



Editor: Ron Dehn

FOOTPRINTS

Caution: This publication has been known to cure insomnia

The Happy Mother's Day Edition

The Panther Run

The 17th annual St. John Neumann School Panther Run was held at City Park on April 18th. The flat course and cool day was the perfect recipe for some fast times. Speaking of recipes, the event has something else that runners enjoy - food. The post race meal includes barbequed hamburgers and hot dogs. For results, see page 10.



SCR has a new address.

Our new address is:
 Southern Colorado Runners
 c/o Pueblo Family YMCA
 3200 Spaulding Avenue
 Pueblo, CO 81008



Left: Cheryl Farrer presents Bob Gassen with his 1st place award.

Above: Rhonda Uber earned 2nd in her division

Predict Series
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Next Month
Coming Soon

Panther Run Results
Page 10



Minutes from April, 09 by Mike Archuleta

Introductions

Attendance: Mike Archuleta, Paulette Arns, Ken Raich, Dave Diaz, Rob Archuleta, Sheena Archuleta, Austin Clark, Gary Franchi, Jim Robinson, Cheryl Farrer, Terry Cathcart, Don Pfof, Jeff Arnold, Paul LaBar, Sara Basset, (board members for the Pueblo Community Diabetes Project)

Upcoming Races/Events : Anyone interested in having the SCR Club sponsor their race is encouraged to visit the web site to view the Policies and Procedures for helping with races along with fees and entries into the SCR Newsletter.

Addict-to Athlete Program ~

Robert Archuleta: This is a new 12 step inspired program which is free to anyone who wants to participate. The program is designed to help addicts of any kind find sobriety. His meetings are about ½ hour long and then they do a quick run around the track. Meetings are held on Saturdays at 10:00 at Corwin Middle School. Rob asked for SCR approval to promote his program. Right now he is not planning a run but would like to plan one a year from now. He would like to have any members of the club come to the meetings and be volunteer coaches. Rob is also a host of 2 TV shows – one is a statewide show called “Straight for the C???” which is on Comcast On Demand and the other is called “Anything and Everything” on Channel 19. The Cinco De Mayo race has been broadcast on this show. He would like to give his resources as a TV host to air other races that the club sponsors. He would like the clubs blessing to support the program. They have considered adding bike riding to their agenda, but they run into a problem with clients coming from facilities that are not allowed to ride a bike. There would be a cost involved with bike riding and they don’t want to add a cost to this group participation. They have some good coaches already on board but would like any of the club members to come to a Saturday class and volunteer to coach. Don stated that they have the support of the club and would like to help out any way that they can. Something about the program will be put into the Newsletter.

Ramsgate 8 8K Predict, Sat Apr 4

~ **Don:** The race will happen weather permitting. The run will be on asphalt in case of wet weather. 8 am start time with Brunch after the race.

Panther Run, Sat Apr 18 ~ Cheryl & Chris:

The goal is to double the registrations that they had last year. There are a lot of people from out of state registering for this race. There are a lot of children running this year and that is a concern. She would like to have 20 race marshalls and has had no luck in getting people to help on that date. If anyone knows of anyone that can help it would be appreciated. She has 5 signed up now. Cheryl explained the course is through City Park. The race starts at 10am. There

will be some police support at the race at the intersections. She has spoken to Paul Lebar, the race liason, and Ken. There should be about 5 turns in City Park that will need race marshalls. So 5 people should be good. Sheena, Rob, Paula and Mike volunteered to help. Mike will be the Lead Bike. Friday before the race the bibs will be printed out so make sure everyone is entered in before then. Then they can be picked up on race day morning at 5:00. Paul will mark the course. She will be there at 7 or 8am. Registration will be at 9:00. There will be a barbeque after the race.

Spank Blasing, Sat Apr 25 ~

Todd: Todd emailed he would not be present tonight. The run is coming together. Ron and Ken have volunteered and he asked that anyone else that would like to volunteer to call him at his work number. They are going to be using chip timing so won’t need any timing equipment from the club, but not sure if they are needing the finish line equipment. If he needs it they will make it available. Don will send an email to Ron to remind him to let them know if he needs any other help. The age group for the series is different from the age group for the race. Todd Kelly is aware of the age groups during the series.

Lake Pueblo Arkansas Point Bike Challenge, Sun Apr 26 ~ Austin:

3rd annual race. Pre registration is being held online. They are trying to work up a link with the club website but it hasn’t worked yet. He would like everyone to pre-register. If they register on race day it will be a \$5 additional fee. They are trying to get away from registering at the Great Divide. Austin explained the mountain bike course. There will be 3 different races. Beginner – 12 miles Middle – 18 miles Expert – 28 miles. It is the exact same course as last year. They had a meeting on the 9th of February and the equestrian group hadn’t approved the route. But the trail/route will be closed off on race day. SCR will provide the timing and the finish line. They had some really nice maps printed up and they are \$5 each. He can place another order if anyone is interested or get the contact info to the club.

Cinco de Mayo, Sun May 3 ~

Ramon & Hilbert: Ramon and Hilbert were unable to attend meeting. They will use chip timing for this race, but would like SCR to set up the finish line. The chip timing company was charging too much. He would also like to have some volunteers to run a backup timing system. They are not using the clubs bibs. They are not sure if the company doing the chip timing



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

is supplying the bibs. This would be a good run to train some new people on running the timing/finish line. Ken will be there to oversee registration. Need to find out about any hidden costs that they will need to provide. Summitt and Event Productions will have access to download the registrations into their systems. They are bringing in runners from Mexico.

