



Editor: Ron Dehn

FOOTPRINTS

Turkey, Pumpkin Pie, and Exercise... What a Combo!

The Let's Be Thankful Edition

My First Marathon by Marilyn M. Vargas

June 2007 I remember saying, "Sign up for the Corporate Cup 5K? What? "I don't know how to run."

I asked my son, who was 14 years old at the time, "Felix will you teach me to run?"...

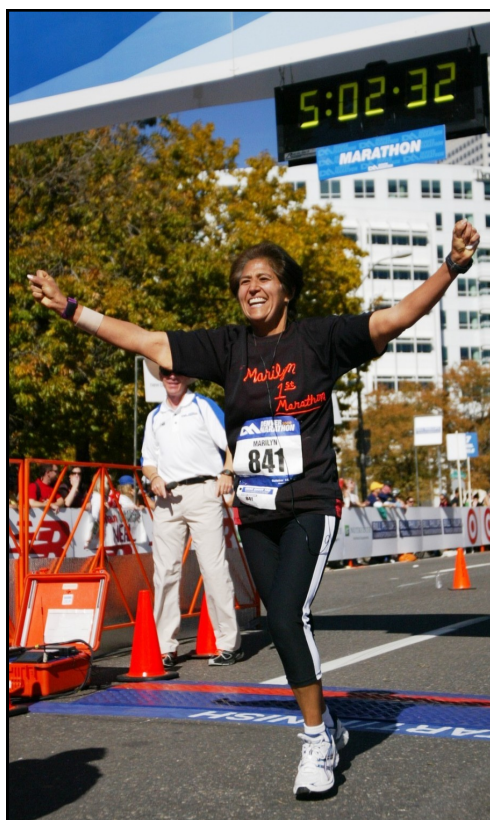
My First 26.2 Miles, and I'm Still So Emotional...

Here I am four days post "1st Marathon" and I will talk to anyone who will hear my amazing experience.

My family, friends, and co-workers show their patience as I burst out yet another memorable mile of the 26.2 miles I experienced on October 18, 2009. As I try to describe my experience, I'm overwhelmed with emotion and excitement. I can't seem to find just the right words to describe what it was to run "My 1st Marathon". I guess, for me, one could say, "It just was...!!!!!"

It's Sunday October 18, 2009, and it's here, after 14 weeks of training. Fourteen weeks of building more miles each week; Running the last 5 miles of

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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.!

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(just kidding)



Minutes from the October, 2009 Meeting

By Kevin Keilbach

Editor's Note: Our club secretary was unable to make the October meeting, and President Don Pfof asked for volunteers to take minutes. Kevin Keilbach, who is not a member, but attended the meeting because he will be coordinating the Panther Run next spring volunteered. What a guy!!!

Introductions.

Attendance: Ron Dehn, Frank Mazza, Erica Belcher, Gary Franchi, Dave Diaz, RoseAnn Thomas, Jacqueline Wall, Don Pfof, Scott Candler, Paulette Arns, Kyle Horne, Jeff Arnold, Terry Cathcart, Janelle Markert, Kevin Keilbach
General Update:

Don reported that next month's meeting will likely be held at the YMCA.

Upcoming Events:

Autumn River Run: Kyle gave an overview of the Autumn River Run, set for Saturday, October 10. He mentioned that 20 registrations have come in and that he expects attendance to be around 45 runners. Volunteers are confirmed and equipment secured. He will confirm equipment once again in the coming week.

Regarding equipment, Don updated the group that the equipment has been secured for the Florence High School cross country meet on Friday, October 16th. Dave mentioned that the Pueblo City meet will be held on Oct 14th and he will help coordinate equipment usage. Jacqueline explained that she will secure the equipment for the Hustle for Russell race on Nov 7th and return it directly to the Atlanta 5k the next week.

Atlanta: The race coordination is on track. It will be held Saturday, Nov. 14th.

Turkey Trot: Scheduled for Thursday, Nov. 26th. Based on the fact that the SCR equipment will be available that day, Janelle reported that the race will be a timed event rather than simply a fun/family run, as was being considered. The race

will be held on the YMCA campus and will likely start at 9:00 AM. SCR will provide at least 3 volunteers. The race will likely have a 5k as well as a 1k kiddie trot. Entry forms will be posted on the YMCA website and will also be delivered to Ron by the end of October.

Rock Canyon Half Marathon, Saturday, Dec. 5th: It was reported that online registration is up and running. Letters have been sent out and the pavilion has been reserved. Everything is on track.

Harvest Run: The race is set for Oct. 24th. The distance has been changed to a 5k in an effort to get more participants. The race is slated for 5:00 PM, food will be served at 6:00 PM, and the bonfire (weather permitting) will follow.

Annual Banquet: Don reported that the banquet is tentatively scheduled for January 30th, 2010 at La Renaissance.

Panther Run: Mid April, 2010. Kevin Keilbach explained that the Panther Run will be held in early spring and was given advice by the group as to the early stage coordination.

Activity Recaps/Updates

Skyline Drive: Kyle reported that the Skyline Drive run was a success, noting several areas that can be improved for next year.

Corporate Cup: Janelle delivered an overview of the 25th annual Corporate Cup. Over 2,000 people took park including more than 700 in the 5k and around 300 cyclists. Taking home the Cup for their respective divisions were CMHIP (the State Hospital), Atlas Pacific, and the Kiwanas.

Run 4 Trails: Don reported that the race was a success, noting that 140 runners registered and there were very few mishaps.

Hot to Trot: Don

recapped that the race coordinators were pleased with how the race turned out. Jeff mentioned that he plans on using a different color of chalk next year to distinguish between the walk and the run. It was discussed that serving the food earlier would have been beneficial and should be considered for next year.

Cougar Canyon: Scott reported that the race had over 30 competitors. He discussed considering

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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. 327

"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, Benjamin Sklaver *	
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, Marilyn Vargas, Don Pfof, Jeff Arnold, Kevin Keilbach, Janelle Markert, George Dallam, Lary Volk

SCR meetings are generally held the first Wednesday of each month at the Pueblo YMCA just southeast of Pueblo Blvd & Hwy 50. All SCR members are welcome and may bring relatives, friends, ideas, and treats.

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.

* U.S. Army Capt. Benjamin Sklaver of Hamden, Conn. while serving in Africa in 2006-07 was struck by the high rates of child mortality linked to dirty drinking water. Ben founded the ClearWater Initiative which helps bring clean water projects to remote villages. Capt. Sklaver was killed on Oct 2nd while serving in Afghanistan. see: clearwaterinitiative.org





Minutes Continued



(Continued from page 2)

making it a 10k race next year, but most SCR members suggested that leaving it as a 5k will likely draw more interest. Scott is working to make the race a part of a bigger, broader outdoor festival for next year.

