



Editor: Ron Dehn

FOOTPRINTS



The Happy Birthday to the USA Edition



Ride & Hike by Jeff Arnold



I know I'm crazy. Recently I was invited to go to a party in Tucson for high school classmates, in July, and I'm considering it. On May 30 I started out to ride my bike on a steep, long

route in the high foothills of the Wet Mountains whose exact location must remain secret. I'd done that once with a former student about 20 years ago. I have a better mountain bike now than I had then, I'd been riding every other day, and I think my single-track skills are a little better. What I discovered as soon as I started, before I got to the first hill, is that riding on clumpy grass, as compared to a golf course for example, is much harder than I remembered. Possibly too I may have lost a little strength in those two decades.

When I got through the gate, I was able to ride only about 3 minutes up a moder-

ate hill through dandelions so thick they obscured the old road before I had to stop to breathe for a minute. I did this twice more before reaching the top of the hill and a log road. That was more like it but I was still trying to figure out how to get the bike to the start of the really steep log road that was last used for that purpose in the 40's.

When I walk that direction, I go a fairly direct route, which includes going down the "Dug Road," a road so steep that for many years residents tested their cars on it. It hasn't been used as a road for some time, and has small trees growing in it and big trees fallen across it. From the bottom of that road, I cross a foot-wide stream, hug the base of a hill, cross a little flat and go by an old homestead, with an abandoned 1930's automobile in the front yard.

I avoided the Dug Road but rode instead nearly to the top of the divide and went down the older road to a point where I

could try the grass. I was soon pushing the bike along the edge of a bog so bad in the wet years old-timers talk about, that once a stranger lost his horse and rig trying to cross it. Years haven't been that wet for nearly a century but my socks got soaked pushing through what appeared to be ordinary grass.

When I got on dryer grass, I actually rode a little on the flat and down an old trail for a few seconds before taking a shortcut that I thought would be above the seeps. Before I got to the homestead house, I saw two things that surprised me: two cow elk that were grazing and the open gate. In fact the old fence seems to have been taken down.

The walk up the meadow behind the house has never seemed tough, but if I ever ride it on a bicycle, I'll send you a postcard, from Dreamland. By the time I got on the road, I had already changed to Plan B. I intersected the road and

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Minutes from June, 2009 by Mike Archuleta

Introductions:

Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Gary Franchi, Jim Robinson, Terry Cathcart, Don Pfof, Jeff Arnold, Paul LaBar, Chris Reichert, Stan Hren, Ruth McDonald, Peggy Oreskovich, Hilbert Navarro, Rich Hadley, Laura Winners, and Ron Dehn

Upcoming Races/Events:

Race for Rio: Jeff Arnold SCR Liaison

Rye, Colorado 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 Colorado 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.

Volunteers: Ken Raich

Diabetic Preventathon: Mike Archuleta SCR Liaison / Chris Reichert

Pueblo Colorado Distance = 5 K 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 re-marked to actually = 2 miles. The registration form will be placed on the SCR website. The online registration for runners can be done at pueblodiabetes.org.

There will be several events going on the at the city park during the day. There is the annual Parkview

Picnic and softball tournament on race day. Chris Reichert will place article in the next newsletter.

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 on 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.

Liberty Point 5K: Stan Hren SCR Liaison / Andrea Aragon

Pueblo West Distance = 5 K The race is scheduled for July 4th in Pueblo west. At 7:30 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 Hren will mark the course.

Andrea requested help at the finish line and race results. Andrea asked if the 5K runners and walkers have to different colored bibs to separate the runners from the walkers.

If the bibs can't be a different color, the bibs can be marked with W to identify the walkers. The discussion to start the walkers and runners at different intervals.

There will be a wet parade at Pueblo West following the event. At 10am .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 females.

Volunteers: Dave Diaz, Paulette Arns

Skyline Drive : SCR Liaison: Rich Hadley / Heidi Mann Canon City Distance 10k

The race is scheduled for September 1st 2009. The race will start at Graden Park. They requested

help with the finish line. And expertise for the run to help spread the information through SCR club on the website.

It was suggested to place the information to the Pikes Peak Road Runners. The run is very technical event for runners running up skyline drive. The Canon city police are going to help with traffic control. The club Liaison is Ken Raich for the event. The logistic events for the race have been taken of by Heidi Mann like the city permit and course marshals. It was suggested to place article in the next newsletter. Paul Lebar will place infor-

(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. 323

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

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Jim Robinson, Mike Archuleta
Ken Raich, Dave Diaz, , Marijane Martinez, Jeff Arnold, Ashley Smith, Andrea Aragon, Stacey Diaz

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.

* Phoebe Snetsinger was one of the most famous birders of all time. She had a passion which turned into obsession about sighting more birds than any other human. At her death, her life list of birds was 8,674, about 84% of known birds at her death in 1999. Her life is chronicled in the book "Life List" by Olivia Gentile.



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



Minutes Continued By Mike Archuleta



mation on the SCR website. The current information about the race can be obtained at www.cc.rec.org
Volunteers: Rich Hadley

Activity Recaps / Updates

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

The race on May 17th went well for the first 5 k event. There was some confusion from the runners about the award ceremony. Several runners went to the Gold Dust instead of PBR area. The lunch was excellent for the runners. It was suggested to use cyclist to bring the last runner for this event and other events. There was some confusion for the runners and walkers finish. It was very crowded to give additional space for the runners and walkers. Several of the runners were running into the walkers. It was a nice touch at the finish line with the bull horn

The south shore adventure Larry Volk Predict Run

The south shore adventure on August 30th this year due to the corp cup run. Larry talked about changing the course in the future. It was suggested to change the run to January in the future.

