the fundraising efforts through pledges and Logo design. The T-Shirts and advertising designs were obtained through an open art contest in which the students participated. Parent volunteers voted on the artwork based on creativity and school spirit. The event is sure to be a fun one for families, new runners and seasoned runners alike. The variety of races followed by a concession style BBQ (small additional fee) should provide fun and excitement for all. So come join our St. John Neumann Catholic School 1 in “Making Tracks for Education” and a **Healthier You.**

### Run With The Bulls



Ever dream of going to Pamplona to run with the bulls? Well, save the plane fare and “run with the bulls” at Pueblo’s own HARP on Sunday, May 17<sup>th</sup>. There will be a 5k Run, a 2 mile Fun Walk and a Kiddie K of approximately 2 blocks. This event is part of the Wild, Wild West Fest. The race starts and finishes at the Professional Bull Riders World Headquarters in the heart of Pueblo’s Historic District. Not only do entrants receive a t-shirt,

but they get a BBQ lunch at the Gold Dust. The bulls you are “running with” may not be real bulls, but there is a real bull statue outside of the PBR. For more information and an entry form, see the SCR website: [socorunners.org](http://socorunners.org).







For the third consecutive year a running series will be conducted to promote the sport of running in southern Colorado.

The Spring Running Series, formally known as the Pueblo Toyota Running Series, consists of the Spank Blasing 5K/10K Run & Walk on April 25, and the Cinco De Mayo 5K/10K Run & Walk on May 3.

The series will award participants in various age groups for place in

## The Spank Blasing Run

by Todd Kelly



both the 5K and 10K runs at the Spank Blasing and Cinco de Mayo runs.

To be in the series, runners must pick the same distance for both races, 5k or 10k. The times from each race will be added together for a total time. The total time will determine placement in the series. 5k runners will compete against 5k runners, and 10k runners will compete against 10k runners. If a runner wishes to run different distances in the 2 races, they can, but they will not be considered in the series results.

To register for the Spank Blasing

5K/10K Run & Walk, call (719) 549-2013 or visit [www.gothunderwolves.com](http://www.gothunderwolves.com) to sign up on-line. For more information about the Cinco De Mayo 5K/10K Run & Walk visit [www.socorunners.org](http://www.socorunners.org) or call 719-248-7468.

The Spank Blasing 5K/10K Run & Walk benefits the Colorado State University-Pueblo student-athlete scholarship fund, while the Cinco De Mayo Run & Walk benefits Pueblo City School's Project Respect program.

## 2009 "The Cinco" going with Chip timing

by Ramon Arriaga

Race officials for the Cinco de Mayo race announce that they will be using Chip timing results for the 2009 event. "We believe by using Chip timing, it will add another level of professionalism to our already great race" says Ramon Arriaga, race director and Coordinator of Pueblo City Schools Project Respect.

This is the 8<sup>th</sup> year that Pueblo City Schools Project Respect and the SCR have teamed for this event. All proceeds from the event will directly benefit Project Respect, a Truancy Reduction Program that serves over 700 K-12 students each year.

This year's race is set for Sunday May 3<sup>rd</sup> 2009, Colorado State Fair Grounds, 10K 5k start time is 7:30 am for both events, with the 2 mile Well-

ness Walk/ Fun Run having a 7:50 am. Awards will be given to the Male and Female Overall Winners for the 10K and 5K and top 3 winners in 7 age groups. All participants in the 2 Wellness Walk and Fun Run will receive a finisher ribbon.

The Cinco's race committee hope that with lower entry fees (\$17.00 before April 27), Chip timing, Nike Brand Beanies for all participants, Custom Awards, great course and Mariachi Music will help the "Cinco" to

continue to grow. Once again the Cinco was able to get 8 runners from Chihuahua Mexico to participate in the race.

