



Editor: Ron Dehn

FOOTPRINTS

Caution: This publication has been known to cure insomnia.

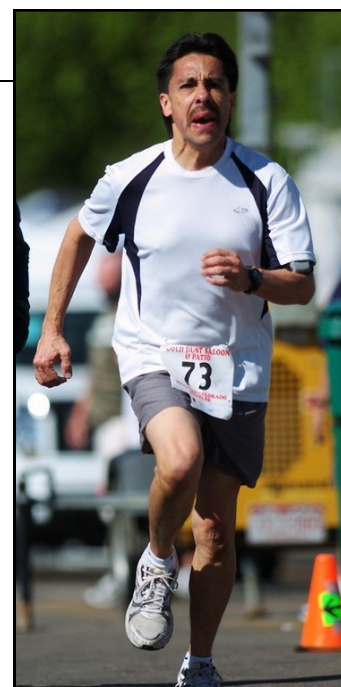
The Happy Father's Day Edition

May Runners



Levi Medina was 1st Overall in the 5K at the Spank Blasing, the Cinco de Mayo, and the Run With The Bulls

Paula McCabe paced the ladies in the 5K at the Spank



Anthony Diaz placed 3rd in his division at the Run With The Bulls

The Colorado Marathon & Half - Page 8

The Prevent-A-Thon Page 9

The Country Music Marathon & Half - Page 9



Minutes from May, 2009 by Mike Archuleta

Introductions:

Attendance: Mike Archuleta, Paulette Arns, Ken Raich, Dave Diaz, Gary Franchi, Jim Robinson, Cheryl Farrer, Terry Cathcart, Don Pfof, Jeff Arnold, Paul LaBar, Chris Reichert, Stan Hren, Christina Stageberg, Ruth McDonald, Peggy Oreskovich, Ramon Arriaga, Hilbert Navarro, Stan Hren,

Upcoming Races/Events:

Yappy Dog Predict: Jim Robinson, SCR Liaison, Pueblo, CO, distance 8.6 miles. The predict is scheduled for May 10th at 8 am. The predict will start at South Mesa Elementary School. Jim explained the race course directions are on the website. Jim expects at least 40 runners for the predict.

Race for Rio: Jeff Arnold, SCR Liaison, Rye, CO Distance=5K at 6900 feet.

The race is scheduled for Saturday June 6th at 8 am. The SCR group asked if showers were available at the school after the race. Jeff explained no showers were available at the school... The SCR group asked if the registration form could be placed on the website. Jeff was going to check with Nancy about getting the registration form on the website

Spirit Fest: Hilbert Navarro, SCR Liaison, Pueblo, CO, Distance 5K

Hilbert explained the race is scheduled for June 13th at 8am on the river walk. Daviz Diaz and Ken Raich have volunteered to help with the finish line and the race. Hilbert asked if the race registration can be placed on the website. The race packets will be handed out on race day. There may be some problems with the race course due to the construction. Hilbert talked about alternate routes for the race.

Diabetic Preventathon: Mike Archuleta SCR Liaison / Chris Reichert Pueblo Colorado Distance = 5K

The race will start at Pueblo Community College and 1 lap through City Park. The discussion about race

course marshals along the course. The 2 mile course needs to be remark to actually = 2 miles. The registration form will be placed on the SCR website. The online registration for runners can be done at pueblo-diabetes.org.

There are several events going on the at the city park during day. There is the annual Parkview Picnic and softball tournament on race day. Chris Reichert will place article in the next newsletter.

Running with the Bulls: Ken Raich SCR Liaison / Ruth McDonald Union Ave. Distance = 5K

The race is scheduled for May 17th at 830 am. T. he course is on Union ave. Ruth expressed some concern about the construction down on Union ave and having to possible alter the race course. Jeff Arnold will be the lead bike for the race...

There are 40 entrants that entered the race as of May 6th. The t shirt and medals will have the Bull logo. Ruth explained there will be a barbecue after the race. Dave Diaz will mark the course in the morning of the race.

Women's Distance Festival: Peggy Oreskovich SCR Liaison, Pueblo City Park, Distance = 5K

The race is scheduled for June 27th at 7am. The race registration is being organized for the website. Peggy has reserved the city park pavilion for race day. The t shirts have been selected for the race. The awards will be necklace for the age group placers. Peggy explained the necklace will be something the runners can wear after the race.



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

Liberty Point 5K: Stan Hren SCR Liaison Pueblo West Distance = 5 K

The race is scheduled for July 4th in Pueblo west. At 730 am. The entry fee is only \$5.00 for the race. The race

will take place at the corner of Purcell Blvd. The participants will run/walk to liberty point and circle back around to start location. Stan requested help at the finish line and race results. Stan asked if the 5K runners and walkers have to different colored bibs to separate the runners from the walkers. The club made the motion to supply the bibs for the event. There will be a wet parade at Pueblo West following the event. Runners and walkers can register online at www.unitedway.org. Medals will be given to the first and second place walkers and runners in each division for both males and

(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. 322

"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, Alan Jones* | |
| 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, Larry Volk, Ross Barnhart, Marijane Martinez, Joe Bulow, Chris Reichert

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.

* Alan Jones invented the Jones Counter in 1971. It is a device fitted to the front wheel of a bicycle which counts the revolutions of the wheel. It has been modified and improved through the years and is used universally to measure road running race courses.



Minutes Continued By Mike Archuleta



females.

Running Group: Justin Ricks

The following information is from Dave Diaz email.

Justin and Denise Ricks are new to Pueblo West (actually Denise went to HS in Pueblo and has recently returned and I believe Justin grew up in C/S) and would like to invite everyone to join them on some group runs. They were at the last club meeting to discuss their plans. Justin recently won the Cinco 10K and both have been doing the handicap series and both are helping with the Pueblo West Track team. They are planning group runs that begin in various places and possibly some track work outs later on.

The following is from Justin's blog which is located at

<http://steelcitystriders.blogspot.com/>

Welcome!! The Steel City Striders will have their inaugural run on Saturday May 16th at 7:00am. We will meet in City Park in swimming pool parking lot. Everyone is welcome."

Activity Recaps / Updates

Cinco de Mayo: SCR Liaison Hilbert Navarro / Ramon Arriaga

The Cinco de Mayo run used chip timing for the event. The company event productions used about 400 chips for the race. Ramon report 4 chips were not returned from the race. Next year the walk and run will have separate timing for the event. It was reported there was some delay in reporting the results from race. Ken stated the names were entered by event production after enter runner or walker entered the morning of registration. The feedback was on the walkers and the finish time and giving out the ribbons. Ramon reported the ribbons were given at packet pick up. Ramon also discussed about moving the Cinco run to a different location... The police department is asking for money to assist the race.

Spank Blasing: SCR Liaison Ron Dehn / Todd Kelly

The Spank Blasing was the first road race to use chip timing in Pueblo Colo-

rado. Todd reported some confusion about chip and packet pick up on race day. The company was summit race management chip timing. Todd report the company requested being placed in hotel the night before the race. The hotel room was donating by a local hotel. The award ceremony was not done immediately after the race. Todd reported he will change that next year. The race distance for the 5k was longer then 5k. It was reported that not all the runners got breakfast after the race. Todd reported he will give a discount to the runners who didn't get breakfast at next year's race.

Todd stated at next years race will coordinate with the spring football game. He will look at the age groups for next year's race.

Panther Run: SCR Liaison Paul Lebar / Cheryl Farrier

The race had 102 participants on race day. It was a new race course for the panther run. There was some confusion about the turn around point. Cheryl reported she would place a race course marshal at the fountain next year if the same course was used. She also stated she would separate the bib and packet pick up next year. The students raised over \$ 4000.00 this year.

Rams gate Predict SCR Liaison Don Pfost

April 4th 2009

Don reported the Rams gate Predict went extremely well with about 20 Runners. There was pot luck after the predict run.

Lake Pueblo Arkansas Point Bike Challenge: SCR Liaison Don Pfost

April 26th 2009

Don report about 60 mountain bike riders for the 3rd annual race. The weather was perfect for the race.

Officer Report:

Meeting Minute Report: Mike Archuleta

The meeting minutes were approved with no changes.

Treasurer Report: Paulette Arns

Paulette gave overall review of the SCR budget. The group talked about giving the races invoice for SCR services.

Membership: Ken Raich

Ken reported the mailing of membership cards to SCR members.

200 members last month

215 members this month

Ken stated the changing of the YMCA address and getting the mail on new members.

Webmaster Paul Lebar

Paul reported the formatting of race results with chip timing. The contact management system Paul has been talking about for the SCR website. It will be more interactive with blogs and helping race directors with information on the website.

New Stuff

Pay Pal: Ken Raich explained the Pay Pal system to the SCR members. The system can help runners enter races with their credit card.

Meeting Adjourn @ 905pm

Treat Dad to
lunch at the
Gold Dust
and catch the
Rockies on TV



GOLD DUST
SALOON
M^oRID INC.

217
South
Union



Great Stuff

By Gary Franchi

There's some slinging goin' on



Thought for today's lunch, compliments of Don Kardong, U.S. runner and author who competed in the men's marathon at the 1976 Summer Olympics: "Avoid any diet that discourages the use of hot fudge."

Musings about running, fitness, life:

NO BULL – We were standing in the finish chute awaiting the finishers in the Run With the Bulls race recently when a lady sauntered over and started chatting about how much she loves professional bullriding. She said she follows the events all over the country, and I was having visions of a groupie who knows all the bullriders, bulls and whatever else you learn by following such an activity.

Then she asked if the bulls would be coming down the street and through the chute. I'm serious. I think she mistook Pueblo for Pamplona since they both begin with "P." I can see where she would be misled by the name of the race. Well, not really.

