

Priced to cause impulse buying!



EDITOR: Gary Franchi

FOOTPRINTS

March, 1993

Meet the Runner:

A running machine with admirable values

Name: Ronda Leyba
 Age: 21
 D.O.B.: 1/11/72
 Height: 5' 2"
 Weight: 106 lbs.
 Occupation: Student at Adams State College
 Place of birth: Riverside, CA

by **Marijane Martinez**

She's 21; she's single; she's lean; and she's a mean Adams State College running machine. Among her running credentials: 7-time All-American, proud member of a national champion team for 2 years, 1st runner on her team this season, a 7th-place finish at nationals, NCAA Central Regional individual champion, and most valuable runner this year for Adams State College's ladies cross country team. WOW!

Ronda has obviously been a positive influence on her two younger sisters - Annette and Bernadette (both 17) who run for East High and are performing exceptionally well. Other family members are her father, Ray, who also loves running and can always be found on the sidelines cheering on his daughters; her mother, Theresa, who enjoys going to church and is also very supportive; another sister, Raenelle, age 22; and younger brother Jonathan, whose main love

See Ronda on back page



In most races, Ronda Leyba winds up finishing well ahead of the pack



Pucker Up!

You never know what's going to happen at the annual Valentine's Twosome race. In this instance, Jessie Quintana plants a big smooch on the cheek of twosome mate and hubby Bob in the baton exchange area. Race results and more enlightening photos are on Page 6.



Promoting fitness throughout southern Colorado.



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of an anonymous American male in his 40s: "It's not that life is short. It's just that you're dead so long."

One Man's View: I have to admit that I'm addicted to exercise. Let's not confuse that with being addicted to fitness, however. Those are two completely different terms. To be addicted to exercise is to have the need to be exercising - running, biking, swimming, water poloing, whatever. It's the physical activity that provides you with the fix. But to be a fitness junkie, I think, implies that you'll do whatever it takes to strive for a maximum fitness level. To me, that would eliminate including such things as Snickers bars in your life, which I'm not yet willing to do since I think you can have your sweets occasionally as long as you compensate with foods low in fat.

Anyway, what prompted this thought process was an article I read concerning a national survey showing that 28.7% of American adults get no physical exercise at all. That's right, none! Nada! Rien! Zilcho! Goose egg! I find that hard to believe, and it's made me wonder what the heck these clowns do in their free time. Munch on fried pork rinds while watching reruns of the Golden Girls? Blow off evenings reading *Enquirer*? I mean, what kind of mush minds are they? Boy, I'll bet they're fun to have deep philosophical discussions with.

This month's smorgasbord: A fellow SCR member asked me this: "Does the theory that you can learn all you'll ever need to know about running by subscribing to a national running magazine for just one year also apply to the information contained in our beloved *Footprints* newsletter?" This guy might not live to see spring ... I see we've got a couple of stars in the club now that Stacey Bowman and Marijane Martinez have appeared on the cover of *Colorado Racing* magazine, with a camera's lens catching them mid-stride in the Rescue Run held Jan. 1. When do you give autographs? ... Thanks to the Etonic shoe company, I finally found out what an EVA midsole

is. Undoubtedly because company reps read a previous note in a *Great Stuff* column, an ad was published in the February issue of *Runner's World* that contained a picture breakdown of a running shoe, with the EVA midsole clearly noted. Thanks, but now I want to know what "EVA" stands for ... Nice piece on club member Phil Smith prior to the Spring Runoff. If his new diet can help him run 10Ks in his current times I may have to adopt it, too. Wonder if it includes Snickers bars ... Was reading about a guy named Jerry Dunn who plans to run 93 marathons in 1993. Mr. Dumb Dunn says it will cost him about \$20,000 in airfare to get to race sites from his home in Indianapolis. Says Dumbo: "Most people think I'm crazy to try this. Not my friends. Well, yeah, I guess they think I'm crazy, too." They're not the only ones, bunion breath! ... While on jaunts, I'm constantly moving up and down the tuning switch looking for some hot jams on my headphones. Invariably I catch a few notes of some vomit-prodding excremanias from a top 40 station. It's made me wonder: why don't they devise a way to "program out" stations on headphones and car radios like you can "program in" stations on car radios. A perfect "less is more" scenario ... We'd all do well to remember this meaningful thought in the current issue of *Triathlete* magazine: "You can never disappoint yourself so long as you finish with integrity and grace" ... **Fresh vs. Stale Vegetables, Part III:** Mr. Pundit, *Footprints'* chief editorial consultant, wonders why it is that tomatoes are the only vegetable that you can't buy frozen. Think about it! Then send your thoughts to Mother Angelica and get an autographed nun's habit ... **One last serious thought** this month for you to think about when on a solitary run: A broken bone heals with time, but to heal a broken spirit, expose it repeatedly to the light of as many warm personalities as possible. That beautiful thought compliments of Marilyn vos Savant.

Movie line of the month: "Did you ever find Bugs Bunny attractive when he dressed up and played a girl bunny?" Answer buried in the excremania contained in this issue.

