

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

May, 1994

★★★ Overseas Edition ★★★

Price: Nominal



Where's Waldo?

Well, Waldo may not have been at the Cinco de Mayo 5-mile race, but about 120 other runners were. At the finish line, the man in the middle (#518 – Tim Vigil) was the first across. To his right is Terry Villarreal-Colba, who was the first female finisher. More on the Cinco race is on Page 5 inside this issue.

Photo by The Franchi

If it's May, it's time for the Bolder Boulder

by The Editor

I love May. Longer days, running after work, green lawns, shooting hoops in shirt sleeves, the Stanley Cup playoffs, and the annual Bolder Boulder. While my first Bolder back who knows when was my most moving Bolder experience, the Memorial Day race and its associated pageantry has hardly lost any luster over the years. It's always a treat to run that 10K course and take in all the sights and sounds along the way, then frolic in Folsom Stadium afterward. It always seems like the racers and walkers will never stop entering the stadium.

Besides, I also have my top 10K time at the Bolder, even though everyone says you can't expect to get your



PR there. Showed them!

But that was back in my really serious running days. Sure, I still like to run hard and do well, but at the Bolder it's not the most important thing anymore. Every year I study the people along the course a little bit more. And this year will be particularly special for me since I will be running the entire distance with my two kids – Amanda, 17, and Aaron, 13. It will be the first time they've run the race, meaning this year will be special for all three of us.

Anyway, when you've finished racing, join the Franchis and the rest of the Southern Colorado Runners in SECTION 215 at Folsom Stadium and soak in the vibes the rest of the morning.

What a day to be alive!

Great (& so-so) Stuff

by The Franch

Thought for today, compliments of Pink Floyd in the song "Time," as you wonder how you missed the boat: "No one told you when to run. You missed the starting gun."

This Month's Smorgasbord: Major running publications recently came out with their issues on the new models of **running shoes**. One thing I gathered from reading these dissertations is that the real reason I haven't been a fast runner all these years is because I haven't had fast footwear. I KNEW there was a reason ... Short males, beware! I read where researchers (here we go again) say that **males who are 6-foot-1 or taller suffer substantially fewer heart attacks** than men who are 5-foot-7 or shorter. You know, I just wonder if maybe this statistic just sort of evolved by itself, without reason, and will level off during the next 100 years. If it does, I'll bet researchers will then say that research over the previous 100 years shows that males 6-1 or taller suffer substantially more heart attacks than shorter men. Just a thought ... I've been **feeling guilty** the past month for blowing some major bucks by buying a wetsuit for open water swimming as well as a car hitch and bike carrier to carry my Mr. Ironman 2-wheeler to away-from-home biking sites. Then I picked up the latest issue of *Triathlete* magazine in which there was an ad for an 8-foot by 15-foot swimming pool that allows you to control the water current speed. It notes you can get in your swim workout without doing any turns. Sells for \$12,975. You know, somebody will probably buy one. I don't feel so guilty anymore ... The Y-Bi got me to thinking - I wonder what the **windiest running areas** in Pueblo County are. I came up with my Top 5: 1, Pueblo West, including Liberty Point, just about anytime. 2, Vigil Drive in Colorado City. You wouldn't believe it! 3, Dutch Clark Stadium during school track meets. 4, The dirt trails around USC. If you've run there, you know. 5, Anywhere else where you have a long training run planned in preparation for that upcoming marathon ... Speaking of marathons, are you a **marathoner**? If so, did you know that you are six times as likely as the general population to suffer from **respiratory illness** during the week after a marathon? Not only that, but you also are much more likely to suffer from infection during heavy training. Happy trails ... In case you were wondering, next year's **Road Runners Club of America convention** will be held May 4-7 in Allentown, Pennsylvania... The RRCA now has a running club behind walls - at Folsom Prison. There also is a gay club and a firefighters' club ... This month's **Ultimate in Idiocy** item: I keep running across statistics about **Americans' fitness habits** that I find difficult to fathom. The latest comes from a survey done by Yankelovich Partners for Advil's Forum on Health Education (is that a mouthful or what?). This one found that a third of Americans over 40 years old never exercise at all. About 20% think they're too old to exercise. The main excuses given are that they don't have the time and/or they don't have the motivation. This is NOT great stuff. And it really makes me ill. I wonder if these are the same people who make tractor pulls so popular.



Movie line of the month: "I don't want to die looking at your ugly face." Guess this recent movie comedy and the speaker. If you get both right, he'll send you an autographed picture of himself from an earlier movie he made with Walter Mathau. Enjoy racking your brain, but keep those legs fresh for the Bolder Boulder on Memorial Day.

SCR Notes

• If you are interested in a racewalking or walking-for-fitness program, contact the YMCA, which operates such programs. Or if you'd like to see the SCR put on some type of walking-related clinic, contact an officer and make your view known.



