



Editor: Ron Dehn

FOOTPRINTS



Don't forget Mother's Day - May 9th



The Spank Blasing Run / Walk

By Todd Kelly



Records were broken at the 8th annual Spank Blasing 5K/10K Run & Walk, presented by Waste Connections, held Sunday, April 18, at the Neta & Eddie DeRose ThunderBowl on the Colorado State University-Pueblo campus.

Over 460 participants, the most ever for the Spank Run, enjoyed a beautiful, sunny day with mild temperatures, to take on what most call the toughest 5K and 10K courses in Pueblo.

Martini Shot, one of the most popular bands from Pueblo, performed for the runners as they entered the ThunderBowl to cross the finish line and free back massages were given to all runners and walkers.

One lucky participant even walked away with a free flat screen, given away by Waste Connections.

Overall winners received a thermal coffee mug, Sports Authority gift cards, a free membership to the Colorado Runners Club, and a free RoadId coupon. Age group winners received medals and either a free Chipotle burrito or Colorado Lottery scratch tickets, depending on their finish.

For the second straight year, Levi Medina claimed the men's 5K title, clocking a Spank record time of 17:29 (For the current 5K course. Adam Rich recorded a time of 15:32 in 2008, but it was on a different course). On the women's side, former Centennial High School standout Jenna Dorsey-Spitz took top honors with a time of 19:23.

In the 10K, Aaron Levinson and Charlie Gray battled for the lead throughout the course with Levinson pulling ahead at the end with a time of 38:00 to take top honors. Gray, who claimed the Spank 10K title last year, finished at 38:04.

For the women's 10K, current Centennial High School student Carrie Laut blew away the field, crossing the finish line first with a Spank record time of 41:02, six minutes ahead of second place Emily Batson.

Each participant received an official Spank Blasing T-Shirt along with a goodie bag packed with a bottle of Sobe Vitamin Water, a sport water bottle, a \$10 Sports Authority gift card, snacks from Sam's Club and coupons from local businesses like

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Ben Valdez is back running after a long injury timeout

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Minutes from the April, 2009 Meeting

By Maria Elena Weaver



Attendance: Rich Hadley, Nancie Biery, Paulette Arns, Dave Diaz, Hilbert Navarro, Brian Ropp, Alex Trujillo, Marilyn Vargas, Gary Franchi, Don Pfof, Emily Batson, Karen Hess & Heidi Mann, Todd Kelly, Kevin Keilbach, Ramon Arriaga, Lori Miller, Suyra Bassett, Stan Hren, Ruth McDonald, Joe Leal & Al Weaver

Reports/Recaps

Mad Max's Trail Adventure Predict, March 21 Emily Batson reported good turnout and asked the club to consider having time limits for predict races to avoid having volunteers waiting an unreasonable amount of time for the last runner in.

Upcoming Races/Events

Ramsgate 8, April 10 Don Pfof expects a good turnout for the Belmont race, especially with the offer of post-race meal.

Spank Blasing, April 18 Todd Kelly reports good feedback from families receiving a discount entry fee and 150 pre-registered runners so far. Todd said that student government will fund 100 student race entries. La Gente youth group will participate, Martini Shot will play at end of race and the home football game is happening on the same day. Todd and Paul LaBar discussed details of SCR's assistance in this event, namely transfer of entry info to chip time company.

Panther Run, April 24 Kevin Keilbach reported that so far all preparations are on target and have a few details to put in place. Race organizers will need SCR help with finish line, timing and online registration. Dave, Paulette and Don will help with timing and expect Terry Cathcart will be there too. Dave mentioned the need for professional flaggers. Kevin was encouraged to recruit experienced volunteers to assist again. Paul will train Keving in data entry.

Cinco de Mayo, May 2 Ramon Arriaga reported buying inflatable arch for finish line with donation. Ramon asked Paul about how to manage data transfer to chip time company on race day. Dave Diaz asked Ramon and other race organizers to provide race dates for following year as soon as it is chosen to come up with race calendar at beginning of calendar year.

Run With the Bulls, May 16 Ruth reported having at least 150 runners last year for the 5K/fun run event and is hoping to have 200 this year. The race will

start at PBR headquarters on the riverwalk and will SCR finish line and registration assistance. Ruth asked club members about getting race forms to Pikes Peak Road Runners for distribution in their newsletter. Dave provided contact information for entry form delivery. Paul suggested to have links to other event sponsors' website to publicize race. Ruth informed group that there will be a barbeque at the Gold Dust and reduced fees for youth 19 and under. Jeff Arnold will assist, especially with fun run. This race is held to benefit SCR.

Run for Rio, May 29 Jeff Arnold was not present to report on this race.