To register for the 2009 Cinco go to [www.socorunners.org](http://www.socorunners.org) or contact Ramon Arriaga at 719-248-7468 or [ramon.arriaga@colostate-pueblo.edu](mailto:ramon.arriaga@colostate-pueblo.edu) or Hilbert Navarro at 719-251-0436





# The Spring Runoff

## Results Summary by Ken Raich

(for complete results, see [socorunners.org](http://socorunners.org))



### 5K - Female Award Winners:

Overall: 1, Danielle Korb, 24, 17:38  
 Master: 1, Jene Herrera, 43, 26:17  
 0-12: 1, Aubrey Anna Till, 12, 22:00; 2, Emily Lucero, 8, 25:55; 3, Jordan Sanchez, 10, 28:36  
 13-19: 1, Anna Marshall, 17, 20:00; 2, Mattie Jesmain, 15, 21:46; 3, Marina Ogburn, 15, 22:47  
 20-24: 1, Cathleen Larson, 24, 26:33; 2, Michelle Emond, 24, 27:14; 3, Corey McKenney, 23, 36:27  
 25-29: 1, Angela Marie Meloy, 26, 19:44; 2, Sydney Mondragon, 26, 20:56; 3, Charity Lee Krow, 27, 27:01  
 30-34: 1, Kallene West, 30, 23:19; 2, Shauna Likes, 30, 25:42; 3, Deanna June Platt, 30, 25:52  
 35-39: 1, Cheryl Farrer, 35, 23:50; 2, Wendy Bulow, 37, 25:48; 3, Linda Avery Strange, 39, 26:26  
 40-44: 1, Annie Arnold, 42, 27:32; 2, Kelly Dee Hale, 41, 28:56; 3, Karen Patrick, 44, 29:05  
 45-49: 1, Tallie Koncilja, 49, 26:36; 2, Marti Marshall, 46, 27:24; 3, Mary Humphreys, 46, 27:49  
 50-54: 1, Marianne Maksimowicz, 51, 30:30; 2, Hilda Lucille Olivas, 53, 30:39; 3, Janet Dash, 52, 31:04  
 55-59: 1, Jan Huie, 59, 27:23; 2, Lori Gregory, 58, 30:24; 3, Pamela Patterson, 57, 30:26  
 60-64: 1, Francine Borton, 62, 27:20; 2, Mallory Clare Norway, 61, 31:37; 3, Donna Nicholas-Griesel, 62, 34:28  
 70-plus: 1, Hilda Reyher, 72, 38:22; 2, Kathleen Defazio, 75, 46:41

### 5K - Male Award Winners:

Overall: 1, Adam Rich, 28, 15:58  
 Master: 1, Lile Budden, 48, 19:06  
 0-12: 1, Zachary Alhamra, 12, 21:06; 2, Bryan Shapiro, 12, 23:27; 3, Walker James Rudolph, 8, 23:57  
 13-19: 1, Mike Schmidt, 18, 17:12; 2, Michael Cernoia, 16, 17:36; 3, Jordan Montera, 16, 18:43  
 20-24: 1, Levi Medina, 21, 16:17; 2, Mario Gauna, 23, 21:23; 3, Matt Comden, 23, 23:57  
 25-29: 1, Shawn Borton, 25, 19:44; 2, Steven Trotter, 25, 20:27; 3, Rubin Lee Sisneros Jr, 27, 21:11  
 30-34: 1, Gary Moore, 33, 19:04; 2, Jake Book, 31, 19:59; 3, Regie Marquez, 32, 20:51  
 35-39: 1, Jeff Turner, 38, 17:15; 2, Robert Chuck Lucero, 37, 19:41; 3, Toby Lee Doub, 38, 20:22  
 40-44: 1, Michael Barris, 44, 20:04; 2, Thomas Alexander Herzog, 44, 21:29; 3, Craig Johnson, 44, 23:14  
 45-49: 1, Chief Reno, 47, 21:49; 2, Chris Riley, 48, 21:55; 3, Gary Hill, 47, 24:30  
 50-54: 1, Alan Tarr, 51, 19:45; 2, John Montoya, 51, 22:35; 3, Harold Torres, 54, 22:39  
 55-59: 1, Kenneth Johnson, 55, 22:33; 2, Edward Griego, 57, 24:53; 3, Raul San Miguel, 58, 27:28  
 60-64: 1, John Roman, 64, 23:05; 2, Joe Farra, 62, 24:49; 3, Patrick Swank, 61, 25:51  
 65-69: 1, Hilbert Navarro, 66, 30:11; 2, Len Gregory, 66, 30:13; 3, George Dominguez, 68, 30:44  
 70-plus: 1, Richard Sutton, 73, 23:29; 2, William Van Buskirk, 73, 29:19; 3, Ralph Regalado, 72, 34:13

