

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

November, 1993

★★★ Home Edition ★★★

Price: Is Right

Borton stands tall, comes of age once again in 5A meet

by Marijane Martinez

It seems like only yesterday I received a call from Terri Borton asking me if I would like to run the Valentine's Two-some with her son, Chris, who was about 11 years old at the time. I remember answering that I would consider it an honor because, at the time, he was already making a name for himself in the running community. A picture taken before the race shows Chris and me standing next to one another and we were the same height!!! Life's not fair; he now stands 5' 9" tall; never mind my height!

Just a couple of weeks ago, Chris Borton won his second straight Class 5A State High School Cross Country Championship at City Park with numerous supporters

there to cheer him on. It added to a list of achievements that, if mentioned here, would require a newsletter all its own. Hence, I am going to attempt to "highlight" his career at best I can:

Chris Borton started running at the age of 8 in Pueblo's summer track program. His first road race was the now defunct Pumpkin Pursuit in which, at the age of 11, he ran a 20:27 5K. He has placed in the top four in the Bolder Boulder since 1988. He set two City records in middle school cross country meets in both the 2- and 2.5-mile distances. As a freshman in high school, he set new freshman records in nine different meets. He took first place in city meets from 1991-93. As a senior in high school, he set new senior records in all eight meets. In 1991, he placed 4th in the 3,200 meters (10:00:00) at the Sim-



Chris Borton was an airborne runner at a tender age before becoming a speedy blur as a high school phenom



plot Games, and, in 1992, he placed 1st in the same event in 9:45:37. He has also placed in various events at AAU regionals, TAC regional and state events, Hershey meets, and many city, state and regional events.

In addition to being an awesome runner, Chris participated in PSSA soccer for six years and was also a member of the Youth Basketball Association for three years. In 1987, Chris placed 4th in his age division at the State Hot Shot Shoot Out.

Chris not only excels in sports but in academics as well. Since entering South High School, Chris has maintained a GPA of 3.8 or higher. He is a member of National Honor Society and his name can be found in Who's Who in America

High School Students.

As a running club, the SCR can be proud of having a member as outstanding as Chris Borton. We recognized him as well by voting him in as Most Improved Male Runner in 1988 and again in 1992. Chris has also served as a role model to the Todd Hunds, Doug Levayas, Denise Gonzaleses, and Michael Barelans of our club. All parents in the club will be forever grateful to Chris for the example he has set for our young as an athlete and a scholar.

A hearty congratulations not only to Chris but to Mike, Terri and Shawn Borton as well. Chris will be the first to credit the support, dedication and encouragement of his family in help-

See Borton on Page 3



Great (& so-so) Stuff

by Goodzky



Thought for today's lunch, compliments of Laurence J. Peter, author of "The Peter Principle": "If at first you don't succeed, you may have reached your level of incompetence already."

One Man's View: Elite athletes start with more talent than the rest of us, but they also possess a quality that truly distinguishes them – mental toughness. I'm talking about the "elite" here; the creme de la creme; the main attractions; the showtime performers. You can sense this attribute when talking with these folks. When their mental toughness is channeled properly, it works for them. Alas, sometimes it can work against them, too.

For instance, I was chatting with Bruce Miller, a 31-year-old premier triathlete who moved to Pueblo from Oregon about a year ago. Bruce has actually won major triathlons during his career, and I became aware of his talent at the Tin Man Triathlon in Fort Morgan this past summer. There, he averaged 28 miles an hour on the 31-mile bike leg. In this triathlon, Bruce finished 17th overall out of a field of about 300 or so, taking 6th in his age division. Mind you, this was a stud field. Over the summer afterward, I loved listening to him talk about his training regimen. I could sense that he was consumed by a competitiveness that I could hardly understand with my own shoot-and-miss, train-when-I-can workout schedule.

However, Bruce's routine evolved into a burden for him as summer wore into fall and he became spent, mentally exhausted from the difficult training schedule he had followed in order to be his best. Now, he's talking about taking a year off from triathlons to just work out for the fun of it, without beating himself to death. Basically, I believe he wore himself out because of his mental toughness.

On the other side, I've had the pleasure to watch the SCR's Chris Borton in action during this fall's high school cross country season. Chris is a senior and, as Marijane chronicled on Page 1, recently became two-time Class 5A individual state champ. He's the real deal. Chris was special as a young runner a few years ago, but through maturity and that same mental toughness I've been talking about, he has become a premier competitor. You could feel his determination all season, culminating in his successful defense of the 5A championship.

In a TV interview I watched that night, I could almost smell that mental toughness oozing out of Chris when he told the TV reporter that he went into the meet to WIN. "I wasn't going to lose," Chris said. "I don't care if it would have killed me – I wasn't going to lose."