Later in the week I was reading a book titled "The English Major," and author Jim Harrison was discussing "The Running of the Sheep" event that supposedly is held in Reed Point, Montana. Since Harrison also described areas of Michigan that I know to be true from having lived here, I figured there probably IS such a sheep event.

It got me to thinking that, while bulls might be a tad dangerous to have running loose down Union Avenue, wouldn't it be cool to have our own "Running of the Sheep" over there? Shoot, the Chamber would endorse it as a way to generate a positive economic impact on the city. Ruth and other Union Avenue proprietors would see it as a "cash sheep" since curious souls would flock like, uh, a certain four-legged animal to the area. And merchandisers would think it was a sheer delight.

OK, b- a-a-a-a-d idea.

IT'S FUN – The June 2009 issue of *Runner's World* magazine has an article on track workouts. No, no – don't hang up. The start of the article says that doing workouts on a track is a "quick, effective – and yes, fun – way to get fitter."

I've often read the word "fun" used with various painful activities. One is the Muddy Buddy events. When I read some-

one say that these activities are fun, it always makes me wonder: What are these people smoking, anyway? Sure track workouts are an excellent tool for getting in good running shape. And a Muddy Buddy can be great for developing camaraderie amongst friends. But fun? The words of Jack Nicholson in the movie "As Good as it Gets" come to mind: "Sell crazy someplace else. We're all stocked up here."

IT'S THE SHOES – Whenever running magazines publish shoe survey reports, I generally ignore them, knowing that they are conducted mainly to support the industry that powers the magazine's advertising. But one thing I always find interesting is the cost of today's running shoes. The shoes in these surveys seldom run for less than \$100 and usually have some models that cost as much as \$140.

Being the frugal one that I am, this makes me wonder: Who pays this much for running shoes? I bought one pair of running shoes in the same zip code as \$100 many, many years ago and they hurt my feet, were hard, and I hated them. Since then, I've seldom spent more than 40 bucks or so for a pair of shoes, with a few \$50-\$60 range exceptions from time to time.

So the latest *Runner's World* report showing all these \$125 and \$140 pairs of running shoes is making me think that the real reason why I have never been much of a quality runner is because of the lower-priced, cheap-quality shoes I wear. Talent has nothing to do with it. It's because of the inferior shoes.

Yeah, that's it.

LANCE – If you are a cycling aficionado, you probably have been following Lance Armstrong's return to professional cycling after a three-year retirement. You're also probably wondering if he can recapture the glory days of his seven consecutive Tour de France victories. "Is he crazy?" might be another thought you have.

Lance has done pretty decently in his races so far, but no, he hasn't come close to his old form. Yet. Has he been laying low, playing possum, waiting to unleash in the Tour that enlarged-heart talent that we

saw in the past? Or have age and time away from racing caused him to deteriorate athletically and lose his edge?

The answer is that it really doesn't matter. Sure, Lance has pride and doesn't want to embarrass himself. But at this stage of his life, Lance's main mission is all about exposure to his cause of raising money to fight cancer. It obviously is a good cause.

Still, interest in watching the Tour on the Versus channel will be rekindled with him in the chase. Can he resurrect some of those past surges up some ridiculous mountain ascents? Will he finish among the leaders? Will he smooch with the podium ladies?

Most fun to me, though, will be to see if Lance will finally glance over at some costumed devil running alongside him on a crowd-filled ascent, extend a leg and give that pitchfork waver a good, swift kick. Now THAT would make his coming out of retirement worthwhile for me.

Ten things I was just wondering:

- 1, So, like, how do you get to be on The Facebook Team?
- 2, Wouldn't it be cool to be in Wikipedia?
- 3, How come hockey teams don't have paid boxing coaches?
- 4, Speaking of boxing, has anyone ever counted the total number of punches Rocky supposedly absorbed in all of his movies?
- 5, Has anyone ever given a commencement address while wearing sunglasses on top of his/her head?
- 6, Do graffiti "regulars" get spray paint discounts at retail outlets?
- 7, Wouldn't Hassler be a great last name for a bill collector?
- 8, Has anyone ever stolen one of those cheesy replica paintings out of a Loaf 'n Jug bathroom?
- 9, Who invented Miller moths and why?
- 10, WHY DO SOME MORONS TYPE IN ALL CAPS?

Until next month, don't buy all the rhetoric.



June SCR Birthdays

- 3 Shane Cordova
Jacqueline Wall
Anderson Cooper*
- 4 Gina Benfatti
Angelina Jolie*
- 5 David Crockenberg
Martha Kinsinger
Cole Tibbs
Mark Wahlberg*
- 6 Maria Appenzeller
Bjorn Borg*
- 7 Kerri Harbison
Jessica Tandy*
- 8 James Robinson
Tina Valdez
Kanye West*
- 9 Samantha Dav enport
Johnny Depp*
- 10 Jaylen Vargas
Judy Garland*
- 12 Kent Kleven
Tamala Sammons
Anne Frank*
- 14 Sylvia Cernoia
Janice Huie
Denise Ricks
Donald Trump*
- 15 Shanea Cordova
Jim Montera
Helen Hunt*
- 18 Joe Arrazola
Hilbert Nav arro
Kenneth Price
Paul McCartney*
- 19 Mike Archuleta
Barrett Chow ning
Phyl icia Rashad*
- 20 Melissa Mestas
Dave Banko
Kira Hughes
Donna Nicholas-Griesel
Lionel Richie*
- 21 Carol Brimmeier
Retzio Gredig
Cindy Nicolay
Prince William*
- 24 Laurice Lopez-Cepero
Jack Dempsey*
- 26 Tina Corpuz
Noah Smith
Pearl S. Buck*
- 30 Todd Hund
Felix Vargas
Michael Phelps*

*Honorary SCR Member



SCR Needs You!

by Don Pfost



SCR needs you to volunteer!

And an array of roles and events offers plenty of opportunities to do so.

Perhaps the greatest need for help is with races. The possible roles include the following: laying out, measuring and marking courses, transporting equipment to and from the race site, helping at the finish line, which might involve setting up the chute, running a stop watch, pulling and spindling tags as runners cross the finish line, or running batches of tags and the timing tape to those processing the results. You might also serve as a course marshal to direct runners and help with traffic control, or help with a water stop.

Data entry is another place where help is needed and could include helping with race registration and race results. Generally, training is minimal and the data entry for race registration can be done from your own PC at home. You might be asked to pick up the entry forms from a drop-off site, usually the Gold Dust, and enter the information into the race's database; occasionally, it may be necessary to contact the person submitting the entry to obtain missing information, such as date of birth, gender, the event they are entering, and so forth. Data entering results might involve inputting times and bib numbers from the batches delivered by the runner from the finish line crew, as well as formatting the final results and posting them to the club website.

There are also opportunities to help with the overall planning of a race, up to actually directing one. Another possibility is to serve as club liaison with an organization that has requested race assistance from SCR. Here, you would act as an advisor to the organization and help plan the entire race, give periodic progress reports at club meetings, assist at the event itself, and help prepare and present a post-event report and evaluation to the club.

Finally, other events, such as the club picnic and annual awards banquet, offer yet additional opportunities to help.

Let me assure you that novices need not be concerned about "screwing up", especially if you volunteer to help at the finish line, a job

that may sound a bit intimidating. Any training needed will be provided by experienced volunteers, who are kind, gentle and patient souls. Besides, most jobs aren't that difficult.

Volunteers derive a number of benefits from their involvement. These include contributing to the success of the event, socializing with the participants and other volunteers, developing a behind-the-scenes understanding of and deeper appreciation of what it takes to put on a race, picnic or banquet, and, last but not least, earning volunteer points. Generally, 5 points are earned for each activity, and once you accumulate 50 points, you'll receive an award at the annual SCR awards banquet. Stacey Diaz, who coordinates the volunteer-point system, selects attractive, unique, yet practical, awards; in the recent past, a watch, shirt, vest or jacket was presented to each volunteer who qualified for the year.

As you can see, there are lots of opportunities to get involved, as well as lots of rewards, tangible and otherwise, for doing so. If you'd like to help with a race, check the race calendar in the newsletter or on the website, and contact the race director to find out if help is needed. For other events, contact the chair or coordinator, often identified by information in the newsletter and on the website. You can also contact one of the officers and let them know you're interested in volunteering.

Your help will be appreciated.

Contact SCR

Want to volunteer, 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 involvement!!!

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



Ramblin'

by Ron Dehn

The Santa Fe Century - Revisited



This article is about cycling, and if your name is Denise Crepeau, Tomas Duran, Jan or Jim Dudley, Mike Orendorff, Gary Franchi, Stacey or Dave Diaz, Paul DallaGuardia, Joe Garcia, Larry Volk, Joe Dvorsky, or Lance Armstrong, feel free to turn the page. You are likely to say “been there, done that”. Several other readers are likely to fall into this category also.

If you are still reading, then I will refer you to last summer’s Ramblin’ columns, when I chronicled my rookie months of road biking and my first attempt at a century ride. You have those on your refrigerator, don’t you? Anyway – last year I was introduced to road biking and knew almost nothing about what I was getting into. I had never worn biking shoes, and never even been on a road bike. After 80 miles of “preparation”, I attempted to ride the Santa Fe Century. I did make 82 miles before crying uncle.

That was 2008. And this year things were going to be different. This year I was going to train. This year I was going to be ready. January was too cold, but I managed a couple rides. Ditto February. March was a better month. Five rides for a total of 115 miles. April... hmmm... We went on a planned trip and an unplanned trip. A few times on the bike. And then suddenly it’s May. The Santa Fe Century ride is in May. Then I had to cram. Reminded me of college. I didn’t want to ride too much the first part of May. I was supposed to be tapering. Maybe I started tapering too early.

The short story is that I had about 265 miles in by May 14th and we (my wife Chris, sister-in-law Percy, and brother-in-law Lee) were in the car and headed for Santa Fe for the ride on the 17th.

