

Priced for all budgets!



EDITOR: Gary Franchi

# FOOTPRINTS

April, 1993

## A Personal Perspective

### *Rage against the dying of the light*

by Jay Birmingham

Borrowing from Dylan Thomas, I write of pitched battles, prolonged campaigns, and tenacious endurance. Twenty percent of you will enter a new age group in 1993. A friend will appear on the starting line of some race with birthday punch and a smile on his lips. But others will leave us for good; abandon the battlefield; quit the fight against injury, fatigue, and deserting slow-twitch muscles.

Don't give up running!

I've seen our former comrades in the mall. Their faces are filled out, skeleton-heads no more. They're wearing real shoes now -- and Banana Republic slacks. Their weekends are free for TV and strolling the River Trail.

But the lilt is gone from their stride. "How's the running going?", they inquire, then ask about Ted Quintana, Dave Diaz, Jeff Arnold, or younger friends they haven't seen.

"Yeah, gave it up," comes the explanation. "Just a few miles now and then. I'm really enjoying the extra sleep."

I met a 72-year-old athlete last month. She is new all over from her athletic experience, which is in

its first year. A competitor in a women's 5K race walk, she has found the joy of being in her body. Will she be at it in ten years? I suspect so.

But I have been wrong about a lot of people. When the cream of the crop disappears shortly after school, it's no surprise because they are used to trophies and prize money. And the Yuppie runner's life expectancy is about five years, max. It's the departure of friends and rivals that disturbs me.

This is the fifth decade in which I have raced. No friends from the '50s are still at it. One college contemporary still runs and currently is getting even for races I won back then. I harbor much pride in the dozens of high school runners I used to coach, dating back to 1968, who are still running today.

I first raced in Colorado in 1967. Twenty-six years and 500 races later, I'd have to say that today the majority of my old running friends have hung up their jocks and jogbras. Was it a phase? Did the path become too steep? Or do many people derive less from running than I do?

For me, running is self-expression. Running is health promotion and diet control. It is discipline and moderation. To run is to be full alive.

There is more to life than running,

*See Perspective on Page 2*



## No Irish Luck Needed

*Helen Robinson and Andy Hacker used talent, not Irish luck, to speed to the overall titles in the O'Pueblo 5K held last month. Behind them is race director Frank Arteaga.*

*Results are on Page 4.*



# Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Martin Mull: "It's hard to decide if TV makes morons out of everyone or if it mirrors Americans who really are morons to begin with."

**One Man's View:** This year's Y-Bi Classic biathlon will draw the bulk of its entrants from out-of-town competitors, who also will dominate the list of award winners. No big surprise here. It's like that in the Drag'n On In Triathlon, too. For that matter, in the River Trail Marathon as well. You conduct a primo event, the out-of-towners come in – and they clean up. With the Y-Bi, luckily, the rest of the field will get its ample share of the pizza. Gotta be fast-with the hands if you're not quick with your legs.

Now I'm not begrudging good athletes their just due. On the contrary, give them all they deserve. If they're in good shape, let 'em reap their rewards. At the same time, however, I sure would feel better if some of the local competitors could keep some timber right here in Pueblo.

That's why I'm advocating a new race division for the Y-Bi, the River Trail Marathon and the Drag'n. How about a "Pueblo & Hinterlands Division" for southeast Colorado competitors in both male and female categories. Think about it! When 95% of the entries are from out of town, with most of them being from bigger cities at higher elevations, it's like Springfield going up against George Washington in high school basketball. Okay, so I'm exaggerating. But wouldn't implementing such an idea be wonderful for local racers? Might keep a few more of them around for the awards ceremony, too.

**This Month's Smorgasbord:** Club member and *Daily Bugle* columnist Len Gregory has long chronicled the daily jaunts he takes with his spaniels hither and yon in Pueblo. And now comes word from *Runner's World* magazine that, indeed, **dogs are the perfect training partners** because, among other reasons, they don't push the pace, nor blather on about their running ailments. However, the article advises running with a dog large enough to be able to handle long distances. It notes that spaniels, for instance, can only handle about 25 miles per week. So, El