Officer Reports:

Meeting Minute Report: September minutes were approved with no changes.
Treasurer Report: Paulette Arns
Paulette delivered the overview, noting that Paul was reimbursed for a new laser printer (\$129). Hot to Trot registrations were paid for as well. The treasurer's report was accepted.

Membership:

Don reported that 3 new members came on board in the last month, increasing club membership to 203. Gary has updated the membership form and it is up on the website and copies will be sent to members in the next newsletter.

New Stuff/Old Stuff

SCR Race Management: Don noted that the more members learn the software, the better.

Equipment: Don explained that Paul purchased a printer. Also, the old time machine crashed during the Corporate Cup 5k, and that he and Dave agreed the club would purchase a new time machine. It was ordered and arrived from Flying Feet Computers (\$1,130). Don also purchased a folding crate for easier transport of the computer and printer.

Loaning Equipment: Don explained that a number of high schools have recently requested use of club equipment. There was discussion around why the schools no longer have their own equipment, and Don asked if the Club would consider donating some stop watches to the area schools. Jeff cautioned that the equipment may disappear. Dave suggested leaving things as they are by continuing to loan equipment to local schools on an as-needed basis contingent on availability. No decisions were made to change the current approach.

Meeting Format: Jeff expressed concern that the monthly meetings are not as productive as they should be. He noted that monthly meetings are not the best forum for non-members to present drawn out plans for upcoming events or to deliver lengthy recaps of prior events. Dave made a motion to do away with recaps for the next meeting, and the motion carried.

Newsletter: Ron reported that there will be a combined newsletter for December and January.

Meeting Adjourn at 8:56 PM.

SAVE THE DATE for the Annual SCR Banquet



Yes, another year has rolled by and it is time for the annual SCR banquet. We gather together to celebrate our past year of fitness, accomplishments, and volunteerism. This year's banquet will be held at 6pm on January 30th at La Renaissance. Gary Franchi, athlete, writer, and long time SCR member will be our featured speaker. Great Food, Great Company, Great Fun, Great Time. More to come later, but put it on your calendar now.

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,
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Shop Union Avenue,
then stop by for
lunch
at
The Gold Dust



217
South
Union



Great Stuff

by Gary Franchi

Let's give running its deserved status



Thought for today's lunch, compliments of Gene Thibeault: *"If you start to feel good during an ultra, don't worry, you'll get over it."*

Musings about running, fitness, life:

I was reading "The Best of Pueblo" special edition published by *The Pueblo Chieftain* recently and I came upon the "Best Recreation Sport" category. It says the results are based on a "random survey of its readers in July."

Ya know, I always wonder about random surveys, as I do about many things that are put out there for us to read and accept. When I hear that a such-and-such millions of Americans watched, say, the most recent airing of *The Biggest Loser*, I always wonder how they got those numbers and how legitimate they really are. Were you called? How about Uncle Albert, a fellow Puebloan? Or Mother Angelica? I wasn't either. Wasn't even texted, e-mailed or visited at the door as I am by fine religion-affiliated representatives.

So how legit are these ratings, anyway? How big of a random survey was it and how accurate can it be?

By the way, Mother Angelica, a regular on a cable TV station, doesn't actually live in Pueblo. But did you know that she was born in 1923 as Rita Antoinette Rizzo and that she founded the Eternal Word Television Network? Just thought I'd throw that stuff in here for you trivia fans. (Pay heed, Stacey, there are no lyrics with this.)

Anyway, in case you missed that special "Best of Pueblo" edition, here are the top-ranked recreation sports in Pueblo as determined by a random survey conducted in July:

- 1, Golf
- 2, Soccer
- 3, Biking
- 4 Others: Swimming, baseball, softball, tennis, fishing

What's wrong with this picture? I'll go along with golf being at the top since there are so many retired folks in this town who think skipping a day of golf to take the spouse to the emergency room would be grounds for divorce. Soccer probably deserves the second spot as evidenced by the hundreds of little ones who fill all the local fields on Saturday mornings.

Now, getting to the items that interest me, at least they gave biking a decent spot. And swimming, although I don't really think it's that big of an activity here when you take away all the little Rubens and Cecilias who fill the city pools in the summer time, which is when this random survey was taken.

Actually, I assume that perhaps some type of a printed survey was distributed to homes across Pueblo and everyone had the chance to fill it out while devouring a couple of burritos at the kitchen table. I don't remember seeing the survey, but I DO recall having a couple of burritos at home recently. Homemade and very tasty. Makes me hungry right now just thinking about them.

But where's running in this survey? Everywhere I look in this town I see people running. On the River Trail, in City Park, on treadmills at the club, through the PCC area and Aberdeen streets where I slog. Running races continue to draw more folks than ever, and we have a bunch of multiple-sport athletes here, too, which means they run.

Do baseball and tennis – and swimming, for that matter – really rank higher than running?

Doubtful. My theory is that runners are too busy or simply don't or won't take the time to fill out a survey or answer a telephone call soliciting such information. They have other and better things to do. Hence, they don't get counted in the survey results.

So what do we need to do about this? How can we give running its just due in the next ranking of Best Recreation Sports in Pueblo?

Easy. We just need to conduct our own random survey. First, get a tablet of paper, writing implements, a telephone and a Pueblo telephone book. Then pick out the first number randomly and begin the survey:

"Hello, Mr. XY, are you a runner?"

"No? Well, what recreational sports do you do?"

Then fill out the official random survey line for Mr. XY on the first page of the tablet of paper: Mr. XY runs approximately 4 times a week. He also bowls.

Next call:

"Hello, Ms. XX, are you a runner?"

"No? Well, what recreational sports do you do?"

Recorded survey line: Ms. XX runs 5 days a week. She also does aerobics at a fitness club.

See how easy it is to get running ranked among Pueblo's recreational favorites? Yeah, we'd be fudging the statistics a little, but so what?!?! This is America.

Then provide the survey results to *The Chieftain*. When published, such powerful data would give running the prestige and legitimacy it rightfully deserves. It probably could also be used to secure grants to have crusher fine surface trails installed throughout the city and might even cause *The Chieftain* to provide more news space for recreational running.

Well, maybe if we provide the newspaper folks with some free burritos. And ask Mother Angelica to call the editor.

Ten things I was just wondering:

- 1, Can't those smart folks invent a cauliflower that doesn't go bad so fast?
- 2, Do monkeys dislike over-ripe bananas, too?
- 3, I'm curious, who gets excited about Geography Awareness Week?
- 4, Does anyone check the pro basketball preseason scores in the paper? Why?
- 5, If they marketed a cream that instead PUT wrinkles on your face, wouldn't you just bet that some nimrod would buy it?
- 6, Was there really chemistry at one time between Julia Roberts and Lyle Lovett or was that just a hoax?
- 7, Wouldn't it be cool if they had a "Worst of Pueblo" list?
- 8, Can't we get rid of those champagne-spraying sports celebrations that accompany important victories?
- 9, Why can't they come up with some new Jolly Rancher candy flavors like, say, lemon? And lime?
- 10, Wouldn't it make a great reality TV show to send Mayumi and Richard Heene off in a hot air balloon and rig it up to drift off into space?

