



FOOTPRINTS



Editor: Ron Dehn

This issue contains a pot of gold, or maybe just a bunch of blarney



SCR's finest honored at annual Banquet

By Gary Franchi



What a night for stars to shine!

None more than Paulette Arns, who was named Outstanding Club Member during the 2010 Southern Colorado Runners Banquet that was held Jan. 30 at La Renaissance restaurant in Pueblo. The program included lots of well-deserved individual recognition, raffle prizes, the naming of new officers, a super 2009 race highlight slideshow that was created by Larry Volk, and – oh yeah – a delicious meal, too.

It was all planned and choreographed by the banquet committee of Stacey Diaz, Paul LaBar, Peggy Oreskovich and Carrie Turman. Peggy served as the emcee and did an admirable job of keeping the program moving smoothly, announcing the winners of various raffle prizes and adding a touch of humor at times.

While Paulette's was the culminating award, there were plenty of other big ones given out during the evening that drew close to 100 attendees.

Major award winners were:

- Outstanding Club Member: Paulette Arns
- Male Runner of Year: Justin Ricks
- Female Runner of Year: Peggy Oreskovich
- Youth Male Runner of Year: Mike Cernoia of Pueblo West High School
- Youth Female Runner of Year: Anna Marshall of Pueblo West High School
- Dirty Sock Award: Bill Veges

The new officers for 2010, presented by outgoing president Don Pfost, are:


- President: Paul LaBar
- Vice President: Dave Diaz
- Secretary: Mike Archuleta
- Treasurer: Paulette Arns
- Membership Chair (acting): Don Pfost
- Newsletter Editor: Ron Dehn
- Calendar Keeper: Dave Diaz
- Predict Race Coordinator: Carrie

Turman
Webmaster: Paul LaBar

Stacey presented a bottle of fine wine from the Bonacquisti Wine Company and two super-cool SCR-engraved wine goblets to each volunteer who earned at least 50 points during 2009. **Volunteers honored** were: Mike Archuleta, Kim Arline, Jeff Arnold, Paulette Arns, Joe Bulow, Terry Cathcart, Ron Dehn, Anthony Diaz, Dave & Stacey Diaz, Gary Franchi, Robin Krueger, Paul LaBar, Ruth McDonald, Hilbert Navarro, Peggy Oreskovich, Don & Lois Pfost, Ken Raich, Shelley Riddock, Jim Robinson, Kerry Roman, Paulette Stewart, Linda Strange, Carrie Turman, Bill Veges, Larry Volk, Paul Vorndam and Jacqueline Wall.

Jim Robinson, the Prediction Series Coordinator in 2009, recognized the year's top point-getters and noted that the **Predict Series champion**, by a margin of less than one point, was **Noni Spracklin**.

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Valentine's Twosome
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Minutes from the February, 2009 Meeting

By Maria Elena Weaver

Introductions: Ron Dehn, Terry Cathcart, Don Pfof, Paulette Arns, Cheryl Farrer, Paul LaBar, Dave Diaz, Marilyn Vargas, Rob Archuleta, Maria Elena Weaver, Gary Franchi & Larry Volk

Reports/Recaps

The Lone Tree Predict: Larry Volk Good weather and varied course. Plans to do again next year

Annual Awards Banquet: Paulette Arns, et al.

Paulette reported 95 there were registered attendants and that the restaurant charged for 85 dinners. The vegetarian meals worked out well. There was good atmosphere, good emcee (Peggy Oreskovich) and great awards. Thanks to Don Pfof there were certificates for the volunteers. Paulette Arns wants better count of actual people at banquet. Don Pfof voiced concern re: criteria for choice of Best Runner, including having other sources than nomination committee. Suggestions from other members included returning to tradition of selecting most improved runner and to base choice on running ability. Paul LaBar reminded group that some members wished to get away from choosing just the fastest runners. Paulette reported that awards at banquet included those purchased by the club, donated awards in exchange for promotion and gift cards which business matched donations to purchase amount by SCR.

Upcoming Races/Events

Valentines Twosome Relay: Larry Volk

No changes from last month's report. Larry Volk will be out of town and won't be available to photograph race.

Spring Runoff Tune-Up: Larry Volk

Larry will need help to pick up key for gate and will call Dave Diaz for

chalk. Brian and Emily will help with marking course; which will be a 10K distance. Larry will also need to get bibs from club which should be different than those used for the Runoff to avoid confusion if a runner uses the wrong bib at the Runoff.

Spring Runoff: Terry Cathcart Terry met with Paulette and handed out over 2400 flyers. Race volunteers will use the tent on one side of the stadium. Medals and ribbons have been ordered. The race will include the 2-mile race again. The Funner to be a Runner event will be timed using the same clock as for the walkers. There are plenty of volunteers for that race. Jeff Arnold will be lead bike and Rich Hadley will help direct finish of Funner to be a Runner to a safer place that does not involve a downhill ending to prevent injuries. The Toddler race will run in the field at the same time as the Funner to be a Runner. Larry Volk will do race photos on that day. New software will be used for results and there will be a meeting at the Chieftain on Feb. 11th at 4 PM. for training to use new software. The computer calculating results will be at the finish line area. Race announcements will be made using the PA system. Members voiced concern about having barricades to prevent anyone from parking in the starting area. This will be addressed at the Feb. 11 meeting.

Youth Runner: Marilyn Vargas Flyers were sent out to potential sponsors about the Pueblo Pacers.



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

Some race directors will offer discounts for participants 18 and younger who are members of the Pacers. T-shirts not necessarily included unless race director chooses to give one to Pacer.

Race directors who wish to participate will provide results to Pacers organizer. The purpose of creating this group is to get more families involved in running.

(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. 330

"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	Paul LaBar	
Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	
Non-Elected Officers		
Membership Chair	Don Pfof	544-9633
Newsletter Editor	Ron Dehn	547-9273
Editorial Consultants	Gary Franchi, Timothy Urenda*	
Newsletter Advisor	Chris Dehn	
Web Master	Paul LaBar	404-0104
Calendar Keeper	Dave Diaz	

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Carrie Turman, Mike Archuleta
Dave Diaz, Don Pfof, Stacey Diaz, Maria Elena Weaver, Jan Dudley, Paul LaBar, Charlie Gray, Jeff Arnold

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.

* Pueblo South's Timothy Urenda is the Class 4A Colorado state wrestling champ in the 112 weight division. Of the three Pueblo wrestlers competing in the championship finals, Timothy is the lone champ. Congrats Timothy!!!