Prevent-a-thon Run-Walk, June 5

Lori Miller asked for SCR help with online registration. Race organizers will meet with university liaison to lay out course. Suyra Bassett will make changes to registration form and email to SCR. Paulette advised on deadline for registration form inclusion in next SCR newsletter. Don Pfof advised on number of forms needed and format. Race time moved to 8 AM from 7 AM. Club members advised Lori and Suyra to cut off registration time to allow volunteers to be ready for race start. Paul LaBar will convert the hard copy registration form into online form. Surya will add link to SCR in her website.

Skyline Drive 10K, June 6 Heidi Mann reports changing date due to conflict with other races last year, yet still had good turnout in '09. Heidi wants to have race exposure on SCR website and to distribute entry forms in the newsletter. While the Canon City Rec. District has enough volunteers; Heidi would like finish line help and some SCR equipment. Rich will be the SCR liaison and Dave will help with equipment. Heidi added that the Rec. District Climb to Conquer walk will be held at the same time and various club members gave Heidi advice on how to coordinate the two events including fees, awards, finish chutes and race name.

Spirit Fest on the Riverwalk, June 12

Hilbert reports that race preparations are going well and will email corrected race registration form to Paul for online registration.

Dave and the three Weavers will help as needed.

Liberty Point, July 4 Stan Hren asked for help as previously. Paul and Paulette suggested doing online vs. paper registration. Paul will contact Stan for computer use.

Mosaic Run, July 17 Marilyn Vargas is the liaison for this race. Dave will help and Terry Cathcart may also

(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.

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Current SCR Officers

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Vice President	Dave Diaz	
Secretary	Mike Archuleta	
Treasurer	Paulette Arns	
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Editorial Consultants	Gary Franchi, Ubaldo Jimenez*	
Newsletter Advisor	Chris Dehn	
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Calendar Keeper	Dave Diaz	

Contributing Writers / Photographers

Gary Franchi, Paul Vorndam, Carrie Turman, Mike Archuleta, Dave Diaz, Don Pfof, Paul LaBar, Marijane Martinez, Maria Elena Weaver, Larry Volk, Todd Kelly, Kim Arline

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.

* Ubaldo Jimenez pitched a no-hitter for the Colorado Rockies against the Atlanta Braves on April 17th. This was the first no-hitter in the 18 year history of the Rockies club and the first in the majors since White Sox ace Mark Buehrle tossed a perfect game on July 23, 2009. The Rockies beat the Braves 4-0.





Minutes Continued



be there.

Rim to Rim, Oct. 2 Alex Trujillo provided information about this inaugural race to be held at the Royal Gorge Park in Canon City to benefit Starpoint youth and adult services. Race date may present conflict with Lion's Roar race. Alex requested help with distributing entry forms in newsletter and/or online registration, timing and clock. Blossom fest group will assist with results software. SCR can provide printing stop watches and has bibs for sale if needed. Club members suggested allowing Pueblo Pacers youth runners to participate at a reduced fee. Alex reported that race will be held in conjunction with Oktober Fest celebration and family members will receive discounted park entrance rate. The race will be advertised in Royal Gorge website and Alex plans to advertise in Colorado Springs.

CAC Speed Runners Karen Hoss who is involved in the Commit & Conquer will work with a gym in Pueblo West that will work to get high school and middle school students involved in physical activity. As the program grows it may include younger students. Karen will do the training with the students. Students will participate in speed and agility exercises and Karen wants to start a running group for them. Marilyn asked about including students in Pueblo Pacers. If things go well the program will also involve adults. Karen asked for help with publicity for this program. Dave suggested writing articles for the SCR newsletter.

Lake Pueblo Trails Organization Austin Clark of Southern Colorado Trail Builders spoke about the Arkansas Point Challenge mountain bike race on 4-25-10; which is the fourth annual mountain bike race. It will have three categories, that is, distances. This race organizer asked about buying time watches but Don Pfost suggested using SCR equipment to save money. SCR publicity was requested. Austin asked about having

Mike Archuleta help with first aid. He was advised to contact Mike. Austin reports 22 more miles of trail are planned with cooperation from the Bureau of Reclamation.

Officer Reports

Minutes: Mike Archuleta (not present) Corrections needed to last months minutes, therefore minutes were tabled pending revisions.

Treasurer: Paulette Arns Paulette presented the report which was approved and included donations to schools which assisted in Runoff water stops. The Runoff report is not complete at this time.

Newsletter: Nancie Biery Ron Dehn was not present and Nancie reported that she and Karen Kyle will do newsletter while Ron is not available.

Membership Chair: Don Pfost Don announced that he mailed 25 membership forms to lapsed members and that nine of those renewed their membership. There are 179 members and that with the newsletter only addresses there are enough newsletters mailed to meet postal minimum requirement. Of all members there are 133 who receive the Colorado Runner magazine as a membership benefit.

Webmaster: Paul LaBar Paul is working on entering information for a lot of races and does not want to include too many races on home page of website. Paul will work with Dave to list current races only.

Race Calendar: Dave Diaz Dave asked for more room on page to list full name of links.