• Our Membership Chair, Andy Ballou, notes that the SCR currently has 151 members, which is about normal for this time of year. We usually grow to about 180 members by the end of the year.

• I hear that former Puebloan Mark Brockie and his wife Lisa have returned to Colorado. They maintained their SCR membership while living in Denver and Florida for several years, but my sources tell me they have moved to Colorado Springs. It will be great to see them at local and out-of-town races again.

• I reported last month that the cleanup day on the Arkansas River Trail would be held May 21. Well, it was then re-scheduled for 2 p.m. Saturday, May 14, which is probably in the past tense as you read this newsletter.

• Did you know that the SCR will have a new logo soon? We've commissioned Kathy Godec, daughter of the SCR's Don and Lois Pfof, to produce the logo. Kathy has done some outstanding previous design work for the SCR. Her artistry is excellent, and we look forward to seeing what she comes up with.

• I haven't talked about the financial status of the SCR for some time, mainly because I don't think many members care to read about finances in this newsletter. But, I think you should know that, according to the fantastic monthly reports produced by our Treasurer, Melinda Orendorff, the SCR has probably never been in better financial shape. We've got about \$3,300 in the bank as of the date of the monthly meeting for May.

• Nice spread (story and photo) on the SCR's Tomas Duran in the *Daily Bugle* concerning the relocation of his dental practice.

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, Barney	

Footprints is published monthly, lack of quality material notwithstanding. To find happiness, members should read every word.

SCR meetings are held the 1st Tuesday of each month at 7 p.m. at the Pueblo YMCA. SCR members may attend these meetings, learn about how protocol means zilch to the SCR, exchange barbs and/or engage in fisticuffs with those having differing points of view, and kiss and make up afterward at the Gold Dust.



Keeping Fit



The fitness experience as seen the eyes of your editor:

Weightlifting & running

Runner's World says to schedule your weightlifting workouts on your easiest running days and never on the day of a track workout. Also, it advises to never lift the day before or after a race. (Just think, if you either race or do a track workout every other day, you'll never have to lift weights!)

Fitness statistics

From the "Running Wild" section in *Running Times* magazine:

- The percentage of sports participants worldwide whose sport is running: 65%

- Number of minutes a day of exercise (five days a week) now recommended by the Centers for Disease Control: 30.

From *Men's Health* magazine:

- The average man's foot absorbs more than 500 pounds of pressure with each step taken while running.

From somewhere else:

- Percentage of innocuous comments make by your beloved editor in each issue of *Footprints*: Based on the total statements made, the ratio is 1 to 1.

Ankle weights

Do ankle weights do any good? Will they make your legs as strong as an ox's? Or are they a waste of time?

Well, they're probably not a waste of time if you simply want stronger legs. But Stephen Nicholas, M.D., and associate team physician for the New York Jets, says you better not run in

ankle weights because they can do damage to the knees. Basically, they subject the knee joint to unusual stress, and they can pull the knee joint apart, says Nicholas in the March issue of *Men's Health*.

That's fine; I have enough trouble running without wearing ankle weights anyway.

Benefits of visualization

Here's a slightly new way to use visualization to improve your racing:

Ryan Bolton, a triathlete, notes in the April issue of *Triathlete* magazine that the time to visualize your race is during your training, not just when you're sitting around doing nothing. Bolton says that if you can get through your tough times in training, then you can recall those when you're racing.

Says Bolton: "Everybody has a weak moment in their race. There's always a decision point on how hard to hurt and push." He adds that if you can't get past that point, you're not going to do your best. Makes sense to me.

Key to improvement

Cross Trainer magazine puts the entire scenario of attempting to improve one's fitness level by saying: "The truth about exercise is that our human physiology is a great equalizer; barring disease, it will adapt. We can all get fitter, all improve our competitive times all achieve better mental health - with running as part of a complete health and fitness program." The key, it adds, is to overcome injury, excessive fatigue, and negative addiction.

Tell us about your favorite race

If you have a particularly favorite race or notable race experience and you'd like to share it with fellow SCR members, please take the time to write about your experience and send it on to your editor.

In the recent past, we've been treated to such personal accounts by Mike Orendorff, Don Pfost, and Joe [redacted]. I'm sure many of you have similar yarns.

Give it a shot. I'm sure our readers would enjoy it. And, hey, it beats reading all the driv-el churned out by that fool Goodzky, don't you think?

Anyway, send your stuff to:

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



They knew it all along

A new study found that, after other factors are considered, the resting metabolic rate of women is 3% lower than in men.

The analysis of data on 194 women and 328 men looked at the rate at which a person burns calories while lying in bed right after awakening. Basically, your metabolism is the amount of calories your body burns just to keep itself alive.

The study was conducted by Eric Poehlman of the Baltimore Veterans Affairs Medical Center. His conclusion was that women burn fat more slowly by a rate equivalent to one average-size chocolate chip cookie a day.

