


Promoting fitness throughout southern Colorado.



SOUTHERN COLORADO  
RUNNERS

August, 1994

# FOOTPRINTS

EDITOR: Gary Franchi

★★★ Simpletons' Edition ★★★



## Drag'n Slayers

Adrienne Kramer (above) and Michael Orendorff were the top finishers from the Pueblo and Hinterlands Division in the Drag'n On In Triathlon held August 7 at the North Shore Marina. Adrienne was 3rd in her age division as she completed the grueling event in 2:42.22. Michael was 1st in his age division and the 8th overall Individual with his time of 2:15.36. More Drag'n coverage on Page 4. *Photo by The Franch*



## Drag'n goes off without a hitch

After a one-year hiatus, the Drag'n On In Triathlon returned to the local race calendar earlier this month and was well represented by out-of-towners, as was the event in previous years when it was held in June. The event wasn't held last year because of a personnel change at the American Cancer Society, which sponsors

the triathlon.

Ben Valdez of the YMCA should be lauded for taking over the directorship of the triathlon and doing a splendid job. I didn't hear of any boo-boos about the way the event was conducted. Complete results of the Drag'n, along with additional photos, are on Page 4 of this issue.



# Scenes from the 1994 SCR Picnic



This year's annual SCR Picnic, held at Greenhorn Meadows Park, had a little bit of everything for everyone attending. There were softball and volleyball games, water balloon tosses for kids, gunnysack races for both kids and adults, and other weird kids games that are indescribable. Oh yes, there also was a picnic meal catered by Ortiz Catering and enough suds to go around, compliments of the Gold Dust Saloon's Brewski Sisters. If you weren't there, you missed a good time.

Photos by Goodzky



## Pueblo Bike 'n Dine Ride & Events Schedule

Here is a list of upcoming activities through the remainder of the year. Weekly Thursday rides are held at 5:30 p.m. at City Park and riders present determine the route.

### August

- 20 7 a.m. Boys Ranch Century (100 miles): Salida through the Arkansas River Canyon to the State Fairgrounds.
- 27 Family Ride (20 miles): Nature Center to North Shore Marina on bike path.

### September

- 10 Beulah and back (45 miles): Regency Shopping Center to Beulah and return.
- 25 Mountain Bike Fall Foliage Tour (40 miles): Ophir Creek Campground up Greenhorn Mountain and return.

### October

- 1 Picketwire Mountain Biking (20 miles): From La Junta, thru dinosaur tracks of Picketwire Canyon.



## 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
<b>Non-elected Officers</b>		
Membership Chair	Andy Ballou-	547-3663
Newsletter Editor	Gary Franchi	676-4100
•		
Editorial Consultants	Nick Nasch, Lillie Von Schtupp	
•		

Footprints is published monthly and distributed throughout the metropolitan Arkansas Valley. Those wishing to submit journalistic endeavors should forward all such prose to the nearest landfill.

SCR meetings are held the 1st Tuesday of each month at 7:30 p.m. at the Pueblo YMCA. Any SCR member may attend these meetings, attempt to understand El Presidente's agendas, voice inane suggestions, and ramble aimlessly like all the others.



# Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of a radio disc jockey who shall remain anonymous: "When the going gets tough, the smart get lost."

**Musings on running, fitness, life, etc.:** While I don't race much, especially in wonderful years like 1994 in which I immediately step from one injury or illness to another, there are some fanatics like Dave Diaz and Rich Hadley who show up at just about any race that's scheduled. In fact, reports say Rich showed up at an elementary school classroom race in Florence one day this past spring because he was feeling withdrawal pangs from not having raced the previous weekend. And no doubt Dave and Stacey's social calendar revolves solely around Dave's weekend race schedule.



Rich Hadley in usual pose

Anyway, I started thinking about how much dough these guys must spend in a year just in race registration fees, not to mention the cost of travel to these races and, of course, the money spent at post-race visits to small town restaurants. \$20 bucks at the Bolder Boulder. \$12 at the Sailin' Shoes. \$22 for the River Trail Marathon. \$16 for the Strawberry Shortcut. A ton of bucks here. A ton of bucks there. Here a ton. There a ton. Everywhere a ton ton. I hope these guys can afford to feed their kids.

Guess we shouldn't worry about Rich, though. If I remember correctly, he won free entry into SCR races this year via a drawing at the SCR Banquet back in January. So that helps. And Diaz's wallet may have gotten a break by his recent ankle injury incurred at the Clean Air Duathlon (lousy silver lining, eh Dave?).

Nonetheless, maybe racers like these guys should get a little break for supporting all these races. I've been thinking that maybe we need to introduce the "buying in bulk" concept of marketing into road racing. Why don't we come up with a "Frequent Racer's Card" that runners could get punched at each race they enter, and maybe start a "Run 6, Get 1 Free" concept? Makes sense, don't you think? Heck, maybe we can even give an award each year to the runner who runs in the most local races.