New Stuff/Old Stuff

Race Support Fees: Paulette Arns Paulette voiced concern about charging the current policy fee amount for first time races or small field races. Several members discussed pros and cons of charging for race assistance, including the value of club members' time, wear and tear on equipment, having race organizers earn the waiver of fees by amount of work they do at race, charging per number

of participants. No decision was reached but club members will continue to discuss this subject and how it applies to races in which the club has already committed to help.

Race Timing/Management: Don Pfost

Don, Dave, and Paulette will meet to decide how to divide duties of race timing/management. Dave will help at Spirit Fest.

Don expressed concern about limited group providing assistance with races and asking other club members to assist. Marilyn offered to call club members who noted on membership application that they'd like to help with races. Don also reported intent to transfer membership chair position to someone else next year.

Spring Runoff Lessons Learned & Future Plans

Terry Cathcart was not present, but other members discussed this race. Don asked to pass a motion to give Paulette Stuart, SRO coordinator from the Pueblo Chieftain, a commissioned gift of a turned wood base for her support of this race. The motion was approved. Terry will provide list of lessons learned in a future meeting and Paulette will have an action plan for future Runoffs. Rich Hadley informed the group that Jaqueline Wahl wants to help with the Funner to Be a Runner event.

Pueblo Pacers: Marilyn Vargas Marilyn is waiting to receive registration for the group and passed some out at Runoff.

Equipment: Brian Ropp Brian presented a detailed inventory of the SCR shed which indicates most equipment and materials accounted for.

Other Business

Rich Hadley asked for a motion to provide a scholarship for Florence High School track and cross country team members and the motion was passed. Hilbert relayed the Luna family's gratitude for the assistance with Runoff entries.

Submitted by: Maria Elena Weaver

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

It's May -
 Enjoy lunch on the
 patio



At the GOLD
 DUST
 217 South Union



Walk-n-Roll Pueblo

By Kim Arline



Walk-n-Roll Pueblo is a campaign promoting human powered events taking place in Pueblo this spring. People always complain there is nothing to do in Pueblo but plenty is happening – you just might have to break a sweat and burn a few calories! There is now an online calendar promoting outdoor, active events. If you have a group training run, ride or climb and others are invited to join you, email kim@activepueblo.net with the details to be posted.

Check out the **online calendar on www.activepueblo.net** for low key bike rides Mon-Fri, bike races, hikes, runs, kayak, river surfing and skateboard events. The running club has races posted on the calendar through August. The two big new events in the coming month both take place on **Sunday, May 23rd**:

Angelo's Criterium de Pueblo bike race on Historic Union 8 am to 6 pm. If you would like to volunteer for a 4-hour stint as a course marshal with a front seat to all the action, email carlann7@yahoo.com.

Voodoo Challenge for the Cure mountain bike race at Lake Pueblo State Park, west of the Red Gate area. Sponsored by Vance's Bicycle World.

National Trails Day is **Saturday, June 5th**. Post a hike, run or ride on the calendar and help others discover a new Pueblo area trail! Or walk or bike the Arkansas River trail or paddle the river to the Nature Center for the Bluegrass Festival that weekend.

Speaking of trails – the new bike route maps are **FINALLY** coming! Pueblo Active Community Environments (PACE) updated the bike route map, held a few public comment sessions last June and had to wait for a CDOT contract for printing and it finally came through April 15th. We will hand out the maps once we get them! One side of the map shows the city of Pueblo and the other side shows Pueblo West and all the trails around Lake Pueblo State Park

and Department of Wildlife areas. So get ready to find and explore a new trail!

Pueblo Bike to Work (BTW) Days

Fri, May 21st—National Bike to Work Day

Wed, June 23rd—Colorado Bike to Work Day

Bike Commuter Cup starts & ends these dates.

Join others across Pueblo and ride your bike (or walk) to work on these designated days! It is fun, healthy for you and the environment! There will be several breakfast stops around town for cyclists to stop for a drink or light to go snack (6:30-9:00 am), meet others riding to work and most of all—have fun! To be eligible for prizes and drawings, please register online and agree to the waiver saying you'll ride responsibly for your own safety and others.

A Bike to Work map with breakfast stops and several group ride meeting points with routes to a breakfast stop or two will be posted on www.activepueblo.net. The bike mentor volunteers for each meeting location will post the time they need to leave to make at least one breakfast stop and then on to work. Others are welcome to join them or consider the same route at a more convenient time. If you would like to be a bike mentor, please email kim@activepueblo.net as there are a few gaps on the map or you could add another meeting time to an existing route.

Bike Commuter Classes:

To promote safe, lawful and fun riding, there are a few FREE opportunities to learn how to protect yourself and avoid crashes in an urban environment, how to share the trail and the road, as well as some practical advice on how to commute by bike. Bring your helmet and bike and if time and daylight allows, we might get to do a little riding at the end of class.

