

Priced way too low!



EDITOR: Gary Franchi

FOOTPRINTS



★★★ Home Edition ★★★

June, 1993



"Are we having fun yet?"

This photo – and a quick glance at the finish times – gives a good idea of what the inaugural Royal Gorge 10K Challenge held May 23 was all about. Here, Mark Koch is shown near the 4-mile mark during a 2¹/₄-mile ascent. For more on the race, see Page 4.

Photo by George Balles

Hot Items Inside

- | | |
|------------------------|--------|
| • "Great Stuff" | Page 2 |
| • Letter to the Editor | Page 3 |
| • Club News | Page 3 |
| • Royal Gorge 10K | Page 4 |
| • Ordinary Mortals | Page 5 |
| • Bolder Boulder | Page 6 |
| • Other Races | Page 6 |
| • Racing Calendar | Page 7 |
| • Racing Notes | Page 7 |
| • Rocky on Running | Page 8 |



Mark Your Calendar!

**Annual SCR Picnic
to be held
Saturday, July 31.**

*Site & other details
in next month's issue!*

Southern Colorado Runners: Promoting fitness throughout southern Colorado.



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of an inciteful chap named Wilde: "The pure and simple truth is rarely pure and never simple."

One Man's View: I'm on a mission. I want to finish first in my race division. I figure I've finished back in the pack long enough - for about 16 years now (that's how long I've been racing, of course). All these years I've applauded courteously for others during the awards ceremonies, earning a few ribbons and barely a handful of medals myself for extremely rare second- and third-place age division finishes. These invariably happened only when there was a small field, and I could afford to pay off key people to stay away from races for only so long.

I did my part for southern Colorado entrants by suggesting that a "Pueblo & Hinterlands Division" be created for some of the bigger local events that attract droves of competitors from around the state. So far race directors have ignored my suggestion, leaving many racers in this part of the state out of luck for medals when they're competing against the state's big guns. But at least I went to bat for them.

Now it's time to take care of myself. The "Pueblo & Hinterlands Division" doesn't go far enough to help me. At first, I was thinking maybe we could have a separate age division for 44-year-olds? But, nah! That wouldn't help me either. There still are plenty of guys like Dave Diaz around to kick my butt regularly. I could wait until I hit my next age division. But, shoot, Diaz and company will still be around, running circles around me. And for every Diaz type who might quit racing up the road, some other clown in my age group will move to town, and with him his stinkin' 38-minute 10Ks.

Enough is enough! I say it's time to act, and I have the perfect solution. How about creating a special race division called the "Born on September 23, 1948, in Detroit Division" and give me a fair chance? All it would mean is giving out one ad-



George Balles took a break here to pose with Diane Rubalcaba-Lopez (left) and Jessie Quintana

ditional first-place medal per race, and that's not asking too much, is it? I don't think that would deplete the coffers. So race directors, please include this division on future race entry forms. And if I still can't win a medal, then I'll know that I **REALLY** stink!

This Month's Smorgasbord: I've gotten hundreds of calls wondering where next year's Road Runners Club of America national convention will be held (well, okay, so I haven't gotten any, but I know there's a lot of interest in this). Space limitations last month caused me to edit out that information from the **Great**

Stuff column at the last minute, but mark your calendars now - it will be held April 7-9 in Washington, D.C. Meetcha at the Lincoln Memorial ... How about those great pictures George Balles has been taking for *Footprints* recently? George's shot of Porfirio Huerta and Steve Roch dueling in the Cinco de Mayo race, published in the May issue of *Footprints*, started a buzz of conversation at the newsletter assembling party at the Dust last month. This month, George went beyond the call of duty -- completing the (Extra)Ordinary Mortals Triathlon and then racing to his car to snatch his camera and snap the Susie Dorle shot that appear in this issue. I'm told he ran faster to his car than he did during the run leg of the triathlon. What a dude! ... Speaking of assembling the newsletter, Gold Dust employees told us they thought we set a "pitcher-packing" record at last month's gathering, but no one in our entourage was coherent enough to remember how many we polished off. Besides, Bill Veges might still be there, adding to the total ... **Final thought** for the summer biking season, this from Calvin: "Be careful, or be roadkill."

