



# FOOTPRINTS

Southern Colorado Runner's Club  
NEWSLETTER

## Liberty Point 5K Run

Just over 300 runners and walkers took part in the Liberty Point 5k in Pueblo West on July 4th. The 5k kicked off Pueblo West's Independence Day celebration followed by the annual parade, vendor booths, and various activities culminating in the fireworks show after dark.

Levi Medina, Pueblo's "5k race Machine," led all runners for the 2nd year in a row with a 16:15 time. David Luna edged out Matt Drake in an exciting sprint for 2nd and 3rd with times of 17:30 and 17:31. Jessica Klevin led the lady runners at 21:41 followed by Nina Gonzales with 21:57 and Carly Moore at 22:41.

Stan Hren served as Race Director with help from United Way's Bianca Hicks.



Dave Diaz coordinated the finish line and was wearing his patriotic shirt. Stan Hren was announcing age division awards and Brian Ropp was collecting his.



David Luna and Matt Drake



Kris Spinuzzi, Mj and Gloria Montoya



**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. 335**

“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 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, Ron Dehn 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**

My daughter left this week to start the next chapter in her life. We took this photo on her way to college four years ago and it is hard to believe that so much time has passed by. On her way through Beulah, she told me that she was going to focus on eating right and exercising every day because it made her feel so much better.

That was the same discussion I had with a colleague of mine a few days ago but her argument was that it was too expensive to eat right and that fast food and pre-packaged food was cheap and that her family could not afford to eat healthy.

Mac and cheese, McDonalds and Ramon noodles are a cheap substitute for real food but if one considers some of the diseases and health ailments such as high cholesterol, obesity, diabetics and high blood pressure, which are often a result from eating too much of typical modern foods- hamburgers laden with growth hormones, soft drinks full of refined sugar, and foods too numerous to mention whose color and taste have been artificially enhanced by manufactured chemicals -what is the end cost of eating inexpensive food?

To cut down on costs, most of us could probably start by eating less. We can also set aside time to cook our own organic beans, lentils, and brown rice and we can buy organic foods on sale, or from our local markets and take the time to cook them ourselves. We can take leftovers to work for our lunch and we can find some form of exercise every single day!



Kayla Romero and Karin Kyte at Incline, Co. Springs



## Birthdays Wishes

- 3 David Sorenson
- 4 James Schwartzberger  
Aaron Lopez
- 5 Jerica Khosla  
Jace Khosla
- 6 Kerry Meier  
Rachel Va Buskirk
- 9 Dave Diaz
- 11 Ron Dehn
- 12 Ross Westley  
Austin Hale  
Dante Docessaro
- 14 Gus Appenzeller  
Frank Lopez-Cepero
- 16 Jeff Arnold
- 17 Len Gregory  
Paul Vorndam
- 18 Melanie Hughes
- 19 Jordan Montera
- 20 Alita LaBar
- 21 Morey Monohan  
Misty Frey
- 23 Brian Ropp
- 24 Cheryl Cook-McCoy  
Lou Huie  
George Slaughter  
Danny Baracz
- 25 Taylor Lopez-Ceparo
- 28 Marge Gray  
Connor Hale
- 31 Henry Hund  
Dwight Martinez

## SCR Minutes Wednesday

June 7, 2010

YMCA

Prepared by Mike Archuleta

### INTRODUCTIONS

Attendance: Mike Archuleta, Paulette Arns, Dave Diaz, Don Pfof, Paul LeBar, Al and Maria Ellen Weaver, Hilbert Navarro, Marilyn Vargas, Ramon Arriaga, Lori Miller, Becky Medina & Ellen Cooney.

### REPORTS/RECAPS

#### *Prevent-a-thon Run/Walk - June 5th*

There were about 100 runners and 10 walkers. Mike reported that the walkers and the runners like the course. Bottled water was available at the turn around but prefilled water cups would have worked out better.

#### *Skyline Drive - June 6th*

The predict run went well with no issues or concerns. Paula reported about 40 runners.

#### *Spring Fest - June 12th*

The race had 90 runners. It was reported that there was some confusion at the registration. The weather played a major role on the effect of the race.

#### *Women's Distance Festival - June 26th*

WDF had 50 runners. The event was another major success thanks to Perry's efforts. The course was at Lake Minnequa. There were some problems with parking for the runners.