Next SCR Meeting - 7:30 p.m. Tuesday, April 6, at the Y

SCR Officers

President	Paul Barela	544-8645
Vice President	Jeff Arnold	947-3682
Secretary	Mike Orendorff	561-2956
Treasurers	Melinda Orendorff	561-2956
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	545-2603

Editorial Consultants Nick Nasch, Blind Melon Chitlin

Special Guests:

Grog, Calvin, Hobbs, Beetle Bailey, Troll, Seargent Snorkle, Garfield, Rudolph, Santa, Snoopy.

SCR meetings are held the 1st Tuesday of each month at the Pueblo Family YMCA beginning at 7:30 p.m. Any SCR member may attend club meetings and have input, which includes having a vote on all issues discussed.

SCR helps prep runners attend Simplot Games

The SCR contributed \$150 from its special youth fund to help send a large group of Pueblo high school runners to the Simplot Games in Pocatello, Idaho. Among the preps competing were contingents from South and East. On their end, they've agreed to work water stations at an SCR race. I think that's wonderful! Sort of sounds like Clinton's "college for community service" idea.

Anyone have a copy of our bylaws?

Through perseverance and the help of attorney Dan Kogovsek, we now have copies of the SCR articles of incorporation in our hands. However, the bylaws to those articles are believed to have perished in a fire at Betsy Hill's house. If anyone has a copy of these, please contact an officer.

Getting prepared for another running season

by Rocky Khosla, M.D.

I thought that, since spring is just around the corner, it would be a good idea to talk about how to start off your running season on a good foot (get it?). I know that some of you hard-core runners have been running throughout the winter, but I suspect that most of us have not been doing any significant amount of running recently.

First of all, look at your running gear. If your running shoes have more than 500 miles on them, it's probably not a bad idea to replace them. I personally like to buy and use two pairs of running shoes at a time; I think this allows the shoes to air out and have a more steady wear and tear pattern. Also, take a look at your shorts and tops; replacing tattered ones with the newer, lighter fabrics not



only will make you feel better, but more importantly, will make you look better. (And remember, as Fernando used to say, it is better to look good than to feel good.)

Second, set realistic goals for races this year. Develop a baseline mileage per week and then gradually go longer and faster. For most folks, this means starting at no more than 10 to 15 miles per week and increasing by no more than 1 to 1.5 miles per week. Give the body a chance to adjust to the increasing loads of running.

Third, remember that one of the best reasons to run is to relieve stress. So don't get yourself too torqued up and anxious. Relax & have some fun. Till the next time, happy trails! (Special guests: Characters who have appeared in Footprints).



I Love LA (& the marathon's OK, too)!

by Michael Orendorff

It's simple advice. Don't play hard at being a tourist and then go run a marathon. I even read such sage advice in a glossy magazine long ago, though it obviously remained forgotten until AFTER such wisdom was needed. But what can reduce the pleasures of a well-stuffed goody bag? Collecting more items than one's suitcases can hold on the return trip is an old tradition. The LA marathon organizers made a significant contribution towards that end. Just to encompass it all, I made a detailed list of everything given to each marathoner. It should be published just to stun us small-town folks ... but not in this issue of the newsletter. (That's sort of like threatening to show someone pictures of your vacation trip.)

It's rare for me to do a big city, high participant number event. This one was truly done with all the LA style - celebrities, gifts, entertainment, lots of promotional items and sales at a 2 1/2-day pre-marathon expo. For examples, I spoke with Bill Rodgers, listened to Joe Henderson in a cozy setting, was entertained by John Tesh and his group (a clear alter-ego presentation when compared to the TV show he hosts - Entertainment Tonight). There's more! Della Reese sang the national anthem prior to the start. Muhammed Ali fired the starting pistol. The mayor of LA got in his appearance. Besides the heavily-laden goody bag, there were enough free drinks and food at the expo for the family to have dinner while touring it.

Maybe if we did more passive activities I would have survived Sunday morning in better condition. But we started out with a first day hike/run up to and down from an observatory and ended on the last day prior to the marathon running on sand and through the ocean waves (a good strength workout). In between were just the usual leg-tiring tours of standard tourist entertainment parks.

So why all this preparatory explanation? To write of a run in a foreign country, such as LA, one must know the beginning state at the start of the event. Pre-race exhaustion has a way of speaking to one early in a marathon, even amidst the din of the hype and Little Tokyo drummers, and the Mexican serenaders and the multiple rock bands, etc. By mile 3 I was figuring to be walking by mile 20. I started off about 10 seconds per-mile slower than my previously estimated slowest pace - and I kept cutting back from there. During these first 3 miles, my thighs let me know

they were going to be threatening to cramp significantly if I wasn't careful - a good ocean/beach workout does set one up for that. This was the hottest LA marathon yet, plus they start after 9 a.m. so all but the fastest are finishing after noon. (Now we're in to stream of consciousness notes.) The runners did not string out like I am used to in an event, not until about mile 14. I took a nature break at mile 15 and had an enjoyable run from the 15th to the 18th mile.

