





Editor: Ron Dehn

Footprints



The Fall Harvest Issue... (and Halloween too)

What is Parkinson's disease?

By Joy Walker



Parkinson's disease is waking up in the morning feeling perfectly normal, and then realizing that it isn't so. Parkinson's disease is slowness. It is functioning on Dial-up while everyone else is on DSL. Parkinson's is using every bit of energy you have just to take a shower. It is feeling useless when you can no longer work, or open a water bottle. PD is losing your independence when you can no longer drive, or legibly sign your name.

Parkinson's disease is learning that plastic bags are evil, but the electric toothbrush is your friend. PD is a pain in the neck, and most of your joints. It is truly appreciating your grandmother's pace, and envying those who can rush. It is understanding that phrases like "jump in the shower, back in a flash, and quick as a wink" no longer apply to you.

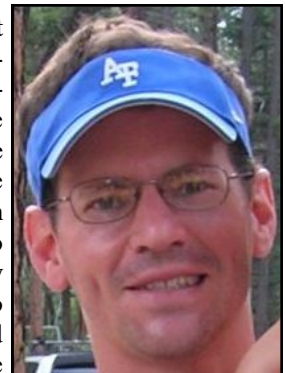
Parkinson's disease is embarrassing your son because you can't keep up with him and his dog when you go for a walk. It is being angry when someone else gets to help your daughter pin her corsage for the Homecoming Dance. It is the guilt of seeing the enormous weight on your children's shoulders because their mother is sick.

Parkinson's is seeing the pain on your mother's face as she

(Continued on page 9)

The Race for the Cure

by Joe Bulow



The annual Race for the Cure at Garden of the Gods park in Colorado Springs challenges the participant with a brutal climb within the first mile of the 5K course. The breast cancer survivors in attendance have faced tougher adversities in their recoveries and feel grateful to participate. Kris Rivera, a family physician in Pueblo, CO, returned to run this year's 5K at her pace and prove to herself and others that she could overcome the odds of breast cancer and not let it affect her quest for life's pleasures.

Growing up in Nebraska, Kris was a competitive runner as she was state champion her freshman year of high school in cross country. She continued this dedication as an NAIA All-American on the cross country team at Hastings College, where she met her future husband, Carlos.

During the last few weeks of her second pregnancy, Kris felt a lump in her left breast while performing a self-breast exam (SBE). After the delivery, the lump increased in size. She had an ultrasound, mammogram and an MRI of the area which all came back negative. Kris stopped breastfeeding her daughter after six months and had a biopsy, which was negative.

From that point on, she and her physician took a "watch and

(Continued on page 9)

Run 4 Trails
Page 4

Software Training
Page 8

Harvest Run Change
Page 11





Minutes from the September, 2010 Meeting

By Ron Dehn



Introductions

Attendance: Patrice Henson, Fallon Levin, Joy Walker, don Pfof, Scott Candland, Larry Molk, Melinda Andrendre, Janelle Markert, Kim Arline, Terry Cathcart, Dave Diaz, Paulette Arns, Ron Dehn, Cheryl Farrar, Marilyn Vargas

Reports/Recaps

South Shore Adventure Predict: Larry Volk discussed the predict race. Attendance was low, so there was discussion of moving the event to another month, perhaps January.

Corporate Cup: Janelle Markert indicated there were 2500 registered participants and requested SCR assistance for the 5k, bike predict, and 1 mile run. Dave Diaz will line up volunteers.

Lions Roar: Cheryl Farrer indicated the start time should be 9am. The on-line and Footprints calendars have the incorrect time of 10am. Dave Diaz will update the calendar. Volunteers include: Paul LaBar, Paulette Arns, and Marilyn Vargas.

Parkinsons Foundation Run: Joy Walker wants to start a local run to raise awareness of parkinsons disease and benefit the Parkinsons Foundation. She was looking at January 15th, but the club encouraged her to consider the 2nd or 3rd weekend in March to (hopefully) improve the chances for good weather.

The Run 4 Trails: Kim Arline discussed the event which will take place on September 18th. She will give a traveling trophy to the school with the most participants. Paul LaBar and Don Pfof will help with finish and Paulette Arns gave a "maybe".

Hot to Trot. Flyers are ready to go out in the newsletter. Don is doing pre-registraion and needs someone to mark the course. He will contact Mike Archuleta, Larry Volk, or Jeff Arnold for help. Ruth also wants to do a fundraiser for an animal shelter. Something like "Strut your Mutt" where you walk or run with your pet. This could take place this fall, possibly Saturday, Oct 30. Don Pfof agreed to assist Ruth with this event.

