



FOOTPRINTS

May, 1993

Meet the Runner

Have bike will travel reads the card of David Field

Name: David Field
Age: 27
D.O.B.: 9/12/65
Height: 5'10"
Weight: 168 lbs.
Occupation: Student at USC
Place of Birth: Hackersack, New Jersey

by Marijane Marijane

David Field is a fairly new SCR member who gets around and can actually say he has run from Asia to Europe! If you listen to David, this wasn't too difficult

since it was part of the marathon course in Isharbul, Turkey. Participants in this particular marathon run over a bridge on the historical Bosphorus that separates the two continents.

David's reason for joining SCR (other than to be a recipient of our "award-winning newsletter") was to reassess his priorities since he spends the majority of his time training on his bike and feels he's been neglecting his running. The reason David bikes so much is because it's his only means of transportation. Last summer, he rode from Pueblo to a friend's wedding in Kansas City

See Field on Page 3

Like Father, Like Son



Athletic talent runs rampant in the Hund family of Pueblo. Young Todd (left), is a 13-year-old who is already making his mark as a distance runner. His pappy, Henry (right), is a superb biker who is no slouch as a runner, either. Both Todd and Henry were standouts in the recently held Y-Bi Classic biathlon. Todd took first in the 19-and-under age division with his time of 1:27.39.3. Henry was second in the 50-and-over division and 23rd overall with an excellent time of 1:11.42.4. On May 2, Todd recorded a PR of 39:30 in the Cinco de Mayo 10K race at the Fairgrounds (Pg. 5).

More Y-Bi coverage on Pg. 4

Photos by George Balles





Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of an unknown pundit: "Never argue with a fool - people might not know the difference."

One Man's View: You're saying something about a convention when it rains every day in the city in which it's held and it doesn't even bother you. But, hey, that basically was the case with this year's Road Runners Club of America annual convention, a three-day event held in Portland, Oregon. You've probably heard about the rain that Portland gets, but let me put it in perspective:

* Because of Portland's rain, every day is a bad hair day.

* In Portland, multi-sport fans can get in both the running and swimming segments of brick workouts at the same time.

* Oregon's state song should be "Raindrops keep falling on my head."

* Oregon's state symbol should be the umbrella.

* This was the Portland forecast one day I was there: "Today's outlook is for rain turning to showers." (????)

Get the picture? Thus, it's a tribute to the RRCA and to the Oregon Road Runners Club that hosted the national convention that the rain couldn't put a damper on the 3-day show. It had interesting and useful workshops/seminars, a 2-day Expo, giveaways, great deals on running apparel, fitness- and running-related stage shows, a visit to the "Nike Campus" employee plant and Nike Employee Store, fun runs, and much more, including an awards banquet with guest appearances by Mary Decker Slaney and Alberto Salazar. What a treat! And just think - you can wear running shoes throughout the convention, even at the awards banquet!

Most participants I chatted with said they've begun to attend the convention each year, some using it as a fun way to vacation and see different parts of the country. In my opinion, it's a great time with a lot of wonderful people.



Mary Decker Slaney was given some expert running advice from SCR's Gary Franchi

Your beloved *Footprints* newsletter didn't win the national small club newsletter prize, but the plaque given to us for being the top regional newsletter is a thing of beauty.

By the way, if you visit Portland, don't miss Multnomah Falls, preferably during the day. An awesome spectacle with magic.

This Month's Smorgasbord:

I hate these clowns: Patty Murray of Boulder won the women's division of the 5-mile **Cherry Creek Sneak** in 28:36 and said her time was slower than a year ago because she ran 18 miles the day before and her legs were "a little tired." (#!%#@!@#!) ... I was kidding last month when I suggested that Pueblo hold a **REAL biathlon** with running and rifle shooting. But just such an event will be held May 22 at the Air Force Academy. One requirement: a pre-race shooting clinic is mandatory for all first-timers. Hope they teach them to aim

straight ... I laud the Breakfast Optimist Club of Colorado Springs. That group will conduct a **race for kids only** - the Summer Sun Youth Run - on May 29 at Memorial Park. The distances will be one mile for those 7-9 years of age and 2¹/₄ miles for the 10-12 and 13-14 age divisions. What a great idea! Sure wish there were more races just for kids ... More on kids: the SCR has been given a \$500 **Children's Running Program grant** from the RRCA and will conduct a Race Against Violence youth run sometime this year. Entry fees for participants will be waived for the race, and the SCR will try to get sponsors to provide seed money for conducting the race in future years. More later!