**This Month's Smorgasbord:** The quest for the almighty dollar is paramount in those with a literary bent. Proof was pro-

vided once again on a recent visit to a bookstore in Colorado Springs, where I ran across these two books: "The Runner's Guide to Boulder County" by Vici DeHaan and "Trips on Twos - 15 Walking Tours of the Pikes Peak Region" by Leslie and Ron Bergstrom. I'm wondering: Do we really need either of these books? Who the heck would buy them? Who would want to read them? Even worse, what mush mind would want to read about them in a running club newsletter? ... Picked up an entry form for a triathlon in Monument and noticed that this event requires a picture ID of all competitors. Are they serious? Do people really cheat in triathlons by having someone else compete for them? This really depresses me! How low can a person stoop? Is this further proof that the abnormal is becoming normal? ... Speaking of triathlons, how about that nice story on the SCR's Daryl Jacobs in the *Daily Bugle*? The thing I've always appreciated about Daryl is that he proves you don't have to be a gonzo hard-core competitor to participate in triathlons ... Was at another book store looking for something fitness related and noticed a book on one of my favorite topics - restaurants. This book was about small town restaurants in Colorado, to be specific. Just about every small town in the state was represented, but not Colorado City, home of at least four restaurants that I can count (I only used one hand), not to mention some of the most exciting people in the state. Anyway, *Footprints* editorial consultant Nick Nasch, never one to let his mental prowess factory sit idle, mentioned that none of those small town restaurants uses frozen tomatoes. He pointed out that it's because tomatoes cannot be purchased frozen. He wonders why a tomato is the only fruit that isn't frozen. I wonder why I was even in that bookstore with him ... Being a quasi weightlifter and an endorser of free weights, I spend a lot of time putting on and removing weights from weight bars. It's such a hassle sometimes when you're adding very small increments. In fact, I was wondering: Why doesn't someone invent "negative weight" disks? Just think how much easier it would be if you wanted to lift 22<sup>1</sup>/<sub>2</sub> pounds and you could put on a 25-pound weight along with a 2<sup>1</sup>/<sub>2</sub>-pound negative weight. Just a thought ... In case you were wondering, while out of town on racing excursions, Rich Hadley never orders frozen tomatoes at restaurants ... **Ultimate in Idiocy** item of the month: Club President Paul Barela found a Nike Air Pegasus running shoe at a recent race, and he doesn't think it is his, although he probably isn't sure. However, if you've been running in just one shoe lately and it's a Nike Air Pegasus, the one Paul found just might be yours. So give Paul a call at 544-8645 and claim your shoe.

**Movie line** of the month: "I'll tell you the truth now. I ain't a real cowboy, but I am one hell of a stud." Guess this superb classic movie and the speaker. If you get both right, his buddy Ratzon won't sneeze on you. Enjoy the hunt, and best of fortune to you all in your (foolish) attack of Pikes Peak, either in the Ascent or the round trip.

Yo:

*Slice into the Gold Dust  
for a little OJ ...*

**GOLD DUST  
SALOON**  
M•R•I•D•I•N•C.

... but leave your bloody glove at home.



? **FITNESS TRIVIA** ?

**Q:** Eamonn Coghlan of Ireland got all kinds of publicity recently for becoming the first recognized runner over 40 years old to record a sub-4:00 indoor mile. What a dude! The men's U.S. indoor mile record is 3:58.8 by Steve Scott. But Coghlan holds the world indoor mile record. What was his time? When? Why?

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

# Drag'n On In Triathlon



## P&H Stars

Robert Pratt and Carol Smith represented the Pueblo & Hinterlands Division in the Drag'n On In Triathlon. Robert competed as an individual and Carol on a team.

Photos by Gary Franchi



## Drag'n On In Triathlon results

Provided by Andy Ballou

**Distances: 1.5K swim, 40K bike, 10K run**

### Males

#### 19 and Under

Name, City	Place	Time
Brian Bozarth, ?	2	2:05:52.3

#### 20 thru 24

Andy Bruckner, Gunnison	18	2:21:14.9
Robert Morgan, Fort Collins	78	3:08:19.7

#### 25 thru 29

Steve Patton, Mequon, WI	10	2:14:21.3
David Haley, Boulder	13	2:16:36.3
Clay Taylor, Boulder	21	2:23:24.7
Glenn Warren, Denver	27	2:24:30.8
Mike Fahrback, Fort Collins	29	2:25:31.5
David Sarson, Boulder	32	2:28:27.1
Tim Callahan, Boulder	34	2:29:10.3
Jim Fraser, Boulder	58	2:45:00.4
Scott Jackson, Denver	64	2:54:39.8
Doug Cullison, Pueblo	92	3:30:21.8