If it's not one thing it's another.

SCR meeting time changed



Please note that the time of the monthly SCR meetings has been changed to 7:30 p.m. The day and site - the first Tuesday or the month at the YMCA - remain unchanged. The next meeting will be Tuesday, June 7.



? FITNESS TRIVIA ?

Q: You're a dreamer. You're a talented female runner who dreams of running the 10K in the Summer Olympics in 1996. OK, and I'm going to run GM some day, too. Anyway, as long as you're dreaming, you might as well dream of winning. Based on the winning time in '92, how fast will you have to go to win?

A: Try 31:06.2, which Ethiopia's Derartu Tulu ran in '92.

Y-Bi Classic Biathlon

Y-Bi Biathlon results — (11.2-mile bike, 5.5-mile run)

Provided by Andy Ballou and Mary Lou Henson



Ruth McDonald was 4th in the P&H female division, proving that no bike training is plenty bike training

Photos by Gary Franchi

Another wacky Y-Bi Classic

Guess what? It was windy again at the Y-Bi Classic Biathlon held last month in Pueblo West. What else is new? And Mike Orendorff led all Pueblo and Hinterlands Division finishers. What else is new? There were, however, some weird circumstances:

- **George Balles** was hit with not one, but two flat tires on the bike leg. The second occurred 1¹/₂ miles from the starting line. Not to be denied, George walked his bike back to the start, changed tires, and sped off. Few were around when he finished, a tribute to the art of perseverance.

- Two days before the event, Peter Piper Pizza backed out as a sponsor. Racers had already been promised free pizza at the finish. What to do? Race Director Ben Valdez contacted Little Caesar's and worked out a deal for 50 pizzas. Remember this episode in the future.

- **Paul Chacon** earned the distinction of wearing the ugliest hat seen in these parts in some time with his light blue "USC Math" cap. Hurts my eyes just thinking about it.

- Of the 84 finishers, there were just 22 – or 26% – from the Pueblo and Hinterlands (Southeast Colorado) division.

- While I was trekking the final mile or so, some jerk, who finished long before hand, rode back and forth three times during his "cool down." Man, I wanted to chain his neck to the frickin' bike frame!