Run with the Bulls, Sun May 17 ~ Ruth:

Ruth was not present. Ken explained that Ruth is anxious to promote the race to go along with the Wild Wild West Fest. She wants to have a few of the club members runners run with horns on. There will be a barbeque at the Gold Dust after the race for the runners. There is one more meeting before this race and Ruth will be at the next meeting. www.wildwildwestfest.com is the website for the event and the run is on the website. Ruth is

(Continued on page 3)



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:

3200 Spaulding Avenue
Pueblo, CO 81008

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. 321

“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, Kyle Orton & Chris Simms*	
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, Don Pfof, Dave Diaz, Jeff Arnold

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.

* Kyle Orton and Chris Simms are the two leading contenders for starting quarterback for the Denver Broncos in 2009 since Jay Cutler was traded to the Chicago Bears.



Minutes Continued

By Mike Archuleta



taking care of the shirts and awards and Ken told her to keep track of all of her expenses and she will submit them to the Chamber. CSU is going to have a bike ride at the event. Dave Diaz will help to mark the course. It's the same as the bike course basically. Jeff Arnold will be the lead bike on this race. She needs to coordinate who will be doing each task at the race. They will meet with Ruth again before the run to get all of the little details coordinated.

Spirit Fest, Sat Jun 13 ~ Jesse & Hilbert: Jessie and Hilbert were not present. Will address this race at the next meeting

Diabetes Prevent-a-Thon, Sat Jun 20 ~ Chris & Mike: Mike will be the liaison for this race. It is the same course that CSU and PCC used last year for their 75th anniversary run. Guests Scott Bellar and ... both members of the Pueblo Community Diabetes Project went over the run and they are hosting the run. Mike sent them the race directors kit. Previously the club helped with the barricades but a parade permit is needed and the police department needs to be notified so no one is driving through those streets. They will have to get with PCC to shut down that section of Orman. The police department will help runners across Cleveland, but should have volunteers at Prairie and Good-night. The finish area should be closed down by PCC. The course was explained to the group. Having the parade permit will allow the police to be there to monitor the intersections. The club can bring cones to block off the street instead of hiring a barricade company. There is a \$100.00 fee for race assistance. The web based registration is a different fee. Arrangements will be made for web based registration and should be made about 2 months before the race. The registration process was reviewed. Forms can be downloaded from the website for registration. Terry and Don volunteered to help out at the race.

Livestrong Event, Oct ~ Lynn & Jimmy: Lynn and Jimmy are not present so will address at the next meeting.

Officer Reports

Minutes ~ Mike: Minutes from the last meeting were reviewed and approved.

Treasurer ~ Paulette: Payment was made to the YMCA and a thank you was received. Expenses were mostly for the Spring Run-Off and the Newsletter. Preliminary Spring Run-Off report was distributed to members. Jeff still has some bills outstanding for the Spring Run-Off, but the approximate profit of \$9360.00. Thanks to Paulette for all of the work for the Spring Run-Off. Last year the club gave \$250 to the Southern Colorado Trailbuilders to become members, this was in August. Treasurer report was approved.

Newsletter Editor ~ Ron: Ron not present. Sent an email to let everyone know that postage going up in May. The printer is giving him a bid on doing color on the front and back

pages, he would like to do the cover in color. The printer is using some new hardware and the quality of the pictures is coming out better. He asked for some gift certificates to the Gold Dust. It was approved to give gift certificates at his discretion. He wants to thank the many contributors to the Newsletter including the staffers.

Membership Chair ~ Ken: Membership handouts were distributed to members. 200 current members total. 200 Newsletters sent out. 180 paid memberships. 100 individual memberships and 78 family memberships. 22 of those are Newsletter only. Ken will distribute a list now of everyone who is getting only the Newsletter so the club members can review and remove names if necessary. Some names were deleted. The Boulder Running Club, The Great Divide and The Edge were added to the mailing list. Ken distributed a list of members who have not renewed yet. He will get with Ron and get a copy of the membership forms and send a letter and form to all 62 members that haven't renewed yet. He passed around a copy of the old Membership cards. He would like to do new membership cards in a tear off business card format instead of the old membership card. The card is an incentive to get discounts. They should cost around \$7.00/100 cards. Can mail with postcard postage. 133 members requested Colorado Runner.

Webmaster ~ Paul: Paul has pushed back a month on running the content management system. This is an interactive web page system. It should be up and running next month. Work has been done on the site for advertising the upcoming prominent races. Arrangements were made for Jim to be able to upload the results for his race and the predict race results to the site. Austin contacted him from The Trail Club to see if Paul could help him with their web site and he told him he could give him some guidance but couldn't take on the whole project. If anyone knows of who could help him can contact him.

Activity Recaps/Updates

Spring Runoff ~ Terry: Will change to different shirts next year. The microphone was broken at the stadium so they used the Chieftains microphone and it didn't work as well to start the race and announce the winners. They will ask the coach at Rye High School to help with the finish line. Will move the start of the Toddlers race to 10:30, then start the Fun or be Run at 10:45. These will start after the main race. Then give them a free T-shirt. Next year some suggestions are to make signs for the restrooms, have more parking assistance, and look at chip timing. Should they put the mile markers on the cones throughout the race? Concession stands and ticket

booth worked out great.

Mad Max's Trail Run ~ Jim: 18 runners did the 4.6 and 11 runners did the 10.3. Had good comments on the trail being marked well

Racing Calendar ~ Dave: Took out the change for PCC.

Other: None

New Stuff/Old Stuff

SCR and YMCA ~ Don: Don met with Terry Lockwood in February about if SCR could still meet at the YMCA and if they could still use their mailing address. He was told yes that they welcomed the relationship between the club and the YMCA. The old YMCA will stay open through May and can meet there. Then starting in June will have the option of meeting in the new facility in an unfinished part of the building. It would be finished in a few months. Or they could meet at the Barkman Branch during those months. Need to make a decision if the YMCA is still where they want to meet or not. It has been very beneficial to have this relationship with the YMCA for the meeting places and the mailing address and would like to continue this relationship. The SCR following a discussion in which all those present voiced their views on the issue agreed that SCR should continue its relationship with the YMCA.