Minutes Continued



Spank Blasing: Todd Kelly

Todd informed group that he is taking extra care to correct last year's problem which included incorrect distance and not enough food at end of race. The course will be certified by North Star Engineering using GPS technology and those who did not get a burrito last year will get a \$5 discount on their race entry. Race will start outside the stadium and will include a 5K, 10K and 2-mile distance. There will be separate food available for participants and volunteers. Awards will be available to be picked up before announcements if runners don't want to wait to be called out. The race entry fee will be \$25 for adults, \$15 for 17 and under and there will be a family rate of \$70 for two adults and two students. Extra students will be charged \$10 each. Todd hopes to have 1000 participants. Race times will be recorded using shoelace chips. A separate finish chute may be used for walkers and runners to avoid congestion. Club members voiced concern about walkers not getting chips if they pay the same price as runners. This race will be held on the same day as the Spring Football, baseball, softball games and track meet. Athletes can Stretch with the Wolves b Club before the run. Club members advised Todd to advertise the certified course as runners can use results to qualify for Bolder Boulder and to become a partner with that race to

draw more participants to the Spank Blasing event. Todd reported that the 10K course will be a little different than last year's and will have mile markers and split timers. Paul LaBar and Todd will meet separately to discuss race registration.

Lions Roar for Physical Fitness:

Cheryl Farrer

This event planned for Sept. 18th at City Park and it is being organized by Fountain International Magnet School faculty. It will include a 5K, 1.6 mile walk/run and 50 yard dash. Cheryl hopes to have 400 children who will be sponsored if unable to pay the entry fee. Larry Volk expressed concern about unsupervised children on the park roads. Cheryl reports that there will be enough adults this year and that last year's event was supposed to have volunteer policemen who did not show for legal reasons. Event organizers may close the park and will have SCR help with finish line and results. Dave Diaz voiced concern about conflict with Corporate Run since SCR is helping with that event. Cheryl may consider changing the race date.

Mad Max's Trail Adventure: Emily Batson (not present)

Club members report it is planned for 3-21-10 and went smoothly last year.

Mosaic Race (Amazing Grace Fellow-

ship): Marilyn Vargas

Race scheduled on Sat. July 17th. Marilyn reports that it is a fundraiser for a church youth group trip and the SCR standard assistance package is needed. The course is in Pueblo West and will start and end at the church. Terry may be available as club liaison. Marilyn has the downloaded the directors kit from the SCR website.

Addict2Athlete: Rob Archuleta

Rob asked for the club's expertise to organize a race on the frontage road to Stem Beach, on Sept. 25th. The Colorado Meth Project will be involved in this activity. A children's race is planned to run in the dog track. Ron Dehn advised Rob to download the race director's kit, volunteer at a race to learn how such an event is organized and to send information to Ron to publish in the newsletter. Dave Diaz mentioned the race date may be a conflict with the Hot to Trot Run.

Officer Reports

Meeting Minute Report: Approval tabled for this meeting.

Newsletter Editor: Ron suggested having a substitute editor for a couple of issues this summer as he will be unavailable for part of the summer. Don Pfost

(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,
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webmaster@socorunners.org

Looking for Gold?

**Go to the GOLD
DUST saloon**



**217
South
Union**



Minutes Continued

(Continued from page 3)

said he will contact some members who have expressed a wish to help with the newsletter. Ron is open to having a co-editor. One alternative considered would be to just mail race flyers. Ron would help teach substitute in learning to use Publisher software.

Treasurer Report: Paulette presented an itemized report and it was approved without changes.

Membership: Don Pfof reported that there are 146 members and that he will mail reminders to 76 members from 2009 who's membership has lapsed. There are 116 members who will receive the Colorado Runner magazine.

Webmaster: Paul LaBar reports he will set up Spank Blasing registration and that there are runners registering. Paulette is receiving emails about registered runners. The officers page has been updated. Paul asked Gary Franchi about having the Club in Facebook which would allow the club to announce weather conditions, runners to write comments and become friends. A future message board for SCR was also discussed.

New Stuff/Old Stuff

SCR Race Management: Don Pfof, Paul LaBar and Paulette Arns are learning to use the Race Director software. Training on entering registrations will occur at a Spring Runoff meeting to be held at the Pueblo Chieftain on Thursday February 11th.

Parks & Rec Fee Negotiations: Jeff Arnold was not present to discuss this item.

Club Picnic: Dave Diaz proposed changing the picnic date to June or July.

Equipment Repair/Replacement: Dave asked to replace flagging rolls that were lost.

Meeting Adjourned @ 9:00 pm
respectfully submitted by Maria Elena Weaver



From the Mailbox

Hi All,

I thought my fellow runners and outdoor enthusiasts would get a kick out of an adventure I had last night...

I ran into (well actually within a few yards of) a bobcat last evening on a training run for the upcoming Colorado Marathon! I had started out at Pueblo City Park around 4:30 pm, ran on city streets down to the river trail (the bike path along the Arkansas River) by way of Dutch Clark Stadium, and then headed back west. My goal was to run up to the base of the Pueblo Reservoir dam, mostly on dirt trails, and then back to City Park for a total of 14 miles.

After passing the Pueblo Nature Center I was running on a gravel road that hugs the edge of the butte about 10 yards north of the cement bike path. (People who have run the Rock Canyon ½ Marathon will recognize this route.) I had just run past a white steel gate and rounded the bend that opens into a large field left by a gravel mining operation. Down on the cement path about 50 yards ahead I saw what appeared to be a medium sized dog without an owner walking toward me. As I came closer I noticed its gait was much more fluid, its fur was much thicker, and its paws were much larger than a dog's. It had tan fur and it's striped face was definitely not canine. The heck with my pace - I slowed to a walk then stopped to get a better look.

There stood an honest to goodness bobcat. He crouched down on all fours in a defensive posture, turned his yellow-green eyes and black tipped ears toward me and flicked his short black tail in what appeared to be irritation (at least that's what my house cats do when they're annoyed). I stood quietly taking deep breaths, and after about 30 seconds of staring at one another, he sensed that I wasn't a threat, stood back up and proceeded in the same direction he'd been heading toward a wooded area that borders the path and

field. I watched him walk off and then slowly picked up my pace from walk to jog and finally run. Both of us were looking over our shoulders as we headed in opposite directions. After running a little further down the path I had to raise my fists in the air a couple of times - elated by the encounter.

If I'd had my wits about me I may have tried to snap a photo with my cell phone, but I can still imagine him in that same spot I've run past many times before. I've gotten used to running by the herd of deer that feed in the same field around dusk and chasing jack rabbits off the trail. I've surprised a beaver on the dirt road that borders the river bank once, almost squashed a tarantula on the bike path on another occasion, and even given a couple of rattle snakes wide berth during the summer, but I've never seen bobcat in the wild before.

Pueblo has an amazing amount of wildlife within a few miles of downtown! I guess all you have to do is go out for a run.

Paul LaBar





Great Stuff

by Gary Franchi

The mind wanders & wonders



Thought for today's lunch, compliments of ultramarathoner Dean Karnazes: *"The difference between a runner and a jogger is that a jogger still has control of his life."*

Musings about running, fitness, life:

Ah, the Winter Olympics. Visions of flying tomatoes dancing through my brain as I wonder what this snowboarding sport is all about and how it actually evolved into a sport. More than anything, I wonder how the heck those daredevils can even try most of the stuff they do, even without Shaun White's McTwist 1260. "Fearless" is the word that mostly comes to mind. "Youth" is another. For the most part, I guess you have to be young to be that fearless. But this fearless thing ain't always what we think it is. Give a read about what Shaun said before he became the first two-time Olympics snowboarding champ:

"A few weeks ago, I was scared of crashing on the double McTwist. Then I was scared because we were in a sprint to the Olympics, and I was still falling in runs. That stuff worries me. I get stressed about everything. I have so much going on, it overwhelms me sometimes."

