



Editor: Ron Dehn

FOOTPRINTS



Don't forget Father's Day - June 20th



Liberty Point 5K Run/Walk By Bianca Hicks



Start your independence day off with a bang – enjoy a brisk walk or run with your family and friends while supporting a great Pueblo cause! United Way of Pueblo County, the Pueblo West Chamber, the Pueblo West Metro District and Snap Fitness will host the Liberty Point 5K Run/Walk in coordination with the Pueblo West 4th of July festivities on July 4, 2010. This year's event is sponsored by Parkview- Pueblo West Emergency Services and Homer 1350.



Liberty Point 5k in 2009

Registration the day of the event will begin at 6:30 AM and the race will start at 7:30 AM. Registration and the race start will be located at the intersection of Joe Martinez Blvd and Purcell Blvd. Participants will run/walk south to Liberty Point and then circle back to the start location.

Thirty-two medals will be given for the first and second place males and females in each age division (walkers and run-

ners). Walkers and runners of all ages are welcome. Interested participants can pre-register through July 1st by visiting United Way of Pueblo County's website at www.pueblounitedway.org or by picking up a form at Snap Fitness (198 S. Purcell Blvd) Monday – Friday from 10 AM -- 6 PM, the Pueblo West Metro District, The Pueblo West Chamber or United Way. Participants may
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Pueblo County United Way



The Predict Series
Page 6



Accept that some days you're the pigeon,
and some days you're the statue.

The Colt Running Club
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Minutes from the May, 2010 Meeting

By Maria Elena Weaver



Did anybody notice?

The header above has been incorrect for the last 3 issues. The year has been listed as 2009, not 2010. So get out your *Footprints* binder (I assume you all keep these in a binder?) and change the 09 to 10 for the last 4 issues. Our editing staff (yeah right) has been sleeping on the job. If you do spot an error, don't be bashful. Send a note to: newsletter@socorunners.org and we will do our best not to repeat the same errors over and over. We will strive very hard to create new errors.

Minutes from the May Meeting by Maria Elena Weaver

Introductions: Todd Kelly, Robert Gurulé, Marilyn Vargas, Sayra Bassett, Lori Miller, Clint Zundel, Bryce Boyer, Bianca Hicks, Dave Diaz, Ron Dehn, Laurie Lopez-Cepero, Gary Frank, Paulette Arns, Stan Hren. Late arrivals, Allen Weaver & Maria Elena Weaver.

Reports/Recaps

Ramsgate 8 Predict, April 10: Don Pfof sent email report to Paul LaBar. Event went well with 27 taking part, perfect weather and good eats and socializing at the post-predict brunch.

Spank Blasing, April 18: Great day with good weather but long lines at registration and packet pickup since they were broken down by events. Next year will go by alphabet to evenly distribute the lines. Chip company gave out race numbers and some pre-registered runners didn't get bib numbers before race. 462 participants made this the largest event so far. Martini Shot entertainment made for great atmosphere. Paulette Arns collected & disbursed the online registration fees, Ron Dehn assisted and Paul LaBar helped with online registration. The course was tough and rolling but good. 10k has continuous gradual incline. More water stops suggested by Paulette so runners get water going out and coming back, which will require need a couple more people.

Panther Run, May 24: Race went well as far as weather. School has gotten pretty good at running events with experienced volunteers. Only issue that came up per Paul LaBar is that Kevin didn't have a lead bike and he had to fill in at the last minute. Computerized registration was used. Paulette reports that finish line people didn't collect tags in correct order and that people who gather tags could use more training next year. Kevin said that a flag-

ging company trained a couple of volunteers as a donation, via video and signed a form that makes them official flaggers. Paul suggested other race organizers get this training. Dave Diaz reported that it is cheaper to hire professional flaggers than to do training.

Arkansas Point Challenge, April 25: (Report included in Don Pfof's email) Lois and Don timed the race; there were 95 finishers.

Cinco de Mayo., May 2, Ramon not at meeting but Dave reported that race went well. There were problems with online registration so Ramon extended time of pre-register discount to end of online registration, since credit card payments wouldn't go through. Paul will explain problem in webmaster report.

Upcoming Races/Events

Run with the Bulls, May 16: Ruth McDonald was not present, Jeff Arnold will not do course marking and be lead bike. Race will need someone to fill in for Jeff Arnold. Don Pfof is managing registration and generating race results.

Yappy Dog Predict, May 23: Ross Barnhart not present.

Run for Rio, May 29: Jeff Arnold not in attendance.

Prevent-a-thon Run/walk, June 5: Form and posters done and organizers are getting calls. Will meet with Mike to get people to do finish line. Lori Miller reports having lots of volunteers. Paul LaBar asked if anyone in SCR will do finish line. Sayra Bassett asked about how to get paper registration to Paul LaBar. Sayra asked about how to get bibs from Ruth. Paul suggested waiting to get good idea of number of pre-registered runners and print labels a couple of days before race. Will use same course as Spank Blasing. Race will need finish line crew.

