

FOOTPRINTS

Southern Colorado Runners

Run For Rio Race - May 29

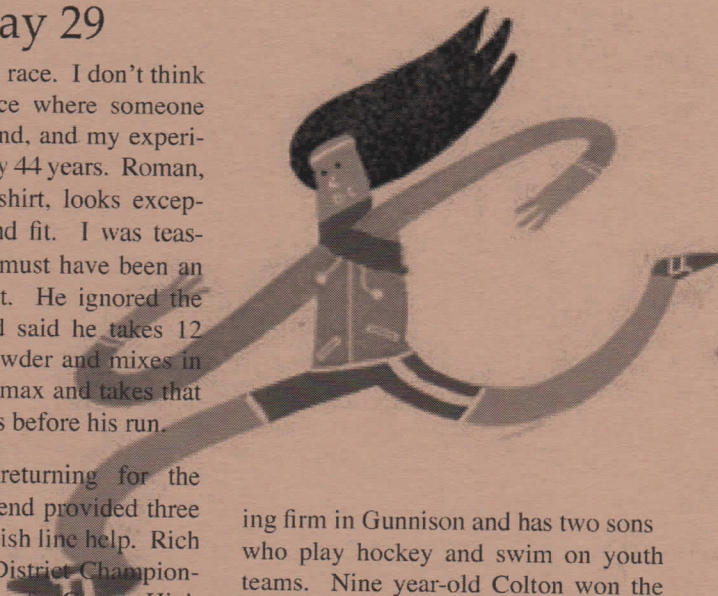
Unfortunately only seventeen people showed up for the 2010 version of the Run for Rio. Except for the wind, it was a beautiful day, but it was quite a wind. Paulette Arns, who easily won the walk and even beat one runner, said she felt like she had a tailwind the whole way. Still she and overall run winner Brian Ropp were significantly slower than last year, 2:01 and 1:15 respectively.

Terri Prichard was the overall female winner with a fine 24:17. She was the fourth person across the finish line and was almost 30 seconds faster than last year's female winner.

The most amazing part of the story to me is that 65 year-old John Roman took

second overall in the race. I don't think I've ever seen a race where someone over sixty took second, and my experience goes back nearly 44 years. Roman, who ran without a shirt, looks exceptionally muscular and fit. I was teasing him about what must have been an exceptional breakfast. He ignored the awkward humor and said he takes 12 ounces of protein powder and mixes in three ounces of Cytomax and takes that three and a half hours before his run.

Former Puebloans returning for the Memorial Day weekend provided three winners and some finish line help. Rich Stice was part of a District Championship cross country team for County High in 1987. He now owns his own account-



ing firm in Gunnison and has two sons who play hockey and swim on youth teams. Nine year-old Colton won the male Youth Runner award. His seven year-old brother just nipped their father at the finish line to take first in the 12 and under division. Even so Rich won the 30-39 division.

Shana Rae Cordova, 9, won the Female Youth Runner trophy with a more than three minute improvement over last year. Trinity Otten, a classmate of the late Rio Martinez, was the last runner, but even so won the 20-29 female division.

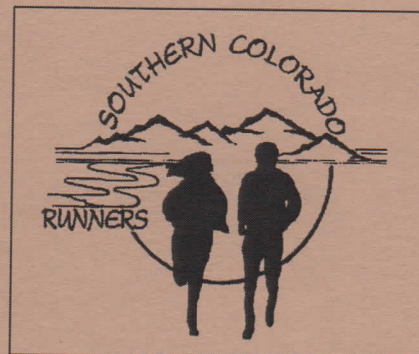
Ty Van Oort, who recently placed fifth in the shot and fourth in the discus for Rye at the 3A state track meet, was the 13-19 winner.

Run For Rio Results May 29, 2010 (Very windy)

1 Brian Ropp	47	23:05	Overall Male
2 John Roman	65	23:30	1 60& up M
3 David Baker	53	23:57	1 50-59 M
4 Terri Prichard	35	24:17	Overall Female
5 Randall Rapetti	55	25:03	2 50-59 M
6 Ty Van Oort	16	26:49	1 13-19 M
7 Shane Cordova	42	27:53	1 40-49 M
8 Colton Stice	9	30:31	Overall Male Youth
9 Rand Morris	58	30:40	3 50-59 M
10 Janet Alvarez	57	31:56	1 50-59 F
11 Brennan Stice	7	33:18	1 12 & under
12 Richard Stice	39	33:19	1 30-39 M
13 Shana Rae Cordova	9	34:55	Overall Female Youth
14 Trinity Otten	29	53:02	1 20-29 F
Walkers			
1 Paulette Arns	57	40:27	Overall Female walker
2 Tammy Van Oort	41	54:03	1 40-49 walker
3 Lou Ann Lauritzen	40	54:03	2 40-49 walker

Race director: Nancy Martine
 Course and results : Jeff Arnold
 Tag puller: Leanne Ropp

Water stop: Jim Martinez
 Timer: Erin Stice





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. The mailing address is the Pueblo Family YMCA, where monthly meetings are also held.