Until next month, be sure to pursue with earnest your favorite recreation sport – eating burritos.



November B-days

- 1 Ross Barnhart
Gary Player*
- 2 Marti Marshall
Barbara Hadley
Burt Lancaster*
- 4 Jeff Chowning
Will Rogers*
- 5 Jessie Quintana
Elke Sommer*
- 14 Alice Fitzgerald
Condoleezza Rice*
- 16 Robert O'Callaghan
Dwight Gooden*
- 17 Rocky Khosla
Lawrence Volk
Tom Seaver*
- 18 Steven Wall
Alan Shepard*
- 19 Juanita Peters
Indira Gandhi*
- 20 Brant Quint
Bo Derek*
- 21 Mark Stephens
Troy Aikman*
- 23 Chris Dehn
Miley Cyrus*
- 24 Paulette Arns
Scott Joplin*
- 25 Lenore Raich
Joe DiMaggio*
- 26 Al Arline
Mike Borton
Tina Turner*
- 27 Malachi Ricks
Bruce Lee*
- 28 Nancie Biery
Karen Van
Ed Harris*
- 29 Robert Quintana
Howie Mandel*

*Honorary SCR Member



Runnin' the Trails

By Paul Vorndam

West Spanish Peak



Every once in a while, I feel guilty about abusing the putative purpose of this column and even write about trail running (although to be honest, I really can't remember the last time those feelings actually resulted in something you could read that had some tentative connection to actual trail running!). So, for the sake of consistency, this piece is only half about trail running (and half about being stupid on loose rock).

One of my favorite "last minute" preparation runs for the Pike's Peak Ascent is West Spanish Peak. Another is Gray's Peak west of Denver, but that's another column. West Spanish is a good prep run before the Peak because:

You get some good elevation training; the summit is 13,686 ft.

It's relatively close; it's less than 2 hours from my house to the trailhead.

There is a defined trail all the way to treeline (more on this below).

There is little to compel those of us with old knees to try and smoke the downhill (more on this below too).

It's not so long that you worry about doing the run a few days before the Ascent.

It's NOT a good prep run because:

Unless you're an alien, you can't run the last half of the ascent portion.

The last half of the ascent (and therefore the 1st half of the descent is on loose talus and scree) and the last thing you need before Pike's Peak is a twisted ankle (or worse).

OK, a trail description will clear up some of the comments above. The trailhead is at Cordova Pass and is a U.S. Forest fee area because there is also a small campground there. So, unless you park a mile down the road you have to pay to park at the trailhead (rent-a-peak). The trailhead is at 11,000 ft. elevation so you start right out getting altitude training as you set out on the trail. Be sure to sign the trail register that is located about 50 yards down the trail from the parking area. That way, if you fall off the peak or get eaten by a mountain goat, your friends will be able to properly mourn you at the celebration party. The trail is actually relatively flat for the first mile and a half. There are two nice meadows that you run through which give you nice "I'm going up THAT!" views of West Spanish. You'll also pass some of the famous West

Spanish dikes which are rock formations called sheet intrusions that radiate out from the peak throughout the surrounding countryside. After the flat section you begin to switchback up the south side of the peak. The switchbacks aren't as never ending as those approaching A-frame on Pikes Peak, but there do seem to be a heckuva lot of them. The switchbacks end at treeline which is where the peak steepens substantially and the loose rock/scree begins.

An aside about treeline: a few years ago a friend that I ran with while at the AF Academy did a prep run before the Pike's Peak Ascent up the entire Barr Trail. He was apparently pretty wasted, because he called after he got back down and we asked him what his times were at various points along the trail (Barr Camp, etc.). When asked what his time was just above treeline, he replied by asking what that was(!) There was a long pause in the conversation and then he was told that it was where there were no trees (duh).

OK, so above where there are no trees on West Spanish is at about 12,000 ft. With about a mile to go to the summit, you still must ascend almost 1700 ft (so, yes, that is steep). There is a rock-strewn gully that many people ascend at that point, but there is a trail of sorts on the ridge to the left of the gully that is much easier. This "trail" is braided out in several places, but it is the best way to ascend and descend the peak. The steepness of this section from treeline to the top and the loose rock and scree are why no sane person (or even trail runners) would try to "run" down. You are forced to preserve your skin (and thus your knees). When you get back to treeline on the descent and can actually run again, it is a real relief. There are some little hills on the "flat" section on the way back to the trailhead that you didn't notice on the way up, but will curse on the way out.

Unfortunately, by the time you read this, the access road to Cordova Pass may be closed with snow. If so, you'll just have to snowshoe in and do the peak as I did a few years ago one December. The steep section is actually MUCH easier when covered with snow, but the slog in and out on the road quite makes up for that!

Happy Trails! - Paul



Ramblin'

by Ron Dehn

The Perfect Run - In the Spirit of Thanksgiving



I'm writing about a run that took place on October 2nd. I wrote most of this article within 60 minutes of completing the run. Upon review, I realized that this fits well with the theme of Thanksgiving. I hope you enjoy.

Several years ago, there was a book, and subsequently a movie entitled "The Perfect Storm". The story was based on a historical event which took the lives of several fishermen. While the fishermen were at sea, multiple meteorological conditions came together at the same time and produced a rare and incredibly powerful storm that gave the fishing vessel and the crew no chance of survival.

The term "the perfect storm" has entered our language and describes an event that is rare and the result of several factors that have to occur at the "right" time and interact in the "right" way to produce the "perfect" result. Fortunately, the term "Perfect Storm" does not necessarily describe a negative event. This article is about the "Perfect Run".

A month ago, my wife Chris, told me she was going to attend a 1 ½ day conference in Breckenridge. I immediately asked if I could tag along. This is the kind of trip, where I have very few responsibilities, and lots of flexibility to do whatever I want, so it is quite enjoyable and relaxing.

We arrived at the lodge on Thursday afternoon. Chris had an evening function to attend, and would be in sessions all day Friday. Friday morning I got up a bit before 7, washed up and headed for breakfast. After breakfast, I came back to the room, read the paper for a bit and alternated between the crossword and Sudoku puzzles in the paper. Our room had a large window facing west, and one of the ski lifts at the base of Peak 9 was literally a stone's throw outside our building. I could see a maintenance road which headed up the mountain.

