



April, 1995

# FOOTPRINTS

EDITOR: Gary Franchi

★★★ Decoded Edition ★★★

## Meet the Runners

### They "Lan"-ded here from Beantown

by Marijane Martinez

I remember meeting Carol and Marius Carstensen at an SCR monthly meeting. It is always a pleasure to see new faces at our meetings. (Ed. Note: Sorry, mine is a few years old.) I think anyone who can survive their initial SCR meeting will undoubtedly be a member for life.

I immediately took a liking to Carol since she is a tad "vertically challenged" like me. And once you hear Marius' Arnold Schwarzenegger-like

voice, you can't help but take a liking to him.

After Carol's employer, Lan Technologies, relocated to Pueblo, she and Marius visited here, liked what they saw, and moved here in September 1994.

The Carstensen met in Germany, Marius' native land, when Carol was attending high school there as an exchange student. Their romance blossomed and, after they alternated visits to see one another, Marius made the permanent move to the U.S. where they married in 1985.

The couple lived in a Boston suburb. In 1988, they decided to quit smoking. Soon after, Carol started running. Two years later, Marius joined her on the trails, and they've been running together ever since.

While living in Boston, naturally they've both run the Boston Marathon. Carol has run 8 marathons, including 4 Bostons. Marius has run 4 marathons, 2 of which were Boston. In addition, both have run numerous other races. Those of you who ran the Frostbite 5 may remember Carol since she was the second female overall.

Since moving to Pueblo, the



Carol and Marius Carstensen have fit in Pueblo nicely since moving from Boston



Photo by Gary Franchi

### Why Bi?

Because it's there, of course! Why else do we runners and, in this case biathletes, put ourselves through such misery.

The misery in this case was provided by the weather in the Y-Bi Classic biathlon held April 9. After 80-degree temperatures the previous day, the weather turned downright nasty for the Y-Bi, with the thermometer plummeting and snow making its appearance during the run leg.

In the photo above, Rocky Khosla models the face protector he donned to offset the bitter cold.

Complete results and more photos from the Y-Bi are on Page 4.

Continued on Page 5



# Here's how to deal with those runny noses

by Rocky Khosla, M.D.



**Quote of note:**  
 "What I look forward to is continued immaturity followed by death."  
 - Dave Barry (humor writer)

This being a runners club newsletter, I thought that I would write this month's column on noses that run. And being a proud possessor of one doozy, I consider myself an expert in this field.

Seriously, folks, most of us have or will shortly notice lots of problems with itchy eyes, runny noses and pressure in our sinuses. Most of these symptoms are due to allergies to various blooming members of our flora. And since we have had a combination of lots of moisture and warm weather recently, I think that we are going to be in for a heck of a time with the allergies.

So what can you do to help yourself not be miserable? I try to present both the non-pharmacological (no-drugs) and pharmacological (drugs) approach, and let the patient try one or both. In the non-pharmacological approach, I tell people that the less irritants you present to the upper airways, the better you will feel. Thus, minimize or reduce exposure to smoke, dust, animal dander and other inhaled agents.

Although there isn't any literature on their effectiveness, air filters or purifiers don't seem to do any harm. I would, however, caution you not to use the ozone-generating air purifiers because they may cause damage to the respiratory tract (ozone is a good thing in the stratosphere since it reduces the amount of UV light reaching the earth, but it is toxic if inhaled directly).

As far as pharmacological approaches are concerned, you can further divide this into systemic (have to take pills) or topical (nose

sprays). The newest antihistamins are the so-called non-sedating variety, meaning they don't make you sleep, and I think their claim is largely valid. Members of this group are Seldane, Hismanal and Claritin. I have found all of these guys to be about equally effective (if there are any drug company types reading this, I would be glad to endorse your particular product if you send me lots of mulah, dough, samoleans, etc.).

As far as nasal sprays are concerned, I will say three things. First, never use the over-the-counter products such as Dristan spray for more than three days in a row since your nose can then become dependent on these sprays. Second, there are steroidal sprays that seem relatively safe in adults without causing effects to the whole body. These include Vancenase AQ, Beconase AW, Flonase, Nasalide and Nasacort. I prefer the first three because they are aqueous and don't dry out the nose. Thirdly, there is a nose spray called Nasalcrom that does not have steroid, so I like having kids under the age of 10 use it; the only drawback is that you have to use it four times a day.

