

★★★ Unhinged Edition ★★★

## Meet the Runners

### Keeping active helps Carl & Julie Mapps stay young at heart

by Marijane Martinez

I can remember Carl and Julie Mapps since the days of Frank Artega being a race director in Pueblo, and that seems like a long time ago.

When I asked Carl if I could interview him and Julie, he indicated that, since neither of them really run any more, he didn't think that was appropriate. I replied that the many years of running they did in the past warrants the respect and admiration of the entire Southern Colorado Runners membership. Also, although they no longer run, they remain as active as their busy lives will allow by volunteering to work races whenever possible. Most recently they could be found at the Women's Distance Festival, enjoying the company of fellow runners and doing whatever asked.

The information Carl and Julie submitted for this article follows. Normally I rewrite the articles a little. However, I enjoyed the way they submitted it so much that I decided to do it exactly as they gave it to me. Enjoy!

**Carl:**

We came to Colorado in 1982 from Kingsford, Michigan. That's in what they call Michigan's Upper Peninsula,



In their own ways, Julie and Carl Mapps have been great assets for the SCR

Photo by Gary Franchi

la, where summers are okay and winters are great if you like temperatures way below zero and lots of snow.

I began jogging the summer of 1978. I lost a tennis game so I quit that and began jogging to keep in shape for skiing. So many responsibilities. Talk about late starters! I entered my first road race the next summer at age 61! Julie was teaching elementary physical education, so she kept busy and got plenty of exercise.

When we came to Colorado in 1982, we went first to a ranch at Old Snowmass. While there I ran several races like the Strawberry Shortcut, Mt. Sopris to Carbondale, Snowmass Village to Aspen, and the Rudi Reservoir half-marathon. A year and a half later we went to Denver for a year, where I got to run some more interesting races, most notable Idaho Springs to Central City, Georgetown half-marathon, and the Rawhide Marathon. I think that was the year that Jim Robinson got his now famous T-shirt.

The most exciting part of that run was stripping down to running gear with the temperature at 29 degrees and a north wind. Also memorable was the Four-Race Series promoted by then Governor Lamb and then Mayor Pena. It was four progressively longer runs to get everyone ready for the Mile High Marathon. In the final prep run, a 20-miler, the last water stop was stolen! Really, it was just gone, not there anymore. Then I remember watching the mayor fire the cannon to start the Mile High, and then he dashed down to the road and joined the runners. He ran with a pair of bodyguards - that made the rest of us feel very, very inadequate.

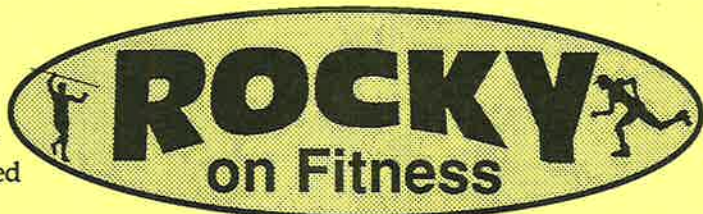
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Annual SCR picnic to be held Sept. 2 - see Page 5



## Here's how to keep cool when it's hot

by Rocky Khosla, M.D.



### Quote of note:

"Statistics show that people who go on gimmicky or 'crash' diets will gain all the weight back within a year, whereas people who follow realistic, long-term diet regimens will never lose any weight at all."

- Dave Barry  
(humor writer)

### Fitness Trivia

#### Question:

Let's see now, there's Exceed, TigerSport bars, Gatorade, Nutri-Grain bars, potato chips. OK, I was just kidding about the chips, although they're probably more apt to show up in my pantry.

But did you know that the PowerBar is considered to be the item that started the trend in endurance sports boosters. Today's question: who invented the PowerBar and when?

(Answer below.)

World-class marathoner Brian Maxwell in 1987.



I thought it might be a good idea to write about ways to keep yourself from getting cooked while running this summer, since the weather has finally changed and the heat has arrived.

First, some basics about surface area, fluids and how the body handles big swings in external temperatures while maintaining remarkably constant core temperatures. The thing to remember is that children have a larger proportionate surface area to weight than adults, and this can get them in trouble with both getting too hot (hyperthermia) or too cold (hypothermia).

The big way that the body deals with excessive heat is by sweating, and letting the evaporation of the sweat dissipate heat.

Three things can mess up this mechanism. One, if the humidity is high, then sweat will not evaporate as efficiently. Two, if you get too dehydrated, you aren't able to produce much sweat. Or three, if the temperatures around you are so hot that your body just can't cool off fast enough.

Well, enough physical chemistry! How can you stop from getting cooked? OK, here are some cool tips for the hot summer:

1. If possible, run when the temperature is most tolerable. Generally, this means in the mornings.

2. Try to wear running gear that is going to let you sweat efficiently. Cotton is a bad choice compared to new-age materials such as Cool-

max, etc.

3. Keep well hydrated, and nothing beats plain old water for staying hydrated. Don't wait till you are thirsty to drink, because by then you are probably a couple of quarters too low! I recently started running with a backpack system called the camelback that allows me to carry up to 84 ounces of water with minimal sloshing, and the system has a tube with a bite-activated mouthpiece so that you can drink on the run. I use this system for any run over 8 miles, particularly if the temperatures are going to be above 85 degrees F.

4. Though there are studies that suggest heat-trained athletes can tolerate hot conditions and still exercise, I think only mad dogs and Englishmen should be out once the mercury is around 95 degrees F. (That's an old saying, folks, so I don't want any letters from irate mad dogs or Englishmen.)