That's why he didn't!

This Month's Smorgasbord: The French have this marathon thing in perspective. For the Bordeaux Marathon, the eve-of-the-race pasta dinner includes massive quantities of wine. The marathon itself traverses the vineyards of France and – get this – water stations include wine as a beverage. Sacre bleu! C'mon, Rocky, how does wine compare to Gatorade, water and Exceed as a fuel replacement? For Ernest & Julio's sake, be lenient in your assessment ... Having watched high school cross country for the first time this season (*could you tell?*), I've noticed that prep runners are oblivious to the "aerodynamic" concept. Swimmers shave their bodies and heads. Bikers use aero bars and helmets. But runners pooh-pooh wind-resistant, one-piece spandex suits for loose-fitting shorts and shirts that are constantly flap-flapping with their every stride. I shudder at the mere thought of such attire being adopted in aerobics classes ... Another good reason to live in Colorado: We have fewer fat people per capita than any other state and more people who exercise, according to a survey conducted recently. On the down side, 23% of adult Coloradans smoke. This segment, I'm sure, comprises a healthy chunk of the state's illiterate ... Can't believe the wasted photos I get month after month because racers have their heads down at the finish line, stopping their stopwatches as they enter the chute. Why? Don't you trust the official timers? Gotta record the time yourself? Hey, your best chance to get a photo of your proficient form in this newsletter is to keep your head up and give a big cheesecake smile. Wave, too! And ladies, wear spandex ... This month's **Ultimate in Idiocy** item: Thirty-five thousand competitors can line up for the Boulder Boulder without incident, each participant respectful enough of the other runners' territory that pushing and shoving is virtually nonexistent. In Wisconsin, more than three dozen spectators at a Michigan-Wisconsin football game were hospitalized recently when a massive wall of loonies stormed from the stands and got crushed while celebrating a rare Badger victory over the Buckeyes. Proving once again my long-held belief that athletic events give people an excuse to act like Beavis ... Until next month, have a cheery disposition. It might become contagious.

Movie line of the month: "You? I don't want you. I want her – the one who hit the ball. You can crawl back under a cow." Guess the movie and the speaker. If you get both right, you'll receive a Waffle House menu signed by your beloved editor. Enjoy the search, comrades, and don't forget to turn off the alarm on the weekend!

NOTE: SCR meeting times are now at 7 p.m., the 1st Tuesday of each month, at the Pueblo YMCA.

? FITNESS TRIVIA ?

Q: Next month, the annual Osprey-turned-Rock Canyon Half-Marathon will be held. It's always a popular race with local runners, although your beloved editor grimaces at the mere thought of running that far before reading the Sunday paper. Anyway, who was the overall winner last year (hint, it was a male), and what was his winning time?

A: Juan Calunga in 1:15:52.



SCR Officers



President	Paul Barela	544-8645
Vice President	Jeff Arnold	947-3682
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Treasurer	Melinda Orendorff	561-2956
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Special Guests (connection noted elsewhere):

Aaron Chwatt, Michael Gubitosi, Anna Maria Italiano, Allen Kohnsberg, Benjamin Kubelsky, Betty Joan Peske, Cheryl Sarkisian.

Footprints is published monthly without fail. If you'd like to contribute, send pearls of wisdom to the editor's old Belmont address.

SCR meetings are held the 1st Tuesday of each month at the Pueblo YMCA at 7 p.m. Any SCR member may attend club meetings, vote on all issues, exchange trite banter, and watch ESPN sports highlights afterward over a frosty mug at the Gold Dust.

A COACH'S VIEW

by Jeff Arnold

At the 1993 regional cross country meet on Oct. 22, I did most of the same things I always do at meets at the City Park Golf Course. City Park is the best spectator course that we run, and would be even better if there were a tunnel under the Bessemer Ditch near the mile mark, coming out just north of the cart path.

As good as the course is for watching runners, one can still see more by running from place to place. Before the bridge was closed during the race, which first happened, I think, when the state meet came back to us about eight years ago after a three- or four-year sojourn up north, I always debated about which side of the ditch to watch from. The south side probably provides a better overall view, but from the north one has a better chance to "look 'em in the eye." Choosing north in the good old BBC (before bridge closing) days also allowed a nervous coach to run more and think less. I always watched the start and caught the runners as they passed down the first hill, which I still do, before I crossed the bridge as the leaders run up the short steep climb back up to starting elevation. I ran hard on the cart path to the mile mark to watch them pass again, then crossed a fairway to "look 'em in the eye" once more.