After a while, I put on my running gear

and headed downstairs. The predicted high for the day was the low 40's, and there was a bit of a breeze. It had snowed before we arrived. The peaks were snow capped, but there were only patches of snow on the ground. Gold aspen leaves flickered in the breeze and red leafed bushes dotted the hillside. The sun was proud bright and the sky was blue blue. Right - not just blue, but blue blue. With a couple layers, a stocking cap and light gloves, I felt just right. I planned to run up the maintenance road for about 15 minutes, then turn around and run the streets of the town. It didn't take long for my lungs to realize that I was at 9100+ feet. My legs also made note of the fact that they were heading uphill. I "ran" for what seemed to be a long time. I looked at my watch. I had been running for 2 minutes and 11 seconds. Oh well, I would turn around in another 13 minutes.

The road followed the lift line for a short way then began a series of wide zig-zags up the mountain traversing the whole mountainside. I crossed beneath other lift lines and continued my ascent. At about 10 minutes, I said hello to a couple hikers who had just turned back down hill. I told them I was going to do the same in a few minutes, and would see them again soon.

The switchbacks continued and I started seeing names of ski trails and a sign pointing to Peak 8. I passed a yurt and looked at my watch. It read 14 minutes and some change, but I wasn't ready to turn around, so I decided to turn around at 20 minutes.

I imagined hundreds of skiers and boarders on these slopes in just a matter of weeks. I remembered skiing these mountains many years ago, and even though I did not recognize the names of the trails, I knew that I had certainly come down some of these slopes. My lungs and legs had gotten into a rhythm. I was not trying to go fast, but simply to keep going. Maybe I'll go for 30 minutes I thought as I glanced at my watch.

As I got higher, there were a few shady spots where snow had not yet melted. I thought about how much I love running in snow and continued the serpentine trek, passing the endpoints of some lift lines and the beginnings of others; making my way up the mountain in wide switchbacks.

I'm a great appreciator of mountains, sunshine, beauty and fresh air, but this trek began to exceed the norm. I was alone on Peak 9 in Breckenridge, Colorado on a crisp autumn day, when it seemed the vibrant colors from the mountains, trees, and sky were competing with each other for my pleasure and approval. I was "running" uphill, yet I felt great. I won't say it was effortless, but my breathing and my strides seemed to be in harmony, and this trek was not difficult. It was as if the surrounding beauty and solitude lifted not only my spirit, but my body as well.

I began to think about how fortunate I am. Most of the time we take our health for granted. On this day, at this time, I gave thanks for my health. I gave thanks for the opportunity to be surrounded by, and become a part of, this incredible mountain experience.

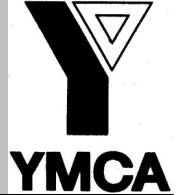
Then I began to think about life, its meaning, and what is really important. When it boils down to it, the people in my life are what I am most thankful for. The people in my life give my own life meaning. Their faces began to visit my mind's eye. Chris, Bryan, Nikki, Rylan, Jeremy, Maggie, Amelia, Melissa, and Anthony. One at a time, each person came into my mind, and I thought about what each one means to me. I thought about each person and their own specific gifts, their individual beauty, and gave thanks for each, one at a time. The procession continued. My parents, my brother, my sisters, their spouses, their kids, then Chris' parents, her sisters, their spouses, and each member of each family.

(Continued on page 7)



This Thanksgiving Fill More Than Your Tummy Join The YMCA Turkey Trot

by Janelle Markert



When most people think of Thanksgiving they think of the three F's – football, family and food. This year, the YMCA of Pueblo would like to add a fourth "F" to the equation – FITNESS! This Thanksgiving Day invite your friends and family to help those less fortunate and join us for the YMCA of Pueblo's 1st Annual Turkey Trot 5K Run/Walk and 1K Kids Fun Run.

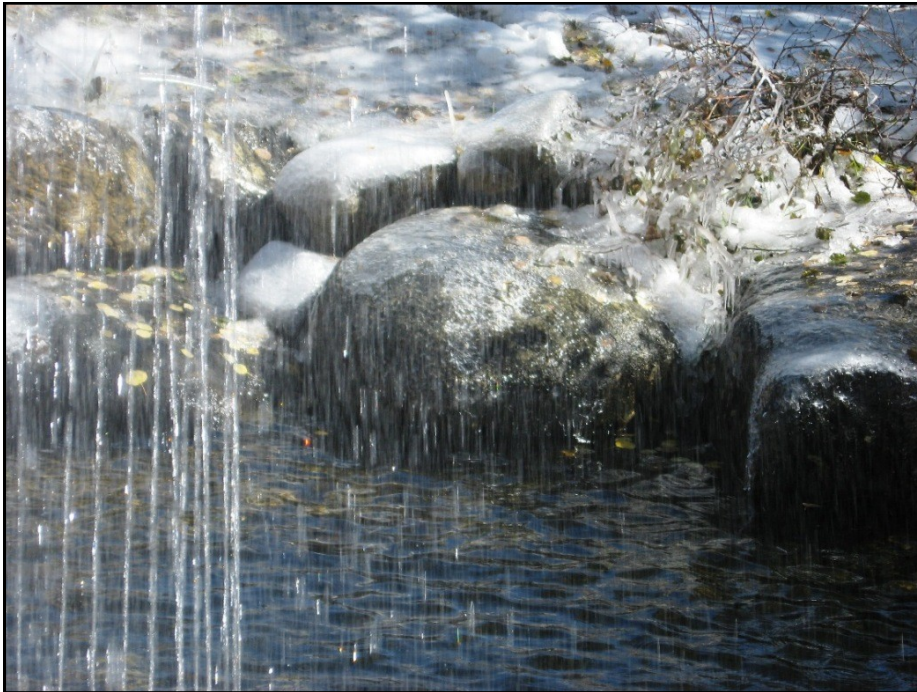
This first year event is being held to promote families getting healthy together with all the proceeds benefiting the YMCA's annual Strong Kids Campaign. The goal of the Trot is to get friends, families and co-workers moving on a day typically known for inactivity. The YMCA of Pueblo supports strong kids, strong families and strong commu-

nities and we want all to be represented at the Trot. But the Turkey Trot also serves a much greater purpose in that it supports children and families in our community by allowing them the opportunity to participate in YMCA programs and services that they otherwise would not be able to afford.

The Trot starts and ends at the YMCA Community Campus, 3200 Spaulding Avenue. The 5K Run/Walk begins at 9 a.m. and is a timed event with awards given to the top 2 finishers in each age division. The 1K Kids Fun Run begins at 10 a.m. and is free and open to children 12 years old and younger. Register online at www.puebloymca.org, in-person at the YMCA by November 22nd at 5 p.m. or on race day (race day regis-

tration begins at 7 a.m. and t-shirts are not guaranteed).

