

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

July, 1993

★★★ Home Edition ★★★

Price: 0 Cents

Join us Saturday, July 31, at the annual SCR Picnic

Your club will pick up the tab this year for SCR members and their family members who attend the annual Southern Colorado Runners Picnic that will be held Saturday, July 31, beginning at 11 a.m. at the Biz Lizard picnic grounds located in the vicinity of the North Shore Marina at Lake Pueblo.

Come out and schmooze, enjoy the chefsmanship of Frank Arteaga, some fine liquid refreshment, and partake of a variety of games.

Make it a full day by running the Trail Run that will begin at 7:20 a.m. at the Nature Center before coming out to the picnic. See you there!



COME
AND GET
IT!!

PICNIC FACTS:

- 11 a.m. Saturday, July 31
- Big Lizard picnic area near the North Shore Marina
- Free to SCR members and their families
- Be there!

Meet the Runner

He even surprises himself

Name: Andrew Hackler
Age: 25
DOB: January 19, 1968
Born in: Dallas, Texas
Height: 6'
Weight: 185 lbs.
Occupation: Student, USC
Major: Political Science
PR's: 5K - 15:44
10K - 31:30
1/2 thon - 1:11
Marathon - 2:37

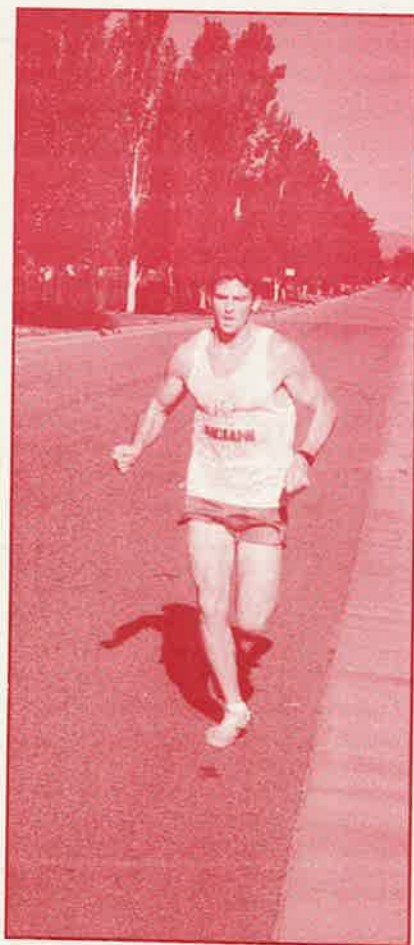
by Marijane Martinez

Andrew "Andy" Hackler is one of those runners you can only recognize when you see his back because in races that's usually all you ever see. In talking to Andy, he confirmed what we always thought - he is basically a reserved, polite and extremely quiet individual.

Andy is a little more than surprised himself that he is a good runner. He admits that with more time to train and a good coach he could be an even much

See Hackler on back page

*Orendorff qualifies
for Ironman -
see Page 6*



Andrew Hackler usually is all alone at the finish line

Southern Colorado Runners: Promoting fitness throughout southern Colorado.



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Gene Fowler: "An editor should have a pimp for a brother so he'd have someone to look up to."

One Man's View: Ever have trouble getting up and out in time for an 8 o'clock race in Pueblo? Man, I sure have! Because I'm a "night" person biologically, this has been a real obstacle to my racing career since I started running. Actually, I sometimes don't even bother to enter races when I feel my body needs to catch up on sleep, which is the case on more weekends than not. Having to get up at 6:00 or 6:30 a.m. on the weekend and get my body awake enough to race is usually not worth the trouble.

And this is for Pueblo races. Thinking about racing in the Springs is another animal altogether. If you want to enter a Triple Crown race, you've got to get up about 4:30 in the morning in order to leave here between 5 and 5:30 because all of the Triple Crown races start at 7 a.m. I wanted to run the Sailin' Shoes 10K in downtown Colorado Springs at the tail end of June, but I decided not to because that race also started at 7 a.m. and I didn't think my body could take losing all that sleep.