From then on, timing was crucial. One could move south to get a broader (though not as panoramic) view of the first runners coming onto the road just north of the course, and then sprint to the fence by the two-mile mark. Or, one could mosey to the mark as trailing runners passed. The two-mile mark was a magnet for me. I marveled at the fast ones and waited despairingly for mine. Somehow, they never seemed to sprout the wings I'd hoped for, as only a coach can hope, finally convincing myself that they would fly. Eventually, though, I had to run to get back across the bridge in time to see the first finisher, which I absolutely had to see. In larger meets, there often was a crowd of runners crossing the bridge just as I got there, but sooner or later a break came.

Now things are simpler, almost sedate by comparison. After watching the downhill pass, I move west across the cart path just before the meet officials, who seem to assume that the sole purpose of spectators is to interfere with runners, begin to broadcast: "Clear the path," long before any actual runner approaches. I like to get to upper fairway level before the leaders approach the turn

going into their steep downhill. Looking west on that fairway, one can see the first pretenders fade. The race is a long way from being over, but the short hill up to that level takes its toll on those who went out too fast.

After my first runners pass, I move west, encouraging my slower ones to try to catch one of the many trains that are leaving without them. Then I turn and run diagonally downhill, thrilled at being able to run fast and easy, ignoring the fact that gravity is doing most of it for me. I get close to the ditch and watch runners pass the mile mark and encourage mine. By then it's nearly impossible for a runner to pick up the pace enough to not be able to finish well if he or she hasn't already been spendthrift. At least once a year I try to tell my kids that I yell for me, that I want them to do impossibly well because I like them; I admire the hard work they put in. Undoubtedly, if I watched other teams practice, if I ran with them, I'd yell for all the runners. But as it is, I know six or seven in each race much better than the others, and I refuse to accept the reality of ordinary good running without shouting my protest for all the world to hear.

This year, though, while I ran the same patterns and yelled the same inane instructions, my mind played a hauntingly beautiful melody. I was aware that the beauty of autumn, which is the setting for much of our play and striving, had blessed us one more day. I knew that fast running is an inextricable blending of genetics, summer miles, and a desperate desire for success. I knew that none of my kids this year wanted that success for themselves as badly as I wanted it for them, but I knew too that they have their priorities straight. Some see cross country as just fun, which is fine, but most gave me their hearts and souls for an hour or so each school day, and then went home to lead a real life. Most, the girls especially, are fine students. All are much more nearly solutions than problems. All had tried in some degree to make themselves better; all had succeeded. The beautiful melody I heard, as I saw that the girls weren't quite fast enough that day to qualify for the state meet, was that I had been blessed this year, as I have for the past 22 years, by working with other people's children in a wonderfully close way, doing something I love during my favorite time of the year. Again this year I've learned to love some people.

Jeff coaches the girls and the boys cross country teams at Pueblo County High School.

Borton

Continued from Page 1

ing him attain his goals. Many sacrifices were made along the way and will no doubt continue to be made as Chris pursues his educational and running career.

Chris will graduate from South High School in June and move on to college to study medicine and continue his running career. Although it is not yet known where he will attend, you can be sure we as a Club will continue to follow his career and support his endeavors in any way possible. I hope I have duly given you the credit and notice you truly deserve, Chris. Congratulations and best of luck to you, but, more importantly, Thanks for the memories!

HEY OUT THERE!

The Brewski Sisters at the Gold Dust thank all of their loyal customers for a great year & extend Season's Greetings to each and every one of you!

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CMHIP Dam Run

by Paul Barela

The CMHIP Dam Run continued its streak of gorgeous weather this year. Race day, October 23, was sandwiched between two weekends that seemed more like the dead of winter rather than autumn. Once again we saw a good turnout, although there were slightly fewer participants this year. This was probably due to yours truly being a professional procrastinator (see last month's *Footprints*) and my inability to get race applications out in a timely manner.

One of the pleasant surprises of this year's race was that there were 60 12K race finishers. There also were 77 runners and walkers in the 4-mile division. All in all, the 1993 Dam Run was a success with very few glitches.

One should keep in mind that, in producing a race like the Dam Run, there are many people who help yet remain nameless. Far too often we see these people at races and forget to thank them. I would like to express my appreciation to the following organizations and individuals for their assistance:

- CMHIP Dam Run Committee members Brian Keith, Lois Pfost, Lynn Brown and Jossie Herring.