The ocean workout had also stretched the tendons and muscles behind my knees. This is a continual problem I must be careful about. At certain points in runs (as early as 6 miles), I can lose lower leg lift in either leg and become a foot dragger, almost. Surprisingly, neither leg went out until about 20.5 miles. From then on I could barely lift the lower half of that leg. It was just a gradual giveout of the left leg somewhere after mile 21. The fun now was just to see if I could keep some semblance of running style so I could tell myself that I never walked. But I was down to 12- and 13-minute miles. Hundreds of people were passing me in the last miles.

Starting a run exhausted and knowing I will be in trouble early on in the event has happened before, most tellingly during a 50-mile run. But the positive side is that at this point I am not concentrating on any time goal or competitiveness with a person next to me. I interact much more with the volunteers and spectators - making jokes, waving, laughing at their remarks. It was fun to enjoy all those aspects more than I usually do. And in spite of my condition, I finished the marathon and all the pre-race training was not for nought. It's now three days later and the only soreness is in the thighs because I had neglected my ocean running work-outs.

By the way, if you plan to run in LA with 20,000 other folks, be sure to wear colors from Mexico. By far the strongest, most vocal supporters are those who are screaming for anyone from Mexico. The strong enthusiasm was felt and appreciated even though all I got was just splashes of it that was drenched upon other runners.

Go out there just for the event? No (but then I wouldn't do that for Boston or NY either). But as part of a family vacation package it's a great addition. I hope others can enjoy the LA Marathon in future years. It's a hilly course, twisting and turning. But just enough to keep one's interest. My finish time was one-half hour greater than expected and my slowest time.

Age division race results from

The day after the Spring Runoff, *The Pueblo Chieftain* printed the age group leaders and the overall list of finishers. Here is the breakdown of all finishers by age division in both the 10K and 10 mile:

10 Mile

Runner's Name	City	Place	Time
Male 19 and Under			
Ryan Hediger	Idaho Springs	19	1:10:03.3
Male 25 thru 29			
Steve Roch	Boulder	1	55:23.4
Jeff Peterson	Las Vegas, NM	2	56:48.7
Bill Wyckoff	Georgetown	21	1:12:20.4
David Field	Pueblo	34	1:15:33.0
Tymon Lodder	Boulder	56	1:22:53.0
Male 30 thru 34			
Nick Laydon	Pueblo	8	1:02:58.7
Steven Clough	Pueblo	37	1:16:23.5
Ken Walters	Colorado Springs	47	1:18:19.8
Joseph Turcotte	Colorado Springs	48	1:18:32.1
Robert M. Santoyo	Pueblo	60	1:25:28.9
Michael Archuleta	Pueblo	63	1:26:18.1
Male 35 thru 39			
Gary Weston	Colorado Springs	5	59:39.1
Jonny Ray Garcia	Raton, NM	6	1:00:49.5
Rich Hadley	Florence	10	1:04:18.9
Jose Fernandez	Monte Vista	16	1:09:04.3
Bill Veges	Pueblo	23	1:12:36.4
R. Nick Leyva	Pueblo	26	1:13:08.1
Kent Mau	Colorado Springs	31	1:14:18.7
Jeff Miller	Pueblo	44	1:17:46.0
David Zupancic	Pueblo	70	1:31:20.2
Michael Granburg	Westminster	78	1:47:28.4
Male 40 thru 44			
Rick Reimer	Parker	3	58:09.5
Tom Burney	Durango	4	59:14.0



Ted Quintana was 15th overall in the 10 mile with a 1:07.12 time

James Robinson	Pueblo	9	1:03:18.5
Dennis Leary	Colorado Springs	11	1:05:26.1
Bob Whitney	Colorado Springs	12	1:06:06.2
Ted Quintana	Pueblo	15	1:07:12.3
Jim Rodriguez	Pueblo	18	1:09:41.0
Joe Stommel	Cañon City	28	1:13:49.7
Dan Kridelbaugh	Pueblo	29	1:13:52.3
Chuck Isner	Colorado Springs	32	1:14:36.9
Roger Peterson	Cañon City	52	1:20:28.2
Chico Martinez	Trinidad	65	1:26:37.7
Martin Walker	Pueblo	74	1:39:21.3
M. Atlas-Acuna	Pueblo	75	1:40:18.1
Bruce K. Taylor	Pueblo	79	1:58:11.9

Male 45 thru 49

J. Ben Chavez	Colorado Springs	13	1:06:53.0
Lon Spann	Colorado Springs	14	1:07:00.2
Doug Freeman	Parker	20	1:11:06.7
Tomas Duran	Pueblo	27	1:13:33.9
Ed Leanos	Pueblo	30	1:13:52.7
Gordon Denison	Colorado Springs	43	1:17:40.0
James King	Pueblo	51	1:19:20.7
Tom Tafoya	Pueblo	55	1:22:26.6
Bryan Nellor	Fowler	62	1:26:03.9

Male 50 thru 54

Randy Kunkel	Colorado Springs	22	1:12:27.0
George Dominguez	Raton, NM	41	1:17:20.1
Ellis Joseph	Colorado Springs	69	1:30:57.0
Roger Allison	Colorado Springs	72	1:33:06.1
Jack Bilak	Pueblo	?	?