“Footprints” Volume No. 334

“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 Pfost	544-9633
Newsletter Editor	Karin Kyte	251-5533
Editorial Consultant	Gary Franchi	
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 & Larry Volk

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 allow 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.

Krazy Karin
Guest Editor

First of all, I want to start by saying that Ron Dehn and all the contributors to this newsletter deserve kudos from all of us out here. Some may take this little tid bit of running information for granted - I know I did. After putting it together haphazardly for one printing, much appreciation and gratitude is due to everyone involved.

The stories and data obtained from races, the photographs taken at the races, the volunteer time spent to help other entities get their foot in the door with the running world, and the participants themselves, deserve a round of applause. Bravo, Bravo!

Secondly, I must admit that I reluctantly took on the job of editor of “Footprints” for the next couple of months. I was concerned with getting in over my head and when I discovered that I did not have the same software and would have to completely redo the layout, I was somewhat frightened.

To add to that, I had a plethora of problems; I lost the cd with all the newsletter logos, photographs, graphics, verbiage, etc... which Ron had prepared for me. I turned my office upside down to look for it but between preparations for my daughter’s college graduation, shooting a wedding, and burning some discs for work, it was lost amongst the other cd’s. It is probably in a photo shop waiting to be developed somewhere right now.

I’m sure you noticed a different cover for “Footprints” as well as different story headers and a lack of photos to go with the stories. (Lord Helmet had no problem sending me a new one though!) I will need future contributors to send one along with their stories - THANKS.

I have had the opportunity of being involved with the Southern Colorado Runner’s Club off and on for the past 15 years or so and I am proud to see what a first class organization it has become. Thanks for inviting me back into your world!

It has inspired me to run more often and to appreciate,

not only my health and ability, but the absolute beauty and calm that surrounds me as I run around the valley at 5:30 a.m. It takes over my body with a peace that carries me through the hectic day.

Happy summer everyone and enjoy your runs!

Karin Kyte



QUIZ: Is Karin pulling out her hair, or having a great time?



Birthdays Wishes

- 1 Marijane Martinez
Philip Quattlebaum
- 2 Don Pfof
- 3 Ralph Corpuz Jr
Maribeth Sisroy
- 4 Donald Moore
- 7 Jill Montera
Rachel Appenzeller
- 12 Leona Spracklin
Joan Banko
- 13 Dalton Rudolph
Jack Janney
Heather Van Buskirk
- 14 Brenda Koch
- 15 Kevin Hughes
- 16 Ashley Kraemer
- 17 Regie Marquez
- 18 Dennis Wait
- 19 Joshua Leyba
Todd Kelly
Michael Cernoia
- 20 Bill Veges Jr
Mira Roman
- 22 Mary Humphreys
Zane Khosla
Lindsey Herrera
Marian Heesaker
- 26 Donald J. Saling
- 29 William Clark
Connor Hale
- 30 Jennifer Cernoia
- 31 David Clapp

SCR Minutes Wednesday June 2, 2010 YMCA

Prepared by Mike Archuleta

INTRODUCTIONS

Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Terry Cathcart, Don Pfof, Paul LeBar, Al and Maria Ellen Weaver, Hilbert Navarro, Marilyn Vargas, Ramon Arriaga, Brian Ropp, Lori Miller, Sayla Bassett, Gwen Steves, Bianca Hicks

REPORTS/ RECAPS

The Run with the Bulls was on May 16, 2010. There were about 156 runners and 16 walkers. Dave Diaz remapped the course and the runners liked not running through the vendor's area.

Yappy Dog predicts Run went without issues or concerns.

Run for Rio race had 17 runners for the event. Looking at changing the date to the first weekend in June.

UPCOMING RACES/ EVENTS

Prevent-a-thon Run/Walk is June 5, 2010. Lori Miller reported 62 pre-registered runners and walkers. Mike Archuleta will mark the course. Don & Lois Pfof will do the finish line with Terry Cathcart.

The Sprit Fest Run is June 12, 2010. The course will be different this year. It will depend upon the construction in the area. Dave Diaz will be the SCR liaison for the race.

Women's Distance Fest is June 26, 2010. The course will go around Lake Minnetonka by St Mary Corwin Hospital. Dave Daiz will mark the course.

Mosaic 5k Run is July 17, 2010.

Brian Ropp will be the SCR liaison for run. The club will place the information on the club web site. The race is on facebook and an application will be added to the web site.

The Healthy Kids' Triathlon by Gwen Steve's

Gwen talked about having a kids' triathlon on April 16, 2011. She is also interested in starting the Ordinary Mortal Triathlon at Lake Pueblo in the future.