The Taste of Trinidad will be held on October 16th, but the date could change. This is the third annual and last year 30 to 40 runners took part. The race will start at 9am, and Scott

Candland from Cougar Canyon indicated that he would provide incentives (golf pass or dinner, etc) to SCR members who help. Don Pfof will be the club liaison and is looking for finish line support.

The Boys and Girls Club Event will be a 5k on October 16th at Minnequa Lake. Paulette will help with results and Terry Cathcart and Ron Dehn are maybes.

The **Lucas Johnston Memorial Run** will take place at 8am on October 30th at Minnequa Lake. It will be a fun run and Kim Arline will act as club liaison.

Officers Reports

Minutes: The approval of the August minutes was tabled.

Treasurer: Paulette presented the report and it was approved.

Newsletter: Ron is beginning the search for a replacement editor and asks anyone interested to contact him.

Membership: Don reported that we now have 193 members (single + family memberships)

Webmaster: Two new race registrations are online and Paul is going to set up registration for the Rock Canyon Half.

Race Calendar: Dave is going to update the race calendar.

New Stuff / Old Stuff

Terry Cathcart announced he will mentor a race director for the Spring Runoff then plans to step down.

Paul discussed the inadequate time during meetings to conduct club business. Discussions of new and recent races occupies the majority of meeting time and club business does not receive adequate attention. Paul asked club members to brainstorm for improvements. Ideas included 1. Starting the meeting at 6:00 or 6:30 to conduct club business and have presenters join us at 7:00. 2. Making more use of subcommittees to conduct business then report at the meetings.

Paul passed out a draft of the Race Assistance / Equipment Rental Contract for all to review. Marilyn

will take the draft to the attorney.

The club voted to purchase a wi-fi interface for the time machine. It will be helpful for bad weather, congested finish area, etc.

Discussion was tabled regarding the purchase of a generator, battery pack, and new clock.

The Harvest Run and the picnic will be combined. Marilyn Vargas brought treats so we snacked as we adjourned.



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. 337

"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, George W. Ferris *	
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, Joe Bulow, Joy Walker, Dave Diaz, Don Pfof, Karin Kyte, 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 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.

* George W. Ferris was a bridge-builder from Pittsburgh. He designed the first Ferris Wheel for the 1893 Worlds Fair held in Chicago. Fair organizers wanted something to rival the Eiffel Tower build for the Worlds Fair of 1889 in Paris



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



Ramblin

by Ron Dehn

Running Shoe Advice



Fortunately, you can teach an old dog new tricks. Here's some thoughts on running shoes in light of some recent experiences.

Running shoes are like cell phones, computers, cars, clothing, and nearly every other consumer item. Vendors / suppliers / manufacturers constantly change models and try to convince us that our old shoes, computers, cars, etc are obsolete and we simply have to buy new ones if we want to be healthy / cool / current / compatible / _____ (fill in the blank).

Well, I'm not trying to convince you that all you have to do to improve your life is shell out some of your hard earned cash and buy a new and improved _____ (fill in the blank).

However, based on some recent experiences, I do have a few thoughts when it comes to purchasing running shoes.

For the most part, running is a very economical sport. True, you can enter a race every week and travel great distances to run in the Alps, the Andies, or beneath the Great Wall of China; and consequently need a fairly substantial running budget. But if you are running for fitness, enjoyment, and an occasional t-shirt; equipment and therefore cost is minimal. During most months in Southern Colorado, one can run in a t-shirt, running shorts, and running shoes. Although there are a few barefoot runners, running shoes are an essential part of our sport for most of us.

Yes, it would be nice if you could get great running shoes at your local discount store for \$19.95, but that's not going to happen. But, given that proper shoes can help protect your knees, hips, ankles, etc – get what you need. And... when shoes get worn – replace them. I haven't chatted with him lately, but Rocky's rule of thumb used to be that runners should replace shoes after 400 to 500 miles.

I've been running regularly for over 28 years and this past summer I (re)learned an important lesson. Last year a local sports store featured a sale on running shoes. I bought two pair of high-end shoes for half price. These were name brand shoes with a great reputation. One had a bit more aggressive tread, so I used them for trails, and the other pair for streets.