### UPCOMING RACES/ EVENTS

#### *Mosaic 5K Run - July 17th*

Dave Diaz will be the SCR liason for run. The club will place the information on the web site. The race is on Facebook too.

#### *Bike for Kids - August 22nd*

The Advocacy Center is looking for

support for the race. They want to put the clock at the event and post information on the web site.

#### *Shawn's Shuffle Predict - July 24th*

This predict run is scheduled with a pot luck following the run.

#### *Run 4 Trials - September 18th*

Paul reported for Kim Arline and the race will be by Pueblo West High School. The next meeting will have more information regarding the run.

#### *The Boys' Club - October 16th*

Becky Medina reported that the Boys' Club is planning the 5K Run and there will be more information at the next meeting.

### 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 race preparation and equipment. The club approved the financials prepared by Paulette.

#### **Newsletter: Ron Dehn**

#### **Membership Chair: Don Pfof**

Don reported 190 members paid for 2010. The newsletter was mailed to 215 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. There was discussion about the race management software for future races and maintenance fees.

## Ramblin, by Ron Dehn

### Dehn Runners: The Next Generation

Another potential title to this article is "Ron Dehn goes to extreme lengths to avoid running a difficult race."

First, a little background: Anybody who reads this column regularly (Dad & Mom) knows that I am a big fan of family running. Several months ago, my brother Dave decided to join me for the 2010 Pikes Peak Ascent. Dave is a better athlete, and a better runner than me, but he did not have a recent qualifying half marathon to sign up for this year's Ascent, so he had to sign up for the Triple Crown. (The Garden of the Gods 10 miler, the 12k Summer Roundup, and the Pikes Peak Ascent). Failure to complete either of the 1st two races, would DQ him from the Ascent.

The Garden of the Gods is a demanding race covering 10 very hilly miles at altitude, and the Summer Roundup is roughly a 7.5 mile course with a 1,000 foot elevation gain during the first half of the race leading up to 7,165 feet. Fainthearted need not apply.

Well, since Dave is doing all this to run the Ascent with me, one would conclude that I would join him on the first two legs of the Triple Crown. That seems the right thing to do. Hmm...

I was conveniently on vacation for the Garden run in June, so Dave dutifully ran the race without me, but I promised to run the Roundup with him, so while I was on vacation, Dave signed me up for the Roundup scheduled for July 11.

The Summer Roundup event coincided with the last day of the Dehn Family reunion held this year in South Denver, so we had to work out some logistics. Our plan was to leave Denver at 5:15 on the morning of July 11, drive to Colorado Springs, run the race, and be back at the reunion by 9:30 or so. I planned to drive and had the race bibs and directions in my car.

Just before midnight on the 10th, Jeremy (son) texted Chris (my wife) that Maggie (Jer's wife) had gone into labor and they were on their way to Rose Medical Center. This was about 3 ½

weeks early, but not unexpected. Chris and I spent a few moments in that semi sleep/dream/awake state, but quickly realized that this was the real deal, so we got dressed, grabbed a couple books to read, and headed for the parking lot. Before driving off, I slid Dave's race bib and directions under his hotel room door.

Chris is better with directions, so she drove. Along the way, she encountered road construction and made an illegal u-turn on an almost but not quite deserted Arapahoe Road. She claims that I encouraged this behavior, but my memory says she was on her own with that decision. Anyway, the other driver on the street happened to be a very nice Denver policeman. Yes, after a brief explanation and license check, he let us go on our way.

A short time after we arrived at Rose, Jer came to the waiting room to give us an update. Things were progressing rather quickly, and at 3:08 that morning, a beautiful little girl became the newest Dehn, and added one more person to the 2010 family reunion. At 4:30, I called Dave to tell him I would not be joining him for the race, and by 4:45, Chris and I were holding our very beautiful and undoubtedly brilliant 3rd grandchild. Despite being early, she weighed in at 6 lbs, 7 oz, and passed all the first hour exams with flying colors. Maggie and Jeremy were pretty energized, but we headed for the hotel after 30 minutes and several photos so everybody could get some rest, but I suspect that Chris and I rested way more than they did. By the time we got to the hotel, Dave was on I-25 south.