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 total was \$27828 for the year.

The group talked about giving the races invoice for SCR services.

It was suggested to change the format of the misc area. It was also suggested to make online registration area on the invoice form. It was discussed to waive the clubs fee to the races. The waived fees should be placed on the monthly invoice. The number of participants on the form? It will be discussed at next meeting...

The motion to waive the Panther race basic fee except the advertising and bib numbers from the club.

It was approved by SCR. Officers.

Webmaster: Paul LaBar

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. Paul will continue to update the SCR officers at next meeting about contact management system.

The website has been updated with upcoming races.

Newsletter Ron Dehn

Ron suggested placing the newsletter edition in color at different times. The motion was to give Ron permission to place the newsletter in color at his discretion

The postage for the newsletter has increased for the newsletter.

New Stuff

Equipment: To price and buy some new flagging and Seiko stop watch. Dave Diaz is pricing the equipment. Dave reported the flagging is about \$ 100.00 per 100 feet. It suggested buying 2 plastic flagging. Dave is going to do inventory on the equipment for the next meeting. To hold on buying any sport watches at this time.

The motion for Dave to buy the flagging was approved.

Picnic: Jeff Arnold is going to get some pricing and quotes on some caters for the Picnic. The date for the Picnic is August 9TH 2009. The site will be the Pueblo mountain park in Beulah this year.

River Trail & Maintenance

The Parks & Recreation has asked the SCR group for helping in maintained Meeting Adjourn @ 905pm

Contact Us

Got a question or some friendly advice for the board?

Give us a "shout" via e-mail.

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

South Shore Adventure

Larry Volk tells our "staff" that this year's South Shore Adventure will be the most challenging SSA to date.

Larry changes the course every year and says that this year's course will be the shortest in the SSA series, but will be the most technical.

So, dust off your best trail shoes and expect to be challenged.

Larry is thinking about changing the race to take place in January next season. So, we could be doing this in snowshoes...

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



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South
Union



Great Stuff

By Gary Franchi

We're helping the economy



Thought for today's lunch, compliments of marathoner / ultramarathoner Larry Macon: "Runners have a lower percentage of jerks than the rest of the population."

Musings about running, fitness, life:

Ya know, runners never get the credit they deserve.

At the start of the first running boom back in the '70s, which many of you younger folks weren't part of, runners generally got derisive comments for having roadways closed for races held in central city locations. Even in our fair city of Pueblo, I seem to recall whining from a certain segment of the City of Pueblo staff that encouraged us to conduct all of our races on the river trail. Gee, we sure did inconvenience a lot of Puebloans with our 8 a.m. Saturday 5K races on the roads for an hour or so, didn't we. Naughty us.

Then there are those critics – mostly non-runners – who forever claim that running is hard on the knee joints and will cause physical problems as runners age. Well, let me ask you something: Don't you think that life itself causes knee problems as we age? Haven't you seen a lot of non-runners getting knee replacements as they age? Doesn't the body just naturally wear out? Given everything that I've read about arthritis, it seems to me that it's better to keep moving those knee joints and the body itself rather than sitting at home knitting or watching the tube. To me, Neil Young sang it right: "It's better to burn out than it is to rust."

Well, now that you know where I stand on that issue, let's consider some of the good that runners do – in this case, for the economy.

What group helps keep the silkscreening industry profitable? Yeah, the YMCA with all of its kids programs, the recreation softball leagues and lots of other groups order a ton of clothing merchandise. But there are road races every weekend somewhere in the Pueblo/Colorado Springs region and they order a lot of T-shirts and other clothing, too. Screened Effects and Imprinted Sportswear have made a tidy sum from local racing.

What about the running shoe industry? Yes, Nike and all the rest of the mega companies sell shoes to a wide range of

athletes and non-athletes. But I'd say by looking at the running magazine ads that they must be making a few bucks from runners. With millions of runners and hundreds of races booming with entries, especially marathons, running shoe sales must be strong.

Timing device and race management companies can't be hurting either. And Port-a-Potty renters, awards companies, running apparel firms, etc., etc. – they're all supported by runners. Shoot, even the constables get paid overtime for controlling traffic on our race courses.

So let's give some credit to all of the runners. They're helping drive our economy by pouring money into it. Go ahead, pat yourselves on the back.

Amen.

VACATION SPOTS – So, if you can afford it, where are you vacationing this summer? Most important, will you be racing while you're there? I may be wrong, but sometimes I think runners plan vacations more around races more than vice-versa.

For instance, I was reading the SCR meeting minutes in a recent issue of "Footprints." (Yes, some of us who don't have a life actually read the minutes provided by Mike Archuleta, our efficient secretary.) Anyway, I noticed that the Panther Run officials had received queries from out-of-state folks prior to the race. Think about that – someone from out of Colorado wanted to run a little 5K race here. I assume these people either have relatives here and wanted to race while visiting, were traveling in Colorado and looking for racing opportunities, or simply heard about the splendors of feeding the ducks and geese at City Park and found out there was a race there, too. Pretty cool.

Racing someplace different while on vacation sure adds to life's enjoyment. The SCR's Donald Moore, a highly-motivated triathlete, has family in Pennsylvania and planned to do two triathlons while vacationing there. Stacey Diaz and her hubby Dave are thinking about going to Hawaii for her 50th birthday in a couple of years and running the marathon there. Dozens of area runners have scheduled trips to Vegas when the annual marathon and half-marathon are held there, combining a little gambling with a hard-core race.

