



Editor: Ron Dehn

# FOOTPRINTS



School is in, everybody's gonna' have some fun!

## The Back to School Edition



**Fourth Annual Bicycle Ride for Kids to Help Keep Pueblo Kids Safe**  
By Ellen Cooney, Executive Director, Pueblo Child Advocacy Center



For years now, Southern Colorado Runners have been more than generous in their support of the Pueblo Child Advocacy Center and its work to keep kids safe from both physical and sexual abuse. This year is no exception with the club already providing a wonderful donation.



# Pueblo Child Advocacy Center

We hope to see lots of riders who will join us on September 20<sup>th</sup> to ride from the Pueblo Memorial Airport to the Transportation Technology Center. As in previous years, this isn't a race, and riders are welcome to complete as much or as little of the course as they want.

The Pueblo Memorial Airport is providing us with the use of their annex parking lot (near the control tower), and the Spitfire Grill, the restaurant at the airport, will provide a free lunch for all who show up. While the bikers are out riding, we'll offer a free Kids Fest with

everything from fact painting to fire engines for kids and families to enjoy.

We have always appreciated the Club's support, but this year our need is greater than usual.

More than the number of children, it is the intensity of the abuse this year that has floored us. One pedophile alone has almost three dozen victims – so far – and that includes his grandchildren. A two year old was brought to us with bruises from her shoulder blades to her buttocks, including adult-sized hand prints. An incredibly charming little boy

is recovering from burns so severe he could barely walk. And if you read the newspaper, you know of the tragic cases that do not reach us – the deaths of both an infant and an innocent teen.

And with all that, we have seen more than 200 children in 2009 – 25% more than the same period last year.

The children who survive abuse show an incredible ability not only to survive, but to recover, to bounce back if they are given the right support. Seeing the resilience in these children, how could we

*(Continued on page 3)*

**Jessie Doubles**  
Page 5

**Volunteers Needed**  
Page 6

**Shoot Me**  
Page 8



## Minutes from August, 2009 by Ron Dehn

**Present:** Sheila Sloan, Kim Arline, Rich Hadley, Heidi Mann, Ellen Cooney, Troy Davenport, Scott Candland, Paulette Arns, Dave Diaz, Janelle Markert,, Terry Cathcart, Don Pfof, Ron Dehn

**General:** President Don Pfof indicated that we would continue to meet at the Barkman Library Branch until meeting rooms at the YMCA are completed in the October / November timeframe.

Don invited all present including non members to the upcoming SCR picnic.

### Upcoming Races:

*South Short Adventure Predict* on August 30: Dave will bring cones and tackle box.

*Skyline Drive 10K:* Heidi Mann indicated they had plenty of volunteers but needed finish line chute, equipment, and clock and help with results. Don will take the equipment. They also want to get a photographer and she was given Larry Volk's phone number. Heidi also indicated that the online registration on the SCR website was not active as of 8/5. She also asked for finish line / results assistance for the Autumn River run on October 10<sup>th</sup>.

*Corporate Cup:* Janelle Markert from the YMCA asked for help with the 5k, Bike Predict, and 1-mile run. Dave Diaz will be coordinating the finish line / results help for these events. Don, Lois, Sheila, and Terry Cathcart will help with the 5k. Janelle also indicated that the YMCA wants to conduct the 1<sup>st</sup> annual Pueblo Turkey Trot at 9am on Thanksgiving morning. This will consist of a 5k run and 1k Kiddie Trot and will be held at the new YMCA facility.

*Run 4 Trails:* Kim Arline indicated that this is the same weekend as the Pigskin Classic (Pueblo West vs. Pueblo County football) and that they are partnering with Pueblo West H.S. to make this a day of activities which possibly will include a spaghetti dinner. After the run race organizers will sponsor a session on pedestrian and bike safety. Mike Archuleta is the club liaison. Packet pickup is Friday and they will need

the clock and finish line equipment. *Bike Ride for Child Advocacy Center:* Troy Davenport and Ellen Cooney made the presentation. As a police officer, Troy has been involved with the Special Victims Unit and indicated the importance and the quality of work done at the Center. The Center has seen 161 children through June of this year, which is a 25% increase over 2008. The ride is a fund raiser for the Advocacy Center and this year there will be free food and drink for riders. They are also planning a fun fair with activities like face painting, a fire engine, etc. They would like to use the clock.

*The Hot to Trot:* The registration link will be active soon.

*The Livestrong 5k:* This event will be postponed until next year.

