

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

April, 1994

★★★ Made-for-TV Edition ★★★

Price: Peanuts



Follow the Leader

Cindy Paolucci leads Todd Hund and Paul Chacon across the finish line within just a matter of seconds of each other in the 10-kilometer portion of the Spring Runoff held last month. More than 400 runners and walkers participated in the 10K, 10-mile, and 2-mile divisions. Results and photos from the Runoff follow on Pages 4, 5, and 6 of this issue of *Footprints*.

An Issue Like No Other

by the Editor

We break new ground with this issue of *Footprints* by bringing you a 12-page edition, which is the largest in yours truly's editorship history, now in its 10th insane year. The reason? Well, it was an extraordinary month of activity. Plus, we had exquisite contributions from several Hemingway-like members. For your pleasure, this issue contains coverage of:

- The annual Spring Runoff, which you'll find spread over three pages - 4, 5 and 6.
 - An SCR Handicap race, reported on by Michael Orendorff.
 - An always popular Meet the Runner piece by Marijane Martinez, this one on Robert Pratt.
 - The annual Road Runners Club of America convention, attended by your beloved editor.
 - A poignant message from our famous El Presidente.
 - A wedding involving two key SCR members.
 - Another madcap Tri-Greek Speaks column by Mr. Orendorff, who is bidding to become the Hal Higdon of the SCR.
 - A report by Rich Barrows on the 1994 Volunteer Point System.
 - And the monthly Rocky on Fitness and Great Stuff columns, both certain to please your palate.
- Look inside and enjoy! But look-it, man - don't expect another 12-page issue in my lifetime!



★ *A Message From The Top* ★

Volunteers – the lifeblood of the SCR

by Paul Barela

I'm well into the third month of my second year as president or, as some prefer to address me, as "EL PRESIDENTE" of the Southern Colorado Runners. Only now, after fifteen months, has it occurred to me that this title is merely ceremonial as this club, unlike other organizations, places more importance on getting things done rather than dwelling on ones' title or its pecking order. A good example of this was at the recent Thurgood Marshall Run For Justice 10K.

Somehow I became the race director, and as race day was in sight, I remembered that I had done very little to ensure that this race would happen at all. Instead of panicking I recalled that, at the previous runners' club meeting, it was agreed that Melinda Orendorff would work on procuring the T-shirts, Rich Barrows would mark the course and I would show up to start the race. Ruth Steele, from the Martin Luther King Committee, the sponsor of the race, would provide nearly everything else for the race including volunteers.

Just days before the race, it occurred to me that I had forgotten a couple of "minor" details that were essential to pulling this race off, namely, who would tabulate the results and who would be the lead bicycle. It was at this point that my first inclination was to panic, then, second, to ignore it, hoping that everyone would forget that there was even a race scheduled. Finally I decided that this race would not go away, so I started to call club members and solicit their help. This was not a problem. Ted Quintana gladly volunteered to lead the race on his trusty bicycle, and Andy Ballou was more than willing to help at the finish line and, along with Nick Leyva, tabulate the results. The only other task not covered was someone to help with race day registration, and Robert Pratt called me at home wanting to volunteer his services.

Having done really very little, I realized that the only thing left was for the runners to show up, something I had no control of whatsoever. With the race still a day away, I

felt good about it and wasn't the least bit anxious since I knew everyone involved would do what they said they would do.

This is without fail how our club functions. Once we get ourselves focused, we get the task done and I might say we do it well. With this in mind, I would like to again thank all the volunteers for making this race a success in spite of the weather. The volunteers are the ones who make a race less stressful for the race director and deserve our thanks. It should be gratifying to know that, as dues-paying club members, you have in your club responsible, mature individuals who take pride in the sport of running and work hard at providing quality events.

I would also like to express my appreciation to the eleven insane [er, brave] souls who ran in arctic-type weather completing the inaugural Run For Justice 10K.

Proposed Volunteer Point System

These aren't etched in stone yet, but there's a good chance that the SCR's Volunteer Point System to be adopted for 1994 will look like this:

Volunteers:

Race Director – 25 pts.
Race Coordinator – 15 pts.
Volunteer – 5 pts.

Race Director Bonus:


- 5-pt. bonus if your race makes \$100 or more.
- Extra 5-pt. bonus given to a volunteer by the Race Director/Coordinator.

Awards (club members only):


- T-Shirts/Tank top – 40 pts.
- Free admission to the annual banquet – 60 pts.
- Baseball cap – 75 pts.
- Jacket/Hooded sweatshirt – 100 pts.

Qualifying Races:

Spring Runoff, Women's Distance Festival, Cinco de Mayo, Frostbite 5, River Trail Marathon, Rock Canyon Half-Marathon, Valentine's Twosome, Ordinary Mortals, Dam Run, Atlanta 5K, Handicap Races, Corporate Cup Mile/5K, Run for Justice, Run for the Dream, Skyline Challenge, Race Against Violence, Trail Run.



Southern Colorado Runners
A member of the Road Runners Club of America.



1994 SCR Officers:

President	Paul Barela	544-8645
Vice President	Jeff Arnold	947-3682
Secretary	Jessie Quintana	564-2350
Treasurer	Melinda Orendorff	561-2956
Non-elected Officers		
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultants	Nick Nasch, Frank Drebin	

Footprints is published monthly, wanted or not. Members may contribute written fitness experiences, and/or cash, to the editor.

SCR meetings are held the 1st Tuesday of each month at 7 p.m. at the Pueblo YMCA. Any SCR member may attend club meetings, offer personal opinions and vote on all issues, exchange grocery coupons with fellow members, and recount racing horror stories to all those foolish enough to listen.

NOTE: SCR meetings are held at 7 p.m. the 1st Tuesday of each month at the Pueblo YMCA.



? FITNESS TRIVIA ?

Q: I'm sure you were personally spectacular in the Run for Justice 10K. All eleven runners were, my sources tell me. But that's something U.S. males have seldom done in the Olympics 10K. In fact, only one U.S. male has ever won the Olympics 10K. Who was it? When? And what was his time?

A: Billy Mills ran a 28:24.2 in 1964.

Meet the Runner

An SCR member whose words carry a lot of weight

Name: Robert A. Pratt, Sr.
Age: 34
D.O.B.: 1/17/60
Born: Sault Ste Marie, Michigan
Occupation: Chiropractor
Height: 6'
Weight: 150 lbs.

by Marijane Martinez

I remember meeting Robert and his son last year during the training runs for the Spring Runoff. I was so impressed that Robert, Jr., was training to run the 10K at the age of 8. Not only did he train for it but he completed it in less than an hour if I remember correctly.

Robert, Sr., has quietly become an active member of SCR during the year since becoming a member. Although he is quiet, his words carry meaning and he always offers words of encouragement and praise.

Robert is married to Claudia and they have 3 children – Robert Jr. (8), who in addition to running also ice skates, is in Cub Scouts and is a competitive swimmer; Trina (7), who also ice skates, is in ballet and very much into Barbie dolls; and Michael (1), who terrorizes the house when not drinking out of his bottle. Claudia participates in aerobics when she's not being 'taxi mom'. Robert, Sr., enjoys running, volleyball and gardening. They have lived in Pueblo for approximately 5 years.

Robert's favorite race to date is the New York City Marathon not only because it was his first and so far his only marathon but also because it was a great day, he considers New York a fabulous city, and, in addition to having the encouragement of hundreds of spectators, he ran with his oldest brother, who is 53.