#### 30 thru 34

Dean Frease, Superior	3	2:06:49.0
Lonny Granston, Boulder	4	2:07:14.1
David Perry, Fort Collins	6	2:08:57.8
Scott Carter, Denver	7	2:10:25.2
Tony Comfort, Boulder	15	2:19:44.8
Dieter Bruhn, Boulder	17	2:20:28.1
Joel Dufford, Denver	24	2:23:37.3
Alan Arnholt, Divide	28	2:25:11.3
Tim Webb, Boulder	30	2:26:53.4
Andreas Stoerzel, Laramie, WY	33	2:28:27.3
Donald Lobeda, Tacoma, WA	43	2:35:35.5
Alfredo Matheus, Colo Springs	48	2:39:59.5
David Roth, Pueblo	51	2:41:19.9
Rocky Maestas, Jacksonville, NC	60	2:46:36.2
Robert Pratt, Pueblo	63	2:53:40.3
Jeff Lussenden, Colo Springs	86	3:16:45.2

#### 35 thru 39

Scott Pessin, Boulder	8	2:13:32.6
Michael Schuldes, Colo Springs	12	2:16:32.0
William Ankele Jr., Littleton	23	2:23:32.2
G. Gustafson, Bell Fourche, SD	36	2:31:02.0
Steve Kuehster, Castle Rock	40	2:32:17.3
Greg Laney, Pueblo	56	2:43:47.9
Gene Wright, Bell Fourche, SD	67	2:57:05.4
Rocky Khosla, Pueblo	70	3:03:32.5
Perry Lee Garcia, Pueblo	75	3:04:43.8
Michael Oberman, Morrison	80	3:10:33.0
Simon Thornton, High. Ranch	81	3:11:09.3
Douglass Qualls, Denver	87	3:17:19.1
Mark Spitalwik, Boulder	91	3:29:28.4

#### 40 thru 44

Michael Orendorff, Pueblo	11	2:15:36.3
Lonney Vogt, Colo Springs	22	2:23:30.1
Michael Hallock, Aurora	26	2:24:17.3
Herb Brockman, Pueblo	42	2:35:07.6
Jack Delaney, Alma	50	2:40:44.7
Edward Browne, Colo Springs	59	2:46:32.3
Jack Rink, Pueblo	76	3:05:00.4

Pat Tomada, Denver	79	3:09:06.7
David Black, Sheridan	82	3:13:29.2
Tom Nelson, Louisville	84	3:15:03.5

#### 45 thru 49

Sim Thomas, Dillon	31	2:27:34.3
Allan Marvin, Denver	35	2:29:31.9
Bruce Wilson, Boulder	38	2:31:50.2
Bill Frye, Aurora	39	2:32:11.0
Cecil Townsend, Avondale	61	2:46:49.0
Ken Barnaby, Parker	68	2:58:00.8
Randy Premont, Englewood	77	3:05:40.0
Rick Morrison, Colo Springs	95	3:45:51.1

#### 50 thru 54

Gennis West, Denver	19	2:21:48.0
Curt Brookhart, Littleton	44	2:36:30.0
Francis Culkin, Denver	66	2:56:28.4
Bob Benjamin, Colo Springs	72	3:04:26.7
Dan Dotson, Pueblo	96	4:07:03.7

#### 55 thru 59

Don Whitford, Aurora	65	2:55:43.1
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#### 60 and Over

Ken Whitney, Greeley	83	3:13:40.4
John Sturtevant, Indiana	88	3:21:09.0
Stoney Mayock II, Boulder	93	3:32:06.5

### Females

#### 20 thru 24

Julie Donnelly, Chesterfield, MO	85	3:15:35.7
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#### 25 thru 29

Laura Weise, Colo Springs	46	2:37:11.5
Kathy Zawadzki, Colo Springs	52	2:41:21.0
Adrienne Kramer, Pueblo West	55	2:42:22.6
Lisa Puscian, Aurora	71	3:04:06.8

#### 30 thru 34

Renate Schmidt, Denver	14	2:19:28.1
Patti Zingale, Cascade	89	3:23:11.1
J. Atchley, Laguna Niguel, CA	94	3:35:29.2

#### 45 thru 49

Carla DeV Vaughn, Colo Springs	53	2:42:04.1
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#### 50 thru 54

Mary Ann Wallace, Snowmass	90	3:27:56.3
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### Teams - Males

El Paso Loco, Pueblo West & C/S	9	2:13:45.7
Dynamic Trio, Pueblo & C/S	45	2:37:02.9
Bronx Bros-Brooky 1, Pueblo	62	2:52:23.8
Green Team	69	3:01:40.4

