



Editor: Ron Dehn

FOOTPRINTS



April already? Time for showers and flowers...



The 32nd Annual Spring Runoff



Tomas and Betty Duran have run several of the 32 Runoffs

What do you get when 417 runners run a 5k, 183 runners run a 10K, 136 runners run a 10 miler, and 132 walkers walk 1.6 miles? You get 868 runners and walkers in Pueblo's largest road race to date. If you add the untimed 265 participants in the 1-mile Funner to be a Runner youth event, and 50 or so toddlers who ran the 50 yard Toddler Run, you get 1183 persons (give or take a few) who got off their sofas on Sunday morning, March 7th and competed in the Spring Runoff.

This event, brings a huge variety of people with various skill levels. There are your incredible athletes like Levi Medina (16:16) and Jenna Dorsey-Spitz (19:07) who were the first male and female 5k finishers, as well as hundreds of recreational runners who were simply enjoying the perfect running weather and camaraderie of their fellow weekend athletes as they burned off a few calories.

Adam Rich and Joanna McIntyre paced the 10K runners with times of 31:58 and 42:38. Adam actually beat 152 of the 5K participants across the finish line. Steven Folkerts (56:30) and Ana Bentz (1:12:05) led the 10 milers. Steven finished ahead of over 100 runners in the 10K event.



Paulette Stuart, the SRO coordinator from the Pueblo Chieftain for many years, announced her retirement from the Chieftain, and subsequently retirement from her SRO coordinating duties. Terry Cathcart has

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Minutes from the March, 2009 Meeting

Mike Archuleta



Introductions:

Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Gary Franchi, Terry Cathcart, Don Pfof, Paul LeBar, Larry Volk, Don Naylor, Al Weaver, Hilbert Navarro, Claudia Martinez, Kevin Keilbach, Marilyn Vargas, Ramon Arriaga, Brian Ropp, Chris Reichert, Lori Miller, Sayla Bassett, Rich Hadley

Reports/ Recaps

Valentines Twosome Relay, Sunday, February 14th

The recap of the Valentine by Paulette reported about 47 runners at the race and net profit of \$400.00. The race was fun event.

Spring Runoff Tune up Run. Dave Diaz reported about 20 runners. The weather was bad and may have decreased the number of runners.

Upcoming Races/ Events

Spring Runoff March 7TH Terry Cathcart

Terry reported on the Spring Runoff preparations for March 7TH 2010. The lead bikes will Mike Archuleta and medical support by Trans-care Ambulance and Arkansas Valley Regional Medical Center Emergency Department Staff. The total number of pre-registered participants is around 377. The staff for the registration text is setup. There will be medals for the walkers at the runoff. There are 7 Mexican runners doing the race on March 7TH.

Spank Blasing Run April 18th Todd Kelly

The race is scheduled for April 18th. The race will use Chip timing for the race. Todd to report at the next meeting.

Panther Run April 24th Kevin Keilbach

Kevin reported on the Panther run sponsored by John Neumann School. The race will be placed on the website. The course will be in City Park

like last year. Paul will be the SCR Liaison for the race.

Volunteers will be Gary Franchi, Mike Archuleta, and Paul LeBar

Mad Max Trial Predict March 31ST Emily Batson

Brian Ropp will be the SCR representative. The course starts at the nature center and finishes at the nature center.

Cinco de Mayo May 2nd Ramon Arriaga

The race will have 10k and 5 k and 2 mile walk, the race will use chip timing for the race. Ramon asked for help with race day registration and placing the entry form online on the web page. Ramon reported the race packets will have aluminum bottles.

The Sprit Fest Run June 12th 2010

The course will be the same as last year. It will depend upon the construction in the area. Dave Diaz will be the SCR liaison for the race. The children race will be in the river walk area.

The Beat the Heat Run Doug Harbrueger

Doug representing his church asks the runners club about putting on 5K run this summer. He asked for support from the runners club for the website and finish line,

Mosaic 5k Run Marilyn Vargas

The Mosaic run is scheduled for July 17th; Brian Ropp will be the SCR liaison for run. The club will place the information on the club web site.



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

The Wild West Run

Dave Diaz will check with Ruth at the gold dust if the event will have 5k run.

Diabetic Preven-

tion 5 K / Walk Chris Reichert

Chris asked if the run could be done the 2nd week of June. The club asked if the date could be changed due to other events. Chris will check with Pueblo Diabetic group about changing the

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Southern Colorado Runners

www.socorunners.org

SCR Mailing Address:

3200 Spaulding Avenue
Pueblo, CO 81008

Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it holds its monthly meetings.

"Footprints" Volume No. 331

"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, Alex Schultz*	
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, Paul LaBar, Lois Pfof, Joe Bulow, Larry Volk, Michael O, Vanessa Mondragon, Jan Dudley

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.

* Alex Shultz is a former Pueblo West HS softball standout who was named the Atlantic Coast Conference softball player of the week for the week ending March 21st. Alex is a senior third baseman for Maryland and leads the team in 10 offensive categories including a batting average of .375.



Minutes Continued



date. Chris will send the entry form to the club to post on the website.

Officer Report

Minutes: Mike Archuleta

The club approved the minutes with no changes.

Treasurer Report: Paulette Arns

Paulette presented the financials to the club. The majority of the cost was spent on the spring runoff preparations and equipment. The club approved the financials prepared by Paulette.

Newsletter: Ron Dehn

Ron will have the support of Karen Kyte who will assist with the newsletter during the summer.

Membership Chair: Don Pfost

Don reported 163 members paid for 2010. The club has 66 former members who have not renewed.