*The Cougar Canyon 5k:* Scott Candland indicated that last year they had approximately 100 runners and walkers plus an art exhibit. This year they plan an Octoberfest with food and a beer garden. Scott asked for finish line / results assistance. He mentioned that he could put up a couple volunteers at the hotel, so if you are interested, contact Scott at: [scottc@cougarcanyonliving.com](mailto:scottc@cougarcanyonliving.com)

### Recaps:

*Run with the Bulls:* SCR will make approximately \$1,200 after expenses.

*Liberty Point 5k:* Andrea Aragon from United Way sent a thank you letter. There were 219 participants. There was one complaint from a walker who said that some walkers ran. This led to a brief discussion about the advantages of not awarding places for walkers.

### Officer Reports:

*Minutes:* The minutes were accepted as written by Mike Archuleta.

*Treasurer:* The treasurer's report was accepted as presented by Paulette Arns.

Several donations were discussed and approved. Each has a con-

nection to SCR or to an SCR event. The amount of \$250 was awarded to the following: United Way, the Child Advocacy Center, Southern Colorado Trail Builders, The Nature Center, The Florence High School Cross Country Team.

*Newsletter:* Ron thanked the many contributors to each issue. Several members provide articles, photos, and other items such as minutes, lists of birthdays, the calendar, etc.

*Membership:* There are 198 paid members and 225 newsletters were sent last month. (some newsletters are sent to various organizations such as the

*(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. 325

"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		
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Arlene Pieper*	
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, Stacey Diaz, Don Pfof, Bob Gassen, Ellen Cooney, Andrea Aragon, Michael Butcher, MoJo Martinez

**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.

\* Arlene Pieper is the first woman to officially complete a marathon in the United States. She chose a tough one, completing the Pikes Peak Marathon in 1959.





## Minutes Continued

*(Continued from page 2)*

Chamber of Commerce, Cross Country Coaches, etc. 148 members have requested to receive free issues of Colorado Runner.

### New Stuff / Old Stuff:

*Picnic:* Don & Lois will go early to reserve a spot and will pick up drinks. Jeff will pick up the food.

*Volunteer Project:* Last month Beth Gladney came to the meeting to discuss volunteer projects such as adopting street-scapes or medians in Pueblo. Don sent an e-mail asking for alternatives more closely related to our mission and did not receive any feedback. The group discussed the fact that the core of SCR volunteers is spread fairly thin at the present.

*SCR Race Management:* Because of the multiple requests and the increase in requests, the SCR liaison will have to take on added responsibilities especially in terms of race results. The need for more equipment was discussed and the board authorized expenditures up to \$2,500 for equipment as determined by Paul LaBar.

The meeting adjourned at 8:50pm.

### Contact Us

Got a question or some friendly advice for the board?

Give us a "shout" via e-mail.

[president@socorunners.org](mailto:president@socorunners.org),  
[secretary@socorunners.org](mailto:secretary@socorunners.org),  
[treasurer@socorunners.org](mailto:treasurer@socorunners.org),  
[membership@socorunners.org](mailto:membership@socorunners.org),  
[newsletter@socorunners.org](mailto:newsletter@socorunners.org),  
[calendar@socorunners.org](mailto:calendar@socorunners.org),  
[predict@socorunners.org](mailto:predict@socorunners.org),  
[webmaster@socorunners.org](mailto:webmaster@socorunners.org)

## Advocacy Center, Continued



*(Continued from page 1)*

not do this work when they need us so much?

Although we are determined help, our funding sources are shrinking. Like most agencies, we are finding that grants are being reduced and sponsorships have been cut sharply. We have held our own financially thus far by tapping more sources for smaller awards – more work just to stay even. We are learning hard lessons of doing more with less – and every source we know of is indicating that funding will be even more difficult to secure in 2010.

Thankfully, we have supporters like SCR, and we also have a special opportunity for the donations you

give us (above and beyond the registration fee) to be doubles. The Gay and Lesbian Fund will match, dollar for dollar, any gift from a new donor, or any increase in gifts from current donors.

We look forward to seeing you on September 20<sup>th</sup>!



Need a break from  
 your studies?  
 Drop by the Dust  
 The Gold Dust  
 that is



217  
 South  
 Union



## Ramblin'

by Ron Dehn  
The 2009 Ascent



*"I get the news I need on the weather report."*

*I can gather all the news I need on the weather report.*

*Hey, I got nothing to do today but smile"*

*lyrics from The Only Living Boy in New York by Paul Simon*

The weather report has been the big news the last few years for Pikes Peak Ascenders. In recent years Peakers have experienced rain, hail, lightning, sleet, snow, wind, graupel, an occasional ray of sunshine, and an out-and-out blizzard. By the way - I had to use the word graupel because I never heard of it until the '05 Ascent. Graupel is snow in the form of a small, soft pellet, but I digress...

