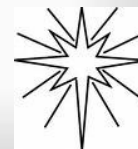




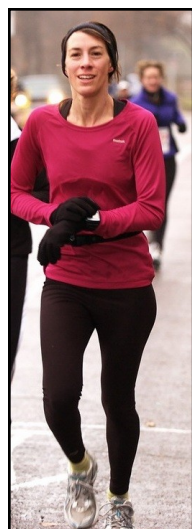
Editor: Ron Dehn

FOOTPRINTS



The Last and the First Edition!!!

The Merry Christmas, Happy Hanukah, Happy New Year Edition



Above: 226 runners & walkers participated in the first annual YMCA Turkey Trot on Thanksgiving Day (pic by Ross Barnhart) See page 18 for more.

Left: L to R From The Atlanta 5k (pics by Larry Volk) Jerica Khosla & Peggy Oreskovich Wendy Bulow Misti Frey Lois Pfost See pages 12 & 13 for more



**Membership
Renewal
Page 5**

**Annual Banquet
Page 11**

**Runner of Year
Ballot
Page 22**

Minutes from the November, 2009 Meeting

By Don Pfof

In attendance: Don Pfof, Dave Diaz, Jeff Arnold, Terry Cathcart, Janelle Markert, Paulette Arns, Paul LaBar

Upcoming Races/Events

Hustle for Russell

No report

Atalanta, Turkey Trot, and Rock Canyon Half Marathon

Planning for all three events is proceeding on schedule, with no major problems identified.

Temple Canyon, Predict Series

No report

General race-management plan

Paul, Paulette, Don, Terry and Michael have been working as a team to develop a plan for upcoming races.

Registration and results for Atalanta and the Turkey Trot will use the ChipResults software currently loaded on the club laptop; a bar-code scanner and label printer have been purchased and will be used at these two races. SCR members will do registration and timing—Paul and Don will work Atalanta; Paulette will head the Turkey Trot.

The club will purchase a new laptop and The Race Director, a commercial race management package. Club members will train on the software, with aim of timing the Spring Runoff and subsequent races.

Larry Lucero, with Runners Roost of Fort Collins, who has lots of experience using The Race Director and the Time Machine, will be hired to time Rock Canyon and to provide training to SCR members.

One or more club members will travel to Boyd State Park, Loveland, to observe and talk with Larry as he times races on Saturday, November 7.

Registration and timing for Spring Runoff were discussed, with the options of hiring an outside vendor to do timing or having it done by SCR members; the final decision will be made later and will depend on confi-

dence of club members in using new software and equipment.

Annual Awards Banquet

Planning continues. Meal to include a buffet of Roast Top Sirloin and a vegetarian dish, with a total price, including buffet, tax and gratuity, of \$21.95 per person. Decision made to charge adult members \$12.00, children 12-7 years \$5.00, and children 6 and under no charge, with the club paying the difference.

Both on-line and paper registration for the banquet and voting for female/male runners of the year will be available.

Banquet committee will provide awards for runners of the year only.

Officer Reports:

Secretary

Minutes for October meeting were approved as written.

Treasurer

Paulette reviewed recent payments and income, including a contribution from Ruth McDonald and Shelly Riddick of The Gold Dust for help the club provided with the Hot-to-Trot. Report accepted.

Newsletter

Based on email from Ron, a combined Dec/Jan issue of the newsletter will be published and mailed toward the middle of December, giving Larry Volk time to prepare photos of Rock Canyon.

Membership

Don reported a total of 203 members at end of October; membership form and article encouraging renewals were included in November newsletter; renewals have begun to trickle in.

Webmaster:

Paul reported that his attention has been focused on race management issues, but website

remains in good shape. Once race management issues are under control, Paul will return to the development of a content management system for the club's website. The goal is to develop a more flexible way of managing the website, with goal of enabling different members to take responsibility for specific sections of the website.

New Stuff/Old Stuff

Race Management

(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. 328

“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, Preston Gasperetti*	
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, Don Pfof, Ross Barnhart, Jan Dudley Larry Volk,
Stacey Diaz, Carrie Turman, Paul LaBar, T.Greg Merrion

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.

* Seven year old Preston Gasperetti of Pueblo West is the 2009 world champion in Mutton Busting. (same idea as bull riding, but kids ride sheep) Preston advanced to the finals in Fresno, CA where he scored 83.5 points on his 6 second ride. He won a belt buckle, a trophy, a jacket, and a \$5,000 savings bond.





Minutes Continued



(Continued from page 2)

Paul reported that if the club purchases The Race Director, it can be loaded on multiple computers, which will make it possible to train more members to handle the timing and results for races.

Meeting Format

There was further consideration of this topic that focused on how to treat the discussion of upcoming races and events. No formal action was taken, but there seemed to be general agreement that guidelines be established encouraging those making presentations to keep them as focused and brief as possible, limiting them to five minutes or less, if at all possible. Liaisons will be expected to help with the preparation of presentations so they conform to these guidelines. There appeared to be general agreement that hard-and-fast time limits were unrealistic.

In addition, it was noted that, even though a decision was made at the October meeting to eliminate updates and recaps from the agenda, there might be occasions where it would be useful to hold such discussions, focusing on what was learned. No objections to this suggestion were voiced.

Officers for 2010

Don announced that he is stepping down from the presidency at the end of this year; he will continue to serve as membership chair through next

year. Jeff will consider taking the over as president. Dave will serve again as VP, unless someone else can be recruited with the aim of becoming president in a year or two. Mike and Paulette are willing to serve again as secretary and treasurer, respectively, and Ron and Paul are willing to continue as newsletter editor and webmaster, respectively.

There was a general discussion of how future officers might be recruited. Suggestions included announcements/invitations in the newsletter, personal contacts, and developing internship-like procedures to recruit and train club members to serve as officers and to fill other positions, such as webmaster, membership chair, and so forth.

Support of Youth Runners

Ways for SCR to support youth runners were discussed. Suggestions included offering reduced entry fees at club races. Jeff will present a proposal next month for supporting middle- and high-school runners.

Meeting adjourned at 8:55 pm.

Submitted by Don Pfost

This Month's issue

We thought it might be fun to include a little color in this month's Footprints since it is the last issue (of 2009) and the first (of 2010).

This will NOT be a regular feature because of added costs, but "our staff" thought you might appreciate a treat of color once in a great while.

Enjoy!

For Your Health

Sodas account for about 10% of the calories in the average American's diet. According to studies, people who give up sodas lose weight faster than those who cut back the same number of calories in solid foods. Sodas are especially bad for women because they strip calcium from bones, and another study indicates that women who drink two or more sodas daily are twice as likely to have early kidney damage. Source: Winter 2009 Vigor magazine.

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

**Happy Holidays from
Ruth, Shelly, & the
elves, and elvettes
at the Gold Dust**



**217
South
Union**



Great Stuff

by Gary Franchi

Runners & brain blockage



Thought for today's lunch, compliments of ex-Olympic marathoner Don Kardong: *"No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes."*

Musings about running, fitness, life:

When you stop and think about it, that Kardong quote above says a lot about runners. I'm not saying that runners are lacking in mental prowess or anything. But I think both the act of running and the anticipation of a race definitely cause some type of blockage in the cerebral process. Well, actually, sometimes the mental prowess ain't always what a should be either.

I'm reminded of this every time I read about some fanatic who decides to do something totally insane running-wise, like the 67-year-old guy who became so severely hydrated just 17 miles into the recent 135-mile Badwater Ultramarathon that he had to visit the medical tent. He stayed in there for 9 hours. Then, instead of going home and being thankful that he was still alive, doing some refueling and getting some rest, he continued on and finished the run. He's pictured in the current issue of *Runner's World* magazine holding the belt buckle he got for finishing the run in 46½ hours. Well, that's just swell. Risk your life for a belt buckle and have a national magazine publicize it. Pretty heady. It's not like he needed to prove anything since he'd already completed 10 Badwaters already.

When you think about it, Dean Karnazes' feat of completing 50 marathons in 50 days in 50 states a year or two ago didn't actually exude ultra intelligence. Yeah, it's cool and all and, sure, quite an accomplishment. But let's hope that it doesn't inspire the average Joe to try to destroy his or her body that way.

I'm reminded of the lack of mental prowess of runners each time I work as a volunteer at a road race. And I'm not just talking about us volunteers, who I'm

sure are a few bricks shy of a load ourselves. But that's another story for, hopefully, another lifetime. If then.

Anyway, working the finish line at the recently held Rock Canyon Half-Marathon was a trip and a half, being able to witness how close to 500 participants realized another running goal. It was great stuff, from Justin Ricks' amazing 1:09:34 winning time (course record?) to those who finished an hour and a half later. It's inspiring to see some of those studs and studettes let out expressions of joy when they cross that finish line after completing the 13.1-mile journey.

Of course, being a curious sort, I wonder about some of them. First off, let's get something on the table right off the bat. My suggestion is that a national law should require all runners to work a finish line of a race before they can run one. It might make them realize a few things when they actually compete in a race.

For instance, in chip-less races, putting a bib number on your back does not help the finish line crew, unless you come through the finish chute running backwards. Which, I have to admit, would be entertaining. You see, there is this thing about the fine line crew needing to tear off the bottom of your race bib and saving the tear-off portions in the right order sequence in order to have accurate results for all participants. Not that THAT is the most important thing in the world, but it sort of helps those who like to know their finish times.

The SCR, which publishes this fine newsletter you are reading or having someone read to you (which is another story for, hopefully, another lifetime – if then), also has a club member – Larry Volk – who takes photos of each runner as he or she is nearing the end of the race. These high-quality photos are then made available for purchase to all runners, which is a great service. Now it helps Larry to be able to match up run-

ners with photos, unless you'd actually like to buy a photo of someone else and put that on your wall as a memento. Correct or not, I'm assuming you'd rather purchase a photo of yourself. Whatever, bib numbers identify runners, making the matching process a tad easier.

Wearing one's bib number on a leg is pretty resourceful, too. But, again, it's not very practical for either the finish line crew or for Mr. Volk. Most of the time you can't read the number, and trying to remove the tear-off portion at the bottom of the bib pinned to the thigh of a moving runner in the chute can lead to some, uh, embarrassing moments.