5. For children, please keep 'em pumped with fluids and don't let them exercise if the mercury gets anywhere near 85 degrees F.

Here's hoping that you have have a cool summer. And if anyone has found a way to repel those gosh-darn horse flies, please share this with me.

**If your 4th wasn't a bang, then come to the Gold Dust for some real fireworks!**

**GOLD DUST SALOON**  
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**RRCA Southern Colorado Runners**  
A member of the Road Runners Club of America

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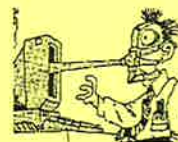
*Footprints* is published monthly and distributed to all SCR members, whether they want it or not. Literary contributions to the newsletter are welcomed with cartwheels by the editor.

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, present new ideas, vote on all issues raised, and hopefully bring a level of intelligence that is usually lacking.



# Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of Bili Mennard, winner of the Badwater 146-mile ultramarathon: "You have to be crazy to run, but smart enough to win."

**Musings on running, fitness, life, etc.:** While the new owners of the Quebec Nordiques were considering a name for the pro hockey team they planned to move to Denver, work leaked out that "Extreme" was the nickname they were favoring.

Huh?  
The Denver sports community threw a fit. Santa Claus said he wouldn't deliver toys in the Mile High city if this happened. My cats vomited on the carpet when they heard. I got a migraine. "What the heck are they thinking," I said to myself before COMSAT dropped the idea.

But after letting the name sink in for a while, mulling over the other eight boring names they are now considering, and observing the world anew, I'm starting to think that, hey, maybe Extreme isn't so bad. After all, it seems like everyone is taking things to extremes these days. For instance:

- ESPN is televising what is called the Extreme Games. Get a load of some of the events - skysurfing, eco-challenge, sport climbing, street luge, inline skating, mountain bike racing, skateboarding, water sports like kiteskiing and barefoot jumping, and, of course, bungee jumping. Boy, am I excited. (ZZZZZZZZZZZZ!) To be truthful, I feel sorry for the ESPN announcers who have to shill for this stuff.

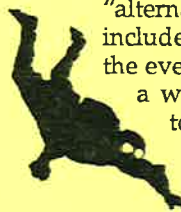
- Runners, never accused of being particularly cerebral, sometimes completely lose it and feel an inclination to do **ultradistance events**, an example being the Leadville 100. What's worse, running magazines occasionally feel the necessity to publish such information. I even know people who either compete in them or would like to. Now, I appreciate a good challenge as much as anyone else, but my question concerning this is, what for? Got nothing better to do than train for hours and hours? Could we call this an addiction?

- I really enjoy triathlons because of the variety of activities and the fact that, unless you're talking about an **Ironman** distance, you don't beat yourself up. Although I'm somewhat in awe when I read about Ironman athletes, it's difficult for me to understand how anyone can get in the training. "Sorry, dear, but we won't be able to go out for dinner this month because I need to spend every available minute training."

- As if Ironmans aren't enough, there is such a thing as a **Double Ironman**. Guess how I feel about these. "Sorry, dear, but we won't be able to go out for dinner this year because I have to quit my

job to spend every waking minute training." Get the point?

**This month's smorgasbord:** Well, I guess summer's finally arrived. After a few consecutive days of 100-degree temperatures, I missed the rain already. Besides, remember the lesson we learned during the past winter and spring - the seasons are merely being delayed a couple of months or so. Keep this in mind when it's still 85 or 90 degrees in November and December and you're crying to get out the long-sleeved T-shirts ... I was swimming at the Belmont Club recently and stopped to chat with a friend who had just arrived. He commented that I don't seem to kick my feet **much** when I do laps. "Yeah," I replied, "I don't like to attract sharks." ... I was interested in getting an entry form for a triathlon in Englewood, and *Rocky Mountain Sports*, an "alternate sports" publication of sorts, included a number with the listing of the event in its calendar. I spent about a week calling this number, trying to get someone to answer the phone. This made me wonder - if you're going to have your number listed, shouldn't you at least have an **answering machine** if you're never around? Reminds me of a now-defunct sporting goods store in Pueblo that had an unlisted phone number ... In this era of "nutrition consciousness," I find it amusing that convenience stores sell an ice cream sandwich named "Fat Boy." Oh, that's your favorite, eh? ... Missed the **Bolder Boulder** this year but, having seen the entry form, I still was blown away at what an extravaganza it's become. Makes me wonder if the real money is made on the merchandising of the event. It wouldn't surprise me if they set up their own phone network in the future. Couldn't you just hear it: "Welcome to the Bolder Boulder. Press 1 for race information. Press 2 if you'd like to order additional T-shirts. Press 3 if you'd like to order other merchandise like posters, mugs, etc. Press 4 if you'd like the 900 number for calling Mr. Shorter for running advice. Press 5 to make reservations at the Boulder Inn. Press 6 for information on getting Rockies tickets for the Memorial Day weekend." Etc. ... I was in the drive-through mail lane at Pueblo's south side Post Office trying to mail in my registration form for the Fort Collins Triathlon and I could hardly reach the **frickin' deposit slot** because it was so high. I think you have to be driving a "semi" in order to be at the right height to reach the box. Why do they do this? Also made me think that it sure would be cool if you could pull up to a drive-through window to register for local races. C'mon, Brewski Sisters, let's get with the program! ... Till next month, ta-ta, gang!



