



Editor: Ron Dehn

FOOTPRINTS

Use this magazine to protect your table while you carve your pumpkin

A Really Spooky Edition

My thoughts on the 2009 IAAF World Championships in Athletics in Berlin

By Paul Koch

That's right Athletics. That is what the rest of the world has named what we Americans like to call Track and Field. This was my 3rd time at the World Championships of Athletics and it was definitely one of the best. What I like to tell people is that it's the Olympics without all those other trivial "sports". Same athletes, without all the hoopla. By the way, the World Championships in Athletics in 2009 will be the most watching sporting event in the world this year. If you ever get a chance to go, I would highly recommend it.

The Germans decided they wanted to outdo the other past championships and start selling tickets 500 days in advance. That is a long time in advance to make plans. I like getting tickets right when they go on sale because I usually get the cheapest tickets, so I can get the best tickets for the cheapest price. To give you an idea about how far 500 days in advance is, I had not even started dating my wife when I first purchased the tickets (I got them 2 days before our first date). I purchased 2 sets of the complete package tickets. These include admission to everything and are definitely the best option as far as I'm concerned. The plan was to go with a running friend, but that fell through and my wife agreed to go even though she is not a track fan.

Typically there are 2 sessions a day, but that much track for 10 days can become a bit much, even for the most die hard fan and we were in a large European city with lots of stuff

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Tiffany and Paul Koch

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Wilbur Arnold
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Minutes from the September 2, 2009 Meeting

By Mike Archuleta

Introductions:

Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Gary Franchi, Terry Cathcart, Don Pfost, Jeff Arnold, Paul LeBar, Ruth McDonald, Scott Candland, Rich Hadley, Heidi Mann, Gabriel Ponsa.

Upcoming Races/Events:

Corporate Cup: Gabe and Dave Diaz reviewed the 3 events for the corporate cup. The 5 k run / walk will be on September 12th and the bike will be on September 13th. The 1 mile run will be on September 14th.

Skyline Drive Distance 10k

The race is scheduled for September 13th 2009. The race will start at Gradene Park. They requested help with the finish line. And expertise for the run to help spread the information through SCR club on the website. It was suggested to place the information to the Pikes Peak Road Runners. The run is very technical event for runners running up skyline drive. The Canon city police are going to help with traffic control. The logistic events for the race have been taken of by Heidi Mann like the city permit and course marshals. It was suggested to place article in the next newsletter. Paul Lebar will place information on the SCR website. The current information about the race can be obtained at

www.cc.rec.org

The Skyline Drive 10K Run will begin at Gradene Park at the intersection of 9th Street, College Ave. & Hazel Ave. The course will take the runners west on Hazel to 7th Street. They will turn right and head north on 7th to Floral Ave. The runners will take a left onto Floral (west) and stay on this street. Once they cross 5th Street, Floral becomes Skyline Drive. All of the competitors will run the 2.5 miles of Skyline Drive to Highway 50. Once they get to Highway 50 there will be a big turn-

around at the Razor Ridge Trading Post and they will head back over Skyline Drive and follow the same route to the finish line at Greydene Park

Autumn Run

The group is asking for finish line support and help with the results. The race is scheduled for October 10th 2009. The next news letter will have flier regarding the race.

Run for trails

Kim reported the run for trails is the same weekend as the pigskin classic. Kim has as for support with the finish line and results. The **RU_4 Trails** 5-Km race will start and end behind PWHS on the north practice field.

From Pueblo: take Hwy 50 west to traffic light at McCulloch Blvd by Wal-Mart; turn left (south) onto McCulloch and take first right on Spaulding; go west on Spaulding 2.6 miles and turn right on Capistrano

Paul Labar will help with help the computer registration and results. After the race the organizers are planning a session on pedestrian and bike safety.

Hot to Trot

The entry form has been placed in the last newsletter. Ruth McDonald asked for finish line support and help with the results. The current volunteers are Paulette Arns, Jeff Arnold, Shawn Lopprow, Don and Lois Pfost. Ruth talked about several

\$50.00 drawings during the event for the participants

Cougar Canyon 5k

Scott Candland talked about the Cougar Classic Run on Oct 3rd. The race starts at

9am and needs race support for the finish line and results. There will be an Oktoberfest with food and beer after the race.

Scott stated Goose Goosage will be at the event through out the day. Volunteers for the race are Mike & Melinda Orendoff, Don Pfost.

Bike Ride for Child Advocacy

Bike Ride for Child Advocacy Center is scheduled
(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. 326

"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 Pfost	544-9633
Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	
Non-Elected Officers		
Membership Chair		
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Calendar Keeper	Dave Diaz	

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Gary Franchi, Paul Vorndam, Jim Robinson, Mike Archuleta
Dave Diaz, Kim Arline, Don Pfost, Jeff Arnold, Paul Koch,
Kyle Horne, Joe Stommel, Vicki Meier, Joe Bulow

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.

* Anna Marshall, Natalie Kuenzi and Mattie Jesmain led the Pueblo West H.S. ladies to 1st place at the Central Invitational X-country meet on September 26th. Mike Cernoia and Jordan Montera led the Pueblo West boys to a runner up finish. SCR's Matt Sherman is the P.W. coach.



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



Minutes Continued



(Continued from page 2)
for September 20TH 2009. The event is fund raiser for the center. The Advocacy center would like to use the clock for the bike ride.

Atlanta 5k

The Atlanta 5 k is scheduled on November 14th. Stacey Diaz will be the race director.

Rock Canyon ½ Marathon

The Rock Canyon ½ Marathon is scheduled for December 5th 2009.

Activity Recaps / Updates

The south shore adventure Larry Volk Predict Run

The south shore adventure on August 30th was success with 13 runners. Larry always make the race an adventure.

SCR Picnic

The picnic was held at Beulah Mountain Park. There were a total of 23 SCR members at the picnic. There was discussion about having questionnaire regarding the picnic at the awards banquet

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 \$19,798.37 for the year.

The invoice was reviewed by Paulette. The invoice could send to the organizations for what was billed and what was paid The invoice should be sent to DIABETES for the race in June.

Webmaster Paul Labar

The website has the current races on the web page. The SCR group will train members to help with data entry.

Meeting Adjourn @ 905pm

AMAZINGLY SIMPLE HOME REMEDIES (That Really Work!)

AVOID CUTTING YOURSELF WHEN SLICING VEGETABLES BY GETTING SOMEONE ELSE TO HOLD THE VEGETABLES WHILE YOU SLICE.

A MOUSE TRAP PLACED ON TOP OF YOUR ALARM CLOCK WILL PREVENT YOU FROM ROLLING OVER AND GOING BACK TO SLEEP AFTER YOU HIT THE SNOOZE BUTTON.

IF YOU HAVE A BAD COUGH, TAKE A LARGE DOSE OF LAXATIVES. THEN YOU'LL BE AFRAID TO COUGH.

YOU ONLY NEED TWO TOOLS IN LIFE ~ WD-40 AND DUCT TAPE. IF IT DOESN'T MOVE AND SHOULD, USE THE WD-40. IF IT SHOULDN'T MOVE AND DOES, USE THE DUCT TAPE.