I was no longer a rookie by the calendar. One can be a rookie for only one year. If I wasn’t a rookie, I certainly was still a novice. But, why should that stop me? I set a goal to finish the century.

We had a couple of fun days in Santa Fe, eating, shopping, eating, visiting. Very enjoyable.

This year we decided to start early. (This seems strange to runners. Runners all start running at the same time. Cyclists start whenever they want.) We did this primarily to avoid the afternoon head winds, but also to avoid the heat. In addition, I’m a slow rider, so I still wanted some people on the course when I finished.

The first rest stop is at 26 miles. The first 23 or so is a pretty gentle ride. Still, it felt good to get to Madrid. I ate, stretched, and took off a layer. At that point, I was only a few minutes behind Lee. Percy was right behind us. We took off together, but there is some serious uphill for much of the next 15 miles. I couldn’t keep up with Lee. For some reason that morning, my legs felt they weighed 100 pounds each. The hills were kicking my butt. I stopped a couple times along the way to stretch and check my bike. This was so difficult, I must have a flat, or maybe my brakes were locked? Not so, but I stopped a couple more times to check anyway. I seriously began to wonder if I could make 50 miles.

Finally, the top of Heartbreak Hill – 41 miles. There is a 1,200 foot drop in elevation over the next 21 miles. My legs began to lighten up, and I knew I could make 50 and probably 62 miles to the Stanley rest stop. I’m not fast enough to ride with good riders, but occasionally I would join a group and draft for a few miles. That makes a huge difference, but I’m not able to keep up for long.

It’s funny how your mind works. When I hit 55 miles, I thought to myself, “I can finish, I only have 45 miles to go.” Did I mention that my longest training ride was 30 miles?

But, I was determined. Some of my

friends and family had been facing some real life challenges in the last few months. If they can face up to serious life problems and not quit, I decided I could pedal for a while longer. I also discovered that if I put my hands on the drops portion of the handlebar and put my head down, that I could sustain a steady pace. I stopped at the Galisteo food stop – 82 miles. This is where I quit last year.

There is a fairly steady uphill for the next 14 miles or so. I put my head down and pedaled and was able to sustain 8-10 mph for the most part. My body was beginning to yell at me, so I stopped to stretch a few times before the last rest stop.

There were no points for style. My ride was not pretty, and it took a long time. My start to finish time was 10 hours and 45 minutes, with 7 hours and 26 minutes in the saddle. That meant I spent 3+ hours at official and unofficial rest stops. Wow! But, even though my training was significantly less than it should have been, the goal was to finish. Any time before darkness would have been acceptable.

I also heeded Larry Volk’s advice to me:
1. Be kind to your knees and make lots of rpms. 2. Keep the rubber side (tires) down.

Lee finished about 2 1/2 hours before me, and Percy quit at 80 miles. We headed to Pueblo on Monday morning after a great night’s sleep.

We spent some quality family time in Santa Fe and thoroughly enjoyed our five day mini vacation.

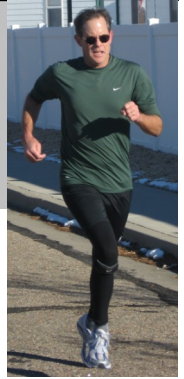
And... Next year is going to be different. I’m going to start training earlier, and ride more often. I’m going to be ready. Really!



Predictions

By Jim Robinson

The Yappy Dog 8.6 Mile Predict



Yappy Dog Results

| 21 Name | Predict | Actual | Diff | Pts |
|---------------------|---------|------------|---------|-------|
| 1 Don Pfost | 1:41:03 | 1:41:01.07 | 1.93 | 100 |
| 2 Anthony Diaz | 1:15:00 | 1:14:57.15 | 2.85 | 95.24 |
| 3 Paulette Arns | 1:22:15 | 1:22:04.85 | 10.15 | 90.48 |
| 4 Peggy Oreskovich | 1:17:00 | 1:17:11.48 | 11.48 | 85.71 |
| 5 Dave Diaz | 1:05:00 | 1:05:29.67 | 29.67 | 80.95 |
| 6 Carrie Turman | 1:20:00 | 1:19:23.28 | 36.72 | 76.19 |
| 7 Martha Drake | 1:21:00 | 1:19:56.99 | 1:03.01 | 71.43 |
| 8 Matthew Drake | 54:00 | 52:53.84 | 1:06.16 | 66.67 |
| 9 Brian Ropp | 1:01:00 | 59:50.20 | 1:09.80 | 61.90 |
| 10 Stacey Diaz | 1:18:30 | 1:17:12.48 | 1:17.52 | 57.14 |
| 11 Humberto Paredes | 1:07:40 | 1:05:54.98 | 1:45.02 | 52.38 |
| 12 Shawn Loppnow | 1:04:34 | 1:02:44.34 | 1:49.66 | 47.62 |
| 13 Carol Kinzy | 1:12:00 | 1:14:32.90 | 2:32.90 | 42.86 |
| 14 Robin Krueger | 1:14:00 | 1:11:21.00 | 2:39.00 | 38.10 |
| 15 Justin Ricks | 57:00 | 54:20.52 | 2:39.48 | 33.33 |
| 16 Bill Vegas | 1:14:00 | 1:10:28.81 | 3:31.19 | 28.57 |
| 17 Donald Moore | 1:08:35 | 1:12:07.75 | 3:32.75 | 23.81 |
| 18 Leona Spracklin | 1:25:00 | 1:21:02.61 | 3:57.39 | 19.05 |
| 19 Daryl Clark | 1:15:35 | 1:19:43.97 | 4:08.97 | 14.29 |
| 20 Robert Santoyo | 1:02:00 | 1:06:44.51 | 4:44.51 | 9.52 |
| 21 Jess Sorgule * | | 1:06:46.24 | | 4.76 |

*Did Not Predict

Race Directors: Ross Barnhart and Family

Volunteers: Mark Robinson, Denise Ricks

Results by Jim Robinson

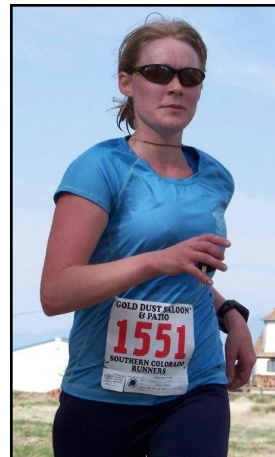
The Yappy Dog prediction run was held on Sunday May 10, 2009. There turned out to be the same number of runners as last year with 21 runners. The big difference was that two of the runners this year finished within 3 seconds of their prediction times. Mr. Don Pfost was only 1.93 seconds off of his prediction time followed by Anthony Diaz with a 2.45 second variance off of his prediction time. In third place was Paulette Arns, with a variance of 10.15 seconds and Peggy Oreskovich with a variance of 11.48 seconds from her original prerace time prediction for the 8.6 mile course.

The Ross Barnhart family hosted this race complete with a post race pot-luck breakfast. The 8.6 mile race was held in the rural area East of Pueblo near South Mesa Elementary School. The course is a combination of paved roads and twisting dirt roads with some uphill sections. The course was very well marked and Ross had members of his family marshalling the course and checking on the runners. After the race, each runner was given an embroidered bandana by the Barnhart family.

After the Yappy Dog prediction race, Stacey Diaz has taken over the lead for the 2009 prediction series followed closely behind by Leona Spracklin. Paulette Arns is currently in third place. The one to watch might be Don Pfost now with two consecutive wins and is rapidly moving up in the standings. The next prediction series event will be the Moonlight Madness Prediction 5 mile race to be held on Saturday August 1st at 7:30 pm. Details for all the prediction series events and directions to the races can be found on the Southern Colorado Runners website.

Top 20 Predictors (see SCR website for complete results)

| Predict Cumulative Totals | Spg | M Max | M Max | Rams | Yap | Tot |
|---------------------------|-------|--------|-------|-------|-------|--------|
| Name | R'off | 10.3 M | 4.60 | Gate | Dog | Pts |
| Stacey Diaz | 72.73 | | 75.00 | 90.48 | 57.14 | 295.35 |
| Leona Spracklin | 77.27 | | 100 | 95.24 | 19.05 | 291.56 |
| Paulette Arns | 90.91 | | 25.00 | 61.90 | 90.48 | 268.29 |
| Dave Diaz | 27.27 | 81.82 | | 66.67 | 80.95 | 256.71 |
| Shawn Loppnow | 59.09 | 90.91 | | 52.38 | 47.62 | 250.00 |
| Don Pfost | 9.09 | | 31.25 | 100 | 100 | 240.34 |
| Anthony Diaz | 95.45 | 45.45 | | | 95.24 | 236.15 |
| Justin Ricks | 36.36 | 63.64 | | 85.71 | 33.33 | 219.05 |
| Humberto Paredes | 88.64 | | | 76.19 | 52.38 | 217.21 |
| Carrie Turman | 31.82 | | 93.75 | | 76.19 | 201.76 |
| Peggy Oreskovich | 65.91 | | 37.50 | | 85.71 | 189.12 |
| Robin Krueger | 79.55 | | 56.25 | | 38.10 | 173.89 |
| Rich Hadley | 100 | 36.36 | | 33.33 | | 169.70 |
| Bill Vegas | 20.45 | 100 | | | 28.57 | 149.03 |
| Henry Hund | 61.36 | | 81.25 | | | 142.61 |
| Brian Ropp | 75.00 | | | | 61.90 | 136.90 |
| Martha Drake | 38.64 | | | 23.81 | 71.43 | 133.87 |
| 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 |



Above: Jess Sorgule at the Yappy Dog and to the right Justin Ricks

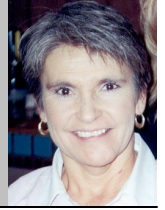
Pics provided by Ross Barnhart





Colorado Marathon/Half Marathon, May 3, 2009, Ft. Collins

By Marijane Martinez



Almost the entire week before the Colorado Half Marathon it rained. I had friends (Donna & Ron Pfeffer) flying in from Las Vegas and their flight which was scheduled to land Friday, May 1st was cancelled due to the weather at the Ft. Collins airport. On Saturday, May 2nd the day before the race the flight was delayed with the possibility of another cancellation but was eventually cleared for takeoff. Diane Lopez, Gloria Montoya, Carol Kinzy, Paula McCabe and I drove in two separate vehicles to Ft. Collins Saturday morning as I was staying one more night than them. The weather in Ft. Collins was overcast with consistent rainfall. Donna and Ron landed about the same time we arrived in Ft. Collins. We met them at the expo at the host hotel where the majority of our group was staying. Stella Heffron also met us at the expo. Initially we had planned on going out to dinner but decided instead to stay at the host hotel and have the pasta buffet. It was a good choice as the food was delicious

and we didn't have to deal with the rainfall outside. Nicole Aguilar who lives in Ft. Collins and was also going to run the half marathon and her husband Chris joined us as well. We were all going to run the half with the exception of Carol Kinzy who was going to run the marathon and Ron from Las Vegas who was going to run the 5k. Amy Clark of Pueblo also ran the half marathon – her first.