Monday, May 10th 6:00-7:30

p.m. Infozone at main Rawlings Library

Thursday, May 13th 6:00-7:30

p.m. Pueblo West Library

Wednesday, May 19th 11:30-1:00 p.m.

Trane at 101 William White Blvd.

Open to all interested employees at the Industrial-Airport Park. Bring your own lunch. RSVP to Elaine 585-3815 to get past security.

Bike Mechanics and Skills for Women class called "**Know Your Cycle**" as part of the Spirit of Women campaign. RSVP to 584-7319. **Wednesday, May 19th**: 5:30-7:00 p.m. Health Department, 101 W 9th St.

A fun, friendly, free challenge is also available to anyone wanting to do more bike commuting with the **Bike Commuter Challenge**. The challenge starts and ends with the two bike to work days. You can sign up for this when you register for the bike to work days. Participants will report the number of days worked each week, number of days commuted by bike and total bike commuting mileage for the week (sorry – can't count your training rides unless you build them into your commute!).

Why I Ride Pueblo...

I started bike commuting as a kid, through college and until I was hit by a car riding to work in California 17 years ago. I wasn't hurt, I could have prevented it but it took 16 years to try urban riding again. As a kid, my friends and I rode everywhere like most kids those days. We had never heard of a bike lane back then. We were allowed so much more freedom than we give our kids today. What was unusual was my brother and I rode 3 miles each way to an early mass so we had more free time on Sundays. Mom made us go to church but we didn't want to wait for her favorite late service. I often felt more connected and closer to God riding than when I sat in a pew. I still do to this day. We found one of our favorite pets, the coolest, most personable turtle, on one of those church commutes.

As a college student in Boulder, there was no need for a car but sometimes I'd

(Continued on page 5)



April B-days

- 2 Sheri Tiller
Engelbert Humperdinck*
- 3 Barbara Leyba
Golda Meir*
- 4 Jim Austin
Paul DallaGuardia
Jeff Stephens
Randy Travis*
- 5 George Dominguez
Troy Davenport
Alexis Deabueno
Tammy Wynette*
- 9 Mother's Day
- 10 Melinda Orendorff
Bono*
- 11 Thomas Coseno
Salvador Dali*
- 13 Steven Lamy
Joe Louis*
- 14 Deborah Gurule
Paul LaBar
Bonifacio Cosyleon
Bea Jones
George Lucas*
- 15 Rhonda Uber
Emmitt Smith*
- 18 Aniesa Trujillo
Mark Koch
Brooks Robinson*
- 19 Charlie Gray
Grace Jones*
- 20 Lori Gregory
Diane Lopez
Cher*
- 21 Ana Bentz
Raymond Burr*
- 23 Sidney Arnold
Drew Carey*
- 25 Sherry Levinson
Mary Davenport
Mike Myers*
- 26 Lois Pfost
Stevie Nicks*



*Honorary SCR Member



Walk-n-Roll Pueblo continued



mix it up with a roller skate to campus (roller blades were brand new and too expensive for a poor, bologna eating college student). I remember finishing a Pharmaceutics exam early and annoyed my classmates with the whirl of my wheels as I rolled down the auditorium to turn in my test – I had forgotten to pack shoes that day.

While I lived in Monterey, California, I often rode to work – what an unbelievable place to live and work – I couldn't stand to be in my car. I could add gorgeous side trips and extra climbs to the commute as my office was in an old hospital room with a shower! I avoided riding alone early in the morning on the bike path along the beach where the homeless often camped, sort of similar to our river trail here. Instead I opted for a busy road to the Army post. The Bud Light van driver's foot slipped off the brake pedal and slowly drifted into the intersection as he looked at a map. I should have yelled at him as my horn but I thought I could out run him. He never even knew he hit me because I kept silent. I wasn't hurt but my rear wheel was ruined.

I got married, moved to Germany, then came kids and eventually a move to Pueblo. I was tricked into moving here – I thought a college town would have a lot more active people and especially people who rode bicycles! I was sure disappointed but jumped at the opportunity in February to work with students at CSU -P on improving the bikeability of the campus. I look forward to another opportunity to work with a research and development class on this topic in the fall.

I started riding in the city last spring while we worked on the bike route map. I met a couple cyclists that touted the great city riding here. I thought they must have had some sort of head injury or something. But I fell in love with the city riding around on my bike. The quiet, tree-lined streets, the amazing architecture, the funky, quirky areas contrasted with the modern architecture library and Riverwalk. I hadn't really noticed much driving the busy roads but my eyes were opened as I pedaled the quiet side streets. My work schedule of 10 hour shifts often start or end in the dark which limits bike commuting to the warmer months with longer days but I'll take what I can get!

Pueblo really is a nice place to ride if you are

careful selecting your route, you ride predictably, follow the rules and pay attention and assert yourself in intersections. I am often pleasantly surprised how urban riding can give me a great interval workout if I want to push it a bit between the red lights and stop signs. A few miles around town can often be a better work out than a 20 mile out and back ride on Hwy 50.