Robert enjoys training near his home on the south side in Regency from Red Creek Springs Road out to the highway and back. He not only enjoys the long uphill run on the way out but also the beautiful view of the city on his return. He indicated that, in addition to the small amount of traffic, he encounters the cows on Red Creek Springs Road are courteous and very encouraging!

Robert's reasons for running are to fulfill his own personal goals, to clear his thoughts and to spark old memories of his "glory days" in high school. Robert's personal bests to date are 20:24 for a 5K and 44:26 for a 10K, which



Robert Pratt – Junior and Senior – moments after completing the 1993 Bolder Boulder

he recently accomplished in the Run For Justice -- in inclement weather to boot.

Robert's favorite pastime is being a dad and he also enjoys reading and writing to family and friends. He indicated that the best running advice he ever received was in *Runner's World* – the training program for Optimum Performance.

In the year that I have known Robert, I have found him to be anxious to learn and assist in any way possible whenever he is available. I am sure he will continue to be an asset to our club and I look forward to getting to know him better. I must also mention that in the Colorado Springs St. Patrick's Day Running of the Green race, Robert received an award for the best costume – he had painted his entire body with green paint! Unfortunately, we could not use that photo because the green would not show very well.

HELP!!!



For some time the SCR has been in need of an efficient equipment storage system. This past month, we bought a small trailer that we believe will fill our needs, enabling the club to store and transport race equipment with less hassle. The only problem we now face is that the present lighting system on the trailer was designed for an older vehicle. I am reaching out to our membership to help us solve this problem.

What is needed is someone who would be willing to donate his/her time and expertise in designing and installing the turn signals and brake lights that would be compatible

to several vehicles. The club will buy all necessary parts and yours truly would be more than happy to help in the completion of this project. If anyone out there is interested in helping the club get its new trailer road worthy, please contact Paul Barela at 544-8645 or 546-4448 or Gary Franchi at 676-4100.

Also, in the future, the SCR may try to repaint the trailer since it is presently bright red and may not fit the club's image, whatever that might be. If anyone has any ideas about this issue, please contact Mr. Franchi or myself.

– Paul Barela

Spring Runoff • Spring Runoff • Spring Runoff

2 Mile Run

MALE 8 and Under

Chris Gallina, Pueblo	17:39.6
Tony Andenucio, Pueblo	17:39.9
Vince Alfonso, Pueblo	19:06.7
Kyle Brown, Pueblo	20:06.4
Daniel Mazion, Pueblo	20:20.9
Stuart Shepherd, Manzanola	22:16.9
Justin Mascarenas, Monte Vista	25:14.8
Fernando F. Gallegos, Pueblo	26:41.1
John-Michael Marquez, Pueblo	26:44.8

9 thru 10

Matthew Gallegos, Pueblo	15:02.9
Aaron Lopez, Pueblo	15:14.2
Doug Leyva, Pueblo	16:14.5
Brandon VanBuskirk, Pueblo	17:11.2
Brandon Alfonso, Pueblo	19:14.6
Tony Ehlen, Pueblo	20:13.7
Danny Smith, Pueblo	21:26.6
Samuel Gurule, Pueblo	21:42.2
Johnathon Ayala, Englewood	23:46.5
Joe Marquez, Pueblo	26:25.2

11 thru 12

Nathaniel Borchers, Pueblo	13:59.7
Michael Marquez, ?	15:12.6
Matthew Diaz, Pueblo	15:24.6
Ernie Marquez, Pueblo	16:08.1
Aaron Roque, Pueblo	16:14.9
Marcos M. Gallegos, Pueblo	16:15.3
David Aguilera, La Junta	19:51.2

13 thru 15

Rob Montoya, Cheraw	13:43.8
Leonard Leal, Pueblo	13:52.0
Donovan Cordova, Pueblo	14:41.7
Gordon M. Davis, Pueblo West	16:30.0
John Martin Lopez, Pueblo	16:39.8
Miguel Loya, Pueblo	17:10.1
Andrew Marquez, Pueblo	17:16.4
Porfilio F. Gallegos Jr., Pueblo	17:16.7
Bennie Vigil, Pueblo	18:38.8
Russ Folga, Pueblo West	18:54.6
Robert Aguirre, Pueblo	19:12.4

19 and Over

Charles Shelly, Crowley	13:23.9
Dick Marian, Pueblo	14:15.8
Matt Gomez, Pueblo	14:18.4
Samuel A. Garcia, Wheatridge	14:31.3
Gary Franchi, Colorado City	14:43.6
Ruben E. Archuleta, Pueblo	16:31.7
Robert J. Quintana, Pueblo	16:42.4
Steve Farley, Fort Lyon	18:11.3
Jim Folga, Pueblo West	21:02.6
Gerald E. Salazar, Pueblo	21:13.6
Dan Weston, Pueblo	23:06.8
Art Cordova, Monte Vista	25:15.1

FEMALE

8 and Under

Angela Gonzales, Pueblo	20:28.5
Krysti Abeyta, Trinidad	20:50.8
Jolene Weston, Pueblo	23:07.1
Nancy Parker, Pueblo	23:16.9
Sarah Koch, Pueblo	29:54.8
Mary Shepherd, Manzanola	30:10.1
Melissa Lujan, Pueblo	30:56.7
Biranda Alfonso, Pueblo	31:31.3

9 thru 10

Angelique Armijo, Pueblo	18:35.7
Tory L. Abeyta, Trinidad	19:40.5
Lindsey Musso, Pueblo	21:49.8

13 thru 15

Denise Gonzales, Pueblo	14:20.0
Wendy Messick, La Junta	15:50.1
Melissa Hayes, Pueblo	29:55.4

19 and Over

Diane Alfonso, Pueblo	15:29.2
Debbie Borchers, Pueblo	17:25.6
Gloria Farley, Fort Lyon	17:49.1
Alison House, Pueblo West	19:41.9
Patricia Lee Craver, Pueblo	19:48.7
Becky Mizel, Pueblo	20:01.6
Cindy Marr, Pueblo	20:09.8
Toni Porreco, Pueblo	20:10.2
Carol Perea, Pueblo	20:42.1
Renee Shinn, Pueblo	20:58.9
Nina Makloski, Pueblo	21:03.6
Lisa Marie Jimenez, Pueblo	21:13.2
Patty Rodgers, Pueblo	21:55.1
Angela Carpenter, Pueblo	23:02.6



Results provided
by Andy Ballou

Elise Rainbowstar explains her first place overall women's 10-Mile finish to Pueblo Chieftain reporter Judy Hickner after being clocked in 1:04.59.9.