Bucko, better not start training for a marathon anytime soon. Oh, and tough crunchies! ... Speaking of the *Daily Bugle*, it published a wonderful story on SCR members Julie and Carl Mapps of Colorado City in the paper's special "Seniors" supplement. Their outlook and perspective on running & life is right on the money ... It's always something – you exercise your rear off in quest of health and a sound ticker, and now comes word that **baldness** may cause one to have a greater propensity for **heart attacks**. Is there no mercy? ... Have been wondering why anyone would want to buy an "I'm Training for \_\_\_\_" T-shirt of any kind. I mean, who cares? ... Speaking of T-shirts, editorial consultant Nick Nasch, who also happened to pen the story on the Mapps, has a heady description for the **overabundance of shirts** that racers inevitably accumulate over a period of time: "It's beyond waste," notes Mr. Pundit, tongue in cheek ... Enjoyed seeing the tube's coverage of the SCR's Frank Arteaga being a major proponent of the "graffiti alternative" program. It's one program I consider productive and in sharp contrast to the destructive excrement smeared on walls all over town thanks to our city's low-life wannabes ... The thought of another biathlon season on the near horizon makes me wonder: why doesn't Pueblo have a **REAL** biathlon that would include cross country skiing and target shooting. Wouldn't that be great? For targets, we could use some of the wooden fences bearing gang graffiti. Just think, hit three targets and win a stolen Raiders jacket ... A major irritant to me: listening to the **screechy voices of aerobics instructors** as they shout out instructions. Talk about grade school! It's a good thing the classes have all those spandex suits to take my mind off the noise. Anyway, one question: do those clowns think they can blast that music any louder? Maybe if they turned it down a few decibels they wouldn't have to scream as loudly.

**Movie line** of the month: "The man is as dirty as a coal miner's underwear in January." Answer might appear somewhere if you really dig, but I'm not making any promises.

## Next SCR Meeting – 7:30 p.m. Tuesday, May 4, 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, David Nied

#### Special Guests:

Rob de Castella, Len Gregory, Ibrahim Hussein, Bill Rodgers, Jim Robinson, Joan Benoit Samuelson.

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.

Just a thought: Life is not for killing time; life is meant to be lived! – John Riley

## Perspective

Continued from Page 1

certainly. But life without running is diminished. May the next 26 years lead me through as many miles as I've covered in the past. If they are fewer in number, at least let them be as challenging to my body and as rewarding to my soul. And please, may there be hundreds of others who continue to rage against the dying of the light with their running shoes on.

Jay Birmingham is assistant distance coach at Adams State College and founder of Health Promotion Associates of Colorado.

## Letter to the Editor

Forward To Ben Valdez

Dear Southern Colorado Runners:

I was dismayed to learn that you (we) are considering moving the date of the Pueblo River Trail races (Marathon & Half-Marathon). Since moving to Colorado four years ago, we've found the River Trail events to be the best in the state. **NO** new race should force the move of an established event of its quality.

I urge you to stick with the October 10 date for these additional reasons:

- 1, Denver folks will not race Sept. 19 in Pueblo, especially the marathon distance.
- 2, Pueblo's conditions in mid-October are ideal.
- 3, Pueblo should suggest that the **Denver** sponsors select another date six weeks before or after the River Trail races.
- 4, If Denver officials are trying to compete for world class athletes, they are fools to compete against Twin Cities (MN) on the same weekend.
- 5, Promoted properly from Albuquerque to Grand Junction, the Pueblo races will draw more runners than will Denver (we will help with this).

Thanks for your consideration. Stick to your guns!

- Jay Birmingham/Paula Birmingham



## A-hunting they did go

The March Handicap scavenger hunt was a hunt for the run course - or so some tried to make it seem in their begs for sympathy. Maps were provided for all participants. I attempted to make it a "21 Questions" game where I would answer any question about the course as long as the question could be answered yes or no. Fear and helplessness in the eyes of the participants softened my hard heart and I gave expanded answers. All runners apparently ran the correct course, winding through City Park and then down across the Arkansas River. All returned safely, too. (Results on Page 4).

Thanks to those who brought food and drink to share. After the run, we had a simple brunch with treats that included bagels, cinnamon rolls, oranges, apples, bananas, jam, etc. Thanks to those who brought themselves and friends. Henry Hund and Arthur Santos are recognized for their enthusiasm that allowed them to enjoy the run despite starting 22 minutes late. Nick Leyva is recognized for male gallantry in escorting a female friend through dangerous territory. Carol Hund and P.J. Barrows are merely recognized for being there. Other non-runners who came can write to the editor and complain about lack of recognition (Ed. Note: As if he'll listen to any of 'em.).

