

SOUTHERN COLORADO RUNNERS



EDITOR: Gary Franchi

FOOTPRINTS

June, 1994

★★★ Closed Captioned Edition ★★★

Price: Reasonable

Meet the Runner

Ronda blazes trail for family of runners

Name: Ronda Leyba
Age: 22
D.O.B.: 1-11-72
Height: 5'2"
Weight: 108 lbs.
Occupation: Student, Adams State College

by Marijane Martinez

Many of us are familiar with two of the Leyba girls – twins Annette and Bernadette. Please allow me to introduce you to Ronda, one of their two older sisters.

Ronda is currently a student attending Adams State College in Alamosa where she has set running PRs all year. Most recently, in North Carolina at Nationals, she ran 16:54 for a 5K, which placed her fourth overall, and 35:58 for a 10K, which gave her a third overall. Other 1994 PRs for Ronda are 4:37 for 1,500 meters and 9:48 for 3,000 meters, both set in California.

Ronda is part of a running family. She started running in the sixth grade after being prodded by her fellow volleyball team members, who were runners. At the time, she and her mom, Theresa, started running together. Her dad, Ray, also runs, but the parents aren't competitive like their daughters. A younger Leyba, Jonathan, is seven and not running yet, but that will probably change in the future.

The Leyba family became club members when they resided in Florence about eight years ago. They moved to Pueblo three years ago so the twins could run for East High.

Ronda is going to be married in September to another Adams State runner – Peter DeLaCerde, who hails from California. They will reside in Alamosa while completing their education. Ronda is a Business Management/Sports and Exercise Management major with a minor in Marketing, and she'd like to find a job managing a health club af-



From left are Ronda Leyba, sisters Bernadette and Annette Leyba, and prolific author Marijane Martinez

TRIBUTE TO A FRIEND:

Adrian Gonzales

(May 10, 1933 - May 21, 1994)

Adrian Gonzales had many friends who were teachers, students and runners. This article is a tribute to Adrian on behalf of his many friends and running acquaintances from the Southern Colorado Runners club.

by Marijane Martinez

I had the pleasure of getting to know Adrian through a mutual running friend, George Slaughter. George and Adrian always reminded me of a well-practiced comedy team. They fed off of one another's humor and always managed to do so with a straight face. They were quite the ornery pair when they were together.

The information that I am going to share with you came from George, a very dear friend of Adrian.

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Adrian

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Adrian started running when he was in high school and continued to run until his health would no longer permit him to do so. His last race was in Colorado Springs, the first race of the Black Forest Series about two years ago.

George recalled his first meeting with Adrian at a local race in City Park in 1977. George had entered the race but wasn't feeling well and decided to work as a volunteer instead of running. He remembers seeing Adrian frantically trying to locate his glasses minutes before the race started. George also remembers that Adrian was one of the top 5 males that crossed the finish line that day. People around the finish area were asking: "Who is that old guy and where did he come from?" Then, Adrian was in the 40-49 Masters Division.

Adrian's first attempt at a marathon (26.2 miles) was the Fiesta Bowl in Arizona in 1979. He, George Slaughter, Joe Garcia and Chuck Moore decided to put a few dollars into a pot and predict their finish times, with the one coming closest winning the money. Adrian predicted 2 hours and 50 minutes. Joe Garcia told him to be realistic since this was his first marathon. So, Adrian changed his predict to 3 hours and 15 minutes. He crossed the finish line in 2 hours and 56 minutes and, although he didn't win the money, the smile on his face was worth a million bucks!

Another interesting event took place that day, too. Since this was Adrian's first marathon, he was a nervous wreck. At the starting line, he began to peel off clothing as the race was about to start. He proceeded to pull down his sweat pants and along with them came his running shorts! George remembers that Adrian never said a word; he just quickly pulled up his running shorts and pretended the whole event never took place. But those around him, including George, never forgot it took place and never failed to remind him of it at the most opportune times!

In 1983, Adrian qualified to run the Boston Marathon along with Jim Robinson, Len Gregory, Dan Garcia, Hal Walter and George Slaughter. They all made the trip to Boston together and this was always one of the highlights of Adrian's running career.

Two of Adrian's favorite races were the Pikes Peak Ascent and the Bolder Boulder. He had planned to attend the Bolder again this year even though he knew he wouldn't be able to run. Although he wasn't there in body, we know his spirit was with us.

Many of you have your own special memories of Adrian. Such as Jessie and Bob Quintana, who traveled to Las Vegas with him on more than one occasion. Or Tomas Duran, who also made several trips with him to out-of-town races. And Chockie (Lorraine Hoyie), who always gave George and Adrian a hard time on the Peak.

Adrian Gonzales was a good friend and he will be missed.



Adrian Gonzales in the 1984 Spring Runoff

Ronda

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ter she graduates.

Ronda trains in Alamosa with weekly mileage averaging between 60 and 70 miles. She showed her love for running by explaining how quickly she missed it when her recent season ended. "I was so anxious for the season to be over because I knew I wouldn't have to run anymore," she said. "But after only one week I was out on the roads again. I run because it's fun and it keeps me fit."


Ronda said the best running advice she's received came from her coach, Damian Martin, who told not to put a lot of pressure on herself and to have fun.

Her future goals include going under 34 minutes for a 10K and trying for the Olympic trials. She hopes to have the opportunity to meet her first goal next year in California and she will attempt her second goal this year and again in four years. Based on her dedication to the sport, she should have a good shot at both.

