



Editor: Ron Dehn

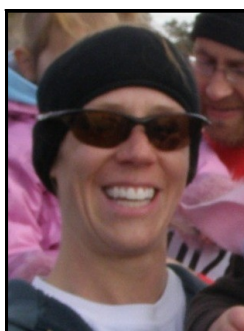
FOOTPRINTS



The Shadow Knows...



The Groundhog Day Edition Or the Valentines Edition - Take your pick



The first prediction run of the season took place for the Southern Colorado Runners on January 17, 2010 at the home

of Emily, Ella and Terrence Batson. Our house sits on the north side of Pueblo West and is backed up to open land on the south. The run was approximately 5 miles and took place along dirt roads that run close to the Walker Ranch and included a scenic arroyo. The race was named after the only tree on the course, which was decorated with holiday ornaments and colorful beaded necklaces. The race started with our 3 year-old, Ella, giving the yell "Go" and finished in our backyard, where I am now more aware of our mole and rabbit problem. I am chuckling looking at the pictures taken, as the majority of them were taken by Ella. There are quite a few good ones, and also some that have interesting angles displaying Ella's feet,

The Lone Tree Predict by Emily Batson

runners shoes, car doors, and rear-ends. About 30 runners participated, and a few gracious volunteers helped mark the course and run the finish line. Thanks to Stacey Diaz, Lois Pfof, Donald Moore, Gary Franchi, Levi Ropp and Terrence Batson for their help in running the event. Brian Ropp and myself marked the course with flour, tape and flags, and we thought additional obstacles would be fun and challenging, including a set of tires to jump through and a few "naturally occurring" hurdles. I guess we'll let the rest of the runners tell us if the obstacles were fun or not! The temperature was a nice cool 45 degrees at the start, and warmed up by the end of the run. A light brunch was served afterwards with some tasty treats, including homemade tortillas from Jessie Quintana, pumpkin walnut muffins, brownies, bagels, yogurt and fruit. For the first run of the season, and a January run at that, most runners stated they ran well and enjoyed the course and weather.



Above: Ella taking photos at the Lone Tree Predict

Left: The Lone Tree

2009 Predict Series
Wrap Up Page 8



Congrats MoJo
Page 9

2010 Predict Series
Kickoff Page 10

Minutes from the December, 2009 Meeting

By Mike Archuleta

Introductions: Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Gary Franchi, Terry Cathcart, Don Pfof, Ron Dehn, Paul LeBar, Kim Arline, Larry Volk, Janelle Markert

Reports/ Recaps

Atlanta Run: Stacey Diaz

Stacey reported 97 runners for the event. The race was well organized and great turn out. No problems with race results.

Turkey Trot: Janelle Markert

Janelle reported 308 participants signed up for the first annual Turkey Trot. There were actually 248 participants for the race. The prizes were turkeys and pies for the top runners. Janelle hopes this will become annual event for the YMCA.

Upcoming Races/ Events

Rock Canyon ½ Marathon: Saturday, December 5th 2009

Dave Diaz reported the race is set with the SCR volunteers. Larry Lucero, with Runners Roost of Fort Collins, who has lots of experience using The Race Director and the Time Machine, has been hired to time Rock Canyon and to provide training to SCR members. The half marathon is becoming one of the states most popular races.

Reindeer Run Predict, Sunday, December 13th 2009

The predict is scheduled for December 13th 2009. It should encourage SCR runners to participant for the predict series.

Annual Award Banquet: Stacey Diaz

- 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. The Banquet will end the year for the SCR runners.

Spring Runoff: Terry Carthart, March 7th 2009

The Race is scheduled for March 7th 2009. Terry updated the group regarding the race for 2010. Terry is checking on the stadium rental fee. Terry will continue to give update next month.

Pueblo Bike/ Walk month, May – June 2010: Kim Arline

The National Bike month is May-June. The problem with using June is the Ride the Rockies and Colorado Bike Tour. Kim also reported Pueblo may become the site for a Bike Critterion in May.

Meeting Minute Report: Mike Archuleta

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

Treasurer Report: Paulette Arns

Paulette gave overall review of the SCR budget. Paulette reviewed recent payments and income, including the Atlanta Run

Webmaster: Paul Lebar

Paul reported race management software concerns and using the new software package. Paul continues to work on the 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. The purchase of new lab top and printer will help with race results. Paul also suggested purchasing a tent to protect the equipment during races.



Newsletter Ron Dehn Ron reported that a combined Dec/Jan issue of the newsletter will be published and mailed toward the middle of December.

Race Calendar: Dave Diaz

(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" Volume No. 329

"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.

Postmaster: Please send address changes to "Footprints" c/o Southern Colorado Runners at 3200 Spaulding Ave, Pueblo, CO 81008

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, Leona Spracklin*	
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, Stacey Diaz, Carrie Turman

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.

* SCR's Leona Spracklin won the 2009 Predict Series. Leona was .3 point better than 2nd place finisher Brian Ropp and is only the 2nd lady to win the Predict Series in the last 11 years. Gina Benfatti was the last lady to win the Series in 2003.



