



Editor: Ron Dehn

Footprints

School Daze Issue...



RUN 4 Trails

By Kim Arline



The second annual “**RUN 4 Trails**” will be held on **September 18th at 8 a.m.** at Pueblo West High School. The run is designed to promote awareness and raise money to extend or improve community trails to connect our schools, parks and higher density neighborhoods. With narrow roadways, no sidewalks and fewer school bus routes, our community trail system can provide students and community members a safer way to get around our community on foot or bike and build exercise into their daily routine.

This year’s route will start in front of Pueblo West High School, follow the road 0.2 mile to reach the newly constructed trail forming a 3.5 mile loop with the older McCulloch trail. You have your choice of running/walking on the 8’ wide paved trail or the 4’ wide soft surface crusher fine trail. There is a 0.9 mile climb early in the 4-mile course but then it is mostly downhill or gradual hills with nice views of the mountains. A team or club from PWHs will host a water stop at the top of the hill and another farther along the course. The

course is stroller friendly but no bibs will be given to stroller riders and strollers are not to go through the chute and record a time.

To encourage schools, clubs, teams, friends or neighbors to explore the new trail, the **team challenge** will be back this year! Individuals may sign up at packet pick up for their school team and also join another team of 4 or more members. The school with the most participants will take home the traveling **RUN 4 Trails trophy** for the year and get free single stream recycling from “We Recycle” this year. The fastest team and largest team will win gift certificates/prizes.

Awards will be given to the top three males and females in each of the different age divisions for runners and walkers. A discounted rate (\$10) for participants 17 and younger including a t-shirt is being offered to encourage as many families to come discover the trail system together. For those of you looking for a nice technical fabric t-shirt, you won’t get one this year unfortunately. The kids were happy with cotton last

year and continue to promote this race at school and in the community. You have the option of declining a t-shirt to help us raise more money for the trails.

Packet pick up and same day registration will be available Saturday morning from 6:30-7:45 before the race. School and team sign up will take place at packet pick up. Team leaders will need to provide a list of team members and their bib numbers prior to the race.

The new bike route maps will FINALLY be printed and available for distribution at the race! The Livewell Pueblo project coordinator will pass out the maps and aluminum water bottles in exchange for your email address for a follow up survey on the map. The full-color maps show on-road bike routes, separated bike/pedestrian paths and single track trails in the open space areas. The City of Pueblo is shown on one side of the map and Pueblo West and Lake Pueblo on the other side along with edu-

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Lion’s Roar for Fitness
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Thanks Karin!!!
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Colts Run the Mosaic
Page 8



Minutes from the Aug, 2010 Meeting

By Maria Elena Weaver



Introductions

Attendance: Paul LaBar, Marilyn Vargas, Paulette Stewart, Paulette Arns, Kim Arline, Terry Cathcart, Frank Andrade, Allen Weaver & Maria Elena Weaver, Gwen Steves, Jenny Stoner, Larry Volk & Gary Franchi.

Paulette Stewart received a hand turned wood vase in recognition for 22 years of making Spring Runoff a success. Paulette who inherited the race when she hired on at Chieftain, commented on the dedication of club and runners. Tracy Methune from Chieftain will be assisting next year. Terry reported there are usually 80-90 volunteers and PW high school helps and receives funds from race.

Reports/Recaps

Mosaic 5K- July 17th- Marilyn reports will have race day registration next year and will start earlier. There were 15 South High students, 64 total runners.

Shawn's Shuffle Predict- July 24th- Don reports well laid out course for this first time event organized by Shawn Lopnow. Participants enjoyed good food.

Upcoming Races/Events

Bike for Kids- August 22nd- Paul confirmed that Ellen Cooney will need big clock only. This ride will benefit the Child Advocacy Center.

YMCA Corporate Cup 5K, 1M & Bike, Sept 11, 12 & 16- Paul said SCR does timing but not results.

South Shore Predict; August 29th- Larry reports getting approval from park. Hopes to do at different location, outside part next year. Larry trying to coordinate with Parks authorities, state patrol has complained about people parking on highway for safety reasons. Larry asked for volunteers and will put request on SCR website for volunteers for this 7:30 start race. Paulette Arns provided certificate of insurance. Don said this is always a challenging and interesting course on the south side of reservoir. Paul reports will probably start at same place. Entrants will show up at south shore marina gate and pay for race.