The morning of the half it was overcast with no rainfall, ideal conditions for a race. The buses for the marathon departed the hotel at 5:00 a.m. and the half marathon buses began departing at 5:45a.m. Donna had a difficult time acclimating to the Colorado cool morning weather. The race was extremely well organized with plenty of aid stations and volunteers and mile markers at every mile. It is a runner friendly course which is scenic yet challenging. Terry Cathcart's son, Brian is one of the race directors and Terry was there to help with the event. After the race we saw

Maribeth Butler-Sisnroy and Martha Drake who had also run the half. Laurice Lopez-Cepero ran the marathon. After the race there was free pizza and beer at the awards ceremony! Carol placed first in the Grand Masters (50 & over, Carol is 61!); Stella was the second overall Masters (40-49) and I placed second in my age division (55-59). All of Pueblo and Las Vegas runners ran well and we were all pleased with our times.

This is a great event which is extremely well organized and I highly recommend it. The shirts are good quality and nice looking. There were 1,281 finishers in the half, 394 male, 887 female. There were 1,000 finishers in the marathon, 551 male, 449 female. It was a great weekend with friends doing what we love and I hope to do it again next year.



Colorado Marathoners and Half Marathoners

Back Row L to R: Laurice Lopez-Cepero, Stella Heffron, Donna Pfeffer,
Terry Cathcart, Ron Pfeffer, Gloria Montoya
Front Row L to R: Diane Lopez, Marijane Martinez, Carol Kinzy,
Paula McCabe

Photo By: Keith Hinrichs



Pueblo Prevent-A-Thon 2009 Saturday, June 20th, 2009

By Chris Reichert, Director Diabetes Care Center at Parkview



We all have family or friends who are affected by diabetes. We invite you to join

the Pueblo Community Diabetes Project on Saturday, June 20th, 2009 for a 5K Run or 2 Mile Walk beginning and ending at Pueblo Community College, going through the beautiful Aberdeen area and City Park.

The Run/Walk registration form is enclosed. There will be awards for all runners by age group as well as over-all male and female runner. **All entrants will receive a Prevent-A-Thon T-shirt, free entry to the concert that night at the Riverwalk and tickets into the Little Britches Rodeo National Finals in August.**

The purpose of the Pueblo Community Diabetes Project is to prevent diabetes, increase early diagnosis, support effective education and behavior change and promote evidence-based treatment. Funds raised through this day-long event help ensure ongoing support for our current programs:

- diabetes prevention programs for adults, teens and children
- diabetes self-management education for the under and uninsured
- diabetes testing supplies for those in need
- prevention education through Health-E kiosks
- prevention education through the school systems
- sponsorship of Pueblo child/children for Diabetes Summer Camp

On the back of the Run/Walk registration form, you will find all the

events of the day and evening described – the Run/Walk, Horseshoe Pitching Tournament, Poker Run and Concert at the Riverwalk in the evening. The evening concert features five different bands – Martini Shot, Dizzy Sphere, The Barnburners, Hitlist and Phil Taylor and Rachel James.

Please come join us for a fun-filled day and evening while also helping improve the health of Pueblo!

For more information or to register call 719-544-6391 or go to:

www.pueblodiabetes.org.

Registration will also be available at 1st and Main Bar and Grill, 117 N. Main St., on Friday, June 19th from 6–9pm.

Race Day registration is from 7:45am to 8:30am at Pueblo Community College.



The Country Music Marathon / Half Marathon

By Joe Bulow

The Country Music Marathon and Half Marathon in Nashville, TN this past April was a challenging but very fun experience for me. I ran with and helped pace my sister, Jane, in the half marathon while my brother, Matt, ran ahead of us. This was all of our first times to run this race.

This event has grown in popularity and number of participants every year since it started 10 years ago with this past April's race attracting 35,000 runners. Country music bands are located at every mile marker to encourage the runners and keep the spectators entertained as they wait for their family members or friends to run past among the sea of racers.



The two routes continue together from Centennial Park near Vanderbilt University and through downtown,

passing the honky-tonk bars, Nashville Predators' arena and the Country Music Hall of Fame. The moderately hilly course rolls down Music Row (where all the music studios are located) and then loops back to downtown Nashville. The half marathon veers off at about mile 11 toward the Tennessee Titans' football stadium, where both races eventually finish.

Race numbers served as free tickets to the post-race concert the evening after the race.

The aid stations were well stocked with Cytomax energy drink and water and most of the 13.1 M course was lined with cheering spectators, which helped motivate us along. Temperature at race start was 72 degrees and warmed up to 80 degrees for the latter part of our race, sunny skies with a slight breeze that actually felt really good.



Although the post-race feed was plentiful and included a wide variety of offerings, the long cattle call-like maze the racers were required to walk through after the finish was my only negative memory of this wonderful event. I would highly recommend the trip to Nashville next April for this marathon experience.



The Spank Blasing 10K Results

(top 3 in each division - for complete results, see the SCR website)



| 10k Age Groups | | | | |
|------------------------|-----------------------|-----|------------------|-----------|
| Overall Female Winners | | | | |
| Place | Name | Age | City | Time |
| 1 | LAUREN DUNSMOOR | 25 | PUEBLO | 50:05.3 |
| 2 | CAROL KINZY | 61 | PUEBLO | 50:19.8 |
| 3 | DENISE RICKS | 28 | PUEBLO | 52:38.9 |
| Female 9 and under | | | | |
| Place | Name | Age | City | Time |
| 1 | ADRIANA ARTEAGA | ** | PUEBLO | 1:10:59.0 |
| Female 21 to 25 | | | | |
| Place | Name | Age | City | Time |
| 1 | SARAH SHIFLETT | 22 | PUEBLO | 56:14.2 |
| Female 26 to 30 | | | | |
| Place | Name | Age | City | Time |
| 1 | DEANNA PLATT | 30 | PUEBLO WEST | 53:41.6 |
| 2 | MEREDITH MAKSIMOWILZ | 27 | COLORADO SPRINGS | 57:15.1 |
| Female 31 to 35 | | | | |
| Place | Name | Age | City | Time |
| 1 | REBECCA RIOPELLE | 35 | PEYTON | 1:04:40.2 |
| 2 | BOBBI JO AUNE | 32 | CANON CITY | 1:14:11.3 |
| Female 36 to 40 | | | | |
| Place | Name | Age | City | Time |
| 1 | KRISTINE SPINUZZI | 39 | PUEBLO | 54:29.8 |
| 2 | TAMALA SAMMONS | 38 | PUEBLO WEST | 57:57.2 |
| Female 41 to 45 | | | | |
| Place | Name | Age | City | Time |
| 2 | RHONDA UBER | 43 | PUEBLO | 1:01:38.0 |
| Female 46 to 50 | | | | |
| Place | Name | Age | City | Time |
| 1 | STACEY DIAZ | 48 | PUEBLO | 53:51.7 |
| 2 | JUANITA PETERS | 48 | BONCARBO | 54:47.5 |
| 3 | ALICE FITZGERALD | 47 | TRINIDAD | 55:59.2 |
| Female 51 to 55 | | | | |
| Place | Name | Age | City | Time |
| 1 | MARTHA DRAKE | 55 | PUEBLO WEST | 1:00:37.0 |
| Female 56 to 60 | | | | |
| Place | Name | Age | City | Time |
| 1 | CAROL BRIMMEIER | 56 | TRINIDAD | 54:49.0 |
| 2 | PAULETTE ARNS | 56 | PUEBLO WEST | 1:02:07.3 |
| N/T | M. MAUPRIVEZ-MACK | 60 | COLORADO SPRINGS | - |
| Female 61 to 70 | | | | |
| Place | Name | Age | City | Time |
| 1 | KATHERINE SINGER | 68 | LAS VEGAS | 1:03:53.4 |
| 2 | JESSIE QUINTANA | 65 | PUEBLO WEST | 1:11:26.9 |
| 3 | DONNA NICHOLIS-GRIESE | 62 | COALDALE | 1:13:18.7 |