Skyline Drive 10K, June 6: Heidi sent registration form information and Paul will put race on website and add link to race.



Spirit Fest on the Riverwalk, June 12: Hilbert Navarro not at meeting.

Liberty Point, July 4: Stan Hren reported doing race for United Way benefit, had 230 last year and wants to double

this year. Bianca Hicks reported she is revamping the registration form and plans to increase the entry fee some. Bianca is working on getting sponsors and already has a radio station on board. Stan asked for deadline for getting form in newsletter. Ron explained procedure for including entry form in SCR newsletter. Bianca reports getting race on United Way website. Paul explained about including

(Continued on page 3)



Southern Colorado Runners
www.socorunners.org

SCR Mailing Address:

3200 Spaulding Avenue
Pueblo, CO 81008

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

"Footprints" Volume No. 333

"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, Chicken on a Chain*	
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, Ross Barnhart, Maria Elena Weaver, Larry Volk, Bianca Hicks, Clint Zundel, Joe Stommel

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.

* Chicken on a Chain is the bull ridden by Renato Nunes during the championship round at the PBR Pueblo Invitational as part of the Wild, Wild, West Festival. Nunes of Buritama, Sao Paulo, Brazil captured the event crown which vaulted him into first place in the Built Ford Tough Series world standings.



Minutes Continued



race on SCR website and deadline to send information. SCR will provide timing equipment and time. Paulette will assist with registration and results. Stan reported that Pueblo West metro will do course marking. Stan asked about course. Dave suggested increasing late registration fee to give incentive to register early. Paul suggested using computer for finish. Stan and SCR members discussed use of chip company. Todd explained cost of chip time company. Paulette asked for payment to include form in newsletter.

Mosaic Run, June 17th, Robert Gurule and Marilyn Vargas: the group discussed obtaining permits for roads and course marking. The course needs the route to start/finish at church. The group suggested contacting Stan Hren regarding permits in Pueblo West and finding a flagging company. Rob asked about race registration and web site advertising and was informed that SCR was prepared to support them.

South High Running Club. Clint Zundel voiced wish to start training students early. Clint is a running coach and wants to promote running and participation in high school teams. There is a core group of 25 runners, but he wants to have more students in the summer even if not going to South. High. Marilyn may have Pueblo Pacers members 7th grade and older contact Clint. Young runners under 12 not considered at this time. Clint would like to have SCR promote running club. Ron suggested Clint write article about running club to include in Footprints. Paul suggested getting on Facebook. Marilyn wants schedule to inform Pueblo pacers of training times. The group meets at 7:30 Am Monday through Thursday now for a 2 hr. practice in the summer. Students will be encouraged to run races to motivate them to train. Paul suggested special events such as sponsoring a meet before the official season starts. This may also include other community members next year. Paul explained SCR Club mission to promote youth running. Clint plans to have shirts as incentive for miles completed. Clint will announce @ middle school but has limitations of where can recruit students. Justin Hicks has met Clint about getting more kids involved. Dave Diaz suggested meeting with Justin H. Marilyn also mentioned the CAC Speed Runners that Karen Hoss is organizing. Students will also do community service. Dave offered SCR financial support to help students do more races and mentioned Kim Arline in Active Pueblo who has website and is connected to City government and can help to help make races easier with respect to traffic, etc.

Officer Reports

Minutes: Don Pfof emailed corrections to last month's minutes:

-45 not 25 renewal letters mailed out. correct 45 of 25 renewals.

-Race timing management : Paul LaBar, Paulette & Don.

-Equipment: Dave Diaz, not Brian Ropp provided detailed inventory.

The minutes were approved with the above corrections.

Treasurer's Report: This month's report included online registration collections and payments of what we owe, but otherwise included routine expenses. Spring Run off, cone rental is pending. Gary Franchi asked about newsletter mailing expenses. Ron reports doing less expensive printing @ CSU Pueblo but that the cost of postage and the number of inserts have increased. Post office is now pickier about what will allow Race directors pay \$25 to mail 200 forms. Treasurer's report was approved.

Newsletter editor: Ron has done the last newsletter for two months. Karen Kite and Nancy will help and Marilyn will be back-up for checking preparation for mailing. Ron will send information on how to do this so it will be available in future for others who will assist with the newsletter. Ron wants to have info sent to him and will forward it to Karen. Karen will need to start from scratch since doesn't have same software as Ron.

Membership: SCR has 186 members now. Paul LaBar standing in for Don at this meeting.

Webmaster: Lots of activity on website promoting lots of races requesting online registration assistance. There was a problem with Cinco de Mayo registration because the certificate for secure communication expired. Paul got a new certificate from people who host website, got PayPal going again.

Race calendar: Dave Diaz reports nothing new to add.