Webmaster: Paul Lebar

Paul reported on the maintenance and the updating of the website

Race Calendar: Dave Diaz

Dave reported on the race calendar and stated the mountain bike race at the reservoir for April 25th. The St Patricks bike ride at the test track is scheduled for April 11th.

New Stuff

Humberto requested scholarship for a local family to enter the spring runoff. The club approved the motion from scholarship fee for the race.

Submitted by Mike ARCHULETA



Looking for a adventure? Try the X-Challenge at CSU-Pueblo on April 11th. This is a team event consisting of several elements including Ropes Course challenge events, open water kayaking, running, mountain biking, “ducky boats” on the Arkansas river and more... This is a 1st class event put on by the EXHPR (Exercise Science Health Promotion Recreation) students and faculty at CSU-Pueblo. For more information, see: <http://ceeps.colostate-pueblo.edu/EXHPR/X-Challenge/Pages/Default.aspx> or contact Stephanie Hawkins at sn.hawkins@yahoo.com or George Dallam at george.dallam@colostate-pueblo.edu or 719-549-2619. If you do it – we hope you write an article for *Footprints*. The rest of us would love to know what this adventure is like.

SCR members,

I would like to personally thank everyone for an outstanding job before and during the race this is truly a club event.



Terry Cathcart
Race director

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

Looking for a friendly place to meet a colleague for lunch or a chat after work?



Try the GOLD DUST
217 South Union



April B-days

- 3 Carmen Brown Coseno
Tony Orlando*
- 7 Gerald Puls
Russell Crowe*
- 10 Marilyn Vargas
John Madden*
- 11 Brad Van Buskirk
Joel Grey*
- 13 Joe Farra Jr
Thomas Jefferson*
- 17 Christopher Roman
Robert Santoyo
Russell Smith
Victoria Beckham
- 20 Buffle DeSalvo
Kieran Hughes
Bob Stuemky
Jessica Lange*
- 22 Megan Kraemer
Ashley Smith
Peter Frampton*
- 24 Robert Kelher
Kelly Clarkson*
- 25 Mark Rickman
Meadowlark Lemon*
- 27 Triton Roman
Coretta Scott King*
- 30 Emily Batson
Kirsten Dunst*



*Honorary SCR Member



Runnin' the Trails

By Paul Vorndam
Ticked-On



It's springtime in Colorado and two ticks are sitting on the ends of grass fronds awaiting the passage of the next trail runner bloodmobile.

"Yo, here comes a sucker now."

"No, YOU and I are the suckers."

"Alright, I'm on! You?"

"Yeah, he brushed by me too. Good thing since we jump like white men."

"You've been watching too many movies. OK, up or down? I hear down between the toes the skin is tender."

"Yeah, but this one doesn't change his socks, let's go up and bite 'em in the ass!"

"I like to know a little bit about who I'm dining with. You look a little strange. I'm a Rocky Mountain Wood Tick and I mostly cause Colorado tick fever. Once in a great while I can stick 'em with a case of Rocky Mountain Spotted fever, but that only happens about 3 times a year in the entire state."

"Tick fever is kinda like being in love. They have fever, excessive sweating, headache, nausea and vomiting and muscle aches. It goes away after a few days, but can recur."

"Whaddaya know about love? You're only interested in a tender thigh."

"That's not the same thing?"

"Me? I'm the other common type of tick in Colorado – the American Dog tick."

"Yeah dawg, I thought you looked different. I heard that you cause Lyme disease?"

"Nah, I wish. My relatives back east are into that, but there haven't ever been any reported cases of Lyme disease here in Colorado. I do the Colorado Tick Disease too."

"My cousin was involved in a case of Tick Paralysis."

"Whoa, did they put him on a ventilator?"

"Not him, insect brain – the dude he bit. The dufous left my cousin embedded for weeks. Before they found my cousin, this guy went from difficulty walking to limb numbness and difficulty breathing. All from my cousin – it

was awesome! They finally discovered cuz and he bit the dust and the guy recovered."

"Some idiots try to remove us by covering us in Vaseline."

"Yeah, I *love* that! It's like an oil rub at a massage parlor."

"A massage parlor for ticks?"

"Yeah, ticks, lawyers, the IRS – all the blood suckers."

"One of my brothers told me some idiot tried to remove him by touching a lit match to his butt."

"Ouch!"

"Nah, he has an assbestos. That never works."

"LOL!"

"I hate it when they remove us with tweezers. That always works and then you know what's next."

"Yeah, smush. Tick puree. Rather inhuman of them, eh? But if they crush us with their fingers, we can still make 'em sick as our last act. Take 'em with us!"

"Uh oh."

"What?"

"We'd better head back down. This clown has DEET on his derriere."

"You're kidding! I hate that stuff – that and permethrin. I wish they'd go back to sulfur. I didn't mind that so much. Darn chemists, anyway."

"Well, if we get brushed off, it'll be back under the leaves for a year or more. Hey, maybe we can get on the Biggest Loser?"

"I hear ya bro, not eating for years is the pits – talk about feast or famine!"

"I'm nailing this dude now."

"Me too. Happy Trail Runners!"

Tid Bits



For you cyclists, here's a couple cycling events that you may be interested in:

The Great Divide's Spring Fling is scheduled for April 11 from 9:30 to 11:30 beginning and ending at Refractories West, 33162 Braniff (Pueblo Airport Industrial Park). There will be demos by Trek & Specialized. Great time for families, kids, and riders of any level. Ride 1 to 30 miles w/ SAG support available. *F R E E* Demo the newest bike models, courtesy of Specialized Bike Co. & Trek Bicycles. Lunch provided! Prize Drawings! For More Information Call: 546-2453

The Arkansas Point Mountain Bike Race is scheduled for April 25th. For more information, see the Trail Builders website: lakepueblotrails.org



SCR's Jeff Arnold was recently elected to the position of secretary for 2010-2012 term for the Greater Pueblo Sports Association.