This fall, Ronda will be a senior and hopes to help Martin coach Annette and Bernadette as well as her sister-in-law, all of whom will be attending Adams State and running cross country. She also hopes to be on a female team sponsored by Reebok. Ronda said making the transition from high school to college running was difficult and she is glad she will be available to her younger sisters if they need her.


Ronda will be competing in the Women's Distance Festival (which she calls her favorite race) on July 9. In that race in 1992, she had a 5K time of 18:39 and was first overall female. Rumor has it that this year mom is going to run it too! Imagine that - all three sisters as well as mom! What a great way to enforce what the Women's Distance Festival is all about - encouraging participation in running and/or walking to enhance physical as well as emotional well-being.

Best of luck in the future to you, Ronda, and your future husband. May you enjoy many, many years of running together! Congratulations on an outstanding year!!



Southern Colorado Runners

A member of the
Road Runners Club of America



1994 SCR Officers:

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Footprints is published monthly, rain or shine. Contributions should be submitted to the editor via the SCR's YMCA address or to his home address. All submissions must be witty and creative.

SCR meetings are held the 1st Tuesday of each month at 7:30 p.m. at the Pueblo YMCA. SCR members may attend these meetings, contribute thoughts to all discussions, babble on aimlessly, and get sent home without any candy.



Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of Alex Thien: "If you think fishermen are the biggest liars in the world, ask a jogger how far he runs each day."

Musings on running, fitness, life, etc.: While in Folsom Stadium last month after running the Boulder, I saw a shirt I had completely forgotten and hadn't seen in years - the tan Midnight Madness shirt with dark brown ink. Unreal! Remember that one? I think it's been well over a half-dozen years since those shirts were given out at a Madness race. I can't recall seeing anyone wearing it before.

I used to have one and wore it a few times, but it sort of, uh, "disappeared" somewhere over the years. I suppose it ended up in the bottom of a shirt drawer, or got put in the car-polishing barrel in the garage, or landed in the box that goes to Goodwill, or wound up in the box of "extra T-shirts" that are saved for years in the bottom of a closet until you move. The design was cool, but I guess the shirt color never quite matched my personal wardrobe.

Seeing that shirt got me to thinking about some of the race shirts from the past that I never see in public. Like the long-sleeved black Osprey shirt with the small logo. I remember many people bellyaching about that one when it came out. Or how about that silver short-sleeved Osprey shirt with the maroon ink and the big ugly Osprey bird on the front. Helen Robinson still has the matching visor. You seldom see that shirt anymore, but if you'd like one I still have a size small (??) version in my car-polishing box! And what about that old green Zoo Run shirt? Nice shirt, actually, but who wears kelly green and bright yellow? What male, anyway.

The familiar patterns here are "ugly" and "wrong color." First, who wants to wear a shirt with an ugly design? With all of the shirts we collect through racing, the ones with the attractive designs obviously are the ones we wear - in public anyway - while the ugly or plain ones "disappear." Likewise, white- and light-color shirts have a much greater chance of getting worn, especially if blue and/or black ink is included in a multi-color design. There are exceptions. For instance, I think this month's light green Holy Family Run shirts are pretty neat.

Still, the design has to be cool, too. It has to rule. It helps if a

We're having a picnic - and you're invited!

The SCR is having its annual club picnic on Saturday, July 31, at a site to be determined. A location being probed is the Greenhorn Meadows Park in Colorado City. It has volleyball nets, horseshoe "pits," and softball diamonds. All those activities and many others - including activities for kids - are being planned by a committee comprised of some of the finest event planners in the history of event planning, or something like that.

Anyway, plan now to attend. The world will be a better place if you do. All the gory specifics will be provided in next month's issue of *Footprints*.



Footprints editor Gary Franchi at the Boulder Boulder with daughter Amanda and son Aaron

Photo by Stacey Bowman

graphic artist designs it. Don't ask me to design one. And don't ask me to select the colors, either. After all, I'm the one responsible for those putrid Osprey shirts mentioned above. And, as you might have guessed, the tan Midnight Madness shirt.

This Month's Smorgasbord: I get fresh writing material from restaurants all the time. I learned this valuable lesson after a recent race: Never go to a restaurant that has a "Now Hiring" sign in the window. Unless you like to wait, of course ... Many jobs suck, but can you imagine being a Pizza Hut "Lunch Buffet" sign toter? You get to stand in the sun for an hour and a half waving that ridiculous sign. It's not even aerobic. Wonder if it impresses the ladies. And what happens if those sign toters have to visit the restroom? ... I seldom buy pop in a can, but I

had one with my lunch after running the Boulder Boulder. The taste reminded me why I never buy pop in a can. It also made me wonder why they can't put the taste of bottled pop in a can. Just a thought ... Darlene Vigil of the Pikes Peak Road Runners got an unusual request one day at the Chuck's Stop Diner she operates in the Springs when a customer asked for a traveling coffee. "Say what?" "You know, a coffee to go." Of course ... This month's Ultimate in Idiocy item: This has nothing to do with running, but it does indicate how sedentary our society has become. You've seen the abundance of drive-through windows in Pueblo that cater to the lazy consumer. I'd thought I'd seen it all until I was driving on Northern Avenue on the South Side and saw the new EZ Pawn store that has - you guessed it - a drive-through window. Think about that. What if you're pawning a TV set? Do you put the TV in a pneumatic tube and have it sucked into the pawn shop? Is this a great country or what?

Movie line of the month: "They taste sweet, but really they're just humiliated grapes. I can't say I'm a big supporter of the Raisin Council." Guess this recent movie and the speaker. If you get both right, she'll send you an autographed picture of her co-star Johnny Depp. Enjoy the hunt, but don't let it affect your mental faculties before those next two triple Crown races.