### Teams - Females

Les Classiques, Colo Springs	37	2:31:40.8
Lean/Mean Gold Dust Machine, Pueblo	47	2:39:13.3
Williams Team, CO	54	2:42:05.9
Two Try A Tri, Pueblo & PW	57	2:44:38.2

### Teams - Co-Ed

Blowfish, C/S Boulder & Ft Collins	1	1:57:45.5
Team Roost, Colo Springs	5	2:08:30.0
Trycopath Terror, Colo Springs	16	2:19:46.9
Tricopath Z, Colorado Springs	20	2:22:59.7
Triathletes S.H. & L., Pueblo	25	2:24:05.3
Betty & The Cannibals, Pueblo	41	2:34:49.1
Team V-III, Pueblo	49	2:40:33.4
Flintstones, Ft Collins & C/S	73	3:04:37.3
Puls Team, Pueblo & Ft Collins	74	3:04:38.1



## Lean & Mean

The Lean & Mean Gold Dust Machine reconvened this year to take second in the female team division. From left are Mary Beth Butler, Debbie Dagnallo, and Marijane Martinez.

# ◆ Trail Running - 1994 style ◆

RESULTS · TRAIL RUNNING '94 · SATURDAY JULY 30TH

P1	#	NAME	TOWN	AGE	SEX	EVENT	H'CAP	FINISH TIME	PLACE TIME
<b>4.5 MILE RUN</b>									
	1	584 BOB MCANANY	KS	37	M	4.5	0.98	00:30:19	00:29:43
	2	611 MARK KUHN	CS	28	M	4.5	1.00	00:32:48	00:32:48
	3	614 JOHN ULSH	CC	45	M	4.5	0.90	00:39:29	00:35:32
	4	578 SANDY HENNESSY	Salida	48	F	4.5	0.78	00:45:41	00:35:38
	5	587 CHRISTOPH ZURCHER	CS	17	M	4.5	1.00	00:36:33	00:36:33
	6	612 CHRIS GREDIG	P	34	M	4.5	0.99	00:37:13	00:36:51
	7	595 FORREST ROWELL	P	14	M	4.5	0.89	00:41:54	00:37:17
	8	596 CAROL SMITH	P	29	F	4.5	0.91	00:42:06	00:38:19
	9	590 FRED LUJAN	P	33	M	4.5	0.99	00:39:46	00:39:22
	10	577 TOM HENNESSY	Salida	36	M	4.5	0.98	00:41:26	00:40:36
	11	588 DICK GREET	RYE	55	M	4.5	0.82	00:50:12	00:41:10
	12	572 JULIE KILEY	CS	34	F	4.5	0.89	00:49:11	00:43:46
	13	622 THERESA GARCIA	P	34	F	4.5	0.89	00:54:15	00:48:17
	14	616 BERRI COCKRELL	CS	26	F	4.5	0.91	00:56:47	00:51:40
	15	583 MARK WILKINSON	P	43	M	4.5	0.94	00:55:23	00:52:04
	16	623 JIM NEBLICK	P	35	M	4.5	0.98	00:55:42	00:54:35
	17	571 MIKE KILEY	CS	38	M	4.5	0.98	01:02:45	01:01:30
		566 JEANNE MILLS	CS	42	F	4.5	0.82		
		574 RENEA RUPP	P	15	F	4.5	0.86	DID NOT SHOW	

