



Editor: Ron Dehn

FOOTPRINTS



This issue is more exciting than the racing pigs!!!

The State Fair Edition - Yee Haw!

The Bicycle Tour of Colorado by Joe Bulow

Although my experience was as tough mentally as it was physically, the Bicycle Tour of Colorado (BTC) was a fantastic way to see the state and enjoy a week of riding and camping. We started and finished the loop of the heart of this beautiful state in Glenwood Springs with a whole lot of sweat and hard work in between.

Jeff, a childhood friend, and I have known each other since he moved to my hometown in Tennessee in the third grade. He had been pushing me to join him on either the Ride the Rockies (RTR) or the BTC for the past few years. I finally rose to the challenge this year after we were not selected into the RTR last year. One advantage of the BTC is that you register on a first come, first serve basis instead of waiting on a lottery selection system.

This year's BTC route had the same starting/finishing point as RTR but 120+ riding mileage as well as 30,000 feet of total climbing, so I figured we were getting a little more for our money by riding the BTC. Also, we could register early and feel safe in knowing that we were accepted

to this Tour and were able to plan accordingly.

Day 1: Glenwood Springs to Hotchkiss – 79 miles; 2700 ft total climbing to McClure Pass summit (8,755 ft) at mile 36; personal overall difficulty rating (ODR) = 6 (out of 10)

Although we were essentially going up the entire way to the summit, the last three miles were the most difficult with reported grades of 8-10%. I would liken this to the three-mile climb up to the parking area at Cheyenne Mountain Canyon in Colorado Springs. The grueling effort was worth it as we descended extremely fast over the other side through beautiful apple orchards and vineyards on our way into the small town of Hotchkiss. We enjoyed a late lunch and fine hospitality at the West Elk Inn.

Day 2: Hotchkiss to Grand Junction – 94 miles; 5,500 ft total climbing that included the Grand Mesa (10,839 ft); ODR = 9+ (out of 10)

A short but fairly steep climb started our



Joe Bulow & Jeff Roberts
in Almont

day as we continued to ride some rollers for 20 miles to the first aid station in Cedaredge. The next aid station was not until the summit of the Grand Mesa, which was at 10,839 feet and another 20 miles later. I learned a lesson during those 20 miles about hydration and nutrition. Climbing relentlessly over 4,000 feet in just 20 miles

(Continued on page 9)

Barr Trail Race
Page 5

Run 4 Trails
Page 6

Ride the Rockies
Page 8



Minutes from July, 2009 by Mike Archuleta

Introductions:

Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Gary Franchi, Jim Robinson, Don Pfof, Jeff Arnold, Paul LaBar, Chris Reichert, Stan Hren, Peggy Oreskovich, Lynn Spencer, Andrea Aragon, Hilary Pacheco Hall, Kim Arline

Upcoming Races/Events:

River Trail Volunteer Project / Beth
The program helps to insure continued beautification and upkeep of public areas. At the same time, it provides valuable name recognition for the adopter; thousands of drivers, runners, walkers will see your sign everyday. The SCR would receive recognition for helping to improve the trail. It may include picking up trash and helping remove brush along the trail. The adopt gives business and clubs the option of maintaining the trail.

Liberty Point 5K: Stan Hren SCR Liaison / Andrea Aragon / Stan Hren Pueblo West July 4th 2009 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. There are currently 83 registered for the race.

Andrea requested help at the finish line and race results. Andrea asked if the 5K runners and walkers have two different colored bibs to separate the runners from the walkers. The runners will have red bibs and the walkers have black numbers. She reported 20 volunteers for the race along with the SCR help during the race. 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 Arms, Peggy Oreskovich, Don Pfof, Lois Pfof, Mike Archuleta

Triathlon / Mike Orendoff

Mike requested to use the time clock for a triathlon event .for the Pike Peak Triathlon event. . Motion approved to let Mike borrow timing equipment. The event is schedule for July 11th 2009.

Skyline Drive: SCR Liaison: Rich

Hadley / Heidi Mann Canon City Distance 10k

Don reported for Heidi and Kyle. The race is scheduled for September 13th, 2009. The race will start at Graden Park. They requested help with the finish line and results. Rich and Heidi will report next month

Corp Cup / Hilary Hall Pacheco form the YMCA

The YMCA is seeking help with the Corp Cup event. To help with 5 k, bike event and the 1 mile with the finish line and timing of the 3 events. Hilary will report at the next month meeting.

5k predict run is scheduled for September 12th at Pueblo CSU

Bikes predict is scheduled for September 13th at South Mesa School

Run for Trails: Kim Arline: 4 mile walk and run at 8am / September 19th 2009. SCR liaison Mike Archuleta

The race with coincide with Pueblo West and Pueblo County football game. The run will be the next day.

There will also be a bon fire. The group has asked for online registration and to assist with the finish line and results. The club asked if the bib could for the walkers and runners have different bibs. The Gold Dust will help with the bibs. The cost will be .33 cent per bib Recommend using the race director kit for the race. The entry form could be placed in the news letter in August.

Hot to Trot

Don reported Ruth McDonald asked if the race application could be updated. Ruth will report at next couple of SCR meetings. The race will coincide with the chili festival

Live strong event Mike Archuleta SCR Liaison / Lynn Spencer

Lynn talked about live strong event on Oct 3rd. Lynn explained that a 5k and bike event were being planned. There was discussion about criterium . Mike will go to the next meeting for the



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

event with lynn. it was recommended using Mineral Palace Park for the bike criterium. barricades was discussed. the group is asking for help with the event with timing and finishing line . Lynn is looking for insurance for the event. She

will to look at the race director kit, prepare a race application for the event, which needs to ready by mid august, and write an article for the newsletter . The bike coalition on July 16th at 6pm on the union street. The mountain bike race was recommended as alternate course.

Activity Recaps / Updates

Run with the Bulls : Don Pfof

Don reported for Ruth MacDonald about recapping the Run with the Bulls expenses. Overall the race was great success with the Wild West Fest.

(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. 324

"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, Marco Marquez*	
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, Dave Diaz, , Joe Bulow, Kyle Horne, Kim Arline, Don Pfof, Larry Volk, Chris Reichert, Karen Hoffman-Maroney

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.

* Marco "Mongo" Marquez, Pueblo native and Centennial High graduate placed 16th at the 2009 Nathan's Famous International Hot Dog Eating Competition on July 4th. Marco is the first Coloradan to qualify for the annual event held in Coney Island, N.Y. Marco downed 23 dogs & buns in 10 minutes, far less than champ Joey Chestnut who finished with 68.



Minutes Continued By Mike Archuleta



(Continued from page 2)

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

Jeff reported about the event. There was a problem with not enough bibs for the race. The overall race went well despite high winds during the race. Jeff stated the winds were so strong ; I he had to do the results in my his car. There were total of 60 participants for the race.

Spirit Fest: Hilbert Navarro SCR Liaison Pueblo Colorado Distance = 5K

Hilbert was not present to report about the race. Mike stated the race went on without any problems. There was about 70 runners and walkers for the race. Despite the construction along the course it was well marked by Hilbert.

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

Chris Reichert read letter of thanks to the club. The race and walk had about 76 total participants.

Recommendations: 1. Do not use markers on the racing bibs. The rain washed away the names during the race. It was suggested to start the runners and walkers at the same time. There was a lot of positive comments on how well the course was marked. The course marshals and volunteers did a great job during the race.

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

Peggy reported the race went well. There were 50 runners and 26 walkers. The only problem is there were not enough shirt sizes for the runners and walkers. She suggested more advertising for next years race.

Predict Series: Jim Robinson Midnight Madness Run is cancelled this year

The south shore adventure Larry Volk Predict Run

The South Shore Adventure is scheduled for August 30th. This year's course will be 4.3 miles, the shortest SSA so far, but it will also be the most technical.

Officer Report:

Meeting Minute Report: Mike Archuleta

The meeting minutes were approved with no changes. Mike will send a draft of the minutes before being posted

Treasurer Report: Paulette Arns

Paulette gave overall review of the SCR budget. The total was \$28,377.26 for the year.