### 10K - Female Award Winners:

Overall: 1, Stella Heffron, 41, 41:51  
 Master: 1, Lisa Gonzales-Gile, 50, 43:25

13-19: 1, Samantha Andrews, 14, 1:19:05  
 20-24: 1, Heather Loseke, 23, 43:59; 2, Nicole Marie Vettese, 23, 44:06; 3, Laura McIntyre, 21, 53:40  
 25-29: 1, Meghann Rae Loseke, 25, 42:46; 2, Joanna McIntyre, 27, 43:22; 3, Melissa Shank, 27, 53:49  
 30-34: 1, Ana Elizabeth Bentz, 33, 47:36; 2, Jennifer Borton, 32, 51:31; 3, Jen Hale-Coulson, 32, 53:20  
 35-39: 1, Paula McCabe, 36, 48:03; 2, Kristine Lynne Spinuzzi, 39, 53:37; 3, Gypsy Aurora Kelso, 37, 57:05  
 40-44: 1, Robin Krueger, 40, 45:46; 2, Claire Bueno, 44, 51:27; 3, Jill Hessek, 44, 52:52  
 45-49: 1, Stacey Diaz, 48, 51:04; 2, Lisa Heckel, 46, 1:00:06; 3, Karen Suzanne Jones, 47, 1:01:16  
 50-54: 1, Marian Heesaker, 50, 1:00:34; 2, Annette Demel, 51, 1:00:55; 3, Rose Martinez, 50, 1:08:43  
 55-59: 1, Marijane Martinez, 56, 51:09; 2, Carrie Turman, 56, 54:42; 3, Martha Drake, 55, 57:32  
 60-64: 1, Maryvonne Mauprivez-Mack, 60, 58:06; 2, Gloria Montoya, 61, 1:00:43; 3, Susan Campbell, 64, 1:13:41  
 65-69: 1, Jessie Marie Quintana, 65, 1:10:05; 2, Nancy Mitrick, 66, 1:19:54; 3, Jerilyn Ann White, 65, 1:21:49

### 10K - Male Award Winners:

Overall: 1, Justin Thomas Ricks, 29, 34:39  
 Master: 1, Vince Calvo, 42, 37:57  
 0-12: 1, Kevin Kenneth Hughes, 9, 52:42; 2, Alex Mitrick, 12, 58:18  
 13-19: 1, Graham Stringert, 16, 50:17; 2, Shannon Rodriguez, 17, 53:43; 3, Kenny Medina, 18, 54:23  
 20-24: 1, Kyle Kattke, 23, 36:24; 2, Brian Inglis, 23, 45:13; 3, Mike Mauro, 21, 46:40  
 25-29: 1, Kyle Reno, 27, 37:54; 2, Chris McIntyre, 28, 43:21; 3, Joe Brosseau, 27, 53:35  
 30-34: 1, Christopher Borton, 33, 37:23; 2, Scott Robert Nalbach, 33, 39:57; 3, Jim Coulson, 32, 44:02  
 35-39: 1, David Anderson, 35, 40:48; 2, Dean Thompson, 37, 43:06; 3, Matt Sherman, 36, 45:27  
 40-44: 1, Steve Cathcart, 44, 39:26; 2, Roger Giordano, 44, 44:24; 3, Jose Manuel Flores, 42, 46:41  
 45-49: 1, Mark Gurule, 46, 41:59; 2, Kenny Romero, 48, 45:04; 3, Manny DeYoung, 47, 50:30  
 50-54: 1, Bob Snyder, 50, 44:33; 2, Victor Boley, 52, 53:57; 3, Mike Borton, 53, 54:19  
 55-59: 1, Dan Korb, 55, 40:17; 2, Phil Barber, 55, 48:57; 3, Steve Riner, 59, 52:50  
 60-64: 1, Elliott Henry, 62, 43:24; 2, Bob Gassen, 61, 50:38; 3, Ben Esquibel, 62, 52:44  
 65-69: 1, Henry Hund, 67, 57:02; 2, Bob Kelher, 65, 58:51; 3, Kent Mitchell, 67, 1:02:46  
 70-plus: 1, Joe Scarlett, 71, 1:03:34; 2, Syl Giannetto, 70, 1:04:39; 3, Don Robinson, 76, 1:06:04