Ramblin'

by Ron Dehn
The Countdown



I watched the calendar in anticipation as the days got closer to March 17th. I didn't actually mark off the days with an X, like in the movies, but I was definitely doing the countdown.

Yes, yes, March 17 is St. Patrick's Day. And yes, I looked for something green to wear, and last year, I even drank a green beer, but St. Patrick's Day with or without green beer is not what I was waiting for.

March 17th was the opening date for registration for the Pikes Peak Ascent.

In '97 when I signed up for my first Ascent, it took months before the registration limit was reached. In recent years, the limit has been reached in minutes. In 2007, there was so much demand, the active.com servers crashed, and at first I was registered, but because the servers crashed, organizers decided to start over. The second 2007 registration filled up in minutes and my registration didn't go through, so my streak of 5 Ascents in a row came to an end.

After the 2007 fiasco, organizers decided to narrow the field by requiring participants to qualify with a previous Ascent, a half marathon or a full marathon with qualifying times. This definitely reduced the number of eligible runners, but I figured by this time, lots more people have attained their qualifying times.

I decided not to take any chances for 2010. I built a Word file with the web registration link, my e-mail address, a link to my qualifying time, and my credit card number. I figured it was faster and more accurate to copy and paste this information than to key it in multiple times during the on-line registration process.

Registrations for wave 2 started at 12 noon. At 5 till, I was at my computer with the web page opened and hands on the keyboard. I tried to register at 11:59:30 – but no go. At approximately 12:00:02, I tried again and got in. At 12:04:33, my registration was confirmed. I'm in!!!

This year will be special because my brother

Dave also signed up. Dave ran the Ascent in 1985 in just over 4 hours, but qualifying times must be within the last 5 years. Since he hasn't run any recent half marathons, Dave had to commit to the Triple Crown consisting of the Garden of the Gods 10 mile run, Summer Roundup Trail Run, and the Ascent to be eligible. Ascent organizers staggered the registrations to avoid congestion, so Dave successfully registered at 8am. The pressure was on me because we have been planning to run this together for months.

As a side note – My planning and scheming, although successful, was overkill. One week later, I checked the website to find:

Marathon, Field 1: filled in 45 minutes vs. 34 hours in '09.

Marathon, Field 2: filled in 5.25 hours vs. 5 days in '09

Ascent Wave 1: still open (although I have run in wave 1, my recent times are not fast enough to qualify).

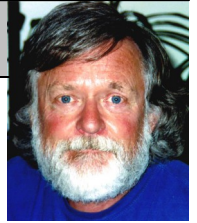
Ascent Wave 2: 95% full.

For whatever reason, the Marathon is in extremely high demand, but there was plenty of time to register for the Ascent. Go figure.

But – overkill or not, I got in. And, in the process, I affirmed what my wife tells me from time to time about the license plate letters on my truck. "They knew what they were doing when they gave you that license plate." (My truck license is 968 ANL).

p.s. Ascent Wave 2 filled in 9 ½ days vs. 23 days in 2009 and 44 days in 2008, so there is a definite trend taking place. I'm already thinking about ways to improve my registration speed in 2011.

Long-Distance Runner: Gary Franchi by Don Pfost



As noted in last month's newsletter, Gary Franchi received the Long-Distance Runner award at this year's banquet. The award itself is intended to recognize and to express the club's appreciation for the distinguished and dedicated service the recipient has rendered to the club over an extended period of time.

The Long-Distance Runner award was presented for the first time at the 2008 banquet to Rocky Koshla, whose newsletter articles "Rocky on Fitness", first appeared in October, 1989, and to Dave Diaz, who, among his other accomplishments and contributions, served as club treasurer for 14 years.

Gary's contributions and accomplishments are likewise impressive and substantial.

First, and perhaps most importantly, Gary was editor of the club's newsletter, currently titled *Footprints*, for 17 years. A review of our newsletter archives indicates that Gary became sole editor of the newsletter in April 1985, and continued in this capacity through December, 2001. Put another way, he was responsible for editing just over 200 issues of the club's newsletter.

As with any publication, whether a major newspaper, a national circulation magazine, or the newsletter for the running club in Pueblo, CO, the "character" of the editor shapes and flavors the character of the publication—what gets printed in each issue, what art work and photos are included, what issues, if any get raised, and, what, if anything, the editor writes.

Gary succeeded in developing and maintaining a high quality newsletter, which is reflected in the fact that the newsletter received a number of awards from RRCA during his tenure as editor:

1993 and 1994 – *Footprints* selected as the #1 small club (200 or fewer members) newsletter for the western region; and 1996 and 1998 – *Footprints* selected as the #1 small club (200 or fewer members) newsletter for the western region, and the national winner of small club newsletter award;

In writing about receiving these awards, Gary clearly indicated his pride in the accomplishment, but he was always generous and gracious in thanking those who wrote for the newsletter, got him race results, fed him photos, and helped him to make the newsletter what it was.

Gary's imprint on the newsletter is reflected in a number of other ways:

The newsletter was not always called *Footprints*. From the beginning, when it was edited by Judy Tucker, and for the first two years of Gary's editorship, the newsletter was called simply the "Newsletter". Then with the April 1987 issue, the name was changed to *Footprints*, the name proposed by Gary and approved by the club.