IF YOU CAN'T FIX IT WITH A HAMMER, YOU'VE GOT AN ELECTRICAL PROBLEM.

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

The Spirits Are Calling You To Visit The Gold Dust



217
South
Union



Great Stuff

by Gary Franchi

We work out, therefore we eat



Thought for today's lunch, compliments of Lance Armstrong while growing up: "First is all there is. Second really sucks."

Musings about running, fitness, life:

Being of the male gender the last time I checked, I always get excited each year for the start of the pro football season. I mean, how much of this baseball stuff can we possibly take, even with the Rockies having a great season?

So when the first week of the NFL season finally rolls around, I'm revved. Unfortunately, this euphoria lasts about one quarter, by which time the constant stream of commercials and stoppages of play reminds me of what drives football – beer, car/pickup and food ads, especially the ones for food. While I mute out every commercial or change the channel when one comes on (see above gender reference for rationality), I still manage to see images of more food than I've eaten during the previous month. And it keeps making me wonder about what little tasty delights I might have available in my kitchen.

But ya know, it's gotten so that even when leafing through a copy of *Runner's World* magazine, I'm constantly reminded of food, too. There are always all these articles about good fuel for the run, quick and healthy menus, good stuff to always have on hand in your fridge, and a constant arsenal of good nutrition features. Most of those pages include color photos accompanying the text, and the chow usually looks pretty lip-smacking delectable. Hence, if I pick up the magazine to read about speedwork or Kara Goucher, I inevitably start thinking about what's in the fridge. It's gotten so bad that when I see the magazine on my coffee table, I'll immediately go fix something to chow down on. It's like a Pavlovian response. Stinkin' magazine is giving me love handles.

Anyway, while being on an organized bike ride recently, the topic of discussion eventually veered off world peace and health care reform and turned to – food, of course. We started speculating about what each of us would prefer for the post-ride meal. "Pasta" and "pizza" were popular responses, but perhaps the most astute one said simply: "Food." Good call.

Yeah, if you hang around runners and

endurance fitness folks long enough, like a minute or two, you begin to notice that they think and talk about food a lot. While they're training, like in that bike ride mentioned in the previous paragraph, I'd wager that they most likely are spending more time thinking about what they're going to eat after the workout than anything else. Even more than another universally popular activity that doesn't need to be discussed in a family publication like this. Well, maybe not more.

Not that any of this is surprising. It's a true phenomenon that cyclists can gain weight doing a century ride by oinking out at all the aid stations. Speaking of oinking out, most runners will tell you that they run so that they can pig out on food more often.

That leads me to the Question of the Day: Do pigs think of runners when they are rolling around in slop?

No, no, wait a minute. That's not what I was thinking. The real compelling Question of the Day is: Do runners eat to compete or compete to eat?

I'll give you three guesses, and the first two don't count. First of all, how many runners compete? Second, how many are truly serious competitors deeply concerned with how every little thing they ingest will affect them in, say, the Hot to Trot 5K tomorrow morning? Well, the correct answer is about 1% of them. Or less. The rest of them are like you and me, enjoying the meal because we CAN, because we burned 600 calories on this morning's jaunt on the roads.

In essence, most of them just like to eat. If there is a race the next day, they're going to do some heavy carbo-loading the night before. Sub-consciously, runners probably race to justify being able to oink out at dinner the night before, saying to themselves: "I need to make sure I get enough fuel for the race."

Hence, to reiterate, yes, we compete to eat. Actually, competition aside, one of our main motivations for running and doing all the rest of those workouts is so that we can eat. And it's universal for men and women. While I speak for males, I've gotten the same idea from women the last time I checked them out.

Re-fueling: Speaking of food, you

never know where your next unexpected surprise is going to come your way. For us, it was at the Crescent Moon Sprint Triathlon at Cherry Creek State Park in mid-September. Instead of providing the standard post-race fare of bananas, oranges, bagels and the like, race officials had ordered bunches of cut-up 5-foot subs from Subway, and runners could select their choice of ham, turkey, beef or veggie sandwich, a bag of chips and water or soda pop of choice. And, like most runners, go back for seconds. What a treat.

Ten things I was just wondering:

1, If a bunch of chefs got together and conducted a race, could they call it a wok/run?

2, How come you never see any black erasers?

3, Saw a sign on a Loaf 'n Jug marquee saying "Follow Loaf 'n Jug on Twitter." Follow what? And why?

4, Did Puff the Magic Dragon live by the sea by choice?

5, Does the "pre" in the word "presume" mean that presume is what we do before we assume something?

6, Whenever you see a "Do Not Remove" sign over something, don't you just want to remove it?

7, During a wedding ceremony, what if someone else went up there and kissed the bride?

8, Why do bicycle jerseys cost so much?

9, Run racing-wise, is there anything cooler than a stadium finish?

10, Did Bronco QBs Kyle Orton and Chris Simms get paid to be editorial consultants in a recent issue of our "Footprints" newsletter?

Until next month, happy running and happy fueling to all of you.



**October
B-days**

- 2 Desiree DallaGuardia
Nina Gonzales
Maryvonne Mauprivez-Mack
Groucho Marx*
- 4 Joe Stommel
Damon Runyon*
- 6 Michael F. Atlas-Acuna
Britt Ekland*
- 8 Rosa Navarro
Chevy Chase*
- 9 Madison Bentz
Crystal Fairbairn
Nick Leyva
Jackson Browne*
- 11 Devin Sciumbato
Eleanor Roosevelt*
- 13 Peggy Oreskovich
Paul Simon*
- 16 Dan Comden
Terri Tibbs
Angela Lansbury*
- 18 Tanner Krall
Chuck Berry*
- 19 Susan Campbell
Jane Chess
Raelene Moore
Rosalinda Vargas
Omar Gooding*
- 20 John Castanha
Mickey Mantle*
- 21 Rachael Calkins
Alfred Nobel*
- 22 Carrie Stephens
Filomeno Vargas
Curly Howard*
- 23 Wendy Bulow
Johnny Carson*
- 27 Scott Dudley
Trevor Hadley
Emily Post*
- 28 Eileen Baracz
Marvin Jones
Madelene Khosla
Bill Gates*
- 29 John Strange
Winona Ryder*
- 30 Betty Duran
Julia Moore
John Adams*

*Honorary SCR Member



Runnin' the Trails

By Paul Vorndam

Pwnd by My VTP



A couple of years ago I was given a Garmin Forerunner 301 “personal trainer”. No, I don’t have a slave locked in the shed out back – it’s a wrist watch-like GPS device that can track and provide a variety of data during a workout including, pace, distance, time, heart rate, altitude, location and stock quotes. OK, well maybe not the stock quotes, but with all that other stuff, it doesn’t seem like too much more to ask for! The 301 model is now pretty much an antique having been superceded by the 305, the 310xt, the 405 and the 405cx. The xt must be like the letters they add on car models, so those models probably have all wheel drive, a moon roof and a wet bar. The newer models are smaller; the 301 is kinda like wearing a baby grand piano on your arm.