Probably every weekend at this time of year, if not during the entire year, someone in our little running club is doing a road race or triathlon out of state somewhere while vacationing. Rich & Deb Hadley have been traveling for several years trying to run a race in every state. While not really vacationing per se when they travel, Marv Bradley and Sam McClure of Canon City have seen different areas of all 50 states, Marvin at least twice. Cheryl Cook-McCoy of Salida is completing all 50 states and working on all of the continents.

I think runners would mostly agree that racing is the best way to travel.

Ten things I was just wondering:

1, Will more Americans tune in to ESPN's coverage of the Nathan's Hot Dog Eating Contest on July 4 than to the start of the Tour de France on Versus?

2, Seriously now, how does one go about "being careful not to get injured?"

3, What were the Pueblo YMCA planners thinking when they decided to build a new facility that had a huge pool without lap swimming capabilities?

4, Can we assume that people who preach "no pain, no gain" aren't injured?

5, Wouldn't you love to sit in on the conversations when runners or triathletes try to justify to their spouses ponying up the entry fees for out-of-state marathons and Ironman competitions?

6, When did runners start expecting to get a technical shirt at every race?

7, Wouldn't it be cool if houses were transparent?

8, Doesn't almost every cover of *Runner's World* look about the same?

9, Out of 200+ paid SCR memberships, only 130 signed up to have bi-monthly issues of Colorado Runner magazine delivered to them for free. Why don't the other 70 or so want to get the free magazine?

10, Will Diana Tiffany give free car wash vouchers to everyone who shows up to run the Moonlight Madness on Aug. 1? *Editor's note: Diana is off the hook this year because the Moonlight Madness has just been cancelled for '09.*

Until next month, see the world in your running shoes and help local economies, too.



Ramblin'

by Ron Dehn

A Few Thoughts



I've chatted with a couple people about the Santa Fe Century that I wrote about in last month's issue of Ramblin'.

Gus Appenzeller is one of my neighbors. You won't see Gus or his wife Maria at many local runs. They are attracted to the more challenging activities. Gus and I were chatting about the Santa Fe Century and I asked him if he's been riding much. Gus told me he'd been doing some mountain bike racing. To clarify – I asked “racing or riding?” Yes, racing. Riding paved roads around Santa Fe is pretty tame compared to racing up and down mountain trails. Gus has previously run Imogene Pass and I see Maria “flying” up and down the Barr Trail. And now – mountain bike racing? My neighbors are serious athletes.

Carrie Turman and I ran into each other during packet pick-up in Santa Fe. She passed me up on the Barr Trail last week, but we got a chance to chat a bit before she left me in the dust. Carrie is a swimmer and a runner. She and her friend Heidi decided to ride the Santa Fe Century just to do it, and put in minimal training. At 82 miles, Carrie went to the medics and asked them to bandage the blisters on her hands and put her gloves over the bandages. For the last 8 miles or so, Carrie's left hand was so stiff, she had to use her right hand to shift both sets of gears. She and Heidi were determined to finish. That's some serious determination.

It is interesting when you think about the resolve it takes to do what Gus, Carrie, and most of us do at one time or another. We challenge ourselves to take on a formidable physical task, and then through preparation and lots of sheer guts we do it. Our forefathers did not always have the luxury of picking and choosing physical challenges. Just a few generations back, this was a matter of survival. Some farmed the land, some worked the mines, some built log cabins in the wilderness to eke out a living.

And there are still many who do physical labor on a daily basis to put bread on the table. But with some exceptions,

most of us don't labor for 14 hours a day, 7 days a week.

So why do we run marathons, race on mountain trails, do ultras, and so on? To stay fit? Partially, but I think there's more to it. We can maintain fitness by training for 10k's. Perhaps there is something left over from our caveman DNA that drives us to perform physical challenges. Another thought is that we push ourselves physically so we know we can respond to adversity. All is connected in the Spirit, Mind, Body model. We create a challenge like riding 100 miles, so we can be better equipped to handle other life challenges, the kind we don't necessarily choose or have control over. There have been more than a few times in my life I've told myself, “If I can climb Pikes Peak, I can (fill-in-the-blank)”.

Just like some of life's more difficult challenges, mountain bike racing, running a marathon, etc. etc. require endurance, perseverance, and lots of good old fortitude. We're not talking a 50 meter sprint. We're talking about putting one foot in front of the other, and then repeating the process over and over. Sometimes in life you have to set your gaze 30 feet ahead and move forward. Strive to understand the big picture, but focus on what's directly in front of you.

Going back to Pike's Peak... I signed up for the Ascent again this year. I have this “need” to complete the Ascent again after being turned around by weather in '08. Every year I plan to make at least one run on the mountain in May. If that has happened, it's been so long ago that I forgot. However, I did get in four Barr Trail runs in June, and hope to continue once-per-week or nearly-once-per-week training sessions through July.

My 27 year old daughter Melissa has been training with me. Melissa did not run all those years we lived in the same house, but discovered the “running spirit” not quite two years ago. Since then we've run the Valentine's Two-some, the Cinco, and the Diabetes Prevent-A-Thon together. Early this year

she told me she wanted to run the Ascent with me. Unlike the past, runners now have to run a qualifying half or full marathon to be eligible; but I thought she should know what she's getting into, so we've been doing the Barr Trail together. Once in a while in the past, I've trained with someone else, but the majority of my Pikes Peak training has been alone. It's been fun running with a training partner. The miles go by much more gently when you have company.

On our last trip, we struck up a conversation with Neil and Theresa, the caretakers at Barr Camp. Talk about nice people. We were just chit-chatting when Neil noticed my SCR shirt and asked if I was a member of Southern Colorado Runners. That opened the door to many old memories. Neil and Theresa could not say enough nice things about the Pueblo runners and specifically SCR members. Several years ago, they participated in lots of SCR events and rattled off the names of Dave and Stacey Diaz, Jessie Quintana, Marijane Martinez, and Gary Franchi as people they remembered.