Almost from the time he became editor, Gary wrote columns. Initially, they were short and didn't have a particular title, format or focus;

Then, the columns began to take a more distinctive form filled with Gary's wit and satire, a form appreciated for years by his fans: During 1991 and the first two months of 1992, the column was entitled "Random Thoughts"; for most of 1992, it was titled "Great (& not so great) Stuff"; then, starting in 1993 and continuing through Dec 2001, it was entitled "Great (and so-so) Stuff"; these columns generally included a section entitled "Musings on running, fitness and life, etc." Finally, "Ten things I was just wondering" first appeared in April 1999 and continued on a fairly regular basis through Dec 2001. And his first item of wonderment? "Does the market really need dozens and dozens of different new styles of running shoes each year?"

As an indication of the quality of his columns, Gary was selected the "Western Region Club Writer of the Year 2000" by RRCA.

Then, in the Dec 2001 issue, Gary announced that after 17 years of editing the newsletter, he was stepping down and handing the torch to Ron Dehn. He wrote: "It's been a great ride...[but] the time constraints of producing the newsletter in the manner to which I aspire have pretty much drained me and told me it's time to move on." He notes that he'd considered stepping down as editor in a couple of years earlier, but did not. He continued: "The deciding factor for me now was this toe problem for the past year. It's caused me to realize that I'm not going to be

on this earth forever, and that I'd better start doing some of the things I haven't had time for." He wished Ron well, said he's confident Ron will do a great job, and asked club members to support Ron and let him know he's appreciated.

Gary continues to write. He's lived up to the promise made in his final column as editor to file his "Great Stuff" columns each month. In addition, he regularly writes a column for *The Pueblo Chieftain*, which informs the broader community about running events, members of the running community noted for an accomplishment, and so forth.

Gary received the Dirty Sweat Sock award in 1989, and served as club secretary in 2003 and club president in 2004 and 2005.

Now, he helps at many races, attends the monthly meetings nearly every month, missing the meetings only when work keeps him from attending, and helps stuff the newsletter most months.

So, as you can see, Gary fits perfectly the criteria used to select recipients of the Long-Distance Runner award: Clearly, he's made significant, long-term contributions to SCR—all reflecting his dedication to the club.

Finally, thanks to Ron Dehn for creating the physical award presented to Gary at the banquet. Ron, the current editor of *Footprints* and an accomplished and talented artist and potter in his own right, threw a beautiful bowl that was approximately 10 inches in diameter, 2 inches deep, finished in brown and tan tones with a splash of dark purple in the center, and both Gary's name and the name of the award stamped on the rim of the bowl. Thanks Ron!



Gary tending to a scraped knee at a recent race



Thank You

By Lois Pfost

I want to thank the terrific finish line crew I worked with at the Spring Runoff.

The rush as the 5K runners arrive almost takes your breath away as Trish Davis grabs tags and I spindle the tags as fast as our hands can work. The workers keeping the runners in order—Michael O., Brian R., Peggy O., and Stacey D.—are essential at this point and are greatly appreciated, as they also ask runners to pull their own tags and hand them to us.

Peggy suddenly became the batch coordinator and did a terrific job adjusting to the rush and took the batches to the results table. I wanted to hand off the spindling to Stacey, but it became too busy to make the transition.

Anyway, it is always a fun experience by the end, and laughs to be had. It is time for me to “pass on the spindle” and let others take on more of the finish line duties while I join more of the walking events. I’ll still help some as needed, but much less.

Don and I joined the club in 1987 when we moved back to Pueblo and enjoy the camaraderie of the participants in the many club events. Not being a runner, I found myself working many finish lines, where I got to know you all. The Club has come a long way since I started helping. Thanks for the memories. See you at the next race!

Lois



Editor’s Note: Based upon a random and very unscientific sample of volunteer lists from about 30 SCR races and predict runs, Lois has served as a volunteer for just under 2/3 of these races. In addition, she frequents newsletter stuffing, and until she got more into wood turning, practically never missed a monthly meeting. Not only is Lois present, but no matter the task, things are accomplished smoothly, correctly and always cheerfully. Lois, we do hope to see you as a frequent participant at the walking events. You deserve it! THANKS for all you do for SCR!



The Widefield 5 mile Run, 5K walk by Joe Bulow

Prior to accepting a position with the Widefield school district, Ben Valdez directed several excellent races in the Pueblo area including popular duathlons and triathlons. For the past four years, he has continued the challenge of race directing with the Widefield 5 mile run and 5K walk, which was held at the Fountain Creek Regional Park on Saturday, May 20, 2010.

Just 24 hours prior to race start, southern Colorado was hit with a storm that brought cold winds and several inches of snow to the area. This winter blast unfortunately scared a large number of runners away from the race Saturday morning as a small group of 50 or 60 brave participants lined up in the nature center’s parking lot to hear Ben’s instructions for the race.

Reaching the nature center’s parking lot just 10 minutes before the start of the race, the temperature gauge in my car read 15 degrees. A very light but cold wind greeted the runners with spectacular sunny clear skies overhead.

Fountain Creek Nature Center has some really fun trails that run alongside Fountain Creek, which was flowing pretty high on Saturday. The recent snow-fall provided a picturesque and scenic route as the 5M course meandered through the woods, by running water and small waterfalls and snow packed fields with constant views of a snow-capped Pikes Peak and the Front Range looming to the west. The trail surface consisted mostly of hard dirt and fine gravel with patches of packed snow and just a short 100-yard stretch of concrete path.

Area high school students stood at each turn of the course to direct runners and handed out icy cold water at the aid station. Other than a steep but short hill at the one-mile marker and another just before the finish to sap your energy, the terrain was flat and a great early season course to gauge your fitness level.