I just started running again this year having taken two years off to read through the manual and get familiar with this “watch”. I guess if you always buy the newest model when it comes out, you never get caught up? One feature I initially thought was pretty cool with this device was the Virtual Training Partner (VTP for short). The VTP is a little gender neutral animated stick figure that you can program to pace you (read: kick your butt) during workouts. You put in a workout program (run or bike) by time or distance and the device displays the whether you are ahead (ha!) or

behind (\$#%^@!!) the VTP. I suppose that with the newer models, the VTP will also talk smack during your workout. Can you imagine? You’re getting wasted by a little animated figure and you keep hearing “Who’s your daddy, who’s your daddy?” in this little tinny voice! Remember, running is supposed to be fun.

Since the Garmin devices can display maps, they would probably be useful for Parkour. Of course, if these devices dispensed tourniquets and splints, they’d be more useful for that. You’ve heard of Parkour, right? It was invented because hospital emergency rooms were apparently empty. It’s also called “free running”. Basically, you “run” in a straight line from the start to your destination. In town, this means you go over houses, not around them. Outside of town, it means you jump off of ledges and run up 60 degree slopes, etc. It was invented by the French, presumably because of over population. Check it out on YouTube just in case you wish to be disabused of the notion that the world has become a saner place these days.

I think I figured out the best use for my VTP after all. I’m gonna let him train while I stay in bed. Happy Trails!

		6	4		7		3	
8		5	6					
				8	2		6	5
6		4					1	7
		3		4		6		
1	7					3		9
2	5		3	7				
					8	7		3
	1		5		4	2		

The concept behind sudoku puzzles is simple. There are 9 rows, 9 columns, and 9 small squares within the puzzle. Each column, each row, and each small square must contain the numbers 1 through 9. For those of you who don’t like math - there is no math involved, only counting from 1 to 9.

This puzzle and solution was provided at no charge courtesy of www.sudokuworks.com puzzle software. The website offers software, puzzle books, and lots of other puzzle related links and information. THANK YOU sudokuworks!

Solution on page 16.



My Father Wilbur Arnold

by Jeff Arnold

My father, Wilbur Arnold, was never a member of the SCR. He'd retired and moved to the San Luis Valley before the club was started. He was one of three founders of the Southern Colorado Runners and a regular participant in their events. He also was a member of the Denver Track Club, the original name of the club now known as the Rocky Mountain Roadrunners. I'm not sure when he started running, probably sometime in 1964 or 65 while I was in the army. He turned 50 in 1964.

Before taking up running, my father was an enthusiastic mountain climber. In 1950 he became the 34th person to climb all the recognized 14,000 foot peaks in Colorado. Well over 1000 have done it now. By his death he had climbed them all at least three times, and most four. He climbed Kit Carson 20 times and Pikes Peak 50 times, including several runs in the marathon and ascent races. He was a member of the AdAmAn club, which climbs Pikes Peak December 30 and 31 to shoot off fireworks to celebrate the coming of the New Year. The

club adds one new member each year. He climbed the three high volcanoes in Mexico and Wyoming's Grand Teton as well as Devils Tower.

I suspect he ran because it made him feel better about himself, and life, but he sought out challenges as well. He participated in most of the Striders' events, including those held at the old Centennial track. Events were likely to be a 100 yard dash, high jump, shot put, and two mile run or some similar combina-

(Continued on page 7)



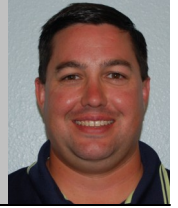
The following caption was on the back of the photo:

Left to right:
Jeff Arnold, age 30,
and
Wilbur Arnold, age 58.
City Park, Pueblo,
May 6, 1972.
Second segment
of 58 mile run.



Annual Autumn River Walk & Run Classic

By Kyle Horne



There is nothing like the fall in Colorado with the crisp, cool mornings, a beautiful sunrise, and the changing colors of the leaves. Throw in the Arkansas River and a trail surrounded by trees and you have the makings of a great Saturday. Join the Canon City Recreation and Park District on Saturday, October 10th at 8 am for the Annual Autumn River Walk & Run Classic.

This is a run and walk in Canon City on the beautiful Arkansas Riverwalk Trail. There is a 5K and 5 Mile Race to offer something for runners of different levels. The course is primarily flat and it is a fast track. Throw in the changing colors of the leaves and the river, and this becomes a great fall event. This is a day not just for runners, but walkers are more than welcome to join us and take advantage of a traditionally mild fall day.

The race will begin at Centennial Park in Canon City, off 4th and Griffin on the

south side of the river. At the start of the race, runners will cross the pedestrian bridge and head east on the Riverwalk Trail. All the participants will cross the river by the historic Black Bridge and go under 9th street before entering John Griffin Regional Park along the Riverwalk Trail. The 5K runners will have a turnaround halfway to Reynolds and go through the middle of park. Once they get to the Bluff Trail they will head back to the west and the finish line in Centennial Park. Those participating in the 5 Mile race will go past the 5 K turnoff and head east past Reynolds Bridge on the River Trail, run through the Reynolds Parking lot and to the turnaround at the yellow gate on the east end of the lot. On the way back the 5 Mile runners will take a left just past the Reynolds Bridge, run across the boardwalk, and hook up with the Bluff Trail through John Griffin Park. This trail will hook up with the River Trail and take you back to Centennial Park.

The cost of the run is \$20 by Friday, October 2nd or \$25 the week leading up to the event and on race day. Everyone who registers will receive a running shirt and only those who sign up by Friday, October 2nd 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 receiving medals. The age groups are both male and female for 18 & under, 19-29, 30-39, 40-49, 50-59, and 60 & older. You can register online at www.ccrec.org, at the Recreation District Office, 575 Ash Street in Canon City, or by mail.

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 see you in Canon City on October 10th for the Autumn River Walk & Run Classic.

(My Father, continued from page 6)

tion. I only entered one or two of those, so I'm not sure, but it seems to me that entry was free. There were no awards, but each participant was given his time, distance and place. The Striders hosted the Rocky Mountain AAU 25K Championship and the 10K Cross Country Championship in Pueblo in those days. For three years, 1971, 72 and 73, my dad ran his age, meaning he ran 57 miles in 1971 and so on. He got permits to run in City Park and started at midnight, ran about four hours, went home to eat and sleep, ran again from about 8 till noon, rested again and finished the last miles starting at 8 P.M.

I looked at my father's running scrapbook recently and was surprised to realize again how fast a marathoner he was. He was born April 15, 1914 and, not

counting Pikes Peak, he ran a dozen marathons, starting with the Denver Marathon June 30, 1968 when he was 54. He ran 3:48:44 in his debut. He ran Boston twice with a best time of 3:36:53 two days after his 58th birthday. His fastest, in Portales, New Mexico, was February 17, 1973 less than two months before he turned 59. His time was 3:18:47. Only one of his marathons, Portland in 1973, was over 4 hours. It was his last.