One From the Heart

It may be that only proud parents or coaches can experience the depth of this feeling. But, believe me, it's something special for:

- County cross country coach Jeff Arnold when the Hornets' Jeff Wooten continues his record of improving in every 3,200-meter race he's ever run and qualifies for state by two-hundredths of a second by using sheer will to fight off the 4th-place finisher.

- The Bortons when son Chris turns on the jets on the final lap to destroy what had been a 1-2 horse race for seven laps and literally runs away with the district 3,200-meter championship, this after winning the 1,600 as well.

- Yours truly when daughter Amanda catches the third-place 800 runner in the final stretch and then, running neck and neck to the finish, simply refuses to give it back and qualifies for state in her first year of track on an Accu-track photo finish.

Seeing offspring or pupils embrace the doctrines of dedication and hard work and then display a commitment to do their absolute best has to be what parenting and coaching is all about. Witnessing this for the first time on such a level, I've been touched this track season like never before.

SCR Officers

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

Editorial Consultants Nick Nasch, Leslie Horwinkle

Special Guests:

Lew Alcindor, Warren Armstrong, Dwight Braxton, Cassius Clay, Matt Franklin, Eddie Gregory, Bobby Moore, Don Smith.

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.

★ From the Prez ★ 4 months into my term ...

by Paul Barela

Hello, fellow club members. It's been four months since I was "inaugurated" as president of the Southern Colorado Runners. Since that momentous day, I have intended to write an article for *Footprints* to say "hello" and for you to get to know me.

Since the club's banquet in late January, I have had the privilege of chairing four meetings where decisions were made that have had an impact on local athletes and the procurement from the Pikes Peak Road runners of a clock that we desperately needed. As many of you know, the



SCR has been soliciting donations for a new clock for some time. I am happy to report that, with the assistance of PPRR, we were able to get a

good used clock from them in exchange from us of a donation of \$200 to the Colorado School for the Deaf and Blind. I would like to publicly thank our friends, the Pikes Peak Road Runners, for their generosity. The clock's debut was at the Spring Runoff, and it worked perfectly.

I would like to point out that one of the club's goals for this year is to upgrade its equipment, and the money remaining in our clock fund will make this possible. If you would like to have input as to how to utilize these funds, contact an SCR officer or myself. Better yet, you can attend the club's meetings that are held on the first Tuesday of every month at the YMCA. The meetings begin at 7:30 p.m. and are followed by a traditional meeting at the Gold Dust Saloon. Incidentally, refreshments and entertainment are furnished courtesy of Nick and Marijane - NOT! (Ed. Note: *Why not?*)

Anyway, the past four months as president have for the most part been calm and without much controversy other than a few inquiries as to why yours truly hasn't been seen at a local race. I could give you all sorts of excuses, but I'm happy to share with you that I did run in the 11th annual Cherry Creek Sneak and then Frank's Traditional Cinco de Mayo 5-Miler. I also will run Frank Jaquez's new Skyline Drive 10K on May 15 and the Bolder Boulder on Memorial Day.

Lastly, I am looking forward to meeting more club members at the races and encourage you to attend the monthly SCR meetings and other club events.



**Dave Field finished just ahead of Marijane Martinez
In the 3rd leg of the Black Forest Series**

Photo by Goodzky

Field

Continued from Page 1

and from there went on to visit his sister in Seattle, Washington (and back, of course!)

David was in the Army prior to coming to USC, where he is majoring in Biology. He is also a member of the Colorado Army National Guard and figures they'll probably schedule all their weekend drills in conflict with the best races of the year (SCR-sponsored ones, of course!).

David's marathon P.R. is 3:16 which he ran in 1986 in Pueblo's River Trail Marathon. He says his current running goal is to keep up with me (Marijane). If only he'd quit passing me right at the finish (see photo above)! I have no doubt I will be history soon as far as being in David's running league. He recently placed in both the black Forest Long Series and the Cinco de Mayo.