Movie line of the month: "What am I learning? I'm learning a lot about manure -- very interesting." Answer can be found somewhere in this issue. Enjoy the hunt!

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, Lani Guinier

Special Guests (like it or not, connection noted elsewhere):

Jill Hunter, Delillah Asiago, Rosa Mota, Ingrid Kristiansen, Nancy Tinari, Ellen Hart, Anne Audain, Ruth Hamilton.

Footprints is published monthly, rain or shine. If you'd like to contribute, contact the Editor, who edits with a "bullbleep wand."

SCR meetings are held the **1st Tuesday** of each month at the Pueblo YMCA at 7:30 p.m. Any SCR member may attend club meetings and vote on all issues. (Movie quiz: Harrison Ford in "Witness.")

Next SCR Meeting - 7:30 p.m. Tuesday, July 6, at the YMCA

"Footprints Jinx" stops Slaney

You've probably heard of the "Sports Illustrated Jinx." The legend goes that when athletes are featured prominently in the magazine, either with their photo on the cover or with a feature story inside, bad luck soon befalls them in the form of injury, poor performances, etc.



Well, now the "Footprints Jinx" has struck Mary Decker Slaney. After appearing with your beloved editor in a photo published in last month's issue, Slaney promptly injured a heel that required surgery, ending her track season.



? FITNESS TRIVIA ?

Q: Carol McLatchie of Houston was the winner of the Citizen's Women's division of the Bolder Boulder 10K this year with a time of 36:12. Cindy Paolucci, 25, was the top-finishing Pueblo woman with a time of 40:40. Who holds the the women's world 10K record?

A: Ingrid Kristiansen of Norway in 30:13.74

Misc. Club Notes

- Thanks to SCR members Glenn Sandusky and Paul Chacon for their generous contributions to our equipment replacement fund recently.
- Among the items the SCR needs in its equipment replacement drive is a finish/starting line banner. Dave Diaz has done some legwork getting bids, but it appears the Brewski Sisters at the Gold Dust may be able to help us get such a banner at a more affordable rate. Stay tuned!
- The SCR has received a letter of verification from the Road Runners Club of America noting that the club has been awarded a \$500 grant as seed money for a kids run. Rich Barrows is heading up this event, a 5K run to be held July 31. Rich has started a training program for the participants.
- Rich also has launched a Work-to-Ride Program in which needy Boys and Girls Club members, especially those who have had bikes stolen, are given the opportunity to earn a bike by working for them. Persons with used bicycles they no longer use are urged to donate them. Contact Rich at 542-4128 (w) or 544-4349 (h).
- After several years of hearing the word pronounced one of two different ways, I want to know: is the correct pronunciation chro-NO-mix or CHRO-no-mix?
- We've been told that the roads surrounding the University of Southern Colorado campus - or at least portions of it - will be repaired this summer. Finally! If any of you have run or driven on it lately, you know it's in miserable shape. Anyway, our annual Moonlight Madness race may be postponed until September to capitalize on the new surface.

HELP!

The SCR is looking for a new place to store its equipment. If you have such a location or a trailer in which the equipment can be stored and possibly used to transport the equipment, please call President Paul Barela at

544-8645.



Letter to the Editor

Dear Editor,

This is my 13th year of running and I came close to not being able to say that. For parts of the last two years, heel spurs have forced me to walk. Even walking hurt. I tried medical and orthopedic doctors and pads in my shoes but running was still a painful experience.

About 6 weeks ago, I began treatments with a reflexologist (\$67 a treatment) and found immediate relief. The treatment is deep massage to break up the calcium deposits on spurs. The treatments aren't pleasant but afterwards your feet feel great. I could begin running after the first treatment with no pain. I am actually enjoying running again.

Thought my experience might help someone else.

Sincerely yours,

Cicily A. Harman



The Beloved Departed

Love to hear about how SCR members are doing after having moved away from Pueblo. For instance, Andy Balou learned on a recent jaunt to the great northwest that Tim Spiro is sporting his "serious" cycling face again these days and could be nearing top competitive form. Also, I see where Mark and Lisa (Antonson) Brockie are now living in Florida, making me wonder how they're coping with the humidity. Too, the Bannings no longer live in Bozeman, Montana, having moved to the state of Washington.