That's ironic because that marathon, or more precisely the physical that was required for it, led indirectly to my father's early death. He was newly retired, and chose not to carry health insurance. He went to a government health clinic for the physical. The young doctor decided that his patient's cholesterol was a serious concern. My

dad went on a very strict diet and adhered to it strictly. When his cholesterol was tested again, it was even higher. Meanwhile the mole on his back, which the doctor said not to worry about, was growing. Less than a year later the mole was diagnosed, by another doctor, as malignant melanoma. My father died, after a painful three year struggle, on August 6, 1977.

Ramblin'

by Ron Dehn

More Pikes Peak / Corporate Cup



In last month's column I mentioned that Keith Wood, age 80, finished the Pikes Peak Ascent approximately 17 minutes before me. After we went to press, I found out that Mr. Wood, not only smashed the course record in the Ascent for his age bracket, but he was a doubler as well! He ran the Ascent on August 15th, then did the marathon on the 16th. His marathon time was 8:43:23.

There were several Pueblo area runners who completed either the Ascent or Marathon.

Name	Age	Place in Div	Time
Justin Ricks	29	3/43	4:11:12 Marathon
Brian VanIwarden	30	8/52	5:14:44 Marathon
John Castanha	49	38/81	6:39:43 Marathon
Dave Diaz	61	5/27	6:41:44 Marathon
Donald Hawkins	42	85/96	8:22:15 Marathon
Jessie Quintana	65	3/3	9:40:20 Marathon
Charlie Gray	55	2/86	3:04:22 Ascent
Mark Koch	50	13/142	3:31:44 Ascent
Brian VanIwarden	30	51/151	3:32:59 Ascent
Joel Levy	54	16/142	3:33:31 Ascent
Ed Shute	43	54/184	3:45:01 Ascent
Brian Schipper	41	55/184	3:45:27 Ascent
Emily Batson	32	18/87	3:53:18 Ascent
Chris Pittman	38	120/200	4:18:35 Ascent
Don Otis	53	80/142	4:34:56 Ascent
Robert J Quintana	40	133/184	4:35:41 Ascent
Paul LaBar	48	102/151	4:42:13 Ascent
Ron Dehn	61	35/55	5:08:44 Ascent
Darryl Clark	49	126/151	5:10:47 Ascent
Patrick Swank	61	37/55	5:12:43 Ascent
Jessie Quintana	65	2/6	5:23:43 Ascent
Mel Druelinger	68	24/25	6:17:15 Ascent

The Corporate Cup

2009 Marked the 25th year for the YMCA Corporate Cup. The Corporate Cup consists of a series of events in which Pueblo companies / organizations compete against each other in various individual events and team events.

There are several goals of the Corporate Cup competition. First is to promote fitness and wellness. Events are geared toward participation. Examples include the 5k run / walk and the 12+ mile bike ride. These are predict events. Participants predict their finish times in advance, and the objective is to come as close as possible to the predictions. Watches and other timing devices are not allowed. The Health Challenge requires participants to track healthy activities for 30 days, thus providing incentives for healthy living.

The Cup also promotes team building and sportsmanship. Individuals work with other team members to place in both individual and team events. These include: bowling, the 1-mile run, team-work challenges, the tug of war, volleyball, softball, golf, the basketball shoot, the football throw, swimming, the executive challenge, and participation.

There are three divisions of competition based upon company size. Competition in the individual events (5k, 1-mile run, football throw, basketball shoot, etc) is organized into age and gender categories. Team events (softball, bowling, golf, etc) involve one or more teams representing each company.

2009 companies include Albertsons, Andrews, Atlas Pacific, Bechtel, CCA,

City of Pueblo, CMHIP, Crossroads, CSU-Pueblo, Evraz, Kiwanis, KMG, Parkview Medical Center, Probation, Pueblo Library, Pueblo City Schools, Pueblo County, St. Mary Corwin, Target Distribution Center, Trane, US Bank, and Water Works.

I have had the good fortune to compete in the Corporate Cup for 23 years in a row. It is something I train for, and look forward to. If your company participates next year, I encourage you to join your team. If your company has not competed, I encourage you to approach your HR department to explore the possibility of putting together a team. Help promote wellness for yourself as well as your colleagues.

Corporate Cup Photos

Provided by Joe Stommel and Ron Dehn



Far Left:

Some of the
Crossroads team
after the 5k

Left:
Gina Duran

Below:

Ted Baldwin



Left: Jay Richter from CMHIP
hits nothing but net

Below Right: Traci Tafoya from
Pueblo City Schools waits
for a rebound

Below Left: Nephew Bryan Dehn
(Parkview Medical Center)
And Uncle Dave (CMHIP) take a break from
competition





The Bearable Adventure Race

By Vicki Meier



Kerry Meier (Canon City, CO), and his 11-year old nephew Zeb (Pueblo, CO) completed the Bearable Adventure Race that was held in Bear Creek Lake Park in Lakewood, CO on 9/13/09. Both teammates had to stay together for the entire race and complete an 800 yard lake crossing, a challenging 10-mile singletrack mountain bike stage, a 4-mile trail run, orienteering, along with several obstacles throughout the race.

running while his Grandfather biked along side of him. Even though Zeb took a nasty wreck on his bike during the race, he got back up and never quit.

He finished the race with a huge smile on his face and very proud of himself. This boy has the makings of becoming a great athlete, and we look forward to watching him progress through the years.

Kerry would meet Zeb at least once every weekend for the last 3-4 months to train for the race, and Zeb was always excited to try new adventures. They spent quite a bit of time on the trails on the south side of Pueblo Reservoir to prepare for the race. Zeb constantly showed a lot of guts and determination and never failed to impress us. He spent many weeknights



Well conditioned Zeb and Kerry Meier in the Bearable Adventure Race





The Autumn Color Run by Joe Bulow



The Autumn Color Run in Buena Vista, CO is one of the best small town running races in Colorado, if not the country. Held on the same weekend in September as several more well known races in the state, the Autumn Color Run includes a point-to-point half marathon on a combination of dirt roads and asphalt, a 10K loop course, and a point-to-point 5K that is literally all downhill and very fast.

Buena Vista is beautifully located in the heart of Chaffee County and is a mecca for river rafting and kayaking as well as having endless trails for mountain biking, hiking, and ATV enthusiasts. Other race opportunities in this cozy, tourist

town include the Collegiate Peaks Trail Run and Buena Vista Bike Fest, both taking place in May.

The half marathon starts at an elevation near 10,000 feet at the scenic Cottonwood Lake and gradually weaves its way down through the woods on a gravel/dirt road. The course follows country roads before finishing in McPhelemy Park in downtown BV at an elevation of 8,000 feet. Mid-September is the perfect time for this race to be held with the change of fall colors near their peak.

A reported 400 runners had pre-registered for the races this year. The

race day weather was perfect with crystal clear skies to take advantage of the mountain views of the Collegiate Peaks and cool temperatures that warmed up slightly by race end with no precipitation. Three aid stations along the well-marked half marathon offer water, oranges, and bananas. The post-race feed includes an assortment of homemade cookies and cakes as well as fruit and drinks. The race packet includes a long sleeved T-shirt along with other goodies.



Puebloans Wendy Raso, Lynne Evetts and Wendy Bulow run past Mt Princeton.



Thank You!!!