Post race refreshments included bananas, oranges and bagels and the race packet offered an environmentally friendly grocery bag from Walgreens and a maroon short-sleeved tech shirt with the race logo on the front.

I would highly recommend making the future effort to experience this annual race and help support the Mesa Ridge and Widefield high school track teams.

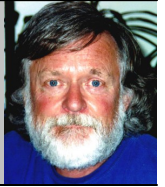


Ben Valdez



SCR Memberships

by Don Pfost



As membership chair, let me summarize some information about SCR's memberships, and encourage those who've not renewed to do so as quickly as possible.

First, as of mid-March 2010, SCR had a total of 169 memberships. This included 100 individual memberships and 69 family memberships, with the family memberships accounting for 192 members. Thus, currently, the total count of SCR members is 292, which is substantial this early in the year. Keep in mind that these numbers are based on those who've paid their membership for 2010 or beyond. There are 59 who were members in 2009 but have not renewed their membership for 2010.

Secondly, the club continues to grow as new members join, attracted, at least in part, by the reputation of the club and the bargain members get for the price of membership. Since October, 2009, the following twenty have joined the club: Riki Lea Acosta, Jan Alcalá, Erica Belcher, Bryce Boyer, James C. Brumage, Jenelle Chorak, William Cruz, Trisha Davis, Karen Driscoll, Tim

Garrett, Sheri Giordano, Jake Gregg, Chris Kamke, Janelle Markert, John Montoya, Danny Nunn, Damian Pritts, John Sandoval, Chris Theis and Rebecca Wehner. Some of these names represent family memberships, so the number added to the total is greater than this list suggests.

Third, as members join and renew, some make donations to the SCR equipment replacement fund and/or the YMCA Campus Campaign fund. The following have made donations for 2010, most often to the equipment fund, and we thank them for their generosity: Kim and Al Arline, Marvin Bradley, Jennelle Chorak, Laura Clark, William Clark, Paul DallaGuardia, Trisha Davis, Chris and Ron Dehn, George Dominguez, Martha Drake, Tomas and Betty Duran, Jack Janney, Dennis Krall, Mary Mauprivez-Mack and Doug Mack, Gloria J Montoya, Jim Schwartzenberger, Maribeth Butler-Sisnroy, David Sorenson, Bobby Valentine and Marilyn Vargas.

And finally, a note about renewing. If

your mailing label reads "Exp Dec 31, 2009", consider yourself lucky—you're reading this newsletter because your name was randomly drawn from a list 2009 members who've not renewed. To explain: To meet USPS requirements for bulk mailing, SCR must mail out at least 200 copies of the newsletter. Right now, we fall a bit short of this number based on 2010 paid memberships. Therefore, we randomly select from the nonrenewals the number needed to reach 200. Don't press your luck—you may not be so lucky next month. And, if you requested *Colorado Runner* as one of your membership benefits in 2009, your name has already been dropped from the list and you won't be getting another copy until and unless you renew.

In short, if you haven't renewed, please do so now. If you've misplaced the membership forms that were sent with recent newsletters, download it from the club's website, fill it out, and mail it to or drop it off at the YMCA.

Last Month's Coin the Caption Contest

And the winner is... (drum roll please) Not yet, a bit of a discussion on the other entries.

The cutest entry (and my personal favorite) was submitted by 3-year old Ella Batson. Ella's caption was: *"I'm a Little Teapot."* Ella, the judges did not know who made the submissions, but one judge was particularly impressed with your suggestion. Be sure to enter next time.

The most thought provoking and "intellectual" caption was Paul DallaGuardia's *"Don't mess with things you don't understand."* Paul, on another day, or if the judges would have been in a more philosophical mood, you may have won, but...

The winning submission is a bit tongue-in-cheek / political / and complimentary to Dave Diaz. The caption: *"Quick! Someone contact VP Al Gore, we have found the source of Global Warming! This guy is HOT!"* got the attention of the majority of the judges. Sheri and Roger Giordano won the \$25 gift certificate to the Gold Dust. Sheri and Roger - the certificate is "in the mail."

Thanks goes out to our clever readers, our intelligent judges, and our big-hearted Dave Diaz, who is always a good sport. Thanks Dave for letting us have a little fun.



"Quick! Someone contact VP Al Gore, we have found the source of Global Warming! This guy is HOT!"



The Spring Runoff

continued



(Continued from page 1)

headed up the Race Director duties from the SCR side for many years also.

This was the 32nd running of the race, and the largest to date. Because of the increase in participation, the stands at Dutch Clark Stadium had a few more spectators than usual. Quite a few runners were rewarded by cheers from family and friends when Dave Diaz announced their names as they crossed the finish line.

The Spring Runoff is like an old Hollywood movie. It takes a cast of “thousands” to pull it off. We don’t have all the names of all the volunteers, but at press time, here’s our incomplete list: Race Director: Terry Cathcart, Chieftain Coordinator: Paulette Stuart, Announcer: Dave Diaz, Steve Cathcart, Finish Line: Dave Diaz, Don & Lois Pfof, Michael Orendorff, Gary Franchi, Stacie Diaz, Carrie Turman, Peggy Oreskovich, Ron Dehn, Brian Ropp, Anthony Diaz, Trisha David, and others, Youth Run: ,Marylin Vargas, Jacqueline Wall, Jeff Arnold, Rich & Debbie Hadley, and others, 1.6-Mile Walk: Rich & Debbie Hadley, and others, Course: Jeff Arnold, Aid Stations: Bob Tibbs and his crew, Medical Unit and Cyclist from Parkview: Mike Archuleta, Registration: Ruth McDonald, Jacqueline Wall, Paulette Arns, Paul LaBar, Carrie Roman, Bea Jones, Marvin Jones, and others, Photographer: Larry Volk, Results: Jesse Weaver, Paul LaBar and Paulette Arns, and others. We apologize for not having all the names, but this is the best we could do by press time.