Last year, most Ascenders were turned back earlier than planned because of the blizzard. I was one of those who got to do a lot more downhill than I had intended. But race officials made the decision to award shirts and medals to all, even those who were turned around, so I collected my shirt and medal.

This year, the Pikes Peak website made it clear that finisher's jackets and medals would be awarded only to finishers. To finish, you have to not only cross the finish line before the cutoff, you have to beat the cutoff times at various points in the race. The website made it clear that if the cutoff times are changed due to weather and you happen to be turned around - no jacket, no medal.

I'm ok with that. Safety first. Last year lots of people were experiencing hypothermic symptoms, and when I heard accounts from those who did finish, I was glad I'd been turned around. The last 3 miles are typically my slowest, and you are fully exposed from 12,000 feet on.

So, back to 2009. I was checking the 10 day forecast on August 1<sup>st</sup>, and the race was not until August 15<sup>th</sup>. But the day before, weather.com showed nothing but sun over Manitou. Still, my boy scout

training would not let me start up the mountain without my fanny pack and two additional layers.

I had my backpack, clothes, shoes water bottles, etc. all laid out the night before. I even had my empty bowl and box of oatmeal on the counter. The bagel and toaster of course were "in position". Since the blueberries are frozen, I left them in the freezer. When I have an early morning departure, I leave nothing to chance. I say that I'm just being prepared. My wife Chris has another word for it. Whatever. All I know is that I plan to arrive in downtown Manitou at least 45 minutes before the race starts. And this works for me.

All the way up I-25, I kept looking at the mountain. There were very few clouds in the sky, and none over the mountain. Sunshine!!!

Hydration is important at altitude. I know that over hydration can be dangerous, but I never come close to that. Since the sun was shining, I planned on wearing my camelback, I also carry one small bottle with a weak mixture of Gatorade. And, I drink water and a bit of Gatorade at each water stop. I also carry a small bit of food - an energy bar from the Safeway bakery.

I found my friend Mel Druelinger at the start. Mel talked me into my first Ascent back in '97. He told me "Once you do the Ascent, you will never look at the mountain in the same way again." He was right. I spend a few moments looking at the Peak every morning when I go out to get the newspaper. The Ascent is definitely at the upper end of my capabilities. I think we need to test ourselves from time to time. Then when Life tests us, we have something to draw on. I've said to myself more than once, "If I can climb that mountain, I can \_\_\_\_\_ (fill in the blank). For me, the Ascent takes a huge amount of strength and determination. But, completing it gives me strength and determination. You give and you get. A lot like the rest of

life. Have I digressed again?

The most common mistake is to go out too fast. If you start too fast, you can hit the wall before you finish. But, if you go out too slow, it can be very difficult to make a good time. Approximately the first mile and a half are on Ruxton Ave. Most of this is a pretty steep climb, but the street is wide enough to pass. There is a bottleneck when you hit the trail, and it is steep and narrow for much of the bottom 3 and the top 3 miles. Passing others is quite difficult, especially during the lower 3 miles, where there is a lot of congestion. Runners are snaking up in single file in groups of 5 to 20. You can pass one or two people without too much trouble by looking for a wide spot, but sometimes people are very close to each other, and passing 10 people is usually out of the question. So, you have to balance your pace on Ruxton. Too fast, and you risk the wall. Too slow and you are in a traffic jam. This year, I was a tad slow to start, but better than the wall later.

The mile signs are in reverse order, which I like, so you can see how many miles you have left. I looked up at the sky at the 10 mile to go marker, and clouds had moved it. They did look ominous, but at this point, they were blocking the sun which made things a lot more comfortable. I was wearing a thin singlet with a short sleeved shirt over it.

From around mile markers 8 to 6, the trail is much more pleasant. It is wider, and has some rolling hills. Yes, even bits of downhill. This is refreshing, and a good opportunity to pass. Still, you must pace yourself. There is a long way to go.