### 10M - Female Award Winners:

Overall: 1, Lindsey Book, 26, 1:10:29  
 Master: 1, Kelly Miller, 42, 1:14:11  
 20-24: 1, Audra Joy Sanford, 20, 1:32:01  
 25-29: 1, Megan Anderson, 25, 1:25:23; 2, Nicole Aguilar, 27, 1:33:43  
 30-34: 1, Jennifer Lynn Wheeler Buenger, 34, 1:11:49; 2, Melodie Monberg, 33, 1:19:07; 3, Kristy Milligan, 30, 1:20:45  
 35-39: 1, Marcy Anne Epperson, 36, 1:19:41; 2, Emma Quibell Cre-



# The Spring Runoff

Results Summary by Ken Raich, Pics by Larry Volk



*(Continued from page 10)*

any, 37, 1:20:42; 3, Laurice Lopez-Cepero, 37, 1:23:48  
 40-44: 1, Pam Parker, 44, 1:15:47; 2, Christine McCarthy, 40,  
 1:23:11; 3, Kelly Phillips-Henry, 40, 1:25:56  
 45-49: 1, Lisa Rainsberger, 47, 1:16:21; 2, Peggy Oreskovich, 46,  
 1:18:24; 3, Linda Schlierf, 46, 1:24:29  
 50-54: 1, Laurie Ryan, 52, 1:22:16; 2, Catherine Gomez, 52, 1:26:02;  
 3, Sue Meyers, 54, 1:39:56  
 55-59: 1, Jenine Ebersohl, 59, 1:38:31; 2, Mary Minor, 58, 1:47:57  
 60-64: 1, Carol Ann Kinzy, 61, 1:19:39; 2, Julie Marshall, 60, 1:34:43

**10M - Male Award Winners:**

Overall: 1, Steven Folkerts, 36, 55:40  
 Master: 1, Mike Wasson, 43, 59:14  
 0-12: 1, Brandon Scott Trujillo, 11, 1:33:55  
 13-19: 1, Allen Jackson Gross, 14, 1:32:59  
 20-24: 1, Matthew Drake, 20, 1:04:34; 2, Timothy Lewin, 22,  
 1:07:55; 3, Julian Thiebes, 24, 1:12:45  
 25-29: 1, Matthias Vogl, 25, 1:10:34; 2, Jeff VanIwarden, 28,  
 1:12:05; 3, Brian Scott VanIwarden, 29, 1:12:23  
 30-34: 1, Shannon Rodriguez, 34, 1:35:30  
 35-39: 1, Gary Provost, 37, 1:07:27; 2, Thom LeDoux, 35, 1:09:05; 3,  
 John Musso, 39, 1:16:53  
 40-44: 1, Bobby Valentine, 44, 1:09:16; 2, Steven Carter, 40, 1:09:47;  
 3, John Roldan, 41, 1:12:11  
 45-49: 1, Bill Kurtz, 49, 1:17:22; 2, Chris Schultz, 47, 1:17:46; 3,  
 Burke Kaiser, 45, 1:17:56  
 50-54: 1, Rich Hadley, 53, 1:10:56; 2, Daniel Tallon, 54, 1:11:33; 3,  
 Gregory Berryman, 53, 1:16:15  
 55-59: 1, Joe Stommel, 59, 1:19:01; 2, Allen Weaver, 56, 1:23:02; 3,  
 Michael Allen, 58, 1:24:32  
 60-64: 1, Lou Huie, 62, 1:17:12; 2, James Beckenhaupt, 61, 1:25:09;  
 3, Warren Marshall, 60, 1:28:06  
 65-69: 1, Parks Williams, 67, 1:17:25; 2, George Allen White, 68,  
 2:03:00