For race results, please see the SCR website: <http://www.socorunners.org>

Thanks goes out to the participants, volunteers, and sponsors. Let’s do it again next year!

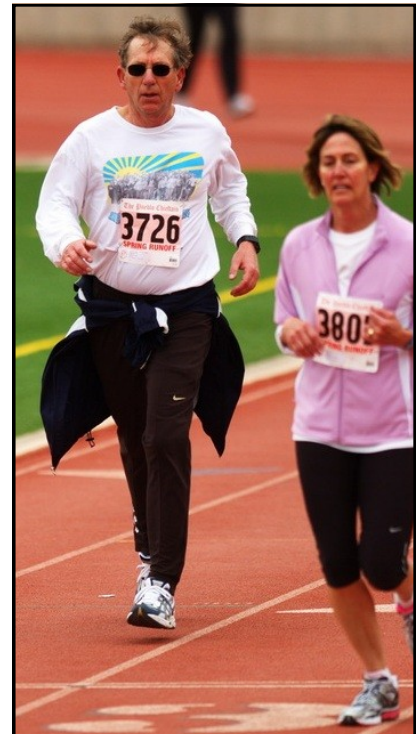


Above: Angelica Wall, Aubrey Till, & Brad VanBuskirk

Below: Dennis Wait, David Crockenberg and Sue Meyers



We again thank Larry Volk for providing photos of the runners as they cross the finish line. To view and / or purchase your photo, go to the SCR website: (<http://www.socorunner.org>) and look up results for the Spring Runoff. Click the Event-Pictures icon to view photos. We appreciate Larry for all the quality work he does.



More pics on following pages



More Runoff Photos

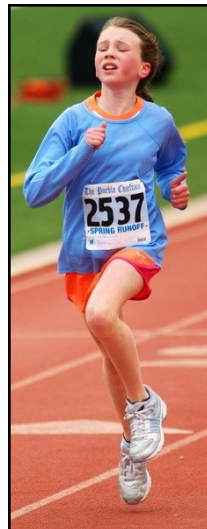


L to R
Debbie Gurule
&
Cintia Penaloza

Don Saling

Elizabeth
Whitham

Ed Renicker



L to R
Eva Cosyleon
Gabrielle Stageberg

John Roman

John Musso



L to R
Mike Borton
Michael Barris

Michael
Atlas-Acuna

Gary Provost





Even More Runoff Pics



Left:
Some of the finish line crew during a break in the action.

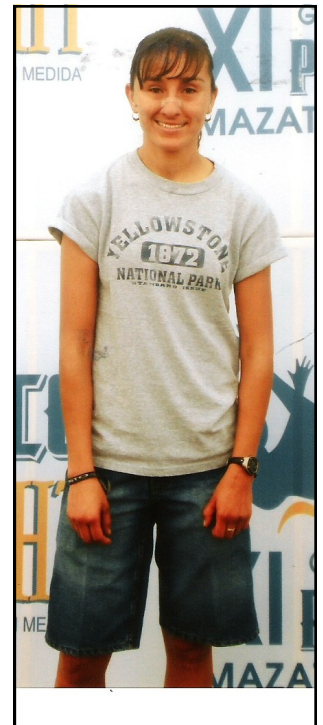
Below:
The top awards for the Runoff were hand-made aspen and cedar vases created by Bob Sweeney Deb Foy. He did the turning, she did the woodburning or pyrography; both are professional artists.

Below: John Holiman at 83 completes the 5k

Below Right: Tom Ratzlaff



Below: Beatriz Mendez and Alba Elena Silva Gutierrez traveled from Mexico to be in the Runoff





2010 Predict Series

The Mad Max Prediction Trail Runs

by Gary Franchi



The Mad Max Prediction Series trail runs were enough to drive runners mad all right. I mean, how often does someone miss his or her predict by 31+ minutes, 28+ minutes or – hold onto your eyes – 2 hours and 20 minutes. But, hey, as Tom Hanks said while running in the movie “Forrest Gump,” it happens.

It started out as such a harmless day at the Nature Center. Prediction Series Coordinator Carrie Turman was staying out of the early-morning cold in her Semi-Smart Half-Car, taking signups for both the 4.8- and 9.6-mile courses that would take runners up to the plateau above and to locales far beyond.

The run itself began harmlessly, but I was a scared dude after being left all by my lonesome as the only volunteer at the finish line, juggling spindles to hold race bib tearoffs, a timing-recording chronomix, a pen, and the clipboard containing names and predicted times of the entourage. What a relief it was when Robert Quintana re-enacted one of his Special Forces’ jumps and landed on site to help about 5 or 10 minutes before the first runner arrived. Thanks, Robert. You saved my life. Well, OK, he actually arrived via 4-wheeled vehicle, 4 dogs yapping non-stop in the front seat.

That first finisher was Shawn Loppnow, and it seemed odd that his elapsed time was a whopping 5:41 over his predicted time of 36:06. But that was just a pre-

view of things to come. Before it was over, several runners, perhaps delirious at the plateau altitude, missed cones and chalk lines on the courses and got lost, probably stopping at some households near Liberty Point for breakfast and coffee.