As I said earlier, I never pass up a water stop. And I sip from my camelback along the way, mostly to moisten my mouth. I also take a handful of food at the stops. They have a variety of things, mostly pretzel mix, and sometimes grapes, M&M's, vanilla wafers, skittles,

*(Continued on page 9)*



## September B-days

- 9 Chris Gredig  
Jim Martinez  
Adam Sandler\*
- 10 M. Edmund Vallejo  
Jose' Feliciano\*
- 12 Jim Dudley  
Yao Ming\*
- 15 Amber Arline  
Dan Marino\*
- 16 John Roman  
Peter Falk\*
- 21 Stacey Diaz  
Tomas Duran  
William Van Buskirk  
Stephen King\*
- 22 Elliott Dudley  
Michael Orendorff  
Tommy Lasorda\*
- 23 Larry Cernoia  
Gary Franchi  
Hilda Olivas  
Rodge Rodgers  
Ray Charles\*
- 24 Kallene West  
Linda McCartney\*
- 25 Greg Arline  
Randy Comden  
Jane McCarty  
Madison Nunez  
Kerry Roman  
Catherine Z-Jones\*
- 26 Kelly Hale  
Serena Williams\*
- 27 Joeseeph D'Angelo  
Deb Hadley  
Robin Krueger  
Gwyneth Paltrow\*
- 30 Gantry Chowning  
Stanley Hren  
Johnny Mathis\*



## Runnin' the Trails

By Paul Vorndam

### You Don't Know Jack about Starvation



Why do we run? There are a variety of motivations. You can't afford a TV. You don't like bon bons. You're being chased by: 1) a mugger 2) the guy you pulled out in front of and flipped off 3) the Taliban 4) your ex's attorney, etc. You enjoy talking smack with SCR buddies. You made a deal with the Devil: "You can have my knee cartilage after I'm 65 – gimme that PR today!"

All excusable (if not admirable) reasons. Oh, but you want to play the *health* card? Well, it's interesting because we learn more about endurance exercise and health all the time. Some recent studies have shown that there is indeed a longevity benefit to endurance exercise beyond the ancillaries you would expect – cardiovascular health, lack of obesity-related illnesses (diabetes, etc.), lower stress, if you're running, you're not driving, etc. More recently there has been considerable interest in the tangentially related (to running) idea of caloric restriction.

Scientists noted years ago that mice on subsistence-only diets (no malnutrition, but just enough calories to survive) lived much longer than their well-fed companions even subtracting out any weight-related illnesses for the porkers. A few people have been trying this also. It turns out that a diet that is nutritionally complete, but low in calories causes drastic cellular metabolism changes that can't be duplicated by exercise or smaller amounts of non-nutritional food (the aforementioned bon bons). The benefits noted include:

Higher insulin sensitivity  
Decreased inflammation (implicated in arterial hardening)  
Enhanced cardiovascular functioning (!)  
Reduced muscle wasting with age  
Improved resistance to cellular stress

Additionally, aging is slowed and age-associated diseases such as diabetes and cancer are less likely. In the last 5 years scientists have been unraveling the biochemical pathways responsible for these effects. The most recent studies show that in addition to just caloric restriction, protein restriction (there goes those Carl's Junior visits) is also effective in slowing aging processes.

So as runners, we usually enjoy a much lower percentage of body fat than the general populace, but the research on caloric restriction suggests that controlling weight in this fashion alone does not supply all of the health-related benefits that caloric restriction does. If you're planning on the Pikes Peak Ascent next year, you may want to check into this because you'll regret every extra pound you carry long before the 16 Golden Stairs!

This column was prompted by and derived from an article on the subject in the August 3<sup>rd</sup>, 2009 issue of Chemical & Engineering News. Please Google "Caloric Restriction Diet" for much more info.



Hats off to SCR's Jessie Quintana. Jessie is a veteran of the Pikes Peak Ascent and Marathon who has completed one or the other 21 times beginning in 1984. On Jessie's Bucket list was to be a "Doubler" – do the Ascent, then one day later do the Marathon. This is quite an achievement. SCR has had other doublers in the past, but as far as I can tell, Jessie is the only one in 2009. You Go Girl!!!



## Volunteers Needed

by Don Pfof



## In our Mailbox



Volunteers are needed to help at upcoming races that will take place over the next four months.

Check out the race calendar in this newsletter or on the SCR website, and you'll see that September opens with the Corporate Cup—a 5K run on Saturday, September 12, a bike ride the next day, and a 1M Run on Thursday, September 17—and closes with the Hot-to Trot 5K Run and 2M Walk on Sunday, September. Dave Diaz will coordinate SCR volunteer help for the Corporate Cup and I'll help with the Hot-to-Trot.

In addition, the Skyline Drive 10K, directed by Kyle Horne, will take place on Sunday, September 13 in Canon City, and Kim Arline will direct the first Run 4 Trails 5K on Saturday, September 19 in Pueblo West. SCR has agreed to help at both of these races.