The next club event will have already occurred by the time you've received this newsletter. I hope you were there to enjoy a positive group of people. There will be no May Handicap event. The June Handicapper will be for those who are not trail runners - a real "City" event in which traffic lights and stop signs must be obeyed and sidewalks used.

- Michael Orendorff



## Keeping Fit

A few tips to help you keep fit in mind and spirit:  
(Editorial comments by Goodzky)

### For cyclists

Len Pettyjohn, director of the Coors Lite Cycling team, notes 3 ways to maximize your cycling race proficiency:

- 1, Ride in low gears as much as possible to fend off fatigue.
- 2, Wear stiff-soled biking shoes that affix to the pedals to allow pulling up on one pedal while pushing down on the other.
- 3, Use the lightest wheels as possible.

*Triathlete* magazine says one long ride a week is plenty. A two-hour long ride is long enough to begin to train your body to use stored fat. (It's also enough sometimes to cause intense saddle sores, and not for the bike).

### For the mind

Eat fish! *Men's Fitness* magazine says that, while they won't turn you into an Einstein, omega-3 fatty acids found in fish and fish oil are crucial in the development of fetal brain tissue. They also help relieve severe migraine headaches. (Cathy: Not tonight, dear. I've got a headache. Gary: Well, here, let me get you a couple of fish sticks.)

### For runners

Jeff Galloway notes 3 keys to maximize your racing proficiency:

- 1, Have a long run (at least an hour) per week when preparing for a race.
- 2, Wear running flats or ultralight racing shoes when racing a distance of 10K or less.
- 3, Lose weight, since you can shave two to five seconds off each mile for every pound of fat you lose. (I suppose that means goodbye to Snickers bars!)

*Colorado Racing* says studies have shown that improving the strength of the slow twitch muscle fibers with resistance training reduces the amount of fast twitch muscles that must be recruited during races. Since fast twitch muscles produce more speed-sapping lactate, increased strength means faster racing.

### For weightlifters

*Men's Health* magazine advises that when counting repetitions, start with your target number and count backward. This way, when you get toward the end of your set, you'll be thinking how few you have left instead of how many you've done. (This works for long-distance races like the half-marathon and marathon, too.)



*Men's Health* magazine also says most pills and powders touted as muscle-building aids have little value. However, taking magnesium may double your strength gains when used during a resistance-training routine. It claims eating pecan waffles at the Waffle House is a true energy-enhancer. It also says it may be useful to get more zinc and copper since both are lost in sweat during exercise. (By the way, just kidding about the waffles).

## O'Pueblo 5K

Results of the O'Pueblo 5K (3.1 miles) run and walk that was held last month along the Fountain Creek River Trail system:

### Overall winners

Male - Andy Hackler 16:56.

Female - Helen Robinson 23:43.

### Age division leaders

#### Male

12-under - 1, Matthew Diaz 29:40.

13-19 - 1, Kent Tompkins 25:37.

20-29 - 1, Tim Vigil 17:26. 2, Jess Alfaro 26:30.

30-34 - 1, Chris Gredig 21:49. 2, Rich Barrows 24:28. 3, Robert Santoya 25:08.

35-39 - 1, Rich Hadley 19:47. 2, Angelo Aragon 20:36. 3, Rick Romero 23:16.

40-44 - 1, John Ush 24:38. 2, Lewis Gray 27:48. 3, Jeff Cleaver 28:14.

45-49 - 1, Lloyd Montiel 37:40.

50-over - 1, Don Pfof 23:33.

#### Female

12-under - 1, Denise Gonzales 27:04.

13-19 - 1, RoseAnna Montiel 37:40.

20-29 - 1, Karen Ortiz 25:45. 2, Jeanette Brooks 27:14.

30-34 - 1, Beth McKinney 29:11. 2, Laurie Barickman 29:16.

35-39 - 1, Barb Hadley 25:11.

40-44 - 1, Florence Blackwell 44:58.