By Kim Arline



Dear Southern Colorado Runners, I want to thank everyone who participated in our first annual “RUN 4 Trails” this past weekend. We had 140 people register for the race and we had scores of volunteers helping to make the morning such a success. Considering all the activities taking place this weekend, this was a wonderful turnout! We had 131 cross the finish line under clear, sunny skies, just a perfect morning for a run or walk! It was great to see so many kids and walkers enjoying themselves in their first ever race and discovering 3.1 miles isn’t so far after all.

Everyone seemed to enjoy the 5 km course on the unimproved trails flanking Pueblo West High School and Skyview Middle School. The best comment I heard over and over from participants was, “I never knew these trails were even here. These are great!” So we succeeded in our first goal of raising awareness of our existing and potential trail system. The course only covered 1.7 miles of these unimproved trails but the three trails extend a total of 13 miles

across Pueblo West, 9 miles of which are very useable in their present condition.

We also were able to raise over \$1,800 to go toward efforts to improve and extend trails through grants and hopefully we can foster a volunteer Adopt-a-Trail program to assist with trail maintenance so we can one day connect our schools, parks, business areas and higher density neighborhoods and have a more active and vibrant walkable and bikeable community.

I owe a tremendous amount of thanks to the running club, especially Paul LaBar, Don Pfof and Paulette Arns for all their advice and assistance leading up to the race and on race day. I knew our finish line and results were in such capable hands, I was able to visit with participants, cheer them on and really enjoy the race myself. Paul was instrumental in getting the club software active for online registration and trouble-shooting the software for registration, bibs and results. His hours and hours of help in

this regard and easy going nature were truly appreciated. Thanks to Lois Pfof, Mike Archuleta and Terry Cathcart for their help at the finish line and Bob and Terri Tibbs at the water stops.

I want to thank SCR for your spirit of volunteerism that promotes, encourages and allows so many of us to challenge ourselves mentally and physically in races all year long and helps organizations like ours raise money and awareness for their cause. Like any organization, it seems like a few people do most of the work so I encourage all SCR members to get involved volunteering at a race so SCR can continue to be such a positive influence in our area.

Thank you again for all your help making our race such a success!

Kim Arline
Race Director, RUN 4 Trails and President, Pueblo West Community Foundation





Run 4 Trails Results



PI	Time	Sx	Age	PI	Time	Sx	Age	PI	Time	Sx	Age
1	16:36	Justin	Ricks	M	29	45	28:01:00	Marissa	Delima	F	14
2	18:59	Zachary	Alhamra	M	12	46	28:03:00	Sydney	Dodds	F	16
3	21:08	Steve	Wall	M	45	47	28:04:00	Joshua	Smith	M	8
4	21:17	Chief	Reno	M	47	48	28:05:00	Martha	Drake	F	55
5	21:21	Danny	Mathews	M	13	49	28:07:00	Jordan	Dodds	F	17
6	21:36	Kenneth	Duling	M	46	50	28:12:00	Thomas	Meehan	M	46
7	21:43	Don	Hawkins	M	42	51	28:21:00	Alexis	DeLima	F	16
8	21:47	Roderick	Ware	M	33	52	28:22:00	Neil	Ericson	M	18
9	22:05	Jacob	Sloan	M	12	53	28:35:00	Dave	Watson	M	47
10	22:33	Mark	Gregory	M	43	54	28:37:00	Allie	Cloud	F	14
11	22:40	Jeff	Mathews	M	48	55	28:38:00	Emily	Waggener	F	14
12	22:53	Rusty	Smith	M	42	56	28:56:00	Brittney	Schlup	F	10
13	23:12	Frank	Andrade	M	17	57	29:16:00	Malachi	Ricks	M	7
14	23:13	Kitrick	Ortiz	M	14	58	29:17:00	Kylah	Ricks	F	6
15	23:15	Jace	Montera	M	12	59	29:27:00	Sara	Abeyta	F	31
16	23:47	Brandon	Lening	M	14	60	29:45:00	William	Marshall	M	10
17	23:49	Susan	Marshall	F	13	61	30:24:00	Angie	Fillmore	F	30
18	24:01:00	Tanner	Snyder	M	12	62	30:46:00	Mary	Ross	F	43
19	24:03:00	Lindsey	Herrera	F	22	63	30:56:00	Bobbi Jo	Aune	F	32
20	24:18:00	Kieran	Hughes	M	39	64	31:24:00	Isaac	Sloan	M	10
21	24:25:00	Nicholas	Fesmire	M	13	65	31:25:00	Bonny	Jakus	F	53
22	24:30:00	Peter	Ward	M	14	66	31:32:00	Jessie	Quintana	F	65
23	24:31:00	Garrett	Dodds	M	14	67	31:33:00	Melinda	Mcandrews	F	35
24	24:48:00	Kevin	Hughes	M	10	68	32:00:00	Barb	Leyba	F	43
25	24:56:00	Ryan	Grutt	M	27	69	32:14:00	Day	Rudolph	M	13
26	25:18:00	Dru	Marshall	M	52	70	32:18:00	Karen	Sisson	F	25
27	25:23:00	Michelle	Herrera	F	19	71	32:22:00	Randi	Hayden	F	42
28	25:37:00	Marti	Marshall	F	46	72	32:36:00	Molly	Daniels	F	22
29	25:52:00	Britanny	Tibbs	F	23	73	33:58:00	Julie	Budz	F	38
30	26:05:00	Tamra	Rudolph	F	41	74	33:59:00	Kathryn	Duren	F	37
31	26:06:00	Barbara	Smith	F	42	75	34:16:00	Joseph	Boswell	M	12
32	26:08:00	Brandon	Archuleta	M	10	76	34:17:00	Joe	Boswell	M	36
33	26:10:00	Jene	Herrera	F	43	77	34:22:00	Melinda	Orendorff	F	57
34	26:30:00	Kari	Kirkpatrick	F	43	78	35:19:00	Robert	Drake	M	57
35	26:38:00	Mary	Humphreys	F	47	79	35:31:00	Austin	Kowalczyk	M	17
36	26:42:00	Michelle	Compton	F	16	80	35:32:00	Jenny	Garner	F	34
37	26:55:00	Michelle	Davis	F	38	81	36:28:00	Dalton	Rudolph	M	10
38	27:04:00	Tanya	VanWagenen	F	36	82	36:38:00	Jeff	Leyva	M	38
39	27:08:00	Tracy	Dragony	F	28	83	36:40:00	Daniel	Usry	M	10
40	27:09:00	Jerry	Tiller	M	44	84	36:41:00	Mark	Usry	M	51
41	27:46:00	Max	Murtha	M	14	85	36:49:00	Brody	Welch	M	8
42	27:51:00	Jesse	Anzar	M	9	86	36:50:00	Shelby	Boitz	F	8
43	27:53:00	Heather	Crowley	F	31	87	36:51:00	Debbie	Archuleta	F	44
44	28:00:00	Austin	Lening	M	12	88	40:49:00	Anne	Walker	F	17
89	40:50:00	Melissa	Zavislán	F	17						
90	41:06:00	Amber	Arline	F	13						
91	41:07:00	Lauren	Smith	F	12						
92	41:08:00	Andrea	Mena	F	13						
93	41:09:00	Kennedy	Fhuere	F	12						
94	41:22:00	Savannah	Duling	F	10						
95	41:23:00	Michael	Orendorff	M	57						
96	41:48:00	Joanne	Coleman	F	58						
97	42:01:00	Susan	Moody	F	67						
98	45:50:00	Alison	Kemmet	F	12						
99	45:51:00	Rochelle	Kemmet	F	50						
100	46:12:00	Greg	Kemmet	M	50						
101	46:50:00	Gary	Mason	M	65						
102	46:51:00	Larry	Howe-kerr	M	57						
103	47:07:00	Chris	Nix	M	14						
104	47:30:00	Doug	Harbrueger	M	33						
105	47:36:00	Kayla	Nix	F	14						
106	47:37:00	Lauren	Howe-kerr	F	15						
107	48:43:00	Robin	Ahlenius	F	46						
108	48:44:00	Mary	Bogenschuetz-bonn	F	46						
109	48:45:00	Anthony	Ahlenius	M	17						
110	48:56:00	Todd	Alhenius	M	45						
111	50:47:00	Austin	Kemmet	M	8						
112	51:46:00	Rhett	Smith	F	10						
113	51:47:00	Greg	Arline	M	8						
114	52:15:00	Michelle	Erickson	F	41						
115	52:15:00	Savannah	Murtha	F	16						
116	52:16:00	Kacey	Schultz	F	18						
117	52:17:00	Rion	Bates	M	15						
118	52:17:00	Shelby	Matznick	F	14						
119	52:18:00	Dolinda	Gibson	F	36						
120	52:18:00	Alfred	Arline	M	48						
121	52:19:00	Anthony	Bassetti	M	48						
122	52:47:00	Angela	Welch	F	34						
123	52:47:00	Shannon	Boitz	F	40						
124	52:48:00	Lynn	Leyva	F	36						
125	52:49:00	Nicole	Schlup	F	39						
126	56:00:00	Danielle	Wilson	F	15						
127	56:00:00	Taylor	South	M	14						
128	57:00:00	Merry	Martin	F	44						
129	57:00:00	Bobbi	Duran	F	40						
130	57:01:00	Janet	Trevithick	F	48						
131	57:02:00	Brian	Caserta	M	47						