The new draft of the SCR invoice was approved by the officers. The invoice will be sent to the different organizations for SCR race support. The SCR will send invoice to the recent races for SCR support.

Webmaster Paul Lebar

Paul presented contact management system to scr group. It will be more interactive with blogs and helping race directors with information on the website. It will make quick changes to 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.

New Stuff

Picnic:

Jeff called All Seasons Catering and received 3 bids from different caterers. The date for the Picnic is August 9TH 2009. The site will be Pueblo Mountain Park in Beulah this year.

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

Dear friends,

Thanks for all the miles and smiles these past few years. SCR has offered a tremendous outlet for my energies, and helped me make some lifelong friends and memories. Thank you for everything and hopefully we will meet again!

Sincerely,
Linda & John Strange

Editor's note: Linda and John are headed back to Seattle for job reasons. Linda has been a many-time contributor to Footprints and volunteered for many SCR events. Hopefully she will be a "remote reporter" once in a while.

Dog Days of August
got you thirsty?
Have a cool one at
the Gold Dust



217
South
Union



Great Stuff

By Gary Franchi

Is there a spin doctor in the house?



Thought for today's lunch, compliments of marathoner / ultramarathoner Dean Karnazes, who ran a different marathon in 50 consecutive days: *"Relaxing stresses me out. I'm not good at it."*

Musings about running, fitness, life:

Well, we just got the annual grim news. The Trust for America's Health and the Robert Wood Johnson Foundation has come up with its annual U.S. obesity rankings and statistics, and guess what? Our entire nation is quite fit and is wiping out obesity and everybody's health insurance rate can be expected to be cut in half.

NOT.

In reality, the reality ain't too good. The report said that obesity has increased in 23 states and noted that 1 in 4 adult Americans in 31 states is obese. There are 4 states with obesity rates over 30%. Mississippi is the leader with a 32.5% adult obesity ranking. Showing its across-the-board dominance, Mississippi also has the highest rate of overweight and obese children – 44.4%. Good focus, Mississippi.

Ah, but the silver lining is that the rate of obesity last year rose in 37 states compared to only 23 this year. What good news!

This points out to me what the real problem is: the people releasing this report make these statistics sound like a negative. How come they don't issue a report that says the obesity rate is increasing at a decreasing rate? They should also stress that the fast food and processed food industries are thriving across America, driving positive economies. I'll bet they could say something positive about the sales of TVs and video games in many of these states, too, probably starting with Mississippi.

But no, they stress the negative. C'mon, you marketers – get with the program. Do your job – slant the stats.

On the positive side, Colorado is now the slimmest state with an 18.9% adult obesity rate, the only state with a percentage under 20%. That doesn't surprise me. Everywhere I look people are training at something or other whether it's running up the Peak, kayaking down the Arkansas, going on week-long bicycle tours or whatever.

When I correspond with family and friends in my native Michigan, which is

No. 9 on the adult obesity chart at 28.8%, I can sense they are dumbfounded when I reveal anything about my workout routine. I know they don't get the fact that training and eating healthy are parts of the culture in this state.

Of course, you would tend to question those Colorado obesity statistics every time you are buying groceries in Pueblo. Not that I necessarily have anything against all chips and sweetie foods, but, c'mon people, you can eat a little better than that.

A recent issue of *Time* magazine reported on a study, published in the July issue of *Obesity*, that gave one indication of why adults start packing the cakes. It noted that married people are twice as likely to become obese within a few short years of getting hitched, and young people who move in with a boyfriend or girlfriend tend to start packing on the pounds, too, especially the women.

Why is this? The *Time* report cited these main reasons:

- Meal times become more important than when people were living alone.
- There may not be as much time to use gym memberships.
- People start letting themselves go instead of trying to impress others.

I don't know what Pueblo's obesity rate is but, taking a look around, I think we can assume that the relationship structure is pretty sound and that the fast food and processed food industries are turning a hefty profit here, no pun intended. Convenience stores are doing well too, with the biggest sellers being soda pop and a variety of tasty treats.

But we shouldn't look at these as negatives. Instead of focusing on Pueblo's, uh, largesse and dining habits, Chamber of Commerce and economic development folks should promote the city as having strong family values and a thriving and healthy economic structure, where restaurants and businesses can succeed.

See? Stress the positives. It's all in how the news and facts are packaged. This is a mecca of opportunity for marketers.

Now would you pass that Big Mac over here, please. I want to help our local econ-

omy. And where are the fries?

Ten things I was just wondering:

1, What if they had a rule in running that you had to race with your shirt tucked in or you'd be DQ'd? Since this would, in essence, eliminate shirt-less racing, how would the SCR's normally-shirtless Rich Hadley cope?

2, Wouldn't it be cool to watch the chaos that would occur if they had chip timing in the Tour de France, which would make each cyclist scramble for every second to the end instead of finishing in the pack and getting the "same time?"

3, Can anyone name the winners of the elite division in this year's Bolder Boulder? Does anyone care? Didn't think so.

4, Do they, like, have tryouts to determine the top podium girls for the Tour de France? Is good, precise perfunctory cheek smooching one of the qualifications?

5, Wouldn't we all be a lot happier if no one ever used the "more bang for the buck" and "what's the bottom line" clichés?

6, Can we assume that you're kind of hurting a bit for a life if you hang around City Park in Pueblo searching for coins with a metal detector?

7, Aren't you glad that Barry Bonds is out of baseball and no longer in the news?

8, Would you rather be way faster than your predicted time or just slightly slower than your predicted time?

9, When you really think about it, how could the National Hockey League approve the Nashville team being called the "Predators?"

10, OK now, without looking in this newsletter, what is the new address of the Pueblo YMCA?

Until next month, may we all get at least one stage victory of some form and shape in this game of life.



The Barr Trail Mountain Race

by Joe Bulow

The 10th annual Barr Trail Mountain Race was held on Sunday, July 12, 2009. This 12.6-mile run was voted Best Trail Race by Colorado Runner magazine in 2005 and 2007.

The race began by the Cog Railway Depot in Manitou Springs at an elevation of 6,570 feet and proceeded up the loose gravel and dirt Barr Trail, gaining 3,630 feet in elevation. The race then turned around at Barr Camp at 10,200 feet and the runners then sped back down the trail to the finish line at its original starting point.

The aid stations every 1.5 miles provided water and Ga-

torade while some of the volunteer groups distinguished themselves with special extras, like offering fig newtons, Gatorade slushies or spraying runners with a cool mist. Post race food at Soda Springs Park included ice-cold watermelon and pizza.

Finishers from Pueblo and Pueblo West included Anna Marshall, Denise Ricks, Emily Batson, Wendy Bulow, Peggy Oreskovich, Carrie Turman, Mike Schmidt, Justin Ricks, Matt Sherman, Ted Johnson, Joe Bulow, Brian Ropp, William Marshall and Dave Diaz.



Ramblin'

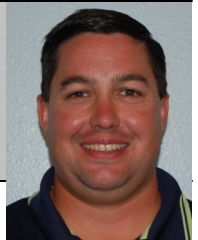
by Ron Dehn
From Perfection to 16th Place

What about pitcher Mark Buehrle of the Chicago White Sox? Buehrle threw a perfect game on July 23rd against Tampa Bay. This is only the 18th perfect game in 130 years of baseball. The pitcher gets all the credit, but it is truly a team effort. Center fielder DeWayne Wise robbed Tampa's Gabe Kapler of a home run with a spectacular catch in the 9th inning. The last perfect game in the majors was Randy Johnson's of the Arizona Diamondbacks, when he faced 27 batters from the Atlanta Braves in 2004. Buehrle's was the first perfect game for the White Sox since 1922.

Then there's Marco "Mongo" Marquez, Pueblo native and Centennial High graduate who placed 16th at the 2009 Nathan's Famous International Hot Dog Eating Competition on July 4th. Marco is the first Coloradan to qualify for the annual event held in Coney Island, N.Y. Marco downed 23 dogs & buns in 10 minutes. Since Marco is a Pueblo native, he is featured as this month's editorial consultant. (See the SCR box on page 2. Every month we feature some "notable" accomplishment)

The Skyline Drive 10K Run

by Kyle Horne



If you are a runner looking for a challenge, Canon City has a great race for you. The Canon City Recreation and Park District is pleased to bring back the Skyline Drive 10K Run. This race will feature elevation changes of 800 feet and for five of the six miles on the course, you will either be going uphill or down. This is a physically demanding course in a spectacular setting that has the hills and altitude to test your legs and challenge your lungs.