Minutes Continued



(Continued from page 2)

Dave is working on the next year's race calendar for 2010. The calendar will be out next month for 2010

Membership - Don Pfof Don reported a total of 205 members at end of November. Don reported 154 members requesting the Colorado Runner.

New Stuff/Old Stuff

Healthy Kids Proposal: Kim Arline

Terry and Kim will talk with Ft Collins representative on similar program. Encourage school age children to participate in local races. Ways for SCR to support youth runners were discussed. Suggestions included offering reduced entry fees at club races. Jeff emailed a proposal supporting middle- and high-school runners. They will report at the next meeting.

Officers for 2010

As announced last month, Don is stepping down from the presidency at the end of this year; he will continue to serve as membership chair through next year. Jeff stated in an email that he has decided not to serve as President next year. Don will post an announcement on the list server inviting members to consider serving as president. The other officers will remain the same, and Ron and Paul are willing to continue as newsletter editor and webmaster, respectively. Discussion about new predict Coordinator for 2010, but nothing resolved. Meeting Adjourn @ 905pm

SCR Minutes Wednesday January 6, 2010 YMCA

Prepared by Ron Dehn

Introductions:

Attendance: Don Pfof, Jeff Arnold, Kim Arline, Terry Cathcart, Carrie Turman, Gary Franchi, Emily Batson, Brian Ropp, Dave Diaz, Paulette Arns, Paul LaBar, Rebecca Weahner, Ron Dehn

Reports/ Recaps

Rock Canyon Half Marathon. SCR hired Larry Lucero from Ft. Collins to perform timing. This worked well for the most part, and Paul LaBar was able to download Larry's data into the Race Director Software owned by the club.

Upcoming Races/ Events

The Lone Tree Predict: Emily Batson

The run will take place in Pueblo West at 9am on January 17th out of Emily home. Since no newsletter will go out before then, members will be informed about the race in conjunction with a mass mailing containing banquet information.

Annual Award Banquet: Dave Diaz & Paul LaBar

The committee is putting together a mailing to send out to membership about the banquet along with a registration form. On-line registration is also available. Adult tickets will be \$12.00 with the club picking up the difference.

The Valentine's Twosome: Jeff Arnold

The event will be on Feb 14th. Costumes are encouraged, and chocolate is awarded for places and the baton contest. (most romantic, ugliest, largest, most creative)

The Spring Runoff Predict: Larry Volk has offered to coordinate the race on Sunday, February 21st. The race will start and end across the street from the City Park pool parking lot.

The 2010 Predict Series: Carrie Turman will be the Predict Series Coordinator and will "hit the ground running" with the new run – the Lone Tree Predict on January 17th.

The Spring Runoff: Terry Cathcart

Long sleeved tech shirts will be given. There was some discussion about changing the time of the Toddler's and Funner to be a Runner races, but the entry forms were scheduled to be printed the morning following the meeting, so a time change may or may not take place this year. 1,400 entry forms will be sent to Pikes Peak Road Runners. We will have stuffing of packets a few days prior to the race. Terry will call Troy Davenport to see if he will assist in the Funner to be a Runner.

Youth Runner Proposal: Kim Arline / Paul LaBar:

The goal is to encourage young runners to participate. One way to do so is to provide discounts for young runners. One idea is for SCR to encourage a discount of \$10 from entry fees. With this kind of discount, these partici-

(Continued on page 4)

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

Try
Some hot potato
soup at the Gold
Dust to take away
that winter chill



217
South
Union



Minutes Continued



(Continued from page 3)

pants would not get race shirts. Perhaps there could be a youth runner series, and participants can get a series shirt by participating in a certain number of races. Some details need to be worked out. In order to work, the youth runner series must not cause extra work for race directors. Kim and Paul and going to fine tune a proposal.

Officer Reports

Meeting Minute Report: The December meeting minutes were approved with no changes.

Treasurer Report: Paulette Arns Paulette gave an overall review of the SCR budget. The report was approved.

Newsletter: Ron Dehn The Dec / Jan issue cover was done in color. This is something we will do once per year or so.

Membership: Don Pfof reported that there are currently 212 single and family memberships, which is about the same as this time last year.

Webmaster: Paul Lebar

The website is updated to include the Valentine's Twosome and will also include on-line payment for the banquet.

New Stuff/Old Stuff

SCR Race Management:

Parks & Rec Fee Negotiations: Jeff Arnold The Parks Department has initiated a fee of \$130 for the use of the pavilion. SCR uses the pavilion for the Valentine's Twosome, the WDF, the Atalanta, and the Rock Canyon. half marathon run. All are small races except for the Rock Canyon. Other runs (such as the Panther run use the pavilion, but these are SCR assisted events and these groups will have to work with Parks & Rec on an individual basis. Jeff chatted with Creighton Wright of Pueblo Parks & Recreation, and in exchange for some advertisement on the part of SCR, the fee is waived for the four SCR races. A discussion followed about the large crowd that uses the pavilion for the Rock Canyon, the bathroom use, and the filling of the trash dumpsters. Even though we clean up, the board felt it appropriate to pay to help offset the cost of labor involved.