So before you sit down to fill your tummy on Thanksgiving Day join us to strengthen and fill your heart by doing something good for yourself and others, as we work together to build strong kids, strong families and a strong community!



(Continued from page 6)

There was a continuous line of extended family, neighbors, mentors, co-workers, and friends who made their appearance. Some living, some dead. I contemplated each of these as they entered my mind, one at a time, and gave thanks while

their image faded, to be replaced by another. The individuals continued by the dozens. As they visited my mind's eye and touched my soul, I gave thanks for each one. Somewhere in the middle of these encounters, I reached the top of the last lift line just a shade below timberline and headed back down. I was in no

hurry and the faces continued in succession. Gradually I became more aware of the beauty of my immediate surroundings and after not quite two hours, I found myself next to the fountain just outside the hotel.

Solitude, beautiful solitude. Interesting thing is; I was never alone. There were a whole lot of people who shared the trees, the sky, the colors, and the crisp air on my cheeks with me on the trek up and down that beautiful mountain. A whole lot of people, and I am thankful for each one.



The 2009 Hot to Trot

by Jeff Arnold



Sometimes facts aren't the most important thing. These are the facts. A record 190 runners finished the 5K course. Sydney Mondragon beat 179 of them, including all other women, to be the overall female winner. Her time was 20:46. Levi Medina beat everyone to be the overall male in 17:06 for his third straight win. But that ain't all. 12 year old Zachary Alhamra was fourth overall in 18:21. Ahead of him was 55 year old Charlie Gray who ran 18:07, second overall. 61 year old Carol Kinzy was fourth woman of any age and 36th overall in 23:43. That means that means that of the 35 people ahead of her, none her age or older, more than half won awards.

Assuming that the times from this 5K course are reasonably close to what could be expected on a high school course, Charlie Gray could run on any Pueblo area cross country team, if he were 37 years younger, a student at the appropriate school, and no faster than he ran today. The same could be said, I believe, of Carol Kinzy, though she'd have to be 43 years younger.

I admit I really didn't see the folks run that I mentioned except for Levi. Nor do I have facts to support the following statement. I think Levi was running sub 5 minute per mile pace up the Main Street hill and through the first mile. I think I'm fitter for bicycling than I was the previous years. I had a bigger head start. Still I heard the machine gun fire of Levi's footsteps as I reached the top. And then he passed me as I jumped the curb.

I was scared to try to pass him down the hill because of the rough surface. When I was on the bridge across the river, I looked back and could see Levi, but no one else except a fisherman near the east end of the levee. I hadn't taken the time to start my stopwatch – no facts – but I started it on the fly at the mile mark. I thought Levi was on his way to a record time, then while he was running by Runyon Lake, I heard a sharp gasp. That was followed by something louder and more painful. I looked back and Levi was walking. I slowed dramati-

cally. At the top of the concrete path leaving the lake, Aaron Levinson was in the lead but Levi was running. At the two mile mark, my watch read 6:31.

Just beyond that I ran into three walkers who had obviously missed a turn and told them to go back. I trust they got back safely. Near Fay's crossing Levi was too close again. I rode hard to the finish line.

I told the story of the cramp over and over. Each time Levi was heading for a better time. I hope Levi runs faster than 15 minutes next year. Otherwise 2009 will always be, for me at least, the year that might have been.

The walkers this year had a full 2 mile course. Some apparently didn't understand my directions. I need to mark it with colored chalk. I think about 25 walkers finished. I thought I counted 14 in the Kiddie K, including a handsome 3 year old named Abram. The Hot to Trot is already one of Pueblo's best races, and seems to be getting better each year.



7-year old Kira Hughes ran the 5k and won one of the \$20 door prizes as well



In addition to putting on a great run, Ruth and other Gold Dust staff serve up a great breakfast to participants

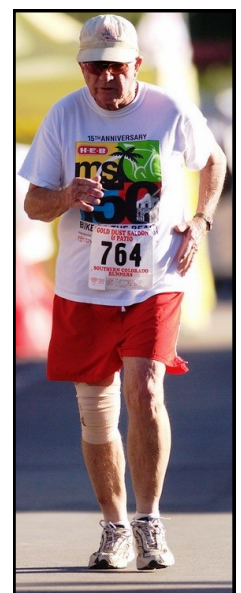
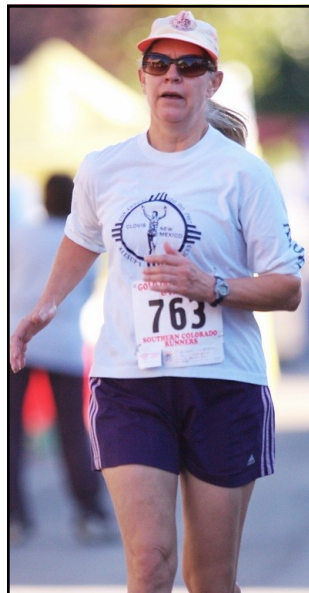
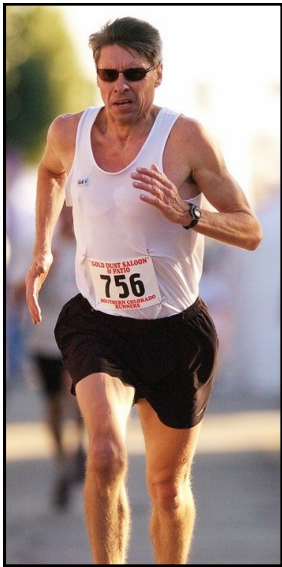
Photos Opposite Page Top to Bottom, Left to Right

Charlie Gray
Matt Sherman
Sydney Mondragon
Mark Koch
John Musso (front) /
David Baker

Derrick McCabe
Jennifer Meehan
Samantha Meehan
Brad VanBuskirk
Gloria Montoya
Jim Belarde

Malachi Ricks
Don Saling
Sandra McKenna
Tom McKenna

Hot to Trot Photos by Larry Volk



Run 4 Trails Photos by Larry Volk



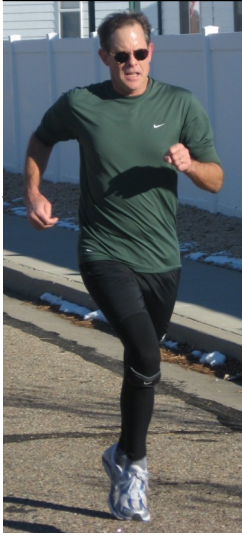
L to R
Justin Ricks
Steve Wall
Rusty Smith
Barbara Smith



L to R
Brittany Tibbs
Jerry Tiller
Malachi Ricks
Kylah Ricks



L to R Melinda Orendorff, Alison Kemmet, Rochelle Kemmet,
Unidentified Walker, Brian Caserta, Merry Martin