As a hobby, David loves to communicate in foreign languages and is fluent in Turkish, Tagalog and Spanish. So, for all of you fellow SCR members who can also speak fluent Tagalog, be sure to converse with David the next time you see him!

Que te vaya bien David y buena suerte con su correrías!
(Ed. Note: *Hope she's not calling me a bleeper.*)



**Join the Brewski Sisters
for a brewski or 2 after
the Bolder Boulder in
Section 215 of Folsom
Stadium! Be there!!**

C'mon, don't be a wimp!



Cinco de Mayo 10K



Results of the Cinco de Mayo 10K (6.2 miles) race held May 2 at the Colorado State Fairgrounds:

Top overall finishers

Male - Porfirio Huerta 31:44.51

Female - Lori Sue Moreno-Roch 36:28.08

Top overall Masters

Male - Michael Orendorff 35:57.07

Female - Lorraine Hoyle 45:27.27

List of all finishers

Place	Name	Age	Time
1	Porfirio Huerta	36	31:44.51
2	Steve Roch	28	31:51.05
3	Jesus Villalobos	26	33:03.82
4	Timothy Vigil	29	35:04.11
5	Johnny Ray Garcia	36	35:38.16
6	Gary Weston	37	35:47.88
7	Michael Orendorff	41	35:57.07
8	David Padilla	19	36:26.89
9	Lori Sue Moreno-Roch	29	36:28.08
10	Jesus Escudero	44	36:42.75
11	Jason Ramos	19	37:15.62
12	Ramon Cabarello	18	37:24.97
13	Rich Hadley	37	37:28.52
14	Marty Garcia	32	37:53.85
15	Maria Eugenca Ortiz	23	38:12.88
16	James Robinson	41	38:13.74
17	Theodore Quintana	42	38:24.73
18	Fausto Olivas	42	38:28.23
19	Dave Diaz	44	39:24.34
20	Todd Hund	13	39:30.91
21	Stella Heffron	26	40:11.54
22	Jack Janney	40	40:28.24
23	Cindy Paolucci	25	40:33.90
24	Eugene Mares	30	41:31.20
25	Bill Veges	35	41:32.31
26	Guillermo Hernandez	53	41:46.57
27	Paul Von Der Gathen	51	41:57.17
28	Mike Borton	37	42:08.90
29	Fred Lujan	32	42:12.91
30	Paul Chacon	38	42:14.64
31	Rick Romero	38	42:33.27
32	Doug Simmons	45	42:42.50
33	Arthur Santos	39	42:49.74
34	Sam McClure	39	42:53.48
35	Steven Clough	30	43:04.69
36	Susan Dorle	30	43:08.24
37	David Valdez	36	43:14.62
38	Rich Barrows	33	43:48.80
39	Greg Laney	35	44:10.02
40	Roger Peterson	40	44:34.07



Porfirio Huerta played Steve Roch's shadow for several miles before surging in the final mile to win by less than 7 seconds

Cinco photos by George Balles

41, Don Pfost	52	44:48.37	65, Paul Willumstad	43	50:25.62
42, Mike Liemandt	50	44:50.25	66, John Holiman	66	51:05.27
43, Gary Franchi	44	44:51.29	67, Gloria Montoya	45	51:10.45
44, David Tonsing	49	45:18.43	68, Jeff Cleaver	42	51:13.01
45, John Ulsh	43	45:19.29	69, Janice Fedde	40	51:18.67
46, Ron Dehn	44	45:23.96	70, Mike Archuleta	32	51:19.15
47, John Ribal	46	45:24.44	71, Bob Erickson	49	51:27.14
48, Lorraine Hoyle	45	45:27.27	72, Eugene Arellano	45	52:41.88
49, Helen Robinson	34	45:27.93	73, Dick Greet	54	53:01.35
50, James King	48	45:56.17	74, Walter Degurse	49	53:17.92
51, David Field	27	46:00.28	75, Jessie Quintana	49	53:48.96
52, Marijane Martinez	40	46:16.52	76, Bernadette Padula	50	54:22.96
53, Don Thompson	44	46:16.79	77, Claudia Atencio	36	54:54.21
54, Gerald Galindo	52	46:17.08	78, Beatrice Grebence	38	55:04.27
55, Xavier Mendoza	44	46:19.04	79, Michael Atlas-Acuna	42	56:11.38
56, Robert Pratt	33	46:45.52	80, Mark Louttit	44	56:32.47
57, Carol Smith	28	47:33.11	81, W.A. Sellers	39	56:39.83
58, B.A. Cosyleon	43	47:55.28	82, Megan Garner Hollman	20	56:43.88
59, Misti Frey	25	47:56.74	83, Donna Nicholas-Griesel	46	57:03.97
60, Dale Brentlinger	55	48:13.95	84, Ruth McDonald	48	59:15.86
61, Robert Hickman	29	48:36.43	85, Maria C. Florez Moore	40	1.03:01.42
62, Diane Rubalcaba-Lopez	34	49:03.61	86, Scott Yablon	32	1.03:01.76
63, Hilbert Navarro	52	49:13.67	87, Julie Arellano	40	1.03:41.06
64, Duane Dutton	45	49:49.04	88, Deanna Stever	48	1.03:45.57