Being solution-oriented, I've come up with a smart plan to rectify these problems. I think we need to add a note on all registration forms that race policy requires runners to pin their bib numbers on the front of their chest apparel "or face noteworthy consequences." This way they would be forewarned. Then, borrowing from the police's lead on the out-of-control 10-year-old foster child, whenever a runner violates that policy, we have someone at the finish line give them a little Taser shot. Nothing serious, just a little Taser or two. There's nothing like a little instant retribution for transgressions. You know, it might make them think about it the next time they run a race.

Besides, think of the stories they'd be able to tell their friends – hopefully, in another lifetime. If then.

Ten things I was just wondering:

1, I read where a fire hydrant was stolen from the corner of Penn and Corona avenues in Pueblo. Why? What the heck is someone going to do with a fire hydrant, train a dog?

2, In the world of running, what's more fun than race expos?

3, When you talk about needing "will power," don't you really mean that you need "won't power?" Better yet, how about "don't power?"

(Continued on page 5)



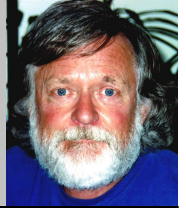
December B-days

- 1 Dayley Rudolph
Lou Rawls*
- 2 Martha Drake
Lauren Kleven
Humberto Paredes
Lucy Liu*
- 6 Brian Bentz
Steven Wright*
- 8 Jan Carroll
Richard Greet
Jennifer Lopez
Caleb Smith
Teri Hatcher*
- 9 Nicole Lopez
Redd Foxx*
- 11 Dave Dehn
Rita Moreno*
- 12 Anthony Diaz
Kathy Stommel
Cathy Rigby*
- 13 Carrie Turman
Taylor Swift*
- 14 Rochelle Beier-Kemmet
Nostradamus*
- 15 Fred Trujillo
Don Johnson*
- 16 Daniel Paredes
Beethoven*
- 18 Matt Guy
Ty Cobb*
- 19 Terry Cathcart
Cicely Tyson*
- 20 Charles Hall
John Holiman
Shawna Nunez
Uri Geller*
- 21 Jerry Tiller
Frank Zappa
- 22 Kaylene Khosla
Barbara Smith
Connie Mack*
- 23 Carol Kinzy
- 24 Richard Hadley
Howard Hughes*
- 25 Jesus of Nazareth*
- 31 Leanne Ropp
John Denver*



2010 Membership Renewal

by Don Pfost



If you haven't sent in your 2010 membership, either as a renewing or new member, please take a few moments now to fill out the enclosed membership form, and put it in the mail or drop it off at the YMCA.

The benefits of membership are many—the camaraderie of other runners, an award winning newsletter, reduced entry fees to club-produced races, an annual picnic and banquet, the prediction series, and a free subscription to *Colorado Runner* magazine.

For current members, keep in mind that membership dues pay for the production and mailing of the newsletter, and they subsidize subscriptions to *Colorado Runner*. So, if your renewal is not received before the February newsletter is mailed, your name will be removed from the mailing lists for both the newsletter and *Colorado Runner*.

Don't miss out. Send in your membership now. Better yet, pay for three years now and avoid the hassle of having to renew next year.

Thanks.

Don Pfost, Membership Chair

PS1: If your address changes during the year, please notify the membership chair of your new address as soon as possible—otherwise, the US Postal Service charges SCR a fee for forwarding the newsletter to your new address.

PS2: Because mail for the banquet is also being sent to the YMCA, please write "Attn: Membership" on your envelope, and don't include anything for the banquet in the same envelope.

SCR Member Discounts

Your SCR membership provides you discounts at some businesses, and at several of the local races. See: <http://socorunners.org/information/scrspon.htm>. SCR is NOT planning to issue membership cards this year. You may take your newsletter (with your mailing label) to the respective business as proof of membership. This label has a member number (Mem Num: xxx). If a race registration asks for your membership number, this is the number to use. Your membership cost to join SCR is just about paid for if you buy one pair of high end running shoes from a participating business. Cool!

(Great Stuff continued from page 4)

4, Has anyone ever counted the safety pins or paper clips in a box just to make sure they contained the professed number? If so, might they need a life?

5, Thinking back to the World Series game that was played on Halloween night, wouldn't it have been cool if the umpires had worn costumes?

6, Doesn't it seem that belt lengths are either just a little too short or just a little too long?

7, In the word "kinesiology," what are these kineses that are being studied?

8, In maximizing an item on the computer screen, wouldn't "maxi-moded" be a more descriptive term for that?

9, Isn't "gut check" time in sports actually "heart check" time?

10, What exactly is "corrugated" cardboard and why don't they want to recycle the "non-corrugated" version? (In case you are interested, Merriam-Webster's online dictionary defines "corrugated" this way: "Having corrugations <corrugated paper>; also: made of corrugated material as cardboard. <corrugated boxes>." Thank you, M-W, for that crystal clear definition.)

Until next month, may you have much mental clarity on all of your holiday runs.



January B-days

- 3 Mary Minor
Eli Manning*
- 5 Wendy Garrison
Diane Keaton*
- 6 Bobbi Jo Aune
Maggie Cason
Nathan Comden
Kahlil Gibran*
- 8 Michele Herrera
Elvis Presley*
- 11 Zeb Meier
Naomi Judd*
- 15 Jim Hale
Lloyd Bridges*
- 16 Chief Reno
Mary Simmons
Dizzy Dean*
- 17 Cameron Calkins
Muhammad Ali*
- 18 Gloria Montoya
A.A. Milne*
- 19 Jan Dudley
Dolly Parton*
- 21 Jessica Kleven
Wolfman Jack*
- 24 Ruth McDonald
Mary Lou Retton*
- 25 Monica Diaz
Alicia Keys*
- 26 Donald Nunez
Paul Newman*
- 27 Brody Chowning
Mike Messick
Gabrielle Wall
Lewis Carroll*
- 28 Joshua Smith
Jackson Pollock*
- 29 Tammy Stone
Katharine Ross*

*Honorary SCR Member



Runnin' the Trails

By Paul Vorndam
The Sign



Ever wonder why we see the same names ahead of us all the time on race results listings? Those folks are just better genetically endowed than us sloggers, right? Possibly, but it's more likely due to mental toughness. Mental toughness boils down to not listening to PLM. Whazzat? If you think it's Polarizing Light Microscope, you've seen a thousand too many episodes of CSI. PLM is Poor Little Me. Are you guilty of listening to PLM? Sure you are – we all are at some time or another – it's just that the mentally tough folks can ignore PLM better than the rest of us. You're doing a 10K and you pass the 4 mile marker. Now, everyone can put the hammer down for the last mile – it's the penultimate mile that PLM really starts crying about. This hurts too much. Back off for a while. No PR today – I'll get it next time. That woman that just passed me is too fast – let her go. That's PLM talking. You have a choice. Do you listen or succumb? The mentally tough runners make a habit of ignoring PLM. *They* are in charge, not PLM.

A friend that I ran with a lot when I was in Colorado Springs and I developed a little tool to goad each other's mental toughness. It's called *The Sign*. The Sign is a physical hand gesture (no, not *that* one) used to indicate that the other person is being wimpy (listening to PLM). Altruistic claims of helping your buddy it ain't; it's never given out of some misplaced sense of goodwill. When you give the sign to a "friend", it's because you think they're listening to PLM (or you want them to) and you intend to punish them. It's sign language trash talk. BTW, if you can trash talk, you're not running hard enough, thus *The Sign*. If you flash your buddy *The Sign* on a run or especially during a race, you'd better be prepared to make it stick. The worst humiliation known to mankind is to eat *The Sign* (not make it stick). It's like your mouth writing a check that your body can't cash.

My buddy and I were running the Garden of the Gods leg of the Fall Cross Country series a few years ago. He usually thrashes me, but I felt pretty good that day and a couple of miles into the race, I accelerated past him and put *The Sign* in his face as I went by. Now this is really throwing down the gauntlet – it's not like giving *The Sign* 50 yards from the finish. I knew we were both going to really *suffer* from that point on. Incensed, he passed me back on a series of small hills about a quarter of a mile later (duh, I didn't plan the best point to give *The Sign* in my adrenalin-crazed frenzy). I hung on his tail for the next mile and was able to barely out

sprint him in the last 100 yards thus avoiding the ignominy of a failed *Sign*. More typically though, I was on the receiving end of *The Sign* and had it shoved down my throat.

One year, I had stupidly signed up for the Roundtrip on the Peak and hadn't really trained for it. So as race day approached, I had pretty much decided I was going to wimp out. My friend however, was doing the double and ran the Ascent on Saturday. I called him Saturday night and in a moment of insanity told him I would run the Roundtrip with him the next day if we ran it *together*. I knew he wouldn't be putting the hammer down after having done the Ascent the day before. So the next day on this friendly run together, I get *The Sign* at the bottom of the 16 Golden Stairs and he takes off! Outraged that I had been given *The Sign* during a run that I had offered to accompany him on as a gesture of goodwill, I pulled out all the stops and barely beat him to the top where I collapsed in a hypoxic puddle and he just turned around and headed downhill. It took me until A-Frame to catch him on the downhill and we did finish together, but I was still livid about having been the recipient of *The Sign*.

So if you decide to adopt some form of *The Sign*, use it wisely. If you overuse it, it becomes worthless. And don't use it if you don't really mean it. You'd better be prepared to back it up. Also, it's immoral at worst and gauche at best to give *The Sign* to people that don't know what it means. I mean come on – what's the point? It's like waiting at the finish line of a race and strutting up to somebody that finished a half an hour after you and blurting out "I *own* you, Dude!" You'd just look like an attendee of the local imbecile convention. Some (all?) would say that this is all nonsense and let he/she who is without guilt cast the first *Sign*. I suppose somebody will figure out some mentally convoluted way to give themselves *The Sign*, but you know when you're listening to PLM when you're running by yourself.