As the months went on, I began to develop problems with my left ankle and right hip. I attributed these problems to time and age and figured that I need to stretch better. The left ankle really began to bother me in early summer, and I began to think my running days were going to come to an end years before I had hoped.

I really have trouble with shoes in general. My feet have a couple odd characteristics so I dread shoe shopping. While on vacation this summer, my wife wanted to wander through some clothing stores, so to keep myself amused I entered a sporting goods store in Erie, Pennsylvania. I chatted with the clerk a bit, and looked at my "old" brand of shoes. I tried on two pair and discussed the support provided by each with the clerk. I opted for the pair that provided a bit more arch support because they were similar to the style that I used to wear.

I ran twice in my new shoes. The evening of my second run, I realized that my left ankle barely hurt, and my right hip pain was hardly noticeable. Then I looked at the running shoes that I had been wearing. Again, they were high-end shoes, but had very little support. I'm sure they are very good shoes, and would probably work great for people who have a different running style. But – they were not a good choice for me.

Bottom line: Get the proper fit. If that means you have to skip a movie or a latte, spend your money on shoes that are right for you.

The other tip, is to make use of your SCR membership when making a purchase. Check out the "Sponsor" link on the SCR website to find area businesses that offer discounts to SCR members. And even if you are in Erie, Pennsylvania – ask for a club member discount. It saved me \$10.

From the Editor

There is no way I can improve on our cover stories for this month. All I can do is emphasize a couple points.

These articles are about real people just like you and me. They are not about strangers in Los Angeles, New Orleans, New York, or some other far away place. These articles are about fellow Puebloans. We never know when each of us will be called to face extraordinary challenges. We never know when the person looking back at us in the mirror will have to choose between giving up and and standing toe to toe with what appears to be an insurmountable foe. I hope when my turn comes, that my character will be equal to the task. If you haven't done so - read these articles. I thank Joy Walker, Joe Bulow, and Kris Rivera for being a light to the rest of us...

On a way lighter note - I recently upgraded my hardware and software. As part of the "upgrade", my spelle chekur went on strike. I did not realize how much I relied on that little crutch. If you find some words that don't look quite right - the are quite possibly quite wrong. I hope to revive that function before the next issue.

If a couple captions in last month's newsletter looked like they were cut short—they were. I tried a new font and it looked good on the computer screen, but got "chopped" (a technical term) by the time the pages got printed. Feel free to make up your own captions.



The Run 4 Trails

By Kim Arline



The Run 4 Trails took place on September 18th with 105 registered runners and walkers. They had a beautiful morning to run/walk four miles on four trails constructed earlier this summer in Pueblo West. As we had hoped, quite a few kids and parents came out to race and explore the trails together. Sounded like a few first timers really enjoyed racing for the first time and will be back for more!

We had a team challenge to encourage friends and clubs to join the race together.

- ☐ School with the most participants was Sierra Vista Elementary so the school won three months of free single stream recycling membership from We Recycle in Pueblo West.
- ☐ Team with the most participants

was Pueblo West High Student Council and each student took home a gift certificate for three months of recycling for their family.

- ☐ Team with the fast average time was “Team Ricks” with an average time of 30:56 for the 4-mile course. Denise (29:50) and Justin Ricks (21:28) both took first place overall for women and men but just as impressive were the strong finishes of 7-year old Kylah (36:43) and 8-year old Malachi (35:44). The family won three months of recycling and dinner at Deli Dave’s.

All proceeds from this race will go toward efforts to extend the trail system to connect Pueblo West High School so

students can walk or ride their bike to school more safely especially with the crazy traffic near the school in the morning and afternoon. We hope the trail to Sierra Vista will be completed this spring allowing us to host the race there next year allowing a safe shorter course without any road crossings for younger kids while still offering a 3-4 mile course for others.

A special thank you to Don Pfof and Paulette Arns for working the finish line with the PWHS Girls Cross Country team and Paul LaBar and Marilyn Vargas for all their work on same day registration and compiling the results!