Previous Page L to R

Race Director Kim Arline

Larry Howe-Kerr

Austin & Greg Kemmet

Right:

Rhett Smith, Dolinda Gibson,
Al Arline, Anthony Bassetti

Editor's Note: More Run 4 Trails photos will be included in the next issue of Footprints.





The American Discovery Trail Marathon

By Joe Bulow



The American Discovery Trail Marathon on Labor Day was a fun and unique marathon in El Paso County that, with some improvements, could turn into a fantastic race that attracts runners from all over the country.

The marathon is unique in that it is a point-to-point course on mostly soft surface trails with the breathtaking Front Range hovering to the west the entire route. Starting at 7,240 feet in elevation in the cozy town of Palmer Lake, the route drops 1,270 feet in elevation to its finish at America the Beautiful Park in downtown Colorado Springs.

The course follows the Santa Fe Trail and Pikes Peak Greenway Trail with probably 80% of the race on dirt/gravel surface and 20% asphalt/concrete. Although some people told me it should be easy because it's "all downhill," there are plenty of rolling hills along the course, especially through the grounds of the U.S. Air Force Academy, that can not only sap your strength but take its toll mentally.

The weather this year started with perfect running conditions: temperatures in the low 50's with a slight breeze. The initial 5-6 miles from Palmer Lake to Monument may have been the most scenic as the runners had some shade and brush near the edge of the trail. Also, the mountains in closer proximity to the runners early on provided a sense of security and beautiful scenery.

As the morning went on, the sun emerged with no clouds to dampen its heat or intensity and temperatures quickly rose to the low 80's. While it never felt really hot, my energy stores

seem to deplete sooner than I would have liked. Though I never cramped or hit the wall, I felt like the air had been taken out of me by mile 22, like a flat basketball with very little bounce, and I became dependent on the water and Gatorade from the aid stations to help rejuvenate me.

Having organized volunteer aid stations at other races, I have an appreciation for the volunteers and the time they have taken to help out. I was not impressed, however, with the aid stations provided at the ADT marathon, although I was happy they were available every 2 miles for the entire route.

Some aid stations were undermanned with many runners buzzing by without receiving any water or Gatorade unless they stopped to wait for some to be handed out. Other stations were disorganized as to who was handing out water, who had Gatorade and if Hammer gel was available.

The water and Gatorade did not appear to have ice in the coolers as they were quite warm in temperature, especially towards the end of the race with the coolers sitting out in the sun for several hours. Once again, it's difficult to complain about volunteers and the aid stations, especially for a race of this length. The race directors should try to improve on this facet as it was a glaring weakness of this race.

After 3-4 hours of running, it's nice to get recharged with a icy cold cup of water over your head or a cold cup of Gatorade to boost your energy stores and help hydrate you just enough to make it to the finish line. Slugging down a Gatorade at body temperature is like drinking from that water bottle that has been sitting in your car's cup holder all day.

The drinks at the post race feed, however, were iced down and very refreshing. There were plenty of food to feast on and a pleasant variety to choose from

including pizza, muffins, fruit and cookies. I heard there was even a beer tent though I never saw it.

This year's ADT marathon benefited from a short article in the September issue of Runners World, promoting the race's unique features. This race has grown in size each year with this year's race amassing 366 male finishers and 368 female finishers. The course is also a certified Boston Marathon qualifier.

The out-and-back half marathon from America the Beautiful Park had exactly the same number of male finishers (471) as last year and five more female finishers at 474. Runners also could choose to run the marathon as part of a 4-member team relay, which was new this year and obviously very popular.

With the trail being fairly narrow in most sections and the amount of finishers growing in size each year, the race director may have to put a limit on the race capacity at some point or allow the race to start in waves. With improvement on the aid station gaffes this year, this race could become a favorite among runners in years to come with the unique race format, beautiful scenery and forgiving surface.



The Muddy Buddy

By Kim Arline

Kim Arline and Kim Dodds were the "Special K" team and mother-daughter Terri and Brittany Tibbs formed the "Tibby 2" team at the Muddy Buddy in Boulder on August 16th.

The Muddy Buddy raises money for the Challenged Athlete Foundation with teams of two runners in helmets sharing one bike leap frogging one another on the five legs separated by obstacles on a 6 mile course. One partner starts on the bike 90 seconds ahead of the runner. When the cyclist comes to the first obstacle, they drop the bike, go over, under or through the obstacle and starts running. The runner does the obstacle, finds the bike and starts riding and usually passes their running partner to the next obstacle to switch again. At one point, both partners run through a 50 yard mud puddle that is less than knee deep but one partner has to also carry the bike. Just before the finish line, the

two partners have to low crawl through a mud pit together. Terri and Brittany's combined ages put them one heat ahead of Kim and Kim so they waited so they could all experience and laugh their way through the mud pit together.