New equipment-Flagging, Stopwatches ~ Don: The time machine is needing to be fixed after the Spring Run-off. Dave found that they sell adapters that go on the clock for \$54 that holds 2500 lines and comes with 2 free rolls. He will get 2 adapters and 1 roll of paper. Don suggested to purchase one new stopwatch in addition to this for backup.

Compensating volunteers ~ Don: None
Other

Adjourn

Treat Mom to
lunch at the
Gold Dust
then shopping on
Union Avenue



**GOLD DUST
SALOON**
M^CRID INC.

217
South
Union



May SCR Birthdays

- 1 Gypsy Kelso
Tim McGraw*
- 2 Sheri Tiller
David Beckham*
- 3 Barbara Leyba
Golda Meir*
- 4 Jim Austin
Paul DallaGuardia
Jeff Stephens
Randy Travis*
- 5 Troy Davenport
Alexis Deabueno
George Dominguez
Tammy Wynette*
- 10 Melinda Orendorff
Fred Astaire*
- 11 Thomas Coseno
Shaun Gogarty
Salvador Dali*
- 12 Carol Ratzlaff
Yogi Berra*
- 13 Steven Lamy
Stevie Wonder*
- 14 Bonifacio Cosyleon
Deborah Gurule
Bea Jones
Paul LaBar
Helen Robinson
George Lucas*
- 15 Steve Lopez
Rhonda Uber
Eddy Arnold*
- 18 Mark Koch
Aniesa Trujillo
Tina Fey*
- 19 Charlie Gray
Pete Townshend*
- 20 Lori Gregory
Diane Lopez
Cher*
- 21 Ana Bentz
Raymond Burr*
- 23 Sidney Arnold
Drew Carey*
- 25 Mary Davenport
Sherry Levinson
Leslie Uggams*
- 26 Lois Pfost
Peggy Lee*

*Honorary SCR Member



Runnin' the Trails by Paul Vorndam It's a Dirty Business



There is one clearly distinguishing characteristic of trail running from road or track running. Dirt. There is a river trail in Pueblo. It's mostly paved. Sorry, but it's not a trail. Why was it paved? So you wouldn't stub your toe while using it? Nah. So it would last longer? Maybe. Actually, it was to remove its patrons from contact with (gasp!) dirt. Or, if a little water is present, they are saved from (OMG!) mud. Of course, we know that once applied, dirt and mud *never* come off, so the city of Pueblo should not have batted an eye spending tens of thousands of dollars to pave the river trail and save its denizens from these vile substances.

Alas, down here in the Wet Mountains and Sangre's, we have no one to save us from soiling ourselves. A while back, I was headed up the Millsett trail after one of those wet spring snows had melted and it was 2 up and 1 back in the mud. Coming down was as Paul Simon so aptly put it: "Slip Slidin' Away"! Of course, it was *nothing* like running trails in the springtime in Missouri (they really oughta spell that "Misery"). Unfortunately, I've lived and run there in the past. But it does make for an interesting comparison with Colorado's

trails. In Missouri in the spring, there is no dirt. It's *all* mud (OK, with perhaps some admixed cattle excrement). I can recall taking it in there on more than one occasion and coming home looking like the swamp thing. If you went running with someone, you were a fool if you allowed *your* car to be used to get to the start of the trail! The dirt and mud here, thus put into perspective, are hardly worth paving over half of the countryside for.

So don't be afraid to step off of that sterile polished surface that you plod along on once in awhile. You may get dirty, but you may also like it! BTW, did you know that you can tell if famous people are trail runners or not by their names?

- Some examples:
Muddy Rivers
Clay Aiken
Alexander Soil-zhenitsyn
Minnie-eral Driver
Ron Dehn-drite

Happy Trails!

Contact Us

Want to give advice, ask a question, or otherwise communicate with the SCR board members? Send an e-mail to the appropriate address below. We welcome your input!!!

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

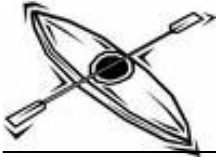
From the Mailbox



Folks,

Those of you who went to the SCR banquet may remember that the female Youth Runner of the Year was Anna Marshall from Pueblo West. Friday night at the John Tate Invitational at Dutch Clark Stadium Anna won the 3200 meters in the fastest time ever run for the distance by a Pueblo girl, 11:22:34. She was more than 40 seconds ahead of the second place girl. Anna's guest at the Banquet, Mike Schmidt was third I think in the boys 3200 in a few hundredths of a second under 9:57. I believe this is the first time in several years that a Pueblo boy has broken ten minutes. Both are coached by Matt Sherman who is doing a fine job at Pueblo West.

Jeff Arnold
jeffaco@earthlink.net



Ramblin'

by Ron Dehn

"Cross Training" in Puerto Rico - The 3rd Half



Just when you thought you were done reading about Puerto Rico, here's another installment. To paraphrase Click and Clack of NPR's "Car Talk", this is the third half of our Puerto Rican adventure. This half has less (nothing) to do with running than the other two halves, so if you are a purist, feel free to turn the page. However, those of you who are faithful readers might (yea right) remember my initial column from January, 2002. I warned readers that anything under the sun was fair game.

Let me start by reminding you that the origins of this trip took place last fall during a discussion with my wife Chris and her cousin Debbie. Debbie had a friend who lives on Vieques Island off the coast of Puerto Rico. Her friend is trying to get into the tourism business and we could stay in her home for only \$30 per night per couple. Hmm... what is that saying that starts off, "If it sounds too good to be true...?"