New Stuff/Old Stuff

Don's email mentioned making arrangements to have the award for Paulette Stuart turned (hand crafted wood piece) but asked for suggestions about what to have inscribed/wood-burned on it.

Spring Runoff: Terry will be race director for one more year to help new Chieftain employee organize race.

Race support fee: Paul asked to revisit suggestion from Paulette to give 1st yr races support w/o charges. Paulette had nothing to add. Dave agrees with this and wants to do more teaching and have SCR advise and help and not do all of the work. Paul agreed to do less. Paulette doesn't want first year organizers to give up because don't clear enough to make the race worthwhile. Paul suggested that SCR would strictly enforce \$100 dollar equipment rental and support fee for all other races. Dave suggested to have groups pay fee and then SCR members can decide to donate services. Paulette

said that Lori Miller is expecting to get charged. This fee would not include materials such as bibs. Paulette also said we are charging for the bibs. newsletter inclusion fee. Bibs are .33 cents each. The fee is \$100 for first 100 participants and then \$1 for each above 100 runners. Included services are finish line, course volunteers, finish board, finish chute, Chronomix (big clock).

Dave said race organizers should not expect course finding, marking and measuring. Marilyn and Paul are working on defining specific services that will be provided in contract. Many concerns about online registration were brought up, including:

- The time involved in setting up and supporting online registration form (around five hours per event)
- The cost of using PayPal fees.
- Issues of providing a commercial service without full-time staff or for-profit function.
- Ron suggested having non-SCR races race organizers go through Active.com.
- Paul is considering making a file so that someone else can enter info for online registration form.
- Charging a fee for doing online registration of 50 cents per entry.
- Not charging race organizers SCR has already offered to help this year.
- The group decided that after end of 2010 SCR will not do online registration for non-SCR races.
- The group decided to as a courtesy to notify others we have helped with online registration in the past regarding the new policy. Ron suggested personal contact and Al Weaver suggested a letter to be sent.
- SCR may provide informal assistance to direct to online sources I.e. Active.com. Marilyn asked whether we still required contracts for races and Paul said we still need to declare certain policies including privacy. - Will publicize the new policy in the website and newsletter.

Races at City Park

Peggy Orendorf suggested Minequa lake for Women's Distance Festival, but Dave said there are no bathrooms and porta-potties are \$80/each. The concern about City Park is that Parks and Rec. wants club to hire flaggers and to know exactly what SCR is doing at events.

Ron mentioned that former SCR member Mike Tearpack who passed away donated \$500 in his will to promote youth running. Some of this money has been used previously, but a few hundred dollars are left and could be used to augment some of the youth programs mentioned in this meeting.



Great Stuff

by Gary Franchi

Responding to your inquiries



Thought for today's lunch, compliments of Tamara Rice Lave, who ran the marathon for the U.S. at the 2003 IAAF World Track & Field Championships in Paris: *"Running on a treadmill is like having a special diet pill for dinner – all of the calories but none of the pleasure."*

Musings on your questions about running, fitness, life:

Occasionally I get queries from the populace. Most often I don't. (Isn't that exciting?) Sometimes I imagine I get questions from readers, or that I even have readers. You be the judge on which of these applies here.

Ann D., Pueblo: I read about Ron Dehn's license plate having the letters ANL. His wife, kids and close friends should know whether or not that fits him. I'm wondering if you have any suggestions for what would be cool personalized license plates.

Mr. G-lightful: Yes, Ann, I have thought about this, especially since the best personalized plates I ever saw, in Pueblo at least a couple of decades ago, had the letters BIOYA. Good one, although a bit crass. Actually, I like plates that leave out most or all of the vowels yet still tell you what they mean. For instance, I think many folks could have MRON plates. Paul Vorndam, writer extraordinaire in this newsletter, could have CRZY. That Franchi guy could have WNDR on his plates. A good one for Dehn could be EDTR. How about WLKFST for Paulette Arns, BSSMR for Bill Vegas, INJRD for Stacey Diaz and STRWMN for Dave Diaz?

Sir Raleigh, Pueblo West: I often dream of running the Boston Marathon, but the qualifying times for it are pretty much out of my reach unless I'm able to run at the same speed 40 years from now. Do you think this is possible?

Mr. G-lightful: Shoot yes, Raleigh. And I hope you bought some lottery tickets this week, because I hear you're in line to win that real soon, too. All seriousness aside, I've come up with an equitable solution to allow rank-and-file runners to compete at Boston. Why not allow multiple-year qualifiers to transfer their spots to

someone else after they've already run the race? Say you are one of the studs who has qualified and run Boston before and you qualify again and don't want to go. Just find a "guest" who wants to take your place. To make it really fun, how about having "guest" entries in other qualifying sports. Like maybe in the luge competition at the Winter Olympics, or in a NASCAR race, or maybe even a WBC championship boxing event.