Runner's Name	City	Place	Time	Runner's Name	City	Place	Time
Dale Peterson	Denver	1	1:00:07.3	Mariyn Weisinger	Colo. Springs	52	1:26:08.2
Steve Olson	Colo. Springs	2	1:00:10.6	Jill Thomas	Colo. Springs	53	1:26:13.5
Brian Grasky	AFA	3	1:02:41.5	Paul Willumstad	Pueblo	54	1:27:29.5
Dean Frease	Superior	4	1:03:01.8	Helen Robinson	Pueblo	55	1:27:36.1
Michael Orendorff	Pueblo	5	1:03:24.5	Allen Weaver	Canon City	56	1:27:47.0
Philip Hackbarth	Colo. Springs	6	1:04:48.9	Derek Brown	AFA	57	1:28:10.5
Michelle Blessing	Colo. Springs	7	1:05:22.4	Herb Finch	Colo. Springs	58	1:28:45.0
John Delmez	Highlands Ranch	8	1:05:30.9	Chris Sanders	Colo. Springs	59	1:28:48.4
Chris Ramsey	Boulder	9	1:06:10.1	Gary Franchi	Colorado City	60	1:28:56.7
Dennis Coombs	Longmont	10	1:06:44.8	Linda Wilson	Manitou Spgs	61	1:29:14.9
Jim Freim	Colo. Springs	11	1:06:57.3	Stephen Harris	Colo. Springs	62	1:29:30.0
Mark Koch	Pueblo	12	1:07:28.7	Boney Cosyleon	Pueblo	63	1:29:32.4
Ed McCormick	AFA	13	1:07:36.6	Lon Spann	Colo. Springs	64	1:29:49.6
Peter Sauve	Colo. Springs	14	1:09:03.8	Matthew Santoyo	Colo. Springs	65	1:29:54.6
Jan Ramsey	Boulder	15	1:10:39.9	Robert Stellick	Colo. Springs	66	1:30:50.2
David Young	Colo. Springs	16	1:11:54.8	Ned Torgee	Colo. Springs	67	1:33:02.5
George Franklin	Aurora	17	1:12:27.2	Toddie Beaudreau	Castle Rock	68	1:34:35.1
Paul Chacon	Pueblo	18	1:12:41.4	Doug Howell	Colo. Springs	69	1:34:42.2
Steven Gaulke	Colo. Springs	19	1:12:41.7	Robert Ronas	Colo. Springs	70	1:35:57.6
Eric S. Hassinger	AFA	20	1:13:01.5	Michael Nutly	Colo. Springs	71	1:37:51.5
Cindy O'Neill	Manitou	21	1:13:41.4	Rebecca Golden	Denver	72	1:37:52.3
Scott Smith	Colo Springs	22	1:14:15.4	Bill Larson	Larkspur	73	1:38:01.9
Bill Suter	Colo. Springs	23	1:14:23.5	Donna Wheeler	Pueblo	74	1:38:17.5
David Summitt	Littleton	24	1:15:10.3	Dwight Hyde	Colo. Springs	75	1:39:45.2
Grant Kennedy	Colo. Springs	25	1:15:29.4	Karin Scheidegger	Vail	76	1:42:28.7
Sharon Greenbaum	Colo. Sprgs	26	1:15:30.1	Kim Schilling	Colo. Springs	77	1:43:18.1
David Coleman	Colo. Springs	27	1:15:40.3	Kim Riggs	Colo. Springs	78	1:44:48.2
Dan Fuselier	Ft. Collins	28	1:15:52.1	Maria Elena Gordon	Canon City	79	1:45:55.8
Renate Schmidt	Denver	29	1:16:08.0	Lisa Linert	Colo. Springs	80	1:46:37.5
Paul Golden	Denver	30	1:16:12.7	Ben Perea	Pueblo	81	1:51:38.5
Scott Reese	Colo. Springs	31	1:16:24.3	Douglas Parker	Fowler	82	1:53:29.6
Larry E. Nessel	Denver	32	1:17:27.4	Ruth McDonald	Pueblo	83	1:55:14.7
Jim Klever	Denver	33	1:17:37.8	George Balles	Pueblo	84	?
Larry Volk	Pueblo	34	1:18:08.5				
Herb Brockman	Pueblo	35	1:18:17.0				
Dan Gallegos	Pueblo	36	1:18:21.8				
Paul Paschall	Canon City	37	1:19:06.9				
Alan Goins	Colo. Springs	38	1:19:52.5				
Terry Finnegan	Colo. Springs	39	1:20:38.2				
Ann Suave	Colo. Springs	40	1:21:20.4				
Bonnie Moeder	Colo. Springs	41	1:21:22.1				
Zane Mitchell	Colo. Springs	42	1:21:27.6				
David Smith	Denver	43	1:21:38.2				
Rick Martinez	Canon City	44	1:21:45.2				
Buzz Borries	Colo. Springs	45	1:21:51.1				
Daryl Torri	Pueblo	46	1:21:53.4				
Michele Sneath	Manitou	47	1:22:04.3				
Michael Smith	Vail	48	1:23:03.4				
Joleen McArthur	Colo. Springs	49	1:24:02.0				
David Crockenberg	Pueblo	50	1:24:48.9				
Dan Paulson	Canon City	51	1:25:05.6				

Pueblo & Hinterlands Division

Male

1. Michael Orendorff	Pueblo	1:03:24.5
2. Mark Koch	Pueblo	1:07:28.7
3. Paul Chacon	Pueblo	1:12:41.4
4. Larry Volk	Pueblo	1:18:08.5
5. Herb Brockman	Pueblo	1:18:17.0
6. Dan Gallegos	Pueblo	1:18:21.8
7. Paul Paschall	Canon City	1:19:06.9
8. Rick Martinez	Canon City	1:21:45.2
9. Daryl Torri	Pueblo	1:21:53.4
10. David Crockenberg	Pueblo	1:24:48.9

Female

1. Helen Robinson	Pueblo	1:27:36.1
2. Donna Wheeler	Pueblo	1:38:17.5
3. Maria Elena Gordon	Canon City	1:45:55.8
4. Ruth McDonald	Pueblo	1:55:14.7



Few were still around by the time he finished, but George Balles kept his record intact of having completed every Y-Bi Classic Biathlon

Cinco de Mayo 10K

Great weather greets Cinco field

I can't believe it! Extremely lousy weather all week turned simply divine the day of the race - sunny, no wind, just cool enough for the runners but OK for volunteers. It caused a race-day walk-up registration that swelled a field that had 81 entries late Saturday to 120 finishers on Sunday. By the way, great job of promoting this race by Nick and Marijane. The tie-in of the fast Cinco course as a Bolder qualifier was quite clever. The Cinco has grown steadily each year to become one of the major local races of the year. Good work by Nick with the loudspeaker system, too. Calling out each finisher's name and a comment added a touch of class.