Run 4 Trails- September 18th- Kim Arline reports a new trail for this 4 mile race in Pueblo West, at Sierra Vista elementary.

Kim will try to get school staff to help as course marshals, students will do water stops, art work for shirt, and cross county team will help at finish line. Kim asked for online registration assistance. Youth runners, 18 and under will receive discount. Finish line by modulars with bike racks. Proceeds to dist 70 to possibly improve trails connections to neighborhoods. Faster team average and team with most participants will get award. Paul said we will get chance to use team features in SCR software. Best turnout from Sierra vista elementary and PW high school (with extra credit offered to PW high students. Kim hopes school district will cover insurance if proceeds go to school. Paul asked for registration form from Kim to place online. Kim mentioned receiving emails from Running Guru. Paul thinks it may be a competitor to Active.com. SCR will provide online reg. through end of year and after that will steer people to commercial sources of self registration. Don asked about having strollers. Kim said the trail is paved, strollers are allowed but no bibs for babies and no strollers through chutes. Paul reports that strollers are an issue and volunteers will be instructed not to push strollers through finish line. Terry commented on problems with strollers at Runoff.

Hot to Trot, September 26th- Don spoke with Ruth as he will be club liaison. Ruth is doing entry form to have for newsletter toward end of Aug. Ruth would like online registration assistance. Don asked to waive fees for Gold Dust crew because of all of the assist the Gold Dust has given in past to SCR and gives some of proceeds of races to club. Paul and Don spoke of clarifying clarification of how Gold Dust races are assisted.

Harvest Run, October 23rd- Paul reports Dave thinking possibly go to Minequa Lake next year and having Felices pizza instead of pot luck. The date would remain about same time as previous years.



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

Officers' Reports

Minutes: Mike Archuleta.

The minutes were approved with the following corrections made by Don,

1. changing Spring Fest to Spirit Fest
2. Women Distance Festival, Peggy

Oreskovich not Perry

3. Bike for Kids and not Bikes for Kids

4. Under Upcoming Races/Events:

Club voted to make a \$250 donation to the Child Advocacy Center

5. Under New Stuff/Old Stuff:

- a. Expenditure of \$450 approved to have Roger Brad-

(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. 336

"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, Karin Kyte*	
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

Kim Arline, Maria Elena Weaver, Cheryl Farrer, Debbie Gurule, Jeremy Dehn, Bob Gassen, Dave Diaz, Don Pfof

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.

* Karin Kyte stepped up to the plate and produced *Footprints* for two months this summer while your "regular" editor goofed around. Karin did a great job and on behalf of the SCR readers – THANKS KARIN!!!



Minutes Continued



shaw, Race Director Management Systems, provide update to 2011 version of Race Director, write a subroutine for our label printer, and provide technical support through March 2012.

b. Don volunteered to offer training classes on Race Director to club members to encourage more help with races.

Treasurer's Report: Paulette Arns

Paulette reports few additional expenses. Women's Distance festival expenses netted a \$422 loss for this race. Paul discussed purpose of race and that it usually breaks even or nets a loss. Donation made to Child Advocacy Center. Fees were collected for online races and \$450 payment to Race Management for race software. Other payments included newsletter costs, label printer and food for various races. Paulette mentioned donation to Raptor and Trails and Terry and Don agreed. Motioned passed to make donations as in previous years. Treasurer's report was approved.

Newsletter editor: Ron Dehn

Marilyn mailed newsletters out. Ron Dehn will be taking over for Karen Kyte who was doing newsletter while Ron was gone. Ron has requested information for next newsletter.

Membership Chair: Don Pfost

Don reports there are 192 paid members and nearly 300 with family memberships. Don Mailed 218 newsletters and there 146 addresses for Colorado Runner magazine. Don asking for a replacement for membership chair which will require providing mailing list for newsletter to be delivered to Pueblo, provide list for Colorado Runner magazine, updating membership database and to mail out end of year of request for renewal. Marilyn reports Pueblo pacers has two new members, 20 total and Pacers will need to get shirts promised to members after completing two races. Don suggested ordering more than needed to decrease costs. Terry suggested talking to Imprinted Sportwear for co-sponsorship. Paulette reports having credit with Imprinted Sportwear.