Anyway, I can't imagine the discord I've just sown within the SCR if you all start giving one another *The Sign* on your runs in 2010, but hey – your times will probably be faster! Happy Trails.



Ramblin'

by Ron Dehn
Family Running



Running is great. Running with family is even greater. My brother Dave and I have run together on many recreational runs and in many races through the years. My kids and I have run together also, going back to the Father/Son races put on by Parks and Rec in the 1980's.

In February, 2008 Melissa (daughter) and I ran the Valentine's Twosome together. Chris (wife) made the baton and Anthony (son-in-law) took photos and made a video for me. Since then I've run various races with Dave, the kids, and my sister's family from Farmington.

Recently, Jeremy (son), Maggie (daughter-in-law), Samantha (niece from Farmington), and I ran the YMCA Turkey Trot 5k. Samantha, who went to the New Mexico State Cross-Country finals just two years ago, left the rest of us in the dust and finished as the 2nd overall female. Jeremy, who had to meet a challenge from one of his friends, couldn't keep up with Samantha, but left Maggie and I in the dust. Maggie and I however, didn't have anything to prove, left no one in the dust, but enjoyed a nice run together. Melissa, along with my sister Susan and her husband T. Greg took photos and cheered us on.

Running, just like life, IS a team effort.

Jeremy, Maggie, Melissa, and Dave have talked about running the Ascent with me. Jeremy and Maggie actually signed up a few years ago, but that year there was chaos with registration because of a crashed server, and we were in, then out. Beginning last year, Ascent organizers require a qualifying half marathon / marathon. I qualify because of previous Ascents, but the others need to do so. Jeremy and Melissa decided to do the Rock Canyon Half.

While Jeremy has only run a few organized races, he had the opportunity to do some longer training runs. Melissa's training was frequent, but she had not done many long runs. Jeremy stuck with us for the first 3 miles. Then we told him to go on, so he could be assured of a qualifying time. Chris and Anthony were our support crew. They took photos and cheered us on at the Nature Center both on the way out and the way back and of course, cheered us on at the finish. Melissa and I were on pace for most of the race, thanks to some coaching tips from Jeff Arnold and Stacey Diaz. However, "The Wall" began to show its presence around mile 10. The

2010 Ascent qualifying times have not yet been announced but we suspect that Melissa is going to miss the cutoff.

Not to be discouraged, now that we are "tuned-up", we are looking at other half marathons in the southwest during February. We haven't decided for sure, but depending on the 2010 qualifying times, we may be taking a trip.



Maggie and me at the Turkey Trot



Left:
Jeremy who had already finished the RCHM brings Melissa and me "home"

Right: Samantha finishes 2nd OA female at the Turkey Trot

And Yes, the Dehns do sometimes run with our eyes closed. (sorry Samantha)

Pics by T. Greg and Larry Volk





Some thoughts about Volunteering

by Ron Dehn



SCR is so fortunate to have a robust, generous, and fun group of volunteers. This organization is a model of volunteerism at work. Just look through the last several issues of *Footprints* to get an idea of the many, many contributors to our newsletter. Check out the racing results pages on the website. There are many names listed for the many jobs: race director, SCR liaison, registration, course marshal, water stop, finish line, photographer, lead bike, and so on. There are also club officers, banquet and picnic volunteers, etc. SCR is a first class organization run entirely by very generous volunteers.

However (you knew this was coming), I do have an area of concern. I'm not trying to cry wolf, or throw anybody on a guilt trip. (See the first paragraph). I am concerned about the relatively small number of finish line and results volunteers. Our "computerized results team" consists of three persons at the current time, and while the rest of the "finish line regulars" is a bit larger group, the faces you see at the finish line are probably pretty familiar. In short, we are a tad vulnerable in this aspect of putting on races. Our "core" group of timers, tag pullers, and spindlers needs

reinforcements. And, when somebody from this group runs a race, they are missed. If you are a regular racer, consider giving up a race or two a year to work some aspect of a run in 2010.

Again, this is certainly not a lecture or a guilt trip. I'm just interested in raising the level of awareness. I think we are vulnerable, and without some new recruits, we could be facing some difficult choices down the road.

Working a finish line is not rocket science. However, in order to have accurate results, volunteers do need to pay attention, and be accurate in doing their specific task. But after 5 minutes with a seasoned volunteer, most people will be experts.

While we're chatting about needs – As of this writing, SCR needs a Predict Series Coordinator for 2010. Jim Robinson has been handling this for 2 years and 20 or so races. We need another individual, a wife/husband team, or maybe a couple of friends who would take this on. The Coordinator's duties generally allow him / her / them to participate in the runs. I'm sure Jim would coach a successor, to help get

them started. Again, not rocket science, and with a little knowledge of Excel, and an hour or so of orientation, a new predict coordinator will be coordinating.

There are rewards to volunteering. First – it is enjoyable. There is a camaraderie to "working" with a group of fellow runners. And those participating in the event are very appreciative. Second – there is the knowledge that your contribution helps make this event possible for dozens, or in some cases hundreds of participants. You are helping promote a healthy and fun activity for all these people. Third, the club recognizes volunteers by awarding volunteer points. If you accumulate 50 points, you will receive a volunteer award at the annual banquet. Points carry over from year to year until you get an award, then you start over. Helping out at a race gives you 5 points. Being the Predict Series Coordinator for the year gives you 50.

If you haven't helped out before, please consider lending a hand at a race or two in 2010. Start by contacting Don Pfost, SCR President, or any of the other club officers listed on page 3. THANKS!

1995 photos were taken by Larry Volk at the Rock Canyon Half Marathon

991 runners and walkers participated in the 2009 Spring Runoff

466 runners finished the '09 Rock Canyon Half Marathon

393 runners belong to SCR (including the household for family memberships)

228 November '09 newsletters were mailed

151 runners ran at least one predict run in 2008

118 is the number of ridges on a dime

88 is the age of the "most senior" member of SCR (Rodge Rogers)

39 writers / photographers contributed to *Footprints* in 2009

12 runners have completed at least 5 predict runs in 2009 with one race to go.

3 additional SCR members are in the "80's Club" (Gerald Puls, John Holiman, M. Edmund Vallejo)

0 runners DIDN'T smile at the '08 Valentines Twosome

Thank you to Jeff Arnold and Don Pfost for their contributions to "By the Numbers"

By the Numbers



Predict Series

The Harvest Predict Run

Provided by Jim Robinson



Thank You Harvest Run Vols

Race Director: Dave Diaz,
Volunteers: Terry Cathcart, Bill Vegas, Jessie Weaver, Bob Quintana, Larry Arns,
Results: Jim Robinson

The annual evening October Harvest Prediction Run was held Saturday evening Oct. 24, 2009 in Pueblo West. To make the race more family friendly, the course was shortened from the usual 5 miles to a 5k. This change enabled many families run with their children and seemed to encourage several new runners to participate in a distance that wasn't too intimidating. The weather cooperated except for the wind which caused race director Dave Diaz to cancel the post race bonfire. The post race potluck picnic was held after the race.

Humberto Paredes now leads this series with Leona Spracklin in second place and Dave Diaz in third place overall.

So far there are 8 club members now who have finished the required 5 races to be eligible for awards. There are 9 runners who have run a total of four races and only need one more race to qualify for an award with two races left in the series. The next Prediction Series Race will be held Saturday November 28th at 9:00am. in Canon City. The December Prediction Run will be held on Sunday Dec. 13th Directions to both races can be found at www.socorunners.org.

Harvest Predict Results

35 Name	Pred	Actual	Diff	Pts
1 Jim Trujillo III	27:00	26:54.12	5.88	100
2 Crystal Fairbairn	24:55	25:01.76	6.76	97.14
3 Mark Fairbairn	26:00	26:09.60	9.60	94.29
4 Ken Hughes	26:30	26:16.08	13.92	91.43
5 Donald Moore	24:30	24:13.60	16.40	88.57
6 Anthony Diaz	25:45	26:03.65	18.65	85.71
7 Kevin Hughes	26:30	26:50.17	20.17	82.86
8 Ticia Passarelli	25:21	24:57.31	23.69	80.00
9 Denise Ricks	31:00	30:32.63	27.37	77.14
10 Kylah Ricks	31:00	30:30.16	29.84	74.29
11 Shawn Loppnow	21:41	21:07.84	33.16	71.43
12 Humberto Paredes	25:30	24:54.06	35.94	68.57
13 Robert Santoyo	28:00	28:53.89	53.89	65.71
14 Justin Ricks	18:30	17:20.65	1:09.35	62.86
15 Carrie Turman	28:35	29:53.00	1:18.00	60.00
16 Gary Franchi	28:36	29:54.47	1:18.47	57.14
17 Paul DallaGuardia	28:30	29:51.08	1:21.08	54.29
18 Debbie Gurule	28:30	29:51.82	1:21.82	51.43
19 Peggy Oreskovich	26:11	24:32.33	1:38.67	48.57
20 Leona Spracklin	26:50	25:03.80	1:46.20	45.71
21 Aaron Levinson	22:00	20:09.51	1:50.49	42.86
22 Al Weaver	26:41	24:43.73	1:57.27	40.00
23 Kira Hughes	35:00	32:55.21	2:04.79	37.14
24 Devin Cata	35:00	32:48.75	2:11.25	34.29
25 Lacy Ludwig	37:00	39:19.60	2:19.60	31.43
26 Nina Gonzales	34:25	36:46.89	2:21.89	28.57
27 Malachi Ricks	31:00	28:25.96	2:34.04	25.71
28 Melanie Hughes	35:00	32:16.36	2:43.64	22.86
29 Paulette Arns	36:02	38:53.73	2:51.73	20.00
30 Maria Elena Weaver	33:00	30:02.85	2:57.15	17.14
31 Jessie Quintana	31:00	33:58.16	2:58.16	14.29
32 Tim Garrett	28:00	24:19.61	3:40.39	11.43
33 Richard Emond	29:50	36:43.53	6:53.53	8.57
34 Trina Polk	41:00	32:39.14	8:20.86	5.71
35 Will Polk	40:00	29:28.48	10:31.52	2.86

Jim Trujillo III took top honors with a prediction time of only 5.88 seconds off of his prediction. New runners Crystal Fairbairn and her husband Mark were second and third respectively. It was encouraging to see the Ricks and the Hughes families participate in the run with their children. The best Part of the race for me was to see the children finish smiling and proud of their accom-

I would like to thank Dave Diaz for being the Harvest Run race director. I would also like to thank the volunteers: Terry Cathcart, Bill Vegas, Jessie Weaver, Bob Quintana and Larry Arns.