The Skyline Drive 10K was an annual event years ago, but through the years it went away for one reason or another. Now the Recreation District thought it would be a great time to bring this event back, knowing how many local runners currently use this route to train for other runs, including marathons.

The race will begin at Greystone Park at the intersection of 9th Street, College Avenue, and Hazel Avenue. The start

time is at 8:00 am on Sunday, September 13th. From the starting line, the competitors will head west on Hazel to 7th Street. From there they will head north to Floral Avenue and then go west. Floral Avenue will turn into Skyline Drive and that is where the fun begins. Runners will then climb to the top of Skyline Drive and it's breathtaking views. Once you are on the top of the Hogbacks, you will have several hills to navigate before you begin your descent on the north side. At the US Highway 50 entrance, you will loop around and head back over Skyline Drive. The race will conclude right where it began in Greystone Park.

The cost of the run is \$20 by Friday, September 4th or \$25 the week leading up to the event. Everyone who registers will receive a T-Shirt and only those who sign up by Tuesday, September 8th will be guaranteed a shirt on race day. Those who don't receive one will have it

mailed to them the following week. An awards ceremony will follow the race with the top three in each classification being recognized. The age groups are both male and female for 18 & under, 19-29, 30-39, 40-49, 50-59, and 60 & older.

The Canon City Recreation and Park District would like to thank the Southern Colorado Runners Club for their assistance with this race. We hope to make this an annual event.

Kyle Horne
Programs Director
Cañon City Area Recreation and Park District
575 Ash, Cañon City, CO 81212
Website: www.ccrec.org
(719) 275-1578 office
(719) 371-6539 cell
(719) 275-0960 fax



RUN 4 Trails

By Kim Arline



The first **“RUN 4 Trails”** will be held on **September 19th at 8 a.m.** at Pueblo West High School. The run is designed to promote awareness and raise money to extend or improve community trails to connect our schools, parks, business areas and higher density neighborhoods. With narrow roadways, no sidewalks and fewer and fewer school bus routes, our community trail system can provide students and community members a safer way to get around our community on foot or bike and build exercise into their daily routine.

The 5-kilometer run and walk will start and end on the practice field behind PWS. The course will follow the dirt utility roads (for non-motorized traffic except authorized vehicles) down to Skyview Middle School and back. A couple teams from PWS will sponsor the water stops. If you aren't running too fast, you will see signs along the route listing the distance along the trails to other destinations in the community.

Awards will be given to the top three males and females in each of the eight different age divisions. This race will also offer the **“Leave No Member Behind” team challenge**. The challenge is just a fun team building opportunity for friends, coworkers, families, clubs or teams to support one another and finish the course together as a team of four or more members. Team members will wear a sash with the team name and number of members to identify them along the course and at the finish line. Teams can wear the same shirts, they can get creative making their own beauty queen type sash to wear or just handwrite in marker their name on the sashes available at the registration table Friday night or Saturday morning. Prizes will be given to winning teams which will include the two fastest teams, the most creative team and the most energetic team.

This race is part of an entire weekend of fun activities planned for the **“Cyclone**

Classic” Weekend. The weekend will kick off with a Cyclone Carnival and Spaghetti Dinner at PWS Friday, September 18th from 4-8 p.m. Race packet pick-up and late registration will be available at the Friday dinner and carnival sponsored by PWS Student Council and other high school teams and clubs. Packets and late registration will also be available Saturday morning from 7:00-7:45 before the race. The race will be followed by a bike and pedestrian safety fair promoting safe cycling and walking around the community on our roads and multi-use trail system. The Great Divide bike shop will do a bike safety check and minor repairs. We plan on offering a “fix a flat” class and bike obstacle course to check basic riding skills before registering bikes with Trip for Kids and the Pueblo West Fire Department. Participants can wear their “RUN 4 Trails” t-shirt Saturday night to CSU-Pueblo stadium and support the Cyclone's team against County High in the rival **Pigskin Classic Football game!**

A discounted rate (\$10) for participants 14 and younger is being offered to encourage as many families to come discover the trail system together. We are hoping a lot of students will participate in the run or walk to discover the trails and support the larger community and high school they will eventually attend. All participants will get a t-shirt with PWS colors to support our local team in the big game!

The event was originally planned in December as a 4-mile run/walk to introduce the community to the newly constructed trails funded through two grants. But there have been some engineering delays so the trails and pedestrian bridge across a wetlands area will probably not be completed in time for the race. But once the trails are completed, over 2,000 students at three Pueblo West schools will be able to walk or bike to school using the new 8-foot wide paved trail alongside a 4-foot

wide crusher fine surface for those of us that want to take it easy on our joints. Educating and encouraging students to walk or bike to school is part of the three-year follow up program associated with the grant that funded the trail section to Sierra Vista Elementary and the pedestrian bridge across the drainage area separating the majority of students from their neighborhood school. The safety fair following the run is designed to reach students, parents and community members of all ages!

The race is sponsored by Pueblo West Community Foundation and Pueblo West High School Student Council. All proceeds from the race will go toward efforts to extend our trail system! To register for the 2009 “RUN 4 Trails” go to www.socorunners.org. For more information, contact Kim Arline at 647-1230.



THANKS from Peggy!

I want to put out a THANK YOU!!!! to all those who helped out at the Women's Distance Festival. It is amazing how many people step up and volunteer their time for these races. As a first time race director, I have learned a lot about what goes into a race (even just a small event like the WDF). I have also learned a lot about how many very generous people there are in our running club who make these events happen.

Thank you all very much!

Sincerely,

Peggy Oreskovich



August B-days

- 1 Zach Heesaker
Jerry Garcia*
- 3 Tom Ratzlaff
David Sorenson
Tom Brady
- 4 Aaron Lopez
James Schwartzberger
Louis Armstrong*
- 5 Jace Khosla
Jerica Khosla
Neil Armstrong*
- 6 Mary Rudolf
Rachel Van Buskirk
Lucille Ball*
- 8 Maggie Strange
Dustin Hoffman*
- 9 Dave Diaz
Amedeo Avogadro*
- 11 Ron Dehn
Alex Haley*
- 12 Austin Hale
Ross Westley
Pete Sampras*
- 13 Don Learned
Annie Oakley*
- 14 Gus Appenzeller
Frank Lopez-Cepero
Steve Martin*
- 16 Jeff Arnold
Frank Gifford*
- 17 Len Gregory
Paul Vorndam
Mae West*
- 18 Melanie Hughes
Meriwether Lewis*
- 19 Mark Kleven
Jordan Montera
Willie Shoemaker*
- 20 Alita LaBar
Connie Chung*
- 21 Misti Frey
Kenny Rogers*
- 23 Brian Ropp
Gene Kelly*
- 24 Danny Baracz
Cheryl Cook-McCoy
Lou Huie
Neal Kinsinger
George Slaughter
Cal Ripken Jr*
- 25 Taylor Lopez-Ceparo
Sean Connery*
- 27 Kenny Romero
Martha Raye*
- 28 Marge Gray
Leo Tolstoy*
- 30 Matthew Drake
Ted Williams*
- 31 Henry Hund
Dwight Martinez
Frank Robinson*

*Honorary SCR Member



Runnin' the Trails

By Paul Vorndam

Tabata or Not to Tabata



I ran across (how else do runners read?) an article in The August edition of *Trail Runner* magazine that I thought was intriguing about a new (to me) training technique. It's actually not very new, having been around since the late 90's, but I hadn't seen it before (and of course, that alone explains why I'm a slug!). It's called Tabata training or the Tabata Protocol. Tabata is Japanese and rhymes with ricotta (the cheese), however it doesn't have anything to do with cheese.