Lori Sue Moreno-Roch was 9th overall & 1st female



Todd Hund set a PR in 39:30, his 1st sub-40:00 10K

1993 Y-Bi Classic biathlon



Well, at least it wasn't rainy and cold this year. However, the annual appearance of the wind for the Y-Bi Classic biathlon kicked in about 10 minutes before race time and made for difficult sledding in the 11.2-mile bike leg. I'm still wondering how a bike leg can be 70 percent against the wind. It was a tad better for the 5.5-mile run leg, but not much.

Anyway, there were 126 finishers this year, 96 of them males. Top overall finishers were Forrest Newman of Fort Collins in 1:03.02.9 and Wendy Harris of Englewood in 1:08.42.7. SCR's Mike Orendorff was both the third overall finisher (1:05.21.3) and winner of the "Pueblo & Hinderlands Division."



Nice Job!

Michael Orendorff accepts congratulations from Race Director Ben Valdez after taking first in the 40-49 age division and placing third overall in the Y-Bi Classic biathlon. With them is Mike's wife and spiritual inspiration, Melinda, who was a volunteer worker at the race.

Photo by George Balles

Y-Bi Classic biathlon results

Provided by Andy Ballou

Complete age-group results from the Y-Bi Classic biathlon (11.2-mile bike & 5.5-mile run):

Top Finishers - Overall

Male - Forrest Newman, 1:03.02.9
Female - Wendy Harris, 1:08.42.7

Males by Age Division

Place Name	Age	Time
19 and under		
1, Todd Hund	13	1:27.39
2, Eric Santoyo	19	1:34.18
3, Michael Nulty	13	1:35.00
4, Jon Leusden	13	1:40.14
5, Benji Perea	18	1:48.06
6, Douglas Parker	17	1:59.51
20-29		
1, Forrest Newman	28	1:03.02
2, Patrick McQueen	29	1:04.00
3, Steve Cathcart	29	1:05.30
4, Dave Tusek	21	1:07.23
5, Eric Howe	26	1:11.52
6, David Young	28	1:12.10
7, Phil Hackbarth	29	1:14.20
8, David Summitt	23	1:14.43
9, Chuck Jernigan	25	1:16.00
10, Scott Reese	29	1:16.13
11, Lawrence Volk	29	1:17.25
12, Mike Webster	27	1:18.20
13, Noel Brendefur	27	1:19.10
14, Kurt Rouser	20	1:20.46
15, Louis Martinez	27	1:20.53
16, William Cooper	27	1:29.10
17, Dwite Hyde	27	1:36.35
30-39		
1, Kirt Ingram	35	1:05.34