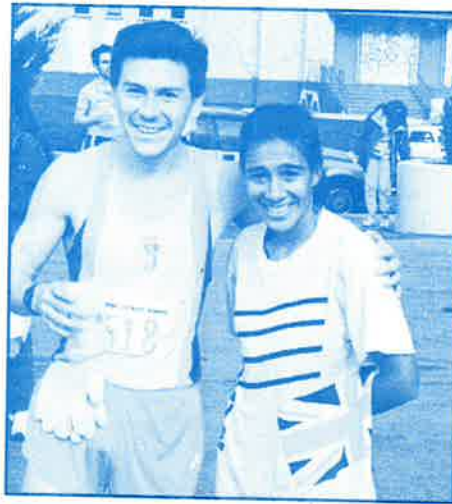
Anyway, enough lauding. There's other stuff to talk about. For instance:

- How about that Paul Chacon? Obviously spurred on by the previous month's *Footprints* cover photo that showed him trailing both Todd Hund and Cindy Paolucci, Paul sped to a 40:13 time to place 20th overall. Paolucci had a fine 41:05 time and was 25th overall, while Todd cramped and struggled just to finish.

- Did you catch Bob Santos running? Not during the race, silly, but through the parking lot after the race as he transported results from the computer to the grandstand where the results were being announced. Nice gait, Bobby!

- Robert Pratt came dressed for the occasion. While the rest of the volunteers came in the normal "jean-ish" casual attire, Robert wore a dress shirt and tie as he read names for Nick Leyva to call out over the loudspeaker. I suppose he wore a bib while chowing down at the Huevos Rancheros breakfast afterward.

- Complete race results were mailed out to all of the racers less than a week after the race to ensure that the times could be used by the runners for wave seeding purposes in the Bolder Boulder.



All in a Day's Work

Tim Vigil and Terry Villarreal-Colba had plenty of reason to smile after smoking the male and female fields to take first place in their respective divisions of the Cinco de Mayo 10K race held May 1 at the Colorado State Fairgrounds. Villarreal-Colba also was 6th overall in the entire field.

Photo by Gary Franchi

Cinco de Mayo 10K results

Provided by Marijane Martinez and Nick Leyva

Name	Age	Time	Name	Age	Time	Name	Age	Time
1, Tim Vigil	30	34:06	81, Jessie Quintana (F)	50	52:05			
2, Dan Caprioglio	33	34:22	82, Ron Cambo	27	52:24			
3, Tracy Smith	49	34:28	83, Gloria Montoya (F)	46	52:30			
4, Larry Caffey	30	34:40	84, John Holiman	67	52:32			
5, Thom Santa Maria	30	34:55	85, Betty Duran (F)	51	52:51			
6, Terry Villarreal-Colba (F)	24	35:36	86, Eugene Arellano	46	52:56			
7, Mike Messick	37	36:00	87, Jeff Cleaver	43	53:07			
8, Mike Orendorff	42	36:41	88, Kenneth Price	50	53:14			
9, Rich Hadley	38	36:41	89, Matt Martin	38	53:20			
10, Jesus Escudero	46	36:51	90, Joyce Simony (F)	45	53:40			
11, Tom Kelec	38	36:57	91, David Foster	57	53:47			
12, Johnny Rae Garcia	37	36:58	92, Michael Atlas-Acuna	43	54:23			
13, Marty Garcia	33	36:59	93, Rose Ann Trujillo (F)	33	54:27			
14, Mark McDermott	32	37:12	94, Laura Martinez (F)	34	54:40			
15, James Robinson	42	37:28	95, Thomas Sprague	29	55:29			
16, Dave Diaz	45	37:53	96, Kristi Sprague (F)	25	55:29			
17, Larry Volk	30	38:42	97, Claudia Stubenrouch (F)	37	55:32			
18, Jesus Pacheco	42	39:35	98, Fred Alcon	41	56:06			
19, Cesar Chacon	42	39:43	99, Donna Nicholas-Griesal (F)	47	56:16			
20, Paul Chacon	39	40:13	100, Joanie Barrett (F)	26	56:28			
21, Jack Jamney	41	40:26	101, Tracy Reeves	34	57:22			
22, Daniel Jimenez	55	40:26	102, Jim Neblick	35	58:46			
23, David Jones	45	40:39	103, Julie Arellano (F)	41	58:50			
24, John Valdez	26	40:54	104, Sue Campbell (F)	49	59:06			
25, Cindy Paolucci (F)	26	41:05	105, Judy Tucker (F)	58	59:07			
26, Dennis Normoyle	50	41:20	106, Mark Louttit	45	1:00:51			
27, Bill Veges	36	41:39	107, Patrick Bartz	48	1:00:37			
28, Art Shinn	39	41:46	108, Glenn Freelove	62	1:00:51			
29, Eugene Mares	31	41:58	109, Kathy Stommel (F)	37	1:01:06			
30, Joe Stommel	44	42:27	110, Cheryl McCoy (F)	49	1:01:45			
31, Greg Laney	36	42:39	111, Ruth McDonald (F)	49	1:01:47			
32, Forrest Rowell	14	42:44	112, Cathie Merlino (F)	41	1:01:50			
33, Dave Farnum	46	42:51	113, Roberto Garcia	38	1:01:50			
34, James Dereus	23	43:08	114, Christopher Montoya	12	1:04:00			
35, Mike Borton	38	43:21	115, Pat Brockman (F)	38	1:04:16			
36, Steven Clouch	31	43:25	116, Herb Brockman	42	1:04:16			
37, Al Dominguez	45	43:33	117, Robert Aguirre	13	1:06:57			
38, Fred Lujan	33	43:36	118, Pam Collier (F)	26	1:07:37			
39, Paul Paschall	24	43:57	119, Maria Martinez (F)	39	1:08:44			
40, Charles Jacobs	40	44:07	120, Tania Garcia (F)	40	1:10:17			
41, Paul Don Der Gathen	52	44:13						
42, Rich Barrows	34	44:22						
43, Rocky Khosla	35	44:28						
44, Kevin Baker	25	44:31						
45, Stephen Harris	25	44:50						
46, Misti Frey (F)	26	44:58						
47, Hilbert Navarro	53	45:04						
48, Tomas Duran	48	45:10						
49, Sam Brown	36	45:26						
50, John Ribal	47	45:30						
51, Christer Bradley	26	45:32						
52, Helen Robinson (F)	35	45:35						
53, Ben Valdez	33	45:40						
54, John Ulsh	44	45:55						
55, Timothy Quinn	37	46:07						
56, Don Pfost	53	46:13						
58, Randy Reeves	35	47:06						
59, Manuel Archuleta	23	47:39						
60, Robert Santoya	32	47:58						
61, George Dominguez	53	48:04						
62, Todd Hund	14	48:19						
63, Gilbert Guerra	29	48:30						
64, John Eversole	33	48:30						
65, Boney Cosyleon	44	49:15						
66, Adam Deangelo	29	49:16						
67, William McAuliffe	31	49:21						
68, Henry King	43	49:40						
69, Randy Sprague	23	49:41						
70, Don Thompson	45	49:41						
71, Bill DeMoss	51	50:07						
72, Diane Lopez (F)	35	50:14						
73, Jess Alfaro	30	50:38						
74, Adrian Serna	23	51:04						
75, Jamie Miller (F)	31	51:09						
76, Kim Westerman (F)	32	51:12						
77, Paul Wilumstad	44	51:42						
78, David Reid	44	51:45						
79, Pete Klos	52	51:46						
80, Linda Matthews (F)	34	51:50						