Neil explained that they manage the camp pretty much 24 x 7 x 365, and when they do get away, they enjoy doing ultras. In fact, Neil laughed about their last 100 miler and said that Theresa “kicked his butt”.

I'm a softie compared to their lifestyle. They live at 10,200 feet with a small amount of electricity that is produced by a couple solar panels. They can run a refrigerator and a couple lights and out-house fans, but mostly use gas lamps for lighting. They bring supplies up in the cog train, but still have to hike a mile and a half to the camp. No wonder they are fit. Check it out at <http://www.barrcamp.com>

If you get up to Barr Camp, let them know you are an SCR member. You will enjoy meeting them. Neil and Theresa – if you ever get a chance to join us at a run, picnic, or banquet – please do so. This is a standing invitation to any SCR event.



Happy Father's Day, Dad
By Ashley Smith

The Liberty Point 5k Run Walk
By Andrea Aragon



Editor's Note: We received this poem just a couple days after the June issue went to print, or

we would have included it in the Father's Day edition of Footprints. However, it is such a great tribute to Rusty (Smith) as well as other Dads - we wanted to include it this month.. Ashley, thanks for reminding us how special our Dads are to all of us.

Dear Mr. Dehn,

Hello my name is Ashley Smith. I'm 14 years old and I've written an article for "Footprints" before. Today I was thinking of what I could get my Dad for Father's Day and I decided to write a poem. I know it's extremely late notice but I was hoping I could send you my article [my poem] and maybe you could publish it in your June issue as a surprise for my Dad on Father's Day! Here's a copy of my article:

The Runner

*The clock beeps five a.m., I slide out of bed
Meet Dad in the hallway, "Good morning" he said.
We put on our Nikes, I put up my hair
Opened the door and took in the fresh morning air
We both set our watches, then started to run
Even though I was tired, I was having fun
By the end of our street the air seemed much thicker
But we didn't slow down, we had to move quicker
Our feet set a rhythm against the hard concrete
I need to run on my toes, not the balls of my feet
The sun starts to rise, I'll race my daddy home
He's not going to beat me, I'm in the zone
I'm breathing really hard, my thighs start to burn
The sweat burns my eyes, but that's not my concern
The sun is up now, we're finally done
Though the run hurt, I guess it was fun
Now I'm a better runner and that is that
Thanks so much Dad, now I'm ready for track*

-Ashley Smith

Dear Dad,

Happy Father's Day! Thanks so much for helping prepare for track...oh and for getting up so early just to run with me!
You're really special to me and the rest of the family! You're the best Dad in the world! I love you!

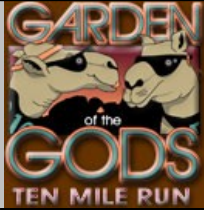
Ashley

Start your independence day off with a bang – join us for a brisk walk or run with your family and friends while supporting a great Pueblo cause! United Way of Pueblo County, the Pueblo West Chamber, the Pueblo West Metro District and Snap Fitness will host a 5K Fun Run in coordination with the Pueblo West 4th of July festivities on July 4, 2009. Walkers and runners of all ages are welcome. Interested participants can pre-register by visiting our website at www.pueblounitedway.org or may pick up a form at Snap Fitness (198 S. Purcell Blvd) Monday – Friday from 10 AM -- 6 PM until July 2nd or can register the morning of the event. Registration the day of the event will begin at 6:30 AM and the race will start at 7:30 AM. Registration and the race start will begin at Joe Martinez Blvd and Purcell Blvd. Participants will run/walk south to Liberty Point, then will circle back to start location. Medals will be given for first and second place in each division (walkers and runners). Cost to participate in the event is \$5 per person or \$20 maximum for immediate family members. Entry forms can be picked up at the Pueblo West Metro District, The Pueblo West Chamber, Snap Fitness or United Way. For more information please contact United Way at 583-4455 or visit our website at www.pueblounitedway.org.

All proceeds benefit United Way funded programs. Last year, programs funded by United Way touched the lives of over 91,000 people in Pueblo County. This is made possible through generous contributions to United Way, along with proceeds from events like the Liberty Point 5K Run/Walk. Visit our website for a complete listing of the many organizations who receive funding from United Way and to find out how you can make a difference through giving or volunteering.

After the race, stay and enjoy the other 4th of July festivities, which will include a wet parade beginning at 10:00 am, numerous vendors, food & activities and fireworks. For more information on the 4th of July activities, contact the Pueblo West Chamber of Commerce at 647-9086.

United Way of Pueblo County would like to thank our partners for their support of this event, along with the Southern Colorado Runners Club for their outstanding assistance.



The Garden of the Gods Run

By Marijane Martinez



I was surprised when not one but three of my Vegas lady running friends and one of their husbands decided to run the Garden of the Gods 10 mile. Another of the husbands came for morale support and to be the official photographer. One couple had met me in Ft. Collins for the Colorado Half Marathon so I was very excited when the wife decided to make a return trip to run the Garden! My Colorado running friends immediately asked "are they crazy"?

Colorado runners don't know about Red Rock in Las Vegas. I too thought Vegas running would be mainly on flat surfaces in the heat until I started training in Red Rock. I ran a half marathon there and I can honestly say to date it is the most difficult half marathon course I have ever run. I knew the Vegas crew would be ready for the Garden. Their training started a little later than it should have but overall they were ready. They feared the altitude more than anything. Well let me clarify that, one feared tornadoes and another feared bears. Ironically we had tornado warnings the night before the Garden and there were several bear sightings in Colorado Springs previous to the day of the race.