Male 55 thru 59

Robert Bussey	Parker	49	1:18:47.9
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Male 60 thru 65

Ric Markin	Colorado Springs	39	1:16:50.2
William Gallegos	Colorado Springs	66	1:27:02.8

Male 66 and Over

Bill Larson	Larkspur	67	1:27:30.6
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Female 20 thru 24

Terry Villarreal	Albuquerque	7	1:02:02.9
Amy Fletcher	Colorado Springs	64	1:26:30.8

Female 25 thru 29

Karen Gorman	Gunnison	24	1:12:45.9
Stella Heffron	Parker	38	1:16:42.1
Adrienne Kramer	Pueblo	61	1:25:45.9
Ingred Millhauser	Colorado Springs	68	1:30:23.6
Amy Hudson	Denver	76	1:42:52.1

Female 30 thru 34

Becky Swartz	Monte Vista	17	1:09:07.5
Nancy Bowman	Colorado Springs	35	1:16:18.4
Helen Robinson	Pueblo	40	1:17:03.1
Teddy Isner	Colorado Springs	42	1:17:28.6
Marilyn Weisinger	Colorado Springs	46	1:18:04.7
Susan Dorle	Pueblo	50	1:18:51.6
Robin Walters	Colorado Springs	54	1:21:42.3

Female 35 thru 39

Patty Leary	Colorado Springs	33	1:14:39.8
Chris Gardner	Castle Rock	58	1:23:31.5
Mary Martinez	Colorado Springs	71	1:32:35.5

Female 40 thru 44

Margie Loyd-Allison	Colorado Springs	25	1:13:00.9
Jenine Ebersohl	Colorado Springs	36	1:16:20.8
Marijane Martinez	Pueblo	45	1:17:53.2

Female 45 thru 49

Lorraine Hoyle	Pueblo	53	1:20:48.5
Susan Campbell	Pueblo	77	1:46:03.2

Female 55 thru 59

Martha J. Kinsinger	Colorado Springs	59	1:23:44.8
Judy Tucker	Pueblo	73	1:39:04.1



Sidney Arnold was 18th overall in the 10K with a 41:50.7 time

10 Kilometer

Runner's Name	City	Place	Time
Male 19 and Under			
Brian Van Buskirk	Lamar	19	41:59.8
Todd Hund	Pueblo	21	42:38.8
Andrew Glaze	Pueblo	27	43:31.0
Justin Thornburg	Pueblo	127	55:15.2
Matthew Diaz	Pueblo	144	57:27.9
Male 20 thru 24			
Kevin Baker	Colorado Springs	81	50:28.3
Male 25 thru 29			
Steve Cathcart	Las Vegas, NM	1	32:54.4
Andrew Hackler	Pueblo	2	33:50.6
Timothy N. Vigil	Walsenburg	4	34:49.2
Patrick Cordova	Pueblo	15	41:27.2
John Valdez	Raton, NM	37	44:20.5
Karl S. Tameler	Beulah	42	45:13.7
Larry Volk	Pueblo	43	45:17.3
Jess Alfaro	Pueblo	71	49:20.5
Ryan Morris	Albuquerque	73	49:36.7
John Freyta	Cañon City	93	51:57.3
Anthony Beltran	Pueblo	113	53:49.5
Male 30 thru 34			
Mark Koch	Pueblo	6	36:45.2
Marty Garcia	Pueblo	9	39:18.8
Mario A. Castillo	Pueblo	24	43:12.8
Fred Lujan	Pueblo	25	43:14.0
Franklin S. Garcia	Raton, NM	29	43:40.8
Eugene Mares	Pueblo	41	45:06.0
Al Alvares	Colorado Springs	46	45:30.0
Rocky Khosla	Pueblo	54	46:19.2
Robert A. Pratt	Pueblo	61	48:10.8
Ron Gallina	Pueblo	62	48:19.2
Robert R. Guidry	Rockvale	74	49:46.7
Scott Ingram	Breckenridge	76	49:57.7
Mark House	Pueblo West	95	52:13.4
Chris Gredig	Pueblo	115	53:52.7
Percy Pentecost	Pueblo	126	55:10.1
Monte Sutton	Littleton	170	1:03:54.7
Male 35 thru 39			
Rick Roybal	Alamosa	3	34:21.1