Quimby, Avondale: I was reading the SCR meeting minutes in a recent issue of "Footprints" and I see where there are some members who don't elect to get free copies of "Colorado Runner" magazine as one of the perks of their membership. Why not?

Mr. G-lightful: Hey, Quimby, just because members get "Footprints" delivered to their mailboxes doesn't mean they know how to read. And, besides, since they get "Footprints," why would they need anything else to read about running?

Sky L., Rye: I was biking out in the Greenhorn Valley, where I live, and I saw someone running on the side of the main highway. Why the heck would someone run on the highway when there are so many great dirt roads out here to run on?

Mr. G-lightful: Well, Sky, judge not and ye shall not be judged. I mean, how do you think you GET to those dirt roads? Depending on where you live there, probably by taking the highway. And why were you biking on the main highway when there are tons of backroads out there, huh? What's the matter, you afraid of dogs?

Woody, Penrose: I've been reading "Runner's World" magazine for years, and every issue now seems to have several articles on healthy eating and fuel for the road. But what's peculiar is that all the runners that I know like to pig out royally on food that isn't all that nutritious, and they sure can wolf down the desserts and sweets. What do you think about this anomaly?

Mr. G-lightful: First of all, Woody, I don't know what anomaly means. But seriously, the runner's universal code is that "we run in order to pig out." Besides, if you really study their pattern, runners

pig out on junk AFTER they run, especially after they race, and not necessarily that excessively before or between runs. Now, if you'll excuse me a minute, I just remembered I have a piece of double chocolate cake in the cupboard. Thanks for reminding me.

Ten things I was just wondering:

1, How come no one ever drives around with "Dishonorably Discharged Veteran" license plates?

2, Wouldn't it be cool if they had "Celebrity Cagefighting" competitions on TV?

3, With all the sports statistics that they keep, don't you wish there was an "IQ Factor" for NHL hockey players? Wouldn't "Goon Gauge" be a descriptive name for it?

4, Wouldn't it be interesting (and maybe depressing) to read an annual log that details all the fitness workouts that are missed annually by nonsensical meetings and other work-related events?

5, Do K-12 teachers really have a chance?

6, Being an occasional visitor to eating establishments, are there any noise-free public locations left in our society? Wouldn't you love to see a restaurant that advertised on their outdoor marquee that "We play no music here!"?

7, Do Puebloans really need to get in 30 -yard-long drive-thru lanes to eat Jack in the Box food?

8, Not that I want anyone to get hurt or anything, but wouldn't it be kinda fun to see an athlete in one of those "jump bump" celebrations get the wind knocked out of him?

9, If stress causes obesity, how many calories does it have?

10, When are they going to invent transparent cardboard so that you can see the contents and don't need to mark the boxes when moving?

Until next month, let's keep those cards and letters coming.



June B-days

- 3 Jacqueline Wall
Tony Curtis*
- 5 David Crockenberg
Kenny G*
- 6 Maria Appenzeller
Bjorn Borg*
- 7 Kerri Harbison
Jessica Tandy*
- 9 Samantha Davenport
Johnny Depp*
- 10 Jaylen Vargas
Judy Garland
- 11 Heidi Mann
Vince Lombardi*
- 12 Tamala Sammons
Anne Frank*
- 14 Janice Huie
Sylvia Cernoa
Donald Trump*
- 15 Jim Montera
Helen Hunt*
- 18 Kenneth Price
Joe Arrazola
Hilbert Navarro
Roger Ebert*
- 19 Mike Archuleta
Phylicia Rashad*
- 20 Donna Nicholas-Griesel
Dave Banko
Melissa Mestas
Kira Hughes
Lionel Richie*
- 21 Carol Brimmeier
Cindy Nicolay
Retzio Gredig
Meredith Baxter*
- 24 Laurice Lopez-Cepero
Jack Dempsey*
- 26 Tina Corpuz
Pearl S. Buck*
- 30 Todd Hund
Felix Vargas
Lena Home*



*Honorary SCR Member



Runnin' the Trails

by Paul Vorndam

Sunshine on My Shoulders



If you're ancient and withered like me, you probably recognize that the title of this column is the same as an old John Denver tune. John Denver was a folk/rock singer that your grandparents used to listen to while they were cruising in their parents' Stingray. A Stingray was – uh, never mind – that's getting too far off the subject. The tune's lyrics are about the enjoyment of walking in the sunshine. We usually (this spring excepted) have a lot of sunshine in Colorado. All it takes for me is a trip back east or to Seattle to be reminded of that blessing we have here. But is it a blessing or a curse? Natural sunlight is the former if exposure is done rationally, but apparently the latter for artificial exposure as in tanning salons.

Last summer a group of scientists reviewed more than 20 studies and reported in the journal *Lancet Oncology* that the risk of skin cancer increases 75% for people that use tanning beds before the age of 30. Younger people using tanning beds are eight times as likely to get melanoma as those that don't. Melanoma is a virulent form of skin cancer. The consensus of these scientists was that the ultraviolet (UV) light used in tanning salons is as carcinogenic as asbestos or cigarettes! BTW, that doesn't mean that us senior citizens can use tanning salons with impunity.