Back: Denise & Justin Ricks
Front: Kylah & Malachi



The Walkers Head Out

Unidentified Runner, Jamen Cox



Next Page

top to bottom, left to right

Jennings Tiller, Amanda Love, Savannah Murtha, Denise Flory, Lauren Smith, Amber Arline, Andrea Amena

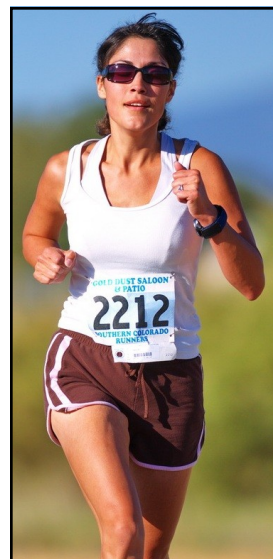
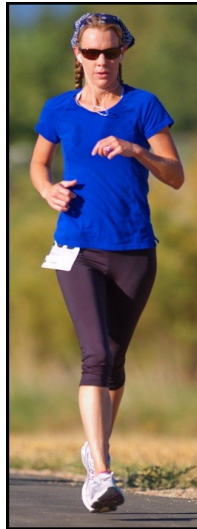
Kylah Ricks, Malachi Ricks, Marti Marshall, Rick Acosta, Thomas Meehan

Ryan Grutt, Tanya Vanwagenen, Gwen Steves, Tracy Fuller, Justin Cox

To purchase photos, go to the SCR website and click on Results
THANK YOU LARRY VOLK FOR THE PHOTOS

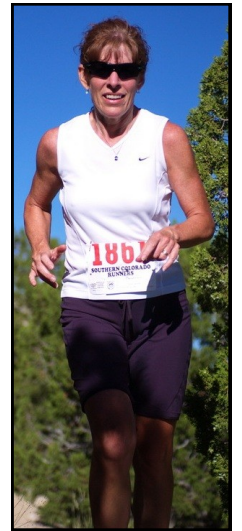


Run 4 Trails Photos by Larry Volk





South Shore Adventure Pics By Larry Volk



Top to Bottom, Left to Right

Aaron Levinson, Shawn Loppnow,
Brian Ropp, Humberto Paredes,

Denise Flory, Unidentified, Peggy Oreskovich,
Leona Spracklin, Stacey Diaz,

Jessie Quintana, Unidentified, Unidentified

We apologize for the "Unidentified" and if you
send an e-mail with your name(s) we will publish it
next month.

Again, we thank Larry Volk for the pics. You can
order your pics from this race or several others
from the link on the SCR website.

The Boulder Mini-Muddy Buddy by Kim Arline



Three Pueblo West friends, Chase Pacheco, Greg Arline and Drew Egan, made the trek up to Boulder to dive into the mud pit at the **Mini Muddy Buddy** before 4th grade started. They had fun at the tape table making it easy for Greg's mom and her camera to find the boys on the course with or without a layer of mud.

Boulder Mini-Muddy Buddy

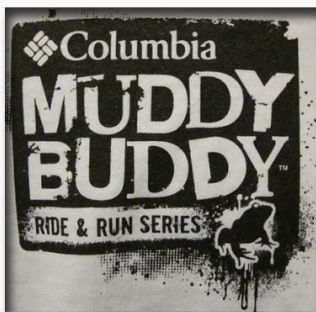
The 10-year old heat had two special guests join them! The official starter, three-time Iron Man champion and world record holder, Chrissie Wellington and the Frog Mascot (below behind Greg to the left).



Chrissie Wellington enters the mud pit with Greg and Chase just ahead (above). Drew raced the course and moved through the pit without losing shoes or diving or rolling in the mud and getting it in his eyes.



The Frog and Chrissie (above right) overtake Chase as he digs for one of his shoes. Chase and Greg made the mud pit last as long as possible forgetting about the race!



Sunday, August 15, 2010

The three boys at the finish line with their medals. They spent over an hour swimming in Boulder Reservoir to clean up before lunch and the drive home. They discussed tactics for next year's race on the way home.





Training on Race Director

by Don Pfost



Informal classes to train SCR members on the use of The Race Director, the software used to manage races, will be offered in October.

First, some background. For a number of years, Ken Raich managed races in which the club was involved, using software he had written. With his resignation about a year ago, SCR purchased commercial software that has been used this year. Three members—Paul LaBar, Paulette Arns and I—have been learning to use The Race Director and doing the computer work for races the club has either sponsored or assisted with throughout this year, including the Spring Runoff, Women's Distance Festival, Run with The Bulls, the Mosaic Run and the Liberty Point 5K, to name a few.

We now better appreciate Ken's expertise and the enormous amount of work he did over the years—the Club owes him its gratitude.

And, while the three of us have been learning to use The Race Director, we've been getting lots of much-appreciated help from club members.