Lately, I've been so busy I added run commuting. Instead of using my car for short errands, I started building them into my runs – drop off the Red Box video, library book, bank deposit or something at the post office. Once I picked up my son's cough medicine at the pharmacy 6 miles or so into a run – a sure way to get strange looks.

Americans need to change the way we live for a multitude of reasons. Pueblo really needs to change as it is the 3rd most obese county in the state. We need to find ways to leave the car at home more often. Infrastructure improvements take years, Boulder has a 40 year head start on us. The only proven method to increase safety is to increase ridership. The cultural and structural changes have to start somewhere, so hopefully you will consider joining us this spring making small changes in your daily life. We can't continue to make excuses, we need to show city and county leaders active people do live in Pueblo and want infrastructure and policy changes more favorable to walking and biking. If nothing else, each person that tries biking to work, just even once, will become a better, more alert driver near cyclists and pedestrians. And that will help improve safety for those of us riding more often.

A special thank you to SCR president and webmaster, Paul LaBar, for volunteering his time and talent to help create www.activepueblo.net! We could not have done it without his dedication and patience! Thank you Paul!!!





Ramblin'

by Ron Dehn
Trail Running



“Only by going alone in silence, without baggage, can one truly get into the heart of the wilderness. All other travel is mere dust and hotels and baggage and chatter.” -John Muir, naturalist, explorer, and writer (1838-1914)

Based upon my limited research (Wikipedia), John Muir was probably not a runner, but he certainly saw and experienced the value of spending time with nature. And, wow! Does that sum it up or what?

Those of you who read this column regularly know that trail running serves me in many ways. In addition to exercise and conditioning, it provides me solace, friendship, and therapy. It serves as a teacher of art, wisdom, and life.

As an aside, I will say something about my “wisdom” before anybody else does. Either I need to run trails more often, or at least be a better student. I’m working on it – really, but I digress.

Trail running not only physically takes you away from the computer, asphalt, and your “To Do List”, but it allows your mind and spirit to take a mini vacation too. Some people can do this on a treadmill, and there are times I’ll use the treadmill. But, given the choice – give me fresh air and sunshine.

In addition to the pleasure of viewing then becoming part of the sky, clouds, trails, rocks, twisted junipers, the Spanish Peaks, the Wet Mountains, Pikes Peak, chollas, snow, rain, sunshine, wind, and assorted flora and fauna; “my” trails in Pueblo West offer considerable opportunity for mingling with wildlife. I’ve seen deer, coyotes, foxes, rabbits, quail, prairie dogs, mice, hawks, turkey vultures, snakes (to paraphrase Indiana Jones – why did it have to be snakes?), assorted unidentified varmints and birds, and only one (thankfully) skunk. I have not seen a bobcat on the trail like Paul LaBar a couple months ago, but did see my first ever in the wild not 30 yards from our front porch just before dusk a couple weeks back.

Deer are my favorite. A while back, I encountered an unusually large herd of 15 not more than 2 miles from our home. When I saw them, I stopped and slowly walked ahead, talking to them in a soft low voice. Most moved slowly away, but one doe, more curious than the rest, stood her ground and watched my every move, so I stopped and reassured her that all was well. Eventually, they all resumed their trek and so did I.

While the solitary run has one kind of beauty, running with someone has a beauty all its own. My running schedule requires that most of my outings take place by myself, but I love sharing nature with someone when the opportunity presents itself. The conversations vary from an occasional “look at that”, and “my grandkid is so smart”, to deep philosophical discussions on life, afterlife, family, politics, truth, beauty, discovery, and anything under the sun.

Another reason to run on (dirt) trails is for health. I attended a national running conference a few years back, and one of the speakers was 1970’s champion marathoner Bill Rogers. He made one statement that stuck in my brain. It went something like, “the single thing you can do to extend your running career is to run on dirt.”

I know lots of runners who run with iPods. I’m not knocking it. I’ve never tried it, but I don’t want to miss out on anything. If I’m running on the streets, I want to hear cars, and be aware of who or what is near me for safety reasons. Same thing on the trails. Two or three times, I’ve heard the telltale rattle before seeing the snake. And on the opposite side of things, I don’t want to miss the sound of the critter scurrying under the brush, the chirp of the prairie dog, or the hoot of the great horned owl calling across the ravine just before dusk.

Now the advice part. Be safe. I’m comfortable running solo on “my” local trails, I carry a cell phone, and usually water in the summer. I’m not paranoid, but we all need to be aware of our surroundings. The idea of a solitary runner has a certain romance to it, and it makes a great poster, but a lone runner in some places is simply an invitation for trouble. Ladies need to be especially aware. Enjoy, but be smart about it.





The Spank Blasing Run Walk

Continued from page 1



(Continued from page 1)
Texas Roadhouse.