the 15th annual Spring Runoff

Mike Messick	Cheraw	7	37:06.9
John Montoya	Raton, NM	8	37:41.7
Dean Torres	Trinidad	11	40:18.8
Bill Ebersohl	Color Springs	16	41:28.4
Paul Chacon	Pueblo	17	41:34.7
Doug Gorman	Gunnison	23	43:11.3
David Valdez	Pueblo	32	43:54.8
Mike Borton	Pueblo	34	43:57.1
Mike Olson	?	36	44:20.2
Steve Hernandez	Littleton	39	44:48.1
Charles Navarette	Pueblo	45	45:22.2
Greg Laney	Pueblo	48	45:33.8
James Parnau	Color Springs	52	46:07.6
Marty Alfonso	Pueblo	53	46:10.5
Sam Brown	Pueblo	63	48:19.5
Charles A. Jacobs	Pueblo	91	51:41.4
Bill Carara	Pueblo	107	53:18.9
Dee Russell	Pueblo	135	55:53.2
Paul Sefcovic	Pueblo	153	59:42.1
Michael Parlapiano	Pueblo	163	1:02:06.7
Larry M. Gauna	Pueblo	178	1:06:09.5

Male 40 thru 44			
Dave M. Diaz	Pueblo	12	40:46.6
Doug Simmons	Pueblo	28	43:34.6
Ken Algien	Pueblo	33	43:55.8
Bill Walker	Color Springs	47	45:31.1
Ron Dehn	Pueblo	55	46:22.5
John D. Mills	Color Springs	67	48:51.3
Joe C. Sisneros	La Jara	69	49:12.9
Larry Beller	Pueblo	70	49:15.7
Rand Morris	Pueblo	72	49:36.5
Fred Alcon	Pueblo	78	50:07.6
Paul Willumstad	Pueblo	80	50:26.8
B. A. Cosyleon	Pueblo	88	51:25.5
Dave Knight	Cañon City	92	51:55.6
Al Dominguez	Pueblo	94	52:08.8
Allen S. Weaver	Cañon City	96	52:16.5
Gary M. Vannelli	Pueblo	105	53:10.0
Gregory Jaramillo	Pueblo	109	53:32.2
Steve Wright	Pueblo	110	53:42.1
Margarito Baca Jr.	Granada	116	53:56.2
Jeff Cleaver	Pueblo	117	54:04.6
Michael A. Merlino	Cañon City	123	54:36.8
Eugene Arellano	Pueblo	124	54:50.5
M. Gonzales	Pueblo	129	55:32.2
Duncan McAuliffe	Pueblo	133	55:48.5
David A. Cole	Pueblo	138	56:03.9
Louis W. Arteaga	Pueblo	140	56:25.4
Paul McWhorter	Pueblo	143	57:11.2
Prudy Cosyleon	Pueblo	145	57:31.3
Warren T. Marshall	Cañon City	148	58:16.2
David Jobe	Pueblo	159	1:01:30.6
Bob Capps	Pueblo	171	1:03:58.9
Karl Aguilera	La Junta	174	1:04:49.2

Male 45 thru 49			
Phil Smith	Pueblo	14	41:24.3
Sidney Arnold	Avondale	18	41:50.7
Bob Mutu	Color Springs	22	42:58.9
Dave Dionese	Pueblo	26	43:16.3
Vincent Lopez	Alamosa	38	44:25.2
David Crockenberg	Pueblo	58	47:16.8
Lloyd V. Montiel	Pueblo	59	47:26.9
Robert Guasta	Pueblo	79	50:20.1
Steve McDermott	Color Springs	86	50:38.6
Craig Miller	Color Springs	87	51:11.4
Bob Erickson	Pueblo	98	52:19.3
George Balles	Pueblo	102	53:00.4
Jess Cosyleon	Pueblo West	106	53:10.7
David Gotfred	Pueblo	132	55:47.8
Anthony Martinet	Pueblo	154	59:53.5
Walter Degurse	Weston	158	1:01:14.0
Cecil Chambliss	Color Springs	160	1:01:53.9
Mickey Colb	Pueblo	167	1:02:51.3

Male 50 thru 54			
Cruz Martinez	Widefield	35	43:58.0
Don Pfof	Pueblo	44	45:20.2
Marv Bradley	Cañon City	50	45:37.4
Henry Hund	Pueblo	51	46:05.0
Dan Temple	Lamar	57	46:31.3



Deb Newhard took first in her age division of the 10K

Len Gregory	Pueblo	60	47:28.2
Gerald Galindo	Pueblo	68	48:53.5
Pete Klos	Pueblo	77	50:02.8
Hilbert Navarro	Color Springs	82	50:30.3
Dan Cleveland	Color Springs	84	50:33.4
Ruben A. Espinoza	Cañon City	121	54:35.5
Robert J. Quintana	Pueblo	156	1:00:21.3

Male 55 thru 59			
Glen L. Ash	Color Springs	13	41:10.6
Tony Hernandez	Lamar	40	44:50.3
Ralph Regalado	Pueblo	49	45:37.0
Dale C. Brentlinger	Pueblo	90	51:38.5
William Van Buskirk	Lamar	99	52:27.8
Bob King	Pueblo	111	53:44.0
Richard Ayala	Pueblo	131	55:41.0
David R. Foster	Pueblo	137	55:55.9
Neal Kingsinger	Color Springs	146	57:42.0
Frank Dela Cruz	Pueblo	179	1:07:10.1