Tabata was training speed skaters and found that a short but very intense interval program produced a better aerobic capacity increase than a much longer endurance routine. I know we're not the Southern Colorado Skaters, but the technique has since been applied to a variety of endurance sports such as running, biking, mma and (although not strictly endurance-oriented), even weight lifting. Some people enjoyed almost a 50% gain in cardio with the technique (wow!).

OK, if you hate interval training as much as I do, you've probably already pitched this in the trash, but if you're in the reading room and haven't flushed yet, here's how it works. The core of the method is eight all-out 20 second intervals (i.e., sprints) with no more than 10 seconds of rest in between. That's it. Not counting warm up/cool down that's 4 minutes total! It's suggested that you do a 5 minute warm up at 40% effort and same for a cool down. Also, you should start with one Tabata session a week and add in more depending on your fitness level. A session can be done after your regular run. There are 2 keys to get this

to work: 1) the 20 second intervals have to be all out. This is different from the way we usually do intervals. Traditional intervals are longer and done at or a little above our race pace. 2) the 10 second "rest" is really important – don't make it 15 seconds or longer or the technique effectiveness drops off. Traditional intervals have a longer rest period between intervals.

I can remember reading a George Sheehan article wherein he was talking about interval training and said that he had just finished vomiting after his last set of intervals and he was laying beside the track and he knew he had another one (interval) in him. He was a tough 'ol bird and now you don't have to feel guilty about not intervallling until you drop (or puke). Just do this 4 minute version!

A word of caution is in order. Although it was not mentioned in the magazine article nor on any of several websites that I consulted after reading the article, all out sprints are tough on the body – especially for us older less flexible runners. The 5 minute warm up might not be enough. At my age, any amount of warm up is probably not enough! If you pull a muscle/tendon and are out for a month, that would negate several weeks of all out sprints, so proceed with caution!

Editor's Note: For those who live under a rock or in a cave (like your editor), mma stands for Mixed Martial Arts. (see 2nd paragraph)

The Fiesta Run

The 4th Annual 5K Fiesta Run will take place in Raton, New Mexico at 7am on Saturday, August 1st. The run is held in conjunction with the St. Patrick's / St Joseph's parish fiesta, so there will be lots of fun and food. For more information, please call George Dominguez at (575) 707-0233 or email him at ratracer65@msn.com

Thank you!
Diana Sanchez-Feerer
575-707-0285





Ride the Rockies Bike Tour: No more Cliff bars, Bananas, Oranges, or Gatorade

By Mike Archuleta



I did the Ride the Rockies bike tour on June 14th - June 21st. I didn't think I was going to make the bike tour due to several events leading up to the tour. The week before I went to my Dentist Thomas Duran for severe toothache. Thomas is avid cyclist and has done several Ride the Rockies bike tour. Thomas referred me to specialist to do a root canal. I discovered to have infection post root canal and was placed on antibiotics on Thursday I was called by the hospital on Friday my father was being admitted for low oxygen levels and pneumonia.

It was pretty shaky before the tour. I didn't know if I could go on the tour. I was relieved that several family members helped my parents and encouraged me to ride the tour.

I helped out with the sprit fest 5K the morning I departed going to Glenwood Springs. I arrived in Glenwood springs on June 21st to pickup my tour packet. The packet pickup was filled with vendors and 2000 cyclist. It was filled with carnival like environment. The cyclist comes in all different sizes and ages. I meet several cyclists who doing their 10th or more Ride the Rockies. The bikes ranged form \$100 to \$ 10,000 bikes.

The Ride the Rockies is Lottery system to get in the tour. I have tried the last 4 years to enter the ride. I was lucky this year to get in this ride. I volunteered to be a riding medic for the ride.

The tour offers 3 ways to spend your nights. The first option is outdoor camping in each mountain town at a local school. The schools provide the riders a shower and bike mechanics to help the cyclist. The second option is indoor camping at the school. Can you image sleeping in a gym or hallway listening to snoring and everything else? It is a trick to find a key place to do sleep indoor camping. I thought I found the perfect place one night in Hotchkiss. It was the teachers lounge; I had the place to myself. I was awakened in the morning at 4 am by the staff at the high school. The staff was using the room to make coffee for the riders. I had to relocate and get ready for the days ride.

The last option is sleep in hotels in each of the mountain towns. So how do you get your luggage each day? The riders wake

up between 4 am to 6 am to get ready for the days ride. The cyclist packs their luggage each am and places them on semi trucks each morning. There are 3 trucks. The Early, Middle, Late arrivals. The key is pick the right truck each morning based on when you leave. The problem is if arrive late and your luggage is unloaded at the next city. If there is bad weather and your luggage may get wet.

The bike tours are different from most of the races we do. There is no start or finish time each day. The cyclist start riding from 0430 in the morning with head lamps. The majority of the cyclists start between 6 am and 7 am each day. Riding in the mountains it can be tenacious with the storms later in the day. The Ride the Rockies is one of most organized events. It's amazing how they organize the ride each day.

Day 1: Glenwood to Hotchkiss 80 Miles
The ride was a good tough ride for the first day. The first 37 miles was constant climbing over McClure pass to Hotchkiss. Each of the Aid stations offered food for a price. The food range from Pancakes to Hamburgers at each of Aide station stops. The Aide stations are every 15 to 20 miles during the ride. It is different concept from riding the RTR and doing triathlons and running races to buy your food and ride to the next Aid station.

I arrived in Hotchkiss School and survived the first day of riding. I picked up my luggage in the parking lot by the semi trucks. I was grateful the weather was good and no rain and dry luggage.

The daily shower is experience each day at the tour. The first thing you do is pick up your luggage and then you find a place to camp inside or outdoors. After you find a place to camp and then you go to the shower. The ride the Rockies offers a shower truck and the school shower. You stand in line with 50 or more cyclist to take a shower. There is a benefit to finishing early every day. You can find a place to camp and get early shower. It's unbelievable that most of the cyclists are lawyers, nurses, doctors and other professionals and we call this Vacation.

Day 2: Hotchkiss to Gunnison: 80 miles
This was the hardest day of the tour. We climbed and climbed on this day. The first 40 miles was climbing.

Day 3: Gunnison to Salida : 66 miles

I left Gunnison around 6 am and rode 35 miles to Monarch pass. The Monarch pass is 10 miles straight up to the summit. The ride down to Salida is incredible with speed down the pass.

There are things to remember during the ride.

- Remember to hydrate and drink water during the tour
- Take your own energy gels and nutrition
- Don't FORGET sun screen
- Extras bike tubes and tires
- CO2 and bike pump to repair flat tires
- Rain gear

Day 4: Salida to Leadville: 60 miles

I felt tired on this day. I had a wreck outside of Leadville. I was told my bike frame was cracked. I could never imagine the frame being cracked. I was told by the trek representative. I was able to finish the RTR with a demo bike. It was like I was not meant to ride yet another bad thing.

Day 5: Leadville to Aspen: 55 miles

Wow riding over Independence Pass into Aspen. I was glad my bike didn't have the cracked frame it had 1 day earlier. I would have been a goner. My ex DIDN'T have an insurance policy on me!

Sag Vehicles

The tour provided Vans to the riders who would develop problems physically or unable to ride. The riders always stated too much pride to sag.

Day 6: Aspen to Glenwood Springs :40 miles

Beer Gardens: Every night here was a beer garden to attend. It was the therapy for a lot of riders each day.

I arrived back in Pueblo to do direct the Pueblo Diabetes run. I was going to do the BIKE TOUR OF COLORADO but another issue came up.

Thanks Mike

The Bicycle Tour of Colorado Continued, By Joe Bulow

(Continued from page 1)

took longer than I predicted and I ran out of water and food without an aid station, roadside market or blackberry bush in sight.

I did manage to fill up my bottles with icy cold water a few miles from the summit at the Grand Mesa Visitor Center and reach the much anticipated aid station to refuel and refill my bottles. The views along the ascent, at the summit, and on the descent were amazing and vast although I tended to check them out while riding rather than stop and looking.

My max speed on the wild and crazy descent was 48 mph and that is only because I was braking to avoid getting out of control on the sharp but winding hill on the north side of the mesa. Although the last 30 miles into Grand Junction were completely flat, we had a nasty headwind to contend with. I was ecstatic to finally roll into Grand Junction, which looked like a smaller version of Pueblo.