Following is an excerpt from an article one of the Vegas runners submitted to their newsletter:

"I had learned from my Ft. Collins experience that Colorado runners are so tough that I wasn't going to be winning any age group awards. My goal was to finish under two hours. The race start was precisely on time and 1,600 runners headed for the hills and heights. High school students enthusiastically manned well-organized and colorful water stations for a team competition. It was an undulating course, but every steep grade offered a matching downhill. Having had visions of staggering in the

altitude or gasping for air on the side of the road, I was elated to run the downhill portions hard and stay under a 10:30 pace. If you plan on running the Garden of the Gods, I would definitely recommend it only if you do your homework. I am famous for running races without adequate training, but I did not take the Garden challenge lightly and treated it with the respect that this course demands. I'm glad I did!"

Matt Carpenter does a very commendable job with this event and the dedication and hard work he and all of his volunteers put into it is very apparent come race day.

During their visit we tried to hit all of Pueblo hot spots, Coors Tavern for a slopper and schooner, Gus' Tavern for a dutch lunch and schooner, the Riverwalk for music and beer by the river, and a run to the Nature Center. One of the couples have a summer home in Beulah so included in the fun filled weekend was a visit to Bishop's Castle and a stop at Lake Isabel. My Pueblo running friends joined us throughout the weekend and good times were had by all. Our Pueblo group didn't take the Garden lightly either. We trained hills and although it was a difficult race we ran well. I

was elated to place 2nd in my age division and bring home one of the most unique running awards I've ever earned. Katherine Singer (Vegas) also placed 3rd in age, Stella Heffron placed second in the Masters and Carol Kinzy placed 1st in her age division. In looking over the results of the Garden I found Mike Cernoia who placed 3rd in his age division as well. In addition to having a fun filled weekend I now have a souvenir to serve as a reminder of friends who work hard and play hard. I look forward to the next time we all run together again!

Back row L to R:

Katherine Singer, Mac Singer,
Maria Raich, Gloria Montoya, Donna
Pfeffer, Marijane Martinez, Stella
Heffron, Ben Valdez

Front row L to R:

Hilda Olivas, Kris Spinuzzi, Carol
Kinzy, Jessie Quintana





- 1 Dru Marshall
Marijane Martinez
Philip Quattlebaum
Dan Aykroyd*
- 2 Don Pfost
Brooke Tibbs
Thurgood Marshall*
- 3 Ralph Corpuz Jr
Maribeth Sisroy
Tom Cruise*
- 4 Donald Moore
Zarela Vidal-Paredes
Rube Goldberg*
- 6 Abbey Smith
Frida Kahlo*
- 7 Rachel Appenzeller
Jill Montera
Ringo Starr*
- 8 Gloria Gogarty
Wolfgang Puck*
- 12 Joan Banko
Leona Spracklin
Bill Cosby*
- 13 Jack Janney
Dalton Rudolph
Heather Van Buskirk
Harrison Ford*
- 14 Brenda Koch
Woodie Guthrie*
- 15 Kevin Hughes
Forest Whitaker*
- 16 Ashley Kraemer
Barry Sanders*
- 17 Regie Marquez
Diahann Carroll*
- 18 Byron Beard
Dennis Wait
John Glenn*
- 19 Michael Cernoia
Todd Kelly
Joshua Leyba
Vikki Carr*
- 20 Mira Roman
Bill Veges Jr
Sir Edmund Hillary*
- 22 Marian Heesaker
Lindsey Herrera
Mary Humphreys
Zane Khosla
Don Henley*
- 26 Cynthia Ellingson
Donald J. Saling
Sandra Bullock*
- 29 William Clark
Connor Hale
Martina McBride*
- 30 Jennifer Cernoia
Casey Stengel*
- 31 David Clapp
Zach Heesaker
J.K. Rowling*

*Honorary SCR Member



The Run for Rio June 6, 2009

By Jeff Arnold



Thanks to all who ran and to the donors who made it possible for 6 young runners to run without charge.

We didn't have enough bib numbers so six runners, Andrew Harrison, Laniel Muskett, Tina Valdez, Jim and Lee Ramirez and Heidi Garner ran without bibs but had identifying single-digit numbers written on their hands. This year's winner of the Rio scholarship, Cody McCullah, pulled tags in the finish chute. A special thanks to Cody's mother, who flawlessly recorded the number of each finisher, including our special six. Gary Franchi helped me get that process straight and helped in the finish chute as well. Except for initially missing second place female in the 30-39 age division, Tina Valdez, the improvised process worked well. Tina was a good sport about my error. Also, Mike Cernoia's dad Larry ran the printing timer wonderfully well.

There were 53 official finishers in the run and walk, about average for the history of the run if you don't count 2006 with its shockingly

tiny 16 total finishers. The highest was 2001 with 65.

Sixteen year-old Michael Cernoia from Pueblo West ran the 3rd fastest time in the 11 year history of the 5k, 18:50. Equally impressive was the 9th place finish of 9 year-old Kevin Hughes, especially considering the wind which must have gusted over 30 mph, forcing me inside my car to work on results.

Race director: Nancy Martinez
Water stop: Jim Martinez
Course and results: Jeff Arnold
Timer: Larry Cernoia
Tag puller: Cody McCullah
Number recorder: Cody's mom
Finish crew and results: Gary Franchi

Transportation by Tiger by Judy Tucker



Perched on the washer
near the back door
they point the way.

Blue on blue, laces drooped,
tongues wag a message my way.
"Too tired," I answer,
arms piled high with laundry.
"Beds to make, floors to clean,
too busy!"

Bustling past, I catch a whisper
beckoning to the road and give in,
easing feet into formed shells.