## Ultimate in idiocy item of the month:

Think Frank Shorter got a hero's welcome when he returned from the Olympics as the men's marathon champion? Think Bill Rodgers had a "day" in his honor after winning his 4th Boston Marathon?

Of course not! Then you might want to know that Mike Tyson, freshly released from prison after serving 3 years for rape, was given a "day" in his New York City hometown, complete with a parade and a speech from the guest of honor that drew cheers from the thousands in attendance. Isn't that just dandy?!?

## Movie Line of the Month:

"If they can put a washmachine in space, then my Jimmy can get it back to earth."

This is almost as easy as last month's line since it's a current movie.

Guess the unknown actress who said these words about her "in-the-movie" son and the name of the flick. If you can't figure it out, your beloved editor has provided the answers at the bottom of the Racing Calendar page. Go find it.

# Holy Family Fun Run

## Holy Family overall results

Race held June 9, 1995  
Results taken from the race bibs.

### RUNNERS & 5K WALKERS

Place	Name	City	Age	Time
1.	Tim Mondragon	Pueblo	33	17:12
2.	Todd Hund	Pueblo	15	17:23
3.	Rich Hadley	Florence	39	17:45
4.	Dan Caprioglio	Pueblo	34	18:35
5.	Mike Bosso	Pueblo	30	19:22
6.	Robert Pratt, Sr.	Pueblo	35	19:34
7.	Annette Leyba	Pueblo	19	19:55
8.	Ryan Dorsey-Spitz	Pueblo	12	20:07
9.	Bill Veges	Pueblo	37	20:17
10.	Mike Borton	Pueblo	39	20:21
11.	Jim Cain	Cañon City	47	20:46
12.	Nick Leyva	Pueblo	41	20:49
13.	Joe Stommel	Pueblo	45	21:03
14.	Ben Valdez	Pueblo	35	21:04
15.	Fred Lujan	Pueblo	34	21:07
16.	Blake Ottersberg	Pueblo	13	21:09
17.	Sam Brown	Pueblo	37	21:38
18.	Robert Santoyo	Pueblo	33	22:17
19.	Hilbert Navarro	Pueblo	54	22:18
20.	Len Gregory	Pueblo	52	22:19
21.	Misty Frey	Pueblo West	27	22:20



Mark Wilkinson was a happy guy when he won a pair of Oakley sunglasses in a random drawing.



## Training to do your best!

In the first 3 years of multi-sport training, lots of endurance work is good for you.

After that, further improvements won't come from greater endurance but from increases in intensity.

The key is doing enough training at speeds around the anaerobic thresholds - not simply adding more miles.

- Joel Friel,  
personal trainer

## Good eats

Fig Newtons, raisins, bananas, pretzels, bagels and low-fat granola or breakfast bars pack the same nutritional wallop as fancy energy bars. In most cases they're cheaper, but they may not be as easy to transport or as durable.

(Gee, really!)

- based on information provided by sports nutritionists Judy Nelson & Tracy Horton



Andy Ballou made his return to road racing recently first by running in the Bolder Boulder and then flashing his style in the Holy Family Fun Run 5K held in early June.

Photos by Gary Franchi

22.	Gary Franchi	Colorado City	46	22:27
23.	Lloyd Montiel	Pueblo	47	22:36
24.	Jeff Arnold	Avondale	53	22:40
25.	Helen Robinson	Pueblo	37	22:43
26.	Dwight Hyde	Colorado Springs	29	22:45
27.	Ray Leyba	Pueblo	46	22:48
28.	Jenna Dorsey-Spitz	Pueblo	11	22:49
29.	Adrienne Kramer	Pueblo	29	22:53
30.	Carol Smith	Pueblo	20	22:53
31.	Remington Rendon	Pueblo	12	22:59
32.	Raul San-Miguel	Pueblo	44	23:10
33.	Marijane Martinez	Pueblo	42	23:19
34.	James Bittel	Woodland Park	37	23:29
35.	Don Pfozt	Pueblo	54	23:43
36.	Theresa Leyba	Pueblo	44	24:35
37.	Marge Leetch	Pueblo	39	24:57
38.	Becky Medina	Pueblo	25	25:12
39.	T. Hadley	Florence	13	25:24
40.	Brendan Dorsey-Spitz	Pueblo	8	25:37
41.	Gigi McLaughlin	Pueblo	31	25:53
42.	David Jobe	Raton, NM	42	27:26
43.	Martin Ottersberg	Pueblo	43	27:42
44.	Andy Ballou	Pueblo West	54	28:10
45.	Joanie Barrett	Pueblo	27	29:57
46.	Mark Wilkinson	Pueblo	44	30:43
47.	Robert Pratt, Jr.	Pueblo	10	32:43
48.	Susan Walker	Pueblo	32	33:13
49.	Jean Schloss	Pueblo	43	34:35
50.	Karen Orellana	Pueblo	25	35:59
51.	Melinda Badgley-Orendorff	Pueblo	43	37:12
52.	Eleanor Castro	Pueblo	41	39:02