This bothers me and, of course, has gotten me to thinking. (*Didn't think you'd get just a nice, tidy, little personal story, did you?*) To the point, I keep wondering why runners from south of the Fountain time zone should be at a disadvantage when racing in the Springs. Hence, to help runners from Pueblo and the hinterlands (southeast Colorado), I've come up with a *Fatigue of Travel (F.O.T.)* handicap system that can be factored into their finish times. You could base it on the mileage from one's city of residence to the Springs. A mileage table could be included on the entry forms. A 1% handicap per 10 miles traveled sounds reasonable to me, but this is a matter of conjecture.

I don't see the arithmetic as being a problem. In fact, if Westy Sports can give triathletes their times in the finish chutes (see "Smorgasbord" section at right), I'm betting they could program their computers to include the F.O.T. handicap percentages and churn out the results in the normal time. Heck, if Springs race directors don't want to pay Westy, I'm sure they could hire our own computer whiz, Andy Ballou, to do it for a lot less.

Think how much tougher the studs and studettes of Pueblo

and the hinterlands would be if they had a handicap. Shoot, man, some of them might even consider moving to Trinidad or Lamar to increase their F.O.T handicaps.

This Month's Smorgasbord: Ran into the ultimate in idiocy (other than the "One Man's View" dissertation above, of course) at the East High School track where a couple was walking together side by side, both sporting their own radio headphones. Hey, super! Wouldn't want to have to talk to each other now, would we? ... Speaking of ultimates, I've got to believe that Westy Sports represents the ultimate in timing technology at multi-sport events where it provides you with your split times and overall time immediately after you cross the finish line, before you even exit the finish chute. How dey do dat? ... Good to see Betty Duran up and at 'em again after having surgery on both feet in February. Expect to see Betty on her Belmont jaunts again real soon ... Editorial consultant Nick Nasch wonders how the heck they get air in bicycle pumps. In case you were wondering, he's NOT a rocket scientist by profession ... By the way, why



Mr. Rodgers

don't the LifeCycle bikes you ride indoors have gel seat covers? Hey, lookit, some of us don't have much natural padding! ... Hard to believe ex-Boston Marathon king Bill Rodgers is a master's division runner. In his photos, he still looks like he's 16 ... A good reason for being a runner instead of a golfer: so you don't get arm-twisted into playing in fundraising golf tournaments every other weekend in the summer ... As a final thought this month, here's something to keep in mind during your road races, compliments of Matt Williams of the San Francisco Giants: "If you've never failed at anything, I don't think you've ever really lived." Hmmm! Guess I've lived an eternity already.

Movie line of the month: "Did you ever reach the point in your life where you say to yourself, 'This is the best I'm ever gonna look, the best I'm ever gonna feel, the best I'm ever gonna do,' and it ain't that great?" Answer in tiny type elsewhere in this issue. (Guess who owns stock in a company that manufactures magnifying glasses?)



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 "Goodzky" Franchi	545-2603

Editorial Consultants: Nick Nasch, Bill Watterson
 Special Guests (connection noted elsewhere):
 Gelindo Bordin, Carlos Lopes, Walter Cierpinski, Frank Shorter,
 Mamo Wold, Abebe Bikila, Alain Mimoun, Emil Zatopek.

Footprints is published monthly, like it or not. If you'd like to contribute, contact the Editor, who has complete editorial liberty.

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: Billy Crystal in "City Slickers.")

Next SCR Meeting -
 7:30 p.m. Tuesday, August 3,
 at the YMCA



? FITNESS TRIVIA ?

Q: Eamonn Coghlan of Ireland is attempting to become the 1st person 40 or over to run an indoor mile in under 4 minutes. Your beloved editor has never run an indoor mile, for obvious reasons. Coghlan also holds the world's indoor record. What is his world record?

A: Coghlan ran a 3:49.78 in New Jersey in 1983.

Keeping Fit

A few ideas to keep you fit in mind and body, culled from many sources by Goodzky, who, of course, supplies the usual editorial comments):

A general working out rule

- You always read that **drinking fluids** is crucial to exercise performance. Those writers aren't kidding. A recent health-related article in the *Rocky Mountain News* stated that the body's need for water is second to that for oxygen. It suggests drinking 2 cups of fluids for every pound lost exercising. (Ed. Note: I've been told that "pitcher pumping" at the Gold Dust is NOT a form of fluid intake).