Here's hoping that all your long runs are done by your feet and not your nose (all right, I won't give up my day job in hopes of a lucrative writing offer -- yet!).

**Fitness Trivia**

**Question:**  
 Boy, wasn't Dave Scott just amazing, unretiring at the age of 40 to take second in the Hawaii Ironman held in October. He deserved all the publicity that he got. But, like, someone must have finished in front of Dave. Think back real hard now - who the heck was it? Was it Mike Pigg? Mike Orendorff? Carmen San Diego? Answer below, foo'.

**Answer:**  
 Ever heard of Greg Welch of Australia?

Here's a message for all you secretaries in honor of Secretaries Day being April 26:

6-022  
 1.66!

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**Southern Colorado Runners**

A member of the Road Runners Club of America



**Current SCR Officers:**

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Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100

Editorial Consultants: Nick Nasch, Brian "Kato" Kaelin

Footprints is published monthly and distributed to all SCR members, despite their preference for Soldier of Fortune magazine. Literary contributions are always thrown away by the editor.

SCR meetings are held the 1st Monday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings and try to keep a straight face while listening to the pearls of "wis-dumb" that emanate from the populace in attendance.



# Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of your beloved editor: *"The wind may blow, but it REALLY sucks!"*

Yes, the frickin' wind. It's been hammering us a bit lately, hasn't it? Nothing like springtime in the Rockies. If it isn't blowing, it will be soon. Or snowing! In the past, you'd try to get out for your training run as early as possible in the morning and miss the inevitable arrival of the Mr. Bluster in the afternoon.

Not this year. It seems like it's been windier earlier in the day this year. Maybe I'm getting less tolerant in my, ah, late youth, but I've bagged more training runs this year because of the wind than ever before. I also recall hearing about the "Sunday Morning Brunch Bunch" having a heckuva time on a 10-mile jaunt recently. I understand they all died going out from City Park toward the Dam against the wind, before flying back on the return.

I'm sure we all have our own "wind stories" that depict true pain, agony, and, of course, stupidity. I have several that rate high on the "stupidity index."

- Like the Y-Bi Classic biathlons I've done. Each year the weather for the Y-Bi, in a word, sucks. I think Pueblo West invented wind. Next to "wind" in the dictionary, there's a map of Pueblo West. On a clear day in Pueblo West it'll blow forever. I haven't been able to figure this out yet, but I swear you're biking or running against the wind 65-70% of the time in the Y-Bi.

- Then there were those wonderful 16- and 18-milers I used to do while training for the Mile High Marathon, which was held in May up in Denver. I used to go on solitary training jaunts from Belmont to the radio tower that was a couple of miles past the artesian well on the Baculite Mesa. Coming back used to be a real picnic when it was windy. There you were, out in the open on the prairie, sand blowing in your face and up your nostrils (and probably other orifices). The wind used to blow so hard some days that I couldn't hear the music on my headphones. I'm serious!

- I also recall 5- and 6-mile runs through the streets of Belmont on particularly windy days. I used to run up a block in one direction, then run down the next block in the opposite direction to "space out" the wind. What buffoonery! Could have stayed home and watched "Running and Racing" on ESPN.

Actually, though, my best wind story was from a long training run I took about a dozen years ago with Len Gregory and Cecil

Townsend. We hoped to get in about 10-12 miles on this particular day. An extended "town loop" was planned from Lenny's house a block from Dutch Clark Stadium.

One problem: the wind was bellowing straight out of the west about 40-50 miles per hour. Foolishly, we headed toward Bessemer, the wind at our right sides. All three of us were bellyaching as we slowly closed in on the spot where would have to turn right, into this hurricane. Somehow, defying all runner's logic, one of us had a brainstorm: "Hell with it. Why don't we turn left instead, pick up the highway and run out toward County High School, then hitchhike back?" Genius! Our bellyaches turned to a stream of hearty laughter virtually all the way out. I remember pulling my T-shirt up over my head at one point and holding it up as a sail, taking advantage of the wind.

This being back in the relatively "innocent era," we easily got a ride back to town.

By the way, you know a meteorologist isn't a fitness buff when he or she says: "The weather will be spectacular tomorrow – sunny and warm, although it'll be windy. But we can live with that." *WHO* can live with that?