Chris had booked our first night near San Juan, Puerto Rico using hotwire.com and we arrived at our hotel around midnight. The next morning we explored the hotel and grounds. This was not a hotel, it was a resort, and it was about 200 yards away from the ocean. There are a number of superlatives to describe this place. Spectacular would be a start. The grounds were manicured, there was not a blade of grass out of place. The ferns were taller than me, there were palm trees all around, flowers of every color, and did I mention the beach front? The entire place looked like a postcard.

That afternoon, Debbie met us at the hotel and we caught a shuttle to the dock. The passenger ferry was out of service, so we took the cargo ferry to Vieques. This was late January, but the temperature was in the 80's so we sat on the top deck to catch the sun and the sea. Wow!

About 10 minutes after arriving at the

dock on Vieques, a gray 1980 something Nissan rolled up to the curb, and a fireplug of a lady with a Roseanne Roseannadanna hairdo, and huge sunglasses hopped out of the car and hollered "Welcome to Vieques!" The Nissan, however, didn't quite get the message to stop, and rolled another 20 feet before Roseanne managed to open the door, hop in and pull the emergency brake. Roseanne again hopped out, and re-welcomed us with an even bigger smile.

The Nissan, which we later nicknamed the scaremobile, could not hold all the passengers and luggage. We did manage to get Nora (Chris' Mom) and some of the suitcases in the scaremobile. As for the rest of us and the remaining luggage, we had only a 5 block walk to our temporary island home. A few more words about the scaremobile: During our stay, we literally used duct tape to help keep parts from falling off / flipping open, and when all of us rode, we had to balance the load to avoid hitting bottom.

During our walk, we noticed that all the houses and fences were made of concrete and the windows had screens and louvers but no glass. Later we discovered that this construction helps avoid damage due to hurricanes. We also noticed that two local bars were within a stone's throw of our home. All of this became significant several hours later.

A little while after arriving and showing us around our place, Roseanne walked through the room with a plastic box that had a couple corroded copper pipes coming out of it. She held it up and said, "Once I have this hooked up we should have hot water. Probably by tomorrow." However, we learned that "tomorrow" was not to be taken literally.

We were fairly tired from our travels, so we went to bed around 9:30.

It was somewhere between midnight and my dreams when I became aware of the

music from the bars. The patrons must have been hard of hearing, because loud does not begin to describe the volume. Note – this was not Barry Manilow crooning. It was fun loving, high energy, foot stomping, Puerto Rican party hearty musica. The problem was – we were not invited to the party. Remember the concrete homes and fences? The sound reverberated off the concrete and I just knew that Herb Alpert was blowing his trumpet right outside our window. In between songs, we could hear the sound of horse hooves clomping on the asphalt. Horses run wild on the island. And, since the windows have no glass, we were privy to every conversation in the neighborhood. Privacy is not an issue. Around 3:30, Chris and I laid in bed and laughed. Chickens also run wild on the island, and the roosters were obviously confused as to what time zone we were in. The roosters were adept at their version of the wave. They would start crowing at one side of the island, and like a ripple in water, the crowing spread from distant neighborhoods to underneath our window. Occasionally "our" rooster started the wave.

As a result of our "first night experience", our 10 night stay on Vieques was reduced to a 3 night stay. Thanks to a local dive shop who rented out computer time, and to Chris' hotwire skills, we got lodging for another seven nights in the very same resort that we enjoyed on night one.

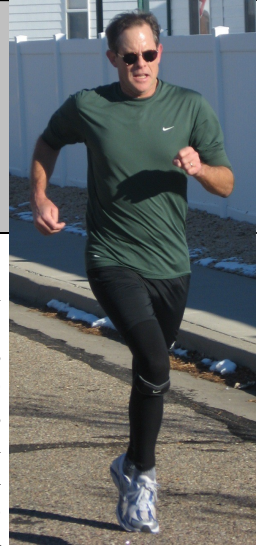
That all said, I must tell the other side of the story. The above is all true, but it depicted only one aspect of our stay on Vieques. Roseanne (not her real name) was an extremely gracious hostess. The accommodations were simple, but you couldn't find a more hospitable and friendly environment. Roseanne went out of her way to show us the beauty of the island and the beauty of the people. It was a wonderful and memorable experience; and, in many ways the highlight of our two weeks in Puerto Rico.



Predictions

By Jim Robinson

Mad Max Adventure Trail Run



Mad Max Short Course

16 Name	Pred	Actual	Variance	Points
1 Leona Spracklin	45:00	45:04:75	4.75	100.00
2 Carrie Turman	48:00	48:55:04	55.04	93.75
3 Joe Bulow	44:00	45:28:68	1:28.68	87.50
4 Henry Hund	49:00	50:32:92	1:32.92	81.25
5 Stacey Diaz	58:00	56:05:21	1:54.79	75.00
6 Kylah Ricks	1:02:00	1:04:25.78	2:25.78	68.75
7 Linda Strange	58:30	56:03:86	2:26.14	62.50
8 Robin Krueger	42:00	44:30:84	2:30.84	56.25
9 Denise Ricks	1:00:00	1:04:26.49	4:26.49	50.00
10 Malachi Ricks	59:00	1:03:49.88	4:49.88	43.75
11 Peggy Oreskovich	39:00	43:55:01	4:55.01	37.50
12 Don Pfost	55:58	1:01:04.99	5:06.99	31.25
13 Paulette Arns	48:15	53:37:66	5:22.66	25.00
14 Karen Garrity	55:00	1:01:01.03	6:01.03	18.75
15 Jessie Quintana	51:00	59:30:88	8:30.88	12.50
16 Aaron Levinson	29:00	39:26:06	10:26.06	6.25
17 Mike Borton	DNP	45:13:28		
18 Marian Heesaker	DNP	51:16:94		