Dave ran a great race, and was back in Denver around 9:30, just a little while before I woke up.

In early afternoon, we visited the hospital again and this time 2 ½ year old Amelia was there to meet her baby sister.

Being a grandparent is truly, the best job I have ever had. What a blessing! What a thrill! What an adventure! What a joy! What a gift! I am reminded of these words of poet Carl



Sandburg: "A baby is God's opinion that the world should go on."

The world should go on Eliza Brooke Dehn, and you and your generation will be faced with solving both old and new problems. Evidently God thinks you can do it, and who am I to argue.

For the next several years, you and I will have the opportunity to spend time together. I am looking forward to showing you Orion in the winter sky, how to skip a rock on the water, the leaves turning gold in the fall, and what happens when you plant a seed. We might build a model rocket, and we might have a tea party. For sure I will teach you silly songs, and at least for now, I can still stand on my head if it makes you laugh. If you want, we can run together. Running may be a tradition that you will carry on, but if you choose tennis, soccer, golf, or gymnastics, I will be there to support you. We will learn from each other, Eliza. Hopefully, I have accumulated more wisdom than knowledge, and you undoubtedly will view the world with uncontaminated and fresh eyes. We will learn from each other and we will hold hands while we skip down the sidewalk.

Welcome Eliza Brooke. I am absolutely delighted that you are here. Words cannot express how honored and grateful I am to be a part of your life. I promise to do my best to live up to that responsibility.

p.s. Dave – I will be there to run the Ascent. I promise!



## The foods of choice

Thought for today's lunch, compliments of Arnold H. Glasgow: *"Your body is the baggage you must carry through life. The more excess the baggage, the shorter the trip."*

### Musings on running, fitness, life:

I was doing some deep thinking while on a marathon 5-hour bicycle training ride in the mountains recently as my mind pondered different ways to make a real impact on the world. Not bragging or anything, but I like to think of ways that I can make this a better place for everyone to live, to come up with some things that could really benefit mankind, not to mention womankind and peoplekind in general. Shoot, even kids.

So there I was, making the long, slow climb from Colorado City to San Isabel, barely listening to the iPod's schmaltzy lyrics that only a song could accommodate, ignoring nature's beauty around me while I focused instead on what I could do to make a REAL positive difference in people's lives.

Yes, I was thinking of food and what makes the best training and recovery fuels. Well, actually, my stomach was growling as visions of post-ride Little Caesars pizza wove their way into my brain. I could almost smell the pizza sauce and pepperoni, realizing that all I had to tide me through the next few hours were the Clif bars, Shot Blocks and traditional peanut butter and jelly sandwich in my bike shirt pockets.

Not quite the same as a couple of hot slices. Shoot, I might have called to see if Caesars would deliver some out there, but T-Mobile cell phone signals are history once you get a little past Rye High School. Otherwise, I'm sure they would have been happy to dispatch a Hot & Ready my way, toothy grins etched on their faces.

Whatever, the quest for food – whether before, during or after training – is pretty much a constant on the minds of endurance athletes. As runners like to say, we run so that we can eat. And eat we do, and think about eating.

The problem is that all the experts keep trying to tell us what we should eat. Every issue of Runner's World magazine is filled with articles about the best foods for runners. You can find an article every day somewhere on the Internet about how we should eat.

For instance, recently I ran across a piece written by Christine Luff for "About.com Guide." Christine, bless her heart, listed her 10 top foods that runners should eat for maintaining good health and to promote peak activity. Her list:

1, Whole grain pasta and bread. 2, Eggs. 3, Beans. 4, Salmon. 5, Sweet Potatoes. 6, Low-Fat Yogurt. 7, Bananas. 8, Peanut Butter. 9, Carrots. 10, Quinoa.

Great list, I'd have to say. Don't confuse that with WANT

to say. Or want to eat either, also many of these are staples in my diet, such as the PB&J sandwiches on those mammoth bike rides. Ooo, and salmon. Ah, and eggs in breakfast burritos. Mmmm.

But after conducting a fictitious scientific random survey of a wide spectrum of local runners, I know that many of them would have to ask: Where on the list is pizza? How about beer, which we can justify as a great replenisher of carbohydrates? And chicken burritos? Ben & Jerry's ice cream? Dos Equis? And surely DQ Blizzards have to be good for you and your performance, right?