### 1.55M WALKERS

Place	Name	City	Age	Time
1.	Lauren Dorsey-Spitz	Pueblo	4	20:23
2.	Jacque Gonzales	Pueblo	11	22:50
3.	Pamela Gonzales	Pueblo	36	22:51
4.	Mary Pino	Pueblo	39	22:57
5.	Beverly Kochevar	Pueblo	48	23:27
6.	Alan Kochevar	Pueblo	50	23:28
7.	Mary Lou Henson	Pueblo	42	24:54
8.	Mary Sullivan	Pueblo	72	32:19
9.	Jodi Aguilar	Pueblo	53	34:59
10.	Louise Brun	Half Moon Bay, CA	50	37:17
11.	Pat Davila	Milwaukee, WI	46	37:17

# Mapps

Continued from Page 1

**Julie:**

I got tired of waiting all day for Carl to finish his races, so I decided I might as well be out there, too. He likes the trail runs, but because of worn-out knees I have to stay on the pavement. I don't know whether I'll be able to continue walking, but I really have enjoyed doing the runs. I especially liked the Garden of the Gods, the Classic 10K, the Spring Runoff, the Dam Run and all the women's runs. Through the running club, Carl and I have met a whole lot of wonderful people and have gone to many interesting places.

**Carl:**

I'm not sure that I will compete any more either. I find that it gets harder and harder to get into decent running condition after a layoff. I tried a few things, like bee pollen, but all I got from that was the hives. The bees themselves can make you run faster, but not the pollen. The trouble is, I never was a fast runner, and now I'm overweight, undertrained and overage! For me, every race is a handicap run. But you know how it is – we decide not to do that any more and the next thing we know we're at the starting line, wondering why. Maybe pretending to be a gentleman, I'll enter a run once in a while just to save somebody else the humiliation of being the last one in.

As Julie says, running has enriched our lives. Without running clubs and the people who make them work, there would be no runs or races. Although we haven't been very active club members, we are appreciative.

Thinking about the people we have met, the places we have gone to and the experiences we've had, I know that we have been privileged. I feel sorry for anyone who has not run Pikes Peak, been to Creede, or struggled over Imogene Pass. I guess I felt sorry for myself while I was doing those runs, but then I've always been glad that I did it. It seems that every race is an adventure.

Not only have I enjoyed those experiences, I can't think of a single run that I have regretted going to. I don't know whether I have enough willpower to keep off the Barr Trail, but having done that a few times, I'm perfectly satisfied.

**Marijane:**

Carl and Julie Mapps are in their mid-70s and are the epitome of what we as runners or walkers aspire to be – as active and young at heart as they are. We are all blessed to have them as members of the Southern Colorado Runners club as their families are blessed to have them as well. My wish for them is many, many more years of laughter and sunshine!

## Greenhorn Valley Park

### SCR picnic is returning to Colorado City

Mark your calendars now and plan to attend the Southern Colorado Runners' annual picnic to be held Saturday, Sept. 2, at Greenhorn Valley Park in Colorado City.

The park offers a wonderful opportunity for having a fun-filled picnic. There are softball fields, sand volleyball courts, horseshoe pits, picnic tables, and some shade (crucial depending on the weather). Plus there will



be an assortment of children's activities, meaning the picnic has something for the entire family.

Last year's picnic at the same location was arguably the best the club has ever had. And this year's promises to be even more wonderful.

I'll provide more details next month, by which time the club will have more concrete plans. But plan now to attend!

**Next month  
for sure!**

I know this is going to break your heart, but for the second month in a row I have been unable to squeeze in Part 2 of the history of the Southern Colorado Runners. I even took this edition up two pages to 10, but there simply was too much other material that I wanted to get in.

Look for Part 2 next month – promise!



## Weekly speed workouts

Here are the dates and locations for August for the "speed" workouts coached by Dan Caprioglio:

- \* Aug. 2 Mineral Palace Park
- \* Aug. 9 East High Track
- \* Aug. 16 Park at the Corner of Regency & LeHigh (by Nick & Marijane's)
- \* Aug. 23 USC Parking Lot (by Physics/Math building)

The time will be changed to 6:30 p.m. due to the weather (it's hot!!!!). These workouts are lots of fun and open to all club members. For more information call Dan at 549-2027.



## A good read

Hal Walter of Westcliffe has teamed with Harald Fricker of Vail to pen "The Pikes Peak Marathon – American's Ultimate Challenge." Book signings will take place at the carbo-loading banquets before both the Pikes Peak Ascent and the Pikes Peak Marathon next month.

The book costs \$15, and the cover is a watercolor painting by Linda Quinlisk, a many-time champion of the race. For information, call (719) 473-2625.



## New toys for the SCR

Gee, it's been like Christmas for the club lately.

First, we found out we could get the taillights fixed on our trailer, used to haul equipment to races, for a small sum. What a break! Second, we used money in our equipment fund to purchase a new Seiko brand results-recording hand-held computer machine. Neato!

Third, we have purchased a sound system for use at races (and other special events, I suppose). The sound system worked splendidly during a trial run at the Women's Distance Festival.

This will really enhance the local races we produce. Cowabunga!

## Springs to host RRCA convention

Colorado Springs will be the site of the 1997 Road Runners Club of America convention. The host will be the Triple Crown of Running.

# Women's Distance Festival



Ronda Delacerda blazed to the very end to finish first in the Women's Distance 5K race in the time of 18:57. Second place went to Ronda's younger sister, Annette Leyba, who clocked a 19:37.

Photos by Gary Franchi

## Women's Distance Festival 5K results

Results extracted from race bibs.  
Distance 3.1 miles.

Runners from Pueblo unless noted.