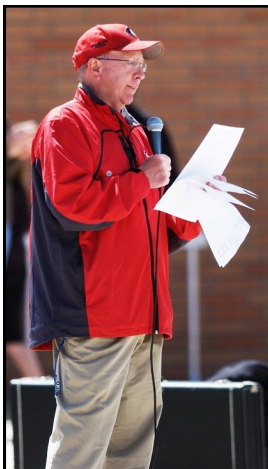
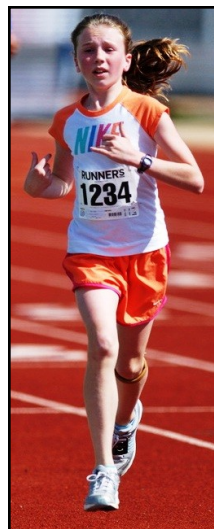
The CSU-Pueblo Department of Athletics would like to thank all the participants of this year's Spank Run, as well as all the sponsors, including Waste Connections of Pueblo, Pepsi, Converg'y's, Comcast, KPHT 95.5 FM, and Miller Beer.

Thanks especially to all the runners and walkers. As a result of your participation, over \$10,000 was raised for CSU-Pueblo student athletic scholarships. And another \$1,500 was raised for the Aveda Clean Water Project, sponsored by Euphoria Salon.

For results see: socorunners.org



Top row right: Cheryl Farrer, Deb Hadley, Brian Ropp
Mid Row: John & Gabrielle Stageberg, Marijane Martinez, Mark Gurule



Left: CSU-Pueblo AD Joe Folda announces winners

Below: Justin Herrera won a 32" flatscreen



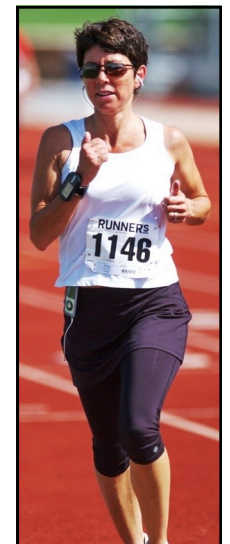
Right:

Neeley Byers

Patrick Swank

Sheri Giordano

Race photos by Larry Volk





2010 Predict Series

The Ramsgate 8

by Carrie Turman & Gary Franchi



Steve Wall sure seems to know his running pace.

The SCR member has run two of the first four SCR Prediction Series races in 2010 and has amassed 190.48 points. His most recent episode was the Ramsgate 8K (4.96 miles for the metrically challenged) in which he finished just 24 seconds off his predicted time of 38:50 to earn 100 points for the run.

Not too shabby, Steve. Now, if you'd just keep running Series races, you've got a shot at being among the leaders instead of being in 8th place. Remember what Woody Allen said: "Eighty percent of success is showing up."

As it is, Superwoman is still in the lead but – my oh my – we found out that she is human after all. That's Emily Batson, who was dominant in the first three of the Prediction Series races, taking a first and two seconds and compiling an amazing 290.69 points while finishing a TOTAL of just 66.64 seconds off her three predicted times.

In the Ramsgate, Emily was 1:43 off her 39:37 predicted time and took 12th place to earn a "mere" 59.26 points. That gives her 349.95 points for the 4 races and keeps her comfortably in first place in the standings. Go get her, Steve!

Aaron Levinson, who was in second place in the overall standings heading into the run, had the chance to close ground on Emily but was actually one place behind her in the Ramsgate, earning 55.56 points. He is still second, now with a total

of 275.59.

Dave Diaz remained in third place in the cumulative standings by finishing 11th to earn 66.67 points, giving him a total of 272.62. Paul DallaGuardia and Brian Ropp flip-flopped positions, Paul moving from 5th to 4th by taking 3rd in the Ramsgate to earn 92.59 points, giving him 259.01. Brian was a ways back and now sits 5th with 228.55 points.

Afterward, it was fine brunching time inside the Belmont home of exquisite hosts Don & Lois Pfost, who also served as race volunteers along with Sandy Reinsch. Sandy's hubby Ben Valdez came out of his long recovery from very-intricate bunion surgery to participate in the run and enjoy the potluck chow station. They brought daughter Abby, who is growing like a weed at the tender age of 2+ and was very well-behaved. Thank you for good parenting, Ben & Sandy.

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

*

The next Prediction Series race will be the Yappy Dog, an 8.6-mile romp that will take place at South Mesa Elementary School on Sunday, May 23, beginning at 8 a.m. Wondering where that is? It's east of Pueblo on what is called The Mesa, and the address is 23701 Preston Rd. Ross Barnhart is the host and this is a potluck so bring a delectable brunch dish.