Race Calendar: Dave Diaz Dave passed around a paper containing race information for all races scheduled in the 2010

SCR Predict Series.

Equipment Repair / Replacement: Paul Paul is going to look into the purchase of a projector. They can be rented, but the rental fee is fairly high. It will be more economical to buy one so we can use it for the banquet.

Officers for 2010: Don Don announced that Paul LaBar has agreed to take on the presidency for next year. Paul will continue with the webmaster duties as well. Dave Diaz will continue as vice president, Paulette Arns will continue as treasurer, and Mike Archuleta will continue as secretary. In other positions, Don Pfof will continue as membership chair, Carrie Turman will take on the Predict Series coordinator, and Ron Dehn will continue as newsletter editor.

Don passed out ballots for the Sweat Sock award and Most Valuable Club Member. These awards will be given at the banquet. Meeting Adjourned @ 8:55pm

respectfully submitted by Ron Dehn

Notes from the Editor

If you haven't done so, please renew your membership. You will continue to receive the newsletter as well as race information, etc. Print out a form from the website and drop it off at the Y. Sign up for 2 or 3 years, then you won't have to do it again so soon.

Thanks for your comments on the Dec/Jan "color" issue. We thought it might be worth the extra cost to do this once per year or so. As for this issue, get out your crayons and have at it. You don't have to stay inside the lines.

WANTED Guest Editor

My summer schedule is going to be "flexible", so unless someone wants to fill in for a month or so (or take over entirely), we will likely miss an issue or two in the May - August timeframe. I will help get you started. Please send a note to: newsletter@socorunners.org

Dear Running Friends,
past and present:



What a beautiful colorful newsletter you produce! I am proud to be part of the history of the SCR, even though the newsletter we put out all those years ago was four pages, mimeographed on the YMCA machine. You have come a long way!!

As I felt the chill in the air this past week, I left the house with my gray and black Spring Run-Off stocking cap (circa. 1979) and my white cotton gloves with Valentine's Day Twosome Logo (circa. 1982)...

I felt ready for anything, on my three mile walk. Reflecting on one's running history is a delightful way to make the time pass. I am so grateful for all the years I spent on the road, and the wonderful people I met in the SCR. The memories of past races and programs have been the mainstay of my thoughts on Pueblo.

I am proud of the contingent at the Las Vegas Marathon, even though I didn't get down to the course to cheer them on. I had rotator cuff surgery just three days before the race. From all reports it was a successful race. I will get an in-person, in-depth report from Katherine Singer on our next walk.

Keep up the good work, and even though I don't recognize very many names these days, we are all partners on the road, enjoying the benefits of a wonderful exercise. Best wishes for a super 2010.

Sincerely, Judy Tucker

Editor's note: Judy was one of the founding mothers of SCR and was instrumental in creating many traditions which we still carry on. She currently resides in Las Vegas, NV.



Great Stuff

by Gary Franchi

Do you want a resolution?



Thought for today's lunch, compliments of Baron Hansen: "*Life is short ... running makes it seem longer.*"

Musings about running, fitness, life:

Just for grins, I thought I'd spend some time scouring the Internet and reading about New Year's resolutions, especially fitness resolutions. I like to read about foreign territory – about people who have trouble getting motivated to work out and stick with their resolutions. Being a workout junkie more or less, depending on the severity of the current injury(ies), I derive great amusement from the other side of society and its lack of mental discipline. Not that I think I'm better than them, it's just that we have such a different mind-set or culture.

Whatever, the main thing I discovered on the Internet was that there must be a plum market for fitness writers because there sure is an abundance of same-same, *Zzzzzz*-inducing material out there. In fact, I think they could just save the articles they wrote the previous year and recycle 'em with a few minor changes. Better yet, why not form a national fraternity of such writers and rotate their stories to each other in a systematic manner so that they never get one they've submitted for publication before and, hence, never have to make any article changes in their lifetime. It's beyond genius, really. Almost visionary. Well, almost.

Anyway, something I read said that 45% of Americans make fitness and weight-loss resolutions. Man, that's a lot of additions to the Y, gym, or health and fitness clubs! Does that seem real? Checking with the U.S. Census Bureau's up-to-the-day "U.S. & World Population Clock" website, the U.S. population was 308,475,163 people on Jan. 13, when I looked up that statistic. Translated for the mathematically-challenged, that's almost 308 and a half million people in our country. Wonder if that counts all the aliens who win the road races and triathlons.

OK, so since 45% of these folks

made fitness resolutions, my trusty Casio low-rent but great-working solar calculator tells me that about 139 million people decided to make some fitness or dietary changes in their lives. They're outside, inside or in their homes doing workouts. Now, I don't mind the "in their homes" people because they're not taking up my space. But if they are all using the treadmills, pool lanes, weights and what have you, then that means there's less room for me. That's why I've stopped recommending swimming as being a fantastic, all-body activity. Shoot, if they don't swim, there's more room for me in the pool.