OK, a quick little science lesson. Light is part of the electromagnetic spectrum. This ranges up from gamma rays to x-rays to UV to visible light to infrared light and beyond into radio waves. We see, of course, only the visible light portion with its familiar colors. In this spectrum, energy is related to frequency. The most energetic part is the highest frequency (gamma and x-rays) while the radio waves are much lower in energy and frequency. We live bathed in radio waves, from cell phones, radios, iPads, etc. Notice that the UV portion is close to the higher energy end. UV radiation/light causes mutation of human DNA that can cause cancer if not repaired by the body.

The UV portion of the spectrum has been (arbitrarily) divided into three sections: UV-A, B and C. UV-A is the highest energy portion. Tanning salons claim that since they have changed from UV-A to UV-B, that the cancer danger has been eliminated, but this was found to not be true. Sunscreen compounds have

started to also cover both UV-B and UV-A. We should all use sunscreen; the higher the SPF rating of the sunscreen, the better. Reapply after 2 hours. Also note that sunscreen products that contain the compound oxybenzone should be avoided since it is a suspected carcinogen (is that like trying to put out a fire with gasoline?).

OK, what about vitamin D and sunlight? Vitamin D is produced in our skin by through exposure to UV. Vitamin D has recently been indicated to be more important to our health than just the prevention of rickets. So if you slather yourself with sunscreen, you may not be getting enough Vitamin D. There's an enigma for you. Have you ever seen a vampire with rickets? I haven't, so I can only conclude that they get their Vitamin D through supplements and that's exactly what dermatologists recommend (vampires must have good dermatologists).

There are members of our club that have long recognized the dangers of sun exposure. Some years ago, I remember passing this ninja-dude while running out on the prairie east of CSU-Pueblo. It was summertime, but he had a ninja-hood on and gloves. As he went by, I said hi hoping to avoid a shuriken in the back, but it turned out to be none other than our own Rocky Khosla walking the walk so-to-speak about sun exposure! Rocky, if you read this, we sorely miss your insights and advice here!

So as you enjoy your runs this summer, don't forget the sunscreen (don't even think about going without sunscreen if you'll be running at altitude). Even a long sleeve shirt is not sufficient protection during the peak sunlight hours (roughly 10AM – 3PM). It would be sad to surrender all the health benefits of our sport to melanoma.

Happy Nighttime Trails!



2010 Predict Series

Yappy Dog Wrapup

by Mr. G.

It's not about the hat. That's a takeoff from the title of a well-known biographical book about Lance Armstrong.

No, the Yappy Dog Prediction Series race held May 23 wasn't about the hat. Those who run the 8.6-mile run love it for other reasons.

There's the course, which is probably one of the nicest around, taking place on the mesa and covering parts of some farm and ranch land east of Pueblo, much of it of the wide-open variety. You see lots of nature out there, like cattle, horses, a dead snake and, oh yes, lots of yappy dogs.

The layout of the run's base – at the home of Race Director Ross Barnhart's mother – is nothing short of idyllic. While it's located right across from South Mesa Elementary School, it is hidden in a wooden haven that provides a perfect setting for totally private post-race socializing for the group.

The potluck feast is exquisite, always supplemented by goodies provided by the Barnharts, with a crowd-size pot of java ready to be enjoyed after the run. Every potluck has a new and pleasant discovery. I still fondly remember Nina Gonzales' tasty zucchini bread after the Mad Max run. This time there were the chicken puffs. Mmmm, delectable. Where did those come from?

And there are Ross' little touches to the race, from the well-marked course that is "idiot-proof" in terms of possibly getting lost, even for a lead biker, to the poignant messages scrawled on the roads and the well-inscribed mile markers.

But then there are the hats, products of the Oriental Trading Company, which must have created them after hearing about this race. They came in about a half-dozen different color schemes, and all runners and volunteers were given one. I'm thinking of keeping mine in the front seat of my car and putting it on whenever I'm waiting at a red light –

the world needs to see these.

Oh, by the way, there was a Prediction Series race too. For the record, Leona Spracklin finished just 24+ seconds off her 80-minute predicted time to earn 100 points and move into seventh place in the overall standings. Brian Ropp and Dave Diaz were second and third closest to their predicted times, just 46 seconds and 62 seconds off respectively, to earn 95.45 and 90.91 points and gain a few points on standings leader Emily Batson, who tacked on 72.73 more points by taking seventh place in the Yappy.

Emily now has 422.68 points while Dave is second with 363.53 and Brian third with 324.40. Emily and Dave have already run the required 5 races needed to qualify in the final standings, but Brian has earned his points in only 4 races. Since Emily will be moving to North Carolina in late June, her point total might not change this year.