So, despite the seemingly calm, laid-back demeanor, things not always as seem, Daniel Son.

X FACTOR. I have to admit I never watch the Winter X Games. But a lot of other people sure do. The recent Winter X Games 14 held at Aspen's Buttermilk Mountain set records for viewership and ratings and more than 43 million viewers watched it on ESPN and ESPN2, which combined to televise 24 and a half hours of it in HD between Jan. 28 and 31. They also were televised to 172 counties and territories. And the Games set attendance records with about 84,100 spectators over 4 days. Think of all the future flying tomatoes that were out there honing their skills or watching them on in person or on the tube.

VIRTUAL LYING. Hey, I finally figured out a way to win my age divi-

sion in a road race. In fact, by distorting the truth enough, I could have finished first in the entire race field. This is because the New York Road Runners club conducted a Haiti Virtual Run to help that country's citizens recover from the Jan. 12 earthquake. All you had to do was run 4 miles anywhere and anytime between Feb. 19 and Feb. 24. You could send in your time while registering online and ponying up the non-tax-deductible \$30 entry fee. No T-shirts. No awards. But who cares? I could have sent in a time of 16+ minutes and been the overall champion, then printed the results off the Internet and framed them. I suppose I could then send the results with my Bolder Boulder entry and get into the first wave. It's beyond genius, really. Almost visionary. Well, almost. Uh, yes, I passed on this great opportunity.

VIRTUAL MONEY. Those who know me know that I like to whine about the cost of some entry fees, especially for triathlons and other multi-sport events. For instance, forgive me, but I think \$130 for a certain half-Ironman distance aquathon (1.2M swim and 56M bike) held in Colorado in September is outrageous. However, after seeing the cost of lift tickets to ski in Colorado, I'm thankful that my unstable right knee doesn't allow me to ski. The best money thing to come my way lately, though, has to be the Team Garmin bicycle club's offer. For a "mere" \$7,499.99 (gee, sounds so much cheaper than \$7,500), us ordinary folks could get a premium team membership package that provides a Team Garmin bicycle, jersey, official casual apparel and exclusive weekly e-mails. It's really going to be tough not to take them up on this great offer. But since the bike doesn't include bottle cages, I may have to have to pass on this one.

VIRTUAL PEDALING. You don't see too many of them around here, but electric bikes are hot items overseas. Some 22 million of them are expected to be sold in China this year. Compare that

to the 300,000 sales that are forecast in the U.S. for a price that start at \$500. Shoot, there will probably be more snowboards sold in our country than electric bikes, especially after the Flying Tomato did his aerial act in the Olympics. Trek, the largest U.S. bike manufacturer, has gotten about 500 of its 2,300 U.S. dealers to commit to carrying the bikes.

Gee, if Lee over at the Great Divide, which carries Trek bikes, starts selling a \$500 model, it would be worth it for me to invest in one. I could use my current Trek Madone model for training, then jump on an electric Trek for the bike leg of triathlons, eliminating a deficiency in what is usually a weak "tri" leg for me. Sure would beat buying a Garmin team bike for \$7,499.99 (NOT \$7,500) through its membership offer. Would be a lot easier on the quads and the lungs, too. Plus it would be a good addendum to that virtual Haiti fund run. This would be legal, wouldn't it? Sure would take the hassle out of the uphill and make for some dream-like times.

Ten things I was just wondering:

1, Wouldn't it be nice if all 5K high school cross country courses were perfectly comparable like same-distance swim times (unless a pool is deeper)?

2, Don't you wish all race results included each runner's home city? And wouldn't it be cool if entry forms had a space for runners to list their PR at the race distance and that was included in the results too?

3, Does a runner ever turn down a good dessert?

4, Don't you just hate reaching the end of a chap stick when the stuff is below the cylinder?

5, Wouldn't it be cool if an already-held race left its online registration in place and actually took in some race entries for it?

6, What exactly does the Colorado Rockies' "mental skills coach" do and what experience is necessary to become such a coach?

7, Don't you get tired of listening to

(Continued on page 7)



March B-days

- 1 Kristy Davenport
Harry Belafonte*
- 2 Kim Arline
Priscilla Portillos
Dr. Seuss*
- 3 Aaron Levinson
Arnold Docessaro
Jean Harlow*
- 5 Brianna Diaz
Rex Harrison*
- 6 Sarah Clapp
Shawn Loppnow
Lou Costello*
- 8 Nancy Martinez
Lynn Redgrave*
- 12 Paul Koch
James Taylor*
- 13 Dennis Krall
Neil Sedaka*
- 14 Tim Kraemer
Albert Einstein*
- 15 Chester Haddan III
Eva Longoria*
Ides of March
- 16 Sandi Boyer
Reginal Rudolph
James Madison*
- 17 Angelica Wall
Kurt Russell*
St. Patrick's Day
- 18 Jonathan Huie
Laura Clark
Vanessa Williams*
- 24 Bob Gassen
Harry Houdini*
- 26 Marvin Bradley
Aretha Franklin*
- 28 Meg Gredig
Reba McEntire*
- 30 Tamra Rudolph
Eric Clapton*



Runnin' the Trails

By Paul Vorndam

A Trail Runner's Glossary



Trail	A running route where you may encounter dirt and/or mud (no it's not a route through the U.S. Congress).
Track	A Trail in New Zealand, but the footprint of what's stalking you here.
Trail Head	Any point on a loop trail.
Map	A sheet of paper for starting a fire in case you decide to bivouac
Bivoauc	What you do when you forget your map (you can't have your map and bivouac too).
Cross Training	Running with a grumpy partner
Deadfall	One you don't get up from.
Taking it in	One you usually do get up from.
Cool Shades	What you see after a deadfall.
Drawing Mud	What happens when you meant to pass gas instead.
Uphill	Redundant; there is no such thing as down hill.
Lost	Must be a TV program – it's something that never happens to <i>real</i> trail runners.
GPS	Good Pee Site
Suicide	A Pikes Peak Descent only race (one wave only).
USFS	A government agency for promotion of ATVs and motorcycle on trails.
Talus	What you say about their run when a Trail Runner comes home.
Hydrate	The speed at which you can hide.
SPF	Startingline Pucker Factor
Gaiters	Covering for your shoes to keep the rocks that you forgot to empty inside them.
Pedometer	The number of pedophiles/meter.
Energy Gel	Replacement for Shoe Goo
Power Bar	An emetic.
Treadmill	Known by various other names in the middle ages, e.g., the rack.
Scenery	What you look at if you want to Take It In.



A Different Kind of Senior Trip

by Charlie Gray



When I was first approached by Chuck Smead, the thought of being on a team again brought back many fond memories of long ago college cross country road trips. The travel, the camaraderie, doubling up in the hotel rooms, the excitement of running against unknown competitors and representing your team at Nationals. The competitive juices began to flow.