Anthony Diaz showed up 28:42 minutes after his long-course predicted time of 1 hour, 45 minutes and 2 seconds and said that, yes, he got lost. So did Robert’s Q’s wife Jessie, whose short-course predict of 45:45 turned into a jaunt that took 1 hour and 17+ minutes. Ah, what’s an extra half-hour or so of good training anyway?

But their time variances were chicken feed compared to Richard Emond, who predicted a time of 2 hours and 15 minutes for the long course but sent scurrying home all but Race Coordinators Emily Batson and Brian Ropp when he hadn’t yet arrived 3 and a half hours after the start. They eventually wound up recording him 4 hours and 35 minutes after the start. You read that right.

For the record, we learned once again that series leader Emily knows these courses like the palm of her hand as she missed her short-course predicted time by just 36 seconds to take second place and earn another 95.24 points. Emily was closest to her predicted time in her own Lone Tree predict in January to earn 100 points and got another 95.45

while taking second in the Spring Run-off Tuneup in February. Hence, she heads the series with an astounding 290.69 points out of a possible 300.

Moving into second place was Aaron Levinson, who earned 77.68 points and now has 219.93. Third is Dave Diaz with 205.95 points and fourth is Ropp with 177.10

Closest to their predicted times in the two Mad Max races were Justin Ricks, who was just 4.69 seconds off in the long course with a hellacious time of 63 minutes and 4 seconds; and Riki Acosta, who was just 26 seconds off a 63-minute predicted time for the short course.

Look for the complete Prediction Series season point standings on the SCR website.

The Series’ next race will be the Rams-gate 8 on Saturday, April 10, beginning at 8 a.m. at the household of Don & Lois Pfof in the Greater Belmont Metropolitan District. The distance is 8K (or a smidgeon under 5 miles).

We would like to than the Mad Max Volunteers: Race Directors: Emily Batson and Brian Ropp and their cast of vols: Jason Parker, Gary Kummer, Robert Quintana, Gary Franchi, Levi Ropp, Leanne Ropp, Mary Humphreys, Kerry Roman, and Marilyn Vargas and her three children.



The 2010 Predict Series The Mad Max Results by Carrie Turman



21 Name	Predict	Actual	Points
1 Riki Acosta	1:03:00	1:02:33.62	100.00
2 Emily Batson	43:15	43:51.00	95.24
3 Steve Wall	43:30	44:44.00	90.48
4 Rich Acosta	1:00:00	57:31.02	85.71
5 Brian Ropp	40:00	43:29.00	80.95
6 Cecil Townsend	51:00	54:38.23	76.19
7 Bill Veges	47:00	51:16.06	71.43
8 Carrie Turman	49:30	54:19.74	66.67
9 Donald Moore	43:00	48:23.99	61.90
10 Shawn Loppnow	36:06	41:47.40	57.14
11 Leona Spracklin	45:00	51:00.98	52.38
12 Dru Marshall	42:00	48:06.23	47.62
13 Paulette Arns	53:47	1:00:17.41	42.86
14 Rebecca Wehner	42:00	48:33.02	38.10
15 Frank Lopez-Cepero	47:00	54:38.00	33.33
16 Dennis Wait	1:01:00	1:10:15.43	28.57
17 Trisha Davis	45:00	54:47.43	23.81
18 Nina Gonzales	57:18	1:09:48.53	19.05
19 Peggy Oreskovich	1:23:00	1:09:44.31	14.29
20 Stacey Diaz	1:24:00	1:09:48.53	9.52
21 Jesse Quintana	45:45	1:17:11.07	4.76

Left: Results from the 4.8 mile course
Below: Results from the 8.9 mile course

9 Name	Predict	Actual	Points
1 Justin Ricks	1:03:00	1:03:04.69	100.00
2 Dave Diaz	1:30:00	1:34:42.81	88.89
3 Aaron Levinson	1:15:00	1:22:39.33	77.78
4 Laurice Lopez-Cepero	1:45:00	1:55:01.11	66.67
5 Carol Kinzy	1:45:01	1:55:18.31	55.56
6 Bill Giebel	1:43:00	1:30:54.31	44.44
7 Robert Santoyo	1:35:00	1:54:59.22	33.33
8 Anthony Diaz	1:45:02	2:13:44.92	22.22
9 Richard Emond	2:15:00	4:35:00.00	11.11

Exercise Your Brain

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

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

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

Answer is below, but don't peek

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



From the Mailbox

Readers,

I enjoyed reading, as I know others did, Charlie Gray's recap of the fun and challenge he had being on one of the teams from CO at the USATF X-country national championship in December in Kentucky.

BUT he, and his team, did quite well in a couple of areas he did not mention.

Individual results were reported by USATF by 5 year increments. Charlie Gray was 6th overall in M55-59 and his team had 3 of the top 7 places in M55-59.

So the Foot of the Rockies (Charlie's team) was an older team, even within the 50-59 team age range category.

USATF also reported official age-graded results. Using age-graded results Foot of the Rockies (Charlie's team) was 2nd in M50-59. Only 31 points behind the Greater Lowell Roadrunners.

And I don't think Charlie stressed enough what a far superior field this was in masters competition than in years past. It was an extremely good field this year. As a spectator, I hope that this continues.

So more congrats to Charlie and the Foot of the Rockies team.

Michael Orendorff

The 2010 Cinco de Mayo

By Vanessa Mondragon



R-e-s-p-e-c-t that is all Project Respect needs to inspire and influence a positive behavior in students and their education. Project Respect is a program that helps students have less suspensions and truancies, and have a better behavior in and out of school.

"Project Respect has community advocates to prepare students to graduate and help reduce how much students miss school," said Ramon Arriaga, Coordinator of Project Respect.