### RUNNERS DIVISION

	Age	Time
1. Ronda Delacerda, Alamosa	23	18:57
2. Annette Leyba	19	19:37
3. Stella Heffron, Parker	28	20:25
4. Lisa Brockie, Colo. Springs	32	20:37
5. Misti Frey, Pueblo West	27	22:11
6. Denise Gonzales	15	22:24
7. Theresa Leyba	44	22:28
8. Marjane Martinez	43	22:37
9. Helen Robinson	37	22:42
10. Stacey Bowman	34	23:45
11. Susie Price	29	23:48
12. Barbara Hadley, Rye	41	24:10
13. Becky Medina	25	24:28
14. Natalia Beckwith	23	24:31
15. Jenna Dorsey-Spitz	11	24:38
16. Diane Alfonso	36	24:39
17. Andrea Autabee	16	26:03
18. Maria Weaver, Cañon City	35	26:14
19. Tina Martinez	10	26:23
20. Lisa Moore	10	26:54
21. Krista Pearson, Colorado City	16	26:57
22. Julie Arellano	42	26:59
23. Donna Griesel, Coaldale	49	27:07
24. Gloria Montoya	47	27:12
25. Joanie Barrett	28	27:16
26. Kathy Stommel	38	27:48
27. Sandy Messick, Cheraw	36	28:17
28. Harriet Warren	41	28:39

29. Theresa McCain, Gardner	45	28:58
30. Susan Walker, Cañon City	32	30:30
31. Michele Fearheiley	33	30:33
32. Cathryn Sanchez, Arvada	33	30:53
33. Cheryl Miller	16	31:58
34. Karen Miller	18	31:59
35. Linda Noe, Larkspur	33	34:29
36. Wendy Irmer, Colo. Springs	31	34:30
37. Pamela Crump, Walsenburg	36	35:45
38. Priscilla Portillos	56	36:20
39. Megan Vanetten	13	36:49

### WALKERS DIVISION

	Age	Time
1. Sandy Hennessy, Salida	49	34:19
2. Melinda Orendorff	43	35:52
3. TracyLynn Duran	9	35:58
4. Heather Solano	7	35:58
5. Joyce Simony	46	36:19
6. Trisha Ferguson	43	36:19
7. Ida Mae Martin, Walsenburg	56	36:26
8. Lois Pfost	53	38:45
9. Maribel Maes	34	39:39
10. Theresa Martinez	44	41:59
11. Maryann Pedraza	46	42:00
12. Eva Pedraza	13	42:01
13. Nancy Vanetten	40	42:06
14. Julia Farrell	23	42:32
15. Lydia Vallejos	39	42:32
16. Cynthia Lopez	-	50:24
17. Alicia Sanchez, Arvada	14	50:25
18. Susan Cissell	39	50:26
19. Emily Montez	-	50:51
20. Frances Banda	41	58:00



Sandy Hennessy make the trip from her place of residence in Salida well worth her while by race-walking to a first place finish in the Walkers Division with her time of 34:19.

## Michael O. sparkles in Junction

Club VP Mike Orendorff had a truly memorable experience at a "half-Ironman" triathlon held July 9 at Highline Lake near Grand Junction. Mike placed second in his age group and said the whole aura and atmosphere of the event made it truly enjoyable.

Earlier this summer, Mike competed in the Duathlon National Championships in Chicago and placed 7th in his age division. It included a 6K run, 46K bike and 12K run.

# Garden of the Gods 10-Mile



## Pueblo & Hinterlands Division finishers and others

Race held June 11, 1995  
Results provided by Nancy Hobbs

### MALE (963 finishers)

Division	Place	Name	City	Time
<b>20-24</b> (top division time - 52:34)				
	1.	Peter Delacerda	Alamosa	52:34
	<b>25-29</b> (51:30)			
	8.	Paul Koch	Colo. Springs	58:51
	<b>30-34</b> (53:36)			
	72.	Leslie Lambrecht	Cañon City	1:17:24
	105.	Michael Cone	Pueblo West	1:23:25
	120.	Mike Archuleta	Pueblo	1:26:38
	163.	Robert Santoyo	Pueblo	1:44:36
	<b>35-39</b> (52:23)			
	4.	Mark Koch	Pueblo	1:00:59
	17.	Mark Brockie	Colo. Springs	1:07:xx
	40.	Bill Veges	Pueblo	1:11:34
	61.	Mike Borton	Pueblo	1:16:27
	80.	Rich Barrows	Pueblo	1:19:59
	108.	Joe Miceli	Pueblo	1:26:02
	124.	Sean Finley	Cañon City	1:28:23
	151.	Randy Reeves	Ordway	1:34:37
	<b>40-44</b> (1:00:14)			
	15.	Jim Robinson	Pueblo	1:08:48
	23.	John Kernan	Alamosa	1:10:39
	36.	Sam McClure	Cañon City	1:12:28
	44.	Paul Chacon	Pueblo	1:14:03
	51.	David Klein	Rocky Ford	1:15:58
	<b>45-49</b> (1:04:11)			
	3.	Dave Diaz	Pueblo	1:06:22
	12.	Hector Leyba	Penrose	1:11:22
	33.	Joe Stommel	Pueblo	1:15:38
	77.	Bonifacio Cosyleon	Pueblo	1:26:41
	80.	Mike Saucedo	Cañon City	1:27:22
	118.	Richard Ricketts	Alamosa	1:36:19
	144.	Lloyd Montiel	Pueblo	1:48:32