Webmaster: Paul LaBar

Activity will pick up since last entry Mosaic presented no technical issues.

Race Calendar: Dave not in Paulette discussed current calendar.

New Stuff/Old Stuff

Don volunteered to offer training with race soft-

ware (also discussed in July). Pueblo Diabetes group thanked for assistance. Frank Andrade asking about memorial 5k run/walk in October in Pueblo West for Lucas Johnston who was in Pueblo Rangers. He wants to include kids from all of Pueblo area. Kim will be club liaison if available at race date. Terry suggested doing race at Lake Minequa due to City Park asking for more advance time as use of city park has increased. Possible race dates were discussed. Terry suggested that Frank talk to Matt Sherman and doing race on the 10th or end of month. SCR asked to provide help with timing and finish line as Frank can do course design.

Marilyn has draft of contract to provide to organizations that request assist.

Gwen Steves said that the Triathlon club is going well and asked for help for with timing, point to point, got in contact with Mike Orendorf and he has program to help with timing Don reports that SCR will also assist. The 4-16-11 event will be for Children and Gwen reports transitions will be all be at same place. Gwen has contacted CSU Pueblo to have event at school. Paulette Arns suggested to get in touch with Todd Kelly to avoid conflict with Spank Blasing. Members discussed advantages of having two events on same weekend. Gwen reports possibly having up to 100 kids. Paul thanked Gwen for connecting with SCR so early and said Either Mike Orendorf's or SCR's software would work.

Jenny Stoner asked about club purpose. Paul, Don, Kim and Marilyn spoke about SCR and suggested ways to meet and train with other club members.

Marilyn presented rough draft of race assistance / equipment rental contract.

Several club members in attendance discussed the following items.

- Role of club liaison and race director, including responsibility and duties.
- Fees charged by SCR and what services will be provided for these fees.
- Race registration inclusion in newsletter to be 8 ½ by 11.
- Newsletter inclusion fee.
- Not using computerized results for very small races.
- Additional fee for course design and marking.
- SCR not responsible for collecting payment on race day for registration.
- Not considering waiving fees for all but first time races.
- Race director responsibility for entry form which must be checked by SCR liaison 60 day prior to inclusion in newsletter to make sure imp. information is included.

Paul will make edits in rough draft of contract and will give to Marilyn to show attorney draft of corrected copy.

Don discussed race management, including use of power inverter at Women's Distance Festival which did not work out and had to use a generator. Don asked SCR to consider purchase of generator for races without electrical outlets available. Paulette and Don met to discuss generator. Terry Cathcart offered to sell generator 6-7 yr. old but not used much. Paul asked for model number to check prices. This would be of great help to SCR as has been the new race software that allows quick label printing set up for race day registration. Don also mentioned that folks who developed time mach have WIFI app. for \$270. Club will put consider this option. WIFI would be handy for Hot to Trot to avoid crowded area to set up.

Gary Franchi brought old files of old SCR stuff, minutes, financial reports from '90 and '91. Paul will review these files.

Adjourn

HELP WANTED

Wanted: SCR Newsletter Editor

Benefits:

Flexible Hours
Meet lots of nice people
Support your local runners

Qualifications

Willingness to work at a computer
(this is NOT rocket science)

Training

Current Editor will Mentor and provide whatever assistance is requested

Contact

Contact current editor at:
newsletter@socorunners.org or any
SCR officer



Ramblin

by Ron Dehn

Ascending with my Brother



No, we weren't taken up by aliens to the mother ship, although there were times, it truly did feel like an out of body experience.

For the first time in our running careers, my brother Dave and I ran the Pikes Peak Ascent together. Dave ran the Ascent in 1985. And he ran it again in 2010, a mere 25 years later but this time I ran it with him. When he did it in '85, I was running 5k's here and there and thought he was crazy for running up a mountain. In 1997, I thought I'd give it a shot, and found out that anybody who does such an event is a tad unbalanced, figuratively and literally.