South Shore Adventure & Cumulative Predict Results

Provided by Jim Robinson



South Shore Adventure Results (right)

Cumulative Results for the top 40 participants through the SSA (below)

See the SCR website
for complete results

13 Name	Predict	Actual	Diff	Points
1 Brian Ropp	37:30	39:00.47	1:30.47	100.00
2 Emily Batson	43:00	45:03.11	2:03.11	92.31
3 Humberto Paredes	40:35	44:38:17	4:03.17	84.62
4 Steve Wall	39:25	44:13:16	4:48.16	76.92
5 Dave Diaz	43:30	51:39.07	8:09.07	69.23
6 Denise Ricks	38:00	46:30:84	8:30.84	61.54
7 Kyla Ricks	1:04:00	1:12:34.96	8:34.96	53.85
8 Malachi Ricks	1:03:00	1:12:34.22	9:34.22	46.15
9 Justin Ricks	1:02:00	1:12:44.63	10:44.63	38.46
10 Darryl Clark	38:45	51:41.42	12:56.42	30.77
11 Stacey Diaz	45:15	1:03:50.05	18:35.05	23.08
12 Leona Spracklin	44:10	1:02:45.42	18:35.42	15.38
13 Peggy Oreskovich	43:50	1:02:57.03	19:07.03	7.69

Name	Spring Runoff	Mad Max 10.3 Mile	Mad Max 4.6 Mile	Rams gate	Yap Dog	South Shore	Total Points	Best 5 Races
Dave Diaz	27.27	81.82		66.67	80.95	69.23	325.94	325.94
Stacey Diaz	72.73		75.00	90.48	57.14	23.08	318.42	318.42
Leona Spracklin	77.27		100.00	95.24	19.05	15.38	306.94	306.94
Justin Ricks	36.36	63.64		85.71	33.33	38.46	257.51	257.51
Humberto Paredes	88.64			76.19	52.38	84.62	301.82	
Paulette Arns	90.91		25.00	61.90	90.48		268.29	
Shawn Lopnow	59.09	90.91		52.38	47.62		250.00	
Don Pfost	9.09		31.25	100.00	100.00		240.34	
Brian Ropp	75.00				61.90	100.00	236.90	
Anthony Diaz	95.45	45.45			95.24		236.15	
Carrie Turman	31.82		93.75		76.19		201.76	
Peggy Oreskovich	65.91		37.50		85.71	7.69	196.82	
Robin Krueger	79.55		56.25		38.10		173.89	
Rich Hadley	100.00	36.36		33.33			169.70	
Bill Vegas	20.45	100.00			28.57		149.03	
Henry Hund	61.36		81.25				142.61	
Martha Drake	38.64			23.81	71.43		133.87	
Kyla Ricks			68.75	4.76		53.85	127.36	
Denise Ricks			50.00	4.76		61.54	116.30	
Jordan Montera	43.18	72.73					115.91	
Matt Sherman	70.45	18.18		19.05			107.68	
Paul DallaGuardia	50.00			57.14			107.14	
Edward Leanos	97.73						97.73	
Malachi Ricks			43.75	4.76		46.15	94.67	
Greg Gaunna	93.18						93.18	
Emily Batson							92.31	
Joe Bulow			87.50				87.50	
Mark Gurule	86.36						86.36	
Mike Cernoia	84.09						84.09	
Jeff Chowning	81.82						81.82	
Lillian Jones				80.95			80.95	
Aaron Levinson	56.82		6.25	14.29			77.35	
Steve Wall						76.92	76.92	
Anna Marshall				71.43			71.43	
Gypsy Kelso	68.18						68.18	
Matthew Drake					66.67		66.67	
Larry Volk	63.64						63.64	
Linda Strange			62.50				62.50	

Thank You and Apology

We thank the SSA volunteers: Race Director: Larry Volk, Finish Line: Lois & Don Pfost, Kerry Roman, Results: Jim Robinson, Volunteers: Dave Diaz, Mike Archuleta, Brian Ropp, Eric Brill

And... your friendly editor apologizes for not including the results and standings in last month's issue of *Footprints*. While your editor is always friendly, he is sometimes forgetful.



2010 Membership Renewal

by Don Pfost



As membership chair, let me ask for your help in renewing your membership in the Southern Colorado Runners for 2010.

Here's how you can help. Just check the address label on your newsletter. If you see "Exp: 12/31/2009" in the upper right hand corner, then it's time to renew. Some of you have paid several years in advance, so you may see 2010, 2011 or beyond, in which case, you don't need to do anything.

If it's time to renew, please complete and sign the 2010 membership form enclosed in this month's newsletter, and send it, along with a check for your membership dues, to the address in the lower left hand corner of the membership form. (Note: online renewal has been discontinued and membership cards will not be issued for 2010.)

Individual memberships are only \$15 per year, family memberships are \$20, and you can pay for multiple years. If you're paying for a family membership, please include the requested information for each family member—among other reasons, this is used to generate monthly birthday lists for the newsletter, and we want to include family members.

You'll see the many benefits of membership listed near the top of the form. Basically, a \$15 individual membership covers the cost of producing and mailing the newsletter for a year. So, in a sense, the other benefits cost you nothing.

Donations to the SCR equipment fund and the YMCA Campus Campaign fund are optional, of course, but they are always appreciated.

You'll also notice that your mailing label has either "CR=Y" or "CR=N" just to the left of the expiration date. "Y" means you requested free bi-monthly issues of *Colorado Runner* magazine in 2009. Be sure to check the starred box on your membership form if you would

like to receive *Colorado Runner* in 2010, whether or not you requested it in 2009. Remember, it's free.

Toward the bottom of the form you'll see a list of volunteer activities. As noted, this information is being updated, so please check any activities you're willing to help with. Keep in mind that volunteers earn points when they lend a hand, and fifty points earns an award that is presented at the club's annual banquet.



Please consider volunteering. Helping at races, which includes a range of activities, such as directing races, filling the role of club liaison, working the finish line, and serving as a course marshal, is an area where more help is especially needed. Help is also needed with data entry for race registration and results, tasks that might appeal to those with computer skills. Jim Robinson is looking for a new recruit to coordinate the predict series, another job that might be suited for someone with computer skills, especially if familiar with Excel; if interested, contact Jim. Another way to help is to serve on the yet-to-be created picnic committee that will function like the banquet committee in planning the club's annual picnic. Other possibilities include writing for the newsletter, stuffing the newsletter, and assisting with the website. As you can see, volunteer opportunities abound. And your in-kind participation, whether viewed as a donation, favor, labor of love, or some other

form of giving, and whether it's once or on a regular basis, will be appreciated.