			<b>50-54</b> (1:04:03)	
16.	Vincent Lopez	Alamosa		1:15:30
			<b>55-59</b> (1:07:00)	
4.	Marv Bradley	Cañon City		1:13:46

### FEMALE (409 finishers)

Division	Place	Name	City	Time
<b>16-19</b> (top division time - 1:17:25)				
	3.	Clare Koller	Pueblo	1:21:27
	<b>25-29</b> (1:10:32)			
	36.	Rebecca Medina	Pueblo	1:39:51
	<b>30-34</b> (1:00:26)			
	16.	Lisa Brockie	Colo. Springs	1:12:01
	35.	Claire Bueno	Pueblo	1:21:54
	47.	Stacey Bowman	Pueblo	1:26:23
	101.	Susan Walker	Cañon City	1:58:41
	<b>35-39</b> (1:08:36)			
	20.	Sara Purfield	Pueblo	1:2:43
	24.	Tina Clarke	Westcliffe	1:24:27
	77.	Kathy Stommel	Pueblo	1:52:30
	<b>40-44</b> (1:06:50)			
	9.	Deb Robeda	Pueblo	1:19:48
	42.	Terri Ricketts	Alamosa	1:35:02
	60.	Vivian Montiel	Pueblo	1:48:32
	<b>45-49</b> (1:12:08)			
	4.	Lorraine Hoyle	Pueblo	1:20:20
	11.	Jeanne Reed	Alamosa	1:29:02
	16.	Kathy Koller	Pueblo	1:35:55
	37.	Susan Stiller	Pueblo	2:03:12
	<b>50-54</b> (1:20:07)			
	6.	Jessie Quintana	Pueblo	1:34:24
	11.	Susan Campbell	Pueblo	1:45:02
	14.	Cheryl McCoy	Salida	1:48:01
	<b>60-64</b> (1:27:42)			
	3.	Arlene Ruark	Alamosa	1:46:06

## Fourth of July Firecracker 4 miler

COLORADO SPRINGS - For those of you who remember, the weather on the 4th of July wasn't exactly typical July temperature. As a matter of fact it was borderline COLD!

But that didn't stop our SCR contingent of runners from going to Memorial Park to participate in the Firecracker 4-miler. Actually, we had more representation than we have at some of our local races!!

Melinda and Michael Orendorff (1st, 40-44), Susan and James Walker, Gloria and Steve Farley, Misti Frey (2nd, 25-29), Nick Leyva and Marijane Martinez (2nd, 40-44), Joanie Barrett, Gloria Montoya, Bill Veges, Rich Barrows, Rich Hadley (2nd, 35-39), Dave Diaz (1st, 45-49), Jim Robinson (2nd, 40-44), Mike Bosso, Dan Caprioglio (2nd, 30-34), Paul Barela, Paul Chacon, Sam McClure (3rd, 40-44), and Roger Sajack were among

those present. Also in the cheering section Joanie's husband Rob, Dan's wife, Helen and daughter Theresa could be spotted at various locations throughout the course.

The voice of "The Peak," Roger Allison (who acknowledged the Pueblo contingent continuously) and a friend entertained runners by portraying quite well, the infamous Blues Brothers. A good time was had by all and a variety of place medals accompanied many home.

- Marijane Martinez



## Statistically speaking

In 1984, 15.4 percent of California's population was overweight. By 1992, the state's fat figure had ballooned to 22 percent.

- Men's Health magazine

This from the most recent survey of 15,000 households conducted by the American Sports Data, Inc.:

60% of the people do absolutely NO exercising, while 20% do something on a fairly regular basis.

Comforting, eh?

## Better late ...

I should have included this in my brief report on the Bolder Boulder last month but I spaced it out, which is easy to do when there are so many spaces in my brain cells. Anyway, note that Robert Pratt, Jr., son of our beloved Secretary, placed 4th among all 10-year-olds with a zangy 48:02 time. Nice job, Junior!



## An American winner?

I still can't believe this, but the overall winner of the female division in the Peachtree Road Race held this month actually was an American - Joan Nesbit of Chapel Hills, N.C., in 27:59.



### The lighter side - Part 1

Officials of the Fort Collins Duathlon and Triathlon have done it again! As I noted a year ago, on their entry form they have a line that says: "Sex on race day." You're supposed to check one of two boxes, the one next to the "M" or the one next to the "F." Last year, I wrote in "Hope so." This year's comment: "Who's available?"

### The lighter side - Part 2

Your beloved editor is a coffee junkie who appreciates coffee houses. One such place is the Lamplighter Coffee House on Union Avenue just a couple of doors down from the Gold Dust. The Lamplighter used to house a bar called Perch's not too long ago. In fact, the Perch's sign is still there, just above the Lamplighter sign. OK, that's cool. But what's really amazing is that the Perch's sign is always lit up at night. Great stuff!