Race-walking Division

1, Melinda Badgley Orendorff (F) 41 1:10:38

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)

Don't let the sun shine down on you too much

by Rocky Khosla, M.D.

Well, it's spring and I am filled with mixed emotions. I am kind of sad to see another great year of downhill skiing come to an end, but I am looking forward to getting out in the wonderful Colorado sunshine, which brings me to the topic du jour (or topic of the day. I would have said topic of the month, but I don't know the French word for month). Anyway, the topic is sun rays, tanning and skin cancer.

It turns out that the sun generates a phenomenal amount of radiated energy, and this energy is put out into space across the whole spectrum of radiation from infrared to microwave energy. And it turns out that life on earth really couldn't continue if this energy wasn't available; our food chain is based on plants absorbing light and using it in the process called photosynthesis to generate oxygen and more complex chemical molecules. Our bodies need sunlight to help generate vitamin D, which allows us to absorb calcium to build stronger bones.

So, sunlight is all great stuff, you would think. Well, too much of anything is usually not good, and this definitely is true of exposure to sunlight. In fact, the ultraviolet radiation from the sun is a major risk factor for the development of skin cancer. Also, it may lead to premature aging and wrinkling of the skin.

But, hey, what about those tanning booths which claim to be safe? Not so fast, bucko! A while ago, dermatologists thought they had found a type of ultraviolet radiation they could produce to give you a tan but not increase the risk of skin cancer. Sound too good to be true? Well, it IS too good since it ain't true! So, even if you get your tan in the booth, be very careful with how much time you spend in the booth.

So, what's the deal with tanning and sun blocks and what is an SPF? Each of us, except for people who are albi-



nos, has skin pigment cells called melanocytes. The greater the number of melanocytes, the darker our skin. These melanocytes help to protect the skin from damage from sunlight by producing melanin. When people tan, they are basically stimulating

their melanocytes to produce more melanin. Of course, why people think that darker skin equates to being healthier is beyond me.

To minimize the risk of skin cancer when exposed to sunlight, I recommend that you apply a good sun-blocking lotion to your skin. SPF stands for sun protection factor, which means that a person who could stand out in the sun for an hour without getting burned using an SPF 2 lotion also could stand out in the sun for about 2 hours using an SPF 4 lotion. A corollary to the above is that the lighter your skin color, the higher the SPF you should use, up to a maximum of 20, because beyond 20, you are going to be paying big bucks for almost no significant improvement in sun protection.