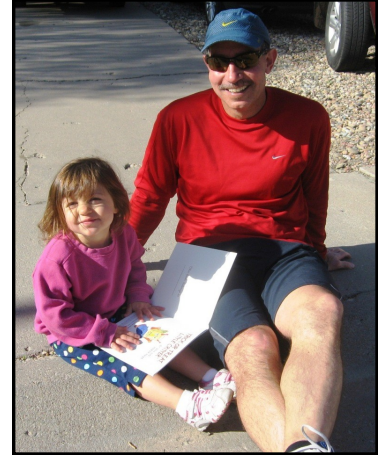
Ramsgate 8 Results

27 Name	Predict	Actual	Variance	Points
1 Steve Wall	38:50	38:25.80	0:24.20	100.00
2 Nina Gonazles	55:14	54:34.12	0:39.88	96.30
3 Paul DallaGuardia	48:40	47:43.87	0:56.13	92.59
4 Donald Moore	39:00	39:57.35	0:57.35	88.89
5 Shawn Loppnow	45:32	44:29.52	1:02.48	85.19
6 Ron Dehn	48:49	47:44.87	1:04.13	81.48
7 Marge Gray	45:00	43:55.21	1:04.79	77.78
8 Roger Giordano	37:40	36:28.84	1:11.16	74.07
9 Paulette Arns	1:01:45	1:00:25.75	1:19.25	70.37
10 Dave Diaz	41:00	39:28.45	1:31.55	66.67
11 Debbie Gurule	47:23	45:47.82	1:35.18	62.96
12 Emily Batson	39:37	37:53.14	1:43.86	59.26
13 Aaron Levinson	33:30	31:39.01	1:50.99	55.56
14 Brian Ropp	40:00	37:56.61	2:03.39	51.85
15 Leona Spraklin	46:00	43:54.18	2:05.82	48.15
16 Ben Valdez	43:30	41:19.44	2:10.56	44.44
17 Charlie Gray	33:31	31:18.35	2:12.65	40.74
18 Humberto Paredes	39:02	36:36.87	2:25.13	37.04
19 Robert Santoyo	38:00	40:47.42	2:47.42	33.33
20 Jessie Quintana	50:00	53:37.42	3:37.42	29.63
21 Richard Emond	59:00	1:04:22.08	5:22.08	25.93
22 Gary Franchi	1:02:44	55:03.20	7:40.80	22.22
23 Frank Lopez	54:10	46:13.54	7:56.46	18.52
24 Riki Acosta	1:02:00	53:29.87	8:30.13	14.81
25 Rick Acosta	57:00	47:39.22	9:20.78	11.11
26 Carrie Turman	1:05:25	54:49.92	10:35.08	7.41
27 Stacey Diaz	1:05:30	54:53.42	10:36.58	3.70

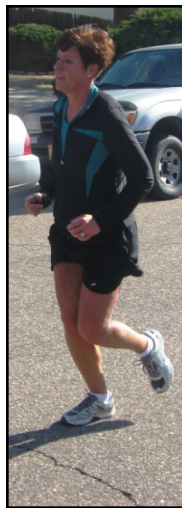




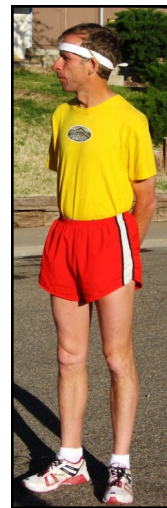
Ramsgate 8 Photos



L to R Sandy Reinsch & Lois Pfof work the finish Breakfasters pick from the handmade mug collection Abby reads to Dad (Ben Valdez)



Rick Acosta
Riki Acosta
Robert Santoyo
Jessie Quintana



Below:

Charlie Gray & Aaron Levinson
Humberto Paredes
Debbie Gurule & Emily Batson





From the Mailbox

Editor's Note: The note below is an excerpt from a couple e-mails on the socorunners listserv. We thought it was worth sharing with the entire readership.

I got a call from Marv Bradley from Canon City. They are planning to revive the Royal Gorge Run 5K and 10K on Oct 2, 2010 more info at

<http://www.runnersworld.com/cda/racefinderdetail/1,,s6-239-283-284-0-0-0-0-1907890.00.html>

and Marv just turned 71 years old and is still doing ultras. I found the following posted by a Josh Seppala about the Cha-tooga 50K last year. Thought some of you might enjoy it.

... I came upon an older gentleman and asked about his story. His name is Marv Bradley and he is 70 years old running in this ultra, he had finished marathons in 50 states twice and is working on his third time but this time running mostly ultras. He also had ran 7 100 milers what an inspiration, he said this was a training run for the Leadville 100 in August. I was so fired up talking to him I looked down at my Garmin and we were running under 9's, so I checked with Marv and he said that was way to fast for him so I went on ahead by myself...

He's my hero...I'll be very,very happy if can still run at 70.

Dave (Diaz)

Marv also recently won his age group at a trail 50 miler in Texas, Rocky Raccoon <<http://www.tejatrails.com/Rocky.html>> , on 2/24.

Michael O.