| 10k Age Groups | | | | |
|----------------------|---------------------|-----|------------------|-----------|
| Overall Male Winners | | | | |
| Place | Name | Age | City | Time |
| 1 | CHARLIE GRAY | 54 | PUEBLO | 38:41.9 |
| 2 | PAUL KOCH | 41 | COLORADO SPRINGS | 39:43.2 |
| 3 | AARON LEVINSON | 20 | PUEBLO | 41:58.5 |
| 10 - 15 | | | | |
| Place | Name | Age | City | Time |
| 1 | CHARLIE LUCERO | 13 | PUEBLO | 44:27.9 |
| 21 - 25 | | | | |
| Place | Name | Age | City | Time |
| 1 | DAVIN BLUBAUGH | 25 | COLORADO SPRINGS | 54:20.3 |
| N/T | MARCO RIOS | 23 | CENTENNIAL | - |
| N/T | AVELEREZ SHOOP | 22 | PUEBLO | - |
| 26 - 30 | | | | |
| Place | Name | Age | City | Time |
| 1 | MATTHEW WERTIN | 30 | PUEBLO | 50:50.8 |
| 2 | MIKE BABCOCK | 30 | PUEBLO | 52:05.0 |
| 3 | DONNELL LEOMITI | 30 | PUEBLO | 52:59.4 |
| 31 - 35 | | | | |
| Place | Name | Age | City | Time |
| 1 | LORENZO GARBISO | 32 | WOODLAND PARK | 45:07.9 |
| 2 | KERMIT SNYDER | 31 | PUEBLO | 46:03.9 |
| 3 | JOSE MARCANO | 33 | PUEBLO | 55:25.9 |
| 36 - 40 | | | | |
| Place | Name | Age | City | Time |
| 1 | CALVIN EISENACH | 39 | COLORADO SPRINGS | 49:32.6 |
| 2 | RITCHIE DEYOUNG | 40 | PUEBLO | 1:00:29.6 |
| 3 | KENNEDY ONDIEKI | 40 | PUEBLO | 1:24:54.4 |
| 41 - 45 | | | | |
| Place | Name | Age | City | Time |
| 1 | BOBBY VALENTINE | 44 | PUEBLO | 42:32.1 |
| 2 | BRIAN ROPP | 45 | PUEBLO | 42:58.2 |
| 3 | JOHN ROLDAN | 41 | PUEBLO | 45:07.4 |
| 46 - 50 | | | | |
| Place | Name | Age | City | Time |
| 1 | TOM RATZLAFF | 48 | PUEBLO | 48:47.0 |
| 2 | CHRIS GREDIG | 49 | PUEBLO | 48:47.6 |
| 3 | MANNY DEYOUNG | 47 | PUEBLO | 49:50.9 |
| 51 - 55 | | | | |
| Place | Name | Age | City | Time |
| 1 | RICH HADLEY | 53 | FLORENCE | 41:59.7 |
| 2 | TIMOTHY SMITH | 51 | COLORADO SPRINGS | 42:48.0 |
| 3 | HUMBERTO PAREDES | 52 | PUEBLO WEST | 47:05.6 |
| 56 - 60 | | | | |
| Place | Name | Age | City | Time |
| 1 | DONALD SALING | 58 | PUEBLO WEST | 59:53.7 |
| N/T | MICHAEL ATLAS-ACUNA | 58 | PUEBLO | - |
| 61 - 70 | | | | |
| Place | Name | Age | City | Time |
| 1 | MALCOLM SINGER | 68 | LAS VEGAS | 1:07:31.4 |
| 10k Clydesdale | | | | |
| Place | Name | Age | City | Time |
| 1 | BOB GONZALES | ** | PUEBLO | 1:11:03.7 |

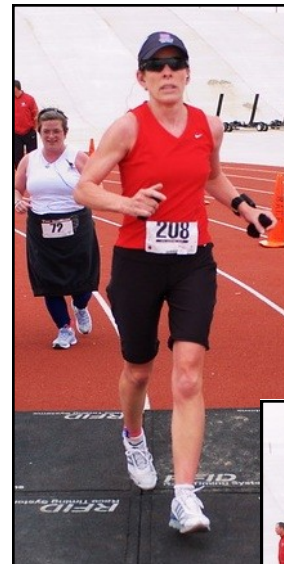
| 5k Age Groups | | | | |
|------------------------|----------------------|-----|------------------|---------|
| Overall Female Winners | | | | |
| Place | Name | Age | City | Time |
| 1 | PAULA MCCABE | 36 | PUEBLO | 26:13.4 |
| 2 | KELLIBERG | 24 | PUEBLO | 27:04.1 |
| 3 | EMILY BATSON | 31 | PUEBLO WEST | 27:04.6 |
| Female 9 and under | | | | |
| Place | Name | Age | City | Time |
| 1 | EMILY LUCERO | 8 | PUEBLO | 34:08.1 |
| Female 10 to 15 | | | | |
| Place | Name | Age | City | Time |
| 1 | KODIBUCHONON | 13 | PUEBLO | 39:51.4 |
| 2 | ALEXIS DURAN | 11 | PUEBLO | 40:07.6 |
| Female 16 to 20 | | | | |
| Place | Name | Age | City | Time |
| 1 | SAMANTHA DAVENPORT | 20 | COLORADO CITY | 27:56.5 |
| 2 | BIANCA CISNEROS | 17 | PUEBLO WEST | 31:50.4 |
| 3 | ASHLIE DAVENPORT | 19 | PUEBLO | 52:14.9 |
| Female 21 to 25 | | | | |
| Place | Name | Age | City | Time |
| 1 | MINDY MADONE | 23 | PUEBLO WEST | 33:22.1 |
| 2 | KALYA SQUIRES | 22 | PUEBLO | 34:09.0 |
| 3 | JEANNA BARNES | 24 | PUEBLO | 37:07.7 |
| Female 26 to 30 | | | | |
| Place | Name | Age | City | Time |
| 1 | KALLENGE WEST | 30 | PUEBLO | 27:16.2 |
| 2 | CRYSTAL FAIRBARN | 27 | PUEBLO | 31:18.5 |
| 3 | JEN SAMORA | 28 | PUEBLO | 34:48.2 |
| Female 31 to 35 | | | | |
| Place | Name | Age | City | Time |
| 1 | THERESA GONZALES | 31 | PUEBLO | 28:32.5 |
| 2 | SARA ABEYTA | 31 | PUEBLO WEST | 32:56.1 |
| 3 | DEEDEE MEDINA | 32 | PUEBLO | 37:37.2 |
| Female 36 to 40 | | | | |
| Place | Name | Age | City | Time |
| 1 | DANA MAAL | 37 | PUEBLO WEST | 33:27.0 |
| 2 | MINDY CHAPMAN | 40 | PUEBLO | 33:45.4 |
| 3 | LAURA FARMER | 36 | PUEBLO WEST | 40:13.1 |
| Female 41 to 45 | | | | |
| Place | Name | Age | City | Time |
| 1 | MISTY FREY | 41 | COLORADO SPRINGS | 31:57.2 |
| 2 | LEANNE ROPP | 45 | PUEBLO | 33:17.4 |
| 3 | GINA LONG | 44 | PUEBLO | 33:26.8 |
| Female 46 to 50 | | | | |
| Place | Name | Age | City | Time |
| 1 | MARY HUMPHREYS | 46 | PUEBLO WEST | 31:35.0 |
| 2 | JANET DIAZ | 46 | PUEBLO | 31:46.3 |
| 3 | KAREN JONES | 47 | PUEBLO | 34:39.5 |
| Female 51 to 55 | | | | |
| Place | Name | Age | City | Time |
| 1 | MARIANNE MAKSIMOWICZ | 52 | COLORADO SPRINGS | 34:31.7 |
| 2 | JACKELYN HOUTCHENS | 51 | ROCKY FORD | 35:48.4 |
| 3 | CINDY NICOLAY | 53 | PUEBLO WEST | 37:51.7 |
| Female 56 to 60 | | | | |
| Place | Name | Age | City | Time |
| 1 | MARJANE MARTINEZ | 56 | LAS VEGAS | 28:57.9 |
| 2 | MARQUITA SANCHEZ | 58 | PUEBLO WEST | 41:19.1 |
| 3 | DEVON MEDINA | 60 | PUEBLO | 43:23.3 |
| Female 61 to 70 | | | | |
| Place | Name | Age | City | Time |
| 1 | GLORIA MONTOYA | 61 | PUEBLO | 34:00.5 |
| 5k Filly | | | | |
| Place | Name | Age | City | Time |
| 1 | KATIE STEWART | 24 | COLORADO SPRINGS | 35:18.7 |
| 2 | GAERYAN | 38 | PUEBLO | 42:43.6 |
| 3 | KERRY ROMAN | 36 | PUEBLO | 53:52.8 |