Predict Series Needs Coordinator

I have decided to relinquish my position as the Southern Colorado Running Club Prediction Run Director effective in Jan. of 2010. The running club is looking for an individual that might be interested in assuming the responsibility for Prediction Series Race director in 2010. Through my past two years as director of the prediction series, I have enjoyed meeting new people and the excitement of the younger runners participating in probably their first running event ever. I feel that the Prediction Series provides several opportunities for new and already accomplished runners. For the newer runners, it is an opportunity to compete without pressure and to test their fitness level. For the more accomplished runner, it is an opportunity for speed work or to evaluate their race preparation and training. Best of all the races are free of charge and if you are a club member and complete at least 5 of the prediction series races you are eligible for a prize at the end of the series.

If you are interested in becoming the Prediction Series Race director, please contact any of the Southern Colorado Running Club officers at www.socorunners.org. I would like to thank the Southern Colorado Runners for the opportunity to be the Prediction Run director the past two years.

Jim Robinson



Predict Series

The Temple Canyon Predict Run

Provided by Jim Robinson



55 Name	Pred	Actual	Diff	Pts
1 Mark Koch	29:01	28:53:70	7.30	100
2 Jane Chess	38:01	37:53:11	7.89	98.18
3 Charles Busch	48:45	48:35:70	9.30	96.36
4 Rich Hadley	28:05	27:49:49	15.51	94.55
5 Aaron Levinson	27:00	26:38:65	21.35	92.73
6 Tim Masters	32:00	31:33:44	26.56	90.91
7 Chris McIntyre	25:00	24:05:38	54.62	89.09
8 Brian Vanwarden	28:28	27:33:25	54.75	87.27
9 Susan Gebhart	38:56	37:59:91	56.09	85.45
10 Leona Spracklin	36:50	35:52:04	57.96	83.64
11 Josh Bufmack	37:37	36:30:89	1:06.11	81.82
12 Carrie Turman	40:05	38:54:64	1:10.36	80.00
13 Josh Creany	41:07	39:52:83	1:14.17	78.18
14 Emma Creany	41:09	39:53:45	1:15.55	76.36
15 Dave Diaz	31:00	32:19:79	1:19.79	74.55
16 Joanna McIntyre	30:50	29:09:08	1:40.92	72.73
17 Brian Ropp	32:00	30:17:10	1:42.90	70.91
18 Humberto Paredes	31:20	29:32:28	1:47.72	69.09
19 Don Pfof	55:40	53:47:74	1:52.26	67.27
20 Peggy Oreskovich	36:43	34:46:63	1:56.37	65.45
21 Larry Volk	41:00	38:58:51	2:01.49	63.64
22 Dillon Borrego	38:38	36:30:24	2:07.76	61.82
23 Clint Berry	35:35	33:25:70	2:09.30	60.00
24 Don Hawkins	30:30	28:20:35	2:09.65	58.18
25 Kevin Martinez	52:00	54:12:08	2:12.08	56.36
26 Nick Grooms	41:00	43:33:77	2:33.77	54.55
27 Penny Vercelline	39:00	36:20:39	2:39.61	52.73
28 Gary Franchi	42:00	38:59:44	3:00.56	50.91
29 Jace Montera	31:30	34:44:03	3:14.03	49.09
30 Lacey LeDoux	41:00	37:45:76	3:14.24	47.27
31 Jennifer Vanwarde	40:00	36:31:51	3:28.49	45.45
32 Paulette Arns	45:02	41:31:05	3:30.95	43.64
33 Laura McIntyre	36:00	32:06:13	3:53.87	41.82
34 Tammy Stone	43:34	39:00:38	4:33.62	40.00
35 Donald Moore	42:30	37:27:72	5:02.28	38.18
36 Cindy Stonesmith	44:00	38:56:27	5:03.73	36.36
37 Jessie Quintana	41:00	46:14:00	5:14.00	34.55
38 Jared Roberts	35:00	29:40:52	5:19.48	32.73
39 Callan Hecker	50:00	44:40:46	5:19.54	30.91
40 Richard Emond	45:00	50:32:76	5:32.76	29.09
41 Dakota Cupp	50:00	44:10:38	5:49.62	27.27
42 Nolan Kessler	43:00	37:02:20	5:57.80	25.45
43 Matt Stonesmith	45:00	39:01:53	5:58.47	23.64
44 Rodney VanHoff	42:30	36:09:72	6:20.28	21.82
45 Joey Stringer	41:30	35:03:87	6:26.13	20.00
46 Jacob Edwards	45:00	52:09:50	7:09.50	18.18
47 Chris Ontiveros	45:00	52:09:95	7:09.95	16.36
48 Anthony Kelly	46:00	38:28:57	7:31.43	14.55
49 Matthew Angelo	60:00	51:56:88	8:03.12	12.73
50 Dru Marshall	44:00	34:47:44	9:12.56	10.91
51 Austin Shepard	55:00	45:41:85	9:18.15	9.09
52 Justin Cano	30:00	39:55:04	9:55.04	7.27
53 Alec Neings	42:00	31:33:44	10:26.56	5.45
54 Kody Simon	55:00	43:34:85	11:25.15	3.64
55 Hannah Creany	39:42	69:31:14	29:49.14	1.82

Rich and Deb Hadley's annual 4.0 mile Temple Canyon Prediction Run was held on November 28, 2009 just outside of Canyon City, Colorado. The weather cooperated this year with good running weather for the end of November. There were 55 runners participating. Chris McIntyre ran an excellent time, which probably is a course record, for this hilly and challenging course. Chris's time was 24 minutes and 5 seconds. This is a very fast time considering that in addition to the difficult course, Rich had all the runners cross a stream at the bottom of the canyon, not once, but twice.

The winner of the prediction race for the closest time to his prerace prediction was Mark Koch with a variance of only 7.3 seconds. Jane Chess was second overall in this prediction race with a 7.8 second variance. Charles Busch was third with a variance of 9.3 seconds. Rich Hadley was fourth with a variance of 15.5 seconds. A friendly get together breakfast was held at Mr. Ed's restaurant in Canon City after the run. Thanks go to Rich and Deb Hadley for an excellent, interesting and well marked course and a fun event. Thanks also to the volunteers, Lois Pfof, Helen Robinson, and Dennis Wait.

The Temple Canyon Run was the next to the last race of the Southern Colorado 2009 Prediction series. The final prediction run will be held on Sunday, Dec. 13, 2009 at 9:00am. The last race is called Rudolf's Reindeer Romp. This last prediction run is 4.25 miles. Directions to the event are posted on the southern Colorado Runners web site at www.socorunners.org.

Runners must be Southern Colorado Running Club members and have participated in at least 5 races of the series to be eligible for prizes for the series. So far 12 people have run 5 races in the 10 race series. Leona Spracklin is leading the series followed closely by Humberto Parades with Dave Diaz in third place. The awards for the 2009 Prediction Series will be presented at the annual SCR banquet on Saturday, January 30th, 2010 at 6:30pm at the La Renaissance Restaurant in Pueblo, Colorado.

Thank you Temple Canyon Volunteers:

Race Directors: Rich & Deb Hadley,
Finish Line: Lois Pfof, Helen Robinson,
Dennis Wait.



The Annual SCR Banquet

by Stacey Diaz



Your friendly banquet committee is already hard at work planning this year's SCR's annual dinner banquet. It is the social event of the season and not to be missed. The date will be January 30th 2010 and will be held at the La Renaissance restaurant.

An interesting fact about the La Renaissance is that historical records indicate that the oldest portion of this beautiful structure was built in 1886 by the founders of the Mesa Presbyterian Church. The main dining room now occupies this area. The Manse (probably the current balcony, Parsonage, and Garden Room) was added a year later. Since then, the building has changed hands and purposes many times, but it's been in its current incarnation since 1978. Our banquet was held here last year and proved to be an enjoyable, beautiful location for SCR's festivities.

The menu will be Roast top sirloin as

well as a buffet of salad, fruit, vegetable du jour, potato du jour, bread and butter, selected desserts, coffee and tea. There will also be a cash bar available throughout the evening. The vegetarian selection will be a vegetable rellano as well as the buffet. Tickets will be 12.00 for adults, 5.00 for children 12 to 7 with 6 and under free. The club picks up a portion of the balance as a benefit to its members.

SCR awards will be handed out at the banquet as well as new officers inducted. Also prediction and volunteer awards will be given out as well. Voting for runner of the year, both male and female, will start on line soon and hard copy ballots will be available in the newsletter as well as on line. They can be mailed or dropped off at the YMCA. This year's speaker is our own Gary Franchi who will share his humorous and odd look at running and life in general. It promises to be a fun speech!

Registration for this year's banquet will be available on line in the near future. Payment will be online at the secure page off the SCR website. You may also sign up using the hard copy included in the newsletter which may be mailed or dropped off at the YMCA. You must register and pay in advance as no reservations or "drop-ins" will be accepted at the door that night.

We hope you are as excited about SCR's 2010

awards banquet as we are and we look forward to seeing you there.