Male 60 thru 65			
Denver Wood	Lakewood	85	50:36.3
Glenn Freelove	Pueblo	177	1:05:11.7

Male 66 and Over			
John Holiman	Pueblo	89	51:34.3
Rodge Rodgers	Color Springs	119	54:20.2

Female 20 thru 24			
Amy Giblin	Alamosa	5	36:32.5
Stephanie Romero	Trinidad	66	48:48.2
Samantha Smith	Boulder	181	1:10:50.4

Female 25 thru 29			
C. Carter-Paolucci	Pueblo	20	42:14.6
Claire Bueno	Pueblo	30	43:49.9
Chrissy Gonzales	Pueblo	56	46:28.6
Carol Smith	Pueblo West	75	49:53.1
Karen Ortiz	Pueblo	83	50:30.9
Erin Holmes	Beulah	104	53:07.2
Lisa Clough	Pueblo	112	53:45.7
Meg Gredig	Pueblo	114	53:52.5
Jeanette Brooks	Pueblo	134	55:49.6
Holly Rudin	Breckenridge	166	1:02:51.1

Female 30 thru 34			
Susan Schenk	Color Springs	31	43:52.4
Melody Burns	Rye	103	53:06.9
Maria Elena Gordon	Color Springs	108	53:30.0
Laurie Scott	Pueblo	130	55:34.6
Lauri Barickman	Rye	150	59:02.8
Denice Reed	Pueblo	151	59:03.9
Reba Shiftlett	Pueblo	180	1:10:42.3
Alison C. House	Pueblo West	182	1:10:50.8

Females 35 thru 39			
Cindy Abeyta	Trinidad	10	40:09.0
Linda Weyers	Monte Vista	65	48:44.6
Julie Pitts	Pueblo	118	54:11.4
Kathy Duran	Pueblo	165	1:02:38.4
Kay Massey	Pueblo	169	1:03:54.5

Female 40 thru 44			
Deb Newhard	Pueblo	64	48:28.8
Trisha Ferguson	Pueblo	97	52:16.9
Janice Fedde	Pueblo	100	52:42.9
Vivian Montiel	Pueblo	142	57:05.3
Julie Marshall	Cañon City	147	58:15.8
Cathy Merlino	Cañon City	149	58:29.1
Lori Macchietto	Pueblo	155	1:00:08.6
Lorraine Rodriguez	Pueblo	157	1:01:08.3
Julie Arellano	Pueblo	168	1:03:01.5
Susan Stiller	Pueblo	172	1:04:10.7
Kathy Howard	Pueblo	173	1:04:10.9
Deborah Geller	Beulah	175	1:04:55.9
M. Christina Florez-Moore	Pueblo	176	1:04:56.2

Female 45 thru 49			
Lillian Rivera	Pueblo	120	54:27.8
Bernadette Padula	Pueblo	122	54:36.2
Fran Borton	Pueblo	125	55:03.6
Jessie Quintana	Pueblo	128	55:20.8
Marie Doyle	Color Springs	136	55:54.4
D. Nicholas-Griesel	Coaldale	152	59:36.6
Dee Stever	Pueblo	164	1:02:27.1
Florence Blackwell	Pueblo	183	1:15:41.9

Female 50 thru 54			
Val Ranum	Denver	101	52:43.7
Beth E. Bryant	Lakewood	139	56:18.2
Leah Rae Wilson	Pueblo West	161	1:02:05.8
Mary Creager	Pueblo	162	1:02:06.3



Don Pfof took second in his age division of the 10K

Results provided by SCR's Andy Ballou.



1993 Valentine's Twosome



Here are the results of the annual Valentine's Day Two-person Relay sponsored by the Southern Colorado Runners and held on Sunday, February 14, 1993. The ages and

times are the combined clocking for two-person relay teams, with each partner running 1.6 miles around City Park:



The most unusual handoff baton was this wagon pushed by Jeff Arnold.

Distance: 3.2 miles (1.6 miles each)
Overall winners: 1, Jim & Helen Robinson 20:10.

Combined Age Groups

30-under: 1, Chantell Stockman-Doug Leyba 29:56. 2, Danielle Perkins-Heather Perkins 54:30.

41-50: 1, Becky Cordova-Andrew Arellano 24:39. 2, Krista Hackler-Andrew Hackler 28:31.

51-60: 1, Rita Vigil-Tim Vigil 22:18. 2, Betsy Hill-Richard Hill 23:40.

61-70: 1, Lacy Roberts-Sidney Arnold 21:02. 2, Valeri Huskin-Jeff Arnold 31:11.

71-80: 1, Marijane Martinez-Nick Leyva 21:25. 2, Kathy Duran-Joe Stommel 23:49. 3, Pat Vigil-Bill Veges 24:26.

81-90: 1, Claudia Atencio-Roger Stuenkel 28:16.