Anyway, the point of all this is that some of us would like to know what you folks are up to these days. Hence, if you are an SCR member or ex-SCR member who has moved away, drop me a line sometime so I can let the rest of the club know what you're up to. Send to:

Gary Franchi
26 Duncan Road
Pueblo, CO 81001



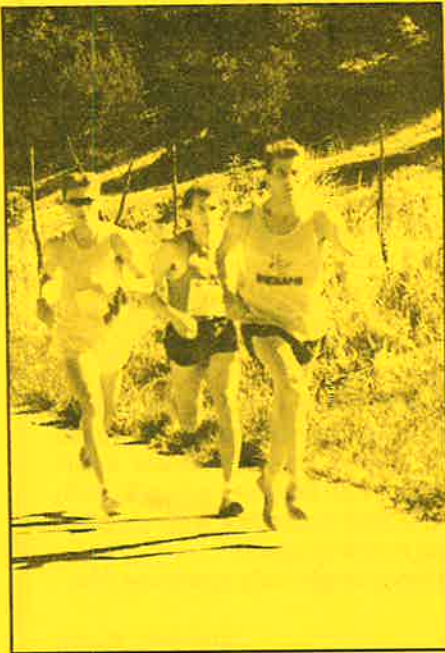
Special Guests on Page 2: Past winners of the Bolder Boulder.

As the weather heats up, join the Brewski Sisters for a cool, frosty mug of the liquid ale of your choice.

GOLD DUST SALOON
M[•]RID INC.

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

Royal Gorge 10K Challenge



Dueling for the Win

Three runners took off quickly in the Royal Gorge 10K Challenge held May 23. At left (from left), Chris Borton, Troy Friedersdorf and Andrew Hackler ran in a pack near the 1-mile mark. At right, Borton and Hackler had left Friedersdorf behind near the 3-mile mark. Borton went on to take first, and Friedersdorf came back to finish second. Hackler was third.

Photos by George Balles

200 finish inaugural Royal Gorge 10K

What an inaugural race! Some 200 runners survived a difficult, hilly 10K Royal Gorge 10K Challenge course to cross the finish line that was located right on the Royal Gorge Bridge.

But what an early duel by the leaders - Chris Borton, Troy Friedersdorf and Andy Hackler, all of Pueblo. As a

photo above shows, Borton and Hackler were neck and neck after 3 miles. Chris eventually broke away and won by over a minute in 38:01.

The women's finish was considerably closer, with Becky Swartz of Monte Vista edging Nancy Stark-Stevenson of Denver by 9 seconds.



Becky Swartz of Monte Vista paced female runners at the bridge finish line

Results of the Royal Gorge 10K Challenge held May 23 on an extremely hilly and difficult course in the Royal Gorge Park area:

Provided by Jeff Friesner

Top overall finishers

Male - Chris Borton, 17, 38:01

Female - Becky Swartz, 34, 48:17

Top female finishers

Overall

1, Becky Swartz, 34, Monte Vista	48:17
2, Nancy Stark-Stevenson, 39, Den.	48:26
3, Sharon Foster, 30, Springs	49:49
4, Trina Mayhill, 22, AFA	51:58
5, Margie Loyd-Allison, 43, Springs	52:02
6, Marilyn Weisinger, 31, Springs	54:20
7, Kerri Coulter, 38, Cañon	54:57
8, Amy Fletcher, 20, Springs	55:55
9, Jenine Ebersohl, 43, Springs	56:07
10, Linda Weyers, 36, Monte Vista	56:11
11, Helen Robinson, 35, Pueblo	56:12
12, Marcia Moore, 34, Cañon	57:00
13, Laura Williams, 36, Springs	57:07
14, Maggie Corbett, 21, AFA	58:18
15, Lani Jacqus, 24, Springs	59:07

By age division

20-29: 1, Trina Mayhill 51:58. 2, Amy Fletcher 55:55. 3, Maggie Corbett 58:18.

30-39: 1, Marilyn Weisinger 54:20. 2, Kerri Coulter 54:57. 3, Linda Weyers 56:11.

40-49: 1, Margie Loyd-Allison 52:02. 2, Jenine Ebersohl 56:07. 3, Donna Nelson 62:27.