? FITNESS TRIVIA ?

Q: You liked your 5K time so much at the Holy Family Run this month that you think, with the proper training, you could set the American 5K male record. Of course, this is assuming that you can beat your beloved editor, who had a "speedy" 22:02 Holy Family time. Anyway, who holds the U.S. male 5K record?

A: Sydnee Maree ran a 13:01.15 in Oslo in 1985.

Ordinary Mortals Triathlon

Distances of the third annual Ordinary Mortals Triathlon held May 21 included a 525-meter swim, an 11.4-mile bike and a 3-mile run. The event was based at the Pueblo Regional Center in Pueblo West. Congrats to Race Director Mike Orendorff for producing another quality event. The Ordinary Mortals hit its pre-set maximum number of entries.

Results provided by Andy Ballou.

MALE

19 and Under

Swim, Bike, Overall Time

Justino Dalio	(9:17.0,50:47.0,1:18:31.1)
20 thru 24	
Paul Rapinz	(8:14.0,38:57.0,1:00:57.6)
Kaden Ripingill	(8:26.0,40:26.0,1:01:28.7)
Jonathan Redeker	(12:05.0,47:05.0,1:08:54.6)
Jeff Schoeny	(9:56.0,49:16.0,1:13:17.7)

25 thru 29

Bryan Hughes	(7:06.0,37:27.0,57:26.2)
Phil Hackbarth	(7:12.0,37:38.0,57:49.6)
Kirklin Bateman	(8:34.0,39:20.0,1:00:23.5)
Darren Dutto	(6:05.0,39:36.0,1:02:43.3)
John Ingram	(9:06.0,46:27.0,1:10:06.1)
Craig Cayo	(10:38.0,48:42.0,1:10:56.7)
Martin Burlingame	(7:21.0,46:35.0,1:11:40.1)

30 thru 34

Lonny Granston	(7:29.0,36:36.0,55:45.4)
Bob Utberg	(7:23.0,37:11.0,56:40.9)
Michiel Jackson	(10:00.0,44:01.0,1:06:01.0)
Broc Perkuchin	(10:49.0,49:59.0,1:11:13.7)
David Mendoza	(10:07.0,48:56.0,1:12:47.5)
David Coleman	(10:57.0,48:46.0,1:15:27.6)
Robert Pratt Sr.	(12:31.0,53:39.0,1:16:08.4)
Earl Janack	(6:57.0,52:17.0,1:16:38.2)
Mike Bowman	(9:02.0,49:07.0,1:21:27.7)
Gregg Keeke	(9:53.0,51:54.0,1:21:34.0)
Donald Koehler	(13:50.0,53:15.0,1:30:25.8)

35 thru 39

Gary Cooke	(8:39.0,39:35.0,57:16.0)
John Delmez	(9:12.0,39:02.0,58:10.8)
Greg Carlisle	(8:25.0,39:26.0,58:57.1)
Paul Wiggs	(7:44.0,40:37.0,1:02:23.5)
Greg Laney	(11:21.0,51:27.0,1:13:19.6)
Rocky Khosla	(10:14.0,52:47.0,1:16:20.4)
Michal Mauth	(13:35.0,52:36.0,1:16:39.2)
Herb Finch	(12:05.0,51:51.0,1:18:00.3)

40 thru 44

Rick Gilliam	(7:42.0,39:00.0,59:01.6)
Lonney Vogt	(9:48.0,41:45.0,1:03:53.5)
Buzz Borries	(11:06.0,47:31.0,1:12:19.3)
Sam McClure	(8:09.0,52:10.0,1:15:27.3)
Daryl Torri	(18:40.0,58:06.0,1:21:55.2)
Nick Leyva	(11:50.0,1:28:40.0,1:50:32)

45 thru 49

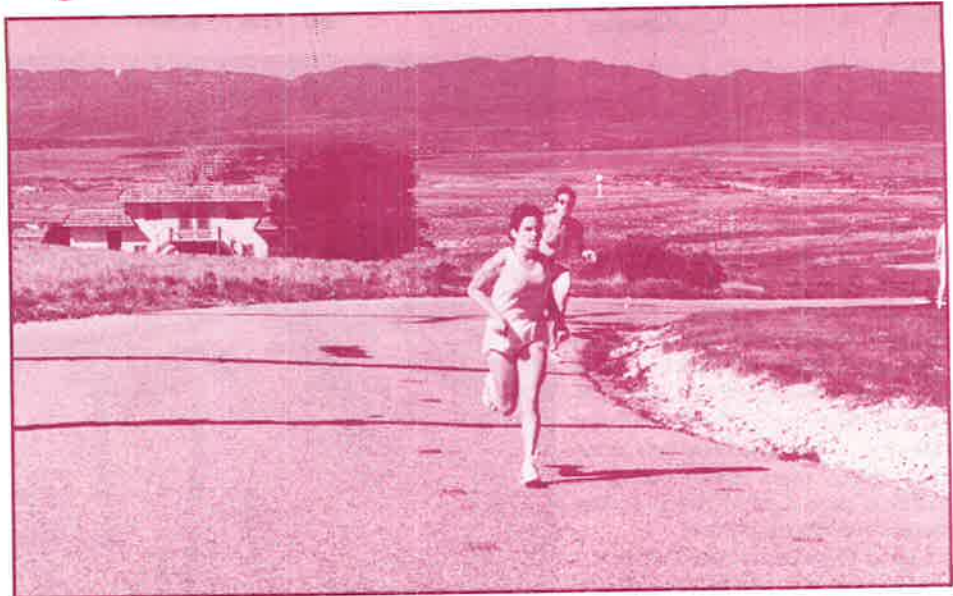
Frank Moore	(9:27.0,39:58.0,1:00:29.5)
Roger Myers	(8:21.0,41:27.0,1:04:38.8)
Terry Johnson	(9:51.0,42:52.0,1:05:10.3)
Steve Holsenbeck	(12:53.0,50:52.0,1:14:06.4)
Steve Reeves	(14:01.0,52:25.0,1:15:37.8)
Brad Hershelman	(9:59.0,49:57.0,1:16:44.3)
Gary Franchi	(10:11.0,51:16.0,1:18:09.6)
Rob Redwine	(9:52.0,54:59.0,1:19:53.1)
Paul McWhorter	(11:19.0,50:47.0,1:25:37.9)
Michael Merlino	(14:09.0,58:27.0,1:31:18.1)