Moving right along, I found data that said the city of Pueblo's population in 2008 was 104,951. Evidently, they lag a bit (2 years since it's now 2010) in developing their data. Man, if it took me 2 years to do a job I'd be selling peanuts on the streets. Which, when you think about it, could be a great way for you to supplement your income. You're welcome. Consider it free financial advice. Hope to see you out there next weekend.

Now, if the above-mentioned 45% stat is accurate, then 47,000+ Puebloans made fitness resolutions for 2010. Sounds impressive, doesn't it? But wait a minute. I think there's a catch to that statistic.

The important number and the one that's missing is what percentage of NEW fitness folks made such resolutions. I'd be willing to bet that about 99.5% of those resolutions, or thereabouts, were made by people who already work out in some way and just want to refine or improve what they are doing or eating. So what may sound like a big fitness movement – 47,000 new fitness devotees – is actually more like about 500. And even that might be stretching the number.

The most common point made by virtually all those Internet articles is that fitness resolution success is enhanced if one has a workout partner, or a "support group" as the articles like to refer to it. Hmm. Gee, I wonder what gender this is mostly referring to. Hint: which one is more social and likes to talk.

Personally, I don't need to chat with someone in front of an exercise machine before using it. I don't bring my cell phone with me during a workout either. Most of my workouts are by myself, because I sort of like to have time to "zone out." That's when I come up with visionary ideas like fraternities for fitness writers, selling peanuts on city streets and other crucial information to toss in these columns. I'm sure you can appreciate the quality of that thinking time.

So what does this all mean? Well, if you've made a new fitness resolution, sticking to it might be easier if you find someone to work out with. But if you want to work out with a partner AND get some benefits from "zone out" time, just read your monthly "Great Stuff" column and find all the new ideas you need. Of course.

True team player

There can be no doubt that Olympic-caliber athletes are on a different plane of thinking and training and often resort to drastic measures in order to succeed. Hence, many have turned to performance-enhancing drugs, blood doping and, shoot, maybe even genetic tampering or alteration.

But I think I came upon the clincher. I read in *Sports Illustrated* magazine that Australian hurdler Jana Rawlinson had her breast implants removed to improve her chances of winning a medal at the 2012 Olympics. Said Jana: "I absolutely loved having bigger boobs, but I don't want to shortchange Australia either."

Now THAT'S taking one for the team. Well, two, actually.

Ten things I was just wondering:

1, Why are there two m's in "hemming" and only one w in "hawing?"

2, Don't you hate it when TV sports shows speed up replays?

3, Do persons named Pamela hate to be nicknamed (Pam) after a non-stick cooking spray?

4, If you spray Pam in a cereal bowl

(Continued on page 6)



February B-days

- 1 Justin Ricks
Lisa Presley*
- 2 Pauline Alvarado
Groundhog Day
Clark Gable*
- 4 Michelle Riddock
Rosa Parks*
- 5 Jordyn Nunez
Hank Arron*
- 8 Karen Garrity
Jene Herrera
Jules Verne*
- 11 Diana Quattlebaum
Sheryl Crow*
- 12 Alexander Paredes
Judy Blume*
- 13 Erika Chowning
Jerry Lopez
Alex Vargas-Lobato
George Segal*
- 14 Valentine's Day
- 17 Susan Marshall
Michael Jordan*
- 18 Danielle Soto
John Travolta*
- 20 Ralph Regalado
Beverly Skroch
Ansel Adams*
- 22 Aaron Diaz
Vijay Singh*
- 24 Andrew Smith
Steven Jobs*
- 25 Joseph Bulow
Zeppo Marx*
- 26 Nancy Mitrick
Levi Ropp
Fats Domino*
- 27 Vicki Meier
Jace Montera
John Steinbeck*
- 28 Anna Marshall
Sandra Messick
Mario Andretti*

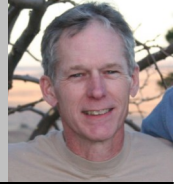
*Honorary SCR Member



Runnin' the Trails

By Paul Vorndam

Running on the Big Island



One of the great things about being a runner is being able to enjoy this avocation almost anywhere you go. In fact, when we travel, we look forward to finding interesting places/routes to run. I got a chance to vacation on the "Big Island" of Hawaii just before Christmas past and I'll have to admit that I was looking forward to hiking and running more than time at the beach.

The island of Hawaii is an interesting place. It contains an active lava-belching volcano and two volcano peaks over 13,000 ft. So, in principle, it would be possible to run from sea level to 13,796 ft to the summit of Mauna Kea. I might have been tempted when I was a little younger, but settled instead for some less ambitious runs on the trails in Volcano National Park. This park contains an active volcano called Kilauea (pronounced kill-a-way-a) and the park museum overlooks the caldera of the volcano. A smaller caldera is a sidekick to the main one and it is named Kilauea-Iki (Iki means small and is pronounced eye-kee). There is a nice trail that circumvents half of this smaller caldera and runs down straight through the middle of it from one side to another. It's about 4 miles and a 400 ft drop/gain in and out of the caldera. The overall elevation of the trail is about 4,000 ft, so it wasn't much different than running in Pueblo except for the presence of a substance unknown in the air in Pueblo, that being water vapor.