OFFICER'S REPORT

Minutes: Mike Archuleta

The club approved the minutes with no changes.

Treasurer's Report: Paulette Arns

Paulette presented the financials to the club. The majority of the cost was spent on the Run with the Bulls preparations and equipment. The race had a net gross of \$1300.00. The club approved the financials prepared by Paulette.

Newsletter: Ron Dehn

Ron will have the support of Karin Kyte to assist with helping with the newsletter during the summer.

Membership Chair: Don Pfof

Don reported 189 members paid for 2010. The newsletter was mailed to 214 addresses.

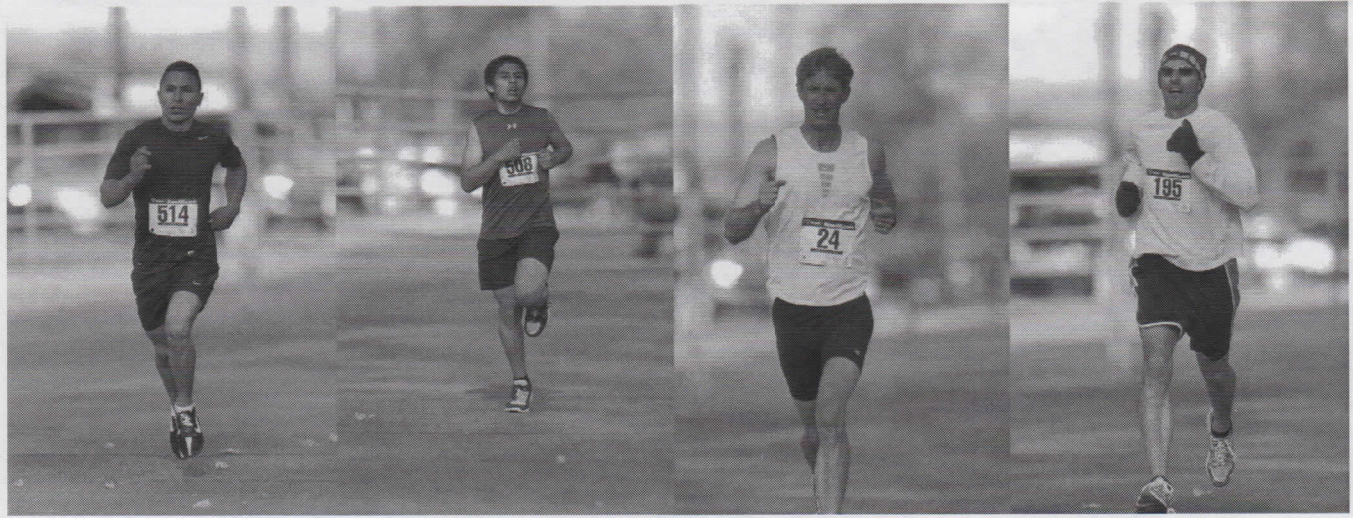
Webmaster: Paul Lebar

Paul reported the maintenance of the website.

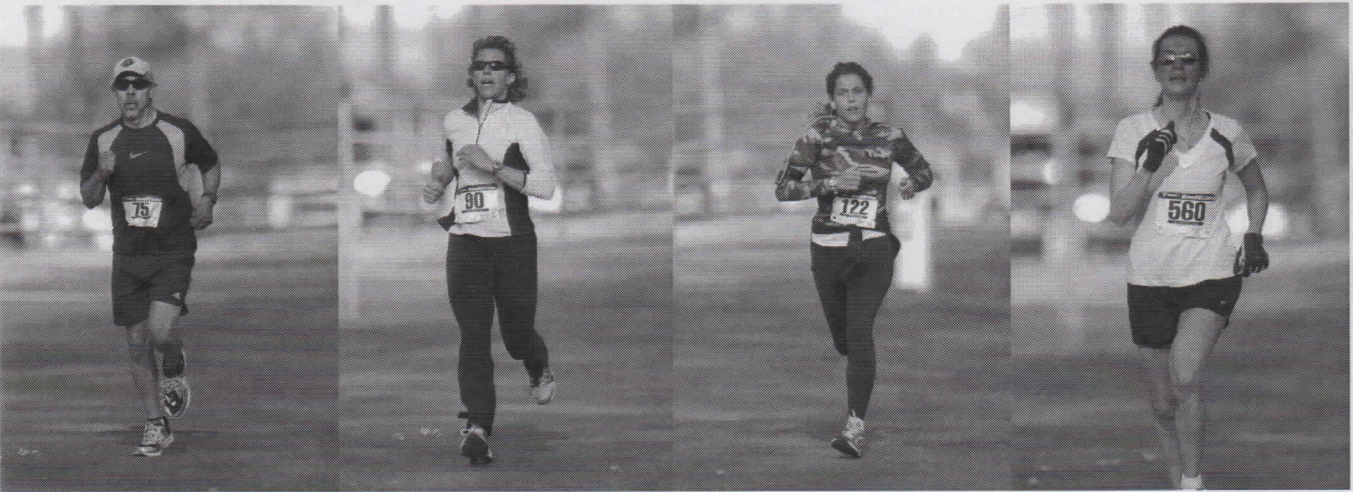
New stuff

The policy and procedure and bylaws were discussed and will be placed on the list server for additional information.