Note also that free life-time memberships are available to those who are seventy years or older. If you qualify for this category of membership, please fill out the form and send it in, but no need to send payment. And, in the future, we'd appreciate having you submit a membership form each year.

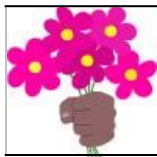
Lastly, if your mailing address changes during 2010, please notify me by emailing me at membership@socrunners.org or calling me at 719-544-9633. If a newsletter is returned as "undeliverable" because it has an invalid address, not only do you miss the issue, but the club gets charged a fee by the US Postal Service.

If you have questions, please contact me by email or phone.

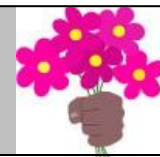
(PS/NB: Whether you drop off your membership at the YMCA or mail it in, please write: "ATTN: Membership" on the envelope. If you are sending in banquet reservations and/or nomination forms, please mark your envelope "ATTN: Banquet". To make the book-keeping simpler, please do not include membership and banquet forms and payments in the same envelope. THANKS!)

Speaking of Volunteers...

Here's who to thank for their help producing the Hot to Trot Event:
Race Directors: **Ruth McDonald** and **Shelley Riddock**, Club Liaison: **Don Pfost**, Finish Line: **Dave Diaz**, **Lois Pfost**, **Bill Veges**, **Anthony Diaz**, **Stacey Diaz**, Registration: **Tim Kraemer**, **Shawn Loppnow**, **Jacqueline Wall**, Results: **Paul LaBar**, **Paulette Arns**, **Don Pfost**, Course: **Jeff Arnold**, Photographer: **Larry Volk**, and the rest of the **Gold Dust Crew**.



Potpourri



Skyline Drive Results

Skyline Drive 10K Run Times				
Men's Overall				
PI	Runner Name	Time	Div	PI
1	Charlie Gray	40:21:00	50-59	1
2	Jim Coulson	40:47:00	30-39	1
3	Ian Sturgeon	44:54:00	30-39	2
4	Aaron Levinson	45:08:00	19-29	1
5	Brian Vanward	45:34:00	30-39	3
6	Brian Rupp	45:49:00	40-49	1
7	Steven Carter	46:29:00	40-49	2
8	Thom LeDoux	46:52:00	30-39	4
9	Dan Tessier	47:57:00	60+	1
10	Art Long	47:58:00	40-49	3
11	Brian Konty	48:00:00	30-39	5
12	Chester Haddad	50:12:00	40-49	4
13	Marcus Giebel	53:28:00	18 & U	1
14	Allen Weaver	52:51:00	50-59	2
15	Bill Giebel	53:28:00	50-59	3
16	Todd Hughes	54:41:00	30-39	6
17	Sam McClure	57:40:00	50-59	4
18	Eric Krauth	68:34:00	19-29	2
19	Gary Peterson	68:46:00	60+	2
20	Steve Kirkman	68:58:00	50-59	5
21	Greg Lynas	71:15:00	30-39	7

Skyline Drive 10K Run Times				
Women's Overall				
PI	Runner Name	Time	Div	PI
1	Marcy Epper	51:54:00	30-39	1
2	Andrea Payr	55:58:00	20-29	1
3 (tie)	Heidi Mann	57:31:00	30-39	2
3 (tie)	Jen Hale-Cou	57:31:00	30-39	2
5	Jodi Crane-M	59:55:00	30-39	4
6	Gypsy Kelsc	61:22:00	30-39	5
7	Jane Chess	61:25:00	50-59	1
8	Melanie Moor	61:52:00	40-49	1
9	Eileen Barac	64:05:00	60+	1
10	Paulette Arn	65:18:00	50-59	2
11	Valerie Bras	66:21:00	40-49	2
12	Jessie Quint	71:26:00	60+	2
13	Makayla Sne	81:47:00	19-29	1
14	Molly Keller	81:48:00	18 & U	1
15	Megan Ellis	DNF	19-29	

Hey guys,

Just wanted to pass along that I'm offering a triathlon class this Spring semester meeting at the CSU-Pueblo Sport Center on T-TH 4-4:50 pm. The class is **not** primarily training based (meaning you don't use training in class alone to complete a race) but rather will be focused on skill and knowledge development in an applied way. This means that you might do drill work in swimming to improve mechanics or bring your bike in for a position fit on a trainer as examples of typical class sessions. Students are then accountable to build a training program (implemented mostly out of class) and complete a Sprint race at the end of the semester.



Thought it might be interesting for your various readerships ;-)

George

Editor's Note: George is George Dallam who is an outstanding triathlete, coach, and Professor of Exercise Science at CSU-Pueblo. Community members (non-degree seeking individuals) may take courses as a "guest" student at the University and are of course, responsible for related tuition and fees. To learn more about the course and content, contact George at 719-549-2619 or george.dallam@colostate-pueblo.edu. To learn more about the application process and tuition / fees, etc., contact the Admissions Office at 719-549-2462.

Want Photos???

As always we thank Larry Volk for generously providing photos for *Footprints*. (This month includes the Hot to Trot and Run 4 Trails.) If you wish to view and / or purchase your photo - go to Larry's photo website:

(<http://larryvolk.eventpictures.com/>)

THANKS Larry!



My First Marathon Continued from Page 1



(Continued from page 1)

those long runs on Saturday mornings with my very special trainers, Jaylen 11 years old, Rosalinda 10 years old, (my daughters), Meno 9 years old, (my son), as they ride their bikes, by my side, with my water, and gel packs; My Sweetie, waiting at mile 18, with peanutbutter, to help me get to mile 20 or 22; Eating more food “WHAT”? More food; My first injury during week 9 resulting in an early taper... And it’s Sunday October 18, 2009, The Denver Marathon, and “My 1st Marathon”.

As I get my peanutbutter sandwich, orange, water bottle, my thoughts are racing. “Do the kids have their matching family T-shirts? I have my shirt, and these socks feel ok. I’ll take this ace wrap in case my foot acts up. “Oh my”, what if I don’t finish”.

My Sister Maddie, (who’s running the ½ marathon) is waiting for me in the crowd of over 10,400 runners. The excitement continues to grow. Ok time to eat; Visit the porta potties; and I hear...“5 minutes to start. Runners report to the start line”. Where is the start line? In the middle of 10,400 plus runners, my sister and I join hands and pray.



Maddie who ran the half
and Marilyn

Ok, we are moving, and I cross the start line to “My 1st Marathon”. I see My Sweetie, cheering behind the fenced area as I begin my run into the first mile. I can see his face. I wave big... “I LOVE YOU”. Not sure if he heard me. There are so many runners, people cheering, loud music ... and I’m here. Where is Maddie in her pink top and white hat? There she is. We run the first couple of miles together. “Go ahead,” she tells me. I just smile as runners pass us by. Wow... my heart is beating fast and my mind is racing... “I’m running a marathon”!!!