Speaking of vapor, one hazard around a volcano is noxious fumes. The park service closed the road into the museum one day because of sulfur dioxide fumes being pushed in from the volcano by adverse winds. It was

quite irritating to the eyes and lungs. Didn't run that day – coming home with a cold wouldn't have been unexpected, but emphysema is another matter.

Before running the Kilauea-Iki trail, I inquired about it at the park visitor's center. The ranger wasn't at all pleased when I referred to it as the icky-kill-a-whale trail (no sense of humor). In fact, he looked downright nauseous after he asked why I wanted to run the trail and I told him it was for the "crater good". Even if the ranger wasn't, the trail itself was delightful. The rim is rain forest and the trail is wide and graveled. You can see down into the crater here and there through the trees as you run the rim. The switch backs in and out are steep, but thinking about home put that into perspective. The trail across the bottom of the crater crosses a "lava lake". Don't worry, I wasn't doing my walk-on-hot coals magic trick; the lava surface cooled 50 years ago. However, lest the unsuspecting be lulled into a false sense of security down there, there are many steam vents that emit clouds of vapor in the crater, so as Bob Seger put it, there must be some "fire down below".

So if you visit the Big Island, enjoy the trails and go for that Mauna Kea summit if so moved. Just don't ask for directions. Hawaiians are in love with the polysyllabic. Street names just go on forever. Every vowel is pronounced. "Excuse me, sir. Can you tell me how to get to Aki-iki-oni-ulu-omy-hooey-ooey-gooley street?" And then the answer is 5 or 6 more such names to turn onto – forget it. Take your GPS. But go and enjoy the trails!

(Great Stuff continued from page 5)

beforehand, will the cereal remnants slide off easy if you are lax in cleaning the bowl promptly?

5, Why would any sports writer ever quote a sports agent about his client?

6, Would you say you're in trouble when the guy remodeling your home has his arm in a cast?

7, Isn't it irritating when magazines don't include the page number on every page?

8, Wouldn't "freebers" be a good name for people who try to get things for nothing. (Actually, I have a few other less-clean de-

scriptions for them as well.)

9, Since women-only triathlons have become so popular, why don't they come up with a "humans-only" triathlon and eliminate all the aliens who dominate?

10, What did the world do before salad dressing was invented? Put ketchup and mustard on their salads?

Until next month, may you stick to your own resolutions like cereal remnants in a Pam-less bowl.



Ramblin'

by Ron Dehn

The Road Less Traveled



It was a beautiful Sunday afternoon, and I decided I would not get a better day to take down my Christmas luminaries. Since this requires me to be on the roof, reasonably good weather is a prerequisite. It was perfect - sunny and no wind. Lake Pueblo was as smooth as glass.

When I wrapped up the project, I looked at my watch and decided that I had enough time for a quick 30 minute run. It was late afternoon, but still perfect weather. I decided that I would stay on the streets, since I was only going for 30 minutes.

I started down my regular "street" route, and at the last second, decided to head west to the trails instead. Five minutes into the run, I was on my favorite and most familiar trail.

I almost always prefer "my" trails to running the streets. In addition to being more "body friendly", they offer peacefulness and serenity. Even though I'm usually no more than three or four miles from civilization, there are few signs of man out there, so I feel like I am in the wilderness. To use a '70's phrase, I can easily become "one with nature" within a matter of minutes from my driveway. These winding trails provide a variety of uphill and downhill, ridges and ravines. The landscape is splattered with groves of red cedars, many of which are twisted from decades of wind and drought. I am fascinated by their gorgeous trunks, each one like the face of an old man or old woman where every line and wrinkle tells a story.

The vistas are spectacular and constantly changing. There is a 360 degree view from many of the ridges, encompassing the bluffs to the east, Pikes Peak to the north, the Wet Mountains to the west, and the Spanish Peaks to the south. The ravines and dry creek beds are great to run in too. They are a geologist's dream with layers upon layers of shale formed over countless eons. And the high desert plant life includes the stately red cedars, cholla, yucca, rabbit brush, and an assortment of native grasses, and plants.

Wildlife abounds, with deer, rabbits, hawks and a variety of feathered friends. There's also an occasional coyote, fox, and often great horned owls near sunset, and of course, snakes during the warmer months.

Because it was getting late, I planned to do a short loop of about 3 ½ miles.

Less than one time in ten, I encounter other people. About a mile and half into the run, I met a man walking with two large off-leash dogs. A long time ago, I learned that dogs are less aggressive to a walker than a runner, so I walked slowly toward them and the man held them both by their collars, said hello and waited for me to pass.