The Top 25 Runners in the 2009 Predict Series With One Run to Go

For complete results check the SCR web site

Name	Spg Roff	M Max 10.3 M	M Max 4.6 M	Rams Game	Yap Dog 8M	South Shore	Hvest 5M	Temp Cnyon	Total Pts	Best 5 Races
Leona Spracklin	77.27		100	95.24	19.05	15.38	45.71	83.64	436.29	401.86
Humberto Paredes	88.64			76.19	52.38	84.62	68.57	69.09	439.49	387.10
Dave Diaz	27.27	81.82		66.67	80.95	69.23		74.55	400.49	373.21
Carrie Turman	31.82		93.75		76.19		60.00	80.00	341.76	341.76
Shawn Loppnow	59.09	90.91		52.38	47.62		71.43		321.43	321.43
Stacey Diaz	72.73		75.00	90.48	57.14	23.08			318.42	318.42
Paulette Arns	90.91		25.00	61.90	90.48		20.00	43.64	331.93	311.93
Don Pfof	9.09		31.25	100	100			67.27	307.61	307.61
Peggy Oreskovich	65.91		37.50		85.71	7.69	48.57	65.45	310.84	303.15
Justin Ricks	36.36	63.64		85.71	33.33	38.46	62.86		320.37	287.03
Aaron Levinson	56.82		6.25	14.29			42.86	92.73	212.94	212.94
Jessie Quintana	22.73		12.50	9.52			14.29	34.55	93.58	93.58
Anthony Diaz	95.45	45.45			95.24		85.71		321.86	
Brian Ropp	75.00				61.90	100		70.91	307.81	
Rich Hadley	100	36.36		33.33				94.55	264.24	
Kylah Ricks			68.75	4.76		53.85	74.29		201.64	
Denise Ricks			50.00	4.76		61.54	77.14		193.44	
Donald Moore				38.10	23.81		88.57	38.18	188.66	
Robin Krueger	79.55		56.25		38.10				173.89	
Paul DallaGuardia	50.00			57.14			54.29		161.43	
Bill Vegas	20.45	100			28.57				149.03	
Henry Hund	61.36		81.25						142.61	
Martha Drake	38.64			23.81	71.43				133.87	
Larry Volk	63.64							63.64	127.27	
Malachi Ricks			43.75	4.76		46.15	25.71		120.38	



The Atalanta Run



Time	Name	City	Age
19:13	Anna Marshall	Pueblo West	17
20:20	Stella Heffron	Parker	42
20:27	Natalie Kuenzi	Pueblo West	17
21:53	Robin Krueger	Pueblo West	41
22:00	Denise Ricks	Pueblo West	29
22:15	Nicole Vettese	Canon City	23
22:36	Teri Prichard	Colorado City	35
23:00	Jessica Kleven	Pueblo	13
23:01	Paula Mccabe	Pueblo	37
23:09	Jerica Khosla	Pueblo	18
23:10	Peggy Oreskovich	Pueblo	47
23:25	Cheryl Farrer	Pueblo	36
23:45	Carol Kinzy	Pueblo	61
24:13	Kathy Hruby	Rye	46
24:14	Leona Spracklin	Pueblo West	35
24:15	Lindsey Smith	Pueblo West	17
24:31	Catherine Gomez	Pueblo	53
24:32	Wendy Bulow	Pueblo	38
24:53	Ticia Passarelli	Colorado Sprin	30
24:55	Rachel Jankelow	Pueblo West	14
25:04	Mady Riley	Pueblo	15
25:23	Kris Spinuzzi	Pueblo	40
25:30	Tina Valdez	Colorado City	37
25:38	Kelly Hale	Rye	42
25:42	Marijane Martinez	Pueblo	57
25:58	Kristin Linford	Pueblo West	13
26:06	Jane Chess	Florence	56
26:07	Susan Gebhart	Penrose	54
26:11	Susan Marshall	Pueblo West	13
26:17	Juanita Peters	BonCarbo	48
26:20	Janelle Markert	Pueblo	31
26:21	Trisha Davis	Trinidad	58
26:24	Margaret Dimatteo	Rye	32
26:26	Chanelle Garlutzo	Trinidad	35
26:31	Carrie Turman	Pueblo	56
26:34	Sarah Gogarty	Pueblo	17
26:34	Deedee Young	Pueblo	42
26:36	Maria Netherland	Littleton	37
26:46	Kristie Dorwart	Pueblo	32
27:11	Debbie Gurule	Pueblo	45
27:22	Misti Frey	Pueblo West	42
27:28	Gloria Montoya	Pueblo	61
27:30	Martha Drake	Pueblo West	55
27:55	Catherine Gallegos	Colorado City	38
27:56	Marilyn Vargas	Pueblo West	45
27:59	Michelle Macias	Pueblo	27
28:49	Raquel Kemm	Pueblo	15
29:20	Emily Gogarty	Pueblo	23
29:31	Eileen Baracz	Canon City	62
29:34	Hilda Oliv as	Pueblo	54
30:23	Angelica Wall	Pueblo	12
30:26	Karen Davis	Colorado City	33
30:37	Riki Acosta	Pueblo	37

Atalanta was a beautiful athlete from Greek mythology. Legend indicates that she had many suitors. Atalanta's father said she could marry, but only if a suitor could beat her in a race. Many suitors tried, and failed. (If they failed, they also lost their life, which definitely upped the stakes.)

Then came Hippomenes. He got help from the goddess of love, Aphrodite. She gave Hippomenes three golden apples. When Atalanta and Hippomenes raced, he rolled a golden apple in front of Atalanta as she began to pull away from him. She stopped to pick it up, and Hippomenes passed her. He used all three apples, won the race, won Atalanta's hand, and presumably lived happily ever after. Thus the symbol of the apple.

On November 14th, the 30th annual SCR Atalanta 5k Run / Walk took place in City Park. Anna Marshall and Stella Heffron paced the all lady event in the run division (1st place and 1st place masters), and Paulette Arns set a blazing pace in the walk division.

We thank the event volunteers: Race Director: Jacqueline Wall and Stacey Diaz, Course: Dave Diaz, Lead Bike: Ron Ferguson, Finish Line: Bill Veges, Steve Wall, Gary Franchi, Terry Cathcart, Ron Dehn, Mike Orendorff, Paul Dallaguardia, Registration: Paul LaBar, Don Pfof, June Jimenez, Results: Paul LaBar and Don Pfof, Setup/Cleanup: Carrie Turman, Peggy Oreskovich, Robin Krueger, Leona Spraklin, Gabrielle Wall, Angelica Wall

Time	Name	City	Age
30:49	Gabrielle Wall	Pueblo	10
31:03	Kristina Sanchez	Pueblo	37
31:07	Melissa Mestas	Pueblo	27
31:44	Jessie Quintana	Pueblo West	66
31:49	Gloria Gogarty	Pueblo	53
32:00	Leslie Shepard	Pueblo	35
32:18	Becki Vettese	Canon City	51
32:31	Cindy Nicolay	Pueblo	54
32:45	Samantha Hernandez	Pueblo	28
34:17	Dana Andrak	Pueblo	40
34:44	Michelle Frederick	Pueblo West	41
34:50	Deanna Starcer	Pueblo	39
34:55	Tari Colletti	Pueblo	43
37:20	Donna Nicholas-Griesel	Coaldale	63
37:53	Dede Sproul	Canon City	32
37:59	Shanearae Cordova	Pueblo	9
39:01	Kasandra Donley	Canon City	26
39:24	Bobbie Duncan	Canon City	31
39:39	Rosalinda Vargas	Pueblo West	10
56:39	Jaylen Vargas	Pueblo West	11
Walkers			
36:36	Paulette Arns	Pueblo West	56
41:29	Janine Dodge	Pueblo	41
43:55	Trisha Ferguson	Pueblo	58
45:10	Susan Montez	Pueblo	56
45:15	Heidi Gard	Pueblo West	48
46:33	Nancie Biery	Pueblo	51
48:43	Lois Pfof	Pueblo	67
51:24	Cassidy Ferguson	Eaton	25
56:12	Laurie Mendon	Canon City	54
56:12	Marcia Dornhecker	Canon City	48
56:13	Marty Eisert	Wetmore	61

Right: Anna Marshall
Below: Paulette Arns





Atalanta Photos by Larry Volk



Cassidy Ferguson



Catherine Gomez

You can view / order your Atalanta photo by clicking the Atalanta 2009 Photos link on the SCR home-page.



The "Finish Line Boys:"



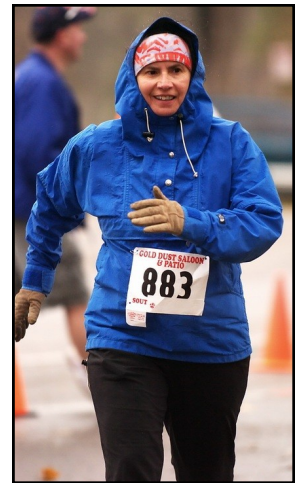
L to R
Donna Nicholas-Griesel



Gloria Montoya



Juanita Peters



Nancie Biery



Natalie Kuenzi



Rachel Jankelow



Susan Marshall



Cheryl Farrer



Denise Ricks



Training for Three

By Jan Dudley



No, not for pregnant women expecting triplets, but for anyone tackling training for the three disciplines of a triathlon. Aspiring triathletes usually fall into one of the following categories, with many cross-overs: strong runners who want to learn to cycle & swim; strong cyclists who want to learn to run and swim; and strong swimmers who want to learn to cycle and run. Few athletes grow up in an environment that nurtures all three, cycling, swimming and running, except, of course, offspring of triathletes.

Coming from the “cyclist who wants to learn to swim & run” background, of course I think running & swimming are *much* harder than cycling. When I ventured into the world of triathlons nearly 10 years ago, I had to learn to run and swim. I subscribed to magazines, I joined SCR and Pueblo Masters Swimmers, and, tending toward the analytical, I *studied*. I had a computer-based heart rate monitor training plan that I followed religiously, with some success.

I had a lot to learn about running and swimming. I recall asking Ben Valdez at the Y one day, “I don’t understand what keeps me from running faster. What is the relationship between heart rate, muscle strength and speed? How do I move forward faster?” Ben responded with training tips, but it took me years to realize that all the training in the world will yield only incremental improvements up to my personal best, which may be far off the scale used in the books and magazines for training plans. Running is still very complex to me: avoid injuries, buy new shoes often, incorporate intervals, hill repeats, strides, reflective clothes, loose dog protection, special underclothes, and a lot of laundry. Still, it is the most efficient exercise in terms of beats per minute, as long as you have joints that can tolerate impact.