50 thru 54

Larry Nessel	(9:46.0,44:42.0,1:08:59.3)
Randy Kunkel	(11:16.0,51:11.0,1:14:49.4)
George Balles	(13:30.0,52:42.0,1:18:09.2)
Robert Quintana	(13:55.0,59:27.0,1:36:09.7)

60 and Over

Jim Whitelaw	(16:06.0,1:06:31.0,1:39:48)
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Adrienne Kramer was the top finisher – among both males and females – in the Pueblo & Hinterlands Division with her time of 1:11:44

Photo by The Franch

FEMALE

20 thru 24

Robin Scott	(6:38.0,46:20.0,1:12:11.2)
Laura Weise	(11:30.0,42:55.0,1:12:35.2)
Erin Collins	(10:01.0,52:40.0,1:23:11.0)
Julie Ansell	(11:51.0,55:30.0,1:25:54.9)

25 thru 29

Jennifer Smith	(6:51.0,44:16.0,1:05:58.9)
Adrienne Kramer	(9:25.0,46:38.0,1:11:44.0)
Nina M. Armagno	(10:02.0,53:55.0,1:19:04.2)
Sharon Stein	(11:16.0,47:04.0,1:20:42.6)
Carol Smith	(16:57.0,54:04.0,1:25:49.3)
Robin Bowman	(10:56.0,57:31.0,1:34:21.0)
Kathy Zawadzki	(56:56.0,1:30:10.0,1:56:50.8)

30 thru 34

Michelle Blessing	(42:01.0,42:01.0,1:01:44.4)
Grace Creveling	(8:44.0,45:04.0,1:09:52.8)
S. Greenbaum	(11:47.0,44:10.0,1:10:01.3)
Alice Childers	(8:11.0,45:56.0,1:11:05.3)
Lisa Linert	(8:12.0,54:15.0,1:20:01.2)
Kathy Spaulding	(11:29.0,51:29.0,1:20:24.1)
Carol Harvey	(10:16.0,53:11.0,1:24:13.0)
Paula Dascher	(16:03.0,1:02:47.0,1:30:51.2)
Regina DiPadova	(13:44.0,1:01:29.0,1:32:29.3)

35 thru 39

Marleen Pazak	(9:02.0,43:58.0,1:08:58.3)
Clare E. Bena	(11:32.0,48:25.0,1:11:11.7)
Millie H. Cooke	(9:37.0,48:49.0,1:14:37.6)

Beth Holtby	(9:34.0,52:09.0,1:16:55.0)
Sarah Clark	(13:22.0,59:50.0,1:27:06.9)

40 thru 44

Marijane Martinez	(12:15.0,54:59.0,1:23:47.8)
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45 thru 49

Carla DeVaughn	(12:35.0,47:54.0,1:12:10.5)
Judith Russell	(11:32.0,54:25.0,1:28:49.2)

TEAMS

Team Flambeau	(12:37.0,44:41.0,1:09:48.7)
Team V	(13:30.0,1:11:40.0,1:43:59.9)

Pueblo & Hinterlands Division

FEMALE

1. Adrienne Kramer, Pueblo West	1:11:44.0
2. Marijane Martinez, Pueblo	1:23:47.8
3. Carol Smith, Pueblo West	1:25:49.3

MALE

1. Greg Laney, Pueblo	1:13:19.6
2. Sam McClure, Pueblo	1:15:27.3
3. Robert A. Pratt Sr., Pueblo	1:16:08.4
4. Rocky Khosla, Pueblo	1:16:20.4
5. George Balles, Pueblo	1:18:09.2
6. Gary Franchi, Colorado City	1:18:09.6
7. Rob Redwine, Pueblo	1:19:53.1
8. Daryl Torri, Pueblo	1:21:55.2
9. Paul McWhorter, Pueblo	1:25:37.9
10. Michael A. Merlino, Cañon City	1:31:18.1

Training to do your best:



"When you ingest carbohydrates during your workout, they'll prolong your time to exhaustion and will allow you to maintain intensity at the end of runs of an hour or longer. The sooner you get some after you work out, the more receptive your muscles will be, thereby speeding your recovery."

– Running Times

Handicap Update

Telemarketing builds the field – Report on Handicap #4

by Mike Orendorff

I wasn't there. I can, thus, make up anything I wish in this report filed hot from the field. Being unencumbered by reality is so free-ing. Unfortunately, the runners and walker in the 4th Handicap of 1994 were not so unencumbered. They DID have to deal with reality - the fact that the Fountain River having flooded several areas of the planned course. Undeterred by nature, a minor course modification was made that took us down Erie for about 3/4 mile before gliding down onto the bike path along the river. So, approximately 5 miles became the official distance. Some runners, as you can see in the results, did exceptionally well in predicting their time on an approximate course.