Cinco de Mayo - Photos by Larry Volk



Running after dreams that have come and gone,

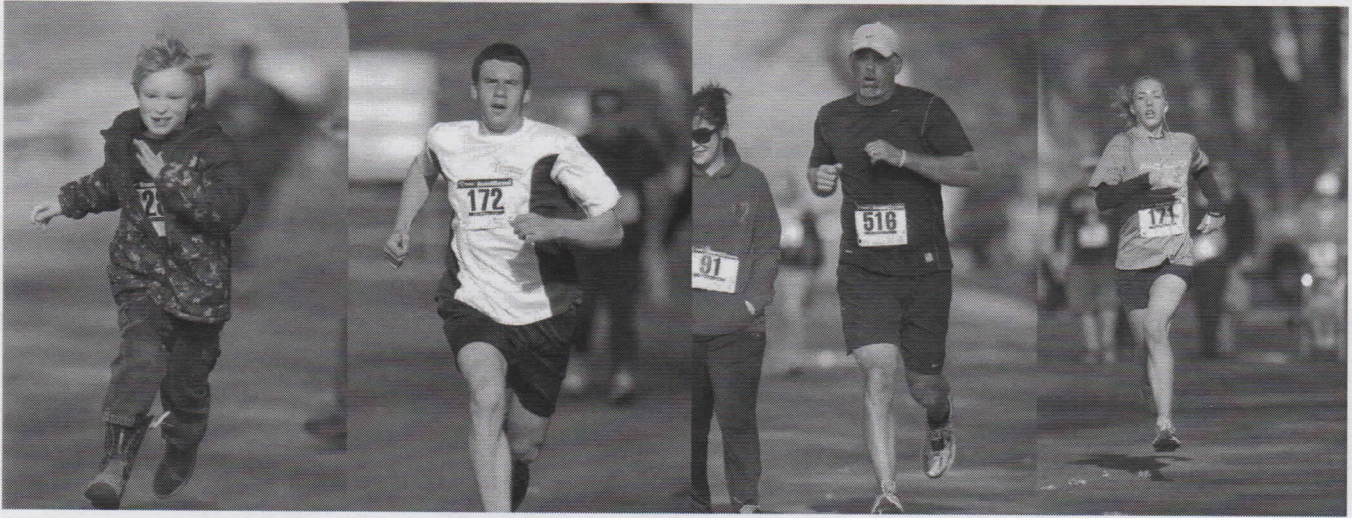


Running in hopes of crossing the finish line with a personal best,



Running for the glory only seen and celebrated in a reflection,

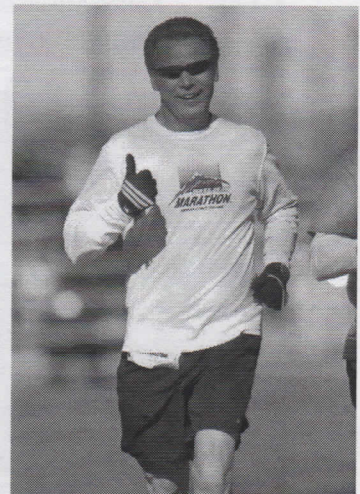
Cinco de Mayo - Photos by Larry Volk



Running to be what I want to be.



Participants shown on these two pages are identified by the results on page six. The editor was not sure of all the names and identities and did not want to mislabel anyone - sorry!



Cinco de Mayo - results of participants in photos compiled by Larry Volk

Event	5K						
Bib	Name	City	Age	Age	Place	Time	Pace
514	Levi Medina	Pueblo	22		1 Overall	15:51	5:07/M 1st Place Male 5K
508	Luke Aragon	Pueblo	18		1 M 15-19	18:57	6:07/M
24	Michael Barris	Pueblo	46		1 M 40-49	19:14	6:12/M
195	Chris Markert	Pueblo	32		2 M 30-39	20:58	6:46/M
75	Dave Diaz	Pueblo	61		1 M 60-69	21:35	6:58/M
90	Cheryl Farrer	Pueblo	37		2 Overall	22:35	7:17/M
122	Brandy Guasta	Pueblo	26		3 Overall	22:46	7:21/M
560	Theresa Gonzales	Pueblo	32		3 F 30-39	24:47	8:00/M
163	Alison Kochenberger	Pueblo	29		1 F 20-29	26:36	8:35/M
288	Tanner Snyder	Pueblo West	13		9 M 0-14	26:39	8:36/M
121	Ashlee Guadagnoli	Pueblo	24		2 F 20-29	26:53	8:40/M

Unknown kid - I think the he did the 5K in boots!