## Scavenger Hunt Handicap Results

Name	Elapsed Time	Place Time
1. Dave Diaz	30.23	27.21
2. Hank Hund	33.60	27.22
3. Don Pfof	34.02	27.56
4. Chris Gredig	28.70	27.84
5. Chris Borton	28.08	28.08
6. Todd Hund	31.55	28.08
7. Paul Chacon	31.00	28.83
8. Pat Cordova	28.90	28.90
9. Mike Borton	31.72	29.50
10. Marijane Martinez	37.03	30.36
11. Fred Lujan	31.53	30.58
12. Arthur Santos	33.00	30.69
13. Nick Leyva	34.88	32.44
14. Rich Barrows	34.60	33.56
15. Robert Santoya	37.02	35.91
16. Adrienne Kramer	40.38	37.15
17. Carol Smith	40.38	37.15
18. Jessie Quintana	54.60	42.59
19. Melinda Orendorff	54.60	44.77

## SCR well represented at Hellenic Half-Marathon

Six SCR members completed the Hellenic Half-Marathon held in early March in Denver. Representing us there were Marty Garcia, Betsy Hill, Nick Leyva, Marijane Martinez, Deanna Stever, and Bill Veges.



**Bill Veges finishes the 3rd leg in the long course division of the Black Forest Series**

## Black Forest Series

A few idiots adventurous SCR members trekked to Black Forest four times during the heart of the winter to participate in the 4-race series there. Several of them brought home awards:

In the short series, young Todd Hund was first in the 19-under division, his dad Henry was first in the 50-over division, and Mike Borton took second in the 30-34 division.

In the long series, Jim Robinson was a studly 6th OVERALL. Marijane Martinez was first in the 40-44 category, and Dave Field was third in the 25-29 division.

Nick Leyva also did the entire series, Bill Veges ran three races, and George Slaughter completed two of the four races.

Nice job, gang!

## Team Pueblo rolling again

Team Pueblo, a group of local bikers who enjoy the camaraderie of riding together, has reconvened this year and has another great schedule of rides set up for the coming months. The goal of the group is to help riders train for three main events - the LifeCycle races on April 24, the MS 150 Bike Tour on July 10 & 11, and the El Pueblo Boys Ranch Century on August 21. However, joining the team is a great way just to have a wonderful group of biking partners from now through early fall. Here is the tentative schedule of rides for the year:

### APRIL

- 24 - 7 a.m., Minnequa Club. LifeCycle Celebration Ride, 25 or 50 miles.
- 25 - 9 a.m., City Park pool parking lot. To Reservoir area & Pueblo West, about 30 miles.

### MAY

- 1 - 8 a.m., Pueblo Greyhound Park. To Colorado City, about 40 miles.
- 15 - 8 a.m., Dave Anderson's home at 3 Amaranth Court in University Park. Highway 50 east to Avondale, about 50 miles.

### JUNE

- 5 - 7 a.m., Regency Shopping Center. To Beulah, about 50 miles.
- 12 - Mountain Bike Ride, to be announced.
- 19 - 6 a.m., Pueblo West Shopping Center. To Canon City and loop through Florence, about 60 miles.
- 26 - 6 a.m., City Park pool parking lot. To Wetmore, Florence and Highway 50, about 70 miles. Pasta dinner at 5:30 p.m. at the Gold Dust Saloon.

### JULY

- 10-11 - MS 150 Bike Tour. Castle Rock to Fort Collins.
- 24 - 6 a.m., Pueblo West Shopping Center. Through Pueblo West and Reservoir area, about 40 miles.

### AUGUST

- 7 - 6 a.m., Pueblo County High School. To Comanche Rd., Stem Beach to Colorado City, about 60 miles.
- 21 - El Pueblo Boy's Ranch Century Ride.

### SEPTEMBER

- 4 - Mountain Bike Ride, to be announced.

*Clinics also are scheduled April 28 & May 20 at the Gold Dust Saloon (7:30 pm)*



## RACE CALENDAR



### PUEBLO-CANON CITY AREA

#### April

- 18 Sun 8:00 AM Y-Bi Classic Biathlon, 11.2M bike/5.5M run - *Pueblo West*  
 24 Sat Life Cycle Run/Bike:  
 7:00 AM 50M Bike - *Minnequa Club*  
 7:30 AM 25M Bike - *Minnequa Club*  
 9:00 AM 5K Run - *State Fairgrounds*

#### May

- 2 Sun 7:30 AM Cinco de Mayo, 10K  
*State Fairgrounds*  
 5 Wed 5:00 PM Cinco de Mayo Traditional, 5M  
*City Park*  
 15 Sat 8:00 AM Skyline Challenge, 10K  
*Graydene Park, Canon City*  
 22 Sat 8:00 AM Ordinary Mortals Triathlon, 525-Meter  
 Swim, 11.4-Mile Bike & 3-Mile Run  
*Pueblo Regional Center, Pueblo West*  
 23 Sun 9:00 AM Royal Gorge 10K Challenge  
*Royal Gorge Bridge Park, Canon City*