Dave and I have run many, many races together through the years, and talked for a long time about doing the Pikes Peak Ascent together, and this year it happened. What a treat!

We trained on the Barr Trail together when we could, and that was certainly part of the enjoyment. Due to vacations, jury duty, and a myriad of other excuses, most of our mountain training was to Barr Camp and back. We did one complete trek all the way up the mountain

two weeks before the actual Ascent. Dave's son, daughter-in-law, and grandson (Jonathan, Tiffany, and Luke) met us at the summit and drove us back down the mountain. Five days before the Ascent, Dave and I drove to the summit then ran down and back up the top three miles to try to acclimate to the altitude.

Finishing the Ascent is always an accomplishment, and I relish every completion. But, after talking about it for years, training together for the summer, and actually doing the Ascent together, finishing with my brother was indeed a great feeling. We love to work together and we love to play together, and this was certainly some of each.

The Ascent is always a family affair and this year was no different. Chris and Cathy (our wives) were there to greet us at the finish. So was Bryan, Nikki, and Rylan (son, daughter-in-law, and grandson). Most other years Jeremy, Maggie, and Melissa made the trek, but had other activities going on this year.

For a few days after we finished, I was talking about "retiring" from the Ascent.



But, time has a way of softening the pain, and enhancing the pleasure. In a recent conversation with Dave, we started talking strategy for next year. For sure, we want to look into some more aggressive trail shoes. And we must increase our high altitude training. Just tonight, he said that next year we should drive to the top, run down 3 miles and back up; then down two and back up; and down 1 and back up. The plan sounds great, and for some strange reason, it makes sense. We will see...

In any case - Dave, thanks for 2010. It was GREAT!



Left: Dave and I show off our finisher medals

Above
Rylan and Nikki greet Papa

**1st Annual Lions Roar for Fitness 5K, 1.6M Fun Run/Walk & Kiddie
Sprint for Fountain International Magnet School
October 2, 2010 @ 9:00 a.m. in Pueblo City Park
By Cheryl Farrer**



The race season has been going strong. What a great season it has been. Most of the races in Pueblo are the tried and true races that have been done for years. We, however, at Fountain International are starting a new tradition for our fall school fundraiser; a race in the heart of autumn to celebrate living — *Healthy Living*. We want to promote to the students and to our city that it is not only important to have a high quality education, but to also have an active lifestyle. It has been proven by scientists in Sweden that students who are active and mimic the healthy habits of their parents live healthier lives as adults and are more successful in the workforce!! (**Anthem Fall 2010 Newsletter**).

Fountain International is in the process of attaining International Baccalaureate (IB) status. The IB program is a rigorous curriculum that is embraced by the students, teachers, administration and parents. As the saying goes—“it takes a village to raise a child.” Fountain has shown this to be true!! If a student is challenged he/she will rise to the occasion. One way to gauge the success of the IB program at Fountain can be measured by the reading CSAP scores attained by our third graders. We are very proud of our students and hope to continue ensuring that our youth have access to this quality education for years to come. At Fountain, we expect the students to become *Inquirers, Knowledgeable, Thinkers, Communicators, Principled, Open-Minded, Caring, Risk Takers, Balanced and Reflective*. These characteristics are expected not only within their academic endeavors, but for their everyday adventures. Our

fundraising events help to provide financing to equip our children with the resources they need to excel. This is especially needed at this time considering the large cutbacks in the school districts.

Our students are informed of healthy living and, even more so, community service. They are all very excited about the upcoming race. Children and families have even been training this summer. The physical education instructor, Ms. O'Connor, is very proactive in teaching the students a variety of ways to enjoy being active and healthy eating. This race helps to fundraise for our students; however, during the 2009/2010 school year the students did a fabulous job raising funds for others. They collected toiletries and donated the large collection to the YWCA to be distributed to those less fortunate. The students collected hats and mittens, which were donated to Posada to help keep other children warm during our cold winter months. They collected canned goods on two separate occasions to help families in Pueblo keep food on their tables. The kindergarten class raised funds to adopt four animals; a seahorse, a bottled nose dolphin, a harbor seal, and an orca whale. The entire school participated in the Jump Rope for Heart – close to \$3000 was raised to support AHA help children with heart disease. Last, but surely not least, the students raised \$1000 for the earthquake victims of Haiti by collecting their loose change. A community garden is in the works for the upcoming year. The students are hard workers and are very passionate about healthy living.