**This Month's Smorgasbord:** *Men's Health* magazine says that for every 10 pounds of body weight you support by leaning on the handrails of a stair-climbing machine, you burn 7% fewer calories. Wonder if they can prove that ... How about that **Chris Borton**? Just a frosh at Drake, the two-time state cross country champ from Pueblo South High clocked a 32+ minutes 10K in a recent track meet. Zowie! ... I see where **Todd Hund**, though just a freshman at South, is blossoming in the 3,200 run. Stay tough, Todd! ... I've been wondering: how does a **rumor run rampant**? In fact, how does a rumor run anywhere? And what kind of a mile pace does it have? ... In *Triathlete* magazine, Mark Montgomery has this great advice for competitors experiencing physical problems during triathlons and trying to decide whether to persevere or drop out: "Whatever you do, don't do anything that'll take you out of the post-race party." Love it! ... Here's a statistic to make you sick: *Time* magazine says that only 36% of U.S. schools still offer daily phys-ed classes. How did this happen? Are they afraid they'll need a gun check-in in the locker rooms? ... And finally, this from Editorial Consultant Nick Nasch: "Why is it that whatever direction you're going, it's always against the wind?" It's not if you run out to Pueblo County and thumb back, Nicholas.



## Ultimate in idiocy item of the month:

An events calendar in the current *Triathlete* magazine has just two 1995 triathlons listed in Colorado – our own Ordinary Mortals and the Boulder Peaks Triathlon on Aug. 6. I have the feeling that other triathlons will be held this year in Colorado. Made me wonder: why publish a schedule that only lists about 5% of the events? This doesn't make sense to me. What is the value of this? Tell me!

## Movie Line of the Month:

*"Some people, like me, are born idiots, but many more become stupider as they go along."*

Guess the award-winning actor who uttered that gem, and the award-winning movie in which he did so.

If you get them both right, you'll get silence. If you guess wrong on both items, we'll be sure to include your name in a list of true buffoons. Answer somewhere in this edition. Enjoy searching, suckah!

# Y-Bi Classic Biathlon

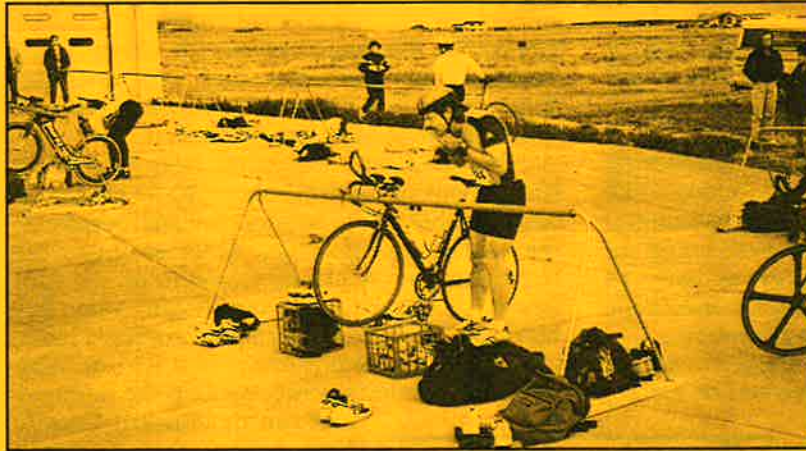


## Training to do your best

"The best way to improve your body's ability to use fat for fuel is endurance training, not manipulating your diet."

Long runs increase the number and size of enzymes that help to provide working muscles with energy. An increase in the number of these enzymes allows more fat to be used as fuel, thus sparing carbohydrate stores.

- Sarah Harding Laidlaw, sports nutritionist



Mike Orendorff got out of the transition area 1st before settling for 3rd place overall and was 1st in the Pueblo and Hinterlands Division with a superb time of 1:02:03.7.

Photos by Goodzky

## Y-Bi results

(11.2-mile bike and 5.5-mile run)

Provided by Andy Ballou & Mary Lou Henson

### MALE

#### 19 and Under

Name, City	Overall Place	Time
Andrew Heczey, Colo. Springs	1	1:00:37.2
Chad E. Connor, USAFA	7	1:06:02.2
Jason McDonald, Boulder	8	1:06:18.7
Dave Scott, Boulder	11	1:09:02.6
Eric S. Hassinger, USAFA	12	1:09:06.0
Douglas Miller, Wheatridge	50	1:26:17.3
Chris Raines, USAFA	54	1:27:17.4
Mike Nulty, Colo. Springs	64	1:36:18.8