| 5k Age Groups | | | | |
|----------------------|---------------------|-----|------------------|---------|
| Overall Male Winners | | | | |
| Place | Name | Age | City | Time |
| 1 | LEVIMEDINA | 21 | PUEBLO | 18:56.7 |
| 2 | DAVID LUNA | 13 | PUEBLO | 22:13.4 |
| 3 | ROBERT LUCERO | 37 | PUEBLO | 23:17.2 |
| Male 9 and under | | | | |
| Place | Name | Age | City | Time |
| 2 | LUCAS ESPINOZA | 9 | PUEBLO | 49:08.9 |
| 10 - 15 | | | | |
| Place | Name | Age | City | Time |
| 1 | ZEB MEIER | 11 | PUEBLO | 30:06.1 |
| 2 | TANNER SNYDER | 12 | PUEBLO WEST | 30:43.6 |
| 3 | DAVID MARTIN | 14 | WESTCLIFFE | 31:27.2 |
| 16 - 20 | | | | |
| Place | Name | Age | City | Time |
| 2 | TYLER LUNDQUIST | 20 | ROCKY FORD | 51:02.2 |
| 21 - 25 | | | | |
| Place | Name | Age | City | Time |
| 2 | AARON MADISON | 25 | COLORADO SPRINGS | 32:32.6 |
| N/T | JOE LIVINGSTON | 24 | PUEBLO | - |
| 26 - 30 | | | | |
| Place | Name | Age | City | Time |
| 1 | PAUL LARSON | 30 | PUEBLO WEST | 28:18.9 |
| 2 | DEREK GENNA | 29 | PUEBLO | 33:48.1 |
| 3 | GABRIEL MARMOLEJO | 29 | PUEBLO | 34:42.2 |
| 31 - 35 | | | | |
| Place | Name | Age | City | Time |
| 1 | REGIE MARQUEZ | 32 | PUEBLO | 23:44.7 |
| 2 | JASON RAMES | 35 | PUEBLO | 25:40.4 |
| 3 | JOSHUA AGUILAR | 33 | PUEBLO | 29:10.6 |
| 36 - 40 | | | | |
| Place | Name | Age | City | Time |
| 1 | GREG GAUNA | 39 | PUEBLO | 27:59.1 |
| 2 | FRANK LOPEZ -CEPERO | 40 | PUEBLO | 31:55.5 |
| N/T | JOEL HAWKINS | 38 | COLORADO SPRINGS | - |
| 41 - 45 | | | | |
| Place | Name | Age | City | Time |
| 2 | DON HAWKINS | 42 | PUEBLO WEST | 23:51.2 |
| 3 | STEVE WALL | 45 | PUEBLO | 25:44.2 |
| 46 - 50 | | | | |
| Place | Name | Age | City | Time |
| 1 | MARK GURULE | 47 | PUEBLO | 24:02.6 |
| 2 | CHRIS RILEY | 48 | PUEBLO | 25:49.6 |
| 3 | CHIEF RENO | 47 | PUEBLO | 26:01.9 |
| 51 - 55 | | | | |
| Place | Name | Age | City | Time |
| 1 | DAN COMDEN | 55 | PUEBLO | 34:43.5 |
| 2 | EUGENE AGUILAR | 54 | PUEBLO | 36:13.1 |
| 3 | BOBBY DAY | 53 | PUEBLO | 41:56.9 |
| 56 - 60 | | | | |
| Place | Name | Age | City | Time |
| 1 | DAVE DIAZ | 60 | PUEBLO | 25:29.1 |
| 2 | GARY MARTIN | 58 | WESTCLIFFE | 31:27.7 |
| 3 | RAUL SAN MIGUEL | 58 | PUEBLO | 31:51.7 |
| 61 - 70 | | | | |
| Place | Name | Age | City | Time |
| 1 | JOHN ROMAN | 64 | PUEBLO | 26:45.9 |
| 2 | BOB GASSEN | 62 | CANON CITY | 28:56.1 |
| 3 | PATRICK SWANK | 61 | PUEBLO | 29:34.9 |
| 5k Clydesdale | | | | |
| Place | Name | Age | City | Time |
| 1 | MATTHEW COMDEN | 23 | PUEBLO | 26:10.0 |
| 2 | DONNNY SIMONY | 36 | PUEBLO | 26:18.5 |
| 3 | NATHAN COMDEN | 23 | COLORADO SPRINGS | 29:19.9 |



The Spank Blasing Photos

(Courtesy Larry Volk)



Some of the Spank Finishers

Row 1: Dave Diaz, Reggie Marquez, Marijane Martinez, Laura Blasing

Row 2: Chris Riley, Phil Quattlebaum, Leanne Ropp, Stacey Diaz

Right: Lauren Dunsmoor

**Order Photos through EventPictures.com
Go to the SCR website and click results for more information**



The Lake Pueblo Arkansas Point Bike Challenge

April 26th

Pics courtesy of Larry Volk





The Cinco de Mayo Results

(top 3 in each division
for complete results, see the SCR website)



5K Results

| PI | FIRST NAME | LAST NAME | Sx | GPI | Group | Time |
|-----|----------------|---------------|----|-----|-------|-------|
| 57 | Emily | Lucero | F | 1 | F0119 | 27:03 |
| 61 | Bianca | Cisneros | F | 2 | F0119 | 27:30 |
| 63 | Jessica | Wilson | F | 3 | F0119 | 27:34 |
| 23 | Kelli | Berg | F | 1 | F2029 | 22:24 |
| 37 | Mikalann | Medina | F | 2 | F2029 | 23:39 |
| 47 | Ashlee | Guadagnoli | F | 3 | F2029 | 25:24 |
| 22 | Kallene | West | F | 1 | F3039 | 22:06 |
| 28 | Cheryl | Farrer | F | 2 | F3039 | 22:52 |
| 32 | Alicia | Bourdon | F | 3 | F3039 | 23:13 |
| 35 | Emily | Borrego | F | 1 | #4049 | 23:28 |
| 48 | Mary | Humphreys | F | 2 | #4049 | 25:34 |
| 70 | Rosa | Navarro-Bruce | F | 3 | #4049 | 28:11 |
| 53 | Tricia | Davis | F | 1 | F5059 | 26:17 |
| 101 | Cindy | Nicolay | F | 2 | F5059 | 31:41 |
| 117 | Marquita | Sanchez | F | 3 | F5059 | 35:19 |
| 5 | Kyle | Johnston | M | 1 | M0119 | 19:42 |
| 6 | Timothy | Urenda | M | 2 | M0119 | 19:46 |
| 10 | Marcus | Gurule | M | 3 | M0119 | 20:04 |
| 1 | Levi | Medina | M | 1 | M2029 | 15:36 |
| 11 | Erik | Nelson | M | 2 | M2029 | 20:09 |
| 13 | Matthew | Comden | M | 3 | M2029 | 21:04 |
| 2 | Gary | Moore | M | 1 | M3039 | 18:37 |
| 3 | Robert (Chuck) | Lucero | M | 2 | M3039 | 19:08 |
| 7 | Jake | Book | M | 3 | M3039 | 19:47 |
| 4 | Michael | Barris | M | 1 | M4049 | 19:14 |
| 8 | Don | Hawkins | M | 2 | M4049 | 19:47 |
| 9 | Mark | Gurule | M | 3 | M4049 | 19:47 |
| 36 | Johnny | Garcia | M | 1 | M5059 | 23:35 |
| 40 | Wesley | Martinez | M | 2 | M5059 | 24:04 |
| 43 | Henry | Berg | M | 3 | M5059 | 24:31 |
| 19 | John | Roman | M | 1 | M6069 | 21:53 |
| 33 | Bob | Gassen | M | 2 | M6069 | 23:24 |
| 103 | Patrick | Milligan | M | 3 | M6069 | 32:05 |
| 105 | Ralph | Regalado | M | 1 | M7099 | 32:45 |

10K Results

| PI | FIRST NAME | LAST NAME | Sx | GPI | Group | Time |
|----|------------|------------------|----|-----|-------|---------|
| 5 | Lindsey | Book | F | 1 | F2029 | 41:19 |
| 24 | Denise | Ricks | F | 2 | F2029 | 49:37 |
| 47 | Maggie | Welte | F | 3 | F2029 | 57:23 |
| 21 | Ana | Bentz | F | 1 | F3039 | 47:02 |
| 22 | Kristy | Milligan | F | 2 | F3039 | 47:07 |
| 25 | Teri | Fox | F | 3 | F3039 | 50:02 |
| 28 | Karen | Ortiz | F | 1 | #4049 | 50:40 |
| 33 | Carmen | Brown Coseno | F | 2 | #4049 | 51:53 |
| 36 | Kristine | Spinuzzi | F | 3 | #4049 | 53:15 |
| 29 | Catherine | Gomez | F | 1 | F5059 | 50:44 |
| 30 | Karen | Bowler | F | 2 | F5059 | 51:01 |
| 41 | Jan | Huie | F | 3 | F5059 | 54:37 |
| 61 | Jessie | Quintana | F | 1 | F6069 | 1:08:37 |
| 65 | Donna | Nicholas-Griesel | F | 2 | F6069 | 1:10:29 |
| 68 | Nancy | Mitrick | F | 3 | F6069 | 1:23:01 |
| 8 | Jarred | Ortiz | M | 1 | M0119 | 42:57 |
| 10 | Adrian | Montour | M | 2 | M0119 | 43:19 |
| 14 | Charlie | Lucero | M | 3 | M0119 | 44:36 |
| 1 | Justin | Ricks | M | 1 | M2029 | 33:15 |
| 4 | Aaron | Levinson | M | 2 | M2029 | 39:12 |
| 27 | Joe | Gonzales | M | 3 | M2029 | 50:20 |
| 7 | Regie | Marquez | M | 1 | M3039 | 42:32 |
| 9 | Matt | Sherman | M | 2 | M3039 | 43:11 |
| 20 | Calvin | Eisenach | M | 3 | M3039 | 46:56 |
| 3 | Paul | Koch | M | 1 | M4049 | 38:30 |
| 6 | Bobby | Valentine | M | 2 | M4049 | 41:55 |
| 11 | John | Roldan | M | 3 | M4049 | 43:28 |
| 2 | Charlie | Gray | M | 1 | M5059 | 37:52 |
| 16 | Humberto | Paredes | M | 2 | M5059 | 45:29 |
| 38 | Mike | Borton | M | 3 | M5059 | 53:45 |
| 13 | Dave | Diaz | M | 1 | M6069 | 44:13 |
| 19 | Lou | Huie | M | 2 | M6069 | 46:33 |
| 51 | Henry | Hund | M | 3 | M6069 | 58:43 |



The Cinco de Mayo Photos

Courtesy Larry Volk



Above: Marcus Gurule, John Roman just ahead of Chief Reno & Rod Ware, Emily Borrego
Below: Cheryl Farrer outlasts Gene Mares, Todd Kelly, Ron Dehn & Melissa Mestas