I ask you, were those nearly dozen and a half local runners in the Barr Trail run in mid-July thinking about the carrots they were going to munch on after that trek or dreaming of having a big hamburger and beer at a nearby eatery? Three guesses, bucko.

Alrighty then.

So, sure, tell us what to eat for good health and performance, but cut us some slack, man. We work hard keeping in shape and we want to have fun playing, too. Pizza has got to be part of the formula.

And doggone it, let's figure out how to get Little Caesars to deliver the goods in the mountains.

### Ten things I was just wondering:

- 1, Wouldn't it be cool if chapstick could be self-renewing inside its tube and never need to be replaced?
- 2, What really is a naked eye? And what is the opposite of a naked eye?
- 3, How about having a Tour de Bulls where they pull a surprise on the Tour de France bicyclists by unexpectedly letting a batch of bulls loose on the course in one of those narrow city streets?
- 4, Will Orajel work on other body parts?
- 5, How come you never read any magazine articles titled "Things to do in Pueblo?"
- 6, In the old major league baseball videos from the 1950s and earlier, why did so many males wear a sport coat and tie to games? And how did they keep peanut residue off their clothes?
- 7, Do all-you-can-eat restaurants cringe when football teams show up?
- 8, How come you never hear a coach say: "We're going to have to give 90 to 95 percent to win this game.?"
- 9, With the dozens of cable channels available today, why can't there be an All-Running channel?
- 10, Do they conduct tryouts for podium girl positions at the Tour de France? Is the cheek kissing part of the auditioning?

Until next month, my biggest wonder: Is the World Cup over yet?

# 2010

# Pueblo Bike to Work Events

Registered for Bike to Work Events:

- 67 for National Bike to Work, May 21st. Health Dept, SRDA, PCC breakfast stops.
- 77 for Colorado Bike to Work, June 23rd. Health Dept, SRDA, Parkview, St Mary Corwin breakfast stops
- 89 for Commuter Cup Challenge running month between two Bike to Work Days
- 139 total registered. Many more rode to work but did not register.
- 52% women, average age 42.5 (19-68 year range)
- Average one-way distance to work: 6.95 miles (0.3-25.5 mile range)
- Resident of  
70% City of Pueblo  
30% Pueblo West, Mesa, Avondale, Colo City or Rye
- Over 45 riders joined us June 23rd for a 2 mile police escorted "Downtown Tour" past new public buildings and old landmarks.



Downtown Tour, June 23rd

Pueblo Active Community Environments (PACE) is encouraging the City of Pueblo to take the necessary steps to become a Bicycle Friendly Community (BFC). Encouraging and actually getting community members to bicycle for fun, fitness and transportation is part of becoming a BFC.

So PACE planned several bike to work events. The events were so well received this year, we hope to build on them and make them bigger and better in 2011!

Nationwide, 40% of trips are within 2 miles but 90% are made by car. This is an easy distance to ride.

- A 10-minute moderate bike ride bumps your metabolic rate for an hour following the ride. You can bump it up twice a day by commuting to and from work!
- Each mile not driven burns calories, fights chronic disease, decreases pollution and feels good! Ride more and drive less!
- One in five Bike to Work day participants become routine bike commuters.

## Commuter Cup Challenge Results <http://pueblobcc.com>

PACE promoted the National and Colorado Bike to Work days and offered a fun, friendly work site challenge to promote more Bike/Walk Commuting. The Commuter Cup Challenge started and ended with the two bike to work days. Organizers only expected a small percentage of bike to work participants to join the challenge but were amazed when 64% of registered participants joined the challenge!

Of the 139 registered riders for a Bike to Work event, 25% had never ridden to work before and 9% did not even ride for recreation. Twelve percent of participants ride to work daily already and 18% ride about half the time. Over 30% of participants try to ride to work a few times each summer.

After one month of riding with late seasonal winds and early high temperatures, 55 participants had maintained a 25% or better rate of commuting to work! All commuters with a 25% or better rate earned a medal and free beer.