Photo by The Franch

Cheryl Ayala, Englewood	23:46.2
Lamar Trant, Pueblo	27:07.4

2-Mile Walk

MALE

29 and Under

Michael Barela, Pueblo	27:45.2
Sean Guerrero, Pueblo	28:12.4
Sam Solterbeck, Colo. Springs	28:16.4
Travis Garcia, Pueblo	30:15.6
Steve Duran, Pueblo	30:27.1
Tony Garcia, Pueblo	31:20.9

30 thru 39

Dan Smith, Pueblo	21:26.9
Kenneth Pearson, La Junta	27:51.0
Mark Ziolkowski, Florence	31:32.1

60 and Over

Alex Ziolkowski, Cañon City	31:32.9
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FEMALE

29 and Under

Kelli Arthur, Pueblo	26:56.4
Jacquelyn Solterbeck, C. Springs	27:13.8
Emily Duran, Pueblo	30:27.4
Alyssa Morris, Pueblo	31:30.0
Kelsea Morris, Pueblo	31:35.9

30 thru 39

Tina Follmer, La Junta	26:38.0
Caroline Sandoval, Pueblo	27:07.1
Lisa Solterbeck, Colo. Springs	27:28.7
Laurie L. Pearson, La Junta	27:50.5
Deborah Barela, Pueblo	29:54.0
Bonnie Duran, Pueblo	30:56.4
Shannen Gramstarff, Pueblo	33:26.6
Eva Caulder, Pueblo	39:49.7
Lisa Gregg, Pueblo	39:50.2

40 thru 44

Gina Guerrero, Pueblo	28:13.0
Mary Jo Piccin, Colo. Springs	28:38.7
Nora McCauliffe, Pueblo	32:27.1
Priscilla LaFebre, Pueblo	33:27.0

45 thru 59

Suzanne McDermott, Colo. Springs	25:29.4
Kathleen A. Baughman, Pueblo	31:06.6
Kay DeMoss, Beulah	32:27.5

60 and Over

Marylyn Clare, Pueblo	29:39.2
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10-Mile Run

MALE

19 and Under

Douglas L. Parker, Fowler	1:40:03.7
Darrin Rohr, Woodland Park	54:30.8
Mel Petersen, Colo. Springs	55:34.2
Mark Kuhn, Colo. Springs	1:04:49.6
Lois Fernandez, Mintum	1:07:16.2
Donald Coleman, Boulder	1:35:06.0

30 thru 34

Neal Taylor, Monument	1:01:42.4
Ray Goure, Lakewood	1:01:59.0
Mark McDermott, Colo. Springs	1:02:39.8
Steven Clough, Pueblo	1:12:20.9
James R. Chapman, Ft. Carson	1:15:23.0
Clifford F. Triplett, Ft. Carson	1:17:26.1
Robert M. Santoyo, Pueblo	1:23:55.4

Mike Archuleta, Pueblo	1:27:44.9
Robert Ronas, Colo. Springs	1:30:00.4
Percy Pentecost, Pueblo	1:37:31.8

35 thru 39

Rich Hadley, Florence	1:01:42.0
Jeff Lindemann, Colo. Springs	1:04:18.9
Robert Brotherston, Security	1:04:45.5
Samuel E. Velasquez, Colo. Springs	1:07:18.5
Jose Fernandez, Monte Vista	1:07:24.8
Lonney Vogt, Colo. Springs	1:10:35.0
Bill Veges, Pueblo	1:13:58.2
John Montoya, Raton, NM	1:14:07.0
Jeff Miller, Pueblo	1:16:02.6
Dennis W. Krall, Pueblo	1:29:14.9

40 thru 44

James Robinson, Pueblo	1:03:52.9
Bob Whitney, Colo. Springs	1:04:35.9
Jose L. Rios, Ft. Collins	1:06:24.9
Joe Stommel, Pueblo	1:12:03.6
Rick Percy, Colo. Springs	1:18:28.8

45 thru 49

David N. Jones, Monument	1:09:17.9
Groucho Beckenhaupt, Colo. Springs	1:09:27.9
Terry Fouts, Pueblo	1:10:22.1
Ed Leanos, Pueblo	1:14:21.6
Tomas Duran, Pueblo	1:15:52.1
Bill Walker, Colo. Springs	1:18:11.5
Tom Sayers, Colo. Springs	1:18:31.8
Lloyd V. Montiel, Pueblo	1:22:13.4
James G. King, Pueblo	1:23:33.6
Ron Dorn, Lamar	1:26:00.8
Tom F. Hamilton, Woodland Park	1:26:09.4

50 thru 54

Gary Emrick, Colo. Springs	1:12:27.2
Carson Black, Colo. Springs	1:13:50.3
Randy Kunkel, Colorado Springs	1:14:16.0
George V. Dominguez, Raton, NM	1:18:42.1
Jack Bilak, Pueblo	1:19:49.3
Doug Allen, Woodland Park	1:21:16.6
Dan Temple, Lamar	1:22:15.7
Bill DeMoss, Beulah	1:26:18.4

55 thru 59

Joe Scarlett, Colo. Springs	1:24:04.2
David R. Foster, Pueblo	1:29:49.9
Bruce Batting, Rye	1:30:33.6

60 thru 65

Denver Wood, Denver	1:24:58.5
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66 and Over

Ruben Vigil, Albuquerque, NM	1:13:09.4
John Holiman, Pueblo	1:26:34.4
Bill Larson, Larkspur	1:33:15.3

FEMALE

19 and Under

Jeannie Dove, Colo. Springs	1:17:10.1
Tracie Carricato, Colo. Springs	1:21:23.8
Ingred Millhauser, Colo. Springs	1:23:58.4
Adrienne Kramer, Pueblo West	1:26:27.5
Lisa Bright, Colo. Springs	1:29:46.8

30 thru 34

Elise Rainbowstar, Colo. Springs	1:04:59.9
Michelle Tourville, Colo. Springs	1:08:55.3
Teresa Taylor, Monument	1:11:40.5
Beverly Mannon, Colo. Springs	1:12:59.6
Teddy Isner, Colo. Springs	1:19:25.9
Stacey Bowman, Pueblo	1:20:39.2
Nancy Bowman, Colo. Springs	1:21:08.9
Nanette Anderson, Colo. Springs	1:29:56.5

Spring Runoff • Spring Runoff • Spring Runoff

35 thru 39		
Becky Swartz, Monte Vista		1:07:22.4
Cassie S. Krall, Pueblo		1:29:14.2
40 thru 44		
Jenine Ebersohl, Colo. Springs		1:19:57.3
Ann Pinney, Colo. Springs		1:27:53.5
45 thru 49		
Donna Nicholas-Griesel, Coaldale		1:36:37.9
Cheryl McCoy, Salida		1:47:04.8
50 thru 54		
Beth Bryant, Lakewood		1:38:01.4
55 thru 59		
Martha Kinsinger, Colo. Springs		1:24:40.7

10-Mile Pueblo & Hinterlands Division

MALE		
3, Rich Hadley, Florence		1:01:42.0
7, James Robinson, Pueblo		1:03:52.9
21, Terry Fouts, Pueblo		1:10:22.1
24, Joe Stommel, Pueblo		1:12:03.6
30, Bill Veges, Pueblo		1:13:58.2
33, Ed Leanos, Pueblo		1:14:21.6
35, Tomas Duran, Pueblo		1:15:52.1
36, Jeff Miller, Pueblo		1:16:02.6
44, Jack Bilak, Pueblo		1:19:49.3
50, Lloyd V. Montiel, Pueblo		1:22:13.4
FEMALE		
46, Stacey Bowman, Pueblo		1:20:39.2
61, Adrienne Kramer, Pueblo West		1:26:27.5
65, Cassie S. Krall, Pueblo		1:29:14.2
74, Donna Nicholas-Griesel, Coaldale		1:36:37.9
75, Percy Pentecost, Pueblo		1:37:31.8
78, Cheryl McCoy, Salida		1:47:04.8