Physical Therapy Connections, TC., Chartley's Food and Dining, CSU-Pueblo, Living Fit, LLC PAW Tracy Baird, H.G. Stringert, D.D.S., M.S.. To learn more regarding sponsorship please call the FIMS Main office at 549-7100 or contact the race director, Cheryl Farrer at livingfit.cheryl@gmail.com

We would love to see the community enjoying this fun event. Fruit, water and a student designed T-shirt will be given to all runners and walkers. 1.6M walkers will receive a ribbon upon completion and the 5K winners will receive awards as usual. Following the race, a healthy breakfast burrito brunch will be provided for a small fee. Please help us continue to provide our children with the tools needed to prepare them for a successful future, while supporting a healthy Pueblo and a healthy “YOU”.

A registration from is included in this issue or visit www.socorunners.org to register online.



Sponsorships for the race have been going strong. At this time, the sponsors for the race are: **PLATINUM**; LEGACY BANK, **GOLD**; Avila Chiropractic, P.C., & Rinaldo Mechanical **SILVER**; Fruit Nut and Stuff Inc., Eagleridge Family Medicine, Marck Time Music, LLC.,





Shawn's Shuffle Results & Pics

Results by Carrie Turman & Gary Franchi



Name	Predict	Actual	Variance	Points
1, Matt Drake	29:00	29:20	:20	100
2, Darryl Clark	44:50	44:12	:38	95.24
3, Aaron Levinson	33:00	32:10	:50	90.48
4, Paulette Arms	60:02	59:10	:52	85.71
5, Jessie Quintana	57:00	56:06	:54	80.95
6, Bill Veges	41:00	42:00	1:00	76.19
7, Brian Ropp	35:30	34:19	1:11	71.43
8, Charlie Lucero	34:30	32:30	2:00	66.67
9, Matt Diaz	40:00	37:54	2:06	61.90
10, Anthony Diaz	44:10	42:02	2:08	57.14
11, Riki Acosta	4:00	51:27.81	2:33.19	52.38
12, Rick Acosta	52:00	49:27.02	2:33.98	47.62
13, Frank Lopez-Cepero	45:00	42:18	2:42	42.86
14, Paul DallaGuardia	52:00	48:59	3:01	38.10
15, Shawn Loppnow	38:36	35:28	3:08	33.33
16, Ron Dehn	46:47	43:17	3:30	28.57
17, Larry Volk	40:00	36:21	3:39	23.81
18, Laurice Lopez-Cepero	45:01	40:49	4:12	19.05
19, Marcus Gurule	40:00	34:38	5:22	14.29
20, Peggy Oreskovich	50:00	40:28	9:32	9.52
21, Trisha Davis	60:00	46:21	13:39	4.76
xx, Tim Garrett	did not predict			

SHAWN SHUFFLE VOLUNTEERS

Many thanks to the volunteers who helped to make this race possible: **Finish line:** Don & Lois Pfost, Dennis Levinson, Gary Franchi
Course marking & lead bike: Dave Diaz
Also: Thanks and kudos to Jennifer and Shawn Loppnow, and Shawn's visiting parents Carol & Ralph of New Mexico, for hosting the event and providing exquisite chow, ambiance, hospitality and quality dog control.