Every year for about ten years now Project Respect has put on The "Cinco" 10k/5k race and two mile Wellness Walk and Fun Run. They first started sharing with another race until about six years ago when they became their own program.

"The biggest thing about our race is that we bring in runners from Chihuahua, Mexico," said Arriaga. "Another thing is the awards we give out are real functional and practical. They are things that people can use such as, glass mugs with our logo on it. This year we are giving out 24 ounce aluminum water bottles with our logo on it," Arriaga said.

Getting a different award every year is one of the ways to keep runners coming back to this race. Another thing that keeps them coming back is that this race is one of only two races in town that offers chip timing.

"Chip timing is an actual chip that you put on your shoe, which give the most

accurate time on the runner's race," said Arriaga.

The age divisions for the 5k/10k male and female are 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over.

The 5k and the 10k run both start at 7:30 a.m. May 2nd. They also offer the 2 mile Wellness Walk and 2 mile Fun Run both start at 7:50 a.m. May 2nd. These events begin at the Palace of Agriculture at the Colorado State Fair Grounds.

The price to register for the 10k/5k is, pre-registration: before April 24 is \$17.00. Late registration: April 25 through May 1 is \$20.00, which can be dropped off at Gold Dust Saloon, 217 Union or Pueblo City Schools Administration Building. You can also pay the day of the race at the Fair Grounds before 7:15 a.m. \$25.00.

Another way to register for the race is go to the website, www.socorunners.org.

The race is known most for its accurate course, chip timing, being well organized, and have mariachi music, so don't miss out, come join the fun!

For any questions or concerns please contact Ramon Arriaga at 719-240-6424 or ramon.arriaga@pueblocitieschools.us.

Editor's Note: Vanessa is a senior at Pueblo Central High School. Nice job Vanessa!



2010 Race Calendar by Dave Diaz

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

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>April</u>				
Sat 10	*Ramsgate 8	8K	Belmont	Don Pfost (dlpfost1@mindspring.com)
Sun 11	CSU-P X-Challenge		CSU-P Campus	Geo Dallam (george.dallam@colostate-pueblo.edu)
Sat 17	Healthy Kids	5K	Pueblo YMCA	Janelle Markert (jmarkert@puebloymca.org)
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	State Fair Grounds	Ramon Arriaga (ramon.arriaga@colostate-pueblo.edu)
Sat 15	Emer Med Services	5K	Trinidad, CO	trinidadchamber.org
Sun 16	Run With the Bulls	5K, 10K	Union Ave	Ruth McDonald 719-251-3189
Sun 23	*Yappy Dog	8.6M	SoMesaEleSchool	Ross Barnhart (barnhartaccount@gmail.com)
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	Pueblo	Mike Archuleta (PUEBLOTRIATHLON@MSN.COM)
Sat 19	FIBArk	5K/10K	Salida CO	salidarec.com
Sun 20	FIBArk Trail Run	10K	Salida CO	salidarec.com
Sat 26	Women's Dist Festival	5K	Pueblo City Park	Peggy Oreskovich (moreskovich@comcast.net)
<u>July</u>				
Sun 04	Liberty Point 5K	5K	Pueblo West	Stan Hren (terbear31@msn.com)
Sat 17	Mosaic Race	5K	Pueblo West	Marilyn Vargas
Sat 24	*Shawn's Shuffle	5M	Regency Park Area	Shawn Loppnow (shawn.kayaker@yahoo.com)
<u>August</u>				
Sat 28	Danapolooza	5K	Canon City, CO	danapolooza.com
Sun 29	*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)
Sat 25	Addict2Athlete	??	Dog Track, Pueblo	Rob Archuleta (addicttoathlete@comcast.net)
Sun 26	Hot to Trot	5K	Union Ave	Ruth McDonald 719-251-3189
<u>October</u>				
Sat 02	Lion's Roar	5K	Pueblo City Park	Cheryl Farrer (cheryl.farrer@gmail.com)
Sat 23	*Harvest Run & Bonfire	5M	Pueblo West	Dave Diaz (diazsd@aol.com)
<u>November</u>				
Sat 06	Hustle for Russell	5K	Pleasant View MS	Karen Wiler
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

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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

There are lots of fun races in the next couple months.

The Predict Series is well underway with the **Ramsgate 8** on April 19th. This is not only a fun 8k (about 5 miles), but a pot luck as well. Then on May 23, more predicting and more eating at the **Yappy Dog** predict in Pueblo County.

April and May are chock full of other runs. The YMCA's **Healthy Kids 5k** is on April 17th, and the ever popular and ever challenging **Spank Blasing 5k** and 10k events take place on April 18th at CSU-Pueblo. The **Panther Run** is becoming a Pueblo tradition and takes place in City Park on April 24th.

May brings the **Cinco de Mayo** celebration at the State Fair grounds, the **Run With the Bulls** as part of the Wild West Fest on May 16th, and the **Run for Rio** in Rye on the 29th.



YMCA



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

The Final Thoughts...

Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing. You are just talking. - Wangari Muta Maathai, activist and Nobel laureate (b. 1940)

Never bear more than one trouble at a time. Some people bear three kinds - all they have had, all they have now, and all they expect to have. -Edward Everett Hale, clergyman and author (1822-1909)

Beautiful young people are accidents of nature, but beautiful old people are works of art. -Eleanor Roosevelt, diplomat and writer (1884-1962)

Your pain is the breaking of the shell that encloses your understanding. -Kahlil Gibran, mystic, poet, and artist (1883-1931)

Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep. -Scott Adams, cartoonist (1957-)

Why does "fat chance" and "slim chance" mean the same thing?

Why are a "wise man" and a "wise guy" opposites?