50-59: 1, Sue Statzer 61:49. 2, Martha Kinsinger 64:22. 3, Beth Bryant 71:15.

Top male finishers

Overall

1, Chris Borton, 17, Pueblo	38:01
2, Troy Friedersdorf, 25, Pueblo	39:10
3, Andrew Hackler, 25, Pueblo	39:28
4, Mark Koch, 34, Pueblo	40:31
5, Bijan Pirnia, 34, Springs	40:37
6, Jim Doney, 30, Springs	41:45
7, John Martinez, 33, Leadville	42:02
8, Rich Hadley, 37, Florence	42:24
9, Woody Noleen, 37, AFA	43:12
10, John Messer, 17, Cañon	43:52
11, Bob Leonard, 49, Fruita	44:06
12, Rick Hessek, 27, Springs	44:16
13, Joe Friel, 49, Fort Collins	44:36
14, James Robinson, 41, Pueblo	44:49
15, Clint Zundel, 15, Cañon	45:26
16, Charlie Lang, 45, Springs	45:41
17, Tom Nelson, 47, Coal Creek	45:59
18, Mike Petrillo, 16, Cañon	46:14
19, Joseph DeMoor, 37, Buena Vista	46:24
20, Sam McClure, 39, Salida	46:38

By age division

14-under: 1, Todd Hund 47:03. 2, John Leusden 59:25. 3, Logan Eisenhauer 60:58.

15-19: 1, John Messer 43:52. 2, Clint Zundel 45:26. 3, Mike Petrillo 46:14.

20-29: 1, Rick Hessek 44:16. 2, Thomas Chandler 47:28. 3, Scott Morrison 51:25.

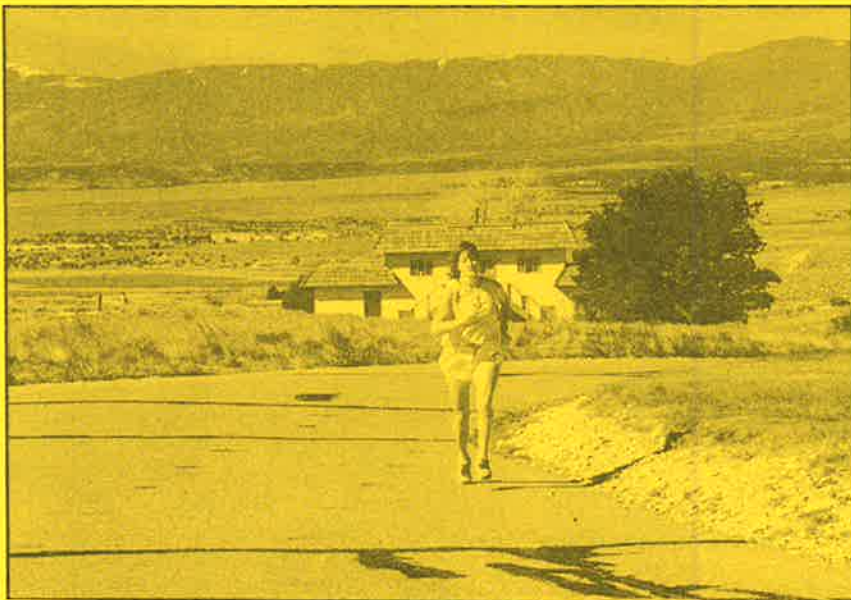
30-39: 1, Mark Koch 40:31. 2, Bijan Pirnia, 40:37. 3, Jim Doney 41:45.

40-49: 1, Bob Leonard 44:06. 2, Joe Friel 44:36. 3, James Robinson 44:49.

50-59: 1, David Musick 50:13. 2, Henry Hund 52:11. 3, George Dominguez 53:04.

60+: 1, Robert Maytag 55:06. 2, Denver Wood 60:00. 3, Jim Linn 63:09.

Ordinary Mortals Triathlon



Alone at the Finish!

Susie Dorle of Pueblo was unchallenged in the home stretch while racing to a 20th place overall finish in the Ordinary Mortals Triathlon held May 22 in Pueblo West. Competing in the 30-34 age division, Susie was the 3rd overall female in 1:11.10 and winner of the female side of the *Pueblo & Hinterlands Division*.