The National Club Cross Country Championships race would be held on December 12, 2009 in Lexington KY. There was a 50-59 men's masters division that Chuck thought we had a chance to win. He had researched the past several years' results and he felt we could field a very good team of old guys representing Colorado. The race is scored just like high school and college cross country, top 5 places in the 10k race are added to together and low score wins. We could field a team of 8 runners capable of running around 6:00/mile pace. That might be good enough for the win. If we could just train for event, stay healthy and not get sick or injured. Well, with 50+ year old legs that have covered around 100,000 miles, staying healthy is the hardest part these days. But the stars must have been aligned as all 8 of us managed to be fit and healthy enough to travel to the race.

I had only met a couple of the guys on our team sponsored by a Fort Collins running store, Foot of the Rockies. But gathering in the Denver airport, the kid in us came out and we were excited about the race and team concept. Chuck kept building us up; "we should be top 3 regardless". We knew Club Northwest out of Seattle would be tough as they were defending champions. Green Mtn. Athletic Club had run the 5k masters championship in October and had 5 guys in under 18:00. Lastly Greater Lowell from Boston had an excellent 1-2 punch but how deep were they? We liked our odds coming down from elevation and running a rolling hill grass course. No single track trails here.

Race day came and the weather was nice, course was not too muddy and we were confident. The men's masters race had about 300 competitors, age 40 and up, way up. The race started and I had forgotten how crowded and fast national races began. Hitting the mile mark in 5:45 I think I was around 140th place. Dang, these old guys can move still race. I was our 5th scorer and liked our chances. If I am 5th man on a 50-59 team, we have to be pretty darn good. Around 2 miles I moved ahead of Chuck and Jeff Barros and was feeling relaxed. Then around 2 ½ miles I saw our number 2 guy, Doug Bell, standing on sideline cheering for me. Wait a minute; you are supposed to be in front of me Doug. Seeing Doug on sideline was not a good thing. Now I am thinking I am our number 2 guy at 5k. And I am beginning to tire from the lack of racing leading up to this race. Around 4 miles John Victoria pulled up beside me and encouraged me to go with him. I tried but could not muster anything extra and watched him inch ahead of me. With a quarter mile to go, a Club Northwest 55-59 year old guy went

around me. My mind wanted to go but my legs said "not today". I only had one mile over 6:00 pace and finished in 37:36, my fastest 10k in a couple of years. I couldn't complain.

At the finish line I saw Steve Gallegos, our top guy in 36:01, and he said he cramped with one mile to go. Doug was there saying he did not feel good today and that is why he dropped out. John finished 9 seconds up on me, Jeff nine seconds back and our 5th finisher Kyle Hubbard only 10 seconds behind me. Chuck was our non-scoring 6th finisher in 37:58. If you told us we would have had 6 guys under 38:00, we'd say we liked our chances.

When the results were announced, Foot of the Rockies was 5th place with 118 points. In fourth was a team out of Indiana, RunninSpotEarthDrum, with 113 points. In third was Greater Lowell Runners with 79 points. Second went to Club Northwest in 76 points and winning was Green Mountain Athletic Club with 75 points.

While we were humbled by our 5th place finish, we all agreed over our post race beverage of choice that the effort was worth it and next time we will be better prepared and hungrier. Watch out!

For those stat freaks out there, full results can be found at www.usatf.org/events/2009/USATFClubXCChampionships

5	Foot of the Rockies	
7	7 M50 Steve Gallegos, 54, Golden	36:01:00
24	4 M55 John Victoria, 55, Loveland	37:27:00
28	6 M55 Charles Gray, 55, Pueblo	37:36:00
29	27 M50 Jeffery Barros, 52, Thorton	37:45:00
30	28 M50 Kyle Hubbard, 53, Broomfield	37:46:00
32	7 M55 Chuck Smead, 58, Mosca	37:58:00
54	15 M55 Heath Hibbard, 56, Montrose	40:27:00
Total	Time = 3:06:33	Total Places = 118

(Stuff, continued from page 5)

someone whistle in a locker room when 1, It's off key, and 2, The whistling is so bad that you can't figure out what the song is?

8, Wouldn't it be nice if you could "test use" a pen before buying it?

9, Wouldn't the "Broom Hilda Open" be a great name for a curling tournament?

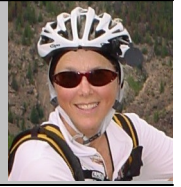
10, Doesn't it just figure that, after decades and volumes of articles on the benefits of stretching, *Runner's World* magazine says: "Little evidence indicates that stretching prevents overuse injuries."

Until next month, may all your virtual dreams come true.



Pueblo Active Community Environment (PACE)

by Jan Dudley



“Walk-n-Roll Pueblo!”

Last year I was introduced to the concept of “active community” initiatives through the Pueblo Active Community Environments (PACE) committee. The purpose of PACE is to “promote a walkable, bikeable, sustainable and active Pueblo community.” In 2009, PACE sponsored several projects to engage the planning process to improve walkability and bikeability in Pueblo. I participated in public reviews of new cycling route maps, a “Bikeability Challenge”, and two “Walkability Challenges” to provide feedback on cycling and walking conditions. I learned things about our community from both the bike ride and the walks, including some very interesting neighborhood history.

Most SCR members lead active lifestyles, often including cycling as cross-training for running, or for triathlon training, or possibly to commute by bike. My first bike commute started by necessity before the age of driving, when I rode across the Twin Cities on my cousin’s 5-speed Schwinn to take a summer class at Macalester College in St. Paul. Later, I kept a college work-study job at the CSU Energy Research Center outside of Ft. Collins by riding a 10-speed Fuji across town. But in Pueblo, working at the Industrial Park with pre-school kids, it was not practical

to commute by bike. Childcare drop-offs and squeezing in grocery trips and errands were not conducive to bike commuting. These days I have the luxury of time without dependent children, and the PACE events opened my mind again to commuting by bike. It is so easy from University Park. Belmont Post Office? 3.5 mi, 15 min. Target? 2.5 mi, 10 min. WalMart, Eagleridge Shopping Center and Tinseltown? Under 3 mi, 15 min. Downtown? 5 mi, 20 min. Schools? Haaff Elementary, Heaton Middle School, East High School and CSU-Pueblo are all within an easy bike commute, with pretty safe routes. Recreation using the new trails at Lake Minnequa? 2 hours, 22 mi round trip excursion. Each trip, I arrived exhilarated, having exchanged “Good morning” with other trail users instead of red lights and horn honks.

Who can commute to school or work by bike? Anyone who decides to make it happen. The bikeability and walkability advocates working through PACE can help solve the puzzle, especially as we leave the “dark months” and head into longer daylight hours. Granted, your home location and family circumstances may pose significant challenges to commuting by bike, but if you start with a few small trips or errands without your car, the possibilities start to appear. New maps showing bike routes for Pueblo and Pueblo West are on the brink of distribution, and are rated for easy, intermediate and advanced routes, similar to ski slopes, using green, blue and black symbols. The maps can help find suitable routes for children, novice riders and newcomers to town.