Later in the day, Prediction Series Coordinator Carrie Turman sent the Yappy Dog results and the updated overall standings to the SCR List Server for all to digest. If you want view results quickly after each Prediction Series run, just join the SCR List Server, which you can do by going to the SCR website (www.socorunners.org) and clicking on "SCR Email group" on the right side of the page. Then just follow the quick instructions.

*

The next Prediction Series race will be a new one – Shawn's Shuffle, a 5-mile evening run that will take place Saturday, July 24, at the home of Shawn and Jennifer Loppnow at 1 Glenroyal Court in the Regency Park area of Pueblo. Race time will be 6 p.m. E-mail any questions you have to shawn.kayaker@yahoo.com.



Gary practicing his "Stop Light Technique"



Series leader Emily Batson crosses the finish line while Lois Pfof records her time.



One of the Yappy dog hats



Yappy Dog Results & Photos

Results by Carrie Turman, Pics by Ross Barnhart

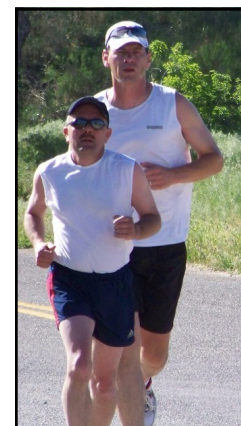
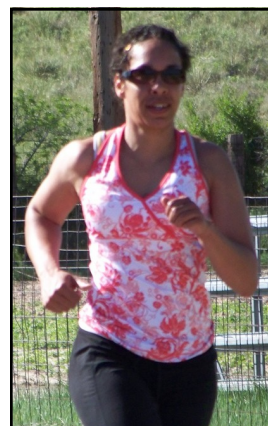
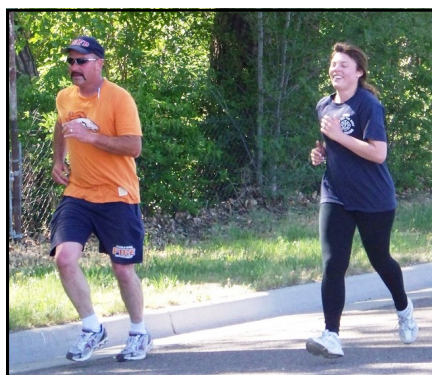


Yappy Dog
8.6 mile run held on May 23, 2010
Prediction Race #5

Leona Spracklin	1:20:00	1:20:24.81	0:24.81	100.00
Brian Ropp	1:06:00	1:05:13.75	0:46.25	95.45
Dave Diaz	1:06:00	1:07:02.33	1:02.33	90.91
Joe Stommel	1:23:25	1:21:59.54	1:25.46	86.36
Matt Drake	52:00	50:20.58	1:39.42	81.82
Martha Drake	1:20:00	1:21:41.59	1:41.59	77.27
Emily Batson	1:09:50	1:07:44.59	2:05.41	72.73
Anthony Diaz	1:15:00	1:17:32.46	2:32.46	68.18
Shawn Loppnow	1:11:11	1:08:19.08	2:51.92	63.64
Joe Bulow	1:17:00	1:13:19.28	3:40.72	59.09
Bill Veges	1:18:00	1:13:22.09	4:37.91	54.55
Peggy Oreskovich	1:18:00	1:12:57.57	5:02.43	50.00
Paulette Arns	1:29:15	1:34:46.51	5:31.51	45.45
Nina Gonzales	1:29:15	1:34:47.13	5:32.13	40.91
Carrie Turman	1:21:10	1:31:10.50	10:00.50	36.36
Stacey Diaz	1:21:00	1:31:12.58	10:12.58	31.82
Robert Santoyo	57:00	1:07:24.22	10:24.22	27.27
Aspen Williams	1:29:20	1:16:45.62	12:34.38	22.73
Scott Rice	1:30:00	1:17:07.49	12:52.51	18.18
Rick Acosta	1:15:00	1:36:50.32	21:50.32	13.64
Mike Williams	2:15:00	1:46:18.51	28:41.49	9.09
Amanda Williams	2:15:00	1:46:18.51	28:41.49	4.55

Yappy Dog Volunteer Support

We would like to thank all SCR volunteers who helped make this race possible: Race Director: Ross Barnhart, Finish Line: Don & Lois Pfof, Lead Bike: Gary Franchi, Sweep Bike: Jan Dudley. Thanks to the Barnhart family members for the water stop support, bike support, and hospitality.