10K Pueblo & Hinterlands Division

MALE		
3, Timothy Vigil, Walsenburg		33:11.3
5, Dan Caprioglio, Pueblo		35:12.0
7, Larry Caffey, Pueblo		35:49.6
8, Michael Orendorff, Pueblo		36:04.9
9, Mark Koch, Pueblo		36:07.7
10, Mike Messick, Cheraw		36:13.9
12, Jeff Wooten, Pueblo		36:30.7
14, Nick Laydon, Pueblo		36:49.7
16, Jason Ramos, Pueblo		37:38.5
17, Marty Garcia, Pueblo		38:30.1
18, Dave M. Diaz, Pueblo		38:36.7
20, Larry Volk, Pueblo		40:00.1
29, Todd Hund, Pueblo		41:15.4
30, Paul Chacon, Pueblo		41:17.0
35, Eugene Mares, Pueblo		42:01.2
FEMALE		
23, Cindy L. Abeyta, Trinidad		40:41.9
28, Cindy Paolucci, Pueblo		41:14.8
58, Claire Bueno, Pueblo		44:50.6
68, Karen Ortiz, Pueblo		45:35.0
78, Helen Robinson, Pueblo		46:41.5
79, Misti Frey, Pueblo		46:43.9
84, Marijane Martinez, Pueblo		47:38.9
85, Deb Robeda, Pueblo		47:43.6
110, Kim Westerman, Pueblo		50:41.2
111, Carol Smith, Pueblo West		50:46.8
112, Fran Borton, Pueblo		51:12.6
116, Christy Trontell, Pueblo		52:05.5
117, Diane Rubalcaba-Lopez, Pueblo		52:07.1
120, Lillian Rivera, Pueblo		52:17.0
121, Jessie M. Quintana, Pueblo		52:28.2



Marv Bradley had a 44:21.8 time

10-K Run

MALE		
19 and Under		
Nico Diaz, USAF Academy		36:16.1
Jeff Wooten, Pueblo		36:30.7
Dave Acosta, USAF Academy		41:02.3
Todd Hund, Pueblo		41:15.4
Brian VanBuskirk, Lamar		42:12.1
Jeremy Stulp, Lamar		44:11.0
Chris Dyer, Lamar		1:07:22.9
20 thru 24		
Steve Duncan, Gunnison		35:21.3
Jason Ramos, Pueblo		37:38.5
Paul W. Paschall, Cañon City		44:56.8
Manuel P. Archuleta, Pueblo		49:42.6
25 thru 29		
Steve Cathcart, Las Vegas, NM		32:19.4
John E. Charlton, Colo. Springs		32:58.7
Timothy Vigil, Walsenburg		33:11.3
Russ Dyer, Gunnison		34:23.6
John Valdez, Raton, NM		41:01.1
Rance Melton, Alamosa		41:28.8
Kevin Baker, Colo. Springs		44:53.1
Christer Bradley, Colo. Springs		45:12.4
Tim Urenda, Pueblo		46:25.3
Dion Cantu, Colo. Springs		47:08.3
Leonard B. Lucero, Pueblo		47:44.0
David Field, Pueblo		48:58.3
Robert Lyons, Pueblo		50:38.2
Mario Rodriguez, Ordway		51:26.2
Wade "Bud Man" Wittmer, Pueblo		52:13.8
30 thru 34		
Dan Caprioglio, Pueblo		35:12.0
Larry Caffey, Pueblo		35:49.6
Mark Koch, Pueblo		36:07.7
Nick Laydon, Pueblo		36:49.7
Marty Garcia, Pueblo		38:30.1
Larry Volk, Pueblo		40:00.1
Eugene Mares, Pueblo		42:01.2
John Deutschbein, Colo. Springs		42:31.2
Dan Paulson, Cañon City		44:44.5
Fred Lujan, Pueblo		45:10.3
Perrylee Thomas Garcia		45:31.7
Ray Santiago, Colo. Springs		45:59.6
Dan Gallegos, Pueblo		46:25.7
Ron Gallina, Pueblo		47:54.5
Ben Valdez, Pueblo		48:03.9
John Castanha, Rye		48:23.9
Jon Braasch, Orange Park, FL		49:06.0
Mark House, Pueblo West		50:04.5
Brad VanBuskirk, Pueblo		52:08.5
William McAuliffe, Pueblo		54:34.7
Greg Reeves, Ordway		1:00:16.5
35 thru 39		
Mike Messick, Cheraw		36:13.9
Johnny Ray Garcia, Raton, NM		37:28.5
Joe Davis, Colo. Springs		38:58.1
Paul Chacon, Pueblo		41:17.0
Rick Romero, Pueblo		43:22.0
W. Dale Solterbeck, Colo. Springs		44:13.9
Chris Hunter, Swink, CO		44:22.9
Rocky Khosla, Pueblo		44:29.2
Art Shinn, Pueblo		45:12.1
Sam Brown, Pueblo		46:10.9
Marty Alfonso, Pueblo		46:55.9
Dan Rodgers, Pueblo		47:12.7
Timothy J. Quinn, Colo. Springs		48:00.5
Howard Stringert, Pueblo		48:23.3
Perry Smith, Pueblo		49:51.3
Daniel Oxford, Pueblo		50:32.4
Mike Matthews, Colo. Springs		52:33.8
Matthew Martin, Pueblo		55:37.3
Paul Barela, Pueblo		57:00.4
Paul Sefcovic, Pueblo		57:29.5
40 thru 44		
Michael Orendorff, Pueblo		36:04.9
Ken Algien, Pueblo		42:19.9
Nick Leyva, Pueblo		44:02.0
Bill Ebersohl, Colo. Springs		44:19.2
Mike Giron, Longmont		44:28.7
Charles Jacobs, Pueblo		45:55.4
John F. Ulsh, Cañon City		46:12.7
John Arthur, Pueblo		46:28.1
David Anderson, Colo. Springs		47:59.2
Raul San Miguel, Pueblo		49:15.9
John D. Mills, Colo. Springs		49:49.0
Gary Vannelli, Pueblo		50:10.5
Allen S. Weaver, Cañon City		52:00.1
Jeff Cleaver, Pueblo		52:33.4
Peter McCarthy, Pueblo		52:53.2



Steve Cathcart chats with Paul Norris of Colorado Racing

M. Gonzales, ?		53:09.2
Fred Alcon, Pueblo		53:33.5
Stephen W. Wright, Pueblo		53:47.7
Harold Gearhart, Pueblo		53:55.5
Michael F. Atlas-Acuna, Pueblo		55:36.6
Frank M. Lopez, Pueblo		55:58.6
Louis W. Arteaga, Pueblo		56:34.0
George Alfonso, Pueblo		56:57.8
David L. Jobe, Raton, NM		59:17.6
Gilbert Archuleta, Pueblo		59:59.1
Dan Corsentino, Pueblo		1:01:16.9
Karl Aguilera, La Junta		1:04:53.3
Alan Nelms, Pueblo		1:06:24.2
45 thru 49		
Dave M. Diaz, Pueblo		38:36.7
Alan Johnson, Colo. Springs		40:11.2
Al Dominguez, Pueblo		43:51.9
Dave Farnum, Trinidad		44:48.6
Jay Brooke, Lamar		44:49.9
Doug Simmons, Pueblo		45:18.4
Ron Dehn, Pueblo		47:28.2
Larry Lopez, Pueblo		48:20.8
Warren T. Marshall, Canon City		48:47.6
Steve McDermott, Colo. Springs		50:32.0
Patrick Swank, Pueblo		53:01.8
Mark Louvit, Colo. Springs		54:10.5
Eugene Arellano, Pueblo		54:26.7
David Gottfred, Pueblo		55:08.6
Charles Dyer, Lamar		55:16.3
Charles F. Sanchez, Pueblo		56:06.0
Chuck Herman, Pueblo		58:54.7
Will Johnson, Pueblo		1:01:02.7
Anthony Martin, Pueblo		1:01:39.6
Daniel L. Garcia Sr., Beulah		1:04:15.8
50 thru 54		
Harold Jones, Colo. Springs		41:05.8
Dennis Normoyle, Colo. Springs		42:06.6
Vincent Lopez, Alamosa		42:55.1
Marv Bradley, Cañon City		44:21.8
John Kearns, Larkspur		44:32.8
Henry Hund, Pueblo		45:01.5
Hilbert Navarro, Pueblo		45:20.1
Jeff Arnold, Avondale		45:57.9
Don Plost, Pueblo		46:29.1
Leonard Gregory, Pueblo		48:09.5
Benjamin Baez, Pueblo		49:32.2
Dan Cleveland, Colo. Springs		51:52.5
Walter Degurse, Weston		1:29:11.3
55 thru 59		
Glen L. Ash, Colo. Springs		42:00.2
Cruz Martinez, Colo. Springs		43:26.2
Bill VanBuskirk, Lamar		52:36.3
Richard F. Ayala, Pueblo		56:07.8
Neal L. Kinsinger, Colo. Springs		56:40.6
Bob King, Pueblo		58:27.9
60 thru 65		
Roger Wilcox, Colo. Springs		53:39.3
Glenn Freelove, Pueblo		1:03:22.1
James Reavis, Pueblo		1:06:23.5
66 and Over		
Rodge Rodgers, Colo. Springs		53:46.6
Carl Mapps, Pueblo		1:10:19.2