Access to CSU-Pueblo is easy from the bike path, Troy or Bonforte. Access to PCC is easy from Orman. Access to downtown from the east is easy from the bike path to the 8th St. bridge. The new Pete Jimenez Blvd. connection to the Airport Industrial Park from Hwy. 47 both shortens the commute and is safer, avoiding the Hwy. 50 RR underpass. Reaching the YMCA seems difficult but there is an ‘unofficial’ hard-pack dirt

road connecting Spaulding to 24th St. at the site of a designated “future road”.

Commuting from Pueblo West is more difficult, involving riding on Highway 50 or Pueblo Blvd. with higher speed traffic, but the roads have wide paved shoulders suitable for experienced riders. Another option is taking the dirt road Spaulding between Pueblo Blvd. and Purcell. Those living north of Highway 50 can commute via Wildhorse to the Pueblo Blvd/Hwy 50 intersection. Pueblo West commuters can also access the river trail at the north entrance of the reservoir off Nichols Road and enjoy a long downhill ride to City Park, Wild Horse Creek bridge and trail or Main Steet to access parts of the city. Riding within Pueblo West is more challenging, due to increasing population, deteriorated and narrow roads, and higher traffic speeds. Within Pueblo West, search out routes not used by vehicles, and you can find quieter streets with little traffic and many dirt utility roads that cross-link the community better than most of the actual roads. Wider tires with goat-head-resistant Slime are more conducive to riding the trails in Pueblo West.

Those who have experienced riding in communities with high ridership find it is easy to complain about riding in Pueblo. The biggest difference between Pueblo and places known for bicycle-friendly amenities such as Boulder, Summit County, Denver metro trails, Tucson bike lanes and signage, and Austin, TX is the level of ridership. When cyclists are common on the roads, drivers become more aware of the likelihood of their presence. Studies show that increased ridership in a community is the number one factor to increase safety for cyclists on the roads.

That’s where PACE comes in, to encourage Pueblo to become a more active community, with inviting Walkable and Bikeable amenities. We can stop complaining and become part of the solution. For inspiration, spend some time with SCR member Kim Arline. Kim lives the

(Continued on page 9)





PACE (continued)



(Continued from page 8)

mantra, “be the change you want to see in the world”. As a champion for Safe Routes to School (SRTS) grants for Pueblo West and a League-certified Bike Safety Instructor, Kim burns the candle at both ends with her volunteer efforts to promote Bikeability. She organized Pueblo West “Run 4 Trails” to benefit Pueblo West trails and she produced an educational video through a SRTS grant to teach walking and bicycle safety, with a focus on kids. Kim is a key organizer for the “Walk-n-Roll Pueblo” campaign in 2010:

Walk-n-Roll Pueblo Events April 11 – June 25, 2010

- Bike route map distribution
- Promote biking and walking for transportation, fitness, fun, and environmental awareness
- Events starting April 11th through June 25th
- National Bike to Work Day – Fri, May 21st
- Colorado Bike to Work Day – Wed, June 23rd
- Commuter Challenge to local businesses
- Bike Safety Classes
- Fun events to encourage an active lifestyle

Spend a couple hours with Kim and other PACE advocates and you start to see the vision: complete streets that invite pedestrians and cyclists, Google maps with bike routes you can use to navigate by phone app, an active, engaged community. A transformation to an active community could reduce obesity, diabetes, teen pregnancy, dropout rates, property destruction and gang violence. As Lady Ashley says in the movie Australia, “Just because it is, doesn’t mean it should be”. We can transform our culture and in the process develop a healthier active generation of youth. We can attract tourists who stay an extra day following the Wild West Fest to ride the South Shore Trails. Envision community weekly rides to Farmers Markets, restaurants or coffee shops, a mobile bike mechanic van that can teach kids how to fix

flats and lube a chain. Dream big: we could be on the route for the New Belgium Brewing Company “Tour de Fat” or Lance Armstrong’s re-created Colorado Stage Race. Picture it: bikes in every rack, kids outside and active.

Watch for PACE events, learn to recognize and encourage an “Active Environment” in our community and get involved to become part of the change. Consider volunteering as a bike mentor for a novice cyclist or volunteer to ride a commuter convoy route on Bike to Work days May 21st and June 23rd to encourage and assist less experienced riders. Use the Safe Routes to School training video (to be available on YouTube) to teach kids how to walk and ride to school safely. Organize a fun, friendly ride or training run to post on the www.activepueblo.net calendar.

Links for more information and to get involved:

Join PACE on Facebook:

www.facebook.com/PuebloPACE

PACE meets the 2nd Wednesday of each month, 1:30 – 3:00 PM at the Pueblo City/County Health Department and in informal social settings, such as at Solar Roast. Most PACE members are citizen-volunteers committed to making Pueblo a more walkable, bikeable, active community.

Check out www.activepueblo.net after March 1st for bike route maps and information on walkability/bikeability, safety and volunteer opportunities.

Email: kim.arline@activepueblo.net to volunteer, post an event or donate to the cause.



Kim Arline

Walk -n- Roll Pueblo

~ Human Powered Events ~

Sun, April 11th:

Spring Fling Bike Ride at TTC
X Challenge from CSU-P

Sat, April 17th:

YMCA Healthy Kids Run/Walk

Sun, April 18th:

Spank Blasing Run/Walk-CSU-P

Sun, April 25th:

Arkansas Point Mtn Bike Race
Skate Park Dedication

Sun, May 16th:

Bike Tour of PW Trails
Run with the Bulls 5 km

Week of May 17-21:

Pueblo Bike/Walk to School

Fri, May 21st:

National Bike to Work Day

Sat, May 22nd: (tentative)

Bike to the Street Concert

Sun, May 23rd: (tentative)

Pueblo Criterium Race

Monday, June 21st:

International Go Skateboard
Day Relay on River Trail

Wed, June 23rd:

Colorado Bike to Work Day

Fri, June 25th:

Full Moon Ride at Nature Center

Online Calendar will list other rides, walks, runs and events that promote active living! Email kim.arline@activepueblo.net to post an event!



Check out the details,
safety tips and more on

www.activepueblo.net

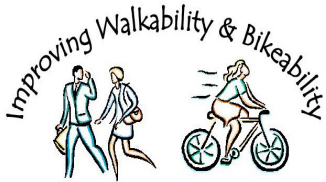
by March 1st!

Feel free to cut out the bookmark below



Ramblin'

by Ron Dehn
Cross Training



Pueblo Active Community Environments (PACE)

Check PACE out on Facebook:
www.facebook.com/PuebloPACE

Why Ride Pueblo?

- Great Weather & Trails
- Quiet, tree-lined streets
- Great stress reliever!
- Good for the body, mind and environment!
- Save time, money and your health!

Bike to Work Excuse Busters:

1. I don't have time:

It only takes a few more minutes to ride than drive but you save time looking for parking.

2. No place to shower at work:

Take it easy on the way in so you don't work up a sweat. Push it more on the way home.

3. I dress up for work:

Roll clean clothes up in a back pack. Or drive once a week and take several changes of clothes in to the office.

4. No place to park my bike:

Talk to your employer about installing bike parking or taking your bike into the building out of the way.