Event	10K						
504	Ramon Dominguez	Mexico	26		1 M 20-29	35:07	5:40/M 1st Place Male 10K
172	Aaron Levinson	Pueblo	21		2 M 20-29	37:30	6:03/M
516	Matt Sherman	Pueblo West	37		1 M 30-39	39:54	6:26/M
171	Carrie Laut	Pueblo	18		1 F 15-19	42:14	6:49/M 1st Place Female 10K
166	Paul Labar	Pueblo	48		9 M 40-49	49:49	8:02/M
112	Catherine Gomez	Pueblo	54		1 F 50-59	51:05	8:14/M
529	Claire Bueno-Rael	Pueblo	45		1 F 40-49	51:29	8:18/M
334	Maggie Welte	Pueblo	29		2 F 20-29	52:34	8:29/M
175	Frank Lopez-Cepero	Pueblo	41		11 M 40-49	53:20	8:36/M
72	Ron Dehn	Pueblo West	61		1 M 60-69	56:33	9:07/M

Panther Run - results of participants in photos compiled by Ron Dehn

9	Dax Charles	Pueblo	957	39	1 M 30-39	18:29.5
34	Anthony Diaz	Pueblo	1821	52	1 M 50-59	23:21.9
43	Mary Humphreys	Pueblo West	1830	47	2 F 40-49	24:13.6
46	Joe Bulow	Pueblo	1813	40	4 M 40-49	24:31.2
119	Michael Salardino	Pueblo	1856	61	M 60-69	37:06.5
120	Kailee Misiaszek	Pueblo West	1846	11	19 F 9-11	37:58.8
124	Joseph Misiaszek	Pueblo West	1845	8	12 M 0- 8	38:30.5



Elephant Rock Bike Race - June 6th



Bolder Boulder

Duped & Doped

by Gary Franchi

Thought for today's lunch, compliments of Albert Schweitzer:
"Happiness is nothing more than good health and a bad memory."

Musings on running, fitness, life:

Oh boy, it's Tour de France time. It's always so exciting.

This year, there are so many questions too. There is some wonder about who will win and how Lance Armstrong will do and whether Alberto Contador will defend his title. Gee, there's so much interest, especially among those who know that the Tour de France involves cycling.

But the real question is who will dope. Or at least who will get CAUGHT doping. Las Vegas should give odds for each rider and take bets. Think of all the interest that would be generated throughout America.

Bettor: "What's that? You say you're giving 3-1 odds that Ivan Basso will be caught by the second week? Shoot, I'll put a grand down on that. By the way, who's Basso? Is that an Italian fish?"

No, not many Americans know who Basso is. But he was Italy's favorite cycling bambino until being implicated in the famous Operation Puerto blood-doping mess three years ago and being banned for two years. This is his first year back, and cycling aficionados say he appears to be back to his high-level doping form. Good for him.

Fellow blood doper Alexander Vinokourov is back too, and the big question with him is whether he will get caught again this time. No, wait. I meant to say whether he will be satisfied being one of the soldiers who helps Contador win instead of being the Astana team's top doper. I mean top rider.

Another positive about Vegas taking bets is that it would bring a lot of people to that city to gamble, stay in smoky hotels, blow \$100 on shows and visit buffets daily. Think of how that would benefit our economy. So it's really a win-win thing, with the city of Las Vegas and the blood doping agents both scoring victories.

Starting to get excited, aren't you?

Of course, much publicity was generated recently when Floyd Landis, one of the most honest and credible persons on Planet Earth, finally admitted that he had doped for several years while a pro cyclist. He also accused Armstrong and several of their old U.S. Postal Service riders of doping when Landis rode for that team for three years. These are pretty heavy charges, especially the one against Lance, since he won the Tour de France a record seven times in succession.

Do Landis' charges carry weight?

Well, I know I read his autobiography that came out after he was banned for two years following his winning the 2006 Tour de France. It seems his drug test showed a high testosterone count. Landis denied it in his autobio, claiming he was the victim of a corrupt drug-testing clinic in France,

where they hate American cyclists because of the success of Greg Lemond, Lance and then Landis. He also raised \$2 million of other people's money to pursue litigation and try to clear his name, which was unsuccessful.

After reading his autobiography, I was convinced that Landis was innocent. I even wrote a review of that book for "Footprints," encouraging people to read it. In reality, now that Landis has confessed to doping, his autobiography actually was a "lieography" and a true piece of fiction.

Still, there are the accusations against Armstrong, who vehemently claims he is innocent. Who are we to believe? How come no one asks Basso or Vinokourov what they think?