DNP=Did Not Predict

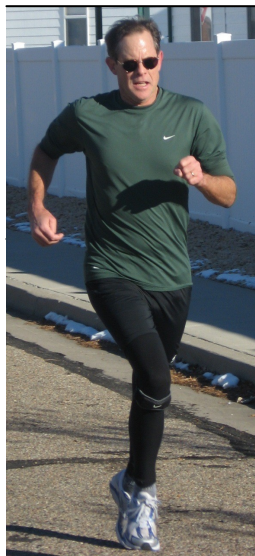
Mad Max Long Course

11 Name	Predict	Actual	Diff	Pts
1 Bill Vegas	1:42:00	1:42:35.45	35.45	100.00
2 Shawn Loppnow	1:35:35	1:36:41.89	1:06.89	90.91
3 Dave Diaz	1:37:00	1:38:38.65	1:38.65	81.82
4 Jordan Montera	1:22:00	1:23:43.70	1:43.70	72.73
5 Justin Ricks	1:15:00	1:12:59.19	2:00.81	63.64
6 Dave O'Rourke	1:45:00	1:47:14.44	2:14.44	54.55
7 Anthony Diaz	1:51:00	1:53:47.82	2:47.82	45.45
8 Rich Hadley	1:26:00	1:28:55.03	2:55.03	36.36
9 John Mills	1:59:00	1:54:25.44	4:34.56	27.27
10 Matt Sherman	1:35:30	1:44:44.00	9:14.00	18.18
11 Robert Santoya	1:30:00	1:52:59.60	22:59.60	9.09

The Mad's Max's Adventure Trail Run was held on Sunday March 22, 2009. This time prediction series runners got to pick their poison, so to speak. The energetic participants choose which race that they wanted to run. Thanks to Chief Reno, Brian Ropp, and Emily Batson, the courses were extremely well marked which is not an easy thing to do with trail runs. The run started at the Pueblo Nature Center and went up and down the hills to the west of the center. Most participants agreed that it was a very challenging set of courses whether you did the 4.6-mile or the 10.3-mile course. There were 29 participants. Eighteen runners ran the 4.6-mile trail course and eleven brave souls ran the 10.3-mile trail course. The fastest time on the 10.3-mile course was Justin Ricks of Pueblo West with a 1 hour and 12 minute time. SCR's Bill Vegas had the closest prediction time on the 10.3 mile course.

Aaron Levinson had the fastest time on the 4.6 mile course with a time of 39 minutes. Leona Spracklin was closest to her prediction time on the 4.6 mile course with a deviation on only 4.75 seconds from her predicted time. For the current standings in the 2009 Prediction Series, new comer, Leona Spracklin is leading the series with Mr. Shawn Loppnow in second place.

Race Directors: Emily Batson, Chief Reno, and Brain Ropp, Volunteers: Leann and Levi Ropp, Tiffany Reno, and Emily Batson's host son Max, Finish Line: Helen Robinson and Deb Hadley, Photographer: Larry Volk



Predictions

By Jim Robinson

The Ramsgate 8 & Cumulative Results



The Ramsgate 8 Results

21	Name	Predict	Actual	Variance	Points
1	Don Pfost	1:00:00	59:57.51	2.49	100.00
2	Leona Spracklin	46:00	45:48.11	11.89	95.24
3	Stacey Diaz	46:00	46:21.67	21.67	90.48
4	Justin Ricks	32:30	32:04.74	25.26	85.71
5	Lillian Jones	55:00	55:34.96	34.96	80.95
6	Humberto Paredes	38:10	38:45.05	35.05	76.19
7	Anna Marshall	38:00	38:38.98	38.98	71.43
8	Dave Diaz	38:01	38:46.00	45.00	66.67
9	Paulette Arns	1:01:35	1:02:22.00	47.00	61.90
10	Paul Dallaguardia	50:20	51:09.58	49.58	57.14
11	Shawn Lopnow	39:55	39:05.22	49.78	52.38
12	Mike Schmidt	32:59	32:03.91	55.09	47.62
13	Michael Cernoia	33:59	33:01.42	57.58	42.86
14	Donald Moore	42:00	43:12.78	1:12.78	38.10
15	Rich Hadley	34:30	35:54.60	1:24.60	33.33
16	Charlie Grey	35:00	33:15.29	1:44.71	28.57
17	Martha Drake	48:00	49:49.88	1:49.88	23.81
18	Matt Sherman	35:30	37:27.53	1:57.53	19.05
19	Aaron Levinson	33:00	35:27.00	2:27.00	14.29
20	Jessie Quintana	1:00:00	57:24.00	2:36.00	9.52
21	Malachi Ricks*	1:02:00	32:03.39	29:56.61	4.76
22	Denise Ricks*	1:04:00	32:18.90	31:41.10	4.76
23	Kylah Ricks*	1:04:00	32:09.19	31:50.81	4.76
24	Charity Krow	DNP	48:45.59		4.76