Day 3: Grand Junction to Montrose – 64 miles; less than 2000 ft climbing (flattest and shortest ride for the week, almost felt like a recovery ride comparatively); ODR = 5

I opted out of the 40-mile bonus loop through the Colorado National Monument but enjoyed the photos that Jeff took on his ride through that breathtaking park. The scenery and difficulty of the ride to Montrose was similar to my training rides around here: kind of bland and monotonous with a few rolling hills but nothing too challenging...except for a steady headwind, which I was also used to with my rides in and around Pueblo County. I feasted on a delicious pizza at Gessepe's Italian Deli upon my arrival to Montrose.

Day 4: Montrose to Crested Butte – 92 miles; constant up and down ride that included Mt. Cerro Summit (7,950 ft) and Blue Mesa Summit (8,704 ft) that plunged into the Blue Mesa Reservoir area and finished with a gradual ascent to Crested Butte; ODR = 8

Although this was one of my toughest rides of the week, it also was a confidence booster in my mental approach to the relentless climbs we rode this day and the rest of the week. Our day started with a steady 2000-foot incline for the first 20 miles, followed by a fun and fast descent with a similar ascent for the Blue Mesa Summit except with shorter switchbacks through a narrow canyon. I basically fo-

cused on riding to the next sign and then the next curve and so on until I reached the summit of each particular climb that day. We were happy to reach Crested Butte after not only a long 90-mile ride but also 4 successive days of hard riding in the sun and wind.

Day 5: Rest Day in Crested Butte – My family joined us as we stayed at the Grand Lodge near Mt Crested Butte ski area.

Day 6: Crested Butte to Buena Vista – 75 miles; flat to easy rolling hills for the first 40 miles; ascent to Cottonwood Pass (12,326 ft) on 12 miles of dirt road that became mud in the strong afternoon rain and hail storm that we endured; exhilarating but scary descent into Buena Vista; ODR = 6

Beautiful scenery surprised us early on as we rode along a river nestled in thick fir and aspen forests from the tiny town of Almont to Taylor Reservoir on our way toward Cottonwood Pass. This pass wasn't as intimidating a climb as I expected but once again a continuous effort made a bit more challenging with the cold rain that turned to sleet at the summit and a stiff wind.

Although most of the riders at the summit's aid station were either huddling under tents for cover or cramming into the available sag wagons, we set out on our bikes and had a blast screaming down the pass on our way to my favorite town in America. As I cruised onto Main Street, I was super charged up with adrenaline and emotion after surviving the storm and the intensity of the pass. The jelly donut and four glazed donuts from Loback's Bakery were unbelievably tasty and went down the hatch in a hurry.

Day 7: Buena Vista to Glenwood Springs – 103 miles; Independence Pass (12,095 ft) and a whole lot of riding before and after to finish out a fantastic week; ODR = 8+

Since we knew we had the majestic Independence Pass to scale and our longest mileage of the week to ride, we set out earlier than we had been used to and it paid off as we had crystal blue skies the entire day despite another steady headwind for the first 20 miles and the last 40 miles. I-Pass proved to be the formidable challenge we expected but the rest day in Crested Butte really helped refresh our legs and made the ascent bearable and fun. We had also gained confidence from the previous high mileage days and climbing.

Both Cottonwood and Independence Passes had snow piled up on the side of the roads and were downright cold, requiring us to don all extra clothing (vest, arm/leg warmers, jacket) that we had on us for the descent. We covered 15 miles from the summit into Aspen like a high-speed train that had lost its brakes. The narrow canyon and curves made it even more exciting but not as scary as we had predicted from previously driving the pass. Although the last 40 miles from Aspen to Glenwood Springs were down a gradual grade, my legs were beginning to ache from the mileage for the week and we had yet another headwind to battle.

Jeff and I were happy we chose the outdoor camping option, which added to the fun for the week. For the most part, people respected others and quieted down early in the evening. Although riders starting unzipping and folding their tents at 5am, we generally took our time and didn't start our rides until just before 8am until the last day.

The aid stations were generally set up every 20 miles and offered a variety of free food and drink. The choice of food became somewhat monotonous after a few days but the Tour tried to change things up enough to keep it interesting. Earlier in the day, I gorged on pastries and fruit such as kiwi, banana, orange and pineapple. Later in the day's ride, I preferred salty snacks like potato chips, cheese crackers and pretzels. PB&J sandwiches were also a rider favorite and people were bummed if an aid station didn't have any available.

Showers and meals were not as hard to come by as we had heard. I took advantage of the massages after two of the rides. We rarely went out and about in the towns after each ride, preferring to just set up our tents, eat, shower and hang out and reminisce about the day's ride and tomorrow's expectations. The biggest lesson I learned was the importance of hydration, not only during the ride but carrying a bottle of water with me wherever I went before and after a long day's ride.

I would highly recommend the Bicycle Tour of Colorado to anyone interested in seeing Colorado from a bicycle – there's nothing like it. I'm sure we will be tempted to sign up when they post the route for the tour in years to come and will probably team up and ride it again sometime in the future.



Women's Distance Festival 2009

Results



Runners

Time	First Name	Last Name	Age
21:27	Robin	Krueger	40
21:36	Denise	Ricks	29
21:51	Kallene	West	30
22:05	Paula	McCabe	36
22:40	Jan	Alcala	41
23:59	Carol	Kinzy	61
24:02	Leona	Spracklin	34
24:50	Jerica	Khosla	17
24:53	Stacey	Diaz	48
25:05	Gloria	Carroll	44
25:08	Alicia	Aune	13
25:21	Ticia	Passarelli	30
25:36	Becky	Hankla	16
25:50	Kristine	Spinuzzi	40
25:52	Carrie	Turman	56
25:54	Jene	Herrera	43
26:00	Martha	Drake	55
26:18	Emily	McKissick	26
26:29	Deanna	Platt	30
26:38	Mary	Humphreys	46
26:57	Melisa	Maes-Johnson	37
26:59	Raquel	Kemm	14
26:59	Tina	Corpuz	36
27:03	Gabrielle	Rhode	12
27:16	Gloria	Montoya	61
27:30	Marilyn	Vargas	45
27:35	Shawna	Nunez	36
28:01	Jennifer	Roybal	30
28:04	Michelle	Macias	27
28:12	Laura	Wehrwein	37
28:27	Jessica	Sisneros	27
28:44	Jennelle	Potter	29
29:20	Hilda	Olivas	54
29:23	Sheri	Tiller	41
29:33	Eileen	Baracz	61
29:50	Riki	Acosta	36
30:15	Sherrie	Anderson	51
30:32	Ann	Rhode	46
30:42	Becki	Vettese	51
30:43	Heather	Donahue	26
31:03	Dana	Andrak	40
31:11	Kaylene	Khosla	11
31:13	Adriana	Arteaga	28
31:42	Bonny	Jakus	52
32:50	Sally	Berryman	57
32:50	Trina	Polk	31
34:36	Bobbi Jo	Aune	32
38:35	Rebecca	Loewen	26
44:43	Rosalinda	Vargas	9
47:43	Jaylen	Vargas	11

Walkers

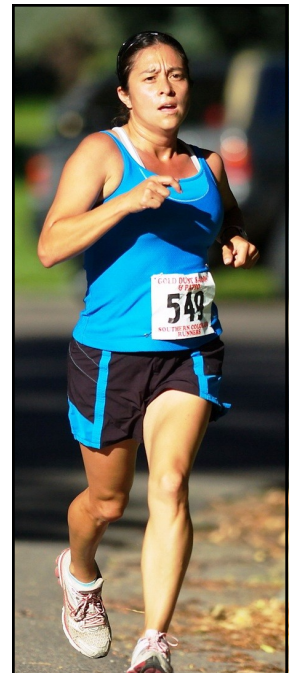
Time	First Name	Last Name	Age
37:16	Paulette	Arns	56
40:09	Kathy	Simpson	52
40:59	Nancie	Biery	51
41:23	Diana	Schlegel	47
45:02	Hannah	Dodge	8
45:43	Janine	Dodge	41
47:09	Amanda	Sanchez	23
47:09	Angelique	Robling	37
47:24	Diane	Stevenson	58
47:30	Dawn	Merryman	42
47:47	Debbie	Biemacki	53
47:47	Rachael	Calkins	34
48:24	Barbara	Massa	46
52:45	Cathy	Snell	50
52:47	Judy	Long	47
52:48	Stacie	Snell	23
53:08	Jennifer	Alfonso	37
53:08	Marjorie	Genova	57
53:49	Mary	Parlapiano	57
53:51	Carla	Parlapiano	54
53:53	Georgine	Masciotra	58
57:39	Peggy	Hancock	50
57:42	Marion	Schaeffer	70
1:00:34	Bea	Jones	64
1:00:36	Kerry	Roman	36
1:00:45	Jessie	Quintana	65