LOWER LEFT: GARY FRANCHI AND HOSTESS/COOK JENNIFER LOPPNOW

LOWER RIGHT: SHAWN LOPPNOW SMILES AFTER A JOB WELL DONE





More Shuffle Pics



COUNTER CLOCKWISE FROM U2

JESSIE QUINTANA MAKES AN ACCURATE PREDICTION

BILL VEGES, PAUL DALLAGUARDIA, AND LARRY VOLK MAKE SURE THAT CAR IS NOT GOING TO ROLL AWAY

GRANDPA (DAVE DIAZ) AND ONE OF HIS GRANDDAUGHTERS

DARRYL CLARK CHATS WITH STACEY DIAZ





The South Colt CC Team Runs the Mosaic 5K

by Robert "Chuck" Lucero



The morning of July 17, 2010, may have been a quiet and peaceful morning for most. While many were probably enjoying the last minutes of a good night's sleep, there was a group of athletes on a mission. Many members of the South High School Cross Country team geared up to participate in the 1st annual Mosaic 5K road race. A total of 15 team members participated in the race, which heard the starter's pistol fire at 8:00 AM. The Colts performed very well, taking top overall Male and Female honors, as well as a host of top 10 finishes. Let's just say the amount of hardware earned by the Colt harriers that day was enough to rival Usain Bolt's collection. Top Male finisher, Mitch Klomp, claimed the overall title at a blazing time of 17:42. Top Female finisher, Jessica Kleven, covered the course in true Colt style with a time of 21:34. Kleven has racked up 3 road race top female finishes in a row, by taking top honors in the Women's Distance Festival, the Liberty Point 5K, and now the Mosaic. The Colts also recorded 5 other overall top 10 finishers (Charlie Lucero – 2nd, Danny Ruybal – 4th, Marcus Gurule 5th, Elijah Kingston- 6th, Sean Salazar – 7th). Had this been a scoring Cross Country meet, the Colts score would have been an amazing 18 points (perfect score = 15). The Lady Colt runners also recorded some fantastic finishes, with awards earned by Zillah Uelk, Britney Gibson, Caitlyn Oneil, Mandy Sanchez,

and Kayleigh Shinn. Honorable mention also goes to Tristan Kemm, Dana Wilson and Jordan Watson for great finishes.

This race was hosted by the Mosaic, which is the Youth Ministry group of the Amazing Grace Fellowship, in Pueblo West. It was impossible to identify this race as a "1st annual" event, as the accommodations, course, awards, and perks were all top notch. Race directors Robert Gurule and Marilyn Vargas were phenomenal in their hospitality

and exhibited veteran skills in awards presentation. If you missed this race this year, I hear a 2nd Annual Mosaic is already in the works.

Editor's Note: Robert "Chuck" Lucero wrote this article, but we thank SCR's Debbie Gurule for getting both the article and the photo to us for publication.



THANKS KARIN!

Wow! That word describes my thoughts and appreciation for Karin Kote's contribution to SCR the last couple months as she stepped up to the plate and took on newsletter duties while your "regular" editor played.

Karin, thanks for your creative energy. You gave us everything from barbecued salmon to a poetic essay on women running with wolves. I also admire (and hope to replicate) your techniques in

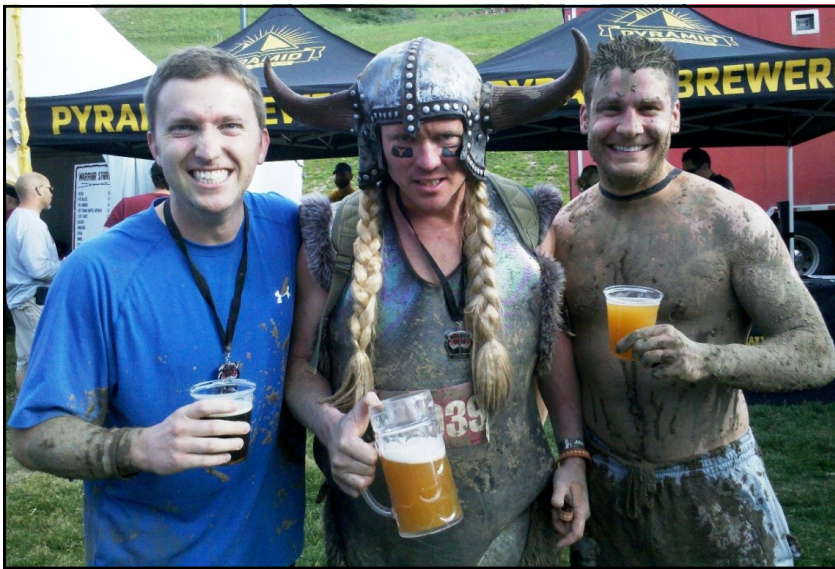
laying out the pages. You used a variety of fonts, white space, gray space, and overall organization to make the pages interesting.