5. It is too hot:

Try to avoid the hottest part of the day. Mornings & evenings are a great time to ride.

6. I'm not in good shape.

Start slowly at first. Ride part of the way instead of all the way.

Over the last couple months, I have had the opportunity to “cross train”. You hard core athletes out there – can either forgive me, or simply turn the page because my idea of “cross training” is not even similar to what you would find in the latest issue of *Runner's World*.

Ice Skating: Actually – this section should be called *Attempted Ice Skating* or *I dream of Ice Skating*, or maybe *Wannabe Ice Skating*. As I think about it, these qualifiers apply to all of the “training” below except the last one. Anyway, you get the picture.

Melissa, Anthony, Rylan (daughter, son-in-law, grandson) and I went ice skating a while back. When Melissa was in middle school she took lessons for a couple years. Rylan, age 7, has taken lessons off and on for about a year. Anthony is an athlete, but the skills required to be a high school running back and sprinter (more than a few years ago) do not necessarily transfer to the art of ice skating. Anthony and I were in the same or similar boats. Our goal was survival. I got no aerobic exercise from my type of skating, but I exercised every leg muscle (and several shoulder and arm muscles) just trying to keep my butt and my head from making contact with the ice. With that method of measurement, I had a successful and tiring skate. I also have a renewed appreciation for every Olympic skater, from hockey to dance.

Bowling: The first thing to note is that my bowling and golf scores are often interchangeable. Somewhere greater than 100 and less than 160.

I've been taking Rylan bowling since he was three years old. He and I approach the game in the same manner. We get up, attempt to roll the ball toward the middle of the alley, and see what happens. It's fun when you knock more pins down, but whatever. There is an advantage to bowling with Rylan. The Sunset Bowling Lanes on Pueblo's south side, let us both bowl with the bumpers up. It helps when picking up either the 7 or 10 pin. The bowling alley at Midtown makes us use two separate alleys. We have fun and Rylan thinks the shoes look cool.

Golf: See the above note about bowling and golf scores for some perspective. I decided a long time ago that for me, golf could be ei-

ther fun or frustrating. For the most part through the years, I've opted for the former. One cannot go golfing 6 or 8 times a year and expect to be good. So I don't expect to be good, but I do expect to have fun. Typically, I golf with family members, and we usually set up a two-person scramble to make the game interesting. In a two-person scramble, you and your partner hit the ball and then pick the better shot. It more or less doubles your chances of getting a reasonable hit. Last time my brother Dave and I challenged his son Jonathan and a friend – experience vs. youth. Youth beat out experience by a mere 13 strokes for 9 holes. Dave and I usually let youth win. Don't want to bruise their fragile egos.

There is one thing about golf that amazes me. When I stand at the tee box and look at the fairway ahead, I think to myself, “There is no way I can miss the fairway.” Then after I hit, I think, “What are the odds of that happening? I should go out and buy a lotto ticket.”

Watching Olympics: I greatly admire Peyton Manning, Troy Tulowitzki, LeBron James, and tons of other professional athletes for their athletic skills. However, many (not all) of the athletes in the Olympic games are amateurs who have jobs, but give up much of their lives to train for a few moments in the spotlight on a ski slope or an ice rink. They pay a huge price and essentially risk all this effort for a chance to honor their sport and their country. Yes – I am a bit naïve, but amidst all the egos, personal glory, and potential endorsements, there still is something pure about being an Olympic athlete. I do have trouble with some of the media coverage. The headline in the newspaper the other day read, “Lindsey Vonn settles for the bronze.” Are you kidding me? Did the headline writer have a clue what dedication it takes to even qualify for a spot on the team, let alone earn a medal? A million U.S. skiers would take a bronze medal in a heartbeat.

Cross training can take many forms. I'm not necessarily recommending these over others. Don't use me as an excuse to skip that workout. But maybe consider these in addition to. Enjoy!



The 2010 Valentine's Twosome

by Jeff Arnold



I went to bed the night before the race with a forecast of light snow hanging over my head. I wanted the arrows marking the course to be clearly visible. If it snowed enough, I could get bright spray paint to put on the snow. As it turned out, I headed for town in a stinging wind on dry roads.

In spite of the cool temperature, 45 runners toed the line. Mike Schmidt, now a freshman at Western State, and his former Pueblo West teammate, Michael Cernoia, were ready for a head-to-head duel. Schmidt handed off to Anna Marshall at 7:35, a 4:44 mile pace if the 1.6 mile distance is accurate. Cernoia was 20 seconds behind, still under five minute pace. Cernoia's partner, Lindsey Smith, is a 400 meter specialist who figured to be hopelessly destroyed by Marshall. Anna is one of the best high school distance runners in the state. In fact Lindsey lost less than a minute and her team was second overall in 19:38, a time good enough to have won all but three of the previous ten Valentine's races. Anna and Mike easily surpassed the previous race record of 18:47 with a

stunning 18:11, and they may be back next year.

The number of runners was a record, beating the 38 couples in 2008. It seemed to me that more people had more fun than ever before. There were twenty couples in the 60-79 division. I clearly should have narrowed the age range, but fourteen of those twenty couples had combined ages in the 60's. Jill Montera and her son Jordan won that division in 24:13, pretty remarkable when you consider that they used a basketball for a baton, and dribbled it part of the way

We had five couples in the youngest age division, 30 and under, the fastest being Jessica Klaven and Brian Shapiro. They were 6th overall in 24:12. They youngest were Kira and Kevin Hughes with a combined age of seventeen.

On the other hand, we had no old folks. The "oldest" couple averaged less than 48 years each.

The batons, as always, were amazing.

The **Most Romantic** was a big key to the heart, painted on Jessica's t-shirt, and carried by Jessica Sorgule and Ryan Kopp. The **Biggest** was a white Siberian Husky owned by Sheena and Rob Archuleta. The well-behaved dog carried himself. The **Ugliest** wasn't really ugly. It may have been the least attractive of a wonderful bunch of batons. It was a bone with some colorful streamers on one end. The **Most Creative**, shared by Wendy Raso and Bradley Mohar may have been a big arrow piercing a red heart. I apologize for incomplete notes. I really liked the sentiment on the sandwich board carried by Marilyn Vargas and her son Felix. When Marilyn carried it, it said "I love my son. He taught me how to run." It was flipped over for Felix and said, "I love my Mom. She taught me how to run."

Ruth McDonald is a treasure. She and ninety runners and several other helpers gave me a wonderful Valentine gift. I love this run.

A Family Affair

Most of the Twosome participants were related in some way.

Left: Mom and Dad (Jitka and Sean McGivney) and future stars Paddy & Izzy
Below: The Ninja squad Kim (Mom) along with Greg and Amber Arline. The "Chief" Ninja (Al) was unable to run, but served as head cheerleader.