2, Patrick Hamilton	32	1:05.47
3, Sean Phelps	30	1:08.26
4, Glenn Streeter	35	1:08.32
5, Mark Koch	33	1:08.49
6, Chris Beaudin	35	1:09.42
7, Ihaddeus Noll	36	1:11.05
8, Chris Gredig	33	1:11.21
9, Lonney Vogt	38	1:12.06
10, Mark Morgenstern	34	1:12.39
11, David Coleman	32	1:13.49
12, Bob Holtby	38	1:14.03
13, Jim Shannon	35	1:14.47
14, Dean McBournie	32	1:16.21
15, Richard Homish	34	1:16.37
16, Al Alvares	33	1:16.41
17, Grant Kennedy	35	1:16.44
18, Michael Matthews	35	1:17.29
19, Rick Romero	38	1:19.40
20, Nick Leyva	39	1:20.10
21, Michael Olson	36	1:20.17
22, Matthew Santoyo	38	1:20.24
23, Ken Jaray	39	1:22.46
24, Bill Suter	35	1:22.58
25, Richard Voss	37	1:23.23
26, Jay Worthen	35	1:24.20
27, Russ Acuff	33	1:29.39
28, Herb Finch	35	1:29.23
29, Robert Goos	34	2:16.58
40-49		
1, Michael Orendorff	41	1:05.21
2, Dennis Coombs	40	1:09.13
3, Jim Freim	47	1:10.08
4, Ed Strack	40	1:11.51
5, Phil Smith	47	1:12.18
6, Nick Alther	41	1:14.22
7, Patric Le Houillier	45	1:14.51
8, Dave Diaz	44	1:18.04

9, Greg Johnson	46	1:18.07
10, Steve Holsenbeck	44	1:18.28
11, Cecil Townsend	45	1:20.18
12, David Smith	46	1:21.38
13, Terry Finnegan	40	1:22.42
14, Ted Quintana	42	1:22.56
15, John Ulsh	43	1:23.27
16, Rick Martinez	40	1:24.16
17, Michael Merlino	44	1:24.37
18, Gary Franchi	44	1:25.41
19, Larry Nessel	49	1:26.08
20, Brian Hanlon	44	1:26.22
21, Danny Weston	42	1:26.56
22, Jack Janney	40	1:27.14
23, Ken Norred	42	1:27.20
24, Paul Willumstad	43	1:28.07
25, Steven Locke	46	1:29.10
26, Allen Malone	45	1:30.46
27, Lon Spann	46	1:31.27
28, George Balles	49	1:32.34
29, Prudy Cosyleon	42	1:33.41
30, B.A. Cosyleon	43	1:34.37
31, Paul McWhorter	44	1:38.27
32, Kim Riggs	41	1:46.56
33, Steve Vaught	40	1:49.59
34, Joe Stommel	43	1:51.05
35, Johnny Jones	44	1:54.55
36, M. Atlas-Acuna	42	1:58.34
50 and over		
1, Eddie Schneider	52	1:11.42
2, Henry Hund	51	1:13.11
3, Kim Klever	50	1:19.18
4, Bill Larson	68	1:28.35
5, Dennis Bruns	56	1:29.27
6, Ricardo Markin	60	1:30.12
7, Bob King	56	1:33.59
8, Bill Hill	57	1:45.54

Females by Age Division

Place Name	Age	Time
20-29		
1, Wendy Harris	28	1:08.42
2, Michelle Blessing	29	1:11.06
3, Susan Fox	26	1:15.06
4, Brenda Lewis	27	1:16.42
5, Angie Allen	23	1:17.12
6, Traci Dworshak	29	1:21.28
7, Adrienne Kramer	27	1:24.30
8, Christi Cooper	22	1:30.28
9, Heather Sexton	25	1:30.36
10, Carol Smith	28	1:31.11
11, Karie Cooper	26	1:42.13
12, Shelly Hought	26	1:44.12
13, M.B Schlegel	20	1:51.20
14, Lori Walter	20	1:51.21
30-39		
1, Sharon Foster	30	1:12.46
2, Nancy Schenk	37	1:16.29
3, Renate Schmidt	30	1:16.31
4, Bonnie Moeder	30	1:21.19
5, Michele Sneath	30	1:22.27
6, Christine Herrison	31	1:30.02
7, Mary Allen	38	1:30.47
8, Sally Meyer	35	1:33.38
9, Lynn Malone	37	1:39.46
10, Betsy Hill	39	2:04.53
11, Kathy Duran	36	2:07.45
12, Isabel Bertran	33	2:17.04
40-49		
1, Carla DeV Vaughn	47	1:21.45
2, Deanna Stever	48	1:50.48
3, Linda Jones	44	2:11.01
50 and over		
1, Celeste Callahan	50	1:28.23

Handicap Report

by Michael Orendorff

The Shirley's Temple Special

I remain amazed at the help some people are willing to give. They make every occasion special because of their help. For the latest Handicap Run at USC on April 10th, it was Rich Barrows who gave a much-appreciated helping hand. It was a beautiful early morning run to mark the course and then a dash across Walking Stick to get back to the start on time. That alone - getting out with someone - made the morning a pleasure. Carol Hund, as usual, did whatever was requested.