Thanks Karin, for your artistic touch. You gave the readers something fresh and gave me a break as well.





Pics from Our Readers

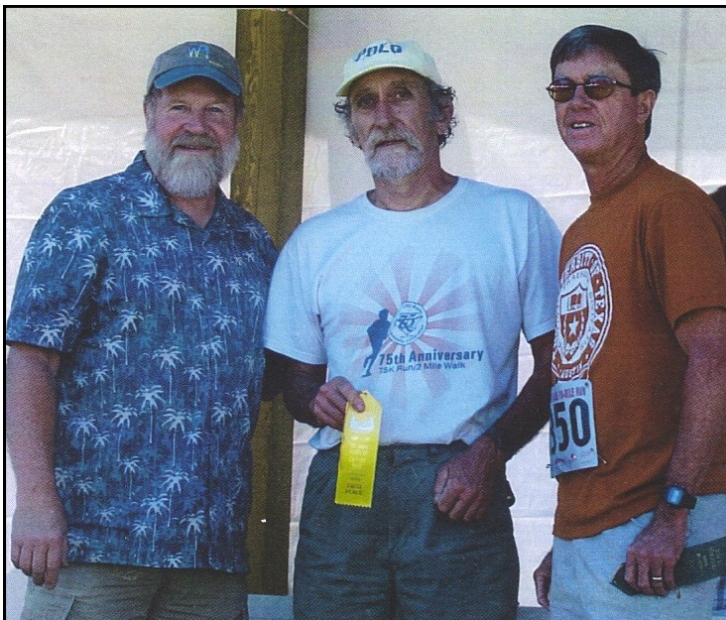


Jeremy Dehn, John Hoff, and Eric Smith competed in the Warrior Dash at Copper Mountain on August 21st. To get to the beer drinking part, participants had to deal with fire, mud, ropes, barbed wire, and who knows what else. But, the beer was free!

Marcus Gurule, Bart Yasso from Runners World, and Mark Gurule after Mark completed his first Pikes Peak Ascent in style (3:35 - Wow!)



Bob Gassen (center) took first place in the 60-69 division in the Woodland Park Mayor's Cup on August 17th. The Mayor is pictured on the left, and another contestant is to Bob's right.





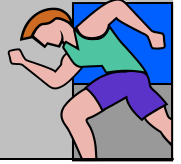
**September
B-days**

- 9 Chris Gredig
Jim Martinez
Otis Redding* (68)
- 10 M. Edmund Vallejo
Roger Maris* (75)
- 12 Jim Dudley
Jesse Owens* (96)
- 15 Amber Arline
Dan Marion* (48)
- 16 John Roman
Amy Poehler* (38)
- 21 Tomas Duran
William Van Buskirk
Stacey Diaz
Faith Hill* (42)
- 22 Michael Orendorff
Elliott Dudley
Tommy Lasorda* (82)
- 23 Larry Cernoa
Gary Franchi
Bruce Springsteen* (60)
- 24 Kallene West
Walt Dehn
F. Scott Fitzgerald* (113)
- 25 Greg Arline
Randy Comden
Kerry Roman
Will Smith* (41)
- 26 Kelly Hale
Serena Williams* (28)
- 27 Robin Krueger
Deb Hadley
Joeseph D'Angelo
Gwyneth Paltrow* (37)
- 30 Stanley Hren
Angie Dickinson* (78)

*Honorary SCR Member



Tid Bits



(Continued from page 1)
cational graphics on riding safe and smart.

An additional mile of trail and several drainage crossings to connect the golf course neighborhood and Sierra Vista Elementary into the trail system are awaiting approval from CDOT. Maybe we'll have that trail to explore next year for the 2011 Run 4 Trails!

Feel free to bring your mountain bike along and join a few of us for a casual 8-10 mile ride on the trails farther west to scope out for longer runs.

The race is sponsored by Pueblo West Community Foundation and Pueblo West High School Student Council. All proceeds from the race will go toward efforts to extend our trail system! To register for the 2010 "RUN 4 Trails" go to www.socorunners.org. For more information, contact Kim Arline at 647-1230.

RUN 4 Trails is a family friendly course so hopefully families will come out again this year and discover a new trail in Pueblo West.