Finally, remember that most sun-blocking lotions are not waterproof or sweatproof, so you should re-apply these frequently. There are 2 brands that I have used that are water- and sweatproof, and these are Coppertone Sweatproof and Bullfrog. They are pricier, but if you have ever been treated to the joy of getting sun-tan lotion sweat into your eyes, you will probably not mind putting down the few extra dineros for these.

Till the next time, adios muchacos!

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

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



Pueblo Bike 'n Dine Ride & Events Schedule

This biking organization has scheduled a myriad of rides throughout the summer. Here is a list of upcoming activities through June. Weekly Thursday rides are held at 5:30 p.m. and riders present determine the route.

Late May

- 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.

June

- 4: 8 a.m. Beulah or Bust (45 miles): Regency Shopping Center to Beulah and back.
- 9: 5:30 p.m. Monthly time trial. From Hampton Inn.
- 11: 9 a.m. Climb to Bishop's Castle (50 miles): Greenhorn Inn (I-25 and Colorado City exit) to Bishop's Castle and back.
- 18: 6 a.m. Canon City & Florence (60 miles): Pueblo West Shopping Center to Canon City & Florence.
- 25: 6 a.m. Wetmore & Florence (70 miles): From City Park.

Training Tip of the Month:

"Speedwork doesn't kill you; it's a continuing diet of overdistance work that keeps you chronically dead-legged, so depleted of muscle glycogen that you're readily susceptible to strains and pains."

— Roy Benson, *Running Times*

A message from the Brewski Sisters:



"Join us in Section 215 of Folsom Stadium after you've sparked in the Bolder Boulder and have a cool one on us."



RACE CALENDAR



PUEBLO-CANON CITY AREA

May

- 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

June

- 5 Sun 8:00 AM **Fountain Creek Handicap #4, 5M**
11th Street & Fountain Creek picnic area
- 10 Fri 7:00 PM **Holy Family Run, 5K & 1.5M walk**
Prairie & Lakeview - walkers at 6:45 p.m.
- 18 Sat 8:00 AM **Nirvana Handicap #5, 4.1M**
Franchi's house: 5027 Vigil Drive, Colorado City

OTHER AREAS

May

- 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

June

- 4 Sat 9:00 AM **Turquoise Lake, 20K Road & Trail Runs**
near Leadville
- 4 Sat AM **Park Hill Day 5K**
Denver
- 5 Sun 4:30 AM **Sunset Trail Run, 4M**
Palmer Park, Colorado Springs
- 5 Sun AM **Joslins Run for a Child, 5K & 10K**
Washington Park, Denver
- 5 Sun 7:00 AM **Creek to Springs Relay, 63M**
start at Cherry Creek High School
- 11 Sat AM **Colorado Relay Classic, 20K relay, run**
& walk - *City Park, Denver*
- 12 Sun 7:00 AM **Garden of the Gods 10-Miler**
Garden of the Gods, Colorado Springs
- 18 Sat 8:00 AM **Oh-My-God 18 Mile Road Race**
Idaho Springs to Central City
- 18 Sat AM **Miles for Meals, 5M run and walk**
City Park, Denver
- 18 Sat AM **Colorado State Games 5K & 10K**
Washington Park, Denver
- 19 Sun 7:15 AM **Strawberry Shortcut, 5K & 10K**
Glenwood Springs
- 25 Sat 8:30 AM **Run the Rockies, 18M & 10K**
Frisco
- 25 Sat 7:00 AM **Jose Muldoon's Sallin' Shoes, 10K**
Acacia Park - Downtown Colorado Springs
- 26 Sat 8:30 AM **Lady Footlocker 5K, run & walk**
City Park, Denver

TRIPLE CROWN DATES - 7 A.M. STARTING TIMES

July	17	Classic 10K
August	20	Pikes Peak Ascent
	21	Pikes Peak Marathon

1994 COLORADO MARATHONS

June	5	Steamboat Springs, (303) 879-0882 + Half-Marathon and 10K walk & run
August	21	Pikes Peak - 473-2625
September	18	Pueblo River Trail, 543-5151

(Answer to Movie Quiz on Page 2: Jack Lemmon in "Grumpy Old Men.")

RACING NOTES

by the Editor

Time to shine

After the visitor-dominated Y-Bi, it sure was nice to see Pueblo and Hinterlands Division participants do so well in the Cinco de Mayo 10K. Nice, tight finish, too, with overall winner Tim Vigil of Walsenburg finishing just 16 seconds ahead of Pueblo's Dan Caprioglio. I sure love to watch those two guys run - so smooth and fluid, not to mention fast.

The spirit lives

I hear the annual Father's Day Half-Marathon (and 5K) won't be held this year. But, in keeping with the weekly Sunday morning fun run schedule, all SCR runners are invited to meet at 8:15 a.m. that day (June 19) in the swimming pool parking lot at City Park. Many in the group are going to relive the spirit of the Father's Day race by running a half-marathon, but you can run whatever distance you would like. Join 'em!