Melinda Badgley used the power of persuasive telephone sales to remind people of Handicap #4. Without these calls, following a week of very distracting events for many of us, there would probably have been only a field of 1 or 2 runners. Much thanks is sent her way from all of us.

LEADERBOARD CHANGES. Several changes in standings resulted from the June 5th running. After updating the Handicap factors based on a 'smoothed curve' of the current 10K age group world records, we saw: Marijane Martinez move from third to first while Dave Diaz dropped from first to fourth. Helen Robinson vaulted from fourth to second and is now followed very closely by Nick Leyva. It appears there will have to be conspiratorial resolve to bring Marijane back to the rest of the field. Perhaps Gary Franchi can give out maps to an unmarked course for the Franchi's Nirvana Handicap on June 18th, slyly slipping Marijane her own uniquely marked map. (I'm sure you can easily imagine our editor participating in such shenanigans. But perhaps not as easily as imagining a 'vaulting' Helen Robinson.) As many know, 10th place is a special position in an Orendorff event. A special award always goes to the 10th-place person. In this race, Rich Barrows has unceremoniously kicked his friend Bill Veges from this spot. Quite a display of genteel bonhomie.



HANDICAP FACTORS REVISED. A great shibboleth applies: The only constant is change. Staying on the cutting edge of an ever-changing world requires constant vigilance that only your club can provide. Accordingly, you should pull out the July 30th Trail Running entry form and review the current handicapping factors. (Actually, I don't know what a shibboleth is. Some type of saying is the limit of my knowledge. But if you can use shibboleth correctly in a sentence, with two examples, in a letter to the editor, then you will win a free entry into the next handicap. Only one winner allowed.)

SPECIAL THANKS. Early Friday morning, June 10th, Don Pfost helped me scout out the flooding river on a delightful run that had us slogging through and slipping in much mud. He was very encouraging. Lois Pfost handled the timing of the participants.

Upcoming Handicap Race: Saturday, June 18, 1994 The Nirvana Run

In case you were unconscious while reading last month's issue, and I can understand how that could happen, the next Handicap Run will be held at 8 a.m. Saturday, June 18, at Gary Franchi's house at 5027 Vigil Drive in Colorado City. It will be a 4.1-mile race that will be followed by a breakfast.

All participants are asked to bring a "covered dish" or some

HANDICAP #4 SUMMARY RESULTS – Approx. 5 Miles COURSE: Fountain River Trail (as modified by the flood)

Person	Predict Time	Run Time	H'cap Time	Speed Pts	Pred. Pts	Event Total
Marijane Martinez	40:00	40:02	32:50	29	44.3	73.3
Don Pfost	40:00	39:58	34:22	25	44.3	69.3
Helen Robinson	40:00	39:53	34:18	26	42.0	68.0
Nick Leyva	38:00	37:37	35:22	24	39.0	63.0
Ben Valdez	38:30	38:46	38:23	18	40.5	58.5
Hilbert Navarro	41:00	39:45	34:11	27	30.0	57.0
Joe Stommel	39:39	39:39	37:16	21	36.0	57.0
Dave Diaz	32:30	34:10	30:45	30	27.0	57.0
Bill Veges	39:00	37:52	37:07	22	33.0	55.0
Jesse Stommel	39:00	39:38	39:38	17	37.5	54.5
Sam Brown	40:00	39:01	38:14	19	34.5	53.5
Paul Chacon	36:30	34:47	34:05	28	24.8	62.8
Fred Lujan	40:00	38:32	38:09	20	28.5	48.5
Kathy Stommel	49:00	50:13	43:11	16	31.5	47.5
Rich Barrows	40:00	37:27	37:05	23	22.5	45.5
Robert Santoyo	50:00	48:17	47:48	15	24.8	39.8
WALKERS						
Melinda Badgley	59:00	1:00:36	49:42	30	45.0	75.0

Next Month's Handicap: Saturday, July 30, 1994 SCR's Trail Running Spectacular

by Mike Orendorff

Simple Instructions for an extremely satisfying race.

1. Open your date book.
2. Cancel your Friday night, July 29th, extravaganza and Saturday, July 30th, sleep-in.
3. Send in your Trail Run entry form EARLY (one of the co-race directors is a horrible worrier).
4. Report to the Nature Center and jump on the "roller coaster" special.

The 4.5-miler this year will be using the course designed for the second event of the 1994 Handicap series. You won't have the cold wind or the slippery spots, though, in July. It's a foot-dancing course. Much more so than the 15K race. That is its appeal over doing the longer event. It's a two-loop course with single-track trails for some sections. You'll be running ravines as well as along the top of the hills immediately surrounding the Nature Center. It's delightful.

Hmmm. Now to describe the 15K. Delightful, also? Well, it does have some great vista points of the valley and reservoir. And you will be able to see many of your fellow runners who may be either far, far ahead of you or far, far behind. (Have we reached delightful yet? I'm trying. I'm trying.) The course has been changed from last year to avoid any worry of trains and runners clashing (but I can't give away the secret of what you'll be running to avoid the tracks). The initial climb up out of the valley will be more entertaining this year as we are using part of the 4.5-mile course. It WILL be great fun.

kind of food item that can be shared with the populace. Also, runners in Pueblo can car pool to the happening by meeting at 7 a.m. in the Pueblo Greyhound Park parking lot. See map in last month's newsletter for directions. If you need any information, call Gary at 676-4100. That is a local call from Pueblo.