DNP Did Not Predict

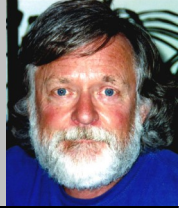
Predict Standings Top 50

Name	Spg R'Off	Max 10.3 M	Max 4.6 M	Rams Gate	Total Points
Leona Spracklin	77.27		100.00	95.24	272.51
Stacey Diaz	72.73		75.00	90.48	238.20
Shawn Lopnow	59.09	90.91		52.38	202.38
Justin Ricks	36.36	63.64		85.71	185.71
Paulette Arns	90.91		25.00	61.90	177.81
Dave Diaz	27.27	81.82		66.67	175.76
Rich Hadley	100.00	36.36		33.33	169.70
Humberto Paredes	88.64			76.19	164.83
Henry Hund	61.36		81.25		142.61
Anthony Diaz	95.45	45.45			140.91
Don Pfost	9.09		31.25	100.00	140.34
Robin Krueger	79.55		56.25		135.80
Carrie Turman	31.82		93.75		125.57
Bill Vegas	20.45	100.00			120.45
Jordan Montera	43.18	72.73			115.91
Matt Sherman	70.45	18.18		19.05	107.68
Paul DallaGuardia	50.00			57.14	107.14
Peggy Oreskovich	65.91		37.50		103.41
Edward Leanos	97.73				97.73
Greg Gaunna	93.18				93.18
Joe Bulow			87.50		87.50
Mark Gurule	86.36				86.36
Mike Cernoia	84.09				84.09
Jeff Chowning	81.82				81.82
Lillian Jones				80.95	80.95
Aaron Levinson	56.82		6.25	14.29	77.35
Brian Ropp	75.00				75.00
Kylah Ricks			68.75	4.76	73.51
Anna Marshall				71.43	71.43
Gypsy Kelso	68.18				68.18
Larry Volk	63.64				63.64
Linda Strange			62.50		62.50
Martha Drake	38.64			23.81	62.45
Denise Ricks			50.00	4.76	54.76
Kenny Romero	54.55				54.55
Dave O'Rourke		54.55			54.55
Justen Cox	52.27				52.27
Malachi Ricks			43.75	4.76	48.51
Shane Taylor	47.73				47.73
Mike Schmidt				47.62	47.62
Nathan Schwinghar	45.45				45.45
Jessie Quintana	22.73		12.50	9.52	44.75
Michael Cernoia				42.86	42.86
Rusty Smith	40.91				40.91
Donald Moore				38.10	38.10
Jen Wheeler-Buerger	34.09				34.09
Jamen Cox	29.55				29.55
Charlie Gray				28.57	28.57



The Ramsgate 8 8K Predict of '09

By Don Pfost



In response to Jim Robinson's request that I write an article about the Ramsgate 8K predict, explaining how I "arranged to have the storm miss the Belmont area of Pueblo Saturday morning", April 4, the day of the race, my short answer is that it all depends on what you mean by "storm" and by "miss".

And here's my longer answer.

As has been true of the past several years, this year's Ramsgate 8K course was new, and, like the past several years, it was a combination of the weather and the "urban development" taking place east of CSU-Pueblo that influenced decisions about the course. The latter includes plans for Thunder Village and a network of streets and boulevards providing access to the businesses and single- and multi-family residences to be constructed over the next ten years or so, feeding the dreams—probably turning a bit nightmarish these days—of huge profits for the developers. And, of course, all of this has been accompanied by the disappearance of scenic and interesting parts of the landscape, such as a network of dirt roads and trails, and several deep, twisting, multi-channeled arroyos that were used in past years as parts of several running courses.

The unpredictability of the weather also played an important role in selecting this year's course. In the week preceding the run, Lois and I talked about possible courses, weighing the pros and cons of each, especially in terms of how they would be impacted by nasty weather. If at all possible, I wanted to use some of the dirt roads and trails east of campus that have been used the past few years. However, I knew from past experience that nearly any amount of moisture would turn these roads and trails muddy, making for an unpleasant run. All of this would have been much easier had fair, dry weather been forecast—I could have used much of last year's course,

needing only to find a replacement for that portion of the course that included an arroyo that had been "developed" during the summer and no longer existed. Instead, the forecasts throughout most of the week called for rain and as much as an inch of snow sometime Friday night or Saturday morning, but predictions about when the moisture might hit were vague at best.

In the event it did rain and snow before the run, my fall-back position was to lay out an all-asphalt course, most likely one that would continue north up Troy onto campus, head past the ThunderBowl, with the rest to be decided. (I had also decided that if it snowed heavily Friday night, I'd cancel the predict and invite those who showed up for the run to stick around and share breakfast.)

Cutting it as close as we could, Lois and I waited until Friday morning, the day before the race, to map out the course. I started measuring with a Jones counter from the one-mile mark on Troy used for a previous race and continued up the new entrance to campus. Then, based on what we saw when we reached the traffic circle on Troy at about the 1.75 mile point, we made a final decision about the course. We confirmed that the road heading east from the traffic circle—what is the eastern extension of Rawlings Boulevard—was heavily graveled, and, because I had run the rest of this road farther south earlier in the morning with our dogs and knew that it too was heavily graveled, I was fairly confident that this route would give the three-quarters of a mile needed for the 2.5 mile course. And, even if it rained or snowed, the gravel surface would remain relatively solid. On the other hand, it was also clear that continuing through the traffic circle and heading west on Rawlings Boulevard past the ThunderBowl would be more complicated in terms of deciding on an exact route and turn-around point, plus the likelihood of traffic would make it less safe. These factors ruled out the all-

asphalt course.

We exited the traffic circle and continued measuring the course heading east and south on the gravel road. Fortunately, the turn-around point was in the intersection of two roads that was about a tenth of a mile beyond where the gravel ended—I figured the course could be cut a bit short if necessary because of moisture and mud.

Shortly after 5:00 pm that same day, I went out and marked the asphalt sections of the course. Using white spray paint, I drew arrows at turns, intersections, what seemed the safest place to cross Troy, and the entrance onto campus.

Then, Saturday morning shortly before 6:00 am, I went out to mark the gravel road. Using a chalker filled with flour, arrows were drawn directing runners to head east out of the traffic circle onto the gravel road, and to zigzag east and south before heading pretty much straight south for about half a mile to the turn-around point, which I marked with arrows and two cones.

During this time, the cloud formations were west and north of Pueblo, and the wind that would blow hard in our faces during part of the run was relatively light.

Runners began arriving around 7:30, with Jim Robinson arriving a bit earlier, ready to lend a hand if needed. Over the next half hour, a total of 24 runners wrote down their names and predicted finish times, pinned on their bib numbers, and gathered at the start line just before 8:00 am. Among those so gathered were Lillian Jones and Charity Krow, running their first predict, plus part of the Ricks family—Malachi, Denise and Kyla—and Charlie Gray, all of whom are new to the predict series this year.