A short time later, I turned left and began climbing the hill toward the trail on top of the ridge, wondering if the man and his dogs might be headed up also. A few minutes later I saw them in the distance, decided not to disturb them again, and took a 90 degree turn to the right. I went off-trail for a bit, watching out for clumps of prickly pear cactus and soon ran into another east-west trail that I had never been on, and followed it to the west. Within five minutes, a magnificent buck with huge antlers crossed the trail 30 yards in front of me. He went up a small hill to my right and turned to watch me. I stopped, not wanting to spook him, then walked ahead slowly to get a better view. I stopped again and talked to him quietly and "reassured" him that I meant no harm. We stood, no more than 20 yards apart, and watched each other for a few minutes. He was truly regal with his large set of perfectly symmetrical antlers. After a few minutes, he turned and slowly continued up and over the hill.

I resumed my run and noticed that familiar sights like Pikes Peak, the reservoir, and the Spanish Peaks looked different. I thought about that and realized that they were obviously the same, but simply framed differently than what I am used to seeing. I instantly thought of the scene in the *Dead Poet's Society* when Professor John Keating, played by Robin Williams, stood on top of his desk

and remarked. "I stand upon my desk to remind myself that we must constantly look at things in a different way." I was looking at things very familiar, but from a different perspective. This was a moment of discovery. What a gift, to look at the familiar with a fresh and insightful perspective - with a new and richer appreciation.

I continued my journey of discovery, sometimes on-trail, sometimes off. For a while, I followed deer tracks, then those of a rabbit. Eventually, I ran into the main east-west trail leading to the top of the bluff overlooking the reservoir. I turned east and followed it to the top, pausing several times to drink in the beauty. The lake was still like glass. The sun was to my back and getting closer to the Wet Mountains, and the pinks and reds were beginning to emerge.

I followed the winding trail downward to the south into a large valley. Again, I got the urge to explore and went off-trail, knowing by the length of the shadows, that I must be working my way back home to the east. Another trail to the south led to the railroad tracks. I put my foot on the rail and felt no rumble. Then I ran next to the tracks through a narrow canyon for about a quarter mile before turning back to the north to eventually connect to the main trail again.

The sun was kissing the top of the Wet Mountains by now, and I was close to home, but was still enjoying my quest. Instead of going up the bluff on the "standard" trail, to the west of my house, I decided to continue going east, then climb up the bluff just to the south of my home. It had been years since I'd climbed these bluffs, but I knew that deer went up and down this area, so I looked for a deer trail. I found a narrow one and followed it. Most of it was way too steep to run, and in a few places I was grabbing at rocks and branches along the ascent, eventually getting to the top and arriving 40 yards from my driveway. My 30 minute run turned into

(Continued on page 8)



2009 Predict Series

Rudolf's Reindeer Romp

by Jim Robinson



The last race of the 2009 Southern Colorado Runner's prediction series was hosted by Mary Rudolf and Don Learned. This was a 3.8 mile predict your time race and was held on Sunday December 13, 2009. The course ran through the Pueblo Regency subdivision and out on the prairie west of the Regency subdivision. The course involved some paved roads and dirt trails which together with the bright sunshine made for an enjoyable run. Matt Drake had the fastest time of the day with a 23 minute and 11 second run.

Matt is a junior attending Regis College in Denver and a graduate of Pueblo West high school. The person closest to his prediction time for the run, however, was Donald Moore who was only 28 seconds off of his predict. I would like to thank Mary Rudolf and Don Learned for hosting this event and Dennis Wait for helping me with the finish line.

This was a unique year for the Prediction Series. This is only the second time a female has won the series since 1999. Another unusual fact is that this was the closest finish that I know of for a prediction series. Leona Spracklin won the 2009 Prediction Series by only three tenths of a point over Brian Ropp the second place finisher. Total points for the best of 5 races were as follows; Leona Spracklin 401.86 points to Brian Ropp's 401.56 points. Dave Diaz finished the series in third place with 394.05 points.

Awards for the 2009 Southern Colorado Prediction Series will be given out at the annual banquet to be held on January 30, 2010 at the La Renaissance restaurant. Southern Colorado Running Club members must have ran at least 5 out of the 9 prediction races held in 2009 to be eligible for the awards. The 2010 Prediction Series will feature many new races and different courses. Carrie Turman will be the new Prediction series director for 2010 so it should be a fun and exciting series this year. The Southern Colorado Runners will be looking forward to seeing the new and experienced runners for the series and good luck to every runner.