As runners pass me, I begin to get my rhythm and pace. I find that many have noticed my puff paint hand written T-Shirt that has my name and “1st Marathon” on the front and on the back “1st Marathon”. I learn to distinguish between the veteran marathon runners and the first-time marathon runners by their supportive comments as they greet me with, “Congratulations on your “1st Marathon”. Keep your pace. Good luck and congratulations. Hey, your “1st Marathon”? Mine too.” We seal the deal with a high five and, “Congratulations, see you at the finish line”. And yes, of course all those quiet nonverbal signals like the “thumbs up”. My co-runners show me support and all they know is that it’s my “1st Marathon”.

And then there are the crowds of cheering along the way.... The whole way! I hear, clapping, bike horns, cowbells, and cheers like you hear at a football game. I hear my name, “Go Marilyn. 1st Marathon. You go girl.” I see faces I’ve never seen before and they call me by name, cheering me on, smiling at me, and providing me with continued inner strength and energy as I take on this great challenge. Oh yes, and I must mention the inner strength I feel as I pass those poster size messages for the runners running for charity groups, in their matching colored shirts. The charity groups like “Make a Wish Founda-

tion”. As I read the words of encouragement and thanks “Thank you for making another wish come true,” next to the poster sized picture of a child. Tears come to my heart and my eyes. I think to myself, “my goal to finish a marathon, their goal to make it another day”.

I continue to count the miles, “Mile 16. I have 10 miles to go. I run 10 miles and more, four to five times a week. I can do this.” I count down miles as I take in the cheers. I smile and wave to those who call my name. I hear the music along the way as well. Live music set up along the course. “Look there is a band set up in their front yard.” I see people sitting on their porches and front yards as my co-runners and I run in their neighborhood. They too take the time to cheer us along the way. One lady and her children have set up a table with cups of water. And I hear the familiar voices of the three sisters talking as they are running not far behind and the runner dude in the red shirt running next to me. Ah, I get it. I take a quick glance. There are about ten to fifteen runners and they have been next to me, behind me, and in front of me for the past few miles. ... “We are in this venture together”.

“Another drink, keep drinking”.... Only 5 miles left. “Let’s see”, I tell myself, “that’s to the junior high, by the high school and back home.” I’m now at mile 21, 22, and 23. I can see the capital! I’m almost there. My legs, my arms, my FEET... Oh no! “KEEP GOING” I tell myself. I reach to my waist and touch my pack. I feel for the footprint medal “My Ellie” gave me. It’s wrapped in the folded up piece of paper that holds my co-worker’s story of motivation as she completed radiation treatment last week, winning her fight with breast cancer. I remember their words of support, and all the support and encouragement received by so many these past 14 weeks. I keep going.

(Continued on page 15)

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>
November					
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
December					
Sat 06	Rock Canyon	13.1M	9am	PuebloCityPark	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

(First Marathon, continued from page 14)
 Mile 24 and I remember the lady at the porta potty, "There is no sin in walking if you need to." What? "Run-alling" (word my kiddos and I made up which means to walk and run). "I can't! I won't! I have to run and finish!" I look at my garmin. "What only two-tenths of a mile since mile 24 "NO WAY"! "KEEP GOING!" I tell myself. Then... "Ok, walk to the yellow car run the rest of the block. Run to the last water station of the course."

Finally the last water station of the course, I never drink Gatorade! I'm now drinking Gatorade, water, and whatever is handed to me. I tell the lady handing me the cup, "I can see the Capital, but where is it! "Right around the corner," she responds. "You're almost there Marilyn, keep going and CONGRATULATIONS!" I think to myself, "I can't turn the corner walking... KEEP RUNNING! KEEP GOING"! I turn the corner.

AWWWHH, I'm overwhelmed. My emotions are all over the place. I hear the cheers. I hear the clapping. I hear my name. "Marilyn you're almost there. You got it girl!" I hear the loud speaker. I see the finish line. I see people cheering...I see, I see... YES!... I see my family. There is My Sweetie, my sister and her husband cheering, clapping... I see my special trainers. MY BABIES, "Go Mommy Go!" My emotions take over and the tears flow freely. I yell out to them "run with me!" Breaking the

rules... my little ones run toward the finish line next to my side just like a Saturday long run. I truly take it all in and "enjoy the moment".

I send the little ones back as I proceed to run toward the finish line. I have energy. I'm going to make it and I feel like I can run another 10 miles. I cross the finish line and I hear my name over the loud speaker. I hear "This is Marilyn's "1st Marathon." I lift my hands in the air in victory (like the Elite runners do) and I lift my head high. I'm so OVERWHELMED... and I, in that moment, keep my hands high in the air and I lower my head, "Thank you God. Thank you for allowing me this experience!"

My journey has been one of learning "about me" physically, mentally, emotionally and spiritually. In addition, this time has had a profound positive impact on my relationships with my family, very dear friends, and co-workers, (I call them my "Living Angels"). They gave of themselves love, encouragement, support, and inspiration as I prepared and completed this amazing accomplishment. The Blessings and challenges that I have been afforded, I find have touched my heart, my

life... and yes, have been life changing.

I heard it said, "You are not the same person after completing a marathon." I now understand. "My 1st Marathon and it was just....!!!!!!!"



Marilyn and part of her Family after the marathon

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

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***If you move,
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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 Races

The year may be coming to a close (can you believe it?), but there are some great road races coming up in area. On November 14th is the **Atlanta Women's only run**. On November 14th is the beautiful **Temple Canyon Predict** just west of Canon City. The **Rock Canyon Half Marathon**, one of SCR's premier events takes place on December 6th, and **Rudolph's Reindeer Predict** and pot luck is on December 13th. These are some good ones!!!



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

The Final Thoughts...

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way. -Martin Luther King Jr., civil-rights leader (1929-1968)

Without deviation from the norm, progress is not possible. - Frank Zappa, composer, musician, film director (1940-1993)

Life isn't about finding yourself. Life is about creating yourself. -George Bernard Shaw, writer, Nobel laureate (1856-1950)

We've all got both light and dark inside us. What matters is the part we choose to act on. That's who we really are. -J.K. Rowling, author (b. 1965)

A conclusion is the place where you got tired of thinking. - attributed to Arthur McBride Bloch

Without geography, you're nowhere. -Author Unknown

You can't have everything... where would you put it? -Steven Wright

Monthly Meeting Location (We are back at the Y!)

SCR's monthly meeting, is held the first Wednesday of the month beginning at 7:00 pm. Starting with the November meeting, SCR's regular monthly meetings will be held at the YMCA. We're not sure if the room has a name, but it will be one of the community meeting rooms in the southwest wing of the building. All members are welcome. We would love to hear your ideas and get your input.