Stiffness
keeps the pace slow, uneven.
At first mile, the Tigers' eagerness
warms upward through feet,
knees,
hips, lungs.

Their jubilation revives
my mind, the only tired place.
Intellect relaxed and bending,
I sit back to enjoy the ride.

I love my Tigers.

Editor's note: Judy is a former Puebloan who helped establish SCR. She was a pioneer in women's running in the Pueblo area and founded the Atalanta Run and the Valentine's Two-some which continue to this day. She wrote this poem about her first pair of running shoes which she used in the 70's and still sit on her shelf. Judy and her husband currently live in Las Vegas.

The Run for Rio Results

By Jeff Arnold

1 Michael Cernoia	16	18:50	Overall Male & 1 13-19
2 Rich Hadley	53	21:23	1 50-59 M
3 Brian Ropp	45	21:50	1 40-49 M
4 Chester Haddan	42	23:12	2 40-49 M
5 Manny De Young	47	23:25	
6 Keith Dugan	18	24:03	2 13-19 M
7 Branden Boyd	28	24:23	1 20-29 M
8 Kallene West	30	24:45	Overall Female & 1 30-39 F
9 John Castanha	49	26:10	
10 Kevin Hughes	9	26:25	Overall Male Youth
11 Ken Hughes	39	26:48	1 30-39 M
12 Elizabeth Packard	14	27:16	1 13-19 F
13 Krysta Stowe	16	27:29	2 13-19 F
14 Michael Klabon	29	27:37	1 20-29 M
15 Andrew Harrison	19	27:46	
16 Darryl Clark	48	27:58	
17 Tina Valdez	36	28:04	2 30-39 F
18 Maggie DiMatteo	31	28:24	
19 Trisha Davis	58	28:27	1 50-59 F
20 Rachel Yoder	18	28:33	
21 Troy Davenport	44	28:42	
22 Jason Roque	31	29:17	2 30-39 M
23 Jake West	30	30:18	
24 Rachel Packard	16	31:09	
25 Brian Cook	18	31:48	
26 Casey Houston	17	31:48	
27 Heidi Garner	31	32:30	
28 Kyle Hackett	35	33:01	
29 Vince Carpio	35	33:29	
30 Dick Greet	70	33:58	1 60 & over M
31 Erin Boyd	27	34:34	1 20-29 F
32 Stefanie Gatti	28	34:34	2 20-19 F
33 Melanie Hughes	37	36:01	
34 Kira Hughes	6	36:05	Overall Female youth
35 Shanea Rae Cordova	8	38:09	2 12 & under F
Walkers			
1 Paulette Arns	56	38:26	Overall Female walker
2 Daniel Wachob	59	40:43	Overall Male Walker
3 Janine Dodge	41	42:02	
4 Barbara Massa	45	44:53	
5 Laniel Muskett	19	45:09	
6 Dee Cash	53	45:56	
7 Jenna Carpio	29	45:56	
8 Shari Clark	47	46:30	
9 John Ramirez	50	48:17	
10 Lee Ramirez	53	48:18	
11 877 (no information)		48:26	
12 Nick Karnell	32	48:27	
13 996 (no information)		50:28	
14 Bobbi Highberger	55	50:28	
15 Debbie Biernacki	53	52:58	
16 Patti Berens	48	54:15	
17 Greg Berens	48	54:20	
18 Scott Wachob	13	54:28	



The Spirit Fest 5k

2009



Levi Medina continued his string of 1st place finishes in any 5k race he enters at the 2009 Spirit Fest. Aaron Levenson, who finished 2nd, is an outstanding runner. Levi, however finished nearly 4 minutes in front of Aaron.

Kallene West was equally impressive on the ladies side finishing two minutes and some change ahead of Catherine Gomez who turned in a excellent time herself.

It was a great day for running. Cloudy and cool with no breeze. Sixty-five runners and walkers competed. One notable group was the Vargas family. Five members took part in the race, and it appeared that all walked away with medals.

The Spirit Fest was scaled back a bit because of the economy, but organizers said they are planning to return to a full venue in 2010. The worst part of the scale back was that the cinnamon roll that I was counting on after the race was not available until 4pm. I couldn't get back that evening. Next year it will taste sooooo goood.

Thanks and congrats for a fine event go to behind the scenes organizer: Jesse Sena, Race Director: Hilbert Navarro, Finish Line Crew: Dennis Wait, Pixie & Ken Raich, & Mike Archuleta, Registration: Ruth McDonald, Photographer: Ron Dehn, and Results Team: Paulette Arns & Dave Diaz.

Results, Continued

Pl	Name	Age	Sex	Time
25	Deanna June Platt	30	F	27:48
26	Alicia Aune	13	F	28:31
27	Marilyn Vargas	45	F	28:33
28	Alison Kochenberger	28	F	28:40
29	Andrea Neu	18	F	28:52
30	Jessica Kepler	34	F	28:54
31	Cyndia Lee	46	F	28:58
32	Rick Acosta	57	M	29:04
33	Eve Fogarty	34	F	29:07
34	Cathleen Larson	24	F	29:24
35	Felix Vargas	16	M	30:21
36	Andrea Thornton	41	F	30:43
37	Glen Schaffer	43	M	30:45
38	Alexis Anderson	18	F	30:55
39	Sherrie Anderson	51	F	31:15
40	Dan Archuleta	46	M	31:24
41	Eileen Baracz	61	F	31:33
42	Riki Acosta	36	F	31:34
43	Milt Peterson	56	M	31:43
44	Kayla Contreras	16	F	32:34
45	Bobbi Jo Aune	32	F	34:10
46	Rose Hayes	49	F	35:22
47	Sheena Archuleta	32	F	35:33
48	Cristy Lore-Davis	51	F	36:02
49	Nick Grace	38	M	36:14
50	Deanna Lee	17	F	36:47
51	Cynthia Ellingson	41	F	38:48
52	Filomeno Vargas	8	M	40:44
53	Gilbert Archuleta	58	M	45:15
54	Pegi Lynn Crates	59	F	45:51
55	Debi Stephens	54	F	45:52
56	Kellie Carter	31	F	46:23
57	Rosalinda Vargas	9	F	46:41
58	Kathleen DeFazio	75	F	47:21
59	Jaylen Vargas	11	F	47:31
60	Brandon Humphrey	34	M	1:03:03
61	Monika LeDoux	30	F	1:03:05
62	Lisa Castillo	39	F	1:13:58
63	Shawna Dupree	42	F	1:13:59
64	Delores Spinnuzzi	73	F	1:14:08
65	Lucia Cordova	57	F	1:16:43