Tid Bits



From Marijane Martinez

Gloria Montoya, Carol Kinzy and I ran the Platte River 1/2 Marathon in Littleton with Stella (Heffron) this past weekend. It started in Littleton at Arapahoe Community College and finished in Denver and ran along the Platte River on their trail system. There were about 1,500 runners and an additional 100 teams. We competed individually in the 1/2 and Stella placed 1st; 40-44; Carol placed 2nd; 60-64; Gloria placed 3rd; 60-64 and I placed 3rd; 55-59. It was a beautiful weather day, the course was scenic and the race was very well organized! A good time was had by all!

Event Pictures Race Photos

Thank you to Larry Volk for the Spank Blasing Photos. Larry provides photos for *Footprints* from several races throughout the year at no cost. This gives us the opportunity to enhance the quality of our newsletter and recognize local runners in the process. Please support Larry's efforts by purchasing a photo. To view photos from the races, go to socorunners.org and click on the results link. Look for the EventPictures logo.

Puebloans in Boston

Our congratulations go out to Gregory Berryman, 54 of Pueblo West who completed the Boston Marathon in 3:44:31 and Catherine Gomez, 53 of Pueblo whose time in the Boston was 4:02:21. Way to go Pueblo!!!

Trivia

The weight of sesame seeds (yes, just the seeds) sold on buns from McDonalds in 1 year is greater than 2 Boeing 747's. *—The History Channel*

The potato is the second most consumed food in the United States; milk products are the first. *—The Pueblo Chieftain*

There are 2,500,000 rivets in the Eiffel Tower. *Some Trivia Website*

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>
May				
Sat 01	Blossom Day Run	5M, 5K	Canon City, CO	ccblossomfestival.com
Sat 01	Meyer Memorial Run	5K	Swallows Acd, PW	Becky Palagallo-Meyer 719-240-5381
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)
June				
Sat 5	Diabetes Prevent-a-thon	5K	CSU-P Campus	Mike Archuleta (PUEBLOTRIATHLON@MSN.COM)
Sun 6	Skyline Drive	10K	Canon City, CO	ccrec.org
Sat 12	SpiritFest	5K	Riverwalk	Jesse Sena (jesse.sena@dss.co.pueblo.co.us)
Sat 19 F	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	Peggy Oreskovich (moreskovich@comcast.net)
July				
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)
August				
Sat 07	Florence Fit n Fun Run	5K	Florence, CO	Liana Winens 719-371-1148
Sat 28	Danapoolooza	5K	Canon City, CO	danapoolooza.com/cms3/
Sun 29	*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@puebloymca.org)
Sun 12	Corporate Cup Bike Ride	12.4M	SoMesaEleSchool	Hillary Pacheco-Hall (hpachecohall@puebloymca.org)
Thu 16	Corporate Cup Mile Run	1M	Pueblo YMCA	
Sat 18	Run 4 Trails	4M	Sierra Vista Elem, PW	Kim Arline (kimarline@comcast.net)
Sat 25	Addict2Athlete	??	Dog Track, Pueblo	Rob Archuleta (addict2athlete@comcast.net)
Sat 25	Autumn River Run	5K/5M	Canon City, CO	ccrec.org
Sun 26	Hot to Trot	5K	Union Ave	Ruth McDonald 719-251-3189
October				
Sat 02	Lion's Roar	5K	Pueblo City Park	Cheryl Farrer (cheryl.farrer@gmail.com)
Sat 02	Royal Gorge Challenge	5K/10K	Canon City, CO	Alex Trujillo (alextrujillo@msn.com)
Sat 23	*Harvest Run & Bonfire	5M	Pueblo West	Dave Diaz(diazsd@aol.com)
November				
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
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

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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

Lots of races and events are coming up, and we don't have space to highlight all of them. See Kim Arline's article on page 4 and the calendar on page 11.

A couple notes: Ross Barnhart stated that all participants in the Yappy Dog Run will get their own official 2010 Yappy Dog Run hat. In addition to the hat, the course is a good, mostly flat run in the county. The hospitality and food are always great, so be there if you can.



Also, The Wild Wild West Fest is scheduled for May 14-16. This includes both a 5k and 10k run. AND, lots of food, booths, and entertainment.

Note: We are going to have a Guest Editor for *Footprints* part of this summer.
If you have submissions, please send them to:
newsletter@socorunners.org

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

The Final Thoughts...

Our heads are round so that thoughts can change direction. – Francis Picabia, painter and poet (1879-1953)

He who postpones the hour of living is like the rustic who waits for the river to run out before he crosses. -Horace, poet and satirist (65-8 BC)

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. -Thich Nhat Hanh

Almost all our faults are more pardonable than the methods we resort to hide them. -Francois de La Rochefoucauld, writer (1613-1680)

The fundamental delusion of humanity is to suppose that I am here and you are out there. -Yasutani Roshi, Zen master (1885-1973)

Why do we sing "Take me out to the ball game" when we are already there?

Why are they called "stands" when they are made for sitting?