Predict Series Standings & More Yappy Dog Pics



SCR Prediction Series Standings (top 25 - for complete results go to the SCR website) After Yappy Dog 5/23/10

Emily Batson	100.00	95.45	95.24		59.26	72.73	422.68
Dave Diaz	30.70	86.36		88.89	66.67	90.91	363.53
Brian Ropp	96.15		80.95		51.85	95.45	324.40
Shawn Loppnow	76.90		57.14		85.19	63.64	282.87
Aaron Levinson	42.25	100.00		77.78	55.56		275.58
Paul DallaGuardia	84.60	81.82			92.59		259.01
Leona Spracklin	26.85	22.73	52.38		48.15	100.00	250.11
Paulette Arns	15.30	40.91	42.86		70.37	45.45	214.89
Debbie Gurule	46.10	90.91			62.96		199.97
Carrie Turman	7.60	72.73	66.67		7.41	36.36	190.76
Steve Wall			90.48		100.00		190.48
Ron Dehn	23.00	63.64			81.48		168.12
Anthony Diaz	19.15	54.55		22.22		68.18	164.10
Humberto Paredes	65.35	59.09			37.04		161.48
Nina Gonzales			19.05		96.30	40.91	156.25
Donald Moore			61.90		88.89		150.79
Bill Veges		18.18	71.43			54.55	144.16
Matt Drake	61.50					81.82	143.32
Martha Drake	34.55	27.27				77.27	139.09
Mark Gurule	92.30	36.36					128.66
Jessie Quintana	88.45		4.76		29.63		122.84
Rick Acosta		9.09	85.71		11.11	13.64	119.56
Riki Acosta			100.00		14.81		114.81
Robert Santoyo	11.45			33.33	33.33	27.27	105.39
Justin Ricks				100.00			100.00



Shawn Loppnow sports his
Yappy Dog hat



Below:
Stacey Diaz, Leona Spracklin
and Carrie Turman
Peggy Oreskovich



Dave Diaz and
Joe Stommel



Races in Late April / May



The Panther Run

The Panther Run Walk was held in City Park on April 24th. There were 79 runners and 55 walkers in the annual fundraiser for John Neumann School. Zachary Alhamra and Anastasia Alharma led the runners with times of 18:32 and 22:02. Board member Kevin Keilbach organized the event this year, along with lots of help from other board members, parents, and SCR volunteers.



The Run With the Bulls

One hundred forty and sixteen walkers took part in the 2nd annual Run with the Bulls 5k run and 2 mile walk on May 16th. The run was held in conjunction with the Wild Wild West Festival which ran from Friday through Sunday that weekend. Runners do not really run with live bulls like the crazies in Pamplona, Spain, but the race starts at the PBR headquarters on the Historic Arkansas River Project. Levi Medina, Troy Harrison, and Matthew Drake paced the men, and Angela Meloy, Jessica Kleven, and Heather Jones-Proctor led the ladies. Volunteers included: Race Director: Ruth McDonald, Race Registration: Paulette Arns, Don Pfost, & Marilyn Vargas, Lead Bike and Course Marking: Dave Diaz, Finish

Line: Terry Cathcart, Paul LaBar, Marilyn Vargas, Justin Ricks and Lois Pfost, Course Marshalls: Maria Elena Weaver, Allen Weaver and an anonymous volunteer, Race Results: Paulette Arns and Don Pfost, Other support: Tim and entire Gold Dust Staff.

For complete results for these events visit the SCR website.

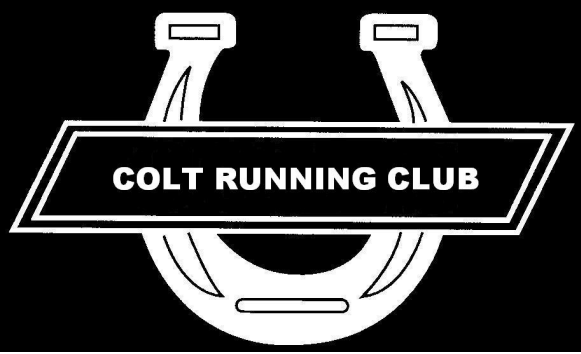


The Cinco

The Cinco de Mayo 5k run, 10k run, and Cinco Walk took place on May 2nd. Levi Medina (a familiar name) and Jessica Kleven (another familiar name) led the 5k runners, while Ramon

Dominguez, and Carrie Laut paced runners in the 10k. Participants included 168 in the 5k, 75 in the 10k, and 88 walkers. The top 3 finishers in each division received very nice engraved glass mugs. The run and walk were

held in conjunction with other activities for the Cinco de Mayo holiday. Ramon Arriaga and Hilbert Navarro were the primary organizers of the race and were supported by a large number of volunteers including many SCR members.



By Clint Zundel

We are pleased to announce that Pueblo South High School will be starting up a new running club this summer. It will be called the Colt Running Club or CRC. Our mission is to promote distance running in Pueblo, Colorado, for the middle school through high school age groups. To get kids into shape, to instill the joys of running and to help athletes to get into shape for their fall sports. Pueblo high schools use to be some of the premier running schools in the state and we want to bring us back to that level. You do not have to be a runner for Pueblo South High school to participate. You only have to be between the ages of 12 through 19 or in 7th through 12th grade at any Pueblo County School or the parent of an athlete that is participating with the colt running club. Our practice dates are Monday through Thursday at 7:30 AM to 9:30 AM in the South West corner of City Park by the golf course and the softball field. We will start practice on Monday, June 7th. Please contact Coach Zundel at coltrunning-club@hotmail.com or mrzundel@hotmail.com if you have any questions or you would like to participate.