The race included a costume contest, creative team names and brought together people of all abilities so the biggest challenge was riding and running near some pretty inexperienced cyclists and dodging costume parts that fell along the course. The Pueblo West women just went to have a fun girls

weekend so the Special Ks were surprised to actually make the podium and get a medal for their 5th place finish in their age group. Kim Arline will go back next year with her 9 year old son, Greg, who is begging to do the Mini Muddy Buddy which is only \$15 for kids to run a few obstacles and then hit the mud pit.

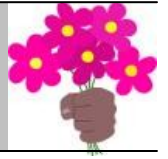


Left: Tibby 2 (Brittany and Terri Tibbs) Right: Special K (Kim Arline and Kim Dodds)





Potpourri



Walkability & Bikeability

Join P.A.C.E. (Pueblo Active Community Environments) and LiveWell Pueblo on a “Walkability or Bikeability Challenge”. P.A.C.E. is a community task force working to promote a walkable, bikeable, sustainable and active Pueblo community. LiveWell Pueblo is a program of the Pueblo City County Health Department.

Call 583-4315 for more information and to RSVP.

The next Bikeability Challenge is an 8.7 mile bike ride around downtown on Saturday, October 3rd at 9am. Meet at the Health Department, 101 W. 9th st. (corner of 9th and Santa Fe.)

The next Walkability Challenges are on Wednesday, October 7th at 12 noon and Thursday, October 8th at 4:30pm. Meet at the Lake Elizabeth Pavilion near Elizabeth and Union to start the walk.

Participants are asked to provide feedback to organizers on what improvements are needed to make walking and biking more enjoyable and more feasible method of transportation in Pueblo.



Mini Volunteer Tribute

Thank you to those who haul the equipment, dispense water, watch traffic, design t-shirts, run errands, ride lead bikes, set up finish chutes, run stop watches, pull tags, take photos, figure out and post results, etc, etc - so the rest of us can run.



Above:

Mike Archuleta

Terry Cathcart

Above Right

Don Pfof & a X-country runner from PWHS

Terry Cathcart & Lois Pfof

Solution to Sudoku on page 5

9	2	6	4	5	7	8	3	1
8	4	5	6	1	3	9	7	2
7	3	1	9	8	2	4	6	5
6	8	4	2	3	9	5	1	7
5	9	3	7	4	1	6	2	8
1	7	2	8	6	5	3	4	9
2	5	8	3	7	6	1	9	4
4	6	9	1	2	8	7	5	3
3	1	7	5	9	4	2	8	6

My thoughts on the 2009 IAAF World Championships in Athletics in Berlin (continued)

(Continued from page 1)

to see, so we did the option of sightseeing during the day and attending the evening sessions at the track, which included all the finals.

I was first interested in attending the championships when I heard it was going to be in Berlin because it was going to occur in the Olympic stadium. That's right. THE OLYMPIC STADIUM! Where Jesse Owens showed Nazi Germany that the Aryans were not the master race that they claimed to be. The American team this year paid tribute to Jesse Owens by having little "JO" patches on their uniforms. And, it was very, very cool to be sitting in those same stands.

We had great seats. We were 3rd row on the 200 curve (opposite the finish line – but we could see all the finishes easily on the big screen that was somewhat to our side). It was cool because we were right next to the athletes section (where the athletes can sit and watch competitions if they like) and the shot put, high jump and hammer throw end of the track. During those competitions it was rather crowded in our area with all the coaches and cameramen taking up all the empty spots. We got to sit right behind the Kenyan distance coach many, many times as this was a great spot for them to yell the tactics to their runners.

We had great weather too. It only rained one evening, but the stadium is partially covered and our seats were covered.

It is always a treat to be able to witness a world record live and in person and we were blessed to witness 3. 2 by Usain Bolt and 1 by the woman Polish hammer thrower. Usain Bolt is quite the character. He is hamming it up for the camera and the crowd up to the point that they are called to the blocks and then he runs like no one has run before. Being in the 3rd row it was easy to get an idea of how big he is. He is a rather large man and looms over the other competitors. And, his legs are so long he just chews up the track faster than anyone else can.

If you ever get a chance to see a track meet in Europe, do so. They are very knowledgeable and make it a lot of

fun. They know when to clap at the right times and when to cheer. It was amazing to see with their woman high jumper during the final. Most field competitors wish for the crowd to pump them up by clapping in unison, but she preferred complete silence and it is amazing how quiet 70,000+ people can get. She ended up getting the silver medal for her efforts.

What I was really there to see were the distance events though (even though I have become a huge men's shot put fan by attending these events). Often times the distance events in these types of competitions are frustratingly tactical and slow, but this year everything was decently quick.

The Americans had a very good showing in that regard with a few medals to boot. The women's 10,000 was the first final and we had some very good athletes competing. Shalane Flanagan (10,000 bronze and the 2009 Olympics) and Amy Yoder Begley who beat Flanagan at the US Champs this year. Amy Yoder Begley ran a smart race and ended up finishing 6th in a new PB. The other final of the first night was the men's shot put. I became a big fan of the shot put when I attending the World Champs in Edmonton in 2001. These guys really get pumped and put their all into it and that makes it fun. Particularly Adam Nelson. He is fun to watch. He gets himself pumped by stomping around near the ring and then ripping his shirt off and throwing it on the ground, grabbing the shot and heaving it. Unfortunately he didn't have a great competition and finished in 5th place, but the Americans did get the win by Christian Cantwell. We were somewhat disappointed the first night because I was telling my wife, Tiffany, about how the opening ceremonies were usually big affairs sort of like the Olympics last year, but for some reason the Germans didn't put much into it and it was rather lame. I was suspecting this was a result of the economy being down and as we found out Berlin is a rather poor city.

The next set of distance events of note was on the 3rd night with the women's steeple chase and the men's 10,000. Jenny Barringer of CU started things off by getting 5th in the final of

the steeple chase in a new American record. She was right in the mix until near the end and hung in nicely. The men's 10,000 was very fast. The fastest I've ever witnessed on the track. Kenenisa Bekele is utterly amazing. If it were not for Usain Bolt, he would have been the star of these championships. Haile Gebrassalassie is still one of my all time favorite distance runners because he has much more personality than Bekele, but Bekele can flat out run. He can run from anywhere in the field and still control the race. In this case he let the Eritrean do all the work and just hung on his shoulder until the last lap where he unleashed his ferocious kick and won by 4 seconds in a new Championships record (26:45). The Americans hung in well. They were right in the main pack until just a few laps to go. Galen Rupp in particular. I think he just needs a few more years to mature and he will be really good. He seems fearless. Dathan Ritzenhein ran a more controlled race and ended up passing Galen with a few laps to go and finished as the top American in 6th place in a new PB. The longer distance events are fun to watch in the European stadiums. The crowd is very into it the whole time and many times the wave sort of follows the runners around the track. Very cool indeed.

We didn't attend the 4th day of the Championships as we both felt we needed a break and the only event I was somewhat interested in seeing was the men's steeple chase and there were no Americans in it and I knew it would be won by a Kenyan, so we chose to skip it. But as aside, it is pretty cool watching the Kenyans do the steeple chase. They are the only ones that hurdle the water jump and still barely get 1 foot wet. Utterly amazing.