### OTHER AREAS

#### April

- 17 Sat 9:00 AM Elbert Reflections, 5K & 10K  
*Elbert*  
 18 Sun 9:00 AM Tortoise & Hare Fun Run, 5K  
*South Monument Valley Park, Colo. Springs*  
 25 Sun 8:30 AM Cherry Creek Sneak, 5M  
*Denver*

#### May

- 1 Sat 8:00 AM Beth El Fun Run, 5K  
*Palmer Park - Colorado Springs*  
 8 Sat 8:00 AM Heart & Sole Classic, 5K/3M Walk &  
 Kids Fun Run, Broadmoor - *Colo. Springs*  
 9 Sun 8:00 AM Multiple Sclerosis Run, 5K  
*Palmer Park - Colorado Springs*  
 16 Sun 8:00 AM Triple Crown Tune Up, 10K  
*Garden of the Gods - Colorado Springs*  
 22 Sat 4:00 PM Sunset Trail Run, 4M  
*Palmer Park - Colorado Springs*

### OTHER BIG 1993 RACE DATES

- 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

- April 17 Lake Powell - Page, Ariz. (& 10K)  
 19 Boston (act Patriotic)  
 25 Big Sur (see the ocean)  
 May 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 Black Hills - Rapid City, South Dakota  
 6 Turtle - Roswell, New Mexico  
 12 Duke City - Albuquerque, New Mexico  
 October 2 St. George, Utah  
 3 Denver International (see if you can avoid it)  
 3 Sacramento, Calif.

Movie quiz: Leslie Nielson in "Naked Gun 2 1/2 - The Smell of Fear."

## RACING NOTES

### Bolder Boulder

It had to happen. For the first time in its history, the Bolder Boulder has put a cap on the number of entries this year, restricting the race to 37,500 entrants. The 10K is scheduled in its usual Memorial Day slot once again, which falls on May 31. The entry fee this year for the basic T-shirt package is \$20 for adults and \$17 for kids 14 and under. For the polo shirt package, the figures are \$25 and \$22. Don't forget that SCR members (and hangers-on) meet in Section 215 of Folsom Stadium afterward to party and act insane. Pray for non-1992 Bolder weather.

### Entry Limit, Part II

The Royal Gorge 10K Challenge also has an entry cap, with the field limited to 500 runners. The point-to-point race, scheduled for Sunday, May 23, will take runners across the Royal Gorge Bridge a quarter-mile before the finish. Sounds wild! Just don't look down. And don't jump either!

### Skyline's the limit

This one is the baby of the SCR's own Frank Jaquez. It's the Skyline Challenge 10K, set for 8 a.m. Saturday, May 15, at Graydene Park in Canon City. SCR members can register for a mere 8 bucks if they do so by May 7. What a deal! Good tuneup for the Bolder Boulder, too.

### It's gonna happen

As hinted last month, Denver appears to have succeeded in its quest to conduct a fall marathon, with the date of the Denver International Marathon set for Oct. 3. Major sponsorship has ensured that the race will be held. Nice of them to consult us about the date of our River Trail Marathon before setting their own date.

### I D.A.R.E. you

If you'd like to show your support for a drug-free world for our kids, you might want to take part in the D.A.R.E. 5K Run to be held at 2 p.m. Friday, April 30, at Hellbeck Elementary School. A mighty fine idea to rally behind.

### Michael O's excellent adventure

This summer (July 31), the SCR will be conduct a 15K trail race that will start and finish at the Nature Center. The course will take runners over hilly dirt terrain west of Pueblo Blvd. Club Secretary and Handicap Coordinator Michael Orendorff will be organizing this.



Bring your bunny  
to the Gold Dust  
for a cold brew  
or a great lunch!

Gold Dust Saloon • 130 S. Union  
in the Union Avenue Historic District.

# Be careful to avoid shin splints in spring

by Rocky Khosla, M.D.

Spring is here, and I am starting to see a lot of patients with complaints of shin splints, so I thought this would be a good topic for this month's column.

What are shin splints? Actually, this is a term that has been used to lump together all sorts of problems that can give rise to pain in the front portion of the lower legs. The purists in sports medicine now prefer to use the term medial tibial stress syndrome (MTSS), which refers to development of pain in the shins that is not due to stress fractures or decreased blood supply in the leg. The most common location for pain from MTSS is at the lower inside edge of the shin bone (the medial side of the tibia for you anatomy buffs).