(Liberty Point 5k continued from page 1)
 also register the morning of the event (pre-registration is encouraged). Cost to participate in the event is \$10 per person or \$20 maximum for immediate family members for pre-registration through July 1st. Race day registration cost is \$15 per person or \$25 maximum for immediate family members. Participants that pre-register will also be entered to win 1 of 10 Snap Fitness 30-day memberships! For more information, please contact United Way at 583-4455 or visit www.pueblounitedway.org.

All proceeds benefit United Way funded

programs. Last year, programs funded by United Way touched the lives of over 108,000 people in Pueblo County. This is made possible through generous contributions to United Way, along with proceeds from events like the Liberty Point 5K Run/Walk. Visit UWPC's website for a complete listing of the many organizations who receive funding and to find out how you can make a difference through giving or volunteering.

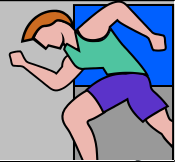
After the race, stay and enjoy the other 4th of July festivities, which will include a wet parade beginning at 10:00 am, numerous vendors, food &

activities and fireworks. For more information on the 4th of July activities, contact the Pueblo West Chamber of Commerce at 647-9086.

United Way of Pueblo County would like to thank the many partners of this event for their continued support, along with the Southern Colorado Runners Club for their outstanding collaboration.



Tid Bits



The Stommels at the Cherry Creek Sneak 5-Miler

Kathy and Joe did the 5-miler together. Kathy's son Matt (second from right end) did the 5-miler, first ever organized event. Kathy's son-in-law Paul Cicero (on the end) and Matt's girlfriend, Jenn Weinstock did the 5K, their first ever organized event. Also pictured is Matt's friend Gavin and his girlfriend who also did the 5k. P.S.. Joe placed third in his age group



In the heart of the Union
 Avenue Historic District
 217 South Union

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>June</u>				
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)
Sun 13	Garden of the Gods	10M	Manitou, CO	
Sat 19	Sailin' Shoes	5K/10K	Colorado Springs	
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	Lake Minnequa	Peggy Oreskovich (moreskovich@comcast.net)
<u>July</u>				
Sun 04	Liberty Point 5K	5K	Pueblo West	Stan Hren (terbear31@msn.com)
Fri 09	Indoor Triathlon		Pueblo Ath Club	719-561-3488
Sat 17	Mosaic Race	5K	Pueblo West	Marilyn Vargas
Sun 18	Barr Trail Mtn Race			
Sat 24	*Shawn's Shuffle	5M	Regency Park Area	Shawn Loppnow (shawn.kayaker@yahoo.com)
<u>August</u>				
Sat 07	Florence Fit n Fun Run	5K	Florence, CO	Liana Winens 719-371-1148
Sat 21	Pikes Peak Ascent	13.3M	Manitou, CO	
Sun 22	Pikes Peak Marathon	26.2M	Manitou, CO	
Sat 28	Danaplooza	5K	Canon City, CO	danaplooza.com/cms3/
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)
Thu 16	Corporate Cup Mile Run	1M	Pueblo YMCA	
Sat 18	Run 4 Trails	4M	Sierra Vista Elem,PW	Kim Arline(kimarine@comcast.net)
Sat 25	Addict2Athlete	??	Dog Track, Pueblo	Rob Archuleta (addicttoathlete@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
<u>October</u>				
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)
<u>November</u>				
Sat 06	Hustle for Russell	5K	Pleasant View MS	Karen Wiler
Sat 13	Atlanta	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.

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

SCR meetings are held at the Pueblo Family YMCA at
3200 Spaulding Ave, just off Pueblo Blvd on the first
Wednesday of each month at 7pm. We gather in one of
the community meeting rooms. Bring your ideas!

**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...

I speak the truth not so much as I would, but as much as I
dare, and I dare a little more as I grow older. -Michel de
Montaigne, essayist (1533-1592)

Here is the test to find whether your mission on earth is fin-
ished: If you're alive, it isn't. -Richard Bach, writer (b. 1936)

Our choicest plans / have fallen through, / our airiest castles /
tumbled over, / because of lines / we neatly drew / and later
neatly / stumbled over. -Piet Hein, poet and scientist (1905-
1996)

One should count each day a separate life. -Lucius Annaeus
Seneca, philosopher (BCE 3-65 CE)

Being rich is having money; being wealthy is having time. -
Stephen Swid, executive (b. 1941)

Duct tape is like the force. It has a light side, a dark side, and
it holds the universe together. ~Carl Zwanzig

I used to eat a lot of natural foods until I learned that most
people die of natural causes. ~Author Unknown