(Continued on page 9)



The Ramsgate 8 Continued



(Continued from page 8)

The measured course was an out-and-back five miler, with the start/finish line at the street light in front of our house. To make it as close to an 8K as possible, we moved the start about 52 yards down Ramsgate. Jim gave the command and off we went!

Briefly, the course headed south and east on Massari, turned north onto Gamble, took a quickie jog onto Drew Dix Lane before heading north on Troy, continued north onto campus, turned east at the traffic circle onto the gravel road, and for about the next three-quarters of a mile, zigzagged east and south to the turn around, and headed back to the finish line at 8 Ramsgate.

And since the ultimate purpose of this article is to answer Jim's question about how I managed to have the storm miss Belmont, let's talk about the weather conditions. First, here's some objective information: The National Weather Service reported that conditions at the time of the predict included overcast skies turning to light snow, winds out of the N at 30mph, gusting to 38mph; a temperature of 37 °F, with the wind and temperature combining for a wind chill of 23 °F. These conditions were recorded at Pueblo Memorial Airport. However, because the site of the race is but a few miles to the west, these data probably accurately describe the racing conditions.

Secondly, here are my personal observations and recollections of the run and the weather conditions. While the wind was blowing at the start of the race, its force was softened by the houses and vegetation in the residential areas of Belmont. However, once we cleared Belmont and moved onto campus into an area with no buildings and little vegetation, the wind picked up in both velocity and ferocity. It also started snowing. And while the snow lasted just a few minutes, we were pelted hard by what were essentially b-b sized hail stones. Then, the wind really picked up as we turned east from the

traffic circle. For me, the wind was the strongest on the eastern most portion of the gravel road after I turned around and headed N back into the wind. I walked at least a third of the way on this stretch. It was hard to breathe with the wind in my face and the sheer force of the wind sapped my energy as I ran, so walking provided a balance and relief of sorts.

But once I got back on Troy headed south, I took advantage of the wind; it was much easier to put it mildly—I now have a much deeper appreciation of the phrase “to run like the wind”. I ended up just three seconds off my predict, probably surprising me more than anyone because I figured that all the walking I had done would put me several minutes over my predict. And to dispel any belief that I won because it was “my” course that I had run before, not so, this was my first time as well. In short, my win was pure luck.

And finally, to give the ultimate answer to Jim's question that opened this account, while the volunteers who stayed at the finish line may have a different view, I doubt that any of those who ran or walked the course believe I managed to have the “storm miss” the Belmont area. Our collective experience was running in strong, gusty winds, relatively cold temperatures and some snow. True, not much moisture, but the reality of the wind and cold was undeniable. After the run, I heard several finishers commenting about a ranking of weather conditions they would rather face—after perfect conditions, wind with a little moisture was heavily preferred over rain and snow that affected the running surface. So, all things considered, the conditions were far from ideal, but not as bad as they could have been.

Most finishers stuck around for two things that humans need to survive: food and talk. We enjoyed a tasty meal featuring pastries, several egg dishes, yogurt and granola, and a variety of desserts, plus fruit juice and coffee. And, of course, there was lots of sociable talk,

mostly about running, which should come as no surprise.

Check out the results for the Ramsgate 8 and overall standings for the series that accompany this article. Also, consider running the next predict, the popular 8.6M Yappy Dog, which takes place on the South Mesa, Sunday, May 10, and is hosted by Ross Barnhart and his family.

(Note: I realize that some readers, especially those not at the predict, aren't as likely to appreciate the details about laying out the course, the impact of the weather, and so forth, as those who were, particularly those who did the predict. No offense taken. However, my intent in recounting the details is to suggest that putting on a predict is both an adventure and lots of work. And here, I thank Jim, Ken, Debbie, and, especially, Lois for their help.)



The Panther Run

Results by Ken Raich



Runners

Pl	Time	First Name	Last Name	Sx	Age
1	18:38	Ian	Sturgeon	M	30
2	18:49	Michael	Orendorff	M	57
3	20:07	Rubin	Sisneros Jr	M	27
4	20:26	Brian	Ropp	M	45
5	21:13	Chief	Reno	M	47
6	21:32	Steve	Wall	M	45
7	21:40	Andrew	Watts	M	24
8	21:41	Don	Simony	M	36
9	21:49	Kelly	Concho-Hayes	F	30
10	22:33	Robert	Santoyo	M	47
11	22:38	Kallene	West	F	30
12	23:09	Conor	Heaney	M	39
13	23:17	Greg	Gauna	M	39
14	23:28	Carol	Kinzy	F	61
15	23:35	Bob	Gassen	M	62
16	25:04	Deanna	Platt	F	30
17	25:15	Carmen	Brown Coseno	F	43
18	26:27	Ashley	Samek	F	24
19	26:30	Ashlee	Guadagnoli	F	23
20	27:32	Frank	Lopez-Cepero	M	40
21	28:15	Rhonda	Uber	F	43
22	28:22	Thomas	Coseno	M	58
23	28:52	Gabrielle	Stageberg	F	10
24	29:29	Rick	Acosta	M	57
25	30:09	Jennelle	Potter	F	28
26	30:19	Raonak	Kamal	F	12
27	31:10	Olivia	Hayes	F	12
28	31:14	Liam	Heaney	M	8
29	31:23	Pete	Wories	M	61
30	31:32	Daniel	Oldenburg	M	32
31	31:45	Karl	Gurule	M	46
32	33:55	Elizabeth	Stageberg	F	13
33	33:56	Hugh	Bell	M	12
34	33:57	Chantel	Simerville	F	37
35	34:05	Bobbi Jo	Aune	F	32
36	35:04	Gae	Ryan	F	38
37	35:14	Sophia	Hayes	F	8
38	35:55	Byron	Brown	M	49
39	35:55	Rick	Hollenstine	M	46
40	37:46	Vic	Peterson	M	59
41	37:59	Robert	Martinez	M	59
42	40:11	Paula	Johnson	F	26
43	41:19	KaiLee	Misiaszek	F	10
44	41:20	Brighid	Heaney	F	9
45	42:57	Michele	Sipalay	F	10
46	42:58	Angela	Shah	F	10
47	43:06	Ana	Martinez	F	10
48	44:15	Grace	Gonzales	F	8
49	44:17	Christina	Gonzales	F	36
50	46:19	Jerardo	Martinez	M	44
51	47:24	Kevin	Keilbach	M	35
52	48:54	Cora-Jane	Aubert	F	8
53	49:42	Joseph	Misiaszek	M	7
54	51:16	Grace	Keilbach	F	8
55	51:16	Emilee	Huth	F	8