As a few examples: Jacqueline Wall, Kerry Roman, Bea Jones, and Marvin Jones helped with the registration at the Spring Runoff and other races; Bill Vegas, Anthony Diaz, Terry Cathcart, Shaun Loppnow and Gary Franchi have done the timing at several races; and, of course, Dave Diaz has played a crucial role in coordinating the finish line at many, many races. Finally, Marilyn Vargas has enthusiastically helped with many races, including directing the Moasic Run, and is well on her way to mastering the Race Director; and Kim Arline, director of Run 4 Trails, is ready to master the use of the Time Machine.

We now want to involve more club members in learning how to use The Race Director so that more can help manage races.

Two classes are scheduled in October—the first is on Thursday, Oct 14, 6:30-8:45 pm, Room C, Pueblo West Library, and the second is on Wednesday, October 20, 6:30-8:45 pm, Barkman Branch Library.

The first class will provide an overview of all phases of managing a race using

The Race Director--setting up the race, registering entrants, and doing the timing and results. Then, depending on the interests of those in the class, more detailed training on specific aspects of using the software will be offered. Some may want to learn the entire process, others may want learn only one or a few parts. Once the preliminary training is completed, members can move to "on-the-job" experience, helping at races.

Learning to use the software offers another important opportunity to volunteer. In addition, it offers a chance to learn the behind-the-scenes details of what goes into putting on a race, and it may especially appeal to those who like working with computers.

If you're interested in the classes, please send an email (dlpfost1@mindspring.com) or call me (544-9633). Laptops with The Race Director software installed will be available, along with other equipment typically used during a race.



A Couple Corporate Cup Pics

The 2010 YMCA Corporate Cup was held in September and over 2,000 participants joined in the myriad of events. We snagged only a couple pics. Above is the bike predict just before the start, and to the right is Karin Kyte and a couple of unidentified runners in the 5k. For results, go to:

<http://larobie.com/corpcup/>



Continued from Page 1...

watches you struggle with a button; or your father scrambling to open every door, lift every box, and open every can, because it hurts him to see you ache. Parkinson's is wondering who will take care of them.

Parkinson's is a lot of stumbling. Your sexy walk; Gone. High heels; I don't think so. It is discovering humility when you must ask your husband to shave under your arms. It is having your husband cut up your steak at the restaurant, hook your necklace, and button your blouse. PD is realizing that someday your husband will no longer be your partner. Instead, he will become your caregiver.

Parkinson's is having strangers ask if you are alright: constantly. PD is gathering a lot of stares. It is store clerks commenting on your seemingly drunken state, and thanking your 17 year old for driving sober. It is getting advice from everyone on how to get well, what to eat, and how to have more faith.

Parkinson's is an awful disease, but it is just a disease. It is not unbeatable. It is not incurable. It is not bigger than God. I refuse to let it be bigger than me!

Editor's note: Joy is organizing a fun run/walk to benefit the Michael J. Fox foundation for Parkinson's research. It will be called the "Joy Walk and 5k Run" and will take place at 9 am on January 15th at Minnequa Lake Park. More information will be forthcoming.

wait" approach though the breast mass did not get any larger or smaller. A year later, her mother was diagnosed with breast cancer, which prompted Kris to look into having her own lump taken out. The results of her own excision were explained as a less extensive cancer that had not invaded surrounding tissues and no threat to her lymph nodes and therefore her life. Yet, the large size of her tumor made Kris suspicious of a worse prognosis.

With her medical knowledge of the subject and with her experience dealing with her mother's treatment for breast cancer, Kris chose an aggressive approach by having a bilateral mastectomy, knowing this plan would offer the best chance for a cure.

When Kris woke up from the bilateral mastectomy procedure, she was presented with the pathology results that she had a more extensive type of breast cancer than she once was told. This news "was a whole other ball game to me," Kris said, recalling the day she received the disappointing news.

Although she had helped diagnose and treat many patients with cancer in the past and had faced challenges on much less serious scales with her racing background, she was not quite prepared for this dramatic change in her life. Like a true competitor, she stared cancer back in the face and didn't blink. She seized the opportunity to wage battle with this dreadful disease. Kris accepted the diagnosis, gathered all the information about the disease and its treatment and tackled the game plan.