**The
One - Two
Punch**

**Left:
Robin
Krueger**

**Below:
Denise
Ricks**



Left:

**Walkers
Stacie Snell
and Judy Long
in their first
WDF**

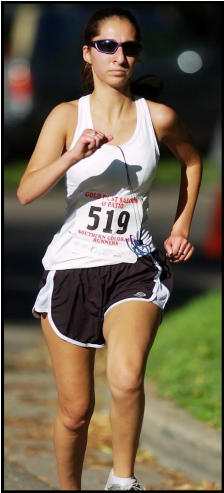


*WDF Pics provided courtesy of Larry Volk.
If you would like to view / purchase a photo,
go to the SCR website:
<http://www.socorunners.org/>
click on the WDF results,
then click on your name.*



WDF Photos

Courtesy of Larry Volk



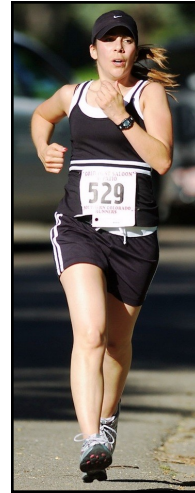
Jerica Khosla



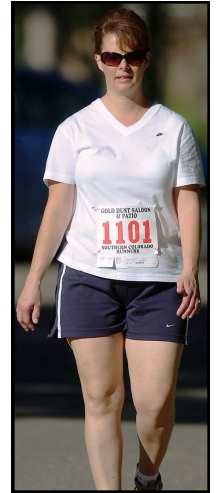
Tina Corpuz



Gloria Montoya



Shawna Nunez



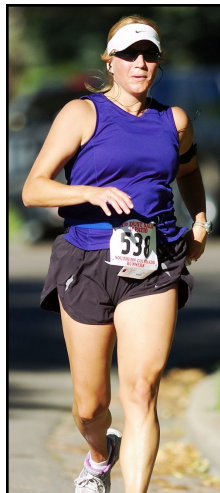
Jennifer Alfonso



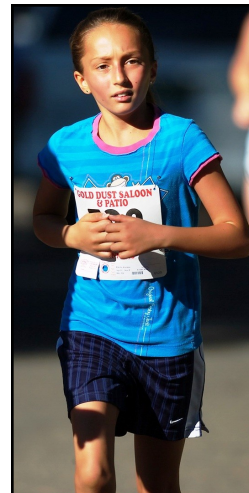
Nancie Biery



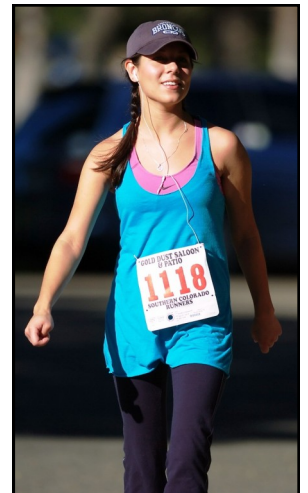
Hilda Olivas



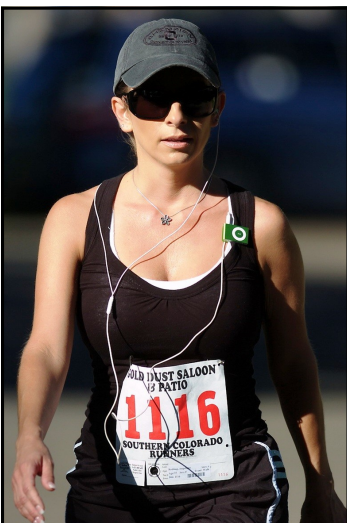
Sheri Tiller



Kaylene Khosla



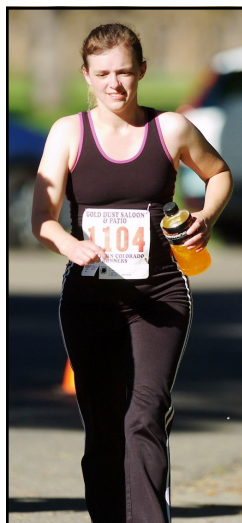
Amanda Sanchez



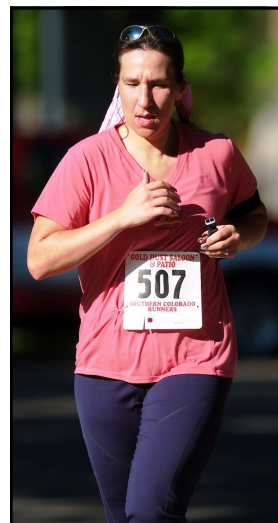
L to R
Angelique
Robling



Diane
Stevenson



Rachael
Calkins



Bobbi Jo
Aune



Pueblo Prevent-A-Thon 2009

by Chris Reichert



The second annual Pueblo Prevent-A-Thon 5K Run/2 Mile Walk was held Saturday, June 20th, 2009 with the course starting and ending at Pueblo Community College going through City Park and the beautiful Aberdeen area. The day-long Prevent-A-Thon is organized by the Pueblo Community Diabetes Project. The purpose is to fundraise for our work to prevent diabetes and diabetic complications in our community.

Seventy-seven runners and walkers were greeted by a light drizzle that morning but that didn't seem to "dampen" their spirits. Many of the participants commented positively on the venue, the helpfulness of the volunteers and the accuracy of the timing.

Pueblo Community Diabetes Project thanks Southern Colorado Runners Club for their help with this event again this year. Thank you to all the member-runners who participated. Special thanks go to:

Mike Archuleta – Race Director
 Don Pfof – Race Clock and Timer
 Lois Pfof – Tag Puller
 Terry Cathcart and Paulette Arns – Finish Line
 Ron Dehn, Gary Franchi and Paul LaBar – Publicity

We had a great time and look forward to working with all of you in the future!

Prevent-A-Thon
 Photos
 courtesy
 Of
 Walt Bassett
 &
 Karen Hoffman-
 Maroney



Results

12 and under / male

- 1st Kevin Hughes 24:20
- 2nd Micheal Sumpter 28:56
- 3rd Josh Leyba 26:49

12 and under / Female

- 1st Taylor Lopez 25:19
- 2nd Kira Hughes 35:10
- 3rd Makayla Ellinger 37:50

20 to 29 / Male

- 1st Arron Valdez 25:03

20 to 29 age group / Female

- 1st Brittany Tibbs 29:02
- 2nd Brigette Lee 29:10
- 3rd Melissa Meastas 31:40
- 4th Terry Lopez 42:05

30 to 39 age group / Male

- 1st Don Simony 21:53

30 to 39 age group / Female

Overall Female : Kallene West 23:23

- 1st Laurie Lopez 23:45
- 2nd Jerica Grimer 29:09
- 3rd Sarah Bruesto 30:17
- 4th Melanie Hughes 34:24
- 5th Chase Gray 35:20
- 6th Dannile Soto 35:33
- 7th Kristy Baca 39:11
- 8th Shari Hensley 40:59

40 to 49 age group / Male

Overall Male : Shawn Lappnow 20:31

- 1st Chester Hadden 21:06
- 2nd Chief Reno 22:37
- 3rd Steve Clough 22:59
- 4th Frank Lopez 26:30
- 5th Karl Gurule 34:24