#### 20 thru 29

Brian Grasky, USAFA	2	1:01:13.1
Chris Ramsey, Boulder	4	1:02:57.1
Steve Kandrach, Colo. Springs	6	1:05:10.8
Jay Brodie, Boulder	17	1:12:26.8
Ian King, Boulder	22	1:14:59.6
Brent Johnson, Colo. Springs	27	1:17:07.5
Dwight D. Hyde, Colo. Springs	29	1:18:49.3
Rick Wiener, Boulder	30	1:19:02.1
Bob Stellick, Colo. Springs	42	1:24:32.0
Stephen Harris, Colo. Springs	48	1:26:00.6
Cesar Gellido, Colo. Springs	60	1:32:58.1

#### 30 thru 39

Dieter Bruhn, Boulder	9	1:06:18.7
Mark Koch, Pueblo	10	1:06:59.6
Robert Brotherston, Security	14	1:10:25.7
David Young, Colo. Springs	18	1:13:13.4
Greg Laney, Pueblo	21	1:14:31.1
Grant Kennedy, Colo. Springs	23	1:15:08.8
Scott Reese, Colo. Springs	28	1:18:47.9
Dan Paulson, Canon City	32	1:19:12.6
David K. Klein, Rocky Ford	40	1:23:45.9
Rocky Khosla, Pueblo	43	1:24:32.9
Herb Finch, Colo. Springs	45	1:24:50.6
William T. Dolan, Arvada	49	1:26:16.9
Sean Bryan, Colo. Springs	53	1:27:09.9
P J Warne, Colo. Springs	56	1:27:33.3
Mike Archuleta, Pueblo	62	1:35:20.1

#### 40 thru 49

Michael Orendorff, Pueblo	3	1:02:03.7
Dennis Coombs, Longmont	5	1:04:34.5
Dave Diaz, Pueblo	15	1:11:31.1
Larry Schwartz, Colo. Springs	16	1:12:19.3
Jim McCartney, Colo. Springs	19	1:13:14.0
Herb Brockman, Pueblo	20	1:14:01.6
Terry Finnegan, Colo. Springs	24	1:15:22.7
Paul Chacon, Pueblo	25	1:15:33.3

Hector Leyba, Penrose	26	1:16:30.6
James Robinson, Pueblo	31	1:19:02.7
Jim Meyer, Pueblo	33	1:19:21.5
David Bolser, Colo. Springs	34	1:19:55.6
Buzz Borries, Colo. Springs	35	1:20:27.5
Ken Greenberg, Littleton	57	1:27:53.1
Gary Carter, Pueblo	63	1:35:28.6
Richard Martinez, Canon City	66	1:40:31.6
Peter Kammeier, Canon City	68	1:43:00.5

#### 50 and Over

Henry Hund, Pueblo	13	1:10:22.1
Jack Bilak, Pueblo	39	1:22:13.0
George Balles, Pueblo	44	1:24:36.4
Dennis Normoyle, Colo Springs	47	1:25:19.0
Bob King, Pueblo	67	1:42:29.7

### FEMALE

#### 19 and under

Name, City	Overall Place	Time
Diane Carloni, Colo. Springs	55	1:27:19.4
Jessica Martinez, Canon City	65	1:40:31.1

#### 20 thru 29

Tracy Brod, Boulder	36	1:20:40.4
Chally Wiener, Boulder	38	1:21:30.2
Jinger Guttschal, Boulder	46	1:25:04.2
Adrienne Kramer, Pueblo	51	1:26:24.8
Jennifer Nelson, Boulder	52	1:27:01.0

#### 30 thru 39

Michele Sneath, Manitou	37	1:20:46.9
Helen Robinson, Pueblo	41	1:23:59.8
Judy Perez, Parker	58	1:28:17.1
Carol Smith, Pueblo	59	1:30:52.1
Peggy Rarig, Falcon	69	1:45:16.5

#### 40 thru 49

Joyce Simony, Pueblo	61	1:33:41.7
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## Pueblo & Hinterlands Division