Walkers

Pl	Time	First Name	Last Name	Sx	Age
1	15:06	Zoe	Wick	F	5
2	15:49	William	Stageberg	M	7
3	16:11	Noah	Reyes	M	9
4	17:26	Kaya	Wick	F	7
5	18:26	Lorelei	Haley	F	6
6	19:06	Riki	Acosta	F	36
7	21:07	Susan	Montez	F	56
8	21:08	Robert	Waggener	M	56
9	21:30	Danielle	Atilano	F	20
10	22:27	Monica	Oldenburg	F	32
11	23:00	Tracy	Atilano	F	44
12	23:26	Claire	Davis	F	7
13	23:47	Emma	Hollenstine	F	8
14	23:54	Michael	Salardino	M	60
15	23:56	Genie	Peterson	F	64
16	24:53	Tim	Davis Jr	M	34
17	24:54	Lauren	Davis	F	31
18	28:05	James	Misiaszek	M	5
19	28:08	Darcy	Scalon	F	51
20	28:09	Dick	Hollenstine	M	73
21	28:31	Hailey	Wagers	F	5
22	28:44	Mark	Finn	M	6
23	28:46	Ayden	Naylon	M	6
24	28:51	Tessa	Ivan	F	10
25	28:57	Claire	Hollenstine	F	5
26	29:00	Clare	Oldenburg	F	6
27	29:00	Julie	Hollenstine	F	40
28	31:09	Vinny	Chiarito	M	8
29	31:32	Dominic	Oldenburg	M	3
30	35:39	Alyson	Farrer	F	5
31	35:40	Rick	Farrer	M	40
32	36:58	Anna	Shah	F	8
33	36:58	Chelsea	Greenway	F	9
34	53:19	Adrea	Sipalay	F	7



Brian Ropp



Michael Orendorff

Robert Santoyo

Willie does Burgers



2009 Race Calendar by Dave Diaz

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

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

<u>DATE</u>	<u>RACE NAME</u>	<u>DIST</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CONTACT</u>
<u>May</u>					
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	8:30am	Union Ave	Ruth McDonald 719-251-3189
<u>June</u>					
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	PCC/City Park	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)
<u>July</u>					
Sat 04	Liberty Point 5K	5K		Pueblo West	Stan Hren (terbear31@msn.com)
<u>August</u>					
Sat 01	*Moonlight Madness	5M	7:30pm	SCR/Verde Rd	Diana Tiffany (dtiffany@mail.ghvalley.net)
Sat 08	Florence Fit N Run	5K	8am	Florence, CO	Jim Brumage (jbrumage@bresnan.net)
<u>September</u>					
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 (kimarine@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)
<u>October</u>					
Sat 24	*Harvest Run & Bonfire	5M	5pm	SCR/Lovell Park PW	Dave Diaz (diazsd@aol.com)
<u>November</u>					
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
<u>December</u>					
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

Because We Had The Space

mathematicaster

PRONUNCIATION:

(math-uh-mat-KAS-tuhr)

MEANING:

noun: A minor or incompetent mathematician.

(from A Word a Day - <http://wordsmith.org/awad>)

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
3200 Spaulding Avenue
Pueblo, CO 81008

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***If you move,
Let us know!***
Issues of "Footprints"
are not forwarded.
Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming Runs

Don't miss the Cinco at 7:30 on Sunday, May 3rd at the State Fair Grounds. See last month's issue or the SCR website for more information.

Then there's the next Predict Race - the Yappy Dog run at 8am on Sunday, May 10th at South Mesa Elementary School on the Mesa. This one is a pot luck, so bring your favorite breakfast dish and your appetite. You have to work for breakfast, however because the run is 8.6 miles.



And, unless you are not reading the Pueblo Chieftain at all, you know that the Wild West Fest is coming up in Mid May at the Historic Union Avenue District. As part of the Fest, the Gold Dust and SCR is organizing a 5k Run with the Bulls starting at 8:30 on Sunday the 17th. See last month's Footprints or the SCR website for more info.



Visit our Web Site: For racing schedules, results, contact info, etc, see: www.socorunners.org

The Final Thoughts...

History is a vast early warning system. -Norman Cousins, editor and author (1915-1990)

As a well spent day brings happy sleep, so life well used brings happy death. -Leonardo da Vinci, painter, engineer, musician, and scientist (1452-1519)

I believe I found the missing link between animal and civilized man. It is us. -Konrad Lorenz, ethologist, Nobel laureate (1903-1989)

We lie the loudest when we lie to ourselves. -Eric Hoffer, philosopher and author (1902-1983)

It is the greatest of all mistakes to do nothing because you can only do a little. -Sydney Smith, writer and clergyman (1771-1845)

A wise man will make haste to forgive, because he knows the true value of time, and will not suffer it to pass away in unnecessary pain. -Samuel Johnson, lexicographer (1709-1784)

A celebrity is a person who works hard all his life to become well known, then wears dark glasses to avoid being recognized. ~Fred Allen

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 May 6th. We'd love to hear your ideas!