If ever there was a sport where "better living through chemistry" applies, it's cycling. But the sport wants to clean up its act, and it plans to have random drug testing, possibly even of cyclists, during the Tour de France. I think a lie detector test would be the best bet. They can fool the drug detectors but they can't fool the lie detector machine.

Now, my take on all this is forget the drug tests altogether. Eliminate all the rules against performance enhancers. Let the cyclists do all the blood doping and use all the EPO, other drugs and human growth hormone that they want. Let's see who is the most proficient at using enhancers to their advantage.

In fact, I wouldn't mind having a little EPO myself. Hey, maybe I'd even acquire some real talent.

Not.

Ten things I was just wondering:

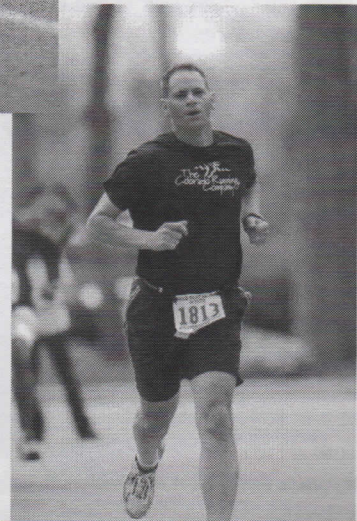
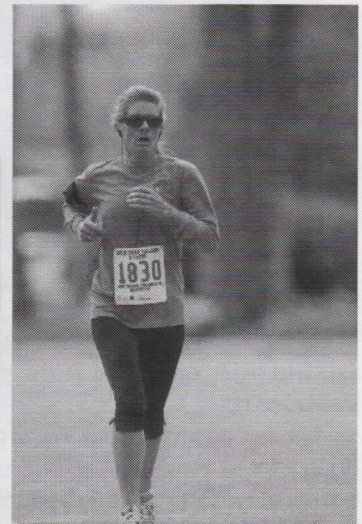
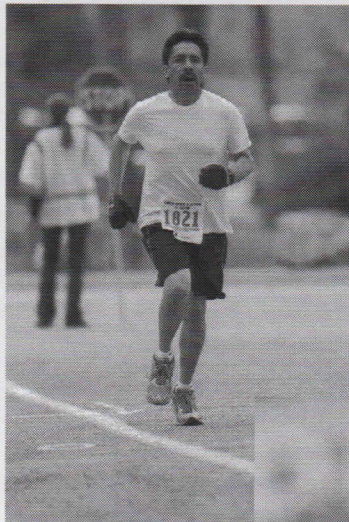
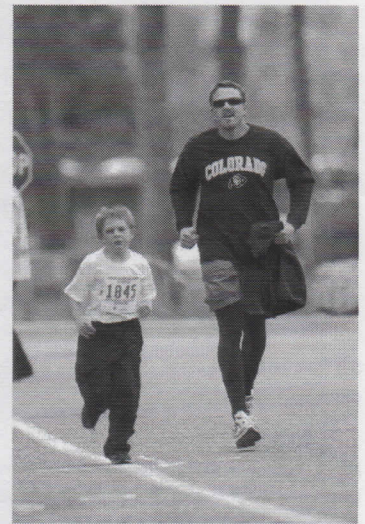
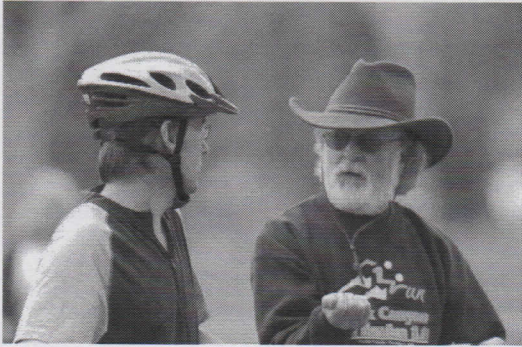
- 1, If bicycling in towns like Black Hawk is outlawed, will only outlaws ride bicycles in towns like Black Hawk?
- 2, Rather than making everyone suffer trying to install new weedwacker cutting lines when the original is used up, why can't someone give us a break and invent a cheap disposable weedwacker that could simply be tossed and replaced by a new one?
- 3, Who doesn't believe in karma and why not?
- 4, When someone submits minutes from a meeting, don't you think there are occasions when they are not "respectfully submitted?"
- 5, Which product has more different kinds of options - running shoes or writing pens?
- 6, Why can't some of the online running results services make it easier to both find the results and access results by categories?
- 7, When runners are racing, do they think more about the post-race food or about the current elements in the race?
- 8, Doesn't the lady in those Progressive auto insurance TV ads just about make you want to vomit?
- 9, Don't you just think that airlines will eventually charge a fee for people carrying excess body baggage (read: weight)?
- 10, I bought a new Road I.D. with updated emergency information, and the company included a note to follow them on Twitter. Follow what? Why?