Then, on Saturday, October 3, the Second Annual Taste of Trinidad 5K Race and Fun Walk will take place at the Cougar Canyon Resort, and a week later, the Autumn River Run 5M/5K, also directed by Kyle Horne, will be held in Canon City. Directors of these two races have asked SCR to provide a finish line crew.

Help will likely be needed by Stacey and Dave Diaz, respective directors of the popular Atalanta 5K, Saturday, November 14, and the Rock Canyon Half Marathon, Saturday, December 6.

Lastly, Janelle Markert of the YMCA is making tentative plans for what she hopes will be the first annual Pueblo Turkey Trot 5K on Thanksgiving, November 26. She has asked for SCR's help. What's needed first and foremost is for someone to step forward to serve as the SCR liaison. As SCR's representative, this role would entail working closely with Janelle to plan the details of the race, lining up necessary SCR resources and personnel, and so forth. In addition, a finish line crew will be

needed.

In sum, all of these races offer opportunities to volunteer. Help at the event itself might include working the finish line, helping at a water stop, or serving as a course marshal. Pre-event possibilities include helping with data entry, laying out and marking the course, and transporting equipment.

If you're willing to help or would like to learn more, either contact the director of the particular event, or contact a club officer, or attend a regular monthly meeting of SCR. Keep in mind that you'll earn volunteer points, plus make an important contribution to the success of these races. Rest assured that your help will be greatly appreciated.



For those SCR members who worked the finish line for the recent 5K in Pueblo West here's another piece of how you benefited folks in ways you'd probably not know.

I spoke with a neighbor a couple of days ago. She said she did her first ever 5K recently. It was the one in Pueblo West. She was quite pleased, as she should be, with this accomplishment and has another specific event goal to keep her on track (I hope). She's open to making a long-term change in fitness. So your work at the 5K could prove foundational in that change. Even at a small event where race presenters are still learning how to stage the run it seems there are always folks with a good story that normally we might never hear. So congrats to those who gifted those folks at the Pueblo West 5K.

Michael O.

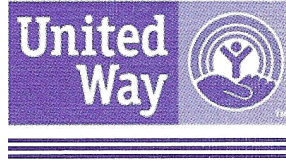
*Editor's Note: Speaking of the Liberty Point 5k and those who volunteered, we forgot to thank this group of volunteers in last month's issue. Thank you goes out to: Finish Line: Don and Lois Pfof, Peggy Oreskovich, Terry Cathcart, Mike Archuleta Results: Robin Krieger, Stacey and Dave Diaz*



## In our Mailbag...

United Way of Pueblo County  
PO. Box 11566  
Pueblo, CO 81001-0566

**Pueblo County**  
United Way



Phone: 719-583-4455  
Fax: 719-583-4456

July 8, 2009

Dear Southern Colorado Runners Club,

Please accept this letter as a deep expression of our gratitude to the Southern Colorado Runners Club for your outstanding support of the 2<sup>nd</sup> Annual Liberty Point 5K Run Walk held on July 4<sup>th</sup>. We are pleased to report that we had a successful event with 219 participants. All of your advice and assistance is greatly appreciated, especially for all the hard work done at the finish line. The whole process went so much smoother - thanks to your Club!

In addition to helping us put on a great community event, you can feel proud knowing that 100% of the proceeds raised will help us help more people right here in Pueblo County. Last year, United Way funded programs touched the lives of over 91,000 people in Pueblo County. The people impacted represent all ages, from infants to seniors, to everyone in between. Here are just a few examples of the power your contribution has on our community:

- Contributions help fund many programs that help address the needs of those living in poverty. Thanks to your support, at least 40,000 people will receive emergency food and 1,500 nights of temporary shelter will be provided for homeless families.
- Contributions help fund numerous youth development programs. Thanks to your support, at least 8,000 Pueblo kids will have access to programs that help kids make better decisions, stay in school, get better grades, get physically active and become leaders.
- Contributions help fund programs that provide relief to those with little or no health insurance. Thanks to your support, 300 emergency prescriptions were provided to the uninsured. Your contributions also helped fund 4,000 dental visits to children coming from low income families, and provided at least 1,500 senior citizens with access to well being clinics throughout the community. Your contributions also helped provide 11,000 individuals with mental health and grief counseling.
- Contributions help nearly 300 families afford quality licensed day care on a sliding fee scale. These day care centers are located in different geographic areas and offer low income and single parents the opportunity to place their child in an educational and safe environment, while they work to become self sufficient, and make a better life for their family.

Again, thank you for partnering with us to help change lives for the better, as illustrated in the examples above. We look forward to another great Liberty Point 5K Run/Walk next year!