These people helped organize the event but and with chores on race day:

- Pueblo Police Department
- CMHIP Public Safety
- Paul Stringer & Kevin Farris (bikers)
- Doug and Irene Drewniki, and Robin Pachek (water stations)
- Paul Spinuzzi, James Muller and Yvonne Cleaver (course direction)
- Bob Santos, George Slaughter, Andy Ballou, Marylou Henson, Sydney Arnold, Donna Fletcher, Bob Quintana (finish line, results and refreshments)

I would like to thank Pete Falletta from Centennial High School for providing the race clock since the SCR's clock is currently on injured reserve. I also would like to thank the CMHIP administration for its support, and Dr. Harold Carmel for his assistance during the presentation of awards and door prizes. Paul Kimbal, an occupational therapist at the institute, also deserves recognition for the pottery he donated as door prizes.

Also, Recreational Therapist personnel Larry Armstrong, Mike Stiles and Lynn Brown, who made the race special by transporting runners and walkers safely to the the starting points. Also deserving of recognition is Nell Mitchell for her PR work, Isaac Hartsell of Fountain for creating the design for this year's shirt, and my son, Michael, who worked with me throughout the day of the race. Finally, I would like to thank all the runners and walkers who took the time to share a gorgeous October morning with each other.



He's No. 1

As Marjane Martinez points out, Dan Caprioglio was the No.1 finisher in the 12K division of the Dam Run with his time of 43:10

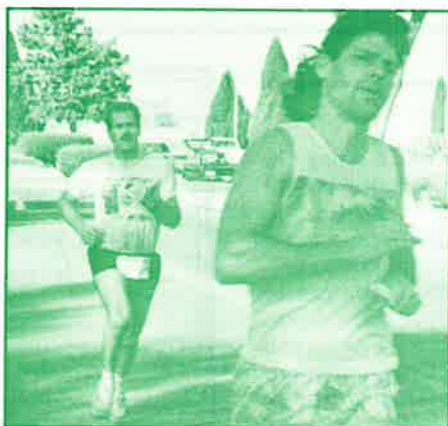
Photos by Goodzky

Dam Run results

Provided by Paul Barela

12K Run

Place	Name	Age	Time
1.	Dan Caprioglio	32	43:10
2.	Michael Orendorff	42	43:43
3.	Mike Messick	36	43:44
4.	Jim Robinson	42	46:15
5.	Ted Quintana	43	47:41
6.	Paul Chacon	39	48:30
7.	Pete Doyle	47	48:56
8.	Roger Wolther	37	49:28
9.	Rich Barrows	33	50:14
10.	Greg Laney	36	51:36
11.	Jeff Arnold	52	52:15
12.	Herb Brockman	41	54:20
13.	Tomas Duran	48	54:27
14.	Rueban Reyes	39	54:49
15.	Al Dominguez	45	55:07
16.	Randy Reeves	35	55:11
17.	Jeff Miller	36	55:19
18.	John Ulsh	44	55:46
19.	Hilbert Navarro	53	56:05
20.	Rand Morris	41	56:09
21.	Donald Johnson	39	56:23
22.	Lorraine Hoyle	46	56:42
23.	Rob Redwine	44	57:33
24.	Deb Robeda	43	57:59
25.	Trisha Ferguson	42	57:59
26.	Paul Brown	42	58:29
27.	Louis Arteaga	44	58:35
28.	Barbara Hadley	39	58:45
29.	Joseph McKenzie	43	58:48
30.	Mike Archuleta	33	1:00:02
31.	B.A. Cosyleon	44	1:00:07
32.	Stacey Bowman	33	1:00:19
33.	Jess Alfaro	30	1:01:57
34.	Mario Rodriguez	29	1:02:32
35.	Kim Westerman	31	1:02:39
36.	Timothy Mitros	34	1:02:39
37.	Matt Martin	38	1:04:15
38.	Jess Cosyleon	47	1:05:00
39.	Bob McLin	47	1:07:01
40.	Fred Alcon	41	1:07:29
41.	M. Gonzales	42	1:07:49
42.	Eugene Arellano	45	1:07:59
43.	Wendy Brandt King	45	1:08:22
44.	Donna Nicholas-Griesel	47	1:08:22
45.	Char Walck	32	1:08:23
46.	Cheryl Haga	39	1:09:27
47.	Greg Reeves	31	1:10:31
48.	Judy McLin	43	1:10:39
49.	Jan Williams	53	1:10:54
50.	Kathy Duran	36	1:11:26
51.	Julie Arellano	40	1:11:56
52.	Betsy Hill	39	1:13:57
53.	Judy Tucker	57	1:14:56
54.	Deanne Stever	48	1:15:98
55.	Sue Campbell	49	1:16:38
56.	Cheryl McCoy	49	1:18:21
57.	Safia Rubaii	38	1:19:30
58.	Carl Mapps	76	1:24:58
?	Doug Thornton	32	?