**Stop by the Gold
Dust for lunch during
the Chile & Frijole
Festival**



**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/ TIME</u>	<u>RACE NAME</u>	<u>DIST</u>	<u>LOCATION</u>	<u>CONTACT</u>
<u>September</u>				
Mon 6, 6:30 AM	American Disc Mar	26.2M	Colo Springs, CO	
Sat 11, 7:45	Corporate Cup 5K	5K	CSU-Pueblo	H Pacheco-Hall(hpachecohall@puebloymca.org)
Sun 12, 8:30 AM	Corporate Cup Bike Ride	12.4M	Airport Ind Park	H Pacheco-Hall(hpachecohall@puebloymca.org)
Thu 16, 5:45 PM	Corporate Cup Mile Run	1M	Pueblo YMCA	larobie.com
Sat 18, 8 AM	Run 4 Trails	4M	Pueblo West HS	Kim Arline(kimarline@comcast.net)
Sun 19, 8 AM	Pony Express Trail Run	15M	Rampart Res	pprun.org
Sun 19, 7:30 AM	Mountain Air Marathon	26.2M	Gunnison, CO	runmountainairmarathon.com
Sun 19, 7:30 AM	Boulder Marathon	26.2M	Boulder, CO	bouldermarathon.com
Sat 25, 8 AM	Autumn River Run	5K/5M	Canon City, CO	ccrec.org
Sun 26, 8 AM	Hot to Trot	5K	Gold Dust Saloon	Ruth McDonald 719-251-3189
<u>October</u>				
Sat 02, 10 AM	Lion's Roar	5K	Pueblo City Park	Cheryl Farrer (cheryl.farrer@gmail.com)
Sat 02, 8:30 AM	Royal Gorge Run	5K/10K	Canon City, CO	rimtorim.net
Sat 02, 8 AM	Fun Run for Health	5K	Canon City, CO	Jenni Guentcheva 719-275-7650
Sat 16, 9 AM	Boys & Girls Club Family	5K	Minnequa Lake	Patrice Henson 719-564-0055
Sun 17, 7 AM	Denver Rock@Roll Mar	26.2M	Denver, CO	denvercompetitor.com
Sat 23, 5PM	*Harvest Run	5K		Dave Diaz(diazsd@aol.com)
<u>November</u>				
Sat 06, 9 AM	Hustle for Russell	5K	Pleasant View MS	Karen Wiler
Sat 13, 9 AM	Atalanta	5K	City Park	Stacey Diaz(diazsd@aol.com)
Sat 13, 8 AM	Rim Rock Marathon	26.2M	Grand Junction CO	ascentproductions.net
Thu 25, 9 AM	YMCA Turkey Trot	5K	Pueblo YMCA	Janelle Markert (jmarkert@puebloymca.org)
Sat 27, 9 AM	*Temple Canyon	4M	Canon City	Rich Hadley 719-784-6514
<u>December</u>				
Sat 04, 9 AM	Rock Canyon Half-Mar	13.1M	PuebloCityPark	Dave Diaz(diazsd@aol.com)
	*SCR Prediction Series			

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

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Issues of "Footprints"
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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 welcome your submissions.
**If you have articles, photos, recipes, or words
of wisdom, please send to:**
newsletter@socorunners.org

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

The Final Thoughts...

Have a nice day, unless you already have other plans

Charlie "Tremendous" Jones said, "You are the same today as
you'll be in five years except for two things: the books you
read and the people you meet."

Conscience is a man's compass, and though the needle some-
times deviates, though one often perceives irregularities when
directing one's course by it, one must still try to follow its
direction. -Vincent van Gogh, painter (1853-1890)

Nature is ever at work building and pulling down, creating
and destroying, keeping everything whirling and flowing,
allowing no rest but in rhythmical motion, chasing everything
in endless song out of one beautiful form into another. -John
Muir, Naturalist and explorer (1838-1914)

Knowing trees, I understand the meaning of patience. Know-
ing grass, I can appreciate persistence. -Hal Borland, journal-
ist (1900-1978)

Today is the last day of some of your life. ~Author Unknown

All generalizations are bad. ~R.H. Grenier