As for swimming, holy smokes, it has its own language and math is required! 4 x 100 free, 4 x 50 drill, 4 x 50 kick-on-side, 200 IM. What is your predict time for a 500 sprint triathlon swim for the

purpose of determining your heat? Is the pool in yards or meters? What are the seasons for swim events? Long course, short course, and, what exactly, is a “Postal” swim? Endless lap counting – was that #8 or #9? Real swimmers’ warm-up yardage constitutes my entire workout yardage. Why does it have to be dark every time you go to swim practice? When you are done, you are always wet and still have to shower! And the drills, drills, drills. Technique is everything in swimming, except during an open water triathlon swim where the focus shifts to survival in cold water with other swimmers kicking you in the head and torso. Just try to breathe & move forward. It is all worth it, though. Swimming has an exhilaration that makes your lungs feel as big as an engine on a Boeing 747, and it helps you feel and appreciate muscle sets above the waist.

Cycling requires just as much learning, experience and expensive gear, too! Cycling is probably the hardest discipline to pick up from scratch because those who are already accomplished cyclists often have little patience to train a newcomer. Indoor cycling classes are a great way to preserve fitness during cold, dark months, as well as to meet and network with possible ride partners for outdoor riding. Locally, riders can use the Yahoo group at <http://sports.groups.yahoo.com/group/PuebloCyclists/> to plan rides with others who share similar pace and distance goals.

As we enter the “season of darkness” it is especially hard to split precious training time to “train for three”. The good news is that, in Pueblo, whether you are inclined to roll out of bed in the early morning to run, swim, or spin, you can always pick up another discipline in the evening hours, given the variety of twelve pool times available through Pueblo Masters Swimming and local fitness clubs with spin classes. Pueblo also has some decent weather through the off-season for outdoor cycling, espe-

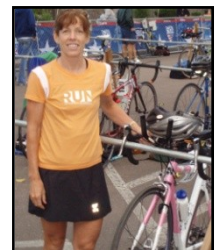
cially mountain biking on the South Shore Trails. Here is a consolidated list of resources for anyone whose goal is to complete their first triathlon or to improve their triathlon performance in 2010. The SCR web site has links to all these resources. Several SCR members have trained with Pueblo Masters to develop their swimming talent for triathlon performance, just as swimmers have joined SCR to develop their running prowess. Take advantage, and you will “Train for Three” during the off-season to enjoy a great season of swimming, running, bicycling, and triathlons in 2010.

Links:

<http://socorunners.org/index.htm> & [SCR Email Group](#)
[Pueblo Masters Swim Club](#) & [Email Group](#)
[Pueblo Bicycling Group](#) & [Email Group](#)
[Pikes Peak Triathlon Club](#) & [Email Group](#)
[Pikes Peak Road Runners](#)

Photos (by Jim Dudley) of SCR members at the Colorado State Games Triathlon 2009:

Michael Orendorff, Dave Diaz, Stacey Diaz, Peggy Oreskovich





Reprint from *Master Splash* With intro by Jan Dudley

Introduction (by Jan Dudley with contribution from Dennis Ray Gimlin)

Pueblo resident Dennis Ray Gimlin and his son, Matt Gimlin, were recently featured in an interview published as **Swimming through the Generations** in the Oct-Dec 2009 *Master Splash* newsletter of the Colorado & Wyoming Masters Swimming Association. Dennis is an Air Force veteran and 20 year resident of Pueblo, having worked for 26 years as a dentist, most of that as a specialist in endodontics. He also has a MS in systems and industrial engineering. After selling his practice and taking a three-year sabbatical, he was recently recommissioned into the Army Reserve. His energies are devoted to faith, family and other relationships, skiing, photography and multimedia, archiving personal and family history, music, responsibilities in his local church, promoting swimming in Pueblo, travel, operations research (see www.scienceofbetter.com), reading, computers and math. That is, now that a year and a half renovation of the family home is complete. His son, Matt, is a 2003 graduate of Centennial HS and earned his BS and MS degrees at Colorado School of Mines. Matt is employed by Spatial Corporation in Broomfield and resumed his swimming career as a Masters swimmer with the Broomfield-Greeley "BeeGees". Dennis first raced as a middle and long distance runner, was a member of the USAF in Europe cross-country ski team, and he appreciates the demands of training for triathlons, though his current focus is swimming. He works to promote community swim programs such as Pueblo Masters Swimming, lifelong fitness, and multi-generational experiences in the pool. He's been married to the extremely patient and lovely Lynn for 30 years. They also have a daughter, Amy, who resides in Westminster.

Swimming through the Generations, reprinted with permission from the Oct-Dec 2009 *Master Splash* newsletter of the Colorado & Wyoming Masters

Swimming Association, Rebecca Friedlander, Newsletter Editor.

Need a little training motivation right about now? It's never too early to start thinking about State, or as in the case of the Gimlins, to make the meet a family affair by joining the "Brute Squad" together. Dennis kindly answered our questions about sharing a swim interest with son Matt.

Master Splash: Do you and Matt swim on the same team? Did both of you grow up swimming competitively?

Dennis Gimlin: "Matt is a BeeGee (he lives in Superior and works in Broomfield). I swim for Pueblo. Matt swam for several age group teams, Pueblo Centennial High School (the Bulldogs were 2nd at state during his senior year when he was co-captain and an individual finalist), and one semester at Mines while a graduate student." "I was a self-taught fitness swimmer (no swim lessons as a kid, no coaching ever), and got connected to our local masters team while preparing to do a triathlon. After watching him swim for many years, I decided it might be fun to see how fast I could go. My first masters meet was Castle Rock's 2002 *Swimming in the New Year*. I've had a goal of swimming all 20 competitive events (I count 400 meters, 500 yards, 800 meters, 1000 yards as four events) every year since then, preferably in competition. If I don't swim certain events during a meet, I'll do them in all-out time trials."

MS: What events did you do at States this past spring? Did each of you swim ones in addition to the Brute Squad requirements?

DG: "Besides the Brute Squad events (swimmers who complete the 1650 free, 400 IM and 200 fly at the annual COMSA state meet are inducted onto the "Brute Squad") I swam all of the breast and back events, plus the 200 IM, 1000 free and 100 fly — mostly TBC ("Timed By Calendar.") My best swim was my last, the 200 IM. Matt, knowing that I was trying to break three minutes,



Dennis and Matt

yelled out my split as I turned into the free. After all the times I've cheered and encouraged him, it was a special moment for me." "Matt also swam 12 events, plus two relays. He was high point individual of the entire meet. I think he won 18–24 y/o in 10 events. He thought it was his best meet ever, as he dropped time in four events from his age group and high school days, not including a couple of 50s that he hadn't swum since he was a beginner."

MS: Do you both consider yourselves distance swimmers, or was the Brute Squad challenge a stretch for or both of you?

DG: "Though definitely a stretch, I was a middle- and long-distance runner until it just got too hard on my joints, etc. This was the third time I'd done 12 events including the Brute Squad. Two years ago, I did every event longer than 100 yards, plus the 100 fly, back and breast...kind of an 'ultimate' Brute Squad. I'm not fast, but I enjoy the challenge of swimming close to my best times through 12 events, and seeing how many points I can score in the process." "Matt works hard at most everything he does, he's very tough. He would usually swim very full programs as an age-group swimmer, though his training of late has been geared a bit more towards the sprint side of swimming. I'd say we're both endurance types in that we can swim close to our best through a 12-event program. Matt is less than half my age but has swum competitively about twice as long as me. Needless to say, we were not in the same heats. But it was a great experience cheering and encouraging each other."

Rock Canyon Half Marathon Part 1

Results by Paul LaBar, Photos by Larry Volk

Rock Canyon Half

Overall Female Winners

Place	Name	City	Age	Overall	Time	Pace
1	Shannon Meredith	Colorado Springs	C 38	33	1:31:52.8	7:01/M

Overall Female Masters Winners

Place	Name	City	Age	Overall	Time	Pace
1	Shari Marshall	Crested Butte CO	42	37	1:33:54.9	7:10/M

Women 19 and under

1	Anna Marshall	Pueblo West CO	17	118	1:46:25.3	8:07/M
2	Natalie Kuenzi	Pueblo West CO	17	119	1:46:25.7	8:07/M
3	Liz Lata	Pueblo West CO	17	146	1:49:28.4	8:21/M

Women 20 to 24

1	Heather Meacham	Denver CO	23	72	1:40:56.6	7:42/M
2	Katie Brown	Fort Collins CO	21	112	1:46:03.6	8:06/M
3	Sarah Hancock	Grand Junction CO	22	152	1:50:02.4	8:24/M

Women 25 to 29

1	Amanda Ewing	Colorado Springs	C 28	44	1:35:31.3	7:17/M
2	Lindsay Hyman	Colorado Springs	C 28	68	1:40:09.9	7:39/M
3	Natascha Leonardo	Colorado Springs	C 25	79	1:41:35.2	7:45/M

Women 30 to 34

1	Jitka Ofarrell	Lakewood CO	32	58	1:38:47.3	7:32/M
2	Ana Bentz	Pueblo West CO	34	67	1:39:51.8	7:37/M
3	Laura Anderson	Colorado Springs	C 30	74	1:41:09.7	7:43/M

Women 35 to 39

1	Jody Legg	Denver CO	37	41	1:34:55.4	7:15/M
2	Kerri Coady	Colorado Springs	C 36	104	1:44:56.2	8:01/M
3	Anita Fromm	Colorado Springs	C 38	123	1:46:57.6	8:10/M

Women 40 to 44

1	Kerry Page	Colorado Springs	C 41	53	1:37:31.7	7:27/M
2	Kelly Miller	Colorado Springs	C 43	63	1:39:26.0	7:35/M
3	Jan Alcalá	Pueblo CO	41	89	1:43:02.1	7:52/M

Women 45 to 49

1	Amy Reginier	Colorado Springs	C 47	106	1:45:00.6	8:01/M
2	Karen Ortiz	Pueblo CO	45	200	1:56:18.4	8:53/M
3	Teresa Diamond	Woodland Park CO	48	202	1:56:29.2	8:54/M