Spring Runoff • Spring Runoff • Spring Runoff

Behind the scenes at the Runoff

FEMALE	
20 thru 24	
Cherriloo Kemnitz, Gunnison	40:36.4
Judi Diaz, Pueblo, CO	53:10.4
Teri Alfonso, Pueblo	55:17.1
25 thru 29	
Sabrina Han, Colo. Springs	36:40.6
Cindy Paolucci, Pueblo	41:14.8
Mary Arnold, Colo. Springs	43:01.9
Claire Bueno, Pueblo	44:50.6
Karen Ortiz, Pueblo	45:35.0
Misti Frey, Pueblo	46:43.9
Carol Smith, Pueblo West	50:46.8
Erin Holmes, Beulah	54:46.7
Kerry Stumpff, Pueblo West	1:02:26.4
30 thru 34	
Hillary Becker, Colo. Springs	41:08.7
Linda Abercrombie, Colo. Springs	41:34.5
Kim Westerman, Pueblo	50:41.2
Linda Matthews, Colo. Springs	52:32.9
Jeanette Brooks, Pueblo	52:56.4
Maria Elena Gordon, Cañon City	53:40.3
Denice Reed, Pueblo	1:01:09.2
35 thru 39	
Cindy L. Abeyta, Trinidad	40:41.9
Cindy Engleman, Colo. Springs	41:59.6
Helen Robinson, Pueblo	46:41.5
Linda Weyers, Monte Vista	49:50.4
Christy Trontell, Pueblo	52:05.5
Diane Rubalcaba-Lopez, Pueblo	52:07.1
Claudia Stubenrouch, Pueblo	57:48.8
Kay Hobbs, Pueblo	1:00:33.4
Bernadette Warren, ?	1:03:21.4
Kathy Duran, Pueblo	1:03:28.2
Maria S. Martinez, Cañon City	1:10:53.9
Kay Massey, Pueblo	1:12:34.6
40 thru 44	
Eileen Cram, Colo. Springs	43:34.5
Marijane Martinez, Pueblo	47:38.9
Deb Robeda, Pueblo	47:43.6
Paula Birmingham, Alamosa	55:19.9
Marilyn Collett, Castle Rock	55:43.7
Lori Macchietto, Pueblo	56:53.5
Julie Arellano, Pueblo	1:00:25.2
Betsy Hill, Pueblo	1:06:56.9
Tania I. Garcia, Cañon City	1:11:05.6
Melnda Badgley Orendorff, Pueblo	1:12:49.4
Susan B. Stiller, Pueblo	1:15:09.9
Helene Atlas-Acuna, Pueblo	1:15:10.6
45 thru 49	
Fran Borton, Pueblo	51:12.6
Lillian Rivera, Pueblo	52:17.0
Julie G. Marshall, Cañon City	53:05.3
Marie J. Doyle, Colo. Springs	53:58.4
Donna Wheeler, Pueblo	54:22.2
Joyce Simony, Pueblo	54:45.6
Candace Allen, Pueblo	55:07.8
Donna Musgrove, Pueblo	56:00.3
Gloria J. Montoya, Pueblo	56:47.0
Ruth McDonald, Pueblo	1:07:43.1
Deanna Stever, Pueblo	1:08:04.7
Nancy Degurse, Weston	1:29:10.3
50 thru 54	
Constance Martinez, Lakewood	48:18.8
Jessie M. Quintana, Pueblo	52:28.2
55 thru 59	
Judy Tucker, Pueblo	57:28.9
Gail Megenity, Pueblo	1:11:29.6

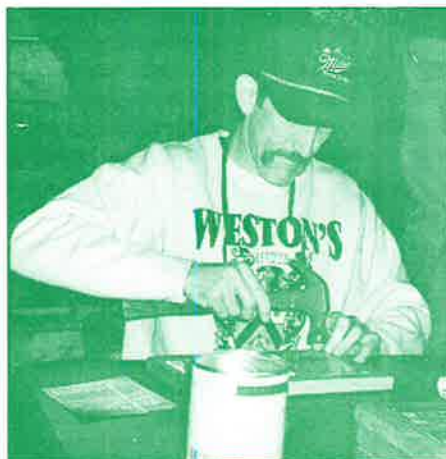


Who dat? Why, it's Wade Wittmer!



Results on race day as well as for this issue of *Footprints* were provided by Andy Ballou with input assistance from Mary Lou Henson.

Photos by The Franch



Dan Weston affixed personalized result sheets, created by Mike Orendorff, to each award's plaque



Race Director Rich Barrows, with daughter Jazzmine, brought several new twists to this year's race



Fred Lujan and son check out the course map prior to the 2-mile start



Nick Leyva had everyone's attention & didn't choke on any names while calling winners to pick up their awards

RRCA Convention: Fun, fruitful & fatiguing

by The Franch

Let's get the pain out of the way first - we (I) failed to bring home the big prize again this year in the newsletter awards contest conducted by the Road Runners Club of America. The winner - announced during the RRCA's national convention I attended April 6-10 in Washington, D.C. - went to the White Mountain Milers in Conway, New Hampshire. I'm sure they have a quality product and deserved the honor, although I couldn't say that last year when I reviewed the winning newsletter.

While a tad disappointed, I do feel extremely fortunate that we were voted to have the outstanding small club newsletter in the Western Region for the second consecutive year. We were informed at our Western Region meeting that our region had more entries than any of the other three divisions. So we must be doing something right. Your beloved editor also was surprised to receive an Honorable Mention in the Club Writer category. Many thanks to Marijane Martinez for nominating our newsletter and myself for the respective categories. I appreciate that.

Okay, enough of that talk. Awards are only a miniscule part of the RRCA Convention, and there was an ample amount of positive things that made this trip - my first visit to our nation's capital - very worthwhile. And that's despite two travel days that I have to label as "awful" at best. I'm not a good traveler, and DC is a long, long way, especially when you factor in plane switches, delays, time between flights, and bus trips. Ugh! But all of the idle time on the return trip enabled me to organize my thoughts and jot down some observations from the convention. Ready or not, here they come:

- Big clubs do some ambitious, amazing things. Many of them conduct training programs for beginners, kids, or first-time marathoners, for which they give certificates or another award to those who complete the program. It helps get new people involved in their clubs. A couple of big clubs also have newsletters that resemble magazines, although they only publish bi-monthly or quarterly. One produced a 15-minute video that airs on a public service station, as well as a slick calendar it distributes to volunteers.