Left:  
Michael  
Cernoia  
edges  
out  
Danielle  
Korb



Right:  
Shawn  
Borton



Left:  
Jamen  
Cox



Right:  
Michael  
Barris



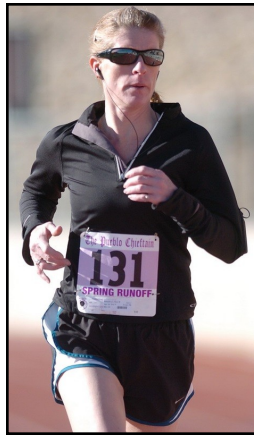
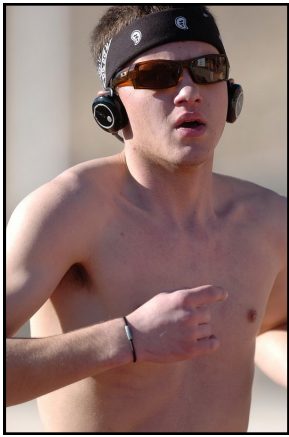
Left:  
Runners (and Mom)  
having fun at the  
Toddler Race

**Note:**  
 View your on-line  
 photo by clicking  
 your name on the  
 results web page at  
[sacorunners.org](http://sacorunners.org)  
 Photos may be  
 ordered for a  
 nominal fee.



# The Spring Runoff

Pics by Larry Volk



L to R

Ben Comden

Brad VanBuskirk

Mary Humphreys

Dennis Krall



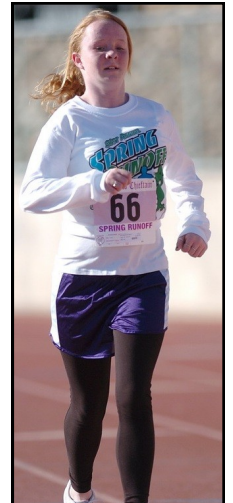
L to R

Kerry Meier

William VanBuskirk

Tomas Duran

Kristy Davenport



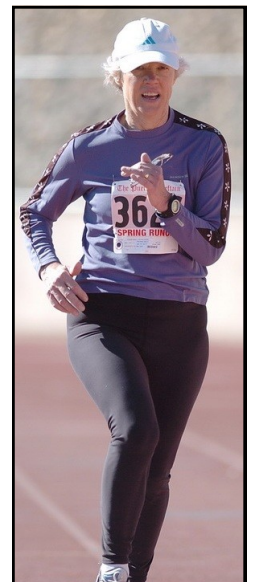
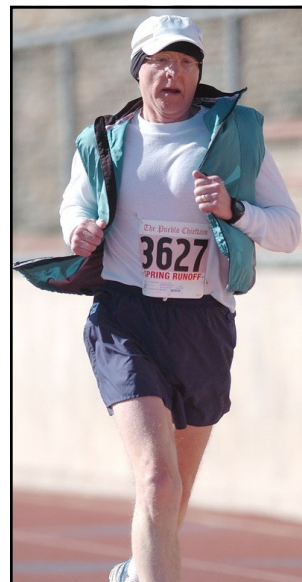
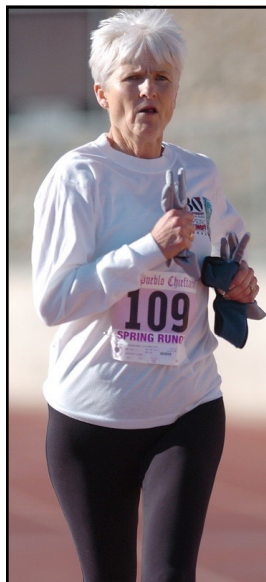
L to R