Until next month, remember, if you're watching the Tour de France on Versus, assume they're all clean.



Lord Helmet

Panther Run - photos by Larry Volk



2010 Race Calendar

All races and dates are subject to change; verify with race director or socorunners.org
 Race directors: If you want to make changes, notify Dave at calendar@socorunners.org

DATE	TIME	RACE NAME	DIST	LOCATION	CONTACT
July					
Sun 4	8AM	Liberty Point	5K	Pueblo West	Stan Hren (terbear31@msn.com)
Fri 9		Indoor Triathlon		Pueblo Ath Club	719-561-3488
Sat 17	8AM	Mosaic Race	5K	Pueblo West	Marilyn Vargas
Sun 18	7AM	Barr Trail Mtn Race	12M	Manitou, CO	
Sat 24	6PM	*Shawn's Shuffle	5M	Regency Park Area	Shawn (shawn.kayaker@yahoo.com)
August					
Sat 7	8AM	Florence Fit n Fun Run	5K	Florence, CO	Liana Winens 719-371-1148
Sat 21	7 AM	Pikes Peak Ascent	13.3M	Manitou, CO	
Sun 22	7AM	Pikes Peak Marathon	26.2M	Manitou, CO	
Sat 28	9AM	Danapolooza	5K	Canon City, CO	danapolooza.com/cms3/
Sun 29	7:30AM	*South Shore Adventure	8.3M	Lake Pueblo	Larry Volk (lrvolk@yahoo.com)
September					
Mon 6		American Disc Mar	26.2M	Colo Springs, CO	
Sat 11	8:30	Corporate Cup	5K	CSU-Pueblo	Hillary (hpachecohall@puebloymca.org)
Sun 12	9 AM	Corporate Cup Bike Ride	12.4M	Airport Ind Park	Hillary (hpachecohall@puebloymca.org)
Thu 16	6 PM	Corporate Cup Mile Run	1M	Pueblo YMCA	
Sat 18	8 AM	Run 4 Trails	4M	Sierra Vista Elem,PW	Kim Arline (kimarline@comcast.net)
Sun 19		Mountain Air Marathon	26.2M	Gunnison, CO	
Sun 19		Boulder Marathon	26.2M	Boulder, CO	
Sat 25		Addict2Athlete	??	Dog Track, Pueblo	Rob Archuleta (addicttoathlete@comcast.net)
Sat 25	8 AM	Autumn River Run	5K/5M	Canon City, CO	crcrc.org
Sun 26	8 AM	Hot to Trot	5K	Union Ave	Ruth McDonald 719-251-3189
October					
Sat 2	10 AM	Lion's Roar	5K	Pueblo City Park	Cheryl Farrer (cheryl.farrer@gmail.com)
Sat 2	8:30 AM	Royal Gorge Challenge	5K/10K	Canon City, CO	Alex Trujillo (alextrujillo@msn.com)
Sat 2	8 AM	Fun Run for Health	5K	Canon, City	Jenni Guentcheva 719-275-7650
Sun 17		Denver Rock@Roll Mar	26.2M	Denver, CO	**\$115**
Sat 23	5PM	*Harvest Run & Bonfire	5M	Pueblo West	Dave Diaz (diazsd@aol.com)
November					
Sat 6	9 AM	Hustle for Russell	5K	Pleasant View MS	Karen Wiler
Sat 13	9 AM	Atalanta	5K	City Park	Stacey Diaz (diazsd@aol.com)
Thu 25	9 AM	YMCA Turkey Trot	5K	Pueblo YMCA	Janelle Markert (jmarkert@puebloymca.org)
Sat 2	9 AM	*Temple Canyon	4M	Canon City	Rich Hadley 719-784-6514
December					
Sat 4	9 AM	Rock Canyon Half-Mar	13.1M	Pueblo City Park	Dave Diaz (diazsd@aol.com)

GOLD DUST SALOON

In the heart of the Union
 Avenue Historic District
 217 South Union
 Pueblo, CO



SOMETHING DIFFERENT FROM THE GRILL

Barbecue Salmon

1/4 cup pineapple juice
2 Tablespoons lemon juice
4 (6oz.) salmon fillets
2 Tablespoons brown sugar
2 teaspoons lemon zest
3/4 teaspoon cumin
1/4 teaspoon cinnamon
4 teaspoons chili powder

Combine all ingredients in a flat glass dish. Marinate in refrigerator 1 to 8 hours. Heat grill to medium-high. Cook salmon skin-side down 5 to 8 minutes more. Garnish with lemon slices.