Photo by George Balles

Inhuman effort wins Ordinary 'Tri'

Not only did Dean Danowski of Boulder head the field in the second annual Ordinary Mortals Triathlon held May 22, but he was an awesome 6 minutes ahead of his closest pursuer. Competing in the 25-29 age division, Danowski had a hard-to-believe 54:49 clocking on the course that included a 525-meter swim, 12-mile bike and 3-mile run. Danowski is the Rocky Mt. Region's duathlon champion for 1993.

Second was Daryl Torri of Pueblo, who finished in 1:00:55. Michelle Blessing of Colorado Springs was right up there with

the big boys, clocking a sterling 1:01:57 time.

The course was based at the Regional Center in Pueblo West, and five swim waves eliminated the need to have circle swimming (thanks, Michael!). The first two waves actually got through most of the bike and run legs before the seemingly ever-present Pueblo West wind kicked in.

One of the highlights of the event was the hand-made pottery medalions, made by Kathie Arwood, that were given to each participant. What a treat!

Nice job, Kathie & organizers!

Triathlon Results

525-meter swim, 12-mile bike, 3-mile run

Provided by Andy Ballou

OVERALL WINNERS

Male - Dean W. Danowski, Boulder, 54:49

Female - Michelle Blessing, Colo. Springs, 1:01:57

LIST OF ALL FINISHERS

Place, Name	City	Time
1, Dean W. Danowski	Boulder	54:49
2, Daryl Torri	Pueblo	1:00:55
3, Bob Holtby	Colo. Springs	1:01:06
4, Michelle Blessing	Colo. Springs	1:01:57
5, Kerstin Weule	Evergreen	1:02:03
6, Paul Wiggs	Colo. Springs	1:02:10
7, Ian Ramsey	Boulder	1:02:47
8, Lonney Vogt	Farnsworth St.	1:03:34
9, Alan Arnholt	Divide	1:03:35
10, Mark Morgenstern	Crestone	1:03:49
11, Scott Smith	Colo. Springs	1:04:08
12, Peter Plaisance	Denver	1:04:36
13, Bob Oliver	Colo. Springs	1:05:30
14, Dave Mamich	Greeley	1:06:10
15, Mark Cooper	Colo. Springs	1:06:10
16, Team Ulsh	Canon City	1:06:51
17, Cecil Townsend	Avondale	1:07:47
18, Nick Alther	Colo. Springs	1:08:22
19, Mike Matthews	Colo. Springs	1:10:16
20, Susie Dorle	Pueblo	1:11:10
21, Terry Finnegan	Colo. Springs	1:11:11
22, Martin Burlingame	Colo. Springs	1:11:24
23, Karen Kemerling	Colo. Springs	1:11:29
24, John Koski	Pueblo	1:13:03
25, Adrienne Kramer	Pueblo	1:13:19
26, Alice Childers	Colo. Springs	1:13:25
27, Gary Franchi	Pueblo	1:14:05
28, Rodger Bybee	Frisco	1:14:46
29, John R. Moher	Colo. Springs	1:15:01
30, Russ Clock	Ft. Collins	1:15:28
31, Nick Leyva	Pueblo	1:15:29
32, Jennifer Good	Colo. Springs	1:16:17
33, Tom Martinez	Canon City	1:16:32
34, Michael Merlino	Canon City	1:16:33
35, Jack Miller	Colo. Springs	1:16:40
36, Randy Schmidt	Colo. Springs	1:16:57
37, Beth Holtby	Colo. Springs	1:17:28
38, Steve Arrasmith	Longmont	1:17:37
39, George Balles	Pueblo	1:17:45
40, Bill Baker	Denver	1:19:19
41, Matthew E. Phillips	Lakewood	1:19:26
42, Dano Weston	Pueblo	1:19:51
43, Michele Dondero	Denver	1:20:42
44, Marijane Martinez	Pueblo	1:21:05
45, Paul McWhorter	Pueblo	1:23:49
46, Sally Meyer	Crestone	1:23:50
47, Gregg Keefe	Boulder	1:23:57
48, Prudy Cosyleon	Pueblo	1:25:20
49, Julie Ansell	Ft. Collins	1:26:39
50, Cassandra Ripe	Lakewood	1:26:44
51, Bob Quintana	Pueblo	1:27:51
52, Kelly Bristol	Denver	1:29:25
53, Daryl Jacobs	Pueblo	1:31:28
54, John J. Gonzales	Northglenn	1:53:16