Twosome Results

by Jeff Arnold



Results Valentines Twosome February 14, 2019

1 Anna Marshall & Mike Schmidt	36	18:11*	1 st Overall
2 Lindsey Smith & Michael Cernoia	35	19:38	1
3 Liz Lata & Zach Ferguson	36	22:11	2
4 Megan Bolton & Greg Muldez	37	22:54	3
5 Crystal & Mark Fairbairn	59	23:43	1
6 Jessica Klaven & Bryan Shapiro	27	24:12	1
7 Jill & Jordan Montera	60	24:13	1
8 Tracy Dragony & Jimmy Fuller	67	24:38	2
9 Sherrise & Keith Miller	53	25:03	2
10 Sheri & Roger Giordano	96	25:11	1
11 Jessica Sorgule & Ryan Kopp	62	25:16	3
12 Jourdan Snyder & Jace Montera	23	25:19	2
13 Marty & Maria Gersick	72	25:23	4
14 Nicole & Damian Pritts	74	25:27	5
15 Remy & Paul Andrada	61	25:46	6
16 Alicia Borcic & Brian Sumpter	30	26:06	3
17 Julia & Donald Moore	53	26:08	3
18 Melanie & Nels Hendrickson	83	26:17	2
19 Michelle Emond & Christopher Obert	66	26:46	7
20 Heather & Aaron Crowley	64	26:47	8
21 Meno Vargas & Kenny Duling	55	26:57	4
22 Wendy Raso & Bradley Mohar	75	27:09	3
23 Amy & Travis Lunders	67	27:32	9
24 Cara Siegel & Tanner Snyder	23	27:33	4
25 Mandi Johnson & Michael Smith	61	27:53	11
26 Sheena & Rob Archuleta	68	28:02	12
27 Leanne & Cody Singleton	62	28:17	13
28 Melanie & Ken Hughes	77	28:21	14
29 Kelly Firestone & Joey Gutierrez	68	28:50	15
30 Kira & Kevin Hughes	17	29:01	5
31 Riki & Rick Acosta	94	29:12	3
32 Lacey Singleton & Alexis Vigil	27	29**37	6
33 Marilyn Vargas & Felix Vargas	63	29:57	16
34 Emily Lucero & Kent Klaven	18	30:20	7
35 Amber & Kim Arline	55	31:02	5
36 Becky & Brian Bregar	72	31:50	17
37 Michele Evert & Rebekah Combs	51	32:05	6
38 Madison & Hannah Pritts	24	33:08	8
39 Amanda & Tim Garrett	64	33:09	18
40 Cindy & Paul Bowen	78	34:22	19
41 Lauren & Mark Klaven	50	35:13	7
42 Jitna & Izzy McGivney	42	36:50	8
43 Paddy & Sean McGivney	49	36:50	9
44 Marcia Shirk & Kolby Clennin	62	39:23	20
45 Sandi & Brice Boyer	81	39:40	4

* Race record

Race Director: Jeff Arnold

Registration: Ruth McDonald & Paulette Arns

Finish Line: Paulette Arns & Chris Gredig

Course Marshals: Dave Diaz & Marti Marshall



More Twosome Photos



L to R
The Fastest Teams

Anna Marshall &
Mike Schmidt

Lindsey Smith &
Michael Cernoia

Liz Lata &
Zach Ferguson



L to R
Felix Vargas

Julia &
Donald Moore

Lauren &
Mark Klaven



L to R: Mandi Johnson & Michael Smith
Sheri & Roger Giordano
Cindy & Paul Bowen & their cheerleader



The Annual SCR Banquet

continued

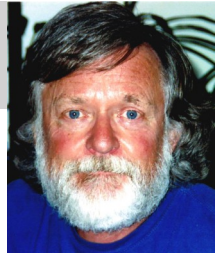
(Banquet, continued from page 1)

Don presented **special awards** to outstanding 2009 contributors Mike Archuleta, Paulette Arns, Terry Cathcart, Ron Dehn, Dave Diaz, Paul LaBar and Lois Pfost. He also presented a special **Long Distance award** to Gary Franchi for his years of service to the SCR. Notable is that Gary failed to put the audience to sleep during his keynote address.

The various awards were hand crafted by club members Don, Lois and Ron as well as by Dan Miller of Pueblo Woodturners.

AWARDS PRESENTED AT 2010 BANQUET

By Don Pfost



Club Awards for Female/Male Youth Runners, Dirty Sweat Sock, Most Valuable Club Member

These awards were turned by Dan Miller, a professional wood turner, who lives in Pueblo West. The four goblets were made from S. American Osage Orange, and were about 2 3/4 inches in diameter and 5 3/4 inches tall.

Club Service Awards

I exercised my prerogative as club president and presented Club Service Awards

to Dave Diaz, Ron Dehn, Paulette Arns, Mike Archuleta, Paul LaBar and Terry Cathcart to thank them for their contributions and help during the past year. In addition to a certificate, each recipient was presented with a wooden bowl, turned from a variety of woods and in a variety of sizes and shapes by my talented spouse, Lois.

Right: a sample of the hand crafted awards



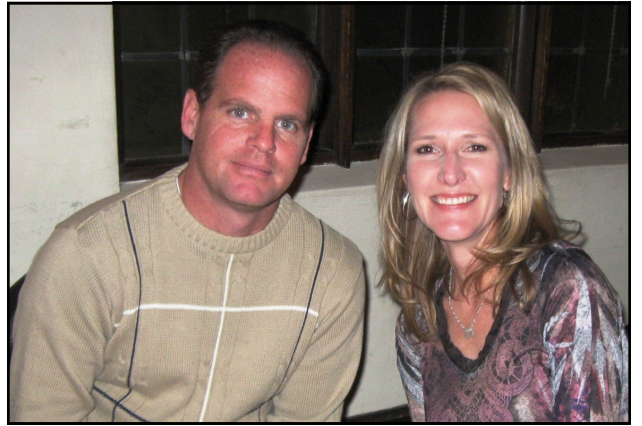
Below: Outgoing President Don Pfost presents an award to Dirty Sweatsock winner Bill Veges





More Banquet Photos

Provided by Dave & Stacey Diaz





2010 Predict Series

Spring Runoff Tuneup

by Gary Franchi



Well, there are drive-thru windows for banks, fast-food restaurants, retail liquor stores and just about everything else. Now the SCR has introduced a “run-thru registration window.”

That concept was introduced at the Spring Runoff Tuneup on Feb. 21 when Prediction Series Coordinator Carrie Turman put her vehicle to good use – and, of course, stayed warmer in the process – by conducting the run’s signup sheet through the driver’s window of her Smart Half Car. So resourceful.

Of course, the weather conditions provided the motivation. It was a mid-20s, gray and gently snowy day that greeted the 22 runners and a handful of volunteers. But it felt more like a Midwest cold – damp and cold to the bone. Truth-

fully, it probably was coldest for the volunteers who were at the finish line or on the course.

The runners had it easier because they were heating up throughout the 6.2 miles that covered the Spring Runoff 10K course. The only course difference was that the Tuneup started and finished across the parking lot of the City Park swimming pool instead of at Dutch Clark Stadium, where the REAL Runoff will take place on Sunday, March 7.