### Individual Commuter Rates

Bronze medal 25-50%:	17
Silver Medal 51-79%:	22
Gold medal 80-100%:	16

### Top Commuter Mileage

1. Troy Davenport	599
2. Gwen Steves	589
3. Ed Behling	306
4. Nathaniel Lambert	297
5. Bobby Latka	290
6. Denise Crepeau	254

### Commuter Cup Teams

The worksite that maintained the best overall commuter rate in relation to total number of employees earned the "Pueblo Bike Commuter Cup." The traveling trophy gives "green" bragging rights to that worksite but must be defended each year. See the 2010 Commuter Cup Team Results on the next page.

The 2010 Commuter Cup Team Champion is the U.S. Geological Survey maintaining a whopping 23.5% work site commuter rate!

For comparison, the average bike commute rate is 1% for 35 large US cities ranging from 0.22% to 2.63%. Denver, a silver rated Bicycle Friendly Community has a 1.6% commuter rate. While Copenhagen, Denmark has a 36% commuter rate!



Written by Kim Arline

**7,532 miles logged by commuters!**  
**679 trips by car avoided!**

Work Site Team	Total employees (# on team)	Commuter rate for overall work site	Commuter Rate for team	Total mileage (Top individual)
Board of Water Works	142 (5 on team)	1.42%	43.75%	447.2 (Thomas Alvarado 181.5)
CMHIP	994 (5 on team)	0.23%	71.5%	268 (Melanie Nelson 102)
City of Pueblo	350 (14 on team)	1.48%	35.6%	1579 (Troy Davenport 599)
Dept of Social Svc	800 (1 on team)	0.05%	40%	24 (Lori Trejo 24)
Goodrich	180 (2 on team)	0.53%	49.5%	381 (Chris Kirkpatrick 225)
Parkview	1819 (23 on team)	0.93%	67.6%	2767 (Gwen Steves 589)
Pueblo C-C Health Department	90 (17 on team)	4.33%	23.75%	773 (Ben Sandoval 151)
Trane	415 (5 on team)	0.27%	24.4%	266.8 (Brad Whitney 114)
U.S. Geological Survey	25 (10 on team)	23.5%	60.3%	1040.6 (Ryan Kopp 184)

**2010 Champions**



Group ride 19 miles from PW, 3 breakfasts & Downtown Tour



Health Dept extended commuter challenge 5 weeks for employees

*Special Thanks to a few SCR members!*

SCR member, Kathy Stommel (middle) offered bike to work incentives for Board of Water Works employees in their health promotion program and served as their team captain. She also volunteered as a bike mentor for anyone riding in from the Mesa area. She met other riders at South Mesa Elementary to ride into town and discovered a much better route to her own job using the River Trail!



SCR member, Rochelle Beier-Kemmet (2nd from right) volunteered to lead the State Hospital team. She hosted a bike safety class for her team, promoted group rides at lunch to promote camaraderie and allow employees living in Colorado Springs to participate in the challenge.



SCR member, Troy Davenport thought he'd use the challenge to start training for a Colorado bike tour he has planned with his daughter in August. He didn't make any excuses for his 51 mile round trip commute from Colorado City, he just started riding and accumulating miles. Once the first week of results were posted, a friendly

competition started between him and Gwen Steves who is training for an Iron Man. Gwen clarified the rules and started adding mileage into her commute to the ER in Pueblo West or the pool where she coaches a swim team. After 4.5 weeks, Troy just edged her out by 10 miles with 599 miles. But they both might have some competition next year. John, a USGS employee wants to retire in Westcliffe. But he'll start early by renting a place up there next summer just to ratchet up his mileage for the 2011 Commuter Cup Challenge! At least that's what he said after a few beers and his team winning the trophy.

# Take a Run Across the Sky

What words can best describe the **Rim To Rim Royal Gorge Run**? Imagine that you are in your running gear on October 2nd and enjoying a fun 5K or 10K thru the pinon and juniper hills around the Royal Gorge.

You will find yourself running the last quarter of a mile on the Royal Gorge Bridge, the highest suspension bridge in America, nearly 1,100 feet above the roaring Arkansas River. You are literally running across the sky!

You won't want to miss this in-

augural run of the Rim to Rim. We believe that this race will become a classic. That's one reason you want to be with us at the beginning!

Proceeds from the race will go to Starpoint, a local organization that has for years helped kids and disabled adults have longer happier lives. Starpoint : "Partnering with individuals, families, and the community enriching lives ... realizing dreams."