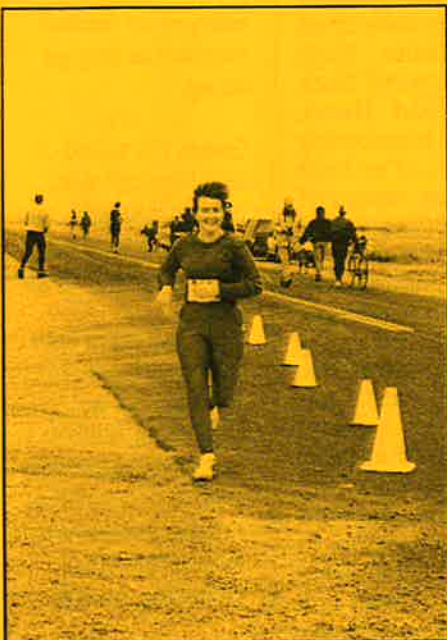
### Male

1. Michael Orendorff, Pueblo	3	1:02:03.7
2. Mark Koch, Pueblo	10	1:06:59.6
3. Henry Hund, Pueblo	13	1:10:22.1
4. Dave Diaz, Pueblo	15	1:11:31.1
5. Herb Brockman, Pueblo	20	1:14:01.6
6. Greg Laney, Pueblo	21	1:14:31.1
7. Paul Chacon, Pueblo	25	1:15:33.3
8. Hector Leyba, Penrose	26	1:16:30.6
9. James Robinson, Pueblo	31	1:19:02.7
10. Dan Paulson, Canon City	32	1:19:12.6

### Female

1. Helen Robinson, Pueblo	41	1:23:59.8
2. Adrienne Kramer, Pueblo	51	1:26:24.8
3. Carol Smith, Pueblo	59	1:30:52.1
4. Joyce Simony, Pueblo	61	1:33:41.7
5. Jessica Martinez, Canon City	65	1:40:31.1

Welcome back, Paul Chacon!  
It's good to have you back.  
We missed your zany humor.



Helen Robinson led all females in the Pueblo & Hinterlands Division

# Run for Justice 10K

## Run for Justice results

Compiled by the finish line crew



Name, City	Age	Time
1. Juan Herrera, Trinidad	23	33:02
2. Rich Hadley, Florence	39	36:29
3. Dave Diaz, Pueblo	46	37:07
4. Angelo Aragon, Lafayette	37	38:08
5. Dave Klein, Rocky Ford	39	40:46
6. Cindy Abeyta, Trinidad	37	40:51
7. Rich Barrows, Pueblo	35	42:27
8. Steve Clough, Pueblo	32	42:45
9. Dave Farnum, Trinidad	46	x
10. Mike Borton, Pueblo	39	43:33
11. Marijane Martinez, Pueblo	42	45:35
12. Hilbert Navarro, Pueblo	50	46:37
13. Robert Santoya, Pueblo	32	47:15
14. Christine Blazer, Pueblo	26	49:49
15. Steve Farley, Fort Lyon	44	53:25
16. Dick Greet, Rye	56	55:58
17. Gary Addington, La Junta	48	57:18
18. Jim Neblick, Pueblo	36	67:64



Rich Hadley (left) led area finishers and was 2nd overall; Robert Pratt (right) is shown giving out awards after his 1st experience at being a race director.

Photos by Gary Franchi

## Studettes

Three tough females displayed their running ability in the Run for Justice. From left are newcomer Christine Blazer (49:49), Marijane Martinez (45:35) and Cindy Abeyta (40:51). At right is Cindy's daughter, Tory, who is 9 years old.



## Meet the Runners

Continued from Page 1

Carstensen's have enjoyed running together during lunch hours at Lan Tech, where they are both now employed. They love the great Pueblo weather and indicated that one of the things that has made them feel welcome here is the SCR. They found out about the club in a brochure at the YMCA. They enjoy attending monthly meetings as well as running with a variety of club members on weekends.

Carol and Marius are a great couple, not only as runners but as people. For example: After one of the Spring Runoff training runs, several people were standing around dis-

cussing where to go grab a bite to eat. The Carstensen's had hosted a party for co-workers the night before and had plenty of leftovers, so they invited everyone over. They didn't have to twist our arms. And the fact that they welcomed us into their home in that situation said all you need to know about them.

It is the pleasure of the SCR to have them as members. They were very valuable in helping plan the annual SCR Banquet held in January, and they are a great incentive on the track. I look forward to many more fun times with Marius and Carol and welcome them to the SCR and to Pueblo.

## Billy's a Bear!

The SCR's Bill DeMoss just keeps running marathons. The latest – his 11th – was the Los Angeles Marathon on March 5. This one wasn't his most enjoyable experience. With chilly temperatures and rain pelting the runners throughout, Bill had his slowest marathon to date – a 4:46, but he says he did experience the same feeling of accomplishment he gets from completing a marathon.