91-100: 1, Lorraine Hoyle-Tomas Duran 21:31. 2, Jessie Quintana-Bob Quintana 26:33. 3, Deanna Stever-Paul Stever 32:47.

101-and-over: 1, Gail Megeny-James Reavis 32:22.



Helen Robinson speeds away after taking the baton handoff from her hubby, Jim. The Robinsons were the overall winners in the time of 20:10.

Competing Elsewhere? Get us the results

If you compete in an out-of-town race, please let us know how you and other SCR runners did by contacting your humble *Footprints* editor:

Gary Franchi

26 Duncan Rd. • Pueblo, CO 81001
545-2603



King for a day

SCR member James King completed his second marathon on February 6 when he finished the Las Vegas Marathon in the time of 3:52. The run took place in 45-degree weather with a slight headwind.

King, whose first marathon was the Pueblo River Trail marathon that he completed in 3:37 two years ago, said he's gearing for No. 3 in the near future.

Lost and Not Found

by Nick Leyva

Through my years of involvement with this fine group of people, I've noticed some very interesting habits people have. One of them is that runners who discard clothes, gloves, hats, or jackets, whether during a race or on a training run, somehow always manage to have the items returned. Even if it was one of those terrible, horrible, no good, downright ugly shirts, with tons of advertising from some race, that you will probably never wear. That seems to be the way runners are. They just want to get things back to their rightful owners.

If you have been to an SCR event in the last couple of months, you may have noticed that the finish line area looks a little sparse. Or maybe you might have thought that this was a turn in the race or a waterstop. At one time, SCR used to have at least 40-50 cones. At last count, I had enough fingers to count the ones that remain.

Even when races used to draw into the hundreds, we had finish boards to accommodate the runners. Now all that remains are one or two. Inquiring minds want to know what has happened to the wristwatches and stopwatches that were once part of the multitude of equipment that has disappeared into the Black Hole. I hope I don't read about a robbery and discover the robber was using a starting pistol to rob the 7-Eleven. It just might be one of the two that SCR owns.

All kidding aside, I know that a lot of this equipment is probably in cars, basements, garages or sheds. Since we have gone to a race committee, I know a lot of this stuff just never finds its way back into the shed where it is stored. If you have some of the race management equipment, please make every effort to return it so we can determine what needs to be replaced. Please contact our fearless leader - Paul Barela - and he will see to it that the equipment is returned.

RACE CALENDAR



PUEBLO AREA

March

27 Sat 9:00 AM Orendorffs' Scavenger Hunt, 4.5M
323 Dupps Ave. (1 block from City Park)

April

10 Sat 9:00 AM USC Handicap Run, 4M-5M
USC campus, parking lot off Bonforte Blvd.
18 Sun 8:00 AM Y-Bi Classic Biathlon, 11.2M bike/5.5M
run - Pueblo West
24 Sat 9:00 AM Life Cycle Run, 5K
State Fairgrounds

OTHER AREAS

March

21 Sun 1:00 PM Cold Weather Quickie, 5K
N. Monument Valley Park, Colorado Springs
27 Sat 9:00 AM Spring Spree 10K
Denver

April

4 Sun 1:00 PM Safe Sex Sprint, 5M
Fine Arts Center - Colorado Springs
10 Sat 8:00 AM CSEA Scholarship Run, 5K & 1M
N. Monument Valley Park - Colorado Springs
17 Sat 9:00 AM Elbert Reflections, 5K & 10K
Elbert
24 Sat 9:00 AM Panoramic Run, 5M
Palmer Park - Colorado Springs
25 Sun 8:30 AM Cherry Creek Sneak, 5M
Denver

OTHER BIG 1993 RACE DATES

May 31 Bolder Boulder, 10K
June 13 Garden of the Gods 15K
July 25 Colorado Springs Classic, 10K
August 21 Pikes Peak Ascent, 13.1M
Sept. 19 (?) Pueblo River Trail Marathon & Half-Mara.

1993 MARATHONS

March	14	Maui - Kahului, Hawaii (& 5K)
	20	Hellenic Cup - Denver (& Half) (see IMAX)
	20	Catalina Island, CA
April	3	Collegiate Peaks - Buena Vista, CO
	17	Lake Powell - Page, Ariz. (& 10K)
	19	Boston (visit Fenway)
May	25	Big Sur (see the ocean)
	8	Shiprock - Farmington, New Mexico
	16	Revco - Cleveland (see the gray sky)
June	6	Steamboat Springs, CO (& Half)
	19	Grandma's - Duluth, Minn. (& Half)
July	18	San Francisco (have talks about Amendment 2)
	24	Desert News - Salt Lake City, Utah
August	22	Pikes Peak (see the summit)
	September	5
6		Turtle - Roswell, New Mexico
12		Duke City - Albuquerque, New Mexico
19(?)		Pueblo River Trail (& Half)
October		2
	3	Denver International (tentative)
	3	Sacramento, Calif.
	3	Twin Cities - Minneapolis, Minn.
	23	Wichita - Kansas
December	5	Dallas White Rock - Texas
		California International - Sacramento

RACING NOTES

Thanks to Spring Runoff volunteers

A big "thank you" to race director Rich Barrows and all volunteers from the SCR, *Pueblo Chieftain*, and elsewhere who helped make the 15th annual Spring Runoff a tremendous success. Your efforts helped all segments of the race go off without a hitch and are greatly appreciated.