For swimmers

- Swimming is called **technique-intensive**. You can improve your performance more through fine adjustments of style than by grueling, time-consuming workouts, according to an article in *Men's Fitness* magazine. And, as in other activities, interval repeats are the best way to build aerobic endurance and maintain proper form. (Ed. Note: I'm afraid that if you want to race fast, you have to train fast once in a while.)

For the mind

- This advice from **Dave Johnson**, U.S. decathlete champion: "Never allow a pre-conceived goal to interfere with your ability to adapt and improvise."

Facts about this & that:

- Colds** - Viruses are spread most easily by the hands and mouth. To prevent catching one, keep toothbrushes separated; don't store them in a single common cup. (Ed. Note: Actually, I've found that having separate checks has a bigger effect on a relationship.)

- Ten Mt. Everest mountain climbers burned an average of 5,148 calories a day at altitudes up to 29,000 feet. Everest climbers each lost about 13 percent of their body weight on the expedition.

- A taco salad at a fast-food restaurant can contain up to 61 grams of fat, as much as two steaks.

- Evidence from a Tufts University study shows that Vitamin E, in addition to playing a key role in preventing cancer and maintaining a strong heart, may help athletes build bigger, stronger muscles. (Ed. Note: Yeah, but does it relieve headaches like fish sticks do?)

- A Rand corporation study revealed that every mile a sedentary man walks or runs adds 21 minutes to one's life. (Ed. Note: First, how do they come up with this stuff? Second, prove it!)

Calories burned per day:

- Tour de France cyclist in race: 5,900
- Pro baseball player in season: 4,654
- Distance runner in training: 3,136
- Couch potato indulging: 2,395

The Beloved Departed

Last month I issued a request for information from current or SCR members who are now living out of state. In case you were wondering, we still send newsletters to many of them, whether they are still members or not. Here is the first in a series of periodic reports on them:

The Spiro Family

Tim and Sheila continue to live in Silverdale, Washington, where they love the water, weather, and their dancing (square and round). Tim has indeed returned heavily to biking, and this month he is to be part of a relay team for the "Run from Mt. Hood to Ocean Beach," a 100-mile jaunt.

The Spiros have been unsuccessful in finding a local tavern that compares in service and party-hosting with the Gold Dust Saloon, owned by our Brewski Sisters (Shelly Riddock and Ruth McDonald).

Sheila is keeping busy as a Navy wife and with daughter Sarah's high school stuff (if you're a parent, you understand). The Navy Wives have been deeply involved with community service, something Sheila has found very rewarding.

When Sheila wrote, she said Sarah was a high school senior who was busy in the marching band and as a cheerleader. Older daughter Wendy just finished her freshman year at Central Washington University and is working this summer at a camp ranch away from home.

The Spiros have enjoyed having Judy Arnold in the neighborhood, Judy having moved there from Pueblo recently. They do a lot of neat things together.

There is another move in the future for the Spiros, with Tim scheduled to become an Officer In Charge in Groton, Connecticut, this fall. Sheila will hang back until Sarah completes her senior year.

While having a good time near Seattle, the Spiros miss their Pueblo friends & ask them to visit the "Emerald City."

Are you a "beloved departed?" Write me and update us on your lives. We'd love to hear from you. Send to:

Gary Franchi
26 Duncan Road
Pueblo, CO 81001



P.S.: To the lowan (we have readers everywhere) who asked if the above caricature was supposed to be Waldo (in reality it's a self-portrait cartoon drawn by your beloved editor), all I can say is may a domestic canine become irrational on your living room carpet. Oh, and have a nice day!

Special Guests on Page 2: Past winners of the Summer Olympics marathon.

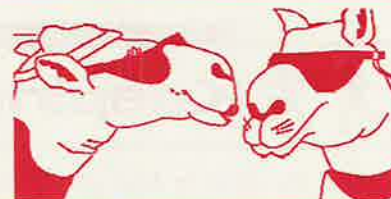
As the weather heats up, join the Brewski Sisters for a cool, frosty mug of the liquid ale of your choice.

GOLD DUST SALOON
M*RD INC.

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

Garden of the Gods 15K

Here are results from this June 13 race held in Colorado Springs.
Results provided by Nancy Hobbs.