Skyline Challenge

Here are the results of this tough 10K race held May 14 in Canon City.

Results provided by Frank Jaquez

OVERALL WINNERS:

Male - Marty Garcia, 43:00
Female - Helen Robinson, 54:16

AGE DIVISIONS

Male

20-29

1, Paul Paschall, Canon City 48:51

30-39

1, Marty Garcia, Canon City 43:00
2, Bill Veges, Pueblo 46:43
3, David Baker, Pueblo 48:28
4, Dan Paulson, Canon City 49:47
5, Rick Barrows, Pueblo 51:52
6, Scott Gaines, Canon City 53:03
7, Buddy Lambrecht, Canon City 53:03
8, Dave McCannon, Canon City 55:34
9, Lewis Grant, Canon City 57:01
10, Lee Swackelford, Canon City 58:22
11, Paul Barela, Pueblo 1:11:01

40-49

1, Steve Rademacher, Canon City 49:53
2, Allen Weaver, Canon City 52:16
3, Jeffry Smith, Canon City 1:10:20

50-59

1, Hilbert Navarro, Pueblo 52:44
2, Don Pfof, Pueblo 54:40
3, Ruben Espinoza, Canon City 1:04:29

Female

20-29

1, Tonya Crooks, Canon City 1:21:42

30-39

1, Helen Robinson, Pueblo 54:16
2, Maria Gordon, Canon City 1:02:18

40-49 (walker)

1, Melinda Orendorff, Pueblo 1:18:53

Bolder Boulder

Here are runners with Pueblo ties who placed in the top 10 of their age divisions at the Bolder Boulder 10K:

Name, Age	Place in Age	Time
• Todd Hund, 14	7th	42:36
• Chris Borton, 18	2nd	33:56
• Dave Vigil, 18	8th	35:44
• Dan Caprioglio, 33	4th	35:09
• Cindy Paolucci, 26	2nd	43:00
• Misti Frey, 27	7th	44:28
• Stella Heffron, 27	7th	44:42
• Jessie Quintana, 50	7th	55:35
• Bernadette Padula, 51	10th	57:58



Where's Waldo? - Part II

An exemplary group of Pueblo and southern Colorado runners gathered in Section 215 at Folsom Stadium at the Bolder Boulder finish on May 30. Waldo may not have been present, but Bozo was. Find him and identify him. Hint: You can't see his face because it's hidden by the camera he's aiming at your beloved editor, who took this picture.

Photo by The Franch

Royal Gorge 10K Challenge

Here are the results of this extremely difficult, hilly 10K race held May 22 in Canon City.

Results provided by the race coordinators from the Royal Gorge Bridge

OVERALL WINNERS:

Male

1, Lyndon Ellefson, Vail 38:16
2, Chris Borton, Pueblo 38:39
3, Paul Koch, Pueblo 39:05

Female

1, Mia Hanson, Durango 47:03
2, Pam Basnar, Fort Collins 47:38
3, Cindy Cohagen, Eagle 50:49

AGE DIVISIONS

14-under

Male: 1, Todd Hund, 51:25. 2, Matt Basgall, 58:40.

Female: 1, Crystal Pettigrew, 1:14.22.

15-19

Male: 1, Clint Zundel, 43:47. 2, David Gotsill, 44:04. 3, Matt Chambliss, 44:36.

Female: 1, Jennifer Hutchison, 1:10.51.
20-29

Male: 1, James DeReus, 44:30. 2, Michael Lesser, 45:36. 3, Thomas Chandler, 48:13.

Female: 1, Kelly Lesser, 53:27. 2, Kerri McCarthy, 56:31. 3, Sara Hanson, 1:01.03.

30-39

Male: 1, Griff Thompson, 39:16. 2, Mark Koch, 50:32. 3, Brian Pirnia, 41:58.

Female: 1, Helen Robinson, 53:52. 2, Clare Bueno, 55:24. 3, Janet Dapen, 56:13.

40-49

Male: 1, Jim Robinson, 43:59. 2, Mark Weaver, 45:23. 3, Jay Birmingham, 46:32.

Female: 1, Diane Ridgway, 51:42. 2, Sandy Hennessy, 1:00.14. 3, Jeanne Reed, 1:02.48.

50-59

Male: 1, Ross Westley, 46:07. 2, Gary Emrick, 51:28. 3, Paul VanderGathen 51:35.

Female: 1, Jessie Quintana, 1:03.46. 2, Martha Kinsinger, 1:03.51. 3, Pat Hill, 1:05.41.

60+

Male: 1, Robert Maytag, 55:10. 2, Roger Wilcox, 1:00.40. 3, Vincent Rosadillo, 1:01.50.

Female: 1, Arlene Ruark, 1:12.36.

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 one's home, leave message on machine)

To avoid problems, stay clear of snakes

by Rocky Khosla, M.D.

As I was trying to figure out what I would write about in this column, a subject damn near leaped out and bit me! It was a snake, and I thought it might be useful to talk about how to get along with our serpentine friends.

If you run or hike on trails like I do, you are bound to come across a snake or two. Just remember that the snake is probably just as repulsed and scared by you as you are by it. You can minimize the chance of getting attacked by the snake by leaving it alone. Most snakes will not strike unless threatened or agitated. So if you come across one, let it pass and resist the temptation to chase or harass it.