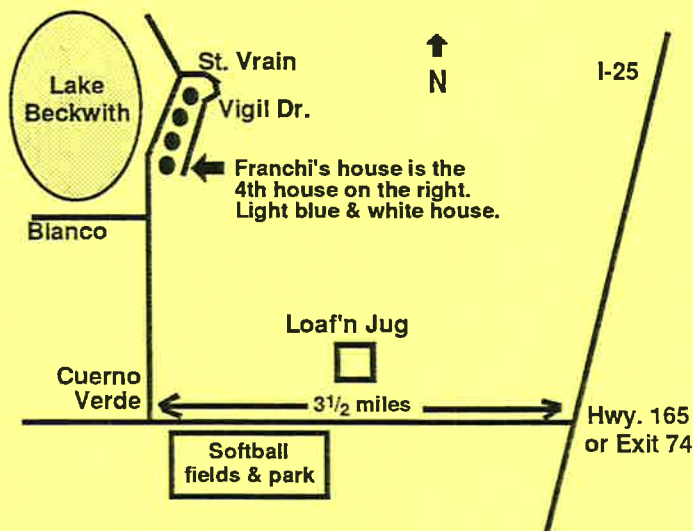
## Next Handicap Series race in Colorado City

The Handicap Series race for August will be the 4-mile Nirvana Run scheduled for 8 a.m. Sunday, August 6, at the home of your beloved editor at 5027 Vigil Drive in Colorado City. This also is one of our periodic "brunch runs" in which all participants are asked to bring a breakfast food item that can be shared.

We ask that you call the Franchi house (676-4100, local call from Pueblo) and let us know what you'll be bringing or to get an idea from us about what to bring.

Looking ahead, the Handicap race for September will be the annual Power Waffle Run to be held September 24 at the Stommels' house on the St. Charles Mesa. This also is a "brunch run."

### Here's how to get there



### SCR now has a Home Page on the World Wide Web

The Southern Colorado Runners club enters the computer age big time this month by getting its own Home Page on the World Wide Web. The page was created by a friend of your beloved editor.

The current information on our Home Page includes the club's logo, its list of officers and their phone numbers, the list of local races through the end of 1995, a report on the SCR's Handicap Series and the list of the Handicap races remaining in 1995, and an update on the Drag'n On In Triathlon and River Trail Marathon and Half-Marathon. Your editor will update the information periodically.

There also are two "hot links" at the bottom. One lists my name. When a user clicks on my name, my e-mail address is shown. The other "hot link" is called "Other Running Sites on the Net," and clicking on this gives users access to hours and hours of running-related information from all over the country. You could spend days browsing through this information.

In order to access the page, computer users must have access to the World Wide Web via a direct Internet connection or through one of the services that are available, like Prodigy, CompuServe, AOL, etc. Any browser can pull up our Home Page, but Netscape provides the most optimal access.

Our Uniform Resource Locator (URL), or what is known as our address, is:

<http://usa.net/~norton/scr/>

If you're on the Web, take a look. If not, you're missing a great information source.

### Know Reply

Dear Know It All:

Every February or March this happens: when I increase my mileage, the weather gets warmer. The weather continues to warm up as I run through the Spring and Summer. As my legs fatigue in the Fall and I start running less, the weather gets cooler. Finally, it gets really cold and starts snowing when I stop my running in December. Does my running affect the weather. If so, what will happen when I am too old to run? Will we have another Ice Age? Did the dinosaurs die off because they had no marathoners?

Quickly getting tired



Dear Quickly:

So you were responsible for that early July heat wave, eh? If I find out where you live, you're dead meat. Concerning your thoughts of an Ice Age, I think it's already happened to your mental machine. And about the dinosaurs, the reason they became extinct is because they couldn't take the smell of running shoes.

Send your questions to:

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



# Racing Calendar

## Pueblo-Canon City area

<b>July</b>		
29 Sat	7:20 AM	Trail Run, 15K & 6.6K ..... Nature Center
<b>August</b>		
5 Sat	8:00 AM	Fremont County 4-H Run, 5K & 1.5M .. Fremont County Fairgrounds
6 Sun	8:00 AM	Nirvana Run, 4M (Handicap) ..... Franchi's, Colorado City
20 Sun	7:30 AM	Drag'n On Triathlon 1.5K swim, 40K bike, 10K run ..... Lake Pueblo-North Shore Marina
27 Sun	7:30 AM	State Fair Run, 10K ..... State Fairgrounds

## Other areas

<b>July</b>		
16 Sun	7:00 AM	Colorado Springs Classic 10K & 1M Kids Fun Run ..... Corporate Center Drive Colorado Springs
23 Sun	9:00 AM	Vail Half-Marathon ..... Dobson Ice Arena, Vail
23 Sun	8:00 AM	Pteranodon Ptrot, 5K ..... Grand Junction
23 Sun		Jackson's Hole LoDo Classic, 4M ..... Downtown Denver
27 Thur	6:30 PM	One Step Closer, 5K run & walk ..... Cherry Creek
29 Sat		Kids 5K Run/Walk for Cancer ..... Inverness Club, Englewood
29 Sat	7:00 AM	Colo. State Games 10K/5K (& walk) .... Colorado Springs
30 Sun	8:30 AM	People for People, 5K run & walk ..... Washington Park, Denver
<b>August</b>		
5 Sat	8:00 AM	Wildest Race In Town, 8K ..... Cheyenne Mountain Zoo
6 Sun	7:00 AM	Oh Be Joyful 23-Mile Trail Run ..... Crested Butte
12 Sat	9:00 AM	Georgetown to Idaho Springs Half-Marathon
13 Sun	4:00 AM	Leadville Trail 100M & 10K ..... Leadville
19 Sat	7:00 AM	Pikes Peak Ascent, 13M ..... Manitou Springs
20 Sun	7:00 AM	Pikes Peak Marathon, 26M ..... Manitou Springs
26 Sat	8:00 AM	Race for the Cure, 5K ..... North Monument Valley Park, Colorado Springs
<b>September</b>		
3 Sun	4:00 PM	Home Run for Habitat, 5K ..... Sky Sox Stadium, Springs
9 Sat	8:00 AM	Run the Ridge, 5K ..... Mt. St. Francis/Peregrine area of Colorado Springs