Pueblo & Hinterlands Finishers

(Includes runners from Pueblo, SCR, and Southeast Colorado)

MALE DIVISIONS

16-19			
Place	Name	Age	City
2	Chris Borton	17	Pueblo
27	Tom Serrato	19	Walsenburg
25-29			
4	Troy Friedersdorf	25	Pueblo
9	Tim Vigil	29	Walsenburg
17	Pat McQueen	29	Salida
94	Mario Rodriguez	28	Ordway
30-34			
12	Mark Koch	34	Pueblo
20	Marty Garcia	32	Pueblo
45	Eugene Mares	30	Pueblo
71	Rich Barrows	33	Pueblo
108	Donnie Reeves	33	Ordway
111	Randy Reeves	34	Ordway
148	Jim Hruby	30	Rye
35-39			
1	Dick LeDoux	36	Pueblo
12	Rich Hadley	37	Florence
53	Paul Chacon	38	Pueblo
59	Joe Miceli	36	Pueblo
105	Bill Veges	35	Pueblo
111	Nick Leyva	39	Pueblo
115	Jeff Miller	35	Pueblo
182	Darrow Singer	38	Pueblo
217	Matthew Martin	38	Pueblo
221	Paul Barela	38	Pueblo
40-44			
12	Jim Robinson	42	Pueblo
22	Ted Quintana	42	Pueblo
31	Dave Diaz	44	Pueblo
36	Jim Rodriguez	43	Pueblo
66	Gilbert Romero	40	Pueblo
127	Bonifacio Cosyleon	44	Pueblo
141	Mike Saucedo	43	Cañon City
164	Paul Willumstad	43	Pueblo
201	Bruce Taylor	44	Pueblo
212	Karl Aguilera	43	La Junta
45-49			
40	Tomas Duran	47	Pueblo
63	David Crockenberg	46	Pueblo
88	Jess Cosyleon	46	Pueblo West
149	David Gotfred	48	Pueblo
50-54			
11	Mike McClure	50	Pueblo
18	George Dominguez	53	Raton, NM
27	Marv Bradley	54	Cañon City
73	Ruben Espinoza	50	Cañon City
75-79			
1	Carl Mapps	76	Colorado City

Classic's Up Next!

The second leg of the Triple Crown - the Classic 10K - will be held Sunday, July 25.



FEMALE DIVISIONS

20-24			
Place	Name	Age	City
1	Terry Villarreal	23	Alamosa
25-29			
7	Claire Bueno	28	Pueblo
18	Stella Heffron	26	Parker
29	Misti Frey	25	Pueblo
30-34			
3	Cindy Abeyta	34	Trinidad
46	Kathleen Hruby	30	Rye
52	Stacey Bowman	32	Pueblo
53	Kim Westerman	31	Pueblo
35-39			
11	Kerri Coulter	38	Cañon City
24	Susan Gebhart	38	Penrose
69	Betsy Hill	39	Pueblo
40-44			
9	Marijane Martinez	40	Pueblo
50	Carmen Garcia	44	Pueblo
53	Cheryl Saucedo	41	Cañon City
63	Wendy King	44	Cotopaxi
71	Kathy Howard	44	Pueblo
72	Susan Stiller	44	Pueblo
45-49			
4	Lorraine Hoyle	45	Pueblo
16	Jeanne Reed	46	Alamosa
23	Gloria Montoya	45	Pueblo
28	Susan Campbell	48	Pueblo
30	Cheryl McCoy	48	Salida
31	Deanna Stever	48	Pueblo
55-59			
6	Judy Tucker	57	Pueblo
60-64			
1	Arlene Ruark	61	Alamosa

Top Overall Finishers

Male - Matt Carpenter, 28, 47:46.

Female - Kathryn Evans, 29, 58:20

FEMALE

Name	Age	City	Time
1, Kathryn Evans	29	Fort Collins	58:20
2, J'ne Day-Lucore	32	Denver	58:35
3, Terry Villarreal	23	Alamosa	59:26
4, Wendy Harris	29	Englewood	1:00:27
5, Sheila Geere	29	Dotsero	1:01:15

MALE

Name	Age	City	Time
1, Matt Carpenter	28	Colorado Springs	47:46
2, Jesse Llanez	25	Denver	49:09
3, David Honea	24	Albuquerque	49:24
4, Dick LeDoux	36	Pueblo	49:39
5, Horacio Cabrera	32	Denver	50:31

**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



Father's Day 5K & Half-Marathon



Early in the half-marathon, Robert Santoya headed a tightly-wound pack of runners that soon headed for the River Trail