Bill's first marathon was in Kansas City, Mo., in 1988. He really enjoys running marathons in different cities. His next one will be on April 23 in Toledo, Ohio. Best of luck, Bill!



## SCR meetings

Don't forget that the SCR now conducts its monthly meetings on the first MONDAY of the month at 7:30 p.m. at the YMCA. (Take note, Andy!) Any SCR member may attend.



# SCR's not just for the hard-core

by the Editor

In case you've been so mesmerized by the other fine copy in past issues of *Footprints* that you haven't noticed, we publish a lot of race results. However, don't let that fool you into thinking that the SCR is just for hard-core competitors.

On the contrary, the SCR is comprised of runners, walkers and cross-trainers of all ability levels who share the common cord of being interested in achieving health and fitness. We have walkers, Ironman triathletes, road racers, 12-minute milers, people who never race, etc.

Two "organized" activities take place every month for the "common" SCR member - the weekly Sunday morning training runs (actually almost weekly - details on Page 7) and the Handicap races. These are designed for all ability levels. In fact, walkers now have their own handicap rating system that

enables them to be included with runners in the Handicap Series.

Also, other sub-groups of club members meet randomly at various times and places for training runs, speed workouts, to chow down at the Do Drop Inn or just to shoot the breeze at the Gold Dust.

The common cord mentioned early on is the important thing. The SCR is a support group of sorts that provides a basis for building friendships, and we don't care what your ability level is. Heck, nobody razzes me about my inability level (and there's a lot of inability there).

Like any organization, there probably is a period involved with feeling comfortable and meshing. The more outgoing types do so easily, and I'd have to say this is the easiest group of people to assimilate into.

If you seek health and fitness and great friendships, the SCR is perfect for you. Join us at our events and activities!

## New publication

A new publication geared to runners, cyclists and multi-sport athletes is on the horizon. "The Athlete's Source" will be available in late May. The bi-monthly tabloid-size production will carry results and stories from events taking place all over the state. Look for it at the Bolder Boulder.

## Good news

Statistically, people who drink moderately live longer than people who don't drink at all or who drink too much.

## Bad news

(We'll skip that!)

- Irene Springer, "Walking" magazine

## Stats we love

Odds of dying during the next year:

- Running: 1 in 10,000
- Swimming: 1 in 36,000
- Bicycling: 1 in 130,000

## Other odds

- Receiving a letter bomb: 1 in 15 million
- Being political correct all the time: 0
- Living through this newsletter: 1 in 2

## Know Reply

Dear Editor:

I understand you're one of those multi-talented, multi-sports persons. Could you help me? If you're doing a bike workout when it's 10 degrees outside, should you go faster to reduce your time in the cold, or should you go slower to reduce the wind factor?

A Worshipped Reader

Dear Worshipped:

In addition to being a multi-talented, multi-sport person, I am also remotely intelligent. Chill out and become a member of an athletic club so you don't have to make those ridiculous decisions!

Dear Editor:

I'm a new runner. I keep hearing about doing hard workouts, then easy workouts, then medium-hard workouts,



etc. My question is, how do you determine the level of intensity of a workout?

Clueless

Dear Gutless Clueless:

Here's my suggestion: If you feel good, run hard (and/or long). If you feel crappy, take it easy that day. Even better, take up knitting and eliminate having to figure out how you feel altogether.

Send your questions to:

SCR/Know Reply  
c/o Pueblo YMCA  
700 N. Albany Avenue  
Pueblo, CO 81003

## Saucedo presented Packard Trophy

The SCR's Mike Saucedo attended the SCR's monthly meeting for April and was presented with the Packard Friendship Trophy which is awarded annually to the Pueblo or Cañon City runner who best exemplifies the "spirit of running." It is named after Steve and Roberta Packard, two Cañon City runners who helped found the Royal Gorge Runners several years ago and who were tremendous supporters of running before dying in a car crash.

The award alternates annually between Cañon City and Pueblo. The SCR's Ben Valdez won the award last year. The award has been in existence for 10 years.

Mike lives in Cañon City and works for Colorado Lottery. He has been mainly responsible for the Lottery being a tremendous supporter of the SCR for several years. Last year, for example, the Lottery purchased a banner for the club and furnished a ton of merchandise that was awarded to club participants through various drawings.

Thanks, Mike!