## Notable Marathons

<b>July</b>		15 Mosquito (& 15M), Leadville ..... 719-486-1856
	24 Deseret News Marathon (& 10K), Salt Lake City, Utah ..... 801-237-2135	
<b>August</b>		19 Pikes Peak Ascent ..... 719-473-2625
	20 Pikes Peak Marathon ..... 719-473-2625	
<b>October</b>		1 Duke City, Albuquerque, NM ..... 505-890-1019
	1 Portland, OR ..... 503-226-1111	
	7 St. George, Utah ..... 801-634-5850	
	8 Pueblo River Trail ..... 719-543-5151	
	8 Twin Cities..... 612-673-0778	
	15 St. Louis ..... 314-781-3926	
	15 Chicago ..... 800-527-3214	
	22 Colorado Mara., Denver (& Half & 5K) ..... 303-871-8366	
<b>November</b>		5 Omaha Riverfront, Nebraska ..... 402-553-8349
	12 New York City ..... 212-423-2284	
	12 Columbus, Ohio ..... 614-433-0395	
<b>December</b>		2 White Sands, Alamogordo, NM ..... 505-382-8869
	10 Honolulu, Hawaii ..... 808-734-7200	
<b>January</b>		7 Walt Disney World ..... 407-939-7771



## On the horizon

### Local races

<b>SEPTEMBER</b>	
9	Cañon River Run
?	Dam Run
24	Power Waffle Run
<b>OCTOBER</b>	
14	Harvest Poker Run

**NOTE: Dam Run will be held Sept. 16 or 17.**

### Out-of-town races

<b>AUGUST</b>	
12	Georgetown to Idaho Springs Half-Marathon
<b>SEPTEMBER</b>	
4	Enduro Classic
24	Governor's Cup 10K

## Inhuman corner

I'm always amazed at the times turned in by stud and studette athletes. I was leafing through an old issue of *Runner's World* that listed the personal bests of Arturo Barrios. What a dude! He's got a 13:07 time in the 5K, a 27:41 in the 10K, and a 1:00:42 in the half-marathon. Now listen to this: he also ran in a 1-hour timed race in which he completed 13.11 miles. Ridiculous, ain't it? Made me think that race directors better make sure they have fast lead bicyclists when he races.



Answer to Movie Quiz on Page 3:  
Jean S. Howard as Blanche Lovell in "Apollo 13."

## Update on Pueblo & Hinterlands races

### Fun Runs

Club members continue to meet for a training run each Sunday at the City Park pool parking lot, but they've moved the time to 7 a.m. to escape the heat. They don't meet if there is a big local or out-of-town race. Most ability levels are represented at these fun runs. More important, a diverse range of salty joke tellers are normally in attendance. Be there!

### Skyline Challenge

My apologies to anyone who showed up for the Skyline Challenge earlier this month. I included the race in last month's race calendar since I didn't find out it was axed until the June issue of *Footprints* was printed. Phooey! Same old story - day late and a couple thou short. Anyway, it was revealed during the July SCR meeting that Race Director Frank Jaquez still hopes to have the race and is looking at a late September date, possibly Sept. 30. I'll let you know any information I get on this. Better yet, let me know any information you get on it.

### Trail Run

Judging by the entry form, this July 29 event is a meal in itself - Race Director Mike Orendorff, calls the 15K the "Full Meal" and the 6.6K merely a "Taste of the Trail." As of the SCR meeting on July 3, the entries had been pouring in so fast that Mike was lining up extra chefs. Once again, finisher and place awards will be "originals" made by local artists. Cool!

### 4-H Fun Run

This is going to be a great event! It will be

held Saturday, August 5, at the Fremont County Fair beginning at 8 a.m. The entry fee is a measly \$5 for the 5K run and \$2 for the 1.5M Run/Walk. Entrants will receive a sharp water bottle. Everyone entered will receive a ribbon, and there will be custom awards for the top overall male and female finishers. Stick around and enjoy the Fair afterward. Can't wait.

### Drag'n On In Triathlon

If not competing in this event on Sunday, August 20, please help produce it. Race Director Ben Valdez sure could use some assistance. Call him during daytime hours at the YMCA (543-5151). Not only will you be helping put on a showcase event, but you'll be able to ogle some of the best-conditioned male and female bodies in the state, with the exception being your beloved editor's, of course, assuming that he hasn't tripped over his tongue and gotten injured in the meantime.

### State Fair Run

This race is scheduled for Sunday, Aug. 27, at the Beulah Street entrance to the Fairgrounds. The Colorado Lottery is sponsoring the race, and the State Fair will get the police to secure the course for us and provide runners with free Fair gate passes for the day. Say "fast course!"

Exercise is a known mood enhancer -- and better for your cardiovascular system than watching videos. - Jo Ellen Krumm

**Weather axiom:**

"The chance for lousy weather rises proportionally with the number of runners that register to compete in a scheduled race." - The Franch

SOUTHERN COLORADO RUNNERS  
Pueblo Family YMCA  
700 N. Albany Avenue

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



**Don't try to be funny!**

If you move, get us your new address so you can continue to receive each issue of *Footprints*. Otherwise, it'll be another nice mess you've gotten yourself into.

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