Photos by Goodzky

The Results

Provided by Frank Arteaga

5K

Place Name	Age	Time
1, Andrew Hackler	25	16:10
2, Mike Messick	36	17:22
3, Jason Middlemiss	20	17:35
4, Jim Cain	45	19:21
5, Eugene Mares	30	19:46
6, Gerald Romero	21	21:00
7, Dave Famum	45	21:46
8, Misty Frey	25	22:25
9, Karri McCartney	28	24:28
10, Wendy Messick	14	25:22
11, Mark Wilkerson	42	26:24
12, John Reeves	31	27:20
13, Kathy Duran	?	28:16

Half-Marathon

Place Name	Age	Time
1, Tim Vigil	29	1:19.43
2, Rich Hadley	36	1:21.14
3, Jim Robinson	42	1:22.42
4, Marty Garcia	32	1:24.14
5, Ted Quintana	42	1:24.43
6, Dave Diaz	44	1:30.23
7, Paul Chacon	38	1:31.36
8, Bill Veges	35	1:36.10
9, Don Pfost	51	1:36.26
10, P. Van DerGotthen	51	1:36.48
11, Jack Janey	40	1:36.51
12, Nick Leyva	39	1:37.27
13, Joe Stommel	43	1:44.58
14, Marijane Martinez	40	1:47.05
15, Rich Barrows	33	1:51.12
16, Ramel Reeves	34	1:52.36
17, Ron Archuleta	30	1:53.36
18, Robert Santoya	31	1:57.35



Misty Frey begins 2nd lap en route to being 1st female finisher in 5K

Women's Distance Festival

The only question was which Leyba twin - Annette or Bernadette - was going to finish first. The Pueblo East High School seniors took the lead together from the start and never looked back. Never had to! After they ran side by side the first mile and a half or so, Annette began pulling away, finishing first in 20:18. Bernadette's time was 20:43. Here are the complete results:

Provided by Marijane Martinez

Place Name	Age	Time
1, Annette Leyba	17	20:18
2, Bernadette Leyba	17	20:43
3, Kerri Coulter	38	21:37
4, Denise Gonzales	13	21:38
5, Helen Robinson	35	22:21
6, Karen Ortiz	29	22:44
7, Misty Frey	25	22:45
8, Leah Harmon	14	22:55
9, Marijane Martinez	41	22:59
10, Stacey Bowman	32	23:02
11, Trisha Ferguson	41	23:46
12, Katherine Singer	52	24:12
13, Gigi McLaughlin	29	24:44
14, Diane Lopez	35	24:55
15, Wendy Messick	14	25:05
16, Jessie Quintana	49	25:17
17, Beatrice Grebence	38	25:33
18, Claudia Atencio	36	26:25
19, Donna Nicholas-Griesel	47	26:46
20, Judy Tucker	57	27:08
21, Betsy Hill	39	27:42
22, Cicily Harmon	53	27:53
23, Angela Carpenter	33	29:32
24, Laurie Fenton-Nicholas	37	30:18
25, Deanna Stever	48	31:23
26, Nicole Leyva	12	31:42
27, Jackie Kauffman	9	32:23
28, Mary Ann Fierro	12	35:01
29, Melanie Carpenter	12	35:02
30, Ginney Sheppard	12	35:45
31, Sally Taylor	37	36:35
32, Angelique Armijo	8	38:00
33, Jayme Casaus	11	38:06
34, Lindsey Musso	8	41:27
35, Mena Patrone	11	42:45
36, Susy Renner	29	42:48
37, Pat Brockman	38	42:49
38, Julie Mapps	72	44:15

WALKING DIVISION (times unavailable)

- 1, Ida Mae Martin
- 2, Melinda Badgley Orendorff
- 3, Monica Gomez

Other Walkers

Marilyn Matos	Debora Bustos
Brandi Sheppard	Mary Rowell
Maribel Maes	Carmen Marre Perez
Carol Jean Perea	P.J. Barrows
Nancie Aguirre	Evangelina Trujillo
Mary Ann Boyer-Pedraza	

Oops!

Cicily Harmon sent a note concerning the reflexologist treatments mentioned in her *Letter to the Editor* in last month's issue. Seems the treatment price isn't \$67 as noted, but actually is a mere \$6, making it a deal if I've ever heard of one.