PUEBLO & HINTERLANDS DIVISION

Male

1, Daryl Torri	Pueblo	1:00:55
2, Cecil Townsend	Avondale	1:07:47
3, John Koski	Pueblo	1:13:03

Female

1, Susie Dorle	Pueblo	1:11:10
2, Adrienne Kramer	Pueblo	1:13:19
3, Marijane Martinez	Pueblo	1:21:05

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 there by contacting your *Footprints* editor:

Gary Franchi

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



Bolder Boulder



Bolder Bashers!

Heck with the race. The real excitement in Boulder on Memorial Day was the post-race party in Folsom Stadium. The finest from the SCR and Pueblo area gathered in Section 215 to soak in the vibes and sunshine while cheering on the rest of the runners. *Photo by Goodzky*

Young guns lead locals in Bolder Boulder

Officially, there were 32,177 finishers (34,748 entered) in the Bolder Boulder 10K, and Pueblo and the SCR were represented well. For instance, Dick LeDoux and Steve Cathcart (Pueblo native now living in Las Vegas, NM) ran in the Elite Men's division, clocking 31:28 and 33:06, respectively.

But it was in the Citizen's race where Puebloans - especially two young ones - were outstanding. Chris Borton, who has come into his own at the age of 17, was 37th overall in 33:34. Another young dude - Todd Hund, 13 - fin-

ished 650th in 39:21 (a PR for him). Between them were Marty Garcia, 32, 441st in 38:12; and Dave Diaz, 44, 553rd in the time of 38:49.

Top-finishing local women were Cindy Paolucci, 25, 52nd overall in 40:40; Claire Bueno, 28, 178th in 44:00; Kerri Coulter (Canon City), 38, 221st in 44:46; Lori Cabibi, 23, 304th in 45:49; and Marijane Martinez, 40, 440th in 47:16.

For the record, the race had 265 porta-potties, 6 miles of rope, 2 miles of fencing, and 1,000 feet of toilet paper.

Skyline Challenge

Here are the results of the difficult Skyline Challenge 10K held May 15 in Canon City, with the start and finish at Graydene Park. Results provided by Frank Jaquez.

List of all finishers

Place	Name	Age	Time
1.	Andrew Hackler	25	39:34
2.	Rich Hadley	37	41:35
3.	Mike Orendorff	41	43:03
4.	Marty Garcia	32	43:21
5.	Jim Robinson	41	44:06
6.	John Messer	17	44:43
7.	Dave Diaz	44	44:53
8.	Clint Zundel	15	46:06
9.	David Baker	35	47:01
10.	Harold Masters	33	49:05
11.	Fred Lujan	32	49:17

12.	Sam McClure	39	50:21
13.	Bill Veges	35	50:52
14.	Rich Barrows	35	51:05
15.	Don Pfost	52	51:23
16.	Ken McGowan	38	51:40
17.	Roger Peterson	40	52:04
18.	Mike Liemandt	50	52:33
19.	Gene Theilig	47	52:41
20.	Rand Morris	41	53:21
21.	Leaon Griswold	55	54:37
22.	Tom Cooper	56	58:27
23.	Dave Knight	43	59:01
24.	Dale Brentlinger	55	59:03
25.	John Henley	26	1:04.03
26.	Ruben Espinze	50	1:04.45
27.	Maria Gordon	33	1:07.12
28.	Paul Barela	38	1:07.28
29.	Tanny Cooper	43	1:11.06
30.	Jeffry Smith	41	1:13.50

OTHER RACES

Marvin was starvin' for energy

Unbeknownst to SCR runners in the Collegiate Peaks race, and hence unreported last month, was that club member Marvin Bradley of Canon City also competed in that 25-mile killer. Marv says it took him more than 5 hours to finish and that, if he was smart, he would have quit at the 14-mile mark since he already felt horrible at that point. And this guy's a banker?