## 15K RUN

	1	594 JIM ROBINSON	P	43	M	15	0.94	01:09:52	01:05:40
	2	582 DANIEL CAPRIOGLIO	P	33	M	15	0.99	01:08:15	01:07:34
	3	586 BEATRICE MCBRIDE	CS	42	F	15	0.82	01:22:35	01:07:43
	4	573 VINNY HOGAN	NY	34	M	15	0.99	01:09:35	01:08:53
	5	619 RICH HADLEY	FLOR	38	M	15	0.98	01:10:53	01:09:28
	6	603 CHAD DIPRINCE	LAJUNTA	18	M	15	1.00	01:09:29	01:09:29
	7	610 MIKE SCHOUEDEL	CS	26	M	15	1.00	01:10:17	01:10:17
	8	606 TODD LAUGHMAN	CS	30	M	15	0.99	01:11:06	01:10:23
	9	598 JOE STOMMEL	P	44	M	15	0.94	01:15:26	01:10:54
	10	580 CHRIS BORTON	P	18	M	15	1.00	01:11:22	01:11:22
	11	601 BILL MOYLE	DEN	55	M	15	0.82	01:27:10	01:11:29
	12	570 CATE TERWILLIGER	CS	35	F	15	0.86	01:23:11	01:11:32
	13	602 PATRICK CORDOVA	DEN	26	M	15	1.00	01:12:24	01:12:24
	14	625 JASON RAMOS	P	21	M	15	1.00	01:12:26	01:12:26
	15	585 BOB MCBRIDE	CS	48	M	15	0.90	01:20:36	01:12:32
	16	620 PAUL CHACON	P	39	M	15	0.98	01:14:31	01:13:02
	17	618 MARTY GARCIA	P	34	M	15	0.99	01:14:21	01:13:36
	18	561 JAMES DEREUS	CS	23	M	15	1.00	01:14:03	01:14:03
	19	613 BILL VEGES	P	37	M	15	0.98	01:15:34	01:14:03
	20	599 NICK LEYVA	P	40	M	15	0.94	01:19:12	01:14:27
	21	621 JEFF ARNOLD	AVONDAL	52	M	15	0.87	01:26:58	01:15:19
	22	568 DON PFOST	P	54	M	15	0.87	01:27:28	01:15:45
	23	607 GEORGE WILLIAMS	CS	49	M	15	0.90	01:25:25	01:16:52
	24	593 HELEN ROBINSON	P	36	F	15	0.86	01:31:07	01:18:22
	25	565 ROBERT PRATT SR	P	34	M	15	0.99	01:20:40	01:19:52
	26	569 KRIS VELTRI	CS	21	F	15	0.91	01:27:51	01:19:57
	27	562 MIKE CONE	P	33	M	15	0.99	01:21:32	01:20:43
	28	624 B. A. COSYLEON	P	45	M	15	0.90	01:29:52	01:20:53
	29	597 BEN VALDEZ	P	34	M	15	0.99	01:22:13	01:21:24
	30	579 MIKE BORTON	P	38	M	15	0.98	01:23:07	01:21:27
	31	617 HILBERT NAVARRO	P	54	M	15	0.87	01:34:20	01:21:42
	32	600 MARIJANE MARTINEZ	P	42	F	15	0.82	01:43:32	01:24:54
	33	608 MIKE STAUNTON	CS	39	M	15	0.98	01:27:53	01:26:08
	34	567 JOHN MILLS	CS	43	M	15	0.94	01:33:34	01:27:57
	35	615 SANDIE COCKRELL	CS	26	F	15	0.91	01:38:48	01:29:54
	36	589 MATT MARTIN	P	39	M	15	0.98	01:34:54	01:33:00
	37	605 ROBERT SANTOYO	P	32	M	15	0.99	01:34:16	01:33:19
	38	563 PAUL MCWHORTER	P	45	M	15	0.90	01:45:45	01:35:10
	39	592 STEVE MCDERMETT	P	50	M	15	0.87	01:50:05	01:35:20
	40	581 GREG WALLACE	DENVER	43	M	15	0.94	01:45:49	01:39:28
	41	564 CONNIE JOHNSON	CS	47	M	15	0.90	01:53:28	01:42:07
	42	576 MELINDA ORENDORFF	P	42	F	15	0.82	02:09:46	01:46:25
	43	575 NORRIS MCFERREN	P	59	M	15	0.82	02:12:48	01:48:54
	44	591 CATHY PERKINS	P	55	F	15	0.69	WITHDREW	
	45	604 JIM LINN	CS	61	M	15	0.78	WITHDREW	

## Trail Run tidbits

### The awards

Club member Don Pfof created the Kokopelli award figures. The wood used was walnut, I'm told.

Kokopelli was a flute player who was an important figure in religions of the Southwest Native American tribes. The mugs given to finishers were created by Kathy Arwood. They were given to all participants who pre-registered for the event.

Many thanks to both Kathy and Don for their exquisite workmanship.

### Check goes to a worthy cause

Some of the proceeds (\$320) from the Trail Run held July 30 were distributed to the Boys and Girls Club and will be used to buy T-shirts for its members. Those kids were instrumental in the race by setting up the morning of the race, serving as course marshals, and working aid stations.

Also, it's come to the attention of the SCR that the Boys and Girls Club could use some kids' books. If you have any that you are planning to discard, please save them and contact Rich Barrows (544-4349) or another club member. Thanks! The kids will be very appreciative, too.

### Scenic training runs

Several SCR members went on a Trail Run training run prior to the race to get a preview of what the course was like. They were hooked immediately. So much so that, weeks after the run was completed, they were still meeting each Wednesday for Deja Vu runs on the course.

### Yeomen's jobs

The efforts of Race Director Mike Orendorff and his wife, Melinda, deserve much credit for making the Trail Run successful. Also credit Rich Barrows for doing much behind the scenes. Rich organized the preview runs mentioned above, got the kids from the Boys and Girls Club to provide assistance, helped mark the course, lined up volunteers, and helped Mike organize the race.

## Racing tidbits

### Expect an avalanche

Drag'n On In Triathlon race officials expect the number of entries to skyrocket next year after this year's out-of-town entrants return to their residences and start talking up how hot it was this year and what a struggle it was just to finish. Tri Geeks like nothing better than to put themselves through a "challenge."