The race registration includes an all-inclusive pass to the Royal Gorge

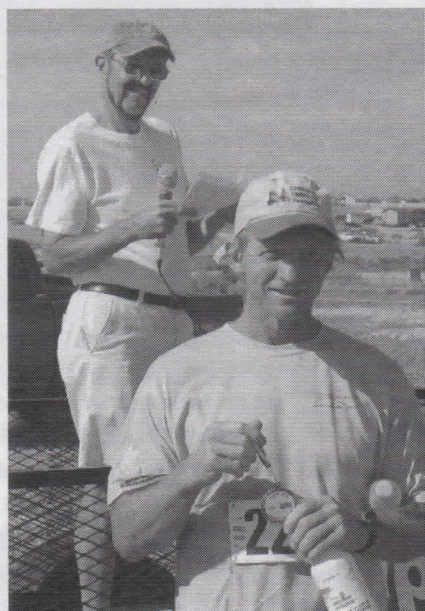
Bridge and Park with all the rides (except the Sky Ride), shows, and attractions on October Fest Weekend. In addition, your friends and family are invited to enjoy the day with a pass that has been reduced to half price - \$12 per person.

The run is on Saturday, October 2, 2010 at 8:30 AM at the Royal Gorge (12 miles west of Canon City). Registration can be done online at [www.rimtorim.net](http://www.rimtorim.net) or by filling out the registration form in this newsletter!

## Liberty Point 5K Run ~ Cont.



Participants in the Liberty Point 5K Run (above)



Stan Hren & Brian Ropp



Levi Medina

## Bolder Boulder

### Impressive Stats for Youngsters

**Kira Hughes** placed 1st out of 153 in her age group and **Kevin Hughes** placed 3rd out of 367 in his age group. Kira's time was 1:00:20. Kevin has placed in the top 4 places for the last 5 years. He placed 1st when he was 6, 2nd at 7, 4th at 8, 3rd at 9, and 3rd at 10 years old. Kevin's time this year was 48:21.



# 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
<b>August</b>					
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)
<b>September</b>					
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	ccrec.org
Sun 26	8 AM	Hot to Trot	5K	Union Ave	Ruth McDonald 719-251-3189
<b>October</b>					
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)
<b>November</b>					
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
<b>December</b>					
Sat 4	9 AM	Rock Canyon Half-Mar	13.1M	Pueblo City Park	Dave Diaz (diazsd@aol.com)



Women's Distance Festival by Larry Volk

# Women's Distance Festival

Photographs by Larry Volk



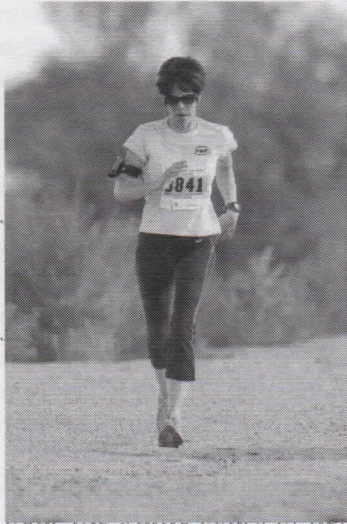
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has been running and stopping and waiting to see if we are catching up. She has many things to show us.



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and out, be cunning and use her feminine wits. Where can you find her? She walks in the deserts, cities, woods, oceans, and in the mountain of solitude. She lives in women everywhere; in castles with queens, in the boardrooms, in the penthouse, and on the night bus to Brownsville.

breaks through to our world. She lives in the past and is summoned to the future and walks backward in time to find us now. Wild women who and we follow. She has been running and stopping and waiting to see things to show us. Whether you are possessed of a simple heart or the to make it to the top or just make through tomorrow, the wild nature back and be a wanderer that one red flower and walk straight ahead for on the old weathered door. Climb up to the eye. Crawl through the w see what you find. It is the only to know we have to do. Without us, Wild we die. Para Vida, for true life, both must live. Text summarized from Women Who Run With Wolves © Clarissa Pinkola Estés, Ph.D.

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*Women's Distance Festival ~ Cont.*

**RUN WOMEN RUN!**



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## Address Service Requested



### 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](http://www.socorunners.org)



Women's Distance Festival