40 to 49 age group / Female

- 1st Mary Humpreys 26:21
- 2nd Lisa Clough 31:50
- 3rd Rose Hayes 33:34

50 to 59 age group / Male

- 1st David Baker 22:01
- 2nd Dave Dehn 25:44
- 3rd Rick Acosta 28:05

50 to 59 age group / Female

- 1st Cathy Dehn 41:44

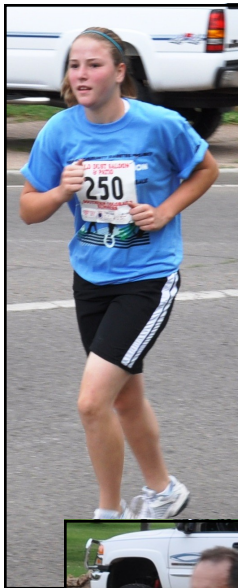
60 to 69 age group / Male

- 1st David Meyer 30:25
- 2nd Ron Dehn 31:40
- 3rd Ray Arellano 30:21

60 to 69 age group / Female

- 1st Carol Kinzy 24:24

Prevent-A-Thon Photo Collage



The Pueblo West July 4th 5k Run

Results (W indicates Walker)

Pl	Name	Age	Sx	Time	Pl	Name	Age	Sx	Time	Pl	Name	Age	Sx	Time	
1	Levi Medina	20-29	M	16:00	74	Jerry Tiller	40-49	M	27:52	148	Dan Woods	30-39	M	4:144	
2	Jamen Cox	11-19	M	19:15	75	Kim Perales	30-39	M	27:53	149	Caroline Brown	20-29	F	4:156 W	
3	Justen Cox	11-19	M	19:36	76	Marilyn Vargas	40-49	F	27:59	150	Marie Brown	20-29	F	4:207 W	
4	Tony Nicola	20-29	M	19:42	77	Jennifer Welte	20-29	F	28:15	151	Tiffany Simony	30-39	F	4:212	
5	Gary Yanek	40-49	M	19:55	78	Joni Brandsteg	40-49	F	28:23	152	Terry Way	30-39	M	4:230	
6	Michael Barris	40-49	M	19:58	79	David Meyer	60-69	M	28:27	153	Becki Hinton	40-49	F	4:231	
7	Regie Marquez	30-39	M	20:00	80	Sheena Bridges	30-39	F	28:27	154	Heidi Gard	40-49	F	4:307	
8	M Swift-Kraemer	20-29	M	20:39	81	Bianca Cisneros	11-19	F	28:32	155	Robert Quintana	60-69	M	4:335 W	
9	Aubrey Till	11-19	F	20:43	82	Jaclyn Mutz	20-29	F	28:33	156	Laura Greenwood	30-39	F	4:413 W	
10	Ben Comden	11-19	M	20:52	83	Tosja Goodnight	30-39	F	28:34	157	Terri Hren	50-59	F	4:505 W	
11	Matthew Conden	20-29	M	20:52	84	Kevin Velasquez	20-29	M	28:40	158	Brenda Kock	40-49	F	4:506 W	
12	Steve Wall	40-49	M	20:52	85	Feliz Vargas	11-19	M	28:58	159	Jason Canipe	11-19	M	4:515 W	
13	Darren Jiron	11-19	M	20:57	86	Sarah Bruestle	30-39	F	29:00	160	Valerie Switzer	40-49	F	4:521 W	
14	John Roman	60-69	M	21:03	87	Bryce simony	10&un	M	29:05	161	Jean Thraikill	70 & Up	F	4:522 W	
15	Gianni Palumbo	11-19	F	21:06	88	Aly Lunders	30-39	F	29:16	162	Barbara Massa	40-49	F	4:538 W	
16	Calley Till	30-39	F	21:20	89	Darlene Tafoya	20-29	F	29:22	163	Mira Roman	10&un	F	4:622	
17	Donny Simony	30-39	M	21:23	90	Scott Baysinger	40-49	M	29:24	164	Tifton Roman	10&un	M	4:623	
18	Gina Holley	30-39	F	21:37	91	Reagan Compton	11-19	F	29:27	165	Chris Roman	40-49	M	4:624	
19	Mark Koch	50-59	M	21:40	92	Dominic Simony	10&un	M	29:33	166	Betty Harris	40-49	F	4:648	
20	Chester Hadden III	40-49	M	21:42	93	Jacob Nicola	11-19	M	29:40	167	Mark Montano	30-39	M	4:659 W	
21	Chief Reno	40-49	M	21:51	94	Paul Trani	30-39	M	29:49	168	Andrea Montano	20-29	F	4:659 W	
22	Ben Bruestle	30-39	M	21:56	95	Chris Oberdorfer	40-49	M	29:57	169	James Adam	40-49	M	4:724 W	
23	Heidi Allen	20-29	F	21:58	96	Dan Comden	30-39	M	30:15	170	Debbie Biernacki	50-59	F	4:748 W	
24	Seth Koiso	11-19	M	22:03	97	Patricia Cisneros	40-49	F	30:21	171	Lauri Martin	40-49	F	4:750 W	
25	Chris Hulley	30-39	M	22:04	98	Kirk Teaney	50-59	M	30:36	172	Pamela Galkowski	40-49	F	4:757 W	
26	Paul Larson	30-39	M	22:08	99	Jill True	30-39	F	30:38	173	Sandy Brown	50-59	F	4:806 W	
27	Robin Krueger	40-49	F	22:12	100	Kasi Ure	30-39	F	30:39	174	Susan Thomas	50-59	F	4:807 W	
28	Carly Moore	11-19	F	22:30	101	Matt Abbas	40-49	M	30:48	175	Katherine Benton	50-59	F	4:903 W	
29	Kevin Lenzy	20-29	M	22:32	102	Renee Trujillo	30-39	F	30:59	176	Donald Benton	50-59	M	4:903 W	
30	Steve Clough	40-49	M	22:36	103	Miranda Abbas	11-19	F	31:07	177	Lacey Benton	20-29	F	4:905 W	
31	Robert Santoyo	40-49	M	22:52	104	Melanie Hughes	30-39	F	33:07	178	Kayla Trani	10&un	F	4:912 W	
32	Nathan Comden	20-29	M	23:00	105	Katie Simony	11-19	F	31:23	179	Ethan Trani	10&un	M	4:915	
33	Jill Swerdgerger	30-39	F	23:10	106	J Garbiso-Hall	20-29	F	31:41	180	Brandi Moore	40-49	F	4:918 W	
34	Nelson Brentlinger	40-49	M	23:25	107	Sophia Nicola	11-19	F	31:46	181	Doug Harbrueger	30-39	M	4:951 W	
35	Kenneth Duling	40-49	M	23:26	108	Angelica Wall	11-19	F	31:55	182	Rhonda Feasel	30-39	F	4:957 W	
36	Terry McCullar	50-59	F	23:33	109	Bonny Jakus	50-59	F	31:55	183	Judith Adam	60-69	F	5:002 W	
37	Emily Batson	30-39	F	23:33	110	Julie DeHerrera	30-39	F	32:00	184	Jonathan Archuleta	11-19	M	5:014	
38	Mark Gregory	40-49	M	23:34	111	Denise Flory	30-39	F	32:04	185	Jaylen Vargas	11-19	M	5:032	
39	Ismael Duling	11-19	M	24:15	112	Jeff Flory	30-39	M	32:04	186	Thary Chan	30-39	M	5:047 W	
40	Rikki Falsetto	11-19	F	24:30	113	Deb Frakes	30-39	F	32:08	187	Schalana Hannah	20-29	F	5:047 W	
41	Isaac Duling	11-19	M	24:33	114	Lisa Clough	40-49	F	32:09	188	Taylor Leyva	11-19	F	5:134	
42	Leona Spracklin	30-39	F	24:38	115	Stacy Laigo	30-39	F	32:19	189	Kendra Jesik	10&un	F	5:134	
43	Rick Macias	40-49	M	24:41	116	Gabrielle Wall	10&un	F	32:22	190	Olivia Leyva	11-19	F	5:144	
44	Kim Arline	40-49	F	24:50	117	Kira Hughes	10&un	F	32:46	191	Patrick Cole	40-49	M	5:200 W	
45	Susan Marshall	11-19	F	24:57	118	Barb Leyba	40-49	F	33:09	192	Marissa Leyva	10&un	F	5:226	
46	Dan Geyer	40-49	M	25:10	119	Seneca Newkirk	20-29	F	33:29	193	Lynn Leyva	30-39	F	5:228 W	
47	Tim Jakus	11-19	M	25:59	120	Jeremy Trader	20-29	M	33:29	194	Hali Sikes	50-59	F	5:249	
48	John Switzer	40-49	M	25:43	121	Laurie Butler	30-39	F	33:40	195	Phyllis Bomar	50-59	F	5:350	
49	Nick Holley	30-39	M	25:50	122	Jonah Trani	10&un	M	33:42	196	Kerry Roman	30-39	F	5:405 W	
50	Blake Simony	11-19	M	25:53	123	Lori Trani	30-39	F	33:56	197	S Compton	40-49	F	5:409 W	
51	Mary Humphreys	40-49	F	25:55	124	Savannah Duling	10&un	F	34:24	198	Sandra Abbas	30-39	F	5:411 W	
52	Carrie Turman	50-59	F	25:55	125	Dick Woods	50-59	M	34:57	199	Logan Abbas	10&un	M	5:415 W	
53	Trisha Davis	50-59	F	25:57	126	Jerry Dudde	40-49	M	34:57	200	T Cunningham	30-39	F	5:509 W	
54	Larry Halpern	40-49	M	25:58	127	Kathleen Phillips	30-39	F	35:03	201	Sharon Shaub	60-69	F	5:514 W	
55	Marti Marshall	40-49	F	25:59	128	Madeline Belarde	50-59	F	35:48	202	Kelly Shaub	30-39	F	5:515 W	
56	Darrell Olson	50-59	M	26:02	129	Jessie Quintana	60-69	F	35:59	203	Dawn King	30-39	F	5:516 W	
57	Jene Herrera	40-49	F	26:07	130	Jacqueline Wall	30-39	F	36:15	204	Debra Jones	50-59	F	5:536 W	
58	F Lopez Cepero	40-49	M	26:09	131	Lisha Gomez	30-39	F	36:23	205	Judy Teaney	50-59	F	5:620 W	
59	Raul SanMiguel	50-59	M	26:12	132	Laura Savage	20-29	F	36:48	206	April Baca	30-39	F	5:729 W	
60	Don McGruder	40-49	M	26:25	133	Paulette Arns	50-59	F	37:29 W	207	Jessica Hamm	30-39	F	5:731 W	
61	Kelly Nielson	30-39	M	23:29	134	Dave Bomar	60-69	M	37:31	208	Amber Arline	11-19	F	5:733 W	
62	Joshua Leyba	11-19	M	26:31	135	Melanie Rogers	20-29	F	38:08	209	Ellyse Wheaton	10&un	F	5:808 W	
63	Jeff Leyba	30-39	M	27:06	136	Danny Randolph	50-59	M	38:17	210	Joe Ferrell	20-29	M	5:907 W	
64	Rich Feasel	30-39	M	27:06	137	Filomeno Vargas	10&un	M	39:29	211	Ron Ferrell	50-59	M	5:911 W	
65	Martha Drake	50-59	F	27:07	138	Stacy Maes	30-39	F	39:58	212	Madison Trani	10&un	F	6:237 W	
66	Rebecca Terry	30-39	F	27:11	139	Cole Trani	10&un	M	40:00	213	Greg Arline	10&un	M	6:259 W	
67	Andrew Comden	20-29	M	27:18	140	Randall Trani	30-39	M	40:01	214	Ron Trani	30-39	M	6:306 W	
68	Rick Acosta	50-59	M	27:21	141	Sarah Trani	30-39	F	40:17	215	Alex Wheaton	10&un	F	6:534 W	
69	Heidi Thompson	30-39	F	27:23	142	Rosalinda Vargas	10&un	F	40:19	216	Karl Aguilera	50-59	M	6:541 W	
70	Stefanie Ireland	20-29	F	27:24	143	Haelie Compton	11-19	F	41:01	217	James Wheaton	40-49	M	6:548 W	
71	Randy Oles	40-49	M	27:30	144	Shawn Compton	40-49	M	41:01	218	Suzi Fernstrom	60-69	F	6:730 W	
72	Kristina Vrooman	30-39	F	27:43	145	Derek Simony	10&un	M	41:09	219	Judith Lopez	60-69	F	6:731 W	
73	Cathleen Larson	20-29	F	27:43	146	Jade Feasel	11-19	F	41:34						
					147	Robert Greenwood	40-49	M	41:35 W						