We should learn something about communications from an incident that occurred at the Drag'n On In Triathlon. You may have noticed that *The Pueblo Chieftain* covered the race. Also, about halfway through the event, a Channel 5 cameraman showed up and got some footage. Channel 5 never knew about the event until Greg Boyce, the station's News Director, noticed a bunch of bikers in Pueblo West while driving through the area that morning. Guess we would be wise to send out news releases to all local news media.

### Times can be deceiving ...

Joe Stommel has been racing like a true stud lately, no doubt fueled by his blissful state since taking his new wife, Kathy. But even your beloved editor had to raise an eyebrow and question Joe's superstupendous 18:24 time in the Pteranodon Ptrot 5K race in Grand Junction last month. After interrogation, Kathy spilled the beans that the first two miles of the race were downhill. Figures! And, Joe, I suppose you consider your time on the old Frostbite 5 course as your 5-mile PR!

By the way, Joe's son, Jessie, had an 18:24 in the Pteranodon, while Kathy clocked a 26:36. Joe's time placed him third in the 40-49 age division.

### ... so can "thinks"

I was telling my wonderful son, Aaron, that I thought I could still get in shape in time for the Pueblo West Triathlon, if I hustle. His response: "Dad, thinks can be deceiving." I've found a new scriptwriter.

## Training to do your best:



*"The essential thing is not conquering but fighting well. If you run with this attitude, the results will take care of themselves. While running, focus on the internal battle; concentrate on overcoming fear, self-doubt and other limiting beliefs. Forget about external issues, like your time."*

—Fred Rohé

## Colorado Springs Classic 10K

Pueblo's Dick LeDoux may be 37 years old but he hasn't slowed down much. Dick clocked a 31:18 time to take second overall in the Colorado Springs Classic 10K held last month. The winner's time was 30:53.

There were 838 male finishers and 331 female finishers. Here are the results of the Pueblo & Hinterlands Division competitors:



Results provided by Nancy Hobbs

### Pueblo & Hinterlands Division Males

#### Overall

Place	Name	Age	City	Time
2.	Dick LeDoux	37	Pueblo	38:18
8.	Chas. Schwartz	27	Alamosa	32:47
17.	Chris Borton	17	Pueblo	34:46
20.	Tim Vigil	30	Walsenburg	35:01
22.	Paul Koch	26	Colo. Spgs	35:15
27.	Jeff Wooten	19	Pueblo	35:36
31.	Mark Koch	35	Pueblo	35:48
33.	Mike Messick	37	Cheraw	35:53
46.	Jason Ramos	21	Pueblo	36:45
47.	Mike Orendorff	42	Pueblo	36:45
49.	Matt Christian	38	Florence	36:52
53.	Nathen Baca	17	Pueblo West	37:14
125.	Dave Diaz	45	Pueblo	40:00
142.	Paul Chacon	39	Pueblo	40:40
147.	Todd Hund	15	Pueblo	40:51
172.	Joe Stommel	44	Pueblo	41:14
180.	Bill Veges	36	Pueblo	41:33
192.	Nick Leyva	40	Pueblo	41:53
217.	Chris Hunter	37	Swink	42:20
276.	Scott Gaines	37	Cañon City	43:43
278.	Mike Borton	38	Pueblo	43:46
281.	Rich Barrows	34	Pueblo	43:49
283.	Sam McClure	40	Pueblo	43:49
287.	Robert Pratt	34	Pueblo	43:57

304.	Leslie Lambrecht	33	Cañon City	44:15
306.	Vincent Lopez	50	Alamosa	44:18
331.	Charles Jacobs	41	Pueblo	44:51
352.	Perrylee Garcia	35	Pueblo	45:19
357.	Art Shinn	40	Pueblo	45:25
360.	Jeff Miller	36	Pueblo	45:33
371.	Tomas Duran	48	Pueblo	45:46
377.	John Ulsh	45	Cañon City	45:59
406.	Randy Reeves	35	Ordway	46:43
412.	Geo. Dominguez	54	Raton, NM	46:48
425.	D. Crockenberg	47	Pueblo	47:03
457.	Mike Saucedo	44	Cañon City	47:55
461.	Marty Alfonso	37	Pueblo	47:58
481.	Emmett Foster	57	Pueblo West	48:19
523.	Boney Cosyleon	45	Pueblo	49:13
531.	Oliver Sorrell	39	Penrose	49:24
545.	Robert Santoyo	32	Pueblo	49:49
594.	Paul Willumstad	45	Pueblo	50:57
600.	Lee Shackelford	39	Cañon City	51:04
613.	Matt Martin	39	Pueblo	51:20
631.	Bill DeMoss	52	Beulah	51:54
653.	Donnie Reeves	34	Ordway	52:47
656.	Louis Arteaga	45	Pueblo	52:51
657.	Matt Gallegos	10	Pueblo	52:51
658.	Dan Gallegos	33	Pueblo	52:52
726.	Paul McWhorter	45	Pueblo	55:23
762.	Mike Gonzales	42	Pueblo	58:15
769.	Bob Quintana	51	Pueblo	58:54
830.	Carl Mapps	77	Pueblo	1:11:08