Len Gregory

Lori Gregory

Warren  
Marshall

Julie  
Marshall





# The Spring Runoff A Few More Pics



L to R  
Bryan Dehn  
Melissa Mestas  
Bernadine DeGarbo  
Steve Cathcart  
John Holiman

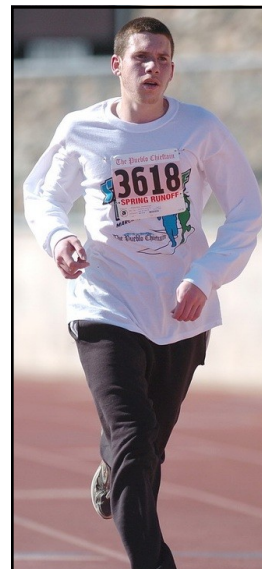
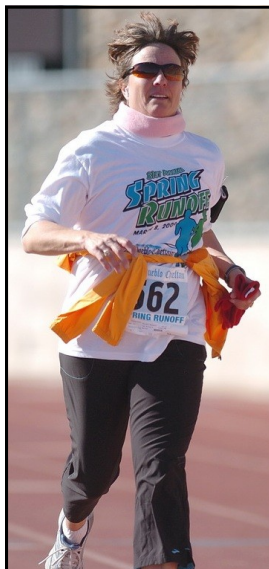
Eric Renicker

Ted Johnson

David Crockenberg

Henry Hund

Mary Simmons



Marian Heesaker

Susan Campbell

Michael Atlas-Acuna

Aaron Levinson

Kim Arline

## A Note of Thanks

I would like to take this opportunity to thank our many volunteers for the Spring Run off. This was my ninth year as race director along with many of our club members who have helped this length of time. This race is really a runners club race. We usually have between 90 and 95 volunteers to help put this event on. Many of our volunteers and club members only catch glimpses of the runners or the race itself. Some of the volunteers move on to other duties after working early in the morning at pre-registration, early morning registration, setting up, directing cars in the parking lot, assigning course marshals and water stops. This all starts about 6-am. Some of the early volunteers move on to help with the finish line, the funner to be a runner, setting up to cut the fruit and getting the awards table ready.

In recent years for the course marshals and water stops I have enlisted help from various high school programs. This year Pueblo West High Schools boys track and cross country teams did most of the course marshals and some of the water stops. Pueblo County High School has one water stop that they have done for years, Central High School took care of the water in the stadium. We donate money to each schools program depending on the number of volunteers. This helps the runners club and also gives the programs these students represent some support.

The Spring Run Off would not be possible without the hard work and dedication of the volunteers and Pueblo Chieftain.

Terry Cathcart  
Race Director  
Pueblo Chieftain Spring Run Off



*Editor's Note*  
Many thanks to Terry and Paulette Stuart of the Chieftain who put in countless hours to produce an enjoyable and well organized event that we are all proud of.  
**THANKS!**



## A Few Pics From Dave & Stacey Diaz



From the Spring Runoff  
Left: Susan Marshall (Anna's younger sister) age 13 and mom Marti Marshall

Below: Perennial finish line volunteers  
Lois Pfost and Karen VanHaverbeke



From the Winter Series  
Below: Diana Quattlebaum, Deb Hadley  
Right: Carrie Turman, Nona Spracklin,  
Robin Krueger, Stacey Diaz