# Racing Calendar

## Pueblo-Canon City area

6	Sat	8:00 AM....	Cinco de Mayo 10K .....	State Fairgrounds
12	Fri	2:15 PM....	Hellbeck Dare Run & Walk, 5K.....	Hellbeck Elementary 3000 Lakeview Ave.
20	Sat	7:15 AM....	Ordinary Mortals Triathlon .....	Pueblo Regional Center in Pueblo West
			525M swim, 12M bike, 3M run	



## Other areas

<b>April</b>				
22	Sat	9:00 AM....	Terrazzo Run, 5K & 10K .....	USAFA
22	Sat	9:00 AM....	Arbor Day Run for Trees, 5K .....	Del Mar Park, Aurora
23	Sun	9:00 AM....	Columbine Classic, 5K .....	Washington Park, Denver
			<i>(women only race)</i>	
23	Sun	8:30 AM....	Provenant Hospital, 10K & 2M.....	City Park, Denver
29	Sat	9:00 AM....	Elbert Reflections, 5K & 10K .....	Elbert <i>(gee, no kidding!)</i>
29	Sat	6:30 AM....	Collegiate Peaks, 25M & 50M .....	Buena Vista
30	Sun	7:45 AM....	Cherry Creek Sneak, 5M & 4M walk .....	1st Avenu & St. Paul St. Denver

## May

6	Sat	8:00 AM....	Heart and Sole, 5M .....	Pauleen Memorial Element- ary School, Colo. Springs
7	Sun	9:00 AM.....	Colorado West Duathlon .....	Grand Junction
			5K run, 30K bike, 5K run	
13	Sat	TBA	Sunrise Trail Run, TBA .....	Palmer Park, Colo. Springs
14	Sun	TBA	Triple Crown 10K Tuneup, .....	
29	Mon	7:30 AM	Bolder Boulder, 10K .....	Flat Irons Country

## On the horizon

June	11	Garden of the Gods 10-Mile, Manitou Springs
June	18	Strawberry Shortcut 10K, Glenwood Springs
July	16	Colorado Springs Classic 10K
August	12	Georgetown to Idaho Springs Half-Marathon
Sept.	25	Governor's Cup 10K, Denver



## Notable Marathons

April	17	Boston .....	508-435-6905
	30	Big Sur, California .....	408-625-6226
May	6	Great Potato - Boise, ID (& Half) .....	208-344-5501
	6	Shiprock, New Mexico .....	505-599-2200
	7	Lincoln, Nebraska) (& Half) .....	402-423-4519
	28	Wyoming (Laramie) .....	307-635-3316
June	4	Steamboat Springs (& Half, 10K) .....	303-879-0880
	17	Grandma's - Duluth, Minnesota .....	218-727-0947
August	19	Pikes Peak Ascent .....	719-473-2625
	20	Pikes Peal Marathon .....	719-473-2625
October	8	Pueblo River Trail Marathon .....	719-543-5151
	22	Colorado Marathon .....	303-871-8366



## Call us!

If you compete in an out-of-town race, please let us know how you and other SCR runners did there by contacting your **Footprints** editor:

Gary Franchi • P.O. Box 19910 • Colorado City, CO 81019 • 676-4100

## Local races on the horizon

- June 9 Holy Family Parish Run
- July 1 Skyline Challenge
- July 30 Trail Run

## Run with SCR members - at your own pace

Keep in mind that a number of SCR members gather at 9 a.m. each Sunday morning (when there isn't a local race or a big race out of town) for an easy, long-distance run. They meet in the parking lot by the pool at City Park.

The size of the group fluctuates weekly from a half-dozen or so to about a dozen and a half, and all SCR members are invited to join them. Usually several different ability levels are present, so you should be able to hook up with someone or someones that are running at about your own pace.

This is a great way to get to know club members and have a "buffer" while getting in a longer run. Join 'em!

Answer to Movie Quiz on Page 3:  
Ton Hanks in "Forrest Gump"

## Here's what happenin' around here

### War paint

The SCR is in tune with the movement to eradicate graffiti.

In the past, we often have spray-painted mile markers and directional arrows on courses.

Now, we are exploring using washable sidewalk paint and chalk.

Kathy and Joe Stommel are probing the possibilities along this line, and reliving their childhoods at the same time by testing out these products. They will purchase the best product & value.