- Like that of the SCR, programs to get kids involved are very trendy today. Many have separate races just for kids. Of course, we have the Race Against Violence and the

DARE Run. Trends don't get any better than this one.

- Many small clubs are actually located in huge cities and, because of that, have greater access to resources than do clubs like the SCR and especially smaller ones. This isn't a judgemental statement, just a point of information.

- Nancy Hobbs, our Western Region Director pictured in the photo below, is a resourceful lady. Realizing the Pikes Peak Ascent and Marathon draw entries from throughout the country, she had Triple Crown race brochures on hand. Very clever, Nancy.

- Have you been receiving your quarterly issues of "Footnotes," the RRCA's newsletter? I haven't for almost a year. But I found out why. It's because each club is supposed to be sending an updated membership list (with addresses, of course) to the RRCA on a quarterly basis. I expect to be getting together with Andy Ballou, our Membership Director, to have this list furnished to the RRCA on disk.

- The Cherry Blossom 10-mile race, which is capped at several thousand entries, took place the day I returned. Because of health problems I've experienced this year, I didn't want to risk racing this long of a distance. But I did attend the packet pickup and Expo extravaganza at the nearby Marriott Hotel. Always looking for freebies. There was a separate "Elite Athletes" packet pickup table. The Cherry Blossom race had a same day 900 number results line that you could call after 6 p.m. to get your time, overall place, age division place, etc. Amazing!

- You could tell who partied long into the previous night by how long the hotel's complimentary newspaper was left outside the room doors.

- I participated in a three-person team relay race held the first full evening of the convention. One of the three runners

- on our team was a no-show. I volunteered to run the first and third legs, and let Bonita Ford of Kansas run the middle leg. I wasn't too swift - 6:45 miles - and Bonita was even less swift. Hence, my comment to her at the finish: "I guess our fastest runner didn't show up."

- You'll love this: In the Pentagon City Mall, which you could enter through our hotel, there was a food court that contained a "Frank & Stein" fast food joint that featured many varieties of hot dogs and draft beer. In fact, 24-ounce drafts went for \$2 between 3 and 8 p.m. daily. I sure missed a lot of the convention during these hours.



Your beloved editor - Gary Franchi - pictured with his Newsletter and Club Writer awards presented by Western Region Director Nancy Hobbs at the RRCA national convention.

Photo by Roger "The Rhino" Allison

★ The Tri-Geek Speaks! ★

by Michael Orendorff



IRRITATING UNSOLICITED ADVICE: Try this: Running with your whole body. Silly? Impossible to do otherwise?

Goes without saying? Well, someone, fella named Jack Heggie wrote a book called "Running With the Whole Body." I figured it was out of print and that I probably was one of the very few who had purchased a copy. Hey! It's come up twice, with positive recommendations, in the PPRR newsletter, *The Long Run*. (Or am I not supposed to mention that other newsletter in this space?) Why would this book be any good for us? Well, if you're a natural athlete with good rhythm, a smooth stride and balanced biomechanics, you have no need to read it. If you're like me, then the book could be quite beneficial to you over many years. (Like me, if you're injured easily, not a natural athlete, must work to learn any sport, and non-standard running body type.)

If you're easily embarrassed, you'll want to sneak into City Park at night to try the exercises recommended. But they're fun, exploratory assignments. These are not repetitive stretches or strengthening routines. What you will be required to do is get to know your running style (and you thought you knew it already?) and find out the often startling change a minor adjustment of shoulder carry, palm position, elbow angle, head carry, wrist angle, etc. will make. You may even learn how to breathe. (I'm still trying that. Haven't mastered it yet but I vow not to give up. I hear it really helps you go farther.)

When reading this book I find myself bemused by the swimming coaches I have talked to who always say, "Unlike running, swimming is a SKILL sport." I think it's just that people are more willing to admit they need instruction in swimming. Running CAN be approached as a skill sport. Using your WHOLE BODY can be very helpful.

TRI-GEEK FUN!! Life can be so boring in this rich country. Being so well-fed and clothed is tough to deal with. We must find interesting diversions daily. A fellow tri-geek in Longmont writes of the latest twist he and a few friends have added to their running challenges. At the North Boulder Rec. Center, they each bench-pressed the maximum amount they could do one time. For each 20 pounds above one's body weight, you get a time bonus of one minute on the following run. At corresponding intervals, based on the bench press, each person ran up Mt. Senitas (normally about a 20-minute time trial for him from where they start.). What? You're a super strong runner and want to compete in next year's event? (Or are you just cheap and know there is no entry fee?). I know the editor is ready to flex his muscles, so let him know you'd like to be on the SCR team. (Ed. Note: *Can't you hear my shirt buttons popping already?*)

MORE TRI-GEEK FUN !! At the annual Inverness Athletic Club Swim/Run biathlon a few weeks ago, we jumped out of the warm indoor pool, threw on shoes and a shirt, then ran outside to do a 5K. Unfortunately, the previous day's sunny warmth had become a northerly, cold wind. Hair and other parts froze. Don't you wish you were there? (Ed. Note: *No, but I'm glad you were.*)



The Newlyweds

SCR members Kathy Duran and Joe Stommel were married in a touching ceremony held April 2 at City Park. This photo was taken just seconds after the ceremony was completed. In the background is Judge Adele Anderson, who performed the ceremony.

Photo by The Franch

Pueblo Bike 'n Dine Ride & Events Schedule

Formerly called Team Pueblo, this biking organization has scheduled a myriad of rides throughout the summer. Here is a list of their upcoming activities through May:

April

- 23: 9 a.m. Reservoir ride (30 miles): From City Park to Pueblo West to reservoir area and back.

May

Weekly Thursday rides at 5:30 p.m. Riders present determine the route.

- 1: 8 a.m. Penrose ride (35 miles): From Pueblo West Shopping Center to Penrose and back along Highway 50.
- 3: 6 p.m. Dinner, meeting & video at the Gold Dust Saloon.
- 7: 9 a.m. Colorado City ride. (40 miles): Pueblo Greyhound Park to Colorado City exit and return.
- 12: 5:30 p.m. Monthly time trial. Hampton Inn.
- 21: 9 a.m. Red Canyon Mountain Bike Ride (30 miles): Red Canyon Park entrance out of Canon City. Mountain biking on jeep trail.
- 30: 9 a.m. Memorial Day ride (46 miles): From 7 Goldweed Ct. in University Park to Avondale via Highway 50 East. Bring food for potluck barbecue.



How to deal with various types of headaches

by Rocky Khosla, M.D.

As I was sitting here trying to come up with a topic for this month's column, I got a doozy of a headache. So I thought, let me write about headaches!

Headaches can be caused by a variety of conditions, most of which are not serious. I find it most helpful to break these into 4 major groups; organic, vascular, tension and referred.

Organic headaches are basically due to medical conditions such as allergies, infections and tumors, for example. Generally, if a person who doesn't generally get headaches starts to complain of headaches, his or her physician should really make sure that there are no underlying medical causes of these headaches. Imaging studies such as sinus X-rays, CAT scans or MRI scans can often help sort out difficult cases.

Vascular headaches are also known as migraines, but most of us are hesitant to use the later phrase because the media has really presented so much misinformation that anyone who has a headache seems to think that it's a migraine. These types of headaches occur when the blood vessels in the brain go through spasm. The classic migraine may be present with a person seeing flashes of light, getting nauseated and getting a massive headache, usually on one side of the head. These people tend to also feel sensitive to light and sound when they have the headache. Most people with migraines, however, don't get all of these classic features, but usually only have a few of the above-mentioned features.