Mike Orendorff edged Mike Messick



Deb Robeda (left) & Trisha Ferguson

CMHIP Dam Run

Dam Run results

Provided by Paul Barela

4 Mile Run

Place Name	Age	Time			
1. Andrew Hackler	25	23:51	22. Dan Trujillo	42	32:21
2. Dave Diaz	45	24:35	23. Justin Keeney	11	32:35
3. Mathew Santoyo	38	26:02	24. Diane Robalcaba-Lopez	35	32:41
4. Mike Borton	37	26:47	25. Gloria Montoya	45	32:59
5. Bill Veges	36	26:56	26. Jeff Cleaver	43	33:24
6. Robert Pratt	33	27:05	27. Josh Richter	13	33:50
7. Nick Leyva	40	27:09	28. Dana Landreth	13	33:55
8. Claire Bueno	29	27:37	29. Bob Erickson	50	33:58
9. Don Pfof	53	28:40	30. Jessie Quintana	49	34:17
10. Gary Franchi	45	29:00	31. Betty Duran	50	34:44
11. Ralph Regalado	56	29:10	32. Steve Wright	41	35:11
12. Robert Santoyo	31	29:19	33. Mark Wilkinson	42	36:40
13. Helen Robinson	35	29:19	34. Frank Jaquez	51	37:41
14. Marilyn Weisinger	31	29:33	35. Jim Neblick	45	39:08
15. Fred Lujan	32	29:39	36. Abel Manzanaras	52	39:13
16. Marjane Martinez	41	29:54	37. Sally Taylor	38	39:45
17. Ray Romero	29	30:10	38. Vicki Bensik	44	40:01
18. Doug Leyva	10	30:36	39. Harold Carmel	43	41:15
19. Guy Mayo	60	30:39	40. Michael Barela	12	45:34
20. Justin Thornburg	12	31:32	41. Paul Stever	48	49:15
21. Andrew Arellano	28	31:43	42. Jennica Thornburg	11	50:16
			43. Tom Thornburg	40	50:17



Melinda Orendorff displays her race-walking technique

Dam Run results

Provided by Paul Barela

4 Mile Walk

Place Name	Age	Time
1. Melinda Orendorff	41	46:56
2. Glenn Blazer	55	47:34
3. Tommy Hunt	11	50:00
4. Jack Doose	54	50:37
5. Lois Pfof	51	51:11
6. Nancy Aguirre	35	51:45
7. Jim Ussery	63	53:48
8. Bear Woodward	36	54:38
9. Bobbie Bond	37	54:44
10. Glennis Bond	43	54:44
11. James Trujillo	50	55:42
12. Lean Blackman	40	56:42
13. Joseph Florez	53	57:23
14. Mary Trujillo	?	57:23
15. Becky Stringer	44	59:58
16. Carrie Hadley	9	1:00:05
17. Jackie Kauffman	9	1:00:10
18. Julie Mapps	72	1:00:10
19. Joann Vaccaro	56	1:00:20
20. Joe Garcia	36	1:02:38
21. Ester Garcia	36	1:02:38
22. Lucille Doose	51	1:03:57
23. Elizabeth Armstrong	54	1:03:57
24. Laura Soto	33	1:04:21
25. Marco Perez	31	1:04:21
26. Madellyn Birgers	51	1:04:27
27. Ibsen Birgers	63	1:04:27
28. Kay Elmer	50	1:04:40
29. Lucille Ortiz	39	1:06:39
30. Brenda Sue Carlo	22	1:10:40
31. Linda Carlo	41	1:10:40
32. Ann Williamson	53	1:11:51
33. Debbie Lombard	40	1:11:52
34. Mary Vigil	61	1:11:56



Julie Mapps and granddaughter Jackie Kauffman, 9, cross the finish line



Judy Tucker (#20) chats with Jessie Quintana after their races

Dam Run T-shirts still available

We still have available for sale many of those gorgeous long-sleeved teal colored Dam Run T-shirts in medium, large and extra large sizes. They have at least six colors of ink silk-screened on them, although I tried to count the extra number of colors while imbibing at the Gold Dust so I can't document this. Anyway, the Dam Run Committee needs to sell these shirts in order to replenish the Dam Run Fund to be used as seed money to coordinate the race for next year.

If interested in a shirt, call Paul Barela at 544-8645 or 546-4448, Lois Pfof at 546-4854, Brian Keith at 546-4326, or Lynn Brown at 546-4070.