Results

Pl	Name	Age	Sex	Time
1	Levi Medina	22	M	16:19
2	Aaron Levinson	20	M	20:14
3	Regie Marquez	32	M	20:58
4	Conrad Schanze	10	M	21:29
5	Austin Briggs	31	M	21:55
6	Donny Simony	36	M	21:57
7	Manny DeYoung	47	M	22:07
8	David Baker	31	M	22:22
9	Chris Riley	48	M	22:26
10	John Roman	64	M	22:27
11	Joe Stommel	59	M	22:30
12	Domingo Santisteven	14	M	23:03
13	Craig Johnson	44	M	23:12
14	Paul Larson	30	M	23:13
15	Kallene West	30	F	23:16
16	Aaron Ruiz	26	M	24:33
17	Chuck Rasmussen	50	M	24:59
18	Bob Gassen	62	M	25:16
19	Catherine Gomez	53	F	25:29
20	Shawn Reid	24	M	26:09
21	Steven Kirkendall	25	M	26:19
22	Scott Bailey	52	M	27:09
23	Lee Charles Madison	56	M	27:25
24	Rob Archuleta	36	M	27:28



Spirit Fest Photos



Top 3 male finishers

Levi Medina (16:19)

Aaron Levinson (20:14)

Regie Marquez (20:58)

Top 3 Female Finishers

Kallene West (23:16)

Catherine Gomez (25:29)

Deanna June Platt (27:48)



Volunteers

L to R

Dennis Wait

Mike Archuleta

Ken Raich

Paulette Arns

Pixie Raich

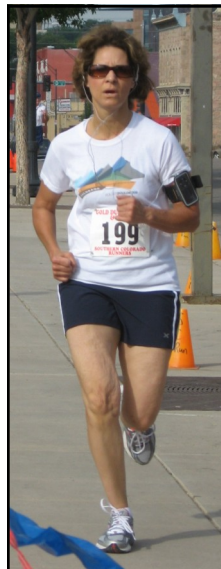




More Spirit Fest Photos



Top L to R
 Marilyn Vargas & Alicia Aune
 John Roman & Chris Riley
 Joe Stommel
 More of the Vargas Clan
 Felix
 Filomeno
 Jaylen
 Rosalinda



L to R
 Bob Gassen
 Dan Archuleta
 Sherrie Anderson
 Kathleen DeFazio



Potpourri



From the mailbox



The Summer Roundup Trail Run 12K is the second leg of the Triple Crown of Running series. The tenth running of the SRTR will be held Sunday, July 5, 2009, at 7 a.m. beginning in Colorado Springs Bear Creek Park. The course uses trails in the Park and up High Drive, making it a challenging trail running experience in itself as well as excellent training for the upcoming Pikes Peak Ascent and Marathon. The course is mostly uphill going out and downhill on the way back, starting at 6,170 feet and turning around at 7,165 feet, thus confronting runners with nearly a 1,000-foot gain in elevation in 3.7 miles at the turn-around point.

All finishers will receive medals as recognition of their accomplishment, and unique horseshoe awards will be presented to the top finishers.

Joyce McKelvey, Historian
Triple Crown of Running Committee
(719/495-4647)



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Top to Bottom, L to R

Laurice Lopez-Cepero, Peggy Oreskovich, &
Stacey Diaz

Leona Spracklin, Anna Chamas and Dave Diaz

Becky Medina & Chris Spinuzzi

Ride & Hike By Jeff Arnold

Continued from Page 1



(Continued from page 1)

after some huffing and bike alignment, I managed to ride up 50 yards where I could look up the next switchback. I stopped and rode downhill.

One of the seeming injustices of riding uphill and down off-pavement is that often, after nearly breaking your heart getting up, the downhill is too steep, or bumpy, or curvy to coast. After going down for awhile, I get braver or stupider, and the bike goes faster. This long down not only didn't include any wrecks, but brought me to a rideable road that led to the main old road going south. From then on it was mostly ordinary riding or coasting, capped by a three-mile uphill pull on pavement with just enough drizzle to keep me cool, and scare me.

I had one last push, up my friend's steep rock driveway and then rode to the car. I may have ridden and pushed a total of ten miles, likely less, but it took two hours. I had planned on reading in the shade of a spruce tree but it was cloudy most of the morning and when I was locking the gate, a few soft hailstones fell.

I drove homewards through Rye and Colorado City, and turned off I-25 at Exit 77 for another adventure. I'd heard for years about the Huerfano Canyon near the old steam train water stop of Cedarwood. For years the Cedarwood crossing was controlled by the Hatchet Cattle Company. Now the Hatchet has been sold and land developers are more interested in selling than in keeping peo-

ple out.