The Wild Wild West Fest

Run With The Bulls

Results



5K

| Pl | Time | First | Last | Sx | Ag | Pl | Time | First | Last | Sx | Ag | Pl | Time | First | Last | Sx | Ag |
|----|-------|----------|--------------|----|----|-----|-------|-----------|--------------|----|----|-----|-------|----------|-------------|----|----|
| 1 | 15:48 | Levi | Medina | M | 21 | 54 | 25:56 | Tanya | Van Wagenen | F | 36 | 107 | 34:01 | Melanie | Hughes | F | 37 |
| 2 | 17:17 | Jordan | Montera | M | 16 | 55 | 25:57 | Donald | Nunez | M | 40 | 108 | 34:11 | Danielle | Soto | F | 33 |
| 3 | 18:02 | Nigel | Miller | M | 21 | 56 | 26:00 | Darryl | Clark | M | 48 | 109 | 34:14 | Meredy | Brownstein | F | 52 |
| 4 | 19:07 | Gary | Moore | M | 33 | 57 | 26:13 | Frank | Lopez-Cepero | M | 40 | 110 | 34:18 | Kira | Hughes | F | 6 |
| 5 | 19:57 | Aaron | Levinson | M | 20 | 58 | 26:18 | Patrick | Swank | M | 61 | 111 | 34:19 | Dennis | Wait | M | 54 |
| 6 | 20:04 | Bobby | Valentine | M | 44 | 59 | 26:21 | Tamala | Sammons | F | 38 | 112 | 34:20 | Casey | Edwards | M | 29 |
| 7 | 20:19 | Kyle | Johnston | M | 13 | 60 | 26:22 | Mary | Humphreys | F | 46 | 113 | 34:23 | Lisha | Gomez | F | 35 |
| 8 | 20:20 | Brian | Ropp | M | 45 | 61 | 26:40 | Jessie | Jackson | M | 50 | 114 | 34:55 | Renna | Ehrman | F | 20 |
| 9 | 21:16 | Jason | Ramos | M | 36 | 62 | 26:45 | Meredith | Maksimowicz | F | 27 | 115 | 34:56 | Robert | Quintana Jr | M | 40 |
| 10 | 21:26 | John | Musso | M | 39 | 63 | 26:46 | Ken | Hughes | M | 39 | 116 | 36:08 | Gae | Ryan | F | 38 |
| 11 | 21:28 | Kevin | Reilly | M | 41 | 64 | 27:04 | Tina | Valdez | F | 36 | 117 | 38:08 | Barbara | Leyba | F | 43 |
| 12 | 21:32 | Donny | Simony | M | 36 | 65 | 27:09 | Jake | West | M | 29 | 118 | 38:45 | Greg | Saccomano | M | 48 |
| 13 | 21:43 | Chief | Reno | M | 47 | 66 | 27:14 | Terra | Spinuzzi | F | 22 | 119 | 39:28 | Dawn | Varian | F | 39 |
| 14 | 21:48 | Chris | Riley | M | 48 | 67 | 27:31 | Thomas | Coseno | M | 59 | 120 | 40:09 | Andrea | Montano | F | 27 |
| 15 | 21:49 | Brian | Sumpter | M | 14 | 68 | 27:34 | Tina | Corpuz | F | 35 | 121 | 40:10 | Kim | Mueller | F | 33 |
| 16 | 21:56 | Ulises | Flores | M | 13 | 69 | 27:36 | Darrell | Olson | M | 49 | 122 | 40:44 | Ken | Holmes | M | 64 |
| 17 | 21:56 | Steve | Wall | M | 45 | 70 | 27:45 | Paulette | Arns | F | 56 | 123 | 43:01 | Judy | Leonard | F | 59 |
| 18 | 22:02 | David | Baker | M | 51 | 71 | 27:53 | Rhonda | Uber | F | 44 | 124 | 43:02 | Donald | Saling | M | 58 |
| 19 | 22:03 | Manny | DeYoung | M | 47 | 72 | 27:59 | Zeb | Meier | M | 11 | 125 | 43:34 | Beverly | Van Cleave | F | 59 |
| 20 | 22:23 | Jamie | Thurston | M | 16 | 73 | 28:00 | Jan | Alcala | F | 40 | 126 | 43:35 | Victoria | Edwards | F | 27 |
| 21 | 22:27 | Dave | Diaz | M | 60 | 74 | 28:17 | Amy | West | F | 28 | 127 | 43:41 | Mark | Montano | M | 30 |
| 22 | 22:40 | Emily | Batson | F | 32 | 75 | 28:22 | Benjamin | Roth | M | 13 | 128 | 44:09 | Earl | Cowley | M | 71 |
| 23 | 22:42 | Roderick | Ware | M | 33 | 76 | 28:23 | Susan | Hirst | F | 48 | 129 | 45:49 | Leanne | Ropp | F | 45 |
| 24 | 22:44 | Craig | Johnson | M | 44 | 77 | 28:29 | Rick | Acosta | M | 57 | 130 | 47:08 | Adam | Schultz | M | 33 |
| 25 | 22:46 | Kallene | West | F | 30 | 78 | 28:53 | Juli | Dickerson | F | 37 | 131 | 47:09 | Kelle | Thomas | F | 30 |
| 26 | 22:47 | Kelli | Berg | F | 24 | 79 | 28:53 | Joanna | Gibbs | F | 39 | | | | | | |
| 27 | 22:50 | Gene | Mares | M | 46 | 80 | 28:54 | Rex | Gibbs | M | 38 | | | | | | |
| 28 | 22:51 | Jair | Flores | M | 11 | 81 | 29:15 | Elizabeth | Wallin | F | 23 | | | | | | |
| 29 | 22:53 | Dennis | Gach | M | 42 | 82 | 29:33 | Marianne | Maksimowicz | F | 52 | | | | | | |
| 30 | 22:54 | Paula | McCabe | F | 36 | 83 | 29:34 | Alison | Kochenberger | F | 28 | | | | | | |
| 31 | 23:04 | Bill | Vege s Jr | M | 51 | 84 | 29:42 | Jennelle | Potter | F | 28 | | | | | | |
| 32 | 23:08 | Paul | Larson | M | 30 | 85 | 29:48 | Misty | Sprague | F | 31 | | | | | | |
| 33 | 23:10 | Cheryl | Farrer | F | 36 | 86 | 29:49 | Sheena | Bridges | F | 34 | | | | | | |
| 34 | 23:28 | David | Eckhardt | M | 42 | 87 | 30:02 | Debbie | Walters | F | 48 | | | | | | |
| 35 | 23:29 | Jill | Miller | F | 53 | 88 | 30:02 | Shawna | Nunez | F | 36 | | | | | | |
| 36 | 23:34 | Jace | Montera | M | 12 | 89 | 30:09 | Deana | Schrock | F | 30 | | | | | | |
| 37 | 23:43 | Mary | Akin | F | 30 | 90 | 30:10 | Jennifer | Samora | F | 28 | | | | | | |
| 38 | 23:46 | Anthony | Diaz | M | 51 | 91 | 30:36 | Valerie | Elson | F | 29 | | | | | | |
| 39 | 23:49 | Jose | Flores | M | 42 | 92 | 30:59 | Thomas | Meehan | M | 45 | | | | | | |
| 40 | 23:56 | Kevin | Hughes | M | 9 | 93 | 31:03 | James | Billings | M | 56 | | | | | | |
| 41 | 23:57 | Jessica | Kleven | F | 13 | 94 | 31:07 | Mary Jean | Gradisar | F | 51 | | | | | | |
| 42 | 24:01 | Jill | Swerdfe ger | F | 37 | 95 | 31:32 | Karen | Jones | F | 47 | | | | | | |
| 43 | 24:04 | Laurice | Lopez-Cepero | F | 37 | 96 | 31:42 | Kaely | McNeely | F | 23 | | | | | | |
| 44 | 24:28 | Matthew | Billings | M | 31 | 97 | 31:42 | Amanda | Swope | F | 27 | | | | | | |
| 45 | 24:34 | Bob | Gassen | M | 62 | 98 | 31:54 | Jessica | Gross | F | 28 | | | | | | |
| 46 | 24:40 | Renee | Johnson | F | 35 | 99 | 32:07 | Cindy | Nicolay | F | 53 | | | | | | |
| 47 | 24:50 | Mike | Hurley | M | 39 | 100 | 33:11 | Melissa | Styduhar | F | 28 | | | | | | |
| 48 | 25:06 | Deanna | Platt | F | 30 | 101 | 33:27 | Jessie | Quintana | F | 65 | | | | | | |
| 49 | 25:14 | Michael | Sumpter | M | 12 | 102 | 33:28 | Catherine | Smith | F | 33 | | | | | | |
| 50 | 25:16 | Crystal | Fairbairn | F | 27 | 103 | 33:29 | Laurie | Butler | F | 34 | | | | | | |
| 51 | 25:39 | Tanner | Snyder | M | 12 | 104 | 33:33 | Richard | Emond | M | 46 | | | | | | |
| 52 | 25:52 | Ashlee | Guadagnoli | F | 23 | 105 | 33:35 | Riki | Acosta | F | 36 | | | | | | |
| 53 | 25:55 | Ashley | Samek | F | 24 | 106 | 33:47 | Amanda | Jones | F | 21 | | | | | | |