The bears in Beulah are training as usual. - photo by Karin Kyte

Coconut Lime Shrimp

1 cup coarsely-chopped fresh basil
1 1/2 Tablespoons chopped garlic
3 cloves minced fresh ginger
2 teaspoons brown sugar
1/2 cup canned coconut milk
1 1/2 Tablespoons lime juice
2 teaspoons fish sauce
20 large shrimp, peeled & deveined

Blend all ingredients except shrimp in food processor until smooth. Place shrimp in 13 by 9 inch dish, pour marinade over. Cover and refrigerate at least 2 hours. Heat grill to medium-high heat. Thread shrimp on bamboo skewers. Grill until just cooked through, about 2 minutes per side. Serve with peanut sauce.

It's Official: Runner's High Is Not a Myth

A study recently released by German researchers offers proof of what many longtime runners have felt for years: Exercise alters your mood.

The study suggests that running or any other intense exercise floods the brain with feel-good chemicals called endorphins, which, in turn, improves your state of mind.



God has given me the ability. The rest is up to me.
Believe. Believe. Believe...

- Jesse Owens

Think Green and Eat Healthier

Did you know for every ton of paper that is recycled the following is saved:

7, 000 gallons of water, 380 gallons of oil and enough electricity to power the average house for six months! Global warming, air-pollution, and other environmental issues are here to stay. You may be tired of hearing all the information about "Going Green" but the bottom line is; it needs to start somewhere! Make a few simple changes a month and do your part to Go Green. For more information, go to:

www.green.nationalgeographic.com/evnroment/going-green.com or www.gogreeninitiative.org.

Ways to Improve Your Health

Credit: Chris Johnson | Avoid processed food. I read somewhere that you should only eat food that your great-grandmother would recognize. This got me thinking about how many of our foods are really food products. Eating highly processed boxed, canned and frozen meals guarantee that you are eating unnecessary chemicals, extra sodium, too much sugar and fat with your food. Eat fresh, natural food prepared from scratch. It may seem daunting, but it really doesn't take much longer to cook most things from scratch than out of a box. Include adding fruits and vegetables to your diet.

Stop the sugar-free stuff. Aspartame has been linked to as many as 92 negative health symptoms including migraines, colitis, fibromyalgia, vaginal irritation and even some infertility. The chemical structure of aspartame causes the body to mimic these ailments, but does not cause the actual illness. Far from being a boon to diabetics who need to reduce their sugar intake, aspartame has been shown to raise blood sugar levels in diabetics. Splenda is also being linked to various conditions such as infertility and gastrointestinal problems. Drink water. Eat fruit.

Get rid of trans-fats. Trans-fatty acids were created by hydrogenating perfectly good oils. Hydrogenating oils such as soybean or corn oil creates a longer shelf life for products using hydrogenated oils; makes fried products taste and "feel" better; and is linked to increases in cancer, cardiovascular illness and diabetes. Read labels and question fast food places about their use of trans-fats.

Stop using high fructose corn syrup. It's in everything including ketchup, drinks, and even healthy drinks like Snapple. It's also making us, and our children, fat and unhealthy. High fructose corn syrup bypasses the digestive process and goes straight to the liver, where it gets turned into fat. When you add the widespread use of this sweetener to a typical American high-fat diet, the result is increased danger of obesity, diabetes and heart disease.

Avoid MSG, food dyes, and other additives. MSG is linked to migraines and depression along with other health problems in some individuals. Food dyes have been proven to cause behav-

ior and health problems in children.

Get rid of the white. Avoid white flour, sugar and products made from them. Increase your consumption of whole grains. Brown rice, whole wheat bread, multi-grain or whole wheat pasta are all delicious and contain all the nutrients and fiber nature intended and our bodies need. Over-refined foods like those made from white flour, contain empty calories with only a small percentage of the nutrients found in whole grains.

Eat your vegetables. Your mom was right, you need to eat those vegetables...and fruits. It is recommended to consume five servings of fruits and vegetables per day for optimal health. Eating fresh or frozen vegetables and fruits contain vitamins, minerals and phytonutrients that protect us from cancer and other diseases.

Choose organic. When choosing certain fresh fruits and vegetables, it is far preferable to choose organic products that do not contain pesticides.

Eat fat. Certain fats are essential to optimal health. These are called essential fatty acids. Sprinkle flaxseed on food. Add chopped walnuts to salads. Eat one or more servings of fish per week. You can even take an essential fatty acid supplement if you find it difficult to add to your diet.

Save room for some "junk." It's important to allow enough room in your diet to have some fun. If you follow the above guidelines most of the time, then the occasional fast food meal or processed treat won't affect your overall goal of eating healthier.

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

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If you move, let us know!

Issues of "Footprints" are not forwarded. Please get your new address to the SCR Membership Chair in care of the YMCA at the address listed above.

Contact Us

Do you have a question or some friendly advice for the board? Please shoot us an email.

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 Avenue, 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!

I am quite certain there are plenty of mistakes in this issue of FOOTPRINTS, so please visit our web site for more accurate race schedules, results, contact information, etc...at

www.socorunners.org



Jessie Quintana is all smiles after finishing the Garden of the Gods race.