Holy Family Run

If you plan to run or walk this race to be held Friday evening, June 10, please note somewhere on your entry form whether you are going to do the run or the walk. The entry forms don't provide a place to make this notation. Also, if you'd like to volunteer to help conduct this race in one fashion or another, please call Lori Macchietto at 564-5997.

Notes, upcoming races



Ladies, start getting ready for the annual Women's Distance Festival, a 5K that will be held on Saturday, July 9. More information in next month's newsletter ... I'm told the D.A.R.E. Run for kids had 111 finishers last month. Good show! ... Randy Reeves tells me the Crowley County Days 10K will be held on Saturday, July 30, starting at the First National Bank of Ordway. Racers will get a free breakfast and, for those who stick around, a free barbecue lunch later. What a deal! ... It looks like the second annual Trail Run will be held July 30. This is a challenging 9.3-mile race, mainly on dirt trails ... I keep hearing about a race in Beulah this summer, and August 13 is the latest date mentioned. I'll keep you posted as information becomes available ... Congrats to Frank Jaquez for gutting out (literally) a half-marathon in Lincoln, Nebraska, recently despite it taking him more than 2 hours because of a bout of a bodily malfunction.

1994 OUT-OF-STATE MARATHONS

May	28	Wyoming Marathon + 50M Run - 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 (catch the Royals)

Handicap Report

The last Handicap Race was weathered out in two attempts to conduct it, and there is no Handicap scheduled for May because of a tight race calendar. However, you will get a bonus in June with two Handicap races. Here is the pertinent information:

Handicap #4

TIME, DATE: 8 a.m., Sunday, June 5
DISTANCE: 5 miles
SITE: Picnic area east of Fountain Creek off East 11th St.
COURSE: It will head north on the east side of Fountain Creek and then return. It's all on pavement. No side excursions are allowed or face disqualification and deportation to Singapore for caning.
KEY STUFF: Bring drinks or treats to share; Also bring yourself.

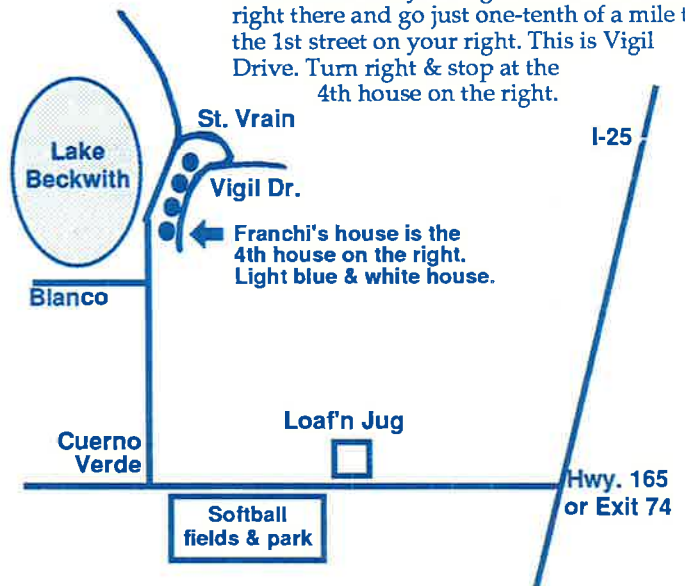
Handicap #5

TIME, DATE: 8 a.m., Saturday, June 18
DISTANCE: 4.1 m Miles
SITE: Franchi's house at 5027 Vigil Drive in Colorado City.
COURSE: Mr. Editor is giving runners a true break by devising an easy, relatively flat bow-tie-like double-loop course. I say "relatively flat" because my first course would have been a screamer with a 2.25-mile uphill portion. Be thankful, and remember me in your will!
KEY STUFF: This is one of those periodical "brunch" runs

in which everyone brings something to eat or drink or a favorite pancake batter. Chefs wanted!

We are car-pooling for this one, with runners asked to meet in the Pueblo Greyhound Park parking lot at 7 a.m. It's about a 25-minute drive from there.

TO GET THERE: Take I-25 south to Exit 74 (Hwy. 165). Go west 3.6 miles to Cuerno Verde Rd. Turn right (north) and go eight-tenths of a mile to the 1st street on your right (St. Vrain). Turn right there and go just one-tenth of a mile to the 1st street on your right. This is Vigil Drive. Turn right & stop at the 4th house on the right.



Weather axiom:

"As soon as you take the cold weather running gear out of the trunk, a cold front will arrive, plummeting temperatures." - *The Franch*

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

Non-Profit Organization
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Is there a [93] on your name label at right? That means you haven't yet renewed your SCR membership. Please do so. Thank you!



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If you move, send us your new address to ensure that each high-tech issue of *Footprints* will find its way to your mailbox.

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