Marathon update

It appears that officials in Denver will finally be successful this year in their attempt to host a major marathon in the fall. The date they've picked is October 3. They plan to pay major bucks to get world-caliber runners. Unfortunately, our own River Trail Marathon is scheduled for October 10. It doesn't take a rocket scientist (not that rocket scientists are anything more than former high school eggheads who have the social graces of squirrels) to figure out that the River Trail Marathon could be severely impacted by such a marathon since the majority of our River Trail runners come from out of town.

Anyway, it appears now that the River Trail Marathon (and half-marathon) will be moved to September 19 to give us the chance to attract those runners to use our race as a tuneup or training run. More later - stay tuned.

Corporate Cup

Looks like the Corporate Cup will become a 2-week extravaganza this year, with part of the result being that the 1-mile run and 5K walk/run will be held on separate days. Should improve the logistics for conducting and competing in the two events, but it will mean needing volunteers on two separate days. Details later.

Bits 'n pieces about this 'n that

Anyone know where the SCR's Jones counters are? Those are the devices used to measure courses. It seems a couple of them have vanished. If you know their whereabouts, please let us know ... If you can lend a hand in the Y-Bi Classic biathlon on April 18, give Ben Valdez of the YMCA a buzz (not literally) at 543-5151 ... Got a chuckle out of the *Valentine's Twosome* results published in the *Daily Bugle*. Not that the results were incorrect, but they failed to list the overall winning twosome - Jim and Helen Robinson, who combined to finish in 20:10. So it goes ... Our own Frank Jaquez is indeed getting the Skyline Drive 10K going, with May 15 selected as the date. As mentioned previously, the course will go up Skyline Drive and down to the bottom of the opposite side, then will retrace its steps the opposite way. The SCR will provide finish line help.

We are now serving Pueblo's greatest burgers and fries until 8 p.m. Monday thru Saturday.

GOLD DUST
SALOON
M*RID INC.

Stop in and see us at 130 S. Union
in the Union Avenue Historic District.

Ronda

Continued from Page 1

right now is Nintendo.

Ronda and her family have been members of SCR for approximately 7 years and have lived in Pueblo for close to a year. Her favorite book is the Bible, and she runs simply because she loves it, considering it a lot of fun and something she is good at. She cites the Women's Distance Festival as her favorite race (yeah!). Some of Ronda's personal bests are 9:57 for 3,000, 17:17 for the 5,000, and 38:18 for 10,000 meters.

Currently attending Adams State College on a running scholarship, Ronda is a junior majoring in Business Management with a minor in Accounting. She feels one of her best decisions was to attend Adams State, and she proudly credits her coach, Damon Martin, with her marked improvement since high school, calling him her best coach ever. She likens the ASC cross country team to a family - caring and understanding. Her

advice to high school runners who want to become better runners is to attend Adams State.

The best running advice Ronda has received was to run because it's fun, and that when it isn't fun anymore it's time to quit running. Also, to remain positive about running and to always focus on what you are doing because you have no control over what other people are doing. (Sounds like the advice of a coach and a father, don't you think?)

Ronda wants her family members to know that she is extremely grateful for the love and support they have given her throughout her running career.

Since Ronda has one more year remaining at Adams State, I'm sure we have not heard the last of her running exploits. We wish her luck in her senior season at ASC and look forward to seeing her at the Women's Distance Festival in Pueblo in July. We hope she will keep the SCR posted on her career.

MS150 Bike Tour gets a new course

Brochures for this year's MS150 bike tour, a two-day event that benefits the fight against multiple sclerosis, are out and the tour will be held July 10-11. Notable is that a new course will be followed this year - from Castle Rock to Fort Collins. Like last year, the tour also includes an optional extra loop the first day for those who want to get in a first-day century ride.

Action Cycle & Fitness of Pueblo is among the sponsors again this year.

Poetic Justice

Taking the Risk
I know it sounds crazy
but I just spent the whole
day on the edge

dancing and picking flowers
without a net

- Ron Dehn

Racing Axiom:

The earlier you pre-register for a race, the worse you will
feel on the day of the race. - Goodzky

Strive to look tremendously important!

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



Non-Profit Organization
U.S. Postage
Pueblo, Colorado
Permit #260

Is there a [92] by your name on the label at right? That means you've forgotten to renew your SCR membership. Please do so as soon as possible. A membership form is included in this issue. Merci!



St. Patty says:

Planning to move? Don't forget that you must send us your new address to ensure getting your 1993 issues of "Footprints." And that's no blarney!



Answer to movie quiz: Dana Carvey in "Wayne's World."