Triathlons

Orendorff Qualifies for Ironman with 5:02 clocking in Evergreen



Mike Orendorff reached new heights by staying relaxed

A new swim stroke, new triathlon "aero" bars, and a new back wheel I can't pronounce nor understand sure helped, but it was a new relaxed attitude that made the big difference for Michael Orendorff at the Evergreen Triathlon on July 11. Vowing to enjoy the entire experience and not kill himself trying too hard, Mike completed the 1+ mile swim, 55-mile bike, and 11-mile trail run in 5 hours and 2 minutes to finish first in the 40-44 age division and qualify for the Ironman Triathlon to be held October 30 in Hawaii.

"It was very satisfying, very enjoyable," said Mike, still basking in the glow a day later. "My attitude was, it would be nice to qualify but it's not an end-all."

I'm not sure about this, but Mike, 41, may be the first from Pueblo to qualify for the Ironman, and he says he plans to make the fall trip to Hawaii. First, he says he'll have to overcome a case of plantar

fascitis he's had for a year as well as increase his training between now and the Ironman.

Also competing from Pueblo was the female trio of Adrienne Kramer, Susie Dorle and Carol Smith who combined to finish in about 5½ hours. Adrienne also competed as an individual and finished the entire course in under 6 hours.

Report from Inverness

Also by Mike

On June 27, a logistical challenge was met and handled well. A short bike course was fun and challenging while still being relatively short. The general environment was very pleasant. The pool lap swim was as crazy and unpredictable as one might expect with six people in a lane.

Recommendation: This triathlon is good for both experienced and beginning triathletes. The distances are not overwhelming - 800-meter swim, 18.5-mile bike, 3.1-mile run. You're never far from aid. The course is well marked. There's lounging room at the start and finish at the Inverness Athletic Club located at the far south edge of the Denver suburbs.

Nothing in life is perfect, but I'll wait on listing my complaints about this event. I do encourage you to put it on your list for next year. There was a wide range of athletic abilities brought by the participants so no one should be able to become too haughty or too despondent.

Also attending from area were Cecil Townsend of Avondale and Mike Merlino of Cañon City

Milkman delivers

George Balles and Bob King carried the SCR banner to Dexter, New Mexico, to compete in the annual Milkman Triathlon, a Rocky Mountain regional competition. The event consisted of a 500-meter lake swim, a 12.5-mile bike and a 5K run. George finished in 1:24 and Bob in 1:38. Both were glad they made the trip and lived to tell about it.

Titanic Tri-Greek Battle Sees Franchi Stomp Orendorff

Superior Intelligence Makes the Difference

by Mike Orendorff

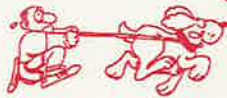
With the nonchalance of the truly confident, Gary Franchi, being in a later swim wave, spotted Mike Orendorff an hour's head start at the Fort Morgan Tinman Triathlon held June 14. That deficit to overcome not being enough, Mr. Franchi also stopped and gentlemanly helped a female tri-greek with a flat-tire repair. (Ed. Note: *what's a guy to do?*) Spectators and bettors questioned such athletic arrogance, but it proved well-founded as Mr. Franchi (3:04 time for 1-mile swim, 31-mile bike, 10K run) beat Mr. Orendorff by a whopping 20 minutes at the finish.

When asked by the press to explain the source of such confidence - training? diet? musical meditation? sex? - Mr. Franchi replied that the only advantage required was the one of intelligence. Superior foresight, Mr. Franchi explained, proved the key. (Ed. Note: *Who can argue with that?*) There were two methods available for getting one's running shoes from the swim/bike transition to the bike/run transition. Mr. Franchi chose to put his shoes in a truck that would transport them to the

run start. For some reason, that left many people puzzled. It also baffled Mr. Orendorff, as he decided to complete the bike leg, return on this bike to the bike start area where he picked up his shoes, then drove back to the run start whereupon he completed the 10K run. Mr. Orendorff did allow as to a slight possibility of error in judgment with this tactic - although he still contended that it may merely have been the execution of the plan instead of the plan instead.