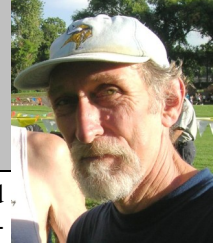
Sincerely

Andrea Aragon  
President / CEO

Our mission is to develop donor resources to enhance the quality of life for the people of Pueblo County.



## Shoot Me by Bob Gassen



On August 1, I drove to Raton, New Mexico, to compete in the Parish Fiesta 5k. I look forward to this race because I get the opportunity to have dinner and visit with my friends and fellow SCR members George Dominguez and John Montoya. While standing in the vestibule of George's house, I noticed a running medal hanging next to the front door. A closer inspection revealed that it was a finisher's medal from the Marine Corps Marathon. The following account of George Dominguez's experience was so hilarious that I thought I would share it with SCR members.

Since George had never visited Washington, D.C., he decided to get there three days before the marathon in order to do some sightseeing. George walked

everywhere – the Lincoln Memorial, the Viet Nam Memorial. You name it and George saw it. While touring our nation's capitol, George confessed to eating large quantities of junk food from vending machines.

When the gun sounded to start the marathon, the three days of hiking and unwise food consumption took their toll almost immediately. By the time George got to the twenty mile mark, his body shut down. In a state of delirium, our hero found a small grassy area and decided to lay on his back, arms spread out crucifixion style.

After a short time, a group of people surrounded George. A few seconds later, he could feel a hand on his wrist. Someone was checking his pulse. Apparently, someone wanted to know if

George still had status among the living. Then a member of the onlookers asked George, "Are you ok, Man?" George replied, "Shoot me!" Another onlooker asked, "What did he say?" The person reading George's pulse replied, "I think he wants someone to shoot him." After a short while, George regained enough strength to get back on the course and trudge to the finish line. George concluded his story: "There was no way I wasn't going to get a finisher's medal."



L to R  
Dave Diaz  
Stacey Diaz  
Peggy Oreskovich  
Gary Franchi

This photo is from the State Games open water swim held on August 2nd at Prospect lake in Colorado Springs. The event was a 1500 meter swim except for Gary who did the 3000 meter swim.





## 2<sup>nd</sup> Annual Taste of Trinidad 5K Run and Fun Walk

By Michael Butcher

Ramblin'  
Continued



Saturday, October 3<sup>rd</sup> marks the Second Annual Taste of Trinidad 5K Race and Fun Walk at Cougar Canyon Resort. This is the city's last big event of the warm weather season. Prior to the Taste, Trinidad's last hoorah of the year was the Trinidad Roundup, one of Colorado's oldest rodeos held over Labor Day weekend. When Cougar Canyon Golf Links, golf shop, and Fairway Grill opened for business in 2007, the City of Trinidad realized that it had a great new venue for outdoor events.

About a year ago, the Trinidad and Las Animas County Chamber of Commerce and Cougar Canyon Golf Resort Community teamed-up to create an event that took advantage of Southern Colorado's spectacular early fall weather. Because Cougar Canyon's streets are new with little traffic to some of the home site areas along the golf course, it set the ideal stage to include a 5K run as part of the day's festivities. The first Taste of Trinidad 5K attracted almost one hundred runners from around the region, and the run was very well received by all participants. Everyone involved had a great time including the race starter, Trinidad's Mayor, Joe Reorda.

This year's 5K will start at 9:00 a.m. at the Cougar Canyon Welcome Center. Runners will be flighted by age based upon the following brackets:

- 11 years of age and below (coed)
- Individual Men & Women brackets –
  - 12-18
  - 19-34
  - 35-45
  - 46 and older

To enter is only \$15 and all entrants will receive a Taste of Trinidad 5K T-shirt. Proceeds from both the run and the Taste of Trinidad (which begins at 11:00 a.m. immediately following the race) will benefit the Trinidad Community Foundation, an organization that supports a number of worthy causes in and around the Trinidad area.

To register for the race or for more information, please call Chanelle at (719) 846-0538 x114. To learn more about Cougar Canyon, please visit [www.CougarCanyonLiving.com](http://www.CougarCanyonLiving.com) or call (877) 547-7455. Directions to Cougar Canyon: South on I-25 to Exit 15. Left one mile to Hwy 160. Left on Hwy. 160 one mile to the main entry where you will see the bronze cougar statue.