MTSS is the most common injury in runners and seems to affect about 20% of runners per year. It's caused by too much strain placed on the lower leg too rapidly. The typical runner who comes in with MTSS has probably started on too vigorous a schedule of running after having laid off over the winter. I see a lot of runners with MTSS after they start running intervals before the body gets accommodated to running.

How do you treat MTSS? I think the best approach is to



make sure that there isn't anything else like a stress fracture causing the symptoms. Therefore, it's not a bad idea to see your physician. If other causes of the pain have been ruled out, I generally treat MTSS very conserva-

tively by having the runner ice the shins for 20 minutes 3 times a day. I also stop them from dry land running for about 1-2 weeks, have them do exercises to help maintain flexibility of the calves and muscles of the lower legs, and have them start running in the pool. I give the patient a choice of running back and forth in the shallow end, or wearing a water vest and running in the deep end.

The best way to prevent MTSS is to make sure that your shoes are in good shape, that you don't ask your body to do too much too fast, and try to avoid running on hilly, hard surfaces too often. It is my personal opinion that you should never increase your speed or your distance by more than 10% per week and that you shouldn't even attempt speed intervals until have a good solid 4-6 weeks of a consistent base of running under your belt.

Till the next time, happy trails to you!

*(Special guests: Runners who have completed a Boston Marathon).*

**Racing  
Axiom:**

The day you finally reap the benefits of speedwork by achieving a PR, it will be discovered that the course distance was short. - Goodzky

Thinking is the best way to travel.

## SOUTHERN COLORADO RUNNERS

Pueblo Family YMCA  
700 N. Albany Avenue  
Pueblo, CO 81003



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!



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



**The bunny wants to deliver goodies!**

Hence, to receive your highly-enlightening issues of "Footprints," send us your new address when you move or are planning to move. !



For answer to movie quiz: You'll have to look somewhere else, buckos!

\$500 in  
Cash Prizes



# Cinco de Mayo

## 10K Run

7:30 AM Sunday May 2, 1993

\$500 in  
Cash Prizes



Colorado  
State Fair



Colgate / Palmolive

Location: Colorado State Fair Grounds, Pueblo Colorado

Cash Prizes: Male & Female: 1st Place: \$125 2nd Place: \$75 3rd Place: \$50

Awards: 1st, 2nd and 3rd in age-groups 19 and under, 20 - 29 and 50 and over,  
1st, 2nd, 3rd and 4th in age-groups 30 - 39 & 40 - 49.  
Overall winners are not eligible for age-group division awards.



Entry Fee: \$14 (\$12 to SCR & PPRR members) before May 1st. Race-day registration fee is \$15 to all participants  
(Optional: Donation to SCR Equipment Fund).

Breakfast: \$5 Huevos Rancheros Breakfast after the race. Proceeds go to The Pueblo Hispanic Education Foundation.

Course: See course map on reverse.

Packets: Can be picked up at the Gold Dust Saloon, 130 S. Union, after May 1, 1993

Results: 9:00AM in the Bandshell at the Colorado State Fair Grounds.

Race-day registration and packet pickup begins at 7 AM in front of the Agriculture Palace at the Colorado State Fair  
Grounds. Participants receive T-shirts, post race refreshments and are eligible for door prizes.

Parking available at the Colorado State Fair Grounds.

### Cinco de Mayo Entry Form

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age on day of event \_\_\_\_\_ Sex(circle) M F T-shirt size (circle) S M L XL

SCR/PPRR member entry fee \_\_\_\_\_ Non-member entry fee \_\_\_\_\_ Equipment Fund \_\_\_\_\_ Breakfast \_\_\_\_\_