**Ran out of town?
Drop us a line!**

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
P.O. Box 19910 • Colorado City, CO 81019
676-4100 (local call from Pueblo)





by Don Pfost

Indian Summer Run



FAVORITE RACES

Last year in early October, Lois and I travelled to Mesa Verde for a three-day weekend. We left on a Friday, stopped at the Great Sand Dunes National Monument, and spent the night in Durango. As we entered Mesa Verde on Saturday morning, we slowed for a string of runners leaving the park and heading toward Cortez. Even though I knew nothing about the details of the race, I felt fleeting disappointment at not having been amongst the runners.

At October's SCR meeting, Lois picked up an entry form for the 4th Annual Mesa Verde-Cortez Indian Summer Run, scheduled for October 9. It then became apparent that we'd witnessed the running of the 3rd annual last year, and because we planned another trip to Mesa Verde this year, I decided to enter the half-marathon.

Talk about the agony and the ecstasy!

Let me mention some highlights. Race-day registration for the half-marathon, 5-mile run and 2-mile fun walk/run took place from 7 - 8 a.m. at Centennial Park in Cortez. At 8:30, half-marathon and five-mile runners loaded onto separate buses for the ride to their respective starting points. The half-marathon started about 3 miles inside Mesa Verde Park, and during the 25-minute ride I had a pleasant conversation with Doug Funk, the owner-editor of a weekly newspaper in Dove Creek, a small community northwest of Cortez near the Utah border.

For me, one of the most enjoyable aspects of running is the friendships formed with other runners. Before or after the run itself, a brief but intense encounter often takes place in which something new is learned about another runner's family, background or job. These vignettes offer a glimpse into their personality and lives, and frequently this leads to a new insight, adds to my respect for them, and deepens the relationship between us. I am reminded that they are more than merely runners, and this awareness fosters a sociability which, to me, is at least as important as the act of running itself in being the source of the joy and the meaning derived from the running experience.

My encounter with Doug, a master's runner with an interesting story to tell, was one of these experiences. While in high school, he aspired to become a creative writer. Nudged by questions from a teacher about the economic realities of a writing career, he earned a degree in agriculture at CSU and planned to farm. Forced again to change his plans by the realization that owning a farm takes lots of money these days, he and his wife, Linda, bought the small newspaper they now publish. He's now able to satisfy his creative urge, writing most of the articles and editorials for the newspaper, while eking

out a living. As we talked, he used an inhaler several times, showed me a chest pouch containing glucose and candy bars he might need during the race to boost his blood sugar, and explained that he has both diabetes and asthma. Doug won the master's division in 1:20.04. He and Linda, who placed in her age group in the 5-mile run, picked up their awards and left while the last half-marathoners were still finishing. It was homecoming at their local high school and they needed to cover the story.

We unloaded at the Mancos Valley overlook at an elevation of 8,000 feet. The morning was crisp and clear, the view of the valley below magnificent. Other than gloves, only a few runners wore more than singlets and shorts. As we lined up at the start, the race director introduced a member of the Ute tribe, who added a ceremonial air to the event with a native American song, followed by a flute piece. He turned and bowed slightly to each major point of the compass as he finished the flute piece. No one, including myself, had the good sense to ask for an interpretation, but as he began his song, a reverent hush fell over us and there seemed to be an unspoken understanding that the run now had a special, perhaps spiritual, meaning. At the command to start, the lead runners bolted down the hill.

During the first four miles, which were virtually all down hill, we dropped from 8,000 feet to about 6,900 feet, left the park and headed toward Cortez. Checking later, my 30-lap memory Casio SBD-300 (water resistant to 50 meters—think about that for a moment) showed splits of 5:32, 5:56, 6:30 and 6:40—four miles in 24:38—a fantastic 6:09 pace!

It seemed easy at the time. And had I known then that a PR was within reach, I wouldn't have struggled the last few miles, or let the hills sap my strength, or toyed with the idea, though not seriously, of dropping out at the water stop a short distance beyond mile 11, confident I could hitch a ride to the finish line with the crew handing out water.

During the first five miles, I traded places several times with another 50-plus runner from Winslow, Arizona. Then I pulled away slightly at the first water stop and tried to settle into a steady, comfortable pace. Very quickly, though, the run became a test of my will. Between miles five and eleven, Highway 160 has two gradual, but fairly long hills before it enters Cortez at an elevation of 6,200 feet. Mile 13 contains another long hill. I struggled up each, felt brief elation at reaching the crest, and, to the extent possible, coasted down, looking ahead to see what

was in store.

Normally, my mind begins wandering about halfway through a race, particularly longer ones. However, in this instance, I stayed fairly focused. Not that I was oblivious to my surroundings by any means. I noticed faded white mile markers which had been painted along the shoulders of the highway, obviously from a marathon since I recall seeing the Mile 21 marker. A tarantula headed slowly across the highway, sure to get squashed, I thought to myself as traffic zipped by in both directions.