So, with only 13 runners at one of our challenging social runs across USC campus and onto the dirt roads before finishing on the roads, was it worth the effort? (Hey, the philosophical propositions will be dispensed of soon. Be patient.) **YES!** The first paragraph tells some of the reward of our efforts. Also, I had never had a chance to talk with Dave Field before. I was glad to meet him. That then made the Y-Bi more fun because I saw him there and had someone's additional experience to share, though albeit his was sad. And, too, some of the



USC runners took part. It was a pleasure to watch them warm up and see that energy in the bounce and speed of youthful legs - memories of long ago. These are the reasons I joined the club - relaxed, positive-oriented interactions spiced with very intense, disciplined efforts in the spirit of fun.

David Field and Robert Santoya are honored with 1st and 2nd for this run because they ran farther than anyone else, though no one really knows how much farther. Results are:

Name	Time
David Field	????
Robert Santoya	????
Ryan Gage	25:39
Jim Robinson	25:44
Dave Mcelhane	26:39
Greg Diaz	27:50
Todd Hund	28:35
Bill Veges	30:13
Fred Lujan	30:50
Gary Franchi	31:46
Rich Barrows (2nd run)	32:05
Melinda Orendorff	39:59
Jim Neblick	44:41

The Next Handicap Run

7:45 A.M. - SATURDAY
JUNE 5, 1993



Surprise! It's in the City

Ooh, that still sounds early to me. But we have had some beautiful early mornings and once we have our run in we will still have a very full day to play and work in. So . . . we will be meeting at **Christ the King Church parking lot** located at the intersection of Bonforte and MacNaughton. The run will loop and will be all on the left side of the road facing traffic, but please be careful.

The course: North on Bonforte to Commanche Rd, Left onto Commanche Rd, Follow Commanche until you meet Horseshoe, Turn left on Horseshoe then left onto Bonforte. Finish at MacNaughton & Bonforte. We will do _?_ loops. With that hill up Bonforte, you can get in a very intense work-out or just practice cruisin'. There is a very nice grassy area to relax in, if dry, at the end of the run. Bring some drink or food to share if you like.

(Special Page 2 guests: Athletes or ex-athletes who have changed their names. Their new names are: Kareem Abdul-Jabbar, Warren Jabali, Dwight Muhammad Qawi, Muhammad Ali, Matthew Saud Muhammad, Mustafa Muhammad, Ahmad Rashad, and Zaid Abdul-ziz.)

SCR "adopts" portion of trail; cleanup slated

by Kathy Duran

Friends of the River Trail, the consortium of local groups concerned with maintenance and construction of the trail system in Pueblo, has been very busy. Since January, many meetings between "Friends" and the Pueblo Parks and Recreation Department management have taken place. Together we've made decisions on how the \$27,000 trail budget will be spent. Two temporary employees have been hired to work on the trail system, a used pickup truck and several pieces of maintenance equipment have been purchased. The remaining funds will be used for hand tools and materials.

Our latest endeavor is the "Adopt a Trail" program. The different organizations that make up "Friends" have been asked to select a section of the trail to "adopt." Although we still need to set up the guidelines, the idea is to get organizations to clean up their section of trail twice a year and perhaps lend a hand for possible construction projects in their area.

At the April meeting, Southern Colorado Runners voted to adopt the trail starting at the City Park access, across the Brookhart bridge, then west to the Nature Center. Other groups have also adopted trail sections and we soon hope to have the entire 20.5 miles of trail covered. I proposed that SCR members get together on Saturday, May 29th, for our first trail cleanup. Let's meet at the Nature Center at 10 a.m., work our section of trail and then meet back at the Nature Center for a picnic around 1 p.m. If you can help on that day, please contact me (home: 546-1569 or work: 584-0201).