### Females

#### Overall

Place	Name	Age	City	Time
4.	Kris Schwartz	22	Alamosa	37:18
9.	Cindy Abeyta	36	Trinidad	38:41
39.	Claire Bueno	30	Pueblo	44:55
66.	Stacey Bowman	33	Pueblo	47:18
72.	MJ Martinez	42	Pueblo	47:45
82.	Kim Westerman	32	Pueblo	48:23
111.	Valeri Huskin	18	Pueblo	50:12
138.	Betty Duran	51	Pueblo	51:59
167.	Tracy Reeves	34	Ordway	54:04
173.	Joanie Barrett	27	Pueblo	54:15
217.	Rebecca Medina	24	Pueblo	57:24
223.	Carmen Garcia	45	Pueblo	57:54
229.	Bonnie Coutu	25	Pueblo	58:40
239.	Susan Campbell	49	Pueblo	59:25
240.	Kathy Stommel	37	Pueblo	59:31
250.	Jessie Quintana	50	Pueblo	1:00:05
280.	Cheryl McCoy	49	Salida	1:02:56
311.	Cathy Perkins	55	Pueblo	1:11:50

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)



## RACE CALENDAR



### PUEBLO-CANON CITY AREA

#### August

- 20 Sat 7:00 AM **Pueblo West Triathlon**, 800M swim, 20K bike, 7K run  
*Pueblo West Community Park*
- 28 Sun 7:30 AM **State Fair Run**, 10K  
*State Fairgrounds*

#### September

- 10 Sat 8:00 AM **Canon City River Run**, 5K & 10K  
*Canon City*
- 18 Sun 7:30 AM **River Trail Marathon**, & Half-Marathon  
*Pueblo West*
- 25 Sun 8:00 AM **Power Waffle Run**, 4M  
*Stommels' house: 27470 Woburn Abbey*

### OTHER AREAS

#### August

- 13 Sat 9:00 AM **Georgetown to Idaho Springs Half-Marathon**, 13.1M
- 13 Sat 8:15 AM **Basalt Half-Marathon**, 13.1M  
*Reudi Reservoir, Basalt*
- 20 Sat 7:00 AM **Pikes Peak Ascent**, 13.1M  
*Manitou Springs*
- 20 Sat 4:00 AM **Leadville Trail 100**, 100M  
*Leadville*
- 21 Sat 7:00 AM **Pikes Peak Round Trip**, 26.2M  
*Manitou Springs*
- 27 Sun 7:30 AM **Great Sand Dunes Run**, 5K & 10K  
*Sand Dunes*

#### September

- 3 Sat 8:00 AM **Colorado Run**, 5K & 10K  
*Fort Collins*
- 3 Sat 9:00 AM **Creede Mountain Run**, 12M & 22M  
*Creede*
- 10 Sat 8:00 AM **Run the Ridge**, 5K  
*Colorado Springs*
- 10 Sat 8:30 AM **Imogene Pass Run**, 18M  
*Ouray to Telluride*
- 17 Sat 9:00 AM **Gold Run**, 10K  
*Cripple Creek*
- 17 Sat 9:00 AM **No O<sub>2</sub> Run**, 10K  
*Leadville*
- 18 Sun 10:00 AM **Pony Express Run**, 13M  
*Rampart Reservoir*
- 18 Sun **Golden Leaf Half-Marathon**  
*Snowmass to Aspen*
- 25 Sun 2:00 PM **Fall Cross Country Series #1**, 3<sup>3</sup>/<sub>4</sub>M  
1:00 PM **Kids Race**, 1M

### 1994 OUT-OF-STATE MARATHONS

- |           |    |  |
|-----------|----|--|
| August    | 28 | Black Hills - Rapid City, South Dakota |
| September | 11 | Duke City - Albuquerque, New Mexico    |
| October   | 1  | St. George - Utah                      |
|           | 2  | Sacramento - California (& Half)       |
|           | 2  | Portland - Oregon                      |
|           | 2  | Twin Cities - St. Paul, Minnesota      |
|           | 30 | Kansas City                            |
|           |    | Chicago - Illinois (& 5K)              |
|           |    | Humana-Greater Kansas City (Missouri)  |
| November  | 6  | New York City                          |
|           |    | Omaha Riverfront (Nebraska)            |
| December  | 3  | White Sands - Alamogordo, NM (& Half)  |
|           | 4  | Dallas White Rock                      |
|           | 11 | Honolulu - Hawaii                      |

## RUNNING/RACING NOTES

by the Editor

### SCR members meet to run each Sunday

Don't forget that SCR members meet for a training run each Sunday at 7:15 a.m. in the City Park pool parking lot. The only exception is if there is a local race or a Triple Crown race in the Springs on that day. Join them if you'd like some company on your Sunday morning run. Each runner can run as far as he or she wants on the out-and-back course.