I crossed over the highway a short distance outside of Cortez, and thanked the sheriff's deputy for stopping the traffic. As I turned the last corner and headed toward the finish line, I glanced over my shoulder (a sure sign I was tiring), saw that two runners were close behind, decided that the nearest one was in a younger age group, but struggled to pick up the pace slightly to keep my lead. Lois shouted encouragement as I crossed the finish line. My 1:34.23 was good enough for first place in the 50-over age group.

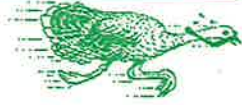
For the next two days I hobbled among the Anasazi ruins and cliff dwellings, my calves and hamstrings sore from running a bit too hard and too unwisely during the first four miles. Hey, what was my choice? *Carp diem*, as they say.

If you're looking for an out-of-town race, let me recommend the Indian Summer Run. Both the course and competition are challenging—the overall male and female records for the half-marathon and 5-mile courses are 1:07.45, 1:23.12, 25.23, and 32.33, respectively. The race is well organized, sponsored by the Cortez Chamber of Commerce with the help of 25 or so businesses and community agencies, and is used to raise money for a worthwhile cause—this year, \$1,800 was donated to the Four-Corners Child Advocacy Center. Holiday Inn gave special rates to runners, and Cortez has at least two good restaurants—Nero's and Francisca's, which serve great pasta and Mexican food, respectively. If you haven't visited Mesa Verde, it's a fascinating site which deepens one's connection with the past and one's appreciation for our native American ancestors. And lastly, the natural beauty of southwestern Colorado in mid-October, highlighted by the contrast between the barren flatness of the San Luis Valley and the golden patches of aspen atop Wolf Creek Pass, refreshes the spirit and restores some semblance of balance to our lives which too often are filled with the pressures of family and work.

If you have a favorite race experience you'd like to share, send your prose to:

Gary Franchi
P.O. Box 19910
Colorado City, 81019

RACE CALENDAR



PUEBLO-CANON CITY AREA

November

- 20 Sat 9:00 AM **Atalanta Run, 5K**
City Park
- 20 Sat 1:00 PM **Pueblo Turkey Fun Run, 1/2M to 3M**
Northside King Soopers - River Trail
- 27 Sat 9:00 AM **Celebration of Thanks Run, ?**
Nature Center

December

- 5 Sun 9:00 AM **Rock Canyon Half-Marathon**
Cottonwood campground
- 12 Sun 10:00 AM **Nick & Marijane's Handicap Race & Pot Luck Brunch, Distance TBA**
117 Regency - South Side
- 19 Sun 10:00 AM **Christmas Classic, 10K**
City Park

OTHER AREAS

November

- 20 Sat 9:00 AM **Turkey Trot Predict, 5K**
Memorial Park, Colorado Springs
- 21 Sun 9:00 AM **President's Run, 7M**
Cherry Creek Reservoir, Denver
- 25 Thur 10:15 AM **Turkey Trot, 4M**
Washington Park, Denver

December

- 12 Sun 8:00 AM **Jingle Bell 5K**
Downtown Colorado Springs
- 12 Sun 8:00 AM **Cold Weather Quickie, 5K**
South Monument Valley Park, Colorado Springs
- 12 Sun 1:00 PM **Teddy Bear Run, 4.3M**
Colorado Springs
- 18 Sat 6:00 PM **Jingle Bell 5K**
Raton, NM, Convention Center
- 31 Fri 7:00 PM **First Night Pace Race, 5K run/walk**
Downtown Denver

January

- 1 Sat 10:00 AM **Search and Rescue Run, 5K & 10K**
Penrose Stadium
- 8 Sat 10:00 AM **Black Forest Series #1, 5K & 10K**
Wolford Elementary, Black Forest
- 22 Sat 10:00 AM **Black Forest Series #2, 4M & 15K**
Wolford Elementary, Black Forest

1993-1994 MARATHONS

- | | | |
|----------|----|--|
| December | 5 | Dallas White Rock - Texas |
| | 12 | California International - Sacramento |
| January | 9 | Honolulu (bring credit cards) |
| | 16 | Star System - Tempe, Arizona |
| | 23 | Houston Tenneco |
| February | 5 | San Diego (enjoy the climate) |
| | 28 | Las Vegas (& Half-Marathon) |
| March | 6 | Cowtown - Fort Worth, Texas |
| | 8 | Los Angeles |
| | 8 | Austin - Texas |
| April | 16 | Marathon of the Great Southwest - Abilene, Texas |
| | 16 | Lake Powell - Utah |
| | 18 | Boston (a Heartbreak-er) |
| May | 7 | Great Potato - Boise, Idaho (peel out) |
| | 7 | Shiprock - New Mexico |
| | 28 | Wyoming's Only Marathon - Laramie |
| June | 4 | Ghost Town - Helena, Montana (Boo!) |
| | 5 | Steamboat (& Half-Marathon) |

(Answer to Movie Quiz on Page 2: Agent Ernie Cabadino in "League of Their Own.")