At a workshop session this month, I will be making a report to City Council on the progress that Friends of the River Trail has made with the cooperation of the Parks and Recreation Dept., as well as introducing them to the Adopt a Trail program.

SCR has been very vocal in asking for change in the way the trail system has been constructed and maintained; we should continue to lead the way. It's time for us to either "put up or shut up," as the saying goes, and set a good example on May 29th.

Do you care enough to help?

**Next SCR meeting
- 7:30 p.m. Tuesday,
June 1, at the Y**

RACE CALENDAR**PUEBLO-CANON CITY AREA****May**

- 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

June

- 5 Sat 7:45 AM Belmont Handicap Run, 5M
Christ the King parking lot - Bonforte Rd.

OTHER AREAS**May**

- 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
- 22 Sat 9:00 AM Howard Chili Cook-Off 5K, 1M & Walk
Howard Hall - Howard
- 29 Sat 1:00 PM Lungs for Life, 5K run & walk
Monument Valley Park - Colorado Springs
- 29 Sat 8:00 AM Summer Sun Youth Run:
7-9 yrs.: 1M. 10-12 & 13-14 yrs.: 2.25M
Memorial Park - Colorado Springs
- 31 Mon 7:45 AM Bolder Boulder, 10K
Flatiron Land

June

- 5 Sat 8:00 AM Run for the Homeless, 5M
Harrison High - Colorado Springs
- 12 Sat Run to the Beach, 5K
Cherry Creek Reservoir, Denver
- 12 Sat Jim Hollis Memorial Half-Marathon
Montrose
- 13 Sun 7:00 AM Garden of the Gods, 15K
Garden of the Gods - Colorado Springs
- 13 Sun 8:00 AM Horsetooth Mountain Trail Run, 8M
Horsetooth Mt. Park, Fort Collins
- 19 Sat 9:00 AM Woodland Park Mayor's Cup, 5K & 10K
Woodland Park
- 20 Sun 7:15 AM Strawberry Shortcut, 5K & 10K
Glenwood Springs High School
- 26 Sat 7:00 AM Jose Muldoons Sallin' Shoes, 10K
Acacia Park - Colorado Springs
- 26 Sat 8:30 AM Run the Rockies, 5K & 10K & 18M
Frisco Town Hall

OTHER BIG 1993 RACE DATES

- July 25 Colorado Springs Classic, 10K
- August 21 Pikes Peak Ascent, 13.1M

1993 MARATHONS

- May 16 Revco - Cleveland (see the gray sky)
- 30 Wyoming (& 50-Mile run)
- June 6 Steamboat Springs, CO (& Half & 10K)
- 19 Grandma's - Duluth, Minn. (& Half)
- July 18 San Francisco (see the Giants)
- 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
- Sept. 19 Pueblo River Trail Marathon & Half-Mara.
- October 2 St. George, Utah
- 3 Denver International (see if you can avoid it)
- 3 Sacramento, Calif.

RACING NOTES**World qualifier**

Michael Orendorff followed up his *Pueblo & Hinterlands Division* championship in the Y-Bi Classic biathlon (see Page 5) by finishing 1st in the 40-and-over division of the Colorado West Duathlon. Mr. O covered the Grand Junction course (5K run, 30K bike, 5K run) in 1:26.24 to qualify for the world biathlon championships to be held in September in France. He finished almost three minutes ahead of the second-place finisher in his age division.

When it rains, they run

Your humble editor was among a handful of Colorado runners who joined about 5,000 other racers in the Spring Classic 8K in Portland, Oregon during the weekend of the RRCA's national convention in April. A steady light rain pelted the field throughout the race. Heading the southern Colorado contingent was Nancy Hobbs, who finished in 30:19. Next were Bob Mutu in 32:17, Darlene Vigil (my newsletter editing compatriot with the Pikes Peak Road Runners) in 34:03, Jess Smith in 35:33, Margie Loyd-Allison in 36:30, yours truly Mr. Franchi in 37:30, and Roger Allison in 40:26. Tasty post-race eats!