More women than men suffer migraines, but there is a type of migraine which is more common in men than women, and this is called the cluster headache. These headaches tend to be extremely severe and are usually felt behind the eye, as if the patient were being stabbed in the eye with an ice-pick. They frequently will wake the patient up from sleep.

The treatment of migraines can be broken down into two approaches - abortive and prophylactic. In abortive therapy, we are basically trying to get rid of the headache once it has started. Towards this end, the older medicines used belong to a family of drugs called ergotamines. The



newest drug now available is called sumatriptine, and it seems to be very effective. The drawback is that it is only available in a shot form at this time, and a fair number of people can have recurrence of the headache within

24 hours. The other approach to treatment of migraines is prophylactic, meaning to try to prevent these from coming on in the first place. The medicines that may work well in this case are beta blockers and, more recently, calcium channel blockers.

Tension headaches are what most people have, and this is where the daily stresses in our lives can really add up to give us pains in our noggins. The best approach to these is to really get to the bottom of the cause, be it stress at work, at home or at school, and try to figure out ways to deal with the stress.

Referred headaches are headaches caused from problems in other parts of the body. A good example is TMJ syndrome, where the pain from wearing down of the joint in the jaw can give headaches. Of course, the treatment of these types of headaches is to figure out the underlying cause and to treat it.

Some people may develop headaches just through exercise, and these are called exertional headaches. Several medical studies have looked at large numbers of patients who suffer from these types of headaches, and it turns out that about 10% of these people may have an intracranial cause of these headaches, such as tumors, aneurysms of the brain, etc. The 90% who do not have an intracranial cause probably have a combination of muscle spasm and/or vascular reason for these headaches. If you have these type of headaches, it's a good idea to bring it to your physician's attention.

Hope reading this has not given you a headache, but if it has, take 2 aspirin and you know the rest!

Till the next time, happy trails to you!

(Got a question for the Rock? Send it to him via your beloved editor):

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



Join the hares (& tortoises)!

When there isn't a local race scheduled, an assortment of SCR members of varying talent levels meet each Sunday at 8:15 a.m. in the parking lot by the City Park pool. Come out and join them. Runners can run as much or as little as they want, and the camaraderie generated is priceless.

See you there!

Advice for staying injury-free:

"Be fully confident in your body's ability to let you know when something's wrong. And always do a proper warm-up so your body can gradually adjust to the exercise."

- Mike Pigg, triathlete

The "Show Your Speed" Handicap

Wednesday, April 27 - 5:45 p.m.

by Mike Orendorff

This Handicap Race starts at the South Side Reservoir Park Headquarters so that we won't have to pay an entry fee. We will run on pavement, some highly groomed trails, and a little bit of shale road and trail. You CAN NOT get lost on this run. I haven't measured it with other than a slow, jogging pace. I estimate the course is a hair under 3 miles. People like Marty Garcia should scorch it.

Almost all of the rocks have been removed from the dirt path we will be using. The surface is being leveled. Unfortunately, to me, that looks like it is getting ready to be paved. This may be our last chance to run on this groomed, soft dirt trail. Don't miss it.

If anyone tells me this is too short for them, then I will gladly give instructions on how to get tired (even exhausted) in less than 20 minutes and feel exercise sated for the evening.

By the way, I have a new table of 10K world best times by sex and age group. I am going to modify the Handicapping to reflect this latest information. Right now, it appears that will make Marijane Martinez and Helen Robinson jump up a few slots in the series results.

April 27th is a Wednesday. That's not a mistake. The run is at 5:45 pm. Make-ups are easily arranged. Call 561-2956. Be there!

Handicap Race #2 Nature Center Gully Wash Run 4.4 Miles

	Run Time	Predict Time	Variance	Predict Points
Runners				
1. Dave Diaz	36:01	36:00	0:01	45.0
2. Helen Robinson	42:50	43:00	0:10	43.5
3. Nick Leyva	37:28	37:00	0:28	42.0
4. Marijane Martinez	41:54	41:00	0:54	40.5
5. Don Pfost	41:16	40:12	1:04	39.0
6. Paul Chacon	38:34	40:00	1:26	37.5
7. Fred Lujan	37:56	36:09	1:47	36.0
8. Ben Valdez	40:43	38:30	2:13	34.5
9. Rich Barrows	36:33	39:00	2:27	33.0
10. Kathy Duran	53:00	50:00	3:00	31.5
11. Joe Stommel	37:35	34:00	3:35	30.0
12. Mark Wilkerson	48:58	45:00	3:58	28.5
13. Bill Veges	41:03	37:00	4:03	27.0
14. Robert Santoya	48:56	42:00	6:56	25.5
15. Paul Barela	52:48	40:00	12:48	24.0
Walker				
1. Melinda Badgley	57:45	56:00	1:45	.0



Handicap Series Results Summary

(After 2 races)

	Total	#1	#2
Walkers			
1. Melinda Badgley	150.0	75.0	75.0
Runners			
1. Dave Diaz	139.5	64.5	75.0
2. Nick Leyva	139.0	69.0	70.0
3. Marijane Martinez	133.0	66.5	66.5
4. Helen Robinson	129.5	63.0	66.5
5. Don Pfost	124.5	56.5	68.0
6. Joe Stommel	119.5	62.5	57.0
7. Paul Chacon	110.0	48.5	61.5
8. Fred Lujan	104.0	46.0	58.0
9. Rich Barrows	103.5	45.5	58.0
10. Bill Veges	100.0	52.0	48.0
11. Kathy Duran	97.0	47.5	49.5
12. Robert Santoya	92.5	50.0	42.5
13. Hilbert Navarro	67.5	67.5	0
14. Todd Hund	65.0	65.0	0
15. Sam Brown	57.0	57.0	0
16. Ben Valdez	54.5	0	54.5
17. Mark Wilkerson	47.5	0	47.5
18. Paul Barela	40.0	0	40.0
19. Betsy Hill	39.0	39.0	0



The Brewski Sisters say:

**"Don't be an April fool!
Support your local running & bike clubs!"**

And stop by the Gold Dust, too!

**Running out of town?
Give us a buzz!**



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 (if no answer, leave message on Manda's machine)

RACE CALENDAR



PUEBLO-CANON CITY AREA

- April**
27 Wed 5:50 PM **SCR Handicap Series**, close to 3M
South Reservoir Campground
- May**
1 Sun 8:00 AM **Cinco de Mayo 10K Run**
State Fairgrounds
7 Sat ? **The Wildly Incredible Relay Run**
Call Mike Orendorff for details
14 Sat 8:00 AM **Skyline Run, 10K**
Graydene Park, Cañon City
21 Sat 7:15 AM **Ordinary Mortals Triathlon: 525-meter**
to 8:30 AM swim, 11.4-mile bike & 3-mile run
Pueblo Regional Center, Pueblo West
22 Sun 8:30 AM **Royal Gorge 10K Challenge**
Royal Gorge, Cañon City

OTHER AREAS

- April**
23 Sat 9:00 AM **Terrazzo 10K Run, & 5K Walk**
Air Force Academy Fieldhouse
24 Sun 7:45 AM **Cherry Creek Sneak, 5M**
First and Steele streets, Cherry Creek
30 Sat 9:00 AM **Elbert Reflections, 5K & 10K**
Elbert, CO
- May**
1 Sun 9:00 AM **Columbine Classic, 5K (women's race)**
Washington Park, Denver
7 Sat 8:00 AM **Heart & Sole Classic, 1M, 3M or 5M**
Broadmoor/Seven Falls area
15 Sun 8:00 AM **Triple Crown Tuneup, 10K**
Garden of the Gods, Colorado Springs
21 Sat 8:00 AM **Armed Forces Day 10K**
Fort Carson
30 Mon 7:30 AM **Bolder Boulder, 10K**
Boulder