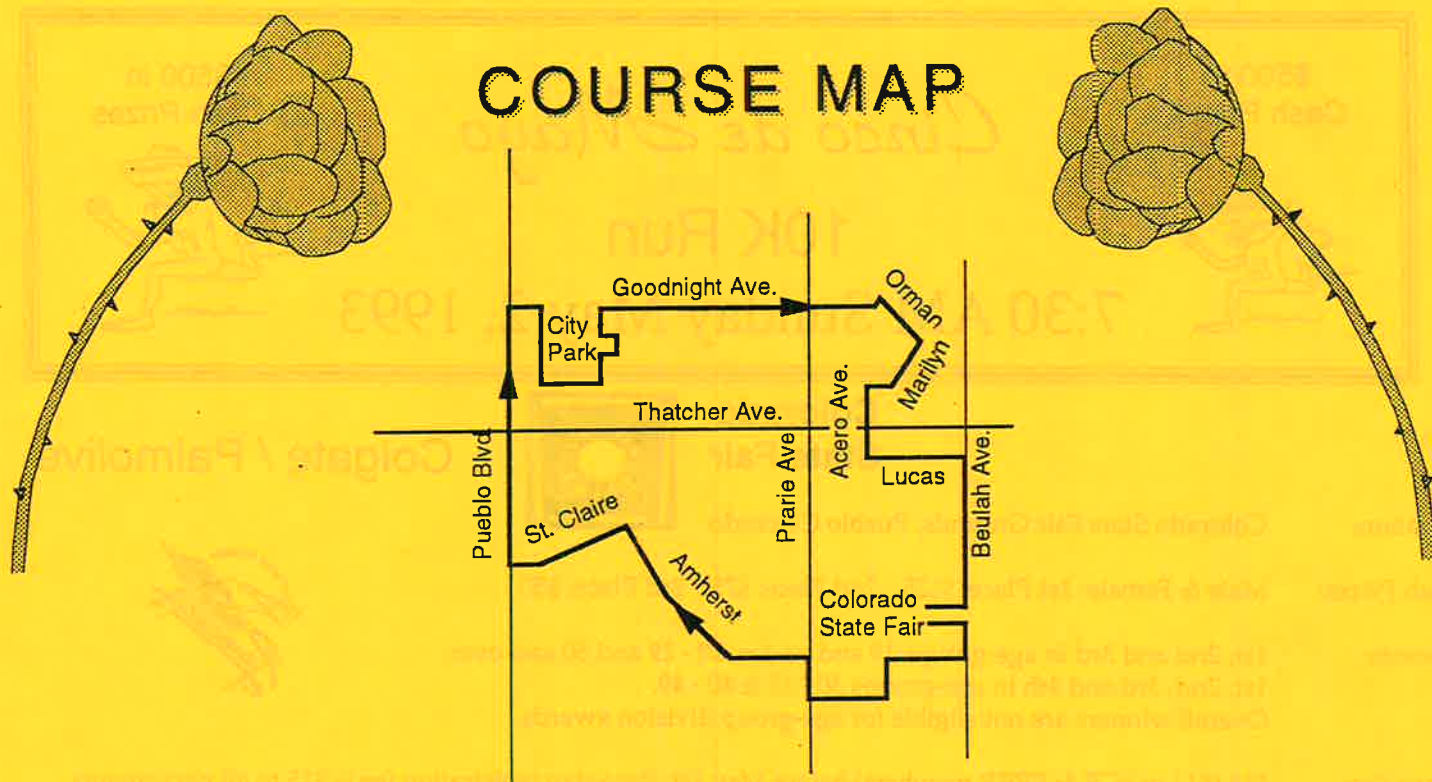
Total Enclosed \_\_\_\_\_

Waiver agreement: In consideration of the foregoing, I, for myself and my heirs, waive the Southern Colorado Runners, officials of the Colorado State Fair, Giadone's and all other sponsors and representatives connected with this race of all liability as a result of my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the foregoing to use my likeness for any purpose whatsoever. I understand that my entry fee is non-refundable and numbers are non-transferrable.

Participant's signature \_\_\_\_\_ Parent's signature if under 18 \_\_\_\_\_

Make check payable to: SOUTHERN COLORADO RUNNERS.  
Mail or deliver entries to: GOLD DUST SALOON - 130 S. UNION - PUEBLO CO 81003

# COURSE MAP



## Course record holders

### Female

Lori Sue Moreno-Roch 37:12 (91)

### Male

Dick LeDoux 30:07 (90)

## Age division records

19 and under

Jessica Miller 1:05:01 (91)

Jason Ramos 37:10 (92)

20 - 29

Lori Sue Moreno-Roch 37:12 (91)

Mica Comstock 31:28 (92)

30 - 39

Elise Rainbowstar 37:45 (92)

Dick LeDoux 30:07 (90)

40 - 49

Lorraine Hoyle 42:24 (90)

Michael Orendorff 35:42 (92)

50 and over

Cicly Harmon 52:31 (90)

Phil Mann 38:30 (92)