### Cinco de Mayo race set for May 6

You'll notice that the annual Cinco de Mayo 10K race is on the calendar again, being set for Saturday, May 6. However, because of the hoopla associated with the opening of the State Fair's Events Center this year, it was not a high priority item to the State Fair this year and we have lost the funding they used to provide us for shirts and prize money. Also, all of the Cinco de Mayo events are being held at night in the Events Center this year, meaning our race won't be a draw for Cinco events that normally took place at the Fairgrounds in the morning and afternoon.



However, the most important thing is that the Fair has agreed to secure the course for us, and we have decided to go ahead with the race since it is a fast course and very popular with area runners. In fact, many runners use this race as a qualifier for a particular wave in the Boulder Boulder.

Race time for now is set for 8 a.m.

### Colorado State Games

The SCR has been approached by the Pikes

Peak Road Runners about possibly teaming to produce a 5K and 10K race event as part of the Colorado State Games this summer. I'm told that these racing events are being scheduled all over the state. The big question is whether the two clubs can coordinate a date and site that would work for both of us. SCR President Rich Barrows will explore this concept further and report at 1930 hours at the SCR meeting in May.

### March for Parks on tap

You may (or may not) recall that last month I mentioned the March for Parks. It indeed is scheduled for Saturday, April 22, as part of the 25th anniversary of Earth Day. (Gads – has it been that long already?).

Anyway, March for Parks is a pledged 4-mile march based at Haaff Elementary School and sponsored by the Nature Center. Proceeds will go toward maintenance of the Fountain Creek Trail (a dual surface section between Haaff and Highway 47) as well as the Nature Center. Pledge forms are available at the Great Divide bike shop at 4th and Santa Fe in downtown Pueblo and at several other locations.

If you care about the river trail system and can take the time, please plan on participating.

"Intermittent routines train your body to burn more fat even when you're at rest." – Greg Gutfield

**Running axiom:**

**"The odds of sustaining an injury are directly proportional to one's level of racing fitness." – The Franch**

SOUTHERN COLORADO RUNNERS  
Pueblo Family YMCA  
700 N. Albany Avenue

Non-Profit Organization  
U.S. Postage  
Pueblo, Colorado  
Permit #260



**Don't be a dumm bunny!**

If you move, remember that issues of *Footprints* are not forwarded. Hence, get us your new address so our Easter Bunny can keep delivering goodies to your mailbox each month. 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



**CINCO DE MAYO 10K RUN**  
**8:00AM SATURDAY MAY 6, 1995**  
**PUEBLO, CO**

- Location:** Colorado State Fairgrounds, East Gate Entrance (Beulah)
- Awards:** Overall Female and Male  
1st, 2nd and 3rd in age groups 19 and under, 20-29, and 50 and over  
1st, 2nd, 3rd and 4th in age groups 30-39 and 40-49  
Overall winners are not eligible for age group awards
- Entry Fee:** \$14 before May 1st (\$12 to SCR members). Race day registration \$15 to all participants.
- Course:** See course map on reverse side of entry form. Flat, fast 6.2 mile course
- Packets:** Can be picked up at the Gold Dust Saloon, 130 S. Union, after May 1st
- Results:** 9:30AM in the Colorado Room of the Agricultural Palace
- Questions:** (719) 564-6043 (Marijane or Nick)

Race day registration and packet pickup begins at 7:00AM in front of the Agricultural Palace at the Colorado State Fairgrounds. Participants receive t-shirts and post race refreshments. Parking available at the Colorado State Fairgrounds.

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Cinco de Mayo Entry Form

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age on day of event \_\_\_\_\_ Sex (circle) F M T-shirt size (circle) M L XL

SCR member (check if applicable) \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Make check payable to SOUTHERN COLORADO RUNNERS  
Mail or deliver to Gold Dust Saloon, 130 S. Union, Pueblo, CO 81003

Waiver agreement: In consideration of the foregoing, I, for myself and my heirs, waive the Southern Colorado Runners, officials of the Colorado State Fair and any sponsors and representatives connected with this race of all liability as a result of my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the foregoing to use my likeness for any purpose whatsoever. I understand that my entry fee is non-refundable and numbers are non-transferrable.

Participant's signature \_\_\_\_\_ Parent/Guardian signature if under 18 \_\_\_\_\_

ESTADO DE MEXICO  
GOBIERNO DEL ESTADO DE MEXICO  
SECRETARÍA DE ECONOMÍA

Exposición Internacional de 1968 (Exposición 68)

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