Reindeer Romp Results

16 Name	Predict	Actual	Diff	Points
1 Donald Moore	32:40	32:12.49	27.51	100.00
2 Brian Ropp	28:45	27:26.91	1:18.09	93.75
3 Dave Diaz	32:00	30:16.68	1:43.32	87.50
4 Matt Drake	21:20	23:11.71	1:51.71	81.25
5 Paulette Arns	42:02	40:04.94	1:57.06	75.00
6 Anthony Diaz	31:30	34:02.61	2:32.61	68.75
7 Aaron Levinson	22:00	25:19.55	3:19.55	62.50
8 Peggy Oreskovich	38:00	34:33.42	3:26.58	56.25
9 Carrie Turman	40:01	36:26.31	3:34.69	50.00
10 Leona Spracklin	40:00	35:59.16	4:00.84	43.75
11 Gary Franchi	40:35	36:27.98	4:07.02	37.50
12 Debbie Gurule	31:45	35:52.69	4:07.69	31.25
13 Martha Drake	32:00	36:54.78	4:54.78	25.00
14 Jessie Quintana	40:00	45:08.93	5:08.93	18.75
15 Richard Edmond	38:00	48:23.17	10:23.17	12.50
16 Tim Garrett*	00:00	00:00.00	0:00.00	0.00

* Did not Predict

Volunteer: Dennis Wait

Results: Jim Robinson

Hosted by: Mary Rudolf and Don Learned

(Ramblin' continued from page 7)

a 90 minute exploration. I would have stretched it even longer if there were more daylight. I was reminded of the last stanza of Robert Frost's famous poem, *The Road Not Taken*.

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I--
I took the one less traveled by,
And that has made all the difference*

I didn't see Robert Frost running the trail that day, but he was definitely with me.



Predict Series

2009 Final Results

by Jim Robinson



Name	Spg	M Max	M Max	Rams	Yap	Sth	Hvst	Temp	Rudf	Total	Best 5
R Off	10.3 M	4.6 M	8	Dog	Shor	5M	Cnyn	Romp	Points	Races	
Leona Spracklin	77.27		100	95.24	19.05	15.38	45.71	83.64	43.75	480.04	401.86
Brian Ropp	75.00				61.90	100		70.91	93.75	401.56	401.56
Dave Diaz	27.27	81.82		66.67	80.95	69.23		74.55	87.50	487.99	394.05
Anthony Diaz	95.45	45.45			95.24		85.71		68.75	390.61	390.61
Humberto Paredes	88.64			76.19	52.38	84.62	68.57	69.09		439.49	387.10
Paulette Arns	90.91		25.00	61.90	90.48		20.00	43.64	75.00	406.93	361.93
Carrie Turman	31.82		93.75		76.19		60.00	80.00	50.00	391.76	359.94
Peggy Oreskovich	65.91		37.50		85.71	7.69	48.57	65.45	56.25	367.09	321.90
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
Don Post	9.09		31.25	100	100			67.27		307.61	307.61
Donald Moore				38.10	23.81		88.57	38.18	100	288.66	288.66
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	62.50	275.44	269.19
Jessie Quintana	22.73		12.50	9.52			14.29	34.55	18.75	112.33	102.81
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	
Robin Krueger	79.55		56.25		38.10					173.89	
Paul DallaGuardia	50.00			57.14			54.29			161.43	
Martha Drake	38.64			23.81	71.43				25.00	158.87	
Bill Vegas	20.45	100			28.57					149.03	
Gary Franchi							57.14	50.91	37.50	145.55	
Henry Hund	61.36		81.25							142.61	
Larry Volk	63.64							63.64		127.27	
Malachi Ricks			43.75	4.76		46.15	25.71			120.38	
Jordan Montera	43.18	72.73								115.91	
Matt Sherman	70.45	18.18		19.05						107.68	
Debbie Gurule	25.00						51.43		31.25	107.68	
Mark Koch								100		100.00	
Jim Trujillo III							100			100.00	
Jane Chess								98.18		98.18	
Edward Leanos	97.73									97.73	
Crystal Fairbairn							97.14			97.14	
Charles Busch								96.36		96.36	
Robert Santoyo	11.36	9.09			9.52		65.71			95.69	
Mark Fairbairn							94.29			94.29	
Greg Gaunna	93.18									93.18	
Emily Batson						92.31				92.31	
Ken Hughes							91.43			91.43	
Tim Masters								90.91		90.91	
Chris McIntyre								89.09		89.09	
Joe Bulow			87.50							87.50	
Brian Vanwarden								87.27		87.27	
Mark Gurule	86.36									86.36	
Susan Gebhart								85.45		85.45	
Mike Cernoia	84.09									84.09	
Kevin Hughes							82.86			82.86	
Josh Bufmack								81.82		81.82	
Jeff Chowning	81.82									81.82	

Top 50 Finishers 2009

For complete results,
refer to the
SCR website



Congrats to MoJo

Congratulations to SCR's Marijane Martinez who took 1st place in her division in the Colorado Runner Racing Series. Her photo and an interview are included in the last issue of *Colorado Runner* on pages 13 and 14. Former Puebloan Stella Heffron also won her division.

Colorado Runner magazine is free to SCR members who request it on their membership form.