Women 50 to 54

1	Jill Case	Colorado Springs	C 51	83	1:42:03.9	7:47/M
2	Carolyn Weiss	Golden CO	50	144	1:49:13.1	8:20/M
3	Nancy Dolan	Buena Vista CO	53	155	1:50:45.5	8:27/M

Women 55 to 59

1	Laurel Wright	Pueblo West CO	55	223	1:59:07.8	9:06/M
2	Diane Cridennda	Colorado Springs	C 57	283	2:05:23.4	9:34/M
3	Martha Drake	Pueblo West CO	56	311	2:08:55.2	9:50/M

Women 60 to 64

1	Carol Kinzy	Pueblo CO	61	124	1:46:58.3	8:10/M
2	Patricia Tolleson	Westminster CO	60	321	2:09:55.9	9:55/M
3	Maryvonne Mauprivez-mac	Canon City CO	61	337	2:12:50.0	10:08/M

Women 65 to 69

1	Jessie Quintana	Pueblo West CO	66	454	2:39:06.8	12:09/M
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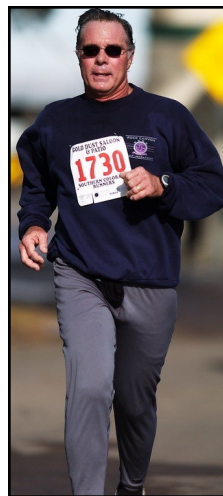


Above:
Race Start

Left:
David
Diaz
&
Teresa
Diamond



Right:
Troy
Diaz



Byron
Beard



Race
Winner
Justin
Ricks

Want Photos???

As always we thank Larry Volk for generously providing photos for *Footprints*. This issue includes photos from the Atlanta Run and the Rock Canyon Half Marathon. If you wish to view and / or purchase your photo - go to Larry's photo website: <http://larryvolk.eventpictures.com/>

Rock Canyon Half Marathon Part II

Results by Paul LaBar, Photos by Larry Volk

Rock Canyon Half
Overall Male Winners

Place	Name	City	Age	Overall	Time	Pace
1	Justin Ricks	Pueblo West CO	29	1	1:09:34.8	5:19/M

Overall Male Masters Winners

1	Nickolas Starkey	Colorado Springs C	40	7	1:22:03.5	6:16/M
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Men 19 and under

1	Mike Schmidt	Pueblo West CO	19	4	1:19:08.2	6:02/M
2	Michael Cernoia	Pueblo West CO	17	5	1:19:32.3	6:04/M
3	Evan Fiala	Aurora CO	17	9	1:24:36.5	6:27/M

Men 20 to 24

1	Levi Medina	Pueblo CO	22	2	1:15:43.1	5:47/M
2	Aaron Levinson	Pueblo CO	20	21	1:29:09.6	6:48/M
3	Imre Racz	Colorado Springs C	22	30	1:31:28.8	6:59/M

Men 25 to 29

1	Justin Walker	Colorado Springs C	29	11	1:24:59.2	6:29/M
2	Martin Wesolowski	Denver CO	28	12	1:25:01.7	6:29/M
3	Daniel Matheny	Colorado Springs C	28	32	1:31:52.4	7:01/M

Men 30 to 34

1	Sean O'Day	Colorado Springs C	34	6	1:19:45.3	6:05/M
2	Edgar Trillo	Colorado Springs C	34	13	1:25:42.1	6:33/M
3	Jon Teisher	Manitou Springs CO	34	16	1:27:31.3	6:41/M

Men 35 to 39

1	Gerald Romero	Colorado Springs C	38	3	1:18:30.8	6:00/M
2	Dillon Harder	Monument CO	36	25	1:31:00.0	6:57/M
3	Matt Sherman	Pueblo West CO	37	26	1:31:15.1	6:58/M

Men 40 to 44

1	James Webber	Colorado Springs C	41	14	1:27:19.6	6:40/M
2	Matt Strand	Denver CO	42	15	1:27:28.3	6:41/M
3	Steve Cathcart	Fort Collins CO	44	17	1:28:14.2	6:44/M

Men 45 to 49

1	Michael Hagen	Colorado Springs C	47	8	1:23:55.6	6:24/M
2	Anthony Surage	Manitou Springs CO	49	20	1:28:53.1	6:47/M
3	Stewart Cooper	Monument CO	48	29	1:31:25.2	6:59/M

Men 50 to 54

1	Vernon Smith	Colorado Springs C	52	38	1:34:07.4	7:11/M
2	Rich Hadley	Florence CO	53	39	1:34:29.7	7:13/M
3	David Wilhide	Colorado Springs C	51	42	1:35:02.7	7:15/M

Men 55 to 59

1	Roger Baer	Colorado Springs C	55	78	1:41:33.6	7:45/M
2	Jim English	Colorado Springs C	55	92	1:43:38.5	7:55/M
3	Corbin Hillary	Colorado Springs C	58	117	1:46:17.2	8:07/M

Men 60 to 64

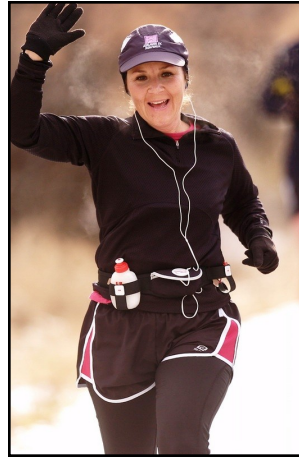
1	Joe Stommel	Pueblo CO	60	109	1:45:48.5	8:05/M
2	Patrick Swank	Pueblo CO	61	225	1:59:20.4	9:07/M
3	Jim Beckenhaupt	Colorado Springs C	62	231	1:59:49.9	9:09/M

Men 65 to 69

1	Jim Romero	Denver CO	69	203	1:56:33.1	8:54/M
2	Bill Faulkner	Broomfield CO	68	226	1:59:31.8	9:07/M
3	Ed Youngberg	Evergreen CO	66	246	2:00:31.0	9:12/M

Men 70 and over

1	Gary Smedley	Colorado Springs C	70	377	2:19:22.3	10:38/M
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Debbie Gurule



Rob Archuleta

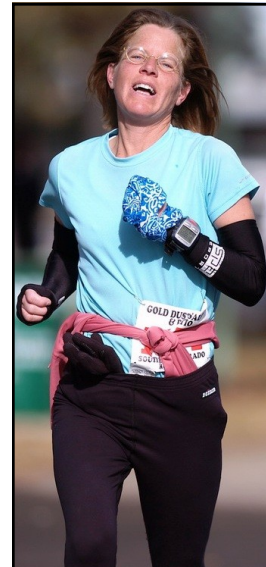
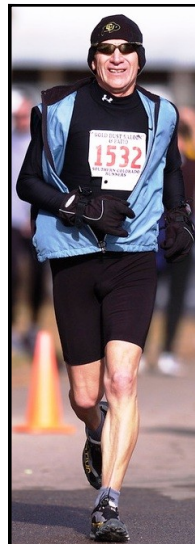


Humberto Paredes



Eric Renicker

Hector Leyba, Tammy Stone, Chester Hadden





The YMCA Turkey Trot

Photos by Ross Barnhart & T.Greg Merrion



The first annual YMCA Turkey Trot was a success by any measure. There were 226 finishers on a bright and beautiful Thanksgiving morning.

Serious runners showed up, but so did families who were out for a 5k stroll. Winners in each division were given a turkey (frozen, not live), and second place finishers received a delicious pumpkin pie.

Thanks goes to the many volunteers: Race Director: Janelle Markert, Course: Janelle and Chris Markert, Packet Pickup: Peggy Summers, Andrea Clough, Elisha Vison, Hilary Pacheco Hall, Lead Bike: Donald Blondin, Finish Line: Dave Diaz, Terry Cathcart, Mike Archuleta, Lois Pfof, Paul LaBar, Registration: Don Pfof, Paulette Arns, Results: Don Pfof and Paulette Arns, Clean-up & Set-Up: Janelle Markert, Chris Markert, Hilary Pacheco-Hall, Andrea Clough, Elisha Vinson plus several other unnamed volunteers.

For results, refer to the SCR website.

Right:
Dave Diaz, Chris Riley, and Matt Comden run stride for stride

Rich Hadley placed 5th overall

Right:

Sara Volk ran her first 5k, paced by Rebecca Hea

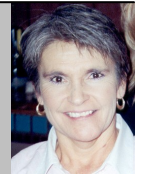


Left:
Kevin Hughes won a turkey
Kira Hughes did too
Samantha Merrion won a pumpkin pie for the family dinner



Inaugural Rock and Roll Las Vegas Half Marathon

By Marijane Martinez



On Thursday, December 3rd Stella Heffron, Diane Lopez, Gloria Montoya and I boarded a plane and headed to Las Vegas to participate in the Inaugural Las Vegas Rock and Roll Marathon/Half Marathon. We were all running the half. The event was held on Sunday, December 6th. A group of my Vegas running buddies were also participating. Three of these ladies have been to Colorado to visit and run some altitude races so we decided it was time for us to go run in their neck of the woods. While discussing the visit we came up with the idea to make a 'low key' competition of the event. We even came up with names for our teams. Their team "Clark County Cuties" was comprised of Katherine Singer, Donna Pfeffer and Maria Martinez-Riach. Our team "Colorful Colorado Columbines" was comprised of the four ladies I've already named. One of the husbands, Ron Pfeffer even came up with a unique traveling award for the winners. Since the teams were uneven Ron suggested we decide the winners by using age graded results. We had an ace in the hole with Stella and their ace in the hole was Katherine.

The race started at 6:15a.m. with an impressive fireworks display going as we headed down the Las Vegas strip. The half marathon started at Mandalay Bay and headed south for a short while, turned back around and headed north up the strip and returned back down the strip to finish at Mandalay Bay. Running up and down the strip was phenomenal. There were crowds of people standing along the sides cheering on the runners. There were bands at every mile

and the weather although a tad cool for our Vegas competitors was perfect for the Colorful Colorado Columbines. Stella was stellar finishing under 1:30 minutes and placing 2nd in her age division. Gloria too was impressive with a 4th place finish in her age division. Did I mention there were 17,879 finishers in the half marathon? Katherine who turned 69 years young a couple days after the event, placed 3rd in her age division.