The 4th night we witnessed the first distance medal for the Americans in the men's 1500. Bernard Lagat continues to amaze. He is very, very consistent over the years and seems to always be in the mix during the last lap. It was also cool that we had 3 Americans in the final. It's been a long time since that happened. Lagat held on for the bronze in a somewhat tactical race.

Day 6 we witnessed 3 of the 4

(Continued on page 18)

My thoughts on the 2009 IAAF World Championships in Athletics in Berlin (continued)

(Continued from page 17)

American athletes qualifying for the final of the men's 5000 in some rather quick times.

Day 7 we witnessed 3 American women making it to the final of the 1500 and the first American man to make the final of the 800 since around 1990 (in a Championship event). There was some controversy in the 800 semi-final that Nick Symmonds won. 3 athletes tripped and fell (right in front of us) with the favorite for the 800 final being one of them and then he was not allowed into the final (but the other 2 were), even though it looked to us like the other 2 caused the favorite to trip. The kid that made the men's 800 final is Nick Symmonds and it's a cool story since he's a former DIII (NCAA) athlete that ran for Willamette University in Salem, Oregon. That's one of the teams that Colorado College (the school I coach at) competes against in cross country and track. So, I had seen him run before and he was good, but I never envisioned him being this good. It shows what hard work and determination can do.

Day 8 had the women's 5000. There was only 1 American that made it to the final and she ran well, but was no match for the East Africans. It was a very exciting stretch run with the Ethiopian in front until the last couple of strides when 2 Kenyan's passed her. The Kenyan coaches that were sitting right in front of us went nuts and were jumping around and shouting.

Day 9, the final night, was all finals with the men's 5000, women's 1500 and men's 800. All 3 were great races. First up the men's 5000. America had 3 athletes in the final and all 3 have good credentials and were in the mix until the last couple of laps. It was a very exciting stretch run, with Bernard Lagat and Kenenisa Bekele going back and forth, with Bekele just edging Lagat at the line. This was the USA's second distance medal! Next up was the women's 1500. America had 3 athletes in this final too, so the odds were good that 1 of them might medal. Again, right in front of us, on the last lap, the Spanish

runner for some reason thought she could squeeze by the Ethiopian runner on the inside (the Ethiopian clearly had the lane) and this cause the Ethiopian to go sprawling to the track and be left behind, whereas the Spanish runner sprinted to victory and the American girl, Shannon Rowbury, ended up 4th. But, the yellow flag was raised and they DQ'd the Spanish runner, thus giving the American girl the bronze. My thought is that she would have been 4th no matter what. I do not think the Ethiopian runner would have faded out of the medals. Finally for distance events was the men's 800 with Nick Symmonds in the mix. There were 10 men in the final, whereas there are normally 8, because of the tripping that happened in the semi. This made for a very crowded final. Nick Symmonds ran a very good race and I thought for sure he was going to medal since he has a wicked closing kick and he was in the lead at the start of the final 100, but his kick abandoned him on that day and he ended up fading to 6th. Still an excellent result and nothing that he should hang his head about. He just keeps improving and I say look out in 2012.

Well, that's it. My thoughts on the 2009 IAAF World Championships in Athletics. We both had a great time discovering Berlin and seeing some awesome competition in a historical location (yes, even my wife, a non-track person enjoyed it).



2009 Race Calendar by Dave Diaz

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

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

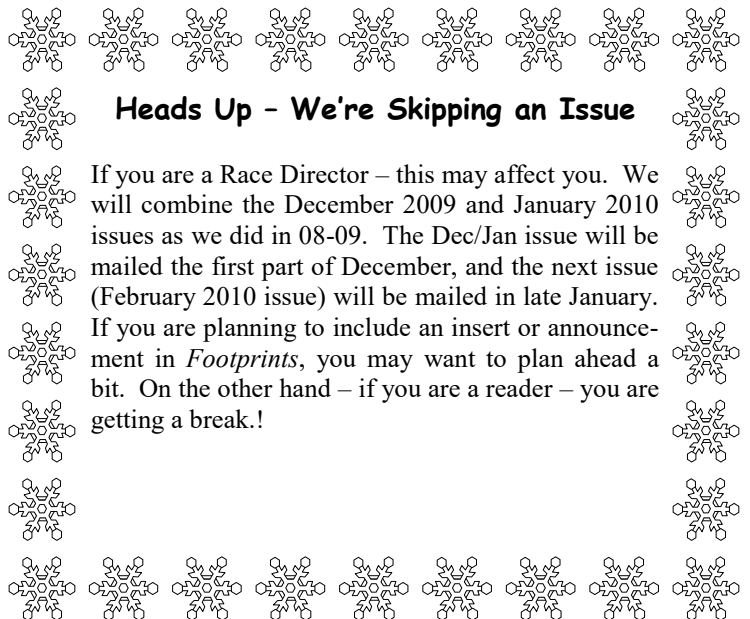
<u>DATE</u>	<u>RACE NAME</u>	<u>DIST</u>	<u>TIME</u>	<u>LOCATION</u>	<u>CONTACT</u>
<u>October</u>					
Sat 3	Taste of Trinidad	5K	9am	Trinidad, CO	Chanelle 719-846-0538X114
Sat 10	Autumn River Run	5M/5K	9am	Canon City, CO	Kyle Home (www.ccrec.org)
Sun 18	Denver Marathon	Mar	7am	Denver, CO	http://www.denvermarathon.com/
Sat 24	*Harvest Run & Bonfire	5M	5pm	Lovell Park, PW	Dave Diaz(diazsd@aol.com)
<u>November</u>					
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
<u>December</u>					
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

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

Editor's Comments:
Thank you to the many contributors to Footprints. First, it is appropriate to thank our "regulars" who submit stories, photos, and information month after month after month. The list is long and can be found on page 2 of every issue.

This edition features some terrific contributions from Paul Koch, Joe Bulow, Kim Arline, Kyle Horne, Joe Stommel, Jeff Arnold, and Vicki Meier. This is a larger than usual issue, but take the time to read the entire newsletter. Your fellow runners have relayed some unique experiences. THANKS to all our contributors!!! Keep 'em coming.

Monthly Meeting Location

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

The Final Thoughts...

Today you are You, that is truer than true. There is no one alive who is Youer than You. -Dr. Seuss, author and illustrator (1904-1991)

The biggest problem in communication is the illusion that it has taken place. - George Bernard Shaw

I speak to everyone in the same way, whether he is the garbage man or the president of the university. -Albert Einstein, physicist, Nobel laureate (1879-1955)

Humans think they are smarter than dolphins because we build cars and buildings and start wars etc., and all that dolphins do is swim in the water, eat fish and play around. Dolphins believe that they are smarter for exactly the same reasons. -Douglas Adams, writer, dramatist, and musician (1952-2001)

Airplanes are interesting toys but of no military value. -- Marechal Ferdinand Foch. Professor of Strategy. Ecole Supérieure de Guerre.