Most snakes are nocturnal and cold-blooded. What this means is that they like to hunt and travel mostly at night, so watch out for these, especially if you like to run on trails at dusk or dawn. Because they do not have a way to keep their body temperature constant like us humans, they try to hide out under rocks and brush when it's sunny and hot and they try to sun themselves when it is cool and overcast. What this means is that the best way to surprise a snake and get bit is by groping under rocks and debris.

So how serious is a snake bite? Well, according to one article recently, about 7 to 12 deaths occur each year in the U.S. as a result of venomous snake bites. There are four types of poisonous snakes that are native to the United States: rattlesnake, water moccasin, copperhead, and coral snake. In Colorado, only the first two are significant. Unfortunately, 95% of fatalities from venomous snakebites are due to the diamondback rattlesnake.

So, what do you do if you are bit by one of these cuties? The best snakebite kit, it has been said, are the keys to a car that runs. Most authorities suggest that you try to kill and bring the snake with you to the emergency room as soon as possible after the bite. I think that for most of us runners, the best approach is to try to really look and remem-



ber the color and markings on the snake and then head to the nearest medical facility, since trying to catch and kill the snake is probably not going to be too fruitful a pursuit.

Should you try to suck out the poison or use tourniquettes? The answer is that if you can get to a medical facility rapidly, then don't waste time with anything else and hit the road. If it is going to take you a while, then apply a light tourniquette between the bite and your heart, light enough so that you aren't cutting off arterial blood flow to the area (you should be able to slip a finger between the tourniquette and the skin), but are going to decrease venous flow. DO NOT put ice on the area since this causes tissue destruction. If it is going to take you more than two hours to get medical help, making some skin cuts at the sight of the bite and sucking out the venom is not a bad idea, along with using a tourniquette.

So what happens to you from snake venom? It turns out that most of the time there is just local tissue damage which causes pain, swelling, and blistering. Sometimes there are serious medical conditions that develop such as kidney failure, blood-clotting defects, convulsions and even death. The treatment, once in a medical facility, is to identify what type of snake was involved, if there was venom injected, observation of the patient and, if indicated, use of antidote to venom called antivenom.

Finally, there have been some recent reports of successful treatment of venomous snake bites with use of electric shock, which seems to have worked. This approach is not the general standard of care, however.

Till the next time, take care and stay away from anything that creeps or crawls.

(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 July. Weekly Thursday rides are held at 5:30 p.m. at City Park and riders present determine the route.

Late June

- 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.

July

- 14 5:30 p.m. Monthly time trial from the Hampton Inn.
- 16 9 a.m. Up & over Hardscrabble (52 miles): From Wetmore General Store up Hardscrabble Pass, then to Westcliffe.
- 22 7:30 p.m. Moonlight Mystery (15 miles): City Park.
- 30 7 a.m. Reservoir Roundup: Pueblo West Shopping Center through Pueblo West and the reservoir.

Club Notes

Help pick our new logo

Want to have a say in selecting the new SCR logo? Then plan to attend the next club meeting to be held at 7:30 p.m. Tuesday, July 6, at the YMCA. Several preliminary designs were presented at the June meeting by Kathy Godec, a local artist. She will be bringing the developed concepts to the next meeting, and all club members attending will be able to vote on the new logo. Be there!

Casino Royale

Paul Kriegel, representing a Cripple Creek casino, is wondering if the SCR would like to schedule a party bus trip to the Go Rush Casino. If we can come up with 40 people interested, we can get a great travel deal. No date has been determined, but we are trying to find out if there is interest in this.

If you would like to take such an excursion, contact either Paul Barela (544-8645) or Gary Franchi (676-4100).

RACE CALENDAR



PUEBLO-CANON CITY AREA

June

18 Sat 8:00 AM **Nirvana Handicap #5, 4.1M**
5027 Vigil Drive, Colorado City

July

9 Sat 8:00 AM **Women's Distance Festival, 5K**
City Park

30 Sat 7:20 AM **Trail Run, 15K, & Handicap #6, 4.5M**
Nature Center

August

5 Fri 6:00 PM **Race Against Violence, 5K**
2601 Sprague

7 Sun 7:30 AM **Drag'n On In Triathlon, 1.5K swim,**
40K Bike & 10K Run
North Shore Marina

28 Sun 7:30 AM **State Fair Run, 10K**
State Fairgrounds

OTHER AREAS

June

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 8:00 AM **Colorado State Games 5K & 10K run**
& 5K walk; Washington Park, Denver

19 Sun 7:15 AM **Strawberry Shortcut, 5K & 10K**
Glenwood Springs

25 Sat 8:30 AM **Run the Rockies, 17.7M & 5K & 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

July

4 Mon 7:00 AM **Flame Out 4, 4M**
Memorial Park, Colorado Springs

17 Sun 7:00 AM **Colorado Springs Classic, 10K**
Memorial Park, Colorado Springs

24 Sun 7:00 AM **Vail Half-Marathon, 13.1M**
Vail

30 Sat 7:00 AM **Crowley County Days 10K**
Ordway

OTHER TRIPLE CROWN DATES - 7 A.M. STARTS

August 20 Pikes Peak Ascent
21 Pikes Peak Marathon

1994 COLORADO MARATHONS

July 17 Mosquito Marathon, Leadville - 486-0039

1994 OUT-OF-STATE MARATHONS

June 18 Grandma's - Duluth, Minnesota
July 24 Deseret News - Salt Lake City, Utah
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)
Chicago - Illinois (& 5K)

RACING NOTES

by the Editor

Time of training runs changed

Several members of the SCR continue to meet for a group training run of varying distances each Sunday, but the time has been changed for the summer from 8:15 a.m. to 7:30 a.m. to combat the heat. They meet each Sunday in which there isn't a local race or a big out-of-town race. The location is the parking lot next to the City Park pool. Join them. You're sure to hook up with someone who runs your pace and you can run whatever distance you want on the out-and-back course.