After the race we met other Vegas runners at a casino for brunch where the presentation of the coveted "Desert-Rocky Mountain Challenge" award was to take place. At that time the results were unofficial until the actual times were posted on the race website.....drum roll please..... the Colorful Colorado Columbines were the winners of the Inaugural Desert-Rocky Mountain Challenge. Our age graded percentage overall was 71.8% while the Clark County Cuties was 70.5%. The framed awarded is placed prominently on the wall in my guest bedroom where the Clark County Cuties will be able to see it whenever they visit!

Our Las Ve-

gas hosts went above and beyond to arrange events for us during our short visit in Las Vegas. We plan to make this an annual event but will try to come up with other events between now and then to keep the competition going. The award is designed to have the event replaced with each race we elect to compete in.

The Rock and Roll Las Vegas Inaugural Marathon/Half Marathon was an extremely well done event and I would highly recommend it to anyone who enjoys the ambiance of Las Vegas.

L to R: Marijane Martinez, Donna Pfeffer, Stella Heffron (back), Diane Lopes, Maria Martinez-Riach, Katherine Singer, Gloria Montoya



I wanted to ship you a quick note to say **THANK YOU SO MUCH** for the amazing race you all put on for us last Saturday! The Rock Canyon 1/2 was so well done! Your organization and hospitality were truly top shelf! This was my very first endurance/ distance running race! And I had a great time! I

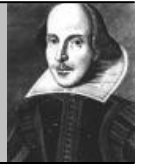
learned so much about myself, my athleticism, training and determination! I exceeded ALL of my hopes and expectations! Thank you for the opportunity to challenge myself and grow as a person and an athlete! You can BE SURE i'm hooked; and will be getting into another "1/2" this Spring! Thanks again for hosting a wonderful event! I'll see you next December! Gratefully, Mark E. Windle

Editor's Note: Ditto to what Mark said – especially the part about the amazing race, hospitality, and organization. Dave Diaz sets the bar pretty high for himself, and that huge group of volunteers jump on his bandwagon and deliver a first class event. Thank you and congrats to all who had a hand in putting this event together.

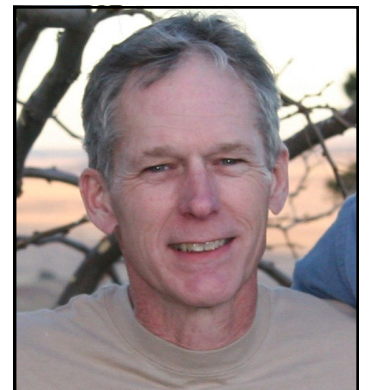
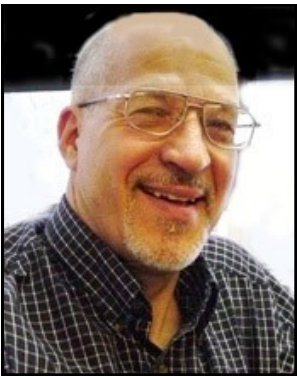


We send out a big THANKYOU to all the writers, photographers, and other contributors to Footprints in 2009. We also extend our thanks to the stuffers who gather each month to prepare the newsletter for mailing. (Sorry - we did not have photos of our stuffing crew)

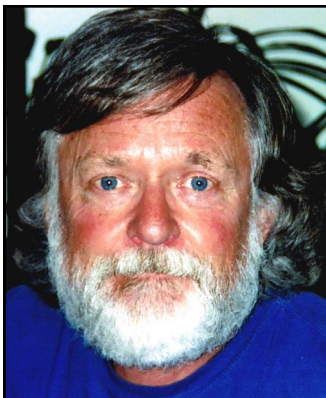
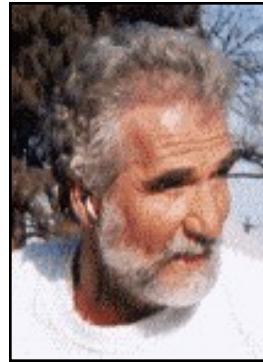
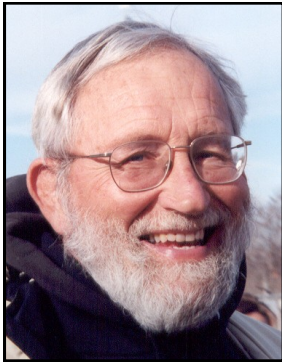
Footprints Writers & Contributors for 2009



We are still looking for file photos of these contributors: Vicki Meier, Kevin Keilbach, Janelle Markert, Ellen Cooney, Ramon Arriaga, Andrea Aragon, & Karen Hoffman-Maroney. A sincere apology to any person we omitted. Please let us know if we missed you. Again, THANK YOU!!!



Footprints Writers / Contributors for 2009 Part II



2010 Race Calendar by Dave Diaz

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

Note: most but not all races below have been confirmed by Race Directors. Please consider this to be a draft document.

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>LOCATION</u>	<u>CONTACT</u>
<u>January</u>				
<u>February</u>				
Sun 14	Valentine's Twosome	1.6 M	City Park	Jeff Arnold (jeffaco@earthlink.net)
	*Spring Runoff Tune-up	6 M	City Park	
<u>March</u>				
Sun 07	Spring Runoff	2M,5K, 10K,10M	Dutch Clark Stadium	Terry Cathcart (tv.cathcart@hotmail.com)
Sun 21	*Mad Max Trail Run	4.6M,10.3M	SCR/Nature Ctr	Emily Batson (eberhardtds@yahoo.com)
<u>April</u>				
Sat 10	*Ramsgate 8	8K	Belmont	Don Pfof (dlpfof1@mindspring.com)
Sun 18	Spank Blasing	5K, 10K	CSU-Pueblo	Todd Kelly (todd.kelly@colostate-pueblo.edu)
Sat 24	Panther Run	5K	Pueblo City Park	
<u>May</u>				
Sat 01	Blossom Day Run	5M, 5K	Canon City, CO	Sarah Ley (sarahfley@hotmail.com)
Sun 02	Cinco de Mayo	2M,5K,10K		
Sun 23	*Yappy Dog	8.6M	So Mesa Elem School	Ross Barnhart (barnhartaccount@gmail.com)
Sun 16	Run With the Bulls	5K, 10K	Union Ave	Ruth McDonald 719-251-3189
<u>June</u>				
Sat 12	SpiritFest	5K	Riverwalk	Jesse Sena (jesse.sena@dss.co.pueblo.co.us)
	Run for Rio	5K	Rye, CO	Jeff Arnold (jeffaco@earthlink.net)
	Diabetes Prevent-a-thon	5K		Mike Archuleta (PUEBLOTRIATHLON@MSN.COM)
Sat 26	Women's Dist Festival	5K	SCR/City Park	Peggy Oreskovich (moreskovich@comcast.net)
<u>July</u>				
Sun 04	Liberty Point 5K	5K	Pueblo West	Stan Hren (terbear31@msn.com)
<u>August</u>				
	*Moonlight Madness	5M	SCR	Diana Tiffany
<u>September</u>				
Sat 11	Corporate Cup 5K	5K	CSU-Pueblo	Hillary Pacheco-Hall (hpachecohall@puebloymca.org)
Sun 12	Corporate Cup Bike Ride	12.4M	SoMesaElemSchool	Hillary Pacheco-Hall (hpachecohall@puebloymca.org)
Sat 18	Corporate Cup Mile Run	1M	Pueblo YMCA	
	*South Shore Adventure	8.3M	Lake Pueblo	Larry Volk (lrvolk@yahoo.com)
	Run 4 Trails	4M	Sierra Vista Elem, PW	Kim Arline (kimarline@comcast.net)
Sun 26	Hot to Trot	5K	Union Ave	Ruth McDonald 719-251-3189
<u>October</u>				
Sat 23	*Harvest Run & Bonfire	5M	Lov ell Park PW	Dave Diaz (diazsd@aol.com)
<u>November</u>				
Sat 13	Atalanta	5K	City Park	Stacey Diaz (diazsd@aol.com)
Thu 25	Ymca Turkey Trot	5K	Pueblo YMCA	Janelle Markert (jmarkert@puebloymca.org)
Sat 27	*Temple Canyon	4M	Canon City	Rich Hadley 719-784-6514
<u>December</u>				
Sat 04	Rock Canyon	13.1M	PuebloCity Park	Dave Diaz (diazsd@aol.com)
Sun 12	*Rudolph's Reindeer Run	4.2M	Regency Area	Don Learned (doon@yahoo.com)

*SCR Prediction Series

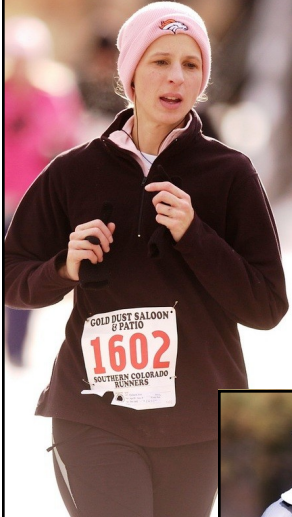
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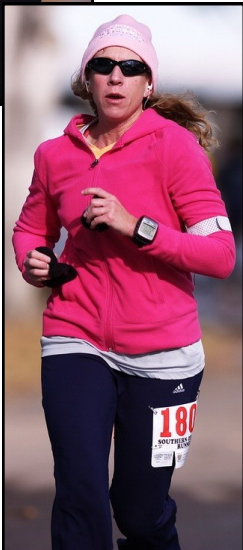
***If you move,
 Let us know!***
 Issues of "Footprints"
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 Hence, if you move, please
 get your new address to the
 SCR Membership Chair in
 care of the YMCA at the
 address listed above.



L to R
 Paul
 LaBar
 Teri
 Prichard
 Shawn
 Lopnow



Rock
 Canyon
 Pics
 by
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