"I wasn't all that frightened because I was being pro-active in the treatment of my cancer," Kris said. Sending out a courageous e-mail to her family and friends, Kris vowed her commitment to fight this disease with full momentum. She found a group of doctors that she felt comfortable with and appreciated their honesty along the way, similar to her approach when treating her own patients. She also found inspiration from two women in her life.

"My mom helped me a lot to stay focused on the task at hand with the attitude of 'onward and upward' during my treatment process," Kris said. This extensive treatment would include four months of chemotherapy, over a month of radiation therapy, and then a year of taking an IV medicine.

Kris' best friend and roommate from college

had endured harsher chemotherapy treatment for her Stage IV cancer and made it through, providing Kris with even more ammunition. "At that point, I was just focused on not only my survival but remaining positive for my husband and my kids," she said in retrospect.

Two years since being originally diagnosed with breast cancer, Kris is not afraid to talk about her experience battling cancer and uses it to teach others including her patients and co-workers. "I am a big advocate for self-breast exams (SBE) and patient education, despite the recent changes in the medical guidelines," Kris mentioned. New guidelines from the U.S. Preventive Task Force declared "no value in SBE" and that they don't make a difference in the total outcome of the disease. "My friend and I wouldn't be alive if it weren't for SBE." Kris concluded.

Kris continues to enjoy participating in the Race for the Cure series every year as a show of support for other breast cancer survivors and to help inspire others. She is more comfortable with running now that she has recovered from the cancer surgeries and treatments and hopes to return to competitive running, while balancing her work duties and raising her family. The winning "survivor" time in this year's race was 26:30, a target Kris plans to aim for next year.



Kris Rivera with daughters,
Olivia and Ella



**November
B-days**

- 2 Desiree DallaGuardia
Nina Gonzales
Marywonne Mauprivez-Mack
Daniel Boone*
- 4 Joe Stommel
Will Rogers*
- 6 Michael F. Atlas-Acuna
Pat Tillman*
- 8 Steve Kaplachinski
Rosa Navarro
Bonnie Raitt*
- 9 Madison Bentz
Nick Leyva
Carl Sagan*
- 11 Devin Sciumbato
Leonardo DiCaprio*
- 13 Peggy Oreskovich
Whoopie Goldberg*
- 16 Dan Comden
Terri Tibbs
Burgess Meredith*
- 18 Tanner Krall
Owen Wilson*
- 19 Rosalinda Vargas
Susan Campbell
Jane Chess
Raelene Moore
Indira Gandhi*
- 22 Carrie Stephens
Filomeno Vargas
Rodney Dangerfield*
- 23 Wendy Bulow
Harpo Marx*
- 27 Trevor Hadley
Scott Dudley
Bruce Lee*
- 28 Eileen Baracz
Marvin Jones
Madelene Khosla
Ed Harris*
- 30 Betty Duran
Julia Moore
Winston Churchill*

*Honorary SCR Member



The Xterra Lory

by Joe Bulow



Lory State Park in Ft. Collins, CO was the site of a fun and challenging XTERRA triathlon held on August 29, 2010. Although this was a first-time XTERRA event for this site, the organization and course layout was excellent and enjoyed by the 259 competitors that finished this race.

The half mile swim took place in the warm waters of Horsetooth Reservoir, just west of Ft. Collins. Set up in a bay of the reservoir, the swim course had plenty of space on the out-and-back route that catered to the beginner triathlete.

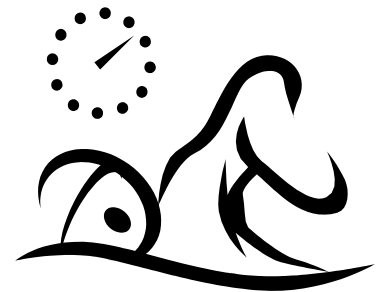
Carpet lay on the path to the transition to protect the athletes from the thorny weeds. The 10.5 mile mountain bike course was primarily on narrow single track trails, including a 2 mile climb that not only forced one out of his saddle but to hyperventilate before reaching its apex.

Descending the hill was even more technical with sharp switchbacks and rocky terrain. The last six miles of the bike course were pure bliss as they meandered through high weeds on mostly flat but tight single track trails with the occasional hairpin turn to maintain

your attention.

The 8K run started up a slight ascent through single track trails near the reservoir before joining up to the same hill that started the bike course. After ascending and descending this monster, the course led the racers back to the finish line where a huge Slip and Slide awaited the finishers.

Post race refreshments included three types of pasta dishes from the Noodles Company, gatorade, water and free massages. Michael Orendorff and Donald Moore were two other SCR members that tackled this highly recommended race.