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>
August					
Sat 01	4th Annual Parish Run	5K	7am	Raton, NM	Geo Dominguez (ratracer65@msn.com)
Sat 01	Danaplza Free Fun Run	5K	7:30	Canon City, CO	Grant Emerson (www.danapalooza.com)
Sat 01	*Moonlight Madness	****CANCELED FOR 2009****			Diana Tiffany (dtiffany@mail.ghv.alley.net)
Sat 08	Florence Fit N Run	5K	8am	Florence, CO	Jim Brumage (jbrumage@bresnan.net)
Sun 30	*South Shore Adventure	4.3M	7:30am	SCR/Lake Pueblo	Larry Volk(lrvolk@yahoo.com)
September					
Sat 12	Corporate Cup 5K	5K	8:30am	CSU-Pueblo	Hillary Pacheco-Hall(hpachecohall@puebloymca.org)
Sun 13	Corporate Cup Bike Ride	12.4M	9am	SoMesaElemSchool	Hillary Pacheco-Hall(hpachecohall@puebloymca.org)
Sun 13	Skyline Drive	10K	8am	Canon City	Kyle Home (www.ccrec.org)
Sat 19	Run 4 Trails	4M	8am	Sierra Vista Elem,PW	Kim Arline(kimarline@comcast.net)
Sat 26	Danaplza Trail Run	5K	9am	Canon City, CO	Joanna McIntyre (www.danapalooza.com)
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 Home (www.ccrec.org)
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)

*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

**The 2009 South Shore Adventure
By Larry Volk**

This years course will be the shortest so far...approximately 4.3 miles. However it will be the most technical so far, with multiple up/down climbs, loose footing, snakes, cactus, weeds/wild flowers, twisted ankles, etc,... Runners will need to carry their own water.

The run will start at the parking lot at the south shore marina (same place as last year inside the Lake Pueblo State Park). Start time...7:30 AM, August 30th. Maps will be provided, however the course should be well marked as in previous years.

I am looking for 3 volunteers to help with the race, including helping runners get into the state park in the morning. Last year I had to create a flier for ALL cars entering the park and need someone to hand out just prior to the park entrance. Volunteers can contact contact me at 719-585-4343 (work) or home, 719-543-2052.

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 Picnic

On August 9th, SCR members will gather for the annual picnic at Pueblo Mountain park in Beulah. The food is catered so you need only to bring an appetite. Well, maybe some sunscreen is appropriate. You might also throw a Frisbee in your trunk. You might want to test your Frisbee skills in the mountain air... We generally gather at noon, and food is served at 1:00. Check the SCR website for up to the minute info.



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

The Final Thoughts...

Every man feels instinctively that all the beautiful sentiments in the world weigh less than a single lovely action. -James Russell Lowell, poet, editor, and diplomat (1819-1891)

Who breaks the thread, the one who pulls, the one who holds on? -James Richardson, poet, professor (b. 1950)

Every sin is an attempt to fly from emptiness. -Simone Weil, philosopher, mystic, activist (1909-1943)

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

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone. - Audrey Hepburn

The only real voyage of discovery consists not in seeking new landscapes but in having new eyes. -Marcel Proust, novelist (1871-1922)

It's tough to make predictions, especially about the future. - Yogi Berra

Meeting Location Changed

All SCR members are welcome to attend the monthly meetings. **The August meeting will be held at the Barkman Branch Library, 1300 Jerry Murphy Road in Belmont at 7pm on Wednesday, August 5th.** We'd love to hear your ideas!