Marathon man

Looking for a lesser-known marathon? SCR's Bill DeMoss suggests that runners consider both the Hogeye Marathon in Fayetteville, Arkansas, and the Shiprock Marathon in New Mexico.

In early April, Bill completed the scenic, hilly Hogeye run in 4:28.54 after enjoying a speech by Buddy Edelelen at the pre-race dinner. Just a month later, on May 7, he took part in the Shiprock Marathon on a pretty, less hilly course held mostly on a Navajo Indian reservation but finishing in town. Perhaps fatigue from back-to-back marathons caught up with Bill there, for his time was 4:40.20 - his slowest marathon ever.

Miscellaneous racing notes

- Following up on the exploits of Ronda Leyba, featured by Marijane in a recent issue of *Footprints*, note that the Adams State runner recently competed for ASC in the NCAA Division II Track & Field Championships held in Abilene, Texas. Ronda took 4th place in the 10,000 meters (missed the time) and 7th in the 5,000 meter-distance (17:34.7).

- A few ambitious SCR souls ventured to Colorado Springs for the Triple Crown Tuneup 10K race in which more than 500 racers competed. Among those finishing were Mike Borton (45+ minutes), Paul Chacon (45+), Tomas Duran (47+), Todd Hund (43+), Henry Hund (49+), Nick Leyva (46+), and Marijane Martinez (50+).

The Triple Crown race dates are June 13 for the Garden of the Gods 15K, July 25 for the Colorado Springs Classic 10K, and Aug. 21 & 22 for the Pikes Peak Ascent and Marathon, respectively.



RACE CALENDAR



PUEBLO-CANON CITY AREA

June

20 Sun 7:30 AM Father's Day Half-Marathon
8:00 AM & 5K
City Park

July

10 Sat 8:00 AM Women's Distance Festival, 5K
City Park
17 Sat TBA Founder's Day Run, 5M (still very
Union Avenue tentative)
31 Sat 7:20 AM Trail Run, 15K & 6K
Nature Center

OTHER AREAS

June

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 Sailin' Shoes, 10K
Acacia Park - Colorado Springs
26 Sat 8:30 AM Run the Rockies, 5K & 10K & 18M
Frisco Town Hall

July

4 Sat 8:00 AM Flame Out 4, 4M
Memorial Park - Colorado Springs
11 Sat 7:00 AM Garden Tour Half-Marathon
Downtown Colorado Springs
25 Sat 7:00 AM Colorado Springs Classic, 10K
Manitou Springs

August

7 Sat 7:00 AM Wildest Race in Town, 5K
Cheyenne Mountain Zoo
21 Sat 7:00 AM Pikes Peak Ascent, 13.1M
Manitou Springs

UPCOMING COLORADO TRIATHLONS

July 10 Tri-It-At-The-Summit, Frisco
10K run/17M bike/450-yard swim
11 Evergreen High Country
(Ironman qualifier)
1M swim/50M bike/10M run
25 Boulder Peak
1.5K swim/42K bike/10K run
31 Pikes Peak YMCA Mini
.25M swim/16.5M bike/3M run

1993 MARATHONS

June 19 Grandma's - Duluth, Minn. (& Half)
July 18 San Francisco (see Barry & Will)
24 Desert News - Salt Lake City, Utah
August 22 Pikes Peak (embrace pain)
September 5 Black Hills - Rapid City, South Dakota
6 Turtle - Roswell, New Mexico
12 Duke City - Albuquerque, New Mexico
Pueblo River Trail Marathon & Half-Mara.
October 2 St. George, Utah
3 Denver International (visit Twist 'n Shout)
3 Sacramento, Calif.
3 Twin Cities - Minneapolis, Minn.
23 Wichita - Kansas
December 5 Dallas White Rock - Texas
California International - Sacramento

RACING NOTES

And now for something completely different

SCR's Michael Orendorff has concocted an event of two distances - 15K or 6K - in the inaugural Trail Run set for Saturday, July 31. Both races will start at the Nature Center and proceed on a variety of surfaces, most of them natural ones. An added twist is that a handicapping system based on age and sex of each participant will be used.

We could use some assistance in conducting the races. If you won't be running, please offer to help by calling Michael at 561-2956 (evenings).