**Come see what
we've got brewing**

At the Gold Dust

**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

DATE/TIME	RACE NAME	DIST	LOCATION	CONTACT
October				
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	Minnequa Lake	Dave Diaz(diazsd@aol.com)
November				
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
December				
Sat 04, 9 AM	Rock Canyon Half-Mar	13.1M	PuebloCityPark	Dave Diaz(diazsd@aol.com)
	*SCR Prediction Series			

Hustle for Russell

Pleasant View Middle School will commemorate the heart and spirit of the late Rusty Weiler again this November by staging the eighth annual Hustle for Russell family extravaganza on Saturday, Nov. 6, beginning with a 1-mile kids fun run/walk at 8:30 a.m. A 5K run/walk will start at 9 a.m., and the middle school will be the site for the run/walk events and for a variety of other family activities.

The entry fees for the events are \$12 for those in elementary school and \$20 for those of middle school age and above. All entrants will receive a T-shirt. With the emphasis on kids, there will be awards by division for male and female entrants in elementary school, middle school, high school 20-24, and 30 and older. There also will be games, with prizes, for kids.

Race-day registration will begin at 7:30 inside Pleasant View. For entry forms or for more information, call the middle school at 542-7813.

Harvest Run Location is Changed (but food and drinks are still free)

A quick note about the Harvest Run/Bonfire scheduled for 5pm Oct 23, 2010. In an effort to make this race simpler, the club approved moving it to Minnequa Lake for 2010.

The run this year will start / end at the back patio of Felice's Pizzeria <http://www.felicespizza.com/>, 1725 W Pueblo Blvd ~ the old Silver Saddle. We will run around Lake Minnequa and back, which will be about a 5K, if you would like to run farther, you could go around again. Walkers are welcome. See the flyer for details. There will be free pizza, beer and soft drinks for runners and their families after the run. Plan to be there. Non-members may join at the run and become a member until Dec 2011. No Bonfire this year.

Editor's Note: The above was cut and pasted from a Dave Diaz e-mail a few weeks back. This should be a fun event at a new location.



Youth Triathlon Club

by Kim Arline



Pueblo's 1st youth triathlon is scheduled for Saturday, April 16th at CSU-Pueblo as part of the YMCA Healthy Kids Day. The local promoter, Gwen Steves, is also starting the Y-Tri Club, a 25-week group training program for kids 5-15 years old through the YMCA.

The Y-Tri Club will meet Fridays from 5-6 pm October 15th through April 8th and will include swimming, running and cycling training at the Pueblo YMCA. A mandatory parent meeting is scheduled on Friday October 8th. Participants must be able to swim two pool lengths and be able to ride a bicycle but the volunteer coaches will work on the rest with the kids. Parents are required to stay at the YMCA for kids 13 and younger and are may run or ride on those training days.

The club is capped at 35 participants so sign up early – it is already one-third filled after a few days! The brochure and registration form can be printed from www.puebloymca.org under the aquatics link. The 25-week program is only \$65!

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

**Non-Profit
Organization
U.S. Postage Paid
Pueblo, Colorado
Permit # 41**

Address Service Requested



***If you move,
Let us know!***

Issues of "Footprints"
are not forwarded.
Hence, if you move, please
get your new address to the
SCR Membership Chair in
care of the YMCA at the
address listed above.

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!

We are Combining Dec 2010 & Jan 2011

In late October we will mail the November issue of *Footprints*, then in early December we will mail the Dec-Jan issue. The February issue will be mailed in late January, 2011.

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

The Final Thoughts...

Walking is man's best medicine. -Hippocrates, the Father of Medicine (460-377 BCE)

For all our conceits about being the center of the universe, we live in a routine planet of a humdrum star stuck away in an obscure corner ... on an unexceptional galaxy which is one of about 100 billion galaxies. ... That is the fundamental fact of the universe we inhabit, and it is very good for us to understand that. -Carl Sagan, astronomer and writer (1934-1996)

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered. -Nelson Mandela, activist, South African president, Nobel laureate (b. 1918)

Confusion is a word we have invented for an order which is not understood. -Henry Miller, writer (1891-1980)

As far as I'm concerned, 'whom' is a word that was invented to make everyone sound like a butler. -Calvin Trillin, writer (b. 1935)

Have a nice day, unless you already have other plans (unknown)