Collegiate Peaks

Why anyone would want to trek to Buena Vista to run 25 miles in the wind with snow on the ground is beyond me, but Rich Hadley, Ted Quintana and Jim Robinson did just that. Didn't seem to mind, either, saying the conditions improved as the race wore on. Rich, who coaches distance runners for Florence High, led the SCR contingent by taking 7th overall in 3:28.18. Teddy was 3rd in his age group.

Life Cycle results

Results of the Life Cycle 5K (3.1 miles) run and walk held April 24 at the Colorado State Fairgrounds:

Run		Walk	
1, Roger Wolther	19:15	20, Margaret Abeyta	32:18
2, Ron Gallina	22:34	21, Jeff Wilson	32:28
3, Helen Robinson	22:38	22, Kathy Vukich	35:03
4, Ron Dehn	23:03	23, Joann Vallejo	35:04
5, Rich Barrows	23:06		
6, Chris Swan	23:09	1, Jane Rhodes	47:10
7, Marijane Martinez	23:17	2, Matthew Rhodes	47:11
8, Misti Frey	23:18	3, Diane Lease	47:12
9, Rocky Khosla	24:18	4, Bonnie Camack	47:12
10, Susy Renner	24:21	5, Laura Aragon	47:18
11, Jess Cosyleon	24:39	6, Heidi Carty	48:46
12, Sally Duffy	24:54	7, Eleanor Adams	48:48
13, Dick Greet	24:56	8, Amelia Richardson	50:23
14, Lori Stavang	25:52	9, Mary MacLennan	52:25
15, Robert Santoyo	25:59	10, Crystal Carty	55:37
16, Matt Diaz	26:43	11, Sutad Williams	55:40
17, Claudia Atencio	28:56	12, Bonne Warhle	59:17
18, Betty Jean Atencio	29:18	13, Jan Anderson	1:00.30
19, Thomas McGee	31:04	14, Rosemary Breen	1:00.35

Track speedwork advice:

"Finish each speed session feeling like you could do one more, but run hard enough that you're happy you don't have to."

- Karen Smyers

Battling allergies? Give these a try

by Rocky Khosla, M.D.

I have talked to a lot of people recently who are having one heck of a time with allergies this year, so I thought that we could tackle this topic.

Allergic reactions occur when our bodies react immunologically to something that it considers foreign. Within our blood, we have billions of different types of antibodies. Each of these antibodies is a protein that looks kind of like a Y. Each of these antibodies "recognizes" part of some chemical or physical structure. And when this chemical or physical structure is present, the antibody binds to it, and sets off a whole cascade of biochemical reactions. In the case of seasonal allergies, the type of antibody involved is called IgE, and when it binds to its target structure, called it's antigen, it sets off a reaction that eventually leads to massive releases of histamine from cells called mast cells.

So what does all of the above biological mumbo-jumbo have to do with your runny nose and itchy eyes? Well, it turns out that your symptoms are due to histamine. That is why antihistamines can help decrease some of these symptoms. Some other approaches are to use nasal steroids, which seem to suppress the release of histamine.

So what exactly are you allergic to? Well, it turns out



that our particular allergies are as unique as our finger prints. It just depends upon what type and amount of IgE that you have. Most of the common seasonal allergies are due to grasses, trees, pollens, weeds and ani-

mal hair.

What can you do if you have a really wicked case of the allergies? I would try to get on an antihistamine that won't make you sleepy (such as Seldane, Hismanal or Claritin), and your physician may also have you use nasal sprays (such as Vancinase, Beconase or Nasacort). A word of caution here is to not use the over-the-counter nasal sprays such as Afrin for more than 3 days in a row since your nose can get tolerant to it. Another approach to consider if you have chronic problems with allergies is immune blocking therapy - "shots". The theory with shots is that an allergist figures out what substances you have allergies to, then gives you those substances in small amounts that gradually increase, so that your body gets tolerant to these substances.

Till next time, here's hoping that you can run without your nose doing the same!

Biking Axiom:

While it's often windy in Pueblo during the spring,
it only rains on scheduled bike days. - Goodzky

Bad exercise habits were made to be broken. - Chip Zempel.

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

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



Don't miss a single edition!

Shoe wouldn't miss an issue of "Footprints" and neither should you. Hence, if you plan to move, send us your change of address because the newsletter won't be forwarded.