Michael Butcher  
Director of Marketing,  
Cougar Canyon  
Phone: (719) 845-8096  
Fax: (719) 845-8088  
Cell: (303) 918-7710  
[www.CougarCanyonLiving.com](http://www.CougarCanyonLiving.com)



(Continued from page 4)

and even mini peanut butter & jelly sandwiches. This is another one of those tradeoffs. It takes energy to eat and drink, but you need to do both to sustain your energy. You hate scooping M&M's or whatever out of a big bowl that hundreds of others hands have already scooped from. But, the alternative is not to eat, and for me that is not an option.

I had trained a bit more this year, and went out fairly conservative at the bottom, so I had more energy at the top than in previous years. In fact, for the last 4 miles only a handful of runners passed me and I was going around quite a few which is quite unusual. I'm not real aggressive for lots of reasons, most relating to safety and energy. Passing can be difficult because of the terrain, but at this point, many people will step to one side when they hear you behind them. My goal was to break 5 hours, and with 3 miles to go, I knew it would be close, but it probably would not happen. This became more apparent as time went on. The top 3 miles (from 12,000 feet to 14,115 feet) is above timberline and very rocky. There was a medium breeze, and I would have been more comfortable with my windbreaker on, but energy is at a premium. I wanted to spend it moving forward. Getting my windbreaker out of my fanny pack, and putting it on, was going to require more energy than I wanted to spend. The sun was shining in all its brilliance, so that counteracted some of the cool breeze. All things considered, the weather forecast of sunshine was right on.

My family is very supportive of this effort. Most years, at least a two of them make it up to the summit to cheer me to the finish. That is something that I really appreciate. From a couple hundred yards away, I heard my name over the loudspeaker, then heard encouraging screams from Chris and Melissa (wife & daughter). I couldn't see them yet, but I could hear them. Son Bryan also made it to the summit, but due to traffic jams, I finished shortly before arrived.

My finish time was 5hrs, 8 minutes and some chage. I had hoped to break 5 hours, but considering all factors, I was happy. This was my best time since 2003. I was looking at the results and found that the only male in the 80+ category beat me by 17 minutes. That fact actually encourages me. If Keith Wood can still do the Peak at 80, I should be able to run a 5k at 80. Why not? I did manage to get up the hill before the four ladies in the 70+ age brackets, but don't ask me about the 70+ men.



## Photo Gallery from the Georgetown Half Marathon

Provided by Marijane Martinez



Those in the group picture Left to Right starting with the back row are:

Kris Spinuzzi, Katherine Singer (Las Vegas), Maria Riach (Las Vegas), Gloria Montoya, Mac Singer (Las Vegas)

Left to Right front row:

Jordan Montera, Marijane Martinez, Diane Lopez, Hilda Olivas, Stella Hefron (Aurora), Michelle Macias

Not pictured: Maribeth Sisroy

Photo to right

Stella Hefron (left) took 2nd in the 40-44 age division

Jordan Montera took 1st in the 19 & under age division

Katherine Singer took 2nd in the 65-69 age division (not pictured with Stella and Jordan)



## 2009 Race Calendar by Dave Diaz

Race Directors: If you wish to make changes, please notify Dave at: [calendar@socorunners.org](mailto:calendar@socorunners.org)