You're Invited!

Nick & Marijane's Handicap Race and Potluck Brunch

10 a.m. Sunday, December 12

117 Regency Blvd.

(at corner of Lehigh)

Rsvp at 564-6043 for menu information

RACING NOTES

Celebration of Thanks Run

To mark our thanks for the past year's River Trail maintenance progress, the SCR will be conducting an informal Celebration of Thanks Handicap Run on Saturday, Nov. 27 (two days after Thanksgiving), at 9 a.m. at the Nature Center. The course will proceed west and return to the Nature Center. The distance is about 4 miles, give or take a mile.

Afterward, those who are interested will visit an agreed-upon eatery for breakfast. Hence, first you can run off the turkey, then refuel with breakfast. We'd love to have you join us!

Fill out those waivers

Can't believe this is happening: Brewski Sister Shelley pleads with racers filling out and mailing in registration forms to please fill out the forms completely. It seems that many racers are forgetting to either sign the waivers, list their T-shirt sizes or their ages, etc. I know it's tough, but c'mon, gang! Concentrate! Focus! Omissions on the forms cause unnecessary delays during registration being conducted the day of the races.



3.1 Mile Run for Charity

Ted Quintana, an employee at the Colorado Mental Health Institute at Pueblo and an avid runner, is seeking your help. Ted is planning to do a pledge run from Beulah to the CMHIP hospital grounds in Pueblo on December 11.

The run will be approximately 31 miles, and pledges will be taken per mile. During this run, others will be running shorter legs with Ted, offering encouragement.

All pledges collected will go to CMHIP's Wellness and Heal Committees, which help defray medical expenses for employees in need of financial assistance. For information about making a pledge, contact Ted at 561-2092 (home), Paul Barela at 544-8645 (home) or 546-4448 (CHMIP), or Larry Chavez at 546-4564.

Speed tip of the month:

Benefit of setting goals:

"It forces you to develop a structured training schedule ... You're far more likely to properly structure your interval workouts, your long runs, etc., than if you're simply training from race to race."

- Tim LePard in "Running Times"

If you can, avoid running in congested areas

by Rocky Khosla, M.D.

As I was running on the south side of town recently, trying to decide what to write about in this month's column, an idea damn near hit me!

I was wearing purple shorts, a white and purple running singlet, and it was about 3 p.m. with clear visibility while I was running north on Lakeview Avenue when a young gal made a right turn immediately in front of me, causing my left knee to brush the right rear bumper of her car. She saw what she had nearly done, and kind of half-heartedly waved to me as she looked at me in her rear view mirror and sped away without even stopping to see if I was at all injured.

Later, as I turned right onto Lake Avenue, a St. Mary Corwin ambulance that did not have its lights or flashers on came tearing diagonally across the St. Mary-Corwin parking lot and, once again, nearly bagged me. After I got home, I started thinking about how we runners and cyclists can get along with cars and where our problems may arise.

I think most drivers do not intentionally try to cause runners and cyclists grief, although there have been ma-



licious exceptions. Somehow, the fact that a person is in a car seems to give them a greater sense of owning the road than someone on the road without a car. To go one step

further, I think people in big vehicles somehow think that they have more of a right of way than people in little vehicles. I think the best way to deal with this sort of mentality is to let drivers have the right of way and be defensive.

I also think that drivers, when they are looking around, are just looking for others cars. I am convinced that runners and cyclists may just not register, probably accounting for why the young lady mentioned earlier cut me right off. The best way to deal with this, in my opinion, is to make sure that the driver sees you by waving or making it obvious which way you are going.

Finally, my advice on dealing with running in congested areas is: avoid it if at all possible. Run on trails away from traffic like I usually do around USC. You will avoid having unplanned meetings with 4-wheeled mosters, and your knees, back and ankles will thank you as well.

Till next time, happy trails and think snow!!!

*Running
apparel axiom:*

Running shorts will always come out of the
dryer inside out. - Goodzky

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 get lulled to sleep!

Don't rely on other reading material. If you move, keep those monthly issue of
Footprints coming by sending us your new address.

Send your address change to: Southern Colorado Runners, c/o Pueblo YMCA, 700 N. Albany Ave., Pueblo, CO 81003



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