**GOLD DUST  
SALOON**  
M<sup>c</sup>RID INC.



The  
Gold  
Dust,

Come see us  
At The Dust

That  
is

217  
South  
Union

## 2009 Race Calendar by Dave Diaz

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>RACENAME</u>	<u>DIST</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CONTACT</u>
<b><u>April</u></b>					
Sat 04	*Ramsgate 8	8K	8am	SCR/Belmont	Don Pfof (dlpfof1@mindspring.com)
Sat 18	Panther Run	5K	10am	Pueblo City Park	Cheryl Farrer (cheryl.farrer@colostate-pueblo.edu)
Sat 25	Spank Blasing	5K, 10K	9am	CSU-Pueblo	Todd Kelly (todd.kelly@colostate-pueblo.edu)
Sun 26	Lake Pueblo Mtn Bike Race	??	10am	Lake Pueblo	Austin Clark (aclark959@msn.com)
<b><u>May</u></b>					
Sat 02	Blossom Day Run	5M, 5K	8am	Canon City, CO	Sarah Ley (sarahfley@hotmail.com)
Sun 03	Cinco de Mayo	5K, 10K	7:30am	State Fair Grounds	Ramon Arriaga (ramon.arriaga@colostate-pueblo.edu)
Sun 10	*Yappy Dog	8.6M	8am	So Mesa Elem Sch	Ross Barnhart (barnhartaccount@gmail.com)
Sat 16	Emer Med Ser Run	5K	8:30am	Trinidad, CO	Jane McCarty (penguinrunner2006@hotmail.com)
Sun 17	Run With the Bulls	5K	9am	Union Ave	Ruth McDonald 719-251-3189
<b><u>June</u></b>					
Sat 06	Run for Rio	5K	8am	Rye, CO	Jeff Arnold (jeffaco@earthlink.net)
Sat 13	Spirit Fest	5K	8am	Riverwalk	Jesse Sena (jesse.sena@dss.co.pueblo.co.us)
Sat 20	Diabetes Prevent-a-thon	5K	8am	Mineral Palace	Mike Archuleta (PUEBLOTRIATHLON@MSN.COM)
Sat 20	FIBArk	5K, 10K	8am	Salida, CO	SalidaRecreation@yahoo.com
Sun 21	FIBArk Trail Run	10K	8am	Salida, CO	SalidaRecreation@yahoo.com
Sat 27	Women's Dist Festival	5K	7am	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	7:30pm	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	8am	Sierra Vista Elem, PW	Kim Arline (kimarline@comcast.net)
Sun 27	Hot to Trot	5K	8am	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	5pm	SCR/Lovell Park PW	Dave Diaz (diazsd@aol.com)
<b><u>November</u></b>					
Sat 14	Atalanta	5K	8:45am	SCR/City Park	Stacey Diaz (diazsd@aol.com)
Sat 28	*Temple Canyon	4M	9am	SCR/Canon City	Rich Hadley 719-784-6514
<b><u>December</u></b>					
Sat 06	Rock Canyon	13.1M	9am	SCR/PuebloCityPark	Dave Diaz (diazsd@aol.com)
Sun 13	*Rudolph's Reindeer Run	4.2M	9am	SCR/Regency Area	Don Learned (doon@yahoo.com)

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

\*(from cover) Another theory is that April is named after the goddess Venus. Since most of the Roman months were named in honor of divinities, and as April was sacred to Venus, it has been suggested that Aprilis was originally her month Aphrilis, from her Greek name Aphrodite (*Aphros*). (Just thought you'd want to know).

### **Because We Had The Space**

A closed mouth gathers no foot.

Duct tape is like The Force. It has a light side and a dark side and it holds the universe together.

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

**Non-Profit  
Organization**  
**U.S. Postage Paid**  
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**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

We've got panthers, we've got thunderwolves, we've got yappy dogs, and we've got bulls. Then there's the Cinco, the Rio, and the Spirit Fest.

There are 5k's 10k's, walks, and an 8.6 miler.

You name it, we've got it.

See the calendar on page 15, the articles inside, and the SCR website for more details.



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

### The Final Thoughts...

Like cars in amusement parks, our direction is often determined through collisions. -Yahia Lababidi, author

Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar. -Bradley Miller

Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian. -Dennis Wholey

The impossible is often the untried. -Jim Goodwin

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

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

If Barbie is so popular, why do you have to buy her friends? Stephen Wright.

I couldn't repair your brakes, so I made your horn louder. Stephen Wright

**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 April 1st or May 6th. We'd love to hear your ideas!