Aaron Levinson had the distinction of being both the fastest Runoff Tuneup finisher (in 41:45:55) and the closest to his predicted time (just 14.45 seconds off) to score 100 points. Emily Batson, though, was just a shave behind at 15.18 seconds off her predict. That gave Emily

95.45 points and kept her in first place in the overall standings with a whopping 195.45 points. She won the Lone Tree Predict Predict on Jan. 17.

Moving into second place overall was Paul DallaGuardia, who earned 81.80 points by finishing fifth (46.40 seconds off his predicted time), giving him a two-race total of 166.40 points. Look for the complete two-race point standings soon on the SCR website.

The next race of the Prediction Series will be the Mad Max’s Trail Adventure run on Sunday, March 21, at the Nature Center. It will have an 8 a.m. start, and runners will be able to choose from the 4.6-mile or 10.3-mile courses.



Clockwise from UL

Mike Borton
Martha Drake
&
Steve Kastner
Use the
“Run Thru” Registration
Window





The 2010 Predict Series The Spring Runoff Tuneup Results

by Carrie Turman



Pl	Name	Predict	Actual	Diff	Pts
1	Aaron Levinson	0:42:00	0:41:45.55	00:14.45	100
2	Emily Batson	0:48:50	0:49:05.18	00:15.18	95.45
3	Debbie Gurule	0:58:38	0:59:00.41	00:22.41	90.90
4	Dave Diaz	0:50:00	0:50:32.50	00:32.50	86.35
5	Paul DallaGuardia	1:00:20	0:59:33.60	00:46.40	81.80
6	Rich Hadley	0:42:30	0:43:33.17	01:03.17	77.25
7	Carrie Turman	1:04:17	1:03:11.14	01:05.86	72.70
8	Gary Franchi	1:04:18	1:03:11.84	01:06.16	68.15
9	Ron Dehn	0:57:57	0:59:07.10	01:10.10	63.60
10	Humberto Paredes	0:47:35	0:48:53.75	01:18.75	59.05
11	Anthony Diaz	0:57:00	0:55:27.26	01:32.74	54.50
12	Mike Borton	1:00:00	0:58:18.27	01:41.73	49.95
13	Trisha Davis	0:54:50	0:56:43.08	01:53.08	45.40
14	Paulette Arns	1:06:00	1:03:43.67	02:16.33	40.85
15	Mark Gurule	0:48:00	0:50:24.59	02:24.59	36.30
16	Henry Hund	1:00:00	1:02:42.83	02:42.83	31.75
17	Martha Drake	1:00:44	0:57:33.64	03:10.36	27.20
18	Leona Spracklin	0:58:22	0:54:35.43	03:46.57	22.65
19	Bill Veges	1:00:00	0:55:22.91	04:37.09	18.10
20	Steve Kastner	0:53:00	0:58:53.62	05:53.62	13.55
21	Rick Acosta	1:15:00	1:05:32.84	09:27.16	9.00
22	Richard Emond	1:15:00	1:30:18.11	15:18.11	4.55

Thanks goes out to the Volunteers at the Spring Runoff Tuneup Predict: Race Director: Larry Volk and his supporting cast: Lois Pfost, Don Pfost, Dave Diaz, Stacey Diaz, Brian Ropp, Levi Ropp, Emily Batson, Daryl Clark, Peggy Oreskovich, & Paul LaBar.

Anthony Diaz and Gary Franchi check the predict results calculated by Stacey Diaz



L: Paul DallaGuardia makes an accurate prediction
Below: Race Director Larry Volk explains the course to Steve Kastner and Rick Acosta
R: Henry Hund makes his way to the finish line





More Tune Up Photos



Left:
Bill Veges

Right:
Paulette
Arns
&
Carrie
Turman



Coin the Caption Contest

How it works: Come up with a clever caption for the photo to the right: Send your entry via e-mail to: newsletter@socorunners.org by midnight March 14th. An individual may submit up to 3 entries.

In your e-mail, include

1. "Coin the Caption" in the Subject Line
2. Your caption
3. Your name
4. Your complete mailing address

The winning caption will be selected by a committee which will not know the names of the entrants.

The winner will be awarded a \$25 gift certificate to the Gold Dust Saloon.

If by chance, two entrants suggest similar winning captions, the first caption received will be considered the winner.

Remember this is a family magazine. If your suggestion is funny but not reasonably "family friendly", we will laugh, but not publish your entry.

And finally—we thank Dave Diaz for being such a good sport. He gave us permission to poke fun at him, so do it gently.



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>
March				
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)
April				
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)
May				
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)
June				
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)
July				
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)
August				
Sat 28	Danapoolooza	5K	Canon City, CO	danapoolooza.com
TBA	*South Shore Adventure	8.3M	Lake Pueblo	Larry Volk (lrvolk@yahoo.com)
September				
Sat 11	Corporate Cup 5K	5K	CSU-Pueblo	Hillary Pacheco-Hall (hpachecohall@pueblomca.org)
Sun 12	Corporate Cup Bike Ride	12.4M	SoMesaEleSchool	Hillary Pacheco-Hall (hpachecohall@pueblomca.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
October				
Sat 23	*Harvest Run & Bonfire	5M	Lovell Park PW	Dave Diaz (diazsd@aol.com)
November				
Sat 13	Atalanta	5K	City Park	Stacey Diaz (diazsd@aol.com)
Thu 25	YMCA Turkey Trot	5K	Pueblo YMCA	Janelle Markert (jmarkert@pueblomca.org)
Sat 27	*Temple Canyon	4M	Canon City	Rich Hadley 719-784-6514
December				
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
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Issues of "Footprints"
are not forwarded.

Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

Upcoming Races



The Spring Runoff, the biggest
race in Pueblo will take place on
Sunday, March 7 beginning and
ending at Dutch Clark Stadium.
There is a 2 mile walk, and 5k,
10k, and 10 mile runs. Don't
forget the Toddler's race and the
1-mile Funner to be a Runner

kids race. See the SCR website for details. It's a good one.
Register early and pick up your packet early to avoid the
crunch on race day.

Predictors—get ready for the Mad Max Trail
Run on March 21st and the Ramsgate 8 on April
10th. There is still plenty of time to get into the
2010 Predict Series.



This year, organizers of the Spank Blazing have
set a goal to be the first race in Pueblo to have
over 1,000 participants. The courses are chal-
lenging, but the reward is great including food
for finishers. Be at CSU-Pueblo on April 18th.

The Panther Run is always a well organized
and fun event. April 24th in City Park. Be
there!



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

The Final Thoughts...

A great book should leave you with many experiences, and
slightly exhausted at the end. You live several lives while
reading it. -William Styron, novelist (1925-2006)

There are no passengers on spaceship earth. We are all crew.
-Marshall McLuhan, educator and philosopher (1911-1980)

The machine has got to be accepted, but it is probably better
to accept it rather as one accepts a drug -- that is, grudgingly
and suspiciously. Like a drug, the machine is useful, danger-
ous, and habit-forming. The oftener one surrenders to it the
tighter its grip becomes. -George Orwell, novelist (1903-
1950)

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

And a couple groaners to finish:

She was only a whisky maker -- -- but he loved her still.

No matter how much you push the envelope, -- -- it'll still be
stationery.