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

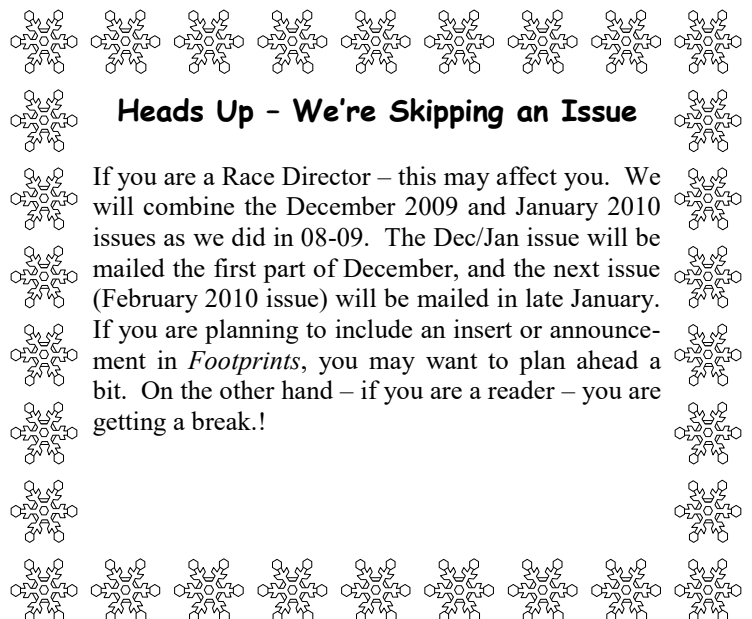
<u>DATE</u>	<u>RACE NAME</u>	<u>DIST</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CONTACT</u>
<b>August</b>					
Sun 30	*South Shore Adventure	4.3M	7:30am	Lake Pueblo	Larry Volk(lrvolk@yahoo.com)
<b>September</b>					
Sat 12	Corporate Cup 5K	5K	8:30am	CSU-Pueblo	Hillary Pacheco-Hall(hpachecohall@puebloymca.org)
Sun 13	Corporate Cup Bike Ride	12.4M	9am	SoMesaElemSchool	Hillary Pacheco-Hall(hpachecohall@puebloymca.org)
Sun 13	Sky line Drive	10K	8am	Canon City	Kyle Horne (www.ccrc.org)
Thur 17	Corporate Cup Mile Run	1M	6pm	Site TBD	Gabe Fonseca (GFonseca@PuebloYMCA.org)
Sat 19	Run 4 Trails	4M	8am	P West HS	Kim Arline(kimarline@comcast.net)
Sun 20	Bike Ride for Kids	38M	8:30am	Pueblo Airport	Ellen Cooney (ecooney@pueblocac.com)
Sun 20	Boulder Marathon	Mar	8am	Boulder, CO	http://www.bouldermarathon.com/index.html
Sat 26	Danapla Trail Run	5K	9am	Canon City, CO	Joanna McIntyre (www.danapalooza.com)
Sun 27	Hot to Trot	5K	8am	Union Ave, Pueblo	Ruth McDonald 719-251-3189
<b>October</b>					
Sat 3	Taste of Trinidad	5K	9am	Trinidad, CO	Chanelle 719-846-0538X114
Sat 10	Autumn River Run	5M/5K	9am	Canon City, CO	Kyle Horne (www.ccrc.org)
Sun 18	Denver Marathon	Mar	7am	Denver, CO	http://www.denvermarathon.com/
Sat 24	*Harvest Run & Bonfire	5M	5pm	Lovell Park, PW	Dave Diaz(diazsd@aol.com)
<b>November</b>					
Sat 14	Atalanta	5K	8:45am	Pueblo City Park	Stacey Diaz(diazsd@aol.com)
Sat 28	*Temple Canyon	4M	9am	Canon City, CO	Rich Hadley 719-784-6514
<b>December</b>					
Sat 06	Rock Canyon	13.1M	9am	PuebloCity Park	Dave Diaz(diazsd@aol.com)
Sun 13	*Rudolph's Reindeer Run	4.2M	9am	Regency Area Pueblo, CO	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



**Heads Up - We're Skipping an Issue**

If you are a Race Director – this may affect you. We will combine the December 2009 and January 2010 issues as we did in 08-09. The Dec/Jan issue will be mailed the first part of December, and the next issue (February 2010 issue) will be mailed in late January. If you are planning to include an insert or announcement in *Footprints*, you may want to plan ahead a bit. On the other hand – if you are a reader – you are getting a break.!

**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 Events**

Want a challenge? Try the Skyline Drive 10k in Canon City on September 13th. Should get the heart pumping.

The Run 4 Trails in Pueblo West on September 19th sounds like a fun event. It is held the same day as the Pueblo West / Pueblo County Pigskin classic. See last month's newsletter for more information.

How about the Bike Ride for Kids? What a worthy endeavor. If you cannot make the ride, consider a donation. See page 1.

**Meeting Location Changed**

SCR's monthly meeting, is held the first Wednesday of the month beginning at 7:00 pm. For the next couple months or so, the meetings will be held at the Barkman Branch Library, 1300 Jerry Murphy Road (Jerry Murphy Road & Bonforte Blvd). As you enter, the meeting room is to your right, just past the copy machine. We'll continue to meet at Barkman until the meeting rooms at the YMCA are finished. Please pass along word about the location of the meeting. All members are welcome.

We'd love to hear your ideas!

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

**The Final Thoughts...**

A closed mind is like a closed book: just a block of wood. - Chinese Proverb

In our every deliberation, we must consider the impact of our decisions on the next seven generations. -Iroquois Nation Maxim

You can tell whether a man is clever by his answers. You can tell whether a man is wise by his questions. -Naguib Mahfouz, writer (1911- )

It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy. -George H. Lorimer, editor (1868-1937)

A clay pot sitting in the sun will always be a clay pot. It has to go through the white heat of the furnace to become porcelain. -Mildred Stouven

In theory there is no difference between theory and practice. In practice there is. Yogi Berra