Now, a challenge has been thrown at the feet of Mr. Franchi by Mr. Orendorff for another head-to-head match later in this tri-season. Mr. Franchi has failed to find the courage to accept this challenge but chooses instead to rest upon one small victory. (Ed. Note: *One is enough!*)

Also participating in the Tinman from the Pueblo area was Cecil Townsend. After a multi-year retirement to foray about in the tennis world, Townsend has returned to terrorize tri-greeks and had a 2:43 time here. His presence is welcomed, along with that of his wife, Jill. It's the friendly people at triathlons who make them relaxing and fun.

RACE CALENDAR**PUEBLO-CANON CITY AREA**

July

31 Sat 7:20 AM **Trail Run, 15K & 6K**
Nature Center

August

6 Fri 6:00 PM **Race Against Violence, 5K**
2601 Sprague29 Sun 7:30 AM **State Fair Run, 10K**
State Fairgrounds

September

19 Sun 7:30 AM **River Trail Marathon & Half-Marathon**
Pueblo West to Arts Center**OTHER AREAS**

July

17 Sun 8:00 AM **Red Rocks Challenge, 15K & 5K**
Morrison (NOT Jim)24 Sat 9:00 AM **Vail Half-Marathon**
Piney Creek to Vail25 Sun 7:00 AM **Colorado Springs Classic, 10K**
Manitou Springs

August

1 Sun 8:30 AM **Rockies Coors Light Home Run, 8K & 5K walk & 3K fun run & 1K kids run**
Mile High Stadium, Denver7 Sat 7:00 AM **Wildest Race in Town, 5K**
Cheyenne Mountain Zoo14 Sat 9:00 AM **Georgetown - Idaho Spgs Half-Mara.**
Georgetown Hoyas14 Sat 10:00 AM **Leadville Trail Run, 10K**
Leadville14 Sat 8:00 AM **Great Sand Dunes Run, 10K & 5K**
Mosca21 Sat 7:00 AM **Pikes Peak Ascent, 13.1M**
Manitou Springs

September

5 Sun 8:00 AM **Enduro Classic, 5K & 10K**
Trinidad11 Sat 8:00 AM **Canon City River Run, 5K & 10K**
Canon City - John Griffin Regional Park11 Sat 8:00 AM **Run the Ridge at Peregrine, 5K**
Peregrine Estates, Colorado Springs12 Sun 9:00 AM **Pony Express Trail Run, 13+**
Gold Camp Road, Colorado Springs**UPCOMING COLORADO TRIATHLONS/DUATHLONS**July 18 **Clean Air Duathlon, Colorado Springs**
5K run/30K bike/5K run25 **Boulder Peak Triathlon**
1.5K swim/42K bike/10K run31 **Pikes Peak YMCA Mini-Triathlon**
.25M swim/16.5M bike/3M runAugust 29 **Drag'n On In Tri., Prairie of the Winds**
1.5K swim/40K bike/10K run**1993 MARATHONS**

July 18 San Francisco (swim to Alcatraz)
24 Desert News - Salt Lake City, Utah
August 22 Pikes Peak (get high -- & then sprint down)
September 5 Black Hills - Rapid City, SD
6 Turtle - Roswell, NM
12 Duke City - Albuquerque, NM
October 2 St. George, Utah
3 Denver International (visit Tattered Cover)
3 Sacramento, Calif.
3 Twin Cities - Minneapolis, Minn.
23 Wichita - Kansas

RACING NOTES**Puff the magic Drag'n**

Contrary to rumors, the Drag'n On In Triathlon will indeed be held this summer, come wind or low water. The race date is Sunday, August 29, which means multi-sport freaks will be donning wet suits purely for the buoyancy factor since the Lake Pueblo temperature will be amply warm by that time. By the way, let's be thankful the Drag'n wasn't held on its June 27 date as originally planned. It was 98 degrees that day!

By the way, anyone who is interested in competing on a team in the Drag'n is asked to call Marijane Martinez at 564-6043.

**Sock it to 'em**

If you're planning on running the Denver International Marathon this fall, you'd better get your registration in early. I mean **REAL** early. Although the race date is October 3, registrations are due by September 3 to make the \$26 cut. After that, the fee jumps to \$40. Those fees, incidentally, don't include a ticket for the pasta dinner on the eve of the marathon. That cost is \$9. Enjoy getting stabbed!