The 2010 Predict Series The Lone Tree Predict Results by Carrie Turman



Pl	Name	Predict	Actual	Difference	Points
1	Emily Batson	0:42:30	0:42:14.54	00:15.46	100.00
2	Brian Ropp	0:37:45	0:38:00.83	00:15.83	96.15
3	Mark Gurule	0:39:00	0:38:39.66	00:20.34	92.30
4	Jessie Quintana	1:00:00	1:00:29.81	00:29.81	88.45
5	Paul DallaGuardia	0:51:00	0:51:34.30	00:34.30	84.60
6	Edward Leanes	0:50:50	0:50:11.86	00:38.14	80.75
7	Shawn Loppnow	0:41:14	0:40:29.65	00:44.35	76.90
8	Don Pfost	1:08:13	1:08:58.00	00:45.00	73.05
9	Michael Cernoia	0:30:00	0:30:55.21	00:55.21	69.20
10	Humberto Paredes	0:38:55	0:39:52.42	00:57.42	65.35
11	Matt Drake	0:30:15	0:31:18.07	01:03.07	61.50
12	Michael Ordendorff	0:40:49	0:39:24.16	01:24.84	57.65
13	Wendy Garrison	0:54:00	0:55:25.37	01:25.37	53.80
14	Becky Medina	0:53:58	0:55:29.77	01:31.77	49.95
15	Debbie Gurule	0:47:00	0:49:08.72	02:08.72	46.10
16	Aaron Levinson	0:36:00	0:38:11.18	02:11.18	42.25
17	Rebecca Wehner	0:47:30	0:44:52.31	02:37.69	38.40
18	Martha Drake	0:47:15	0:50:09.85	02:54.85	34.55
19	Dave Diaz	0:38:30	0:41:25.15	02:55.15	30.70
20	Leona Spracklin	0:43:00	0:46:23.14	03:23.14	26.85
21	Ron Dehn	0:46:16	0:50:20.02	04:04.02	23.00
22	Anthony Diaz	0:43:50	0:48:08.89	04:18.89	19.15
23	Paulette Arns	1:00:45	1:05:13.42	04:28.42	15.30
24	Robert Santoyo	0:36:17	0:41:23.65	05:06.65	11.45
25	Carrie Turman	0:44:53	0:50:57.50	06:04.50	7.60
26	Richard Edmond	0:55:00	1:03:42.58	08:42.58	3.75



Above: Shawn Loppnow makes his prediction aided by Stacey Diaz and Predict Series Coordinator Carrie Turman

Below: L to R Ella gives Paul DallaGuardia a high five as he finishes

pics by various contributors - thank you to all!

Carrie, Dave Diaz and one of SCR's newest members, Rebecca Wehner



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 races and 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>February</u>				
Sun 14	Valentine's Twosome	1.6 M	City Park	Jeff Arnold (jeffaco@earthlink.net)
Sun 21	*Spring Runoff Tune-up	6 M	City Park	Larry Volk (lrvolk@yahoo.com)
<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	4.6&10.3M	SCR/Nature Ctr	Emily Batson (eberhardtdds@yahoo.com)
<u>April</u>				
Sat 10	*Ramsgate 8	8K	Belmont	Don Pfost (dlpfost1@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	Kevin Keilbach (kevin.keilbach.m34m@statefarm.com)
<u>May</u>				
Sat 01	Blossom Day Run	5M, 5K	Canon City, CO	ccblossomfestival.com
Sun 02	Cinco de Mayo	5K, 10K	Pueblo, CO	Ramon Arriaga (ramon.arriaga@colostate-pueblo.edu)
Sun 23	*Yappy Dog	8.6M	SoMesaEleSchool	Ross Barnhart (barnhartaccount@gmail.com)
Sun 16	Run With the Bulls	5K, 10K	Union Ave	Ruth McDonald 719-251-3189
Sat 29	Run for Rio	5K	Rye, CO	Jeff Arnold (jeffaco@earthlink.net)
<u>June</u>				
Sat 12	SpiritFest	5K	Riverwalk	Jesse Sena (jesse.sena@dss.co.pueblo.co.us)
TBA	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)
Sat 24	*Shawn's Shuffle	5M	Regency Park Area	Shawn Loppnow (shawn.kayaker@yahoo.com)
<u>August</u>				
Sat 28	Danapoolooza	5K	Canon City, CO	danapoolooza.com
TBA	*South Shore Adventure	8.3M	Lake Pueblo	Larry Volk (lrvolk@yahoo.com)
<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	SoMesaEleSchool	Hillary Pacheco-Hall (hpachecohall@puebloymca.org)
Sat 18	Corporate Cup Mile Run	1M	Pueblo YMCA	
TBA	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	Lovell 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	PuebloCityPark	Dave Diaz (diazsd@aol.com)

*SCR Prediction Series

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

**Non-Profit
Organization
U.S. Postage Paid
Pueblo, Colorado
Permit # 41**

Address Service Requested



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

The Final Thoughts...

Go to where the silence is and say something. -Amy Goodman, investigative journalist, columnist and author (b. 1957)

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

...live, love, laugh, and fight. You will have an understanding of life that some people do not learn in a lifetime. Dr. Sharon T. McLaughlin, a childhood cancer survivor

Brain cells come and brain cells go, but fat cells live forever. - unknown



SCR Members: Anthony Diaz, Dave, Stacey Diaz, Peggy Oreskovich, Robin Krueger Romero, Carrie Turman, Gary Franchi, Paul Dallaguardia at the January 1st Rescue Run