### Anniversary Run planned

The Brewski Sisters at the **Gold Dust Saloon**, the official tavern of the SCR, are planning a racing event of some kind and a post-race party in celebration of the 10-year anniversary of their establishment. Discussions are taking place to have a series of 1-mile events that start and finish at the Dust, with a possible date mentioned as October 15 or October 16. I'll have more next month.

### Where'd it come from?

You may have noticed that there is a Pueblo West Triathlon scheduled for August 20. You also may not remember seeing that race on the Race Calendar before. You're right - it wasn't. That event was just scheduled by the Boy Scouts of America as a special fund-raising project for the Pueblo YWCA Family Crisis Center.

The entry fee is \$30, and it's an extra 10 bucks for a T-shirt. Distances are an 800-meter swim, 20-kilometer bike and 7-kilometer run. Race time is 7 a.m. at the Pueblo West outdoor pool. Good luck!

### Miscellaneous notes

- If you can help work on the State Fair 10K Run to be held Sunday, August 28, please contact Damian Rotolo (561-3849). This is a great opportunity to be exposed to the madcap banter of the usual cast of volunteers.



- Entries and inquiries for the Pueblo River Trail Marathon scheduled for September 18 have been pouring in to Race Director Ben Valdez. Ben thinks the race may return to the 400 or 500 level in number of participants (including the half-marathon runners).

- The Dam Run, brought back to life last year by Paul Barela and Lois Pfof, is still tentative this fall, although an October 22 date has been mentioned. The club may have to pick up more of the production side of the race if it is to be held, because CMHIP interest is waning.

- The annual **Harvest Run & bonfire** potluck shindig will be held in October, and I should have the date for you in next month's newsletter.

- The inaugural (for Pueblo) **Jingle Bell Run 5K**, mentioned in last month's issue of *Footprints*, has been scheduled for November 26, which falls on the Saturday after Thanksgiving.

- Race Director Dave Diaz has scheduled his **Rock Canyon Half-Marathon** on the first weekend of December beginning at 9 a.m. He's working on a new logo already.

- Race Director Frank Jaquez plans to move his **Skyline Challenge** from May to July next year. Heady move!

## Here's how to get rid of those itchy fungus infections

by Rocky Khosla, M.D.

Since I have been seeing quite a bit of it in the office recently, I thought that I would write about the fungus among us. It turns out that active people like ourselves are at risk for quite a few fungal infections, some of which are outlined below:

1. Tinea pedis - also called athlete's foot. This tends to give scaling and burning between the toes and, if severe, can lead to cracking and peeling of the sole of the foot. The fungus that causes this infection, like most other fungi, loves to grow in damp, dark and moist places. The way to treat this is to use an anti-fungal preparation, such as Tinactin, on the feet, put on baby powder with cornstarch to keep the feet dry, and air out the feet and shoes.

2. Tinea cruris - also called jock itch. This tends to look red and angry, and usually affects the ridges between the thighs and groin. Once again, this fungus loves to grow in moist, sweaty environments. So the treatment is to use an anti-fungal, not wear tight, constrictive underwear, switch from synthetic fibers to cotton while the infection is being treated, and use baby powder with cornstarch.

3. Tinea corporis - also called Ringworm. This type of fungal infection is seen on skin that is usually on exposed

areas and may be passed from person to person or from pets to people or from dirt to people. The treatment is pretty much to treat anti-fungals until cleared.

4. Candida - and, no, this was not just a popular song from the '60s! This yeast organism can cause all sorts of infections such as diaper rash, oral thrush, or vaginitis. In most cases, this infection tends to occur after people have been put on an antibiotic, and it seems to be because the antibiotics wipe out the good type of bacteria, allowing the yeast to overgrow. Treatment of these is usually to treat with agents such as nystatin. To decrease the chances of getting this, I encourage people to take yogurt by the mouth while they are being treated with any antibiotics, since yogurt has lots of the good bacteria called lactobacillus in it.

Here's hoping that you can avoid the yeasty beasts and keep on truckin' without tinea!!

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

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

*Heat spell  
axiom:*

"The day of the triathlon or marathon will inevitably coincide with the start of a heat spell." - *The Franch*

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



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**Stay cool!**

Be a cool customer during the hot dog days of summer. If you move, send us your change of address so you won't miss an issue of *Footprints*

Send 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