Marvin is a darlin'

As far as Marvin Bradley of Cañon City is concerned, the longer the event the better. Coming on the heels of the Collegiate Peaks 25-miler, Marv tried his luck in the 16th annual Rocky Mountain 50-Mile Run -- and lived to tell about it. In fact, he was 1st in his age group. Of course, he points out begrudgingly, he was the only one in the 50-over category, but so what?

Anyway, Marv finished the fun in 9:35.35, and recalled that the first 25 miles were hilly.

Race Against Violence

This 5K youth run/walk, in which persons of any age can compete, is scheduled for 6 p.m. Friday, August 6, at the Boys and Girls Club located at 2601 Sprague. There is no entry fee for participants 18 years old or under, while the fee is \$8 for those over 18. T-shirts will be given to all entrants. This is a flat out-and-back course. Police Chief Young will give out trophies and ribbons to the kids; no results or prizes for adults.

There will be a fair immediately following the run/walk, and a barbecue sponsored by the Pueblo Housing Authority will take place about 1 hour after the race.

River Trail Marathon

This isn't on the entry form, but be aware the SCR members who run the half- or the full marathon get a \$2 discount this year if they pre-register by the required date (check form).

Speed tip for a busy world:

"If something must give, trim your mileage before speed training because intensity (speed) is the most potent booster of fitness."



— Owen Anderson in Runner's World

Hackler

Continued from Page 1

better runner than he is now. Make no mistake, Andy Hackler is not a braggart, but he is aware of the fact that he has only begun to tap his capabilities.

In addition to being a full-time student at USC, Andy also works full time at Loan 'N' Jug and is in the Marine Corp Reserves. He also has a wife, Krista, who ran the Valentine's Twosome with him, and a 22-month-old son, Andrew Jr.

Andy started his running career through no choice of his own when he joined the Marines 7 years ago. To his surprise, he was much better than he ever anticipated and, thus, continued running. He now serves in the Reserves, but intends to return to the Marines and eventually become an officer.

Andy has lived in Pueblo on and off for the past 20 years. He had been running less than a year when he decided to try out for USC's Cross Country team. His favorite race was the NAIA Cross Country Championship in 1990 where the team placed 17th and he placed 121st out of approximately 700.

Andy's training consists of anywhere from 5 to 7 miles about 5 days a week. He does no speedwork and does not run long. He works the grave-yard

shift at Loaf'N Jug and goes to USC full time during the day and feels fortunate to be able to run at all.

Andy's next race will be the Colorado Springs Classic (July 25) where he has set a goal of running on the low side of 32 minutes. After that, he indicates that he is considering the Pikes Peak Ascent but isn't quite sure yet. Also on his list of upcoming events is the Pueblo River Trail Marathon where his goal is between 2:45 and 2:50.

Long-term goals for Andy are to qualify for the U.S. and Olympic Trials in 1996. Based on his capabilities now with the limited amount of training he is able to put in, I have no doubt that this goal is well within his realm. Anyone who works full time, goes to school full time, is in the Reserves, is a parent and a spouse and can still find time to train obviously has the dedication, commitment and desire required to excel. In addition to all of the above, Andrew Hackler also has one of those winning smiles that makes you feel like you've known him forever.

Andy is one heck of an athlete with a very promising future. The Marines will be lucky to have an officer of his caliber.

Poetic Justice

Just Passing Through

*And as I strolled along the beach,
the sea reached out to erase
my footprints behind me.*

*If I hadn't hummed a little
tune as I walked,
they would have never known
that I'd passed through.*

— Ron Dehn

Be nicer & you'll live longer

Dr. Redford Williams, medical director of behavioral research at Duke University, says you can reduce your risk of coronary artery disease and heart attacks by becoming a nicer person.

You can reduce your level of hostility by changing from Type A to Type B personality, says Williams, who has changed his own personality.

Scientists aren't unanimous on the two major issues involved: that hostility increases the risk of clogged arteries and shorted life, and that changing personalities can decrease the risk.

Post-race Axiom:

On an extremely warm race day, all of the oranges, watermelon, and other fruit will be gone by the time you finish. — Goodzky

Fitness gains tend to come in 3-week to 1-month cycles — *Triathlete magazine.*

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 be a loser!

If you move and don't send us your change of address, it'll be your loss because the U.S. Postmaster won't forward issues of *Footprints* and yours will wind up in the trash bin.



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