In case you were wondering ...

- The date of this year's State Fair Run is Sunday, August 29. Doug Simmons and Damian Rotolo will be directing it. The Colorado Lottery is sponsoring the annual event once again.
- The American Cancer Society is encouraging runners and walkers to participate in a 4 1/2-mile fundraiser run or walk on Lookout Mountain in Golden at 8 a.m. on Saturday, June 19. For information, call (303) 758-2030.
- Proceeds from the Ordinary Mortals Triathlon were split between the Special Olympics & the Pueblo Regional Center.
- As this issue went to print, the date of the annual Drag'n On In Triathlon at Lake Pueblo hadn't been established. The event was postponed from its June 27 date because of an American Cancer Society conflict.
- The date of the annual Canon City River Run has already been established - it's set for Saturday, Sept. 11.

Handicap Update

A whopping 7 runners showed up for the June Handicap Run originating at the Christ the King Church parking lot. First finisher of the 4.4-mile run was Tim Vigil, who was timed in 25:06. However, closest to his predict was Robert Santoyo, who was 17 seconds faster. The results:

Name	Actual Time	Differential
Rich Barrows	34:21	- :39
Dave Diaz	29:32	+2:02
Rich Hadley	28:15	+ :45
Don Pfoft	33:31	+ :31
Robert Santoyo	39:43	- :17
Tim Vigil	25:06	- :24
Mark Wilkinson	44:10	+6:10

Racing advice:

"Don't dwell on results. When you concentrate on results, you open yourself up to doubt. When you concentrate on giving it your best, you reap the reward. Focus on purpose and not results. When is the last time you were really focused on giving your best and enjoying?"

- Mannie Edelstein

Eating disorders can hamper athletes

by Rocky Khosla, M.D.



I was asked to address the topic of eating disorders in athletes, an area that we are just starting to understand. Anorexia nervosa and bulimia are two entities that most people have seen described in the media.

Anorexia is a condition in which a patient weighs 15% or more under what is considered normal for his or her height, has an intense fear of gaining weight and a distorted body image. These people, for example, may be just skin and bones, yet when they look at themselves in the mirror, they see themselves being obese. This condition is a serious medical problem that carries with it a mortality rate of 20-30%.

Bulimia is a condition in which a patient has a disordered relationship to food where there are recurrent episodes of binge eating, regular use of self-induced vomiting, laxatives and diuretics and a persistent overconcern with body shape and weight. Bulimics often will binge eat and then use vigorous exercise to prevent weight gain. Bulimia doesn't have as high a mortality rate as anorexia, but it is a medical concern.

Eating disorders may be prevalent in as many as 15-60% of athletes. Women are more likely than men to suffer from these. In fact, there is a scary association of eating disorders with loss of menstrual periods and osteoporosis,

which has been labeled "female athlete triad."

Sports in which eating disorders have the highest prevalence are those which emphasize thinness or the appearance of leanness such as gymnastics, distance running, figure skating, swim-

ming, etc.

So, what do you do if you or someone you know may be suffering from an eating disorder? I think the first step is to recognize the problem and admit to it. Next, talk to your doctor, who may wish to also get a nutritionist and/or mental health professional involved. Just remember: eating disorders are not just a bad habit; they can kill you.

Till the next time, happy trails!

Vitamin E linked to lower death rate

Two new studies strongly suggest that supplements of vitamin E can significantly reduce the risk of disease and death from fat-clogged coronary arteries. The greatest protection was found at levels of about 100 international units of vitamin E a day over a period of more than two years. The federal recommended daily allowance of the vitamin is 15 units, and most people consume fewer than 25 units daily from foods.

Experts say many people can take 400 units or more of vitamin E supplements with no apparent adverse effects.

**Locker room
Axiom:**

**The person who walks into the locker room in front of
you will get the last available locker. - Goodzky**

"Muscles come and go; flab lasts." - Bill Vaughan

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 let 'em get away!

Mr. Beasley is a busy guy. So if you want to make sure he delivers your issues of "Footprints," you'd better make sure you send us your change of address when you move.



The new address for the Road Runners Club of America is: 1150 S. Washington St., Suite 250 • Alexandria, VA 22314-4493