Drag'n needs run coordinator

Drag'n On In Triathlon Race Director Ben Valdez is looking for someone to coordinate the run portion of the August 7 event. Responsibilities include making sure that cones, aid stations, and the finish line are set up for the run leg. Get Ben on the horn at 543-5151.

Bolder Boulder wrap-up

- I love getting this statistic in our newsletter each year - There were 265 port-a-potties near the starting line of the Bolder Boulder this year.



- The Bolder shirt design was created by Randy Kapushion, 32, who has produced four of the designs for the race.

- Dick LeDoux of Pueblo ran in the men's elite race and finished 43rd in 32:40.

- I noticed in the results published in the *Rocky Mountain News* that 16-year-old

Mike Boyer of Pueblo was 912th in 41:19. Pretty studly. Who is this kid?

- Many thanks to the Brewski Sisters (Ruth McDonald and Shelley Riddock) for keeping the suds flowing in the post-Bolder bash in Section 215 of Folsom Stadium. Nice!

- Sure enjoyed the Running Expo outside Folsom after the race. Good chance to sample refueling goodies.

Miscellaneous poo-bah

- The Colorado State Lottery is again sponsoring the growing State Fair Run to be held in August, and they've already gotten us a check to produce the race. The course on this is similar to the Cinco de Mayo and is relatively flat and F-A-S-T.

- Many SCR members have asked about the date of this year's popular Georgetown to Idaho Springs Half-Marathon. It's going to be held on Saturday, August 13, beginning at 9 a.m. Call (303) 727-8700 for information. Good tuneup for the Ascent the following week. Another half-marathon - the Garden Half - will be held on August 7 in downtown Colorado Springs.

- Exceed sports drink, taken off the market in the spring, is back in certain stores again. Okay, I'm not interested in this either, but someone might be!

- Marathoners: Please give me a buzz if you complete a marathon somewhere. Share your tremendous accomplishment with the club. You can reach your editor at 719-676-4100. This is a local call from Pueblo. If no one is home, leave a message on Manda's answering machine. Include your phone number so that I can call you back.



★ The Tri-Geek Speaks! ★



by Michael Orendorff

LUXURIATING IN VICTORY. Hey, I'd like to say I'm just pleased with a personal accomplishment that has nothing to do with my performance relative to another person. But not today, folks. I'm going to soak in this latest tri event - the Longmont Triathlon - as if it were a hot bubble bath after a cold day run.

One of the great, surprise blessings of moving to Colorado was meeting, in 1991, a fellow age-grouper who happens to have a positive, relaxed attitude while participating intensely. Describing the pleasures of good rivalry with a close friend is as difficult, it would seem, as someone attempting to describe to the uninitiated the meditative state of bliss some say they have experienced. Consistently maintaining such rivalry over a span of years is a rare gift of life, I believe. I have only experienced this once before. That was when I used to play tennis for as many hours as was possible on any day. Defeat becomes pleasurable, actually almost non-existent, in the midst of the combination of rivalry and good friendship where egos do not need to be sustained by the scoreboard or scorecard.

Now comes the boring part. I am going to recap the event just as one your friends may do a vacation photo recap. (Go ahead and go to sleep. I'll wake you when it's over.) It was such an incredibly close race, intense from beginning to end, with a wonderfully satisfying result, that I must do this replay. But I promise I'll only do it once.

I was surprised to see Dennis, my friend, still in the swim-to-bike transition area as I ran out of the pool building after completing the 1,000-meter swim. I was still putting on the very limited biking gear as he unracked his bike and took off. Though worrying that I would burn myself out, I still went out hard on the

bike because I knew I had to get him in sight early or else I might never establish contact. It was real fear that made me push those first few bicycling miles. After catching him, I stayed together with him for the rest of the 18-mile ride.

I came into the bike-to-run transition a few seconds ahead but that means nothing in a triathlon. Also, our bike split time was so incredibly good for us that I really worried if I would have much left in my legs for the 6-mile run. I yelled at Dennis to get going as I took off onto the run course. What a thrill to have battled so intensely, for almost an hour by now, and still be just a few seconds apart. We both knew that the tremendous mental focus and accompanying physical effort was only going to have to increase until one of us could maybe pull away ever so slightly. Dennis caught me at .9 miles and passed me at mile 1. Running next to me, he felt too relaxed. He even joked. How unfair! (Later he would say he thought he did have me at that point - and I thought he did, too.)

Well, it was go with him now or never see him again, so I struggled for the next one-half mile and then passed him. That was just for show, though. I didn't think I could sustain the effort but just wanted him to know I hadn't rolled over, yet. Mile 2 was at 12:15 into the run then somehow I did two significantly sub-6:00 uphill miles (that's very good for me on a hot day after jumping off a bike). Mile 4 broke him and I was able to keep pushing to a 29-second victory.

I still am as drained today as after having done a marathon. I remain physically more drained than after any other relatively short-course triathlon I have done. But what remains is the supreme satisfaction derived from such focused striving with the company of a good friend.

I wish you all such good fortune one time in your lives.

**Racing
axiom:**

**"All extra warm-up time created by rising earlier will
be used up getting organized at home." - The Franch**

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



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