TRIPLE CROWN DATES - 7 A.M. STARTING TIMES

- | | | |
|--------|----|------------------------|
| June | 12 | Garden of the Gods 10M |
| July | 17 | Classic 10K |
| August | 20 | Pikes Peak Ascent |
| | 21 | Pikes Peak Marathon |

1994 OUT-OF-STATE MARATHONS

- | | | |
|-----------|----|--|
| April | 18 | Boston |
| | 30 | Whiskey Row - Prescott, Arizona |
| May | 7 | Great Potato - Boise, Idaho |
| | 7 | Shiprock - New Mexico |
| | 28 | Wyoming's Only Marathon - Laramie |
| June | 4 | Ghost Town - Helena, Montana |
| | 18 | Grandma's - Duluth, Minnesota |
| July | 31 | San Francisco |
| September | 4 | Black Hills - Rapid City, South Dakota |
| | 11 | Duke City - Albuquerque, New Mexico |
| October | 1 | St. George - Utah |
| | 1 | Portland - Oregon |
| | 1 | Twin Cities - St. Paul, Minnesota |
| | 30 | Kansas City (guess which state) |

1994 COLORADO MARATHONS

- | | | |
|-----------|----|-----------------------------------|
| June | 5 | Steamboat Springs, (303) 879-0882 |
| August | 21 | Pikes Peak - 473-2625 |
| September | 18 | Pueblo River Trail, 543-5151 |

(Answer to Movie Quiz on Page 12: Clint Eastwood in "High Plains Drifter.")

RACING NOTES

by the Editor

Thanks, sponsors!

Race Director Rich Barrows and the SCR extends its thanks to these sponsors for helping make this year's Spring Runoff a tremendous success:

Main sponsor - The Pueblo Chieftain (*Daily Bugle*).

Sponsors for volunteer and runner prizes - Screened Effects, Red Lobster, Frankmore Produce, Gaetano's, King's Table Buffet, Mill Stop Cafe, King Sooper's, Pizza Hut and Loco Liquors.

Awards sponsors - Gobin's Office Supply, Don Pfost, Mike Orendorff.

Speaking of the Runoff, did you see the nice spread on the race in *Colorado Racing* magazine? Got a whole page.

Holy Family race

Mentioned as a possible race in last month's issue, this 5K race is now on the schedule. It will be held at 7 p.m. Friday, June 10, beginning and ending at the Holy Family Parish at Prairie and Lakeview. The race will include a 2-mile walk division. The parish festival will take place the following day.

Cinco de Mayo

This flat, fast 10K to be held on May 1 has the sponsorship backing of the Colorado State Fair and Pepsi Cola. The SCR is designing the front of the shirts. There will be a dinner/dance on the eve of the race, and don't forget the Huevo's Rancheros breakfast after the race since the proceeds go to the HORIZONS Scholarship Fund. Food!!!!



Race Against Violence

I don't remember Rich Barrows mentioning the date for this August 5K race that is mostly for kids but that adults can run in, too. Of course, I can hardly remember my name anymore. Anyway, Total Terrain has agreed to sponsor the race, and an effort is being made to have all proceeds earmarked specifically for the Pueblo Boys and Girls Club's battle against violence. Great cause!

Miscellaneous gibberish

I see where the entry forms are all over the state for the Bolder Boulder set for Memorial Day. The Y has some entry forms. The basic package is \$20 this year, still a deal as far as I'm concerned ... Get this: Mr. O says there actually is a triathlon club in the Springs with about 30 members. Unreal! I'm not sure there are 30 people in Pueblo who can spell triathlon correctly ... The SCR will be handling the finish line for the Enduro Classic which returns to the schedule this year - on Sept. 4 (day before Labor Day) - after a one-year hiatus. Dave Farnum is our contact ... El Presidente Paul Barela did it again - this time at the Run for Justice. It seems Paul has a quick trigger finger which he can't keep off the chronomix buttons. I hear the officials had to use the tick sheets for the results. Luckily there were very few entrants in the race because of blizzard Saturday morning weather conditions. Well, he's consistent!



Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of Cathy Guise-wite: "Every day is a new beginning ... and a chance to blow it."

This Month's Smorgasbord: Picked up a copy of *Rocky Mountain Sports* at the YMCA recently and couldn't find a stinkin' thing to read. Let's just be nice and see that this publication aims at a very limited audience. In fact, the only things I look at are the events calendar at the back and the racing ads mixed in throughout. Anyway, one thing I've noticed is that *Rocky Mountain Sports* will run an ad on a race, then won't list it in the events calendar at the back. Why not? This is almost as bad as some mush head changing the date of the Y-Bi Biathlon from its correct 9 a.m. starting time to the obviously incorrect 3 p.m. from one issue to the next in a local running publication ... Editorial consultant Nick Nasch has noticed my love for a cup of gourmet java after a race (or anytime) and wonders why they don't invent a coffee scent air freshener for those of us who need a coffee smell fix once in a while ... Read the story in *The Daily Bugle* about the new organizers of the local bicycle contingent. Judging by the new name for the group - Pueblo Bike 'n Dine - I'd say these folks have their stuff together. Think about it - "Pueblo Bike 'n Dine." Fantastic! ... In case you didn't know, Boulder organizers have picked up on the SCR's Spring Run-off Training Series concept by scheduling their own training series, with interested runners meeting on Mondays and Wednesdays from last month until the week of the Memorial Day race ... From reading past issues of *Footprints*, you're probably aware of my utter disdain for fitness researchers.

What I'd really like to see is a research study done on those fitness researchers. Wouldn't that be revealing? I'm sure they'd find a group with an average IQ of about 70, being THAT high only if the correct answers are provided ... This month's Ultimate in Idiocy item: Do you ever study rock music lyrics? You can if you run with headphones, you know! I do. Recently, I've started to wonder: where do these fruit loops come up with some of their nonsense lyrics? Case in point: On a recent run I was listening to the current hit "Mr. Jones" by Counting Crows. Here's a segment from the song: "You know gray is my favorite color. I felt so symbolic yesterday." Uh, okay. Then I heard that oldie "Horse With No Name" by America. What the heck is that all about? Were they reliving Jim Morrison's trip to the desert? But I think I hit the ultimate (in idiocy) when I was on a jaunt a few weeks ago and heard the not-too-long-ago hit "Losing My Religion" by R.E.M. Man, those guys are out there somewhere. For example, these opening lyrics: "Oh, life. It's bigger. It's bigger than you. But you are not me. The things that I will go to. The distance in your eyes." The only way I'm going to understand that, especially when I'm running, is if you put the right kind of mushrooms on my pre-race pizza!

Movie line of the month: "Your feet, m'am, they're almost as big as your mouth." Guess this classic movie and the speaker. If you get both right, he'll make your day by waving his magnum in your face. Answer elsewhere in this issue. Happy hunting, and remember to send any leftover chocolate Easter eggs to your beloved editor.

Biking axiom:

"The amount of stones on the riding shoulder of the road is directly proportional to the amount of air you put in your tires." - *The Franch*

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 dumb bunny!

If you move, make sure you send us your new address in order to keep the SCR bunny hippity-hopping those issues of *Footprints* to your mailbox.

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



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