I drove east on Cedarwood Road about 15 miles to the railroad tracks and a little beyond into the mostly empty Cedarwood Crossing development. Across the tracks, I took the first real road south and then southeast to a little circle on high ground. I parked the car and looked south to the ribbon of muddy water more than 100 feet below. Looking east I caught sight of the crumbling road built into the opposite side of a side canyon. This fit with stories I'd heard, and since I'd been frustrated somewhat in not reaching my biking goal earlier in the day, I decided to find a way to walk down and across.

I didn't have to walk too far to find the "road" down. Even now, many years since a vehicle could have been driven down, it's apparent how much work went into making a passage down into what my map calls Cedarwood Canyon. When it was completed, probably with the aid of a well-trained workhorse, it was just wide enough for a Model T.

I couldn't see any sign of a road across the bottom, but worked my way up to an even more impressive feat of engineering and labor on the other side. Huge yellowish rocks, probably a kind of sandstone, have been piled as high as eight feet to make a roadbed. I bet the first person who drove up it felt like an astronaut.

Once on top I couldn't see an obvious reason for the road to have been built. There are rolling hills, juniper and small rocks. There were no views of expansive prairies that cattlemen love. I called it a road, but even the craziest 4-wheeler would have

more sense than to try it. Sometimes I used my hands to walk (crawl) up. I did work my way south far enough to get a better view down to the actual river.

I felt like at any time I was going to run out of energy and it would start raining, plus I hadn't brought any water with me so I started back. Somehow I first missed the road I'd come up, and then got too far down canyon to find the road I'd descended earlier. I bushwhacked up thinking I'd intersect the road. I ended up in a spot where six or eight feet of easy rock climbing would have put me on top, at least of that bunch of rocks. I admit I tested two different routes, and they felt good, but . . . I'm not sure if my being older has made me a wimp or just more prudent, but I backed up and found a longer scramble through small trees and shrubs. I reached the top within a hundred feet or so of my car.

Now that I've looked at a map and some of the pictures I took, I realize I'll have to go back. I'll start early to avoid afternoon thundershowers. (I could see lightning and dark clouds off to the north, and was hoping I wouldn't get soaked.) I may take a little surveyors tape to mark my trail. (Thanks Shaun Gogarty.) I'll definitely take water and some kind of snack. I'll try to get more information about the history of people in the area. I should get someone to go with me. I doubt I'll have the same feeling of discovery I had the first time.



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>RACENAME</u>	<u>DIST</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CONTACT</u>
July					
Sat 04	Liberty Point 5K	5K		Pueblo West	Stan Hren (terbear31@msn.com)
August					
Sat 01	*Moonlight Madness	****CANCELED FOR 2009****			Diana Tiffany (dtiffany@mail.ghvalley.net)
Sat 08	Florence Fit N Run	5K	8am	Florence,CO	Jim Brumage (jbrumage@bresnan.net)
Sun 30	*South Shore Adventure	8.3M		SCR/Lake Pueblo	Larry Volk(lrvolk@yahoo.com)
September					
Sat 12	Corporate Cup 5K	5K		CSU-Pueblo	Hillary Pacheco-Hall(hpachecohall@puebloymca.org)
Sun 13	Corporate Cup Bike Ride	12.4M		SoMesaElemScho	Hillary Pacheco-Hall(hpachecohall@puebloymca.org)
Sun 13	Skyline Drive	10K	8am	Canon City	Kyle Horne (www.ccrec.org)
Sat 19	Run 4 Trails	4M	8am	Sierra Vista Elem,P	Kim Arline(kimarline@comcast.net)
Sun 27	Hot to Trot	5K	8am	Union Ave	Ruth McDonald 719-251-3189
October					
Sat 10	Autumn River Run	5M/5K	9am	Canon City	Kyle Horne (www.ccrec.org)
Sat 24	*Harvest Run & Bonfire	5M	5pm	SCR/Lovell Park P	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/PuebloCityPa	Dave Diaz(diazsd@aol.com)
Sun 13	*Rudolph's Reindeer Run	4.2M	9am	SCR/Regency Are	Don Learned(doon@yahoo.com)

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

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

Last month Joe Bulow wrote an article on the Country Music Marathon & Half in Nashville. Here's a pic of T. Greg & Brittany Merrion who also ran the Half




SCR has a



new address.



 Our new address is:
 


 Southern Colorado Runners
 


 c/o Pueblo Family YMCA
 


 3200 Spaulding Avenue
 


 Pueblo, CO 81008
 





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

**Non-Profit
Organization
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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.

UN Upcoming Run

The Moonlight Madness predict is cancelled for this year. It was originally scheduled for August 1st, but instead, you can: read a book, go to the movies, watch the sky for shooting stars, kick a can, write a poem, listen to music, practice walking on your hands, meditate, call a friend, skip rocks, lend a hand, ponder, hug someone, invent a better mousetrap, or write a newsletter article about some adventure that you have experienced, especially if you hugged the wrong person.

Upcoming Picnic

On August 9th, SCR members will gather for the annual picnic at Pueblo Mountain park in Beulah. Food and drink are provided. More information to come, but mark 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 July 1st or August 5th. 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...

The price we pay for money is paid in liberty. -Robert Louis Stevenson, novelist, essayist, and poet (1850-1894)

I keep watching what I do to see what I really believe. Sister Helen Prejean

I'd rather see a sermon than hear one any day; I'd rather one should walk with me than merely tell the way. -Edgar Guest, poet (1881-1959)

He who postpones the hour of living is like the rustic who waits for the river to run out before he crosses. -Horace, poet and satirist (65-8 BC)

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 don't have a solution, but I admire your problem. - Unknown

If the police arrest a mime, do they tell him he has the right to remain silent? -George Carlin