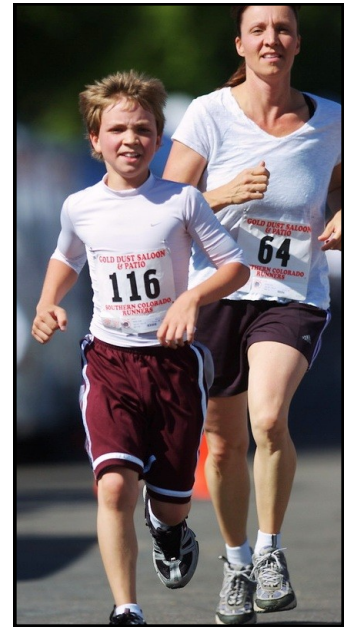
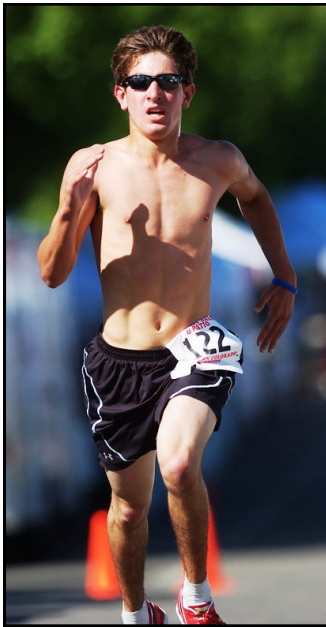
2 Mile

| Pl | Time | First | Last | Sx | Ag |
|----|-------|------------|------------|----|----|
| 1 | 24:57 | Tammy | Mai | F | 39 |
| 2 | 26:40 | Kent | Kleven | M | 8 |
| 3 | 26:41 | Lauren | Kleven | F | 10 |
| 4 | 27:03 | Angela | Kleven | F | 37 |
| 5 | 27:04 | Jalyn | Robinson | F | 38 |
| 6 | 27:06 | Mark | Kleven | M | 38 |
| 7 | 27:34 | Theresa | Bachicha | F | 47 |
| 8 | 27:35 | Shari | Clark | F | 47 |
| 9 | 27:42 | Marcia | Spinuzzi | F | 58 |
| 10 | 30:36 | Valerie | Jackson | F | 23 |
| 11 | 30:37 | Diana | Jackson | F | 48 |
| 12 | 30:38 | Monika | LeDoux | F | 38 |
| 13 | 33:15 | Bea | Jones | F | 64 |
| 14 | 33:16 | Marvin | Jones | M | 65 |
| 15 | 33:18 | Kerry | Roman | F | 36 |
| 16 | 33:41 | Stephanie | Garcia | F | 26 |
| 17 | 33:41 | Ranae | Pachek | F | 38 |
| 18 | 33:46 | Ken | Van Cleave | M | 63 |
| 19 | 33:48 | Linda | Hixon | F | 60 |
| 20 | 33:51 | Darrell | Hixon | M | 62 |
| 21 | 33:58 | Jody | Sigman | F | 25 |
| 22 | 33:59 | Billie Sue | Hocking | F | 56 |
| 23 | 34:01 | Roxanne | Sigman | F | 49 |
| 24 | 34:33 | Ashley | Pyle | F | 23 |
| 25 | 34:34 | Michael | Bensko | M | 27 |
| 26 | 34:38 | Marion | Schaeffer | F | 70 |



The Wild Wild West RWTB Photos

Pics courtesy of Larry Volk



Above: Jordan Montera, Aaron Levinson, Tamala Sammons,
SCR's Newest Member Zeb Meier & Jan Alcala

Below: Anthony Diaz, Mary Humphreys, Bobby Valentine, Steve Wall





Letters In Our Mailbox



To SCR President Don Pfost,

I came across Southern Colorado Runners online, and wanted to inquire as to whether anyone in your club would be interested in running the Denver Marathon (or Half Marathon or 4 person Marathon Relay) on October 18, 2009 to raise funds for the Denver Children's Hospital cancer center. I'm responsible for organizing, and recruiting runners for our charity team and 100% of the donations raised by our runners will go directly to the *Children's Hospital Center for Cancer and Blood Disorders*.

If anyone in your club is interested in joining our team (all experience levels are welcome), I can provide them a discount code that they can use when registering for the race which will not only provide them a \$10 discount off registration but also identify them as running for

the Children's Hospital team. If they've already registered for the marathon / half marathon / relay, they can still join our team. The Children's Hospital has set up a website where donations can be made online for our runners: www.thechildrenshospitalfoundation.org/MilesForTuesday

The goal would be for each runner to raise \$1000 in donations but this is obviously just a guideline given the current economy. Additional information can be found on the following website, which we've established in memory of Tuesday Whitt whose courageous battle with childhood cancer ended earlier this year: www.milesfortuesday.com. To learn more about Tuesday's story, you can also visit her mother's blog at <http://half12.blogspot.com/>.

Thanks for your time, and if you have

any questions regarding the race or our charity team please don't hesitate to contact me. I also have contacts at the Denver Marathon and Children's Hospital in case you have any questions that I can't address. Thanks again for your club's consideration, and please feel free to forward this email along and let me know if anyone would like to join our charity team!

Regards,

Bill Mell
303-589-0511 (mobile)
wjmell@q.com
www.milesfortuesday.com

"Running the Denver Marathon to raise funds for the Children's Hospital Center for Cancer"

Hello Pueblo Cyclist!

Mark your calendars and get ready to ride. On September 12th 2009, the inaugural Bike with Pike Westcliffe Adventure will take place in the lovely Wet Mountains and Valley of south-central Colorado, offering cyclist 100, 69 and 8-mile route options. The century route will challenge the hardest of riders offering over 9,000' of cumulated elevation. I am the Co-chairman of the event and hope to see you there! Online registration is now open. For more information point your browser to www.bikewithpike.org

Best Wishes,
Kevin

Kevin League
Co-chair
Bike with Pike Westcliffe Adventure
www.bikewithpike.org
info@bikewithpike.org
719-317-0544

SCR Volunteers,

Just wanted to say thanks to all that helped put on the Run with the Bulls race this morning - it was a great run, well organized and a great turnout for the first year! Special thanks to Ruth at the Gold Dust for the wonderful lunch!! Also, thanks for posting the results so quickly.

Mary H.



Punny Definitions

1. Coffee (n.), the person upon whom one coughs.
2. Flabbergasted (adj.), appalled over how much weight you have gained.
3. Abdicate (v.), to give up all hope of ever having a flat stomach.
4. Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.
5. Lymph (v.), to walk with a lisp.
6. Gargoyle (n.), olive-flavored mouthwash.
7. Flatulence (n.) emergency vehicle that picks you up after you are run over by a steamroller.
8. Balderdash (n.), a rapidly receding hairline.

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> |
|------------------|--------------------------|-------------|-------------|-----------------------|--|
| June | | | | | |
| 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 13 | The Stampede | 5K | 8am | Trinidad, CO | Trinidad Chamber 719-846-9285 |
| 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) |
| July | | | | | |
| Sat 04 | Liberty Point 5K | 5K | | Pueblo West | Stan Hren (terbear31@msn.com) |
| August | | | | | |
| 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) |
| September | | | | | |
| Sat 12 | Corporate C up 5K | 5K | | CSU-Pueblo | Hillary Pacheco-Hall (hpachecohall@puebloymca.org) |
| Sun 13 | Corporate C up 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 (lvolk@yahoo.com) |
| October | | | | | |
| Sat 24 | *Harvest Run & Bonfire | 5M | 5pm | SCR/Lovell Park PW | Dave Diaz (diazsd@aol.com) |
| November | | | | | |
| 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 |
| December | | | | | |
| 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) |

Check the SCR website for more information. Also, for many runs, the website has links to both hard copy and on-line registration forms.

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




SCR has a


new address.



 Our new address is:
 


 Southern Colorado Runners
 


 c/o Pueblo Family YMCA
 


 3200 Spaulding Avenue

 Pueblo, CO 81008

Stimulus Package

Hats off to Danny Cottrell. Danny is the owner of a pharmacy in Brewton, Alabama who decided to create his own stimulus package. Danny doled out \$16,000 in cash bonuses to his 24 employees. The full-time workers got \$700 each and the part-timers got \$350. The stipulations were that the workers had to donate 15% to a charity or person who was in worse shape than themselves, and they had to spend the rest at local businesses. They could not save the money or pay off existing debts. To help track the local impact, Danny handed out the bonuses in \$2 bills. How cool is that? *Footprints* takes off our hats and our running shoes to Danny Cottrell!

With all the bad news we see and hear, we'd like to report something positive. If you have someone that you feel deserves a *Footprints* salute, send it our way and we'll print it. Submit to: news-letter@socorunners.org

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

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

Address Service Requested



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

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

Upcoming Runs

There are lots of great runs coming up in June and July. Check the SCR website for more information.

The Run for Rio on June 6th is run in memory of Rio Martinez. It is a scholarship fund raiser, plus a chance to run at a bit of altitude. Several SCR members have received scholarships from this event.

The Spirit Fest takes place on Saturday, June 13th. There will be music, food, and yes, even a 5K run. The run takes place at 8am. All runners receive a t-shirt and awards will be given in various age categories for both male and female runners. You can register with a hard copy form, or on-line through the SCR website.

The Diabetes Prevent-a-thon is also an event with a 5K run as one attraction. This takes place on Saturday, June 20th. See Chris Reichert's article in this newsletter.

The Women's Distance Festival is a Pueblo Tradition. This event is for women only, although a anonymous male runner has been known to don a wig and run the course. This is a well organized and fun event. Ladies, mark June 27th on your calendars.

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 June 3rd or July 1st. We'd love to hear your ideas!

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

The Final Thoughts...

Life's most urgent question is: what are you doing for others?
-Martin Luther King, Jr, civil-rights leader (1929-1968)

He who sees a need and waits to be asked for help is as unkind as if he had refused it. -Dante Alighieri, poet (1265-1321)

Just as a cautious businessman avoids tying up all his capital in one concern, so, perhaps, worldly wisdom will advise us not to look for the whole of our satisfaction from a single aspiration. -Sigmund Freud (1856-1939)

Pain nourishes courage. You can't be brave if you've only had wonderful things happen to you. -Mary Tyler Moore

Education is when you read the fine print. Experience is what you get if you don't. -Pete Seeger

Dictionary: Opinion presented as truth in alphabetical order. -John Ralston Saul, writer (b. 1947)

Can vegetarians eat animal crackers? -George Carlin