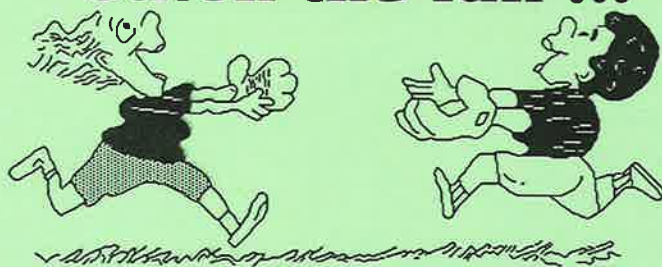


★★★ Futzing Edition ★★★

## Catch the fun ...



## ... at the annual SCR Picnic

- Where:** Greenhorn Meadows Park in Colorado City (located on Highway 165, 3 1/2 miles west of I-25. Highway 165 is Exit 74, which is located about 20 miles south of Pueblo Blvd.)
- When:** Saturday, September 2, 1995
- Time:** 1:00 p.m. - ?
- Food:** Jerk Chicken plus a choice of salads, rolls, watermelon and lots of other goodies plus a choice of beer or pop
- Activities:** Volleyball, softball (bring a glove, bat, and ball if you have them), horseshoes, and a number of different games for kids as planned by the SCR Entertainment Committee
- Other:** Fishing is available at Lake Beckwith, 1 mile from the picnic site
- Cost:** FREE to SCR members
- Note:** Seating is limited so bring lawn chairs

## History 102

### Columbines precede formation of SCR

(Ed. Note: I lied - twice, actually. First I told you that Part II of the history of the Southern Colorado Runners would be appearing earlier, since Part I appeared in the May issue of Footprints. Then I said Part II would get into the start of the SCR. Actually, that was preceded by the formation of the Colorado Columbines. Here is the story of how they got started.)

by Judy Tucker

In 1979, training for and running two marathons led me to a desire to help other women find the joy I found in this new sport. My endorphins must have been kicking in high gear, and the enthusiasm I felt needed expression. In response to a brief notice in *The Pueblo Chieftain*, 40 women gathered at the River Trail just north of City Park one fine September morning, and this was the beginning.

The bridge crossing had not been built, so we ran east for short distances, meeting on a regular Saturday morning basis. Some of these women became the nucleus of the new women's running club: Kathie Arwood, Donna Banning, Mary Creager, Pat Gonzales, Barb Hadley, Fran Hruby, Lila Gradisar, Diana Medina, Pauline

Continued on Page 2



# History, Part II

*Continued from Page 1*

Montoya, Marcia and Hank Spinuzzi and Sheila Spiro. Our first general meeting, held in Mary Creager's basement, was buzzing with excitement as we organized and made plans for the future.

We knew of the Colorado Columbines, a women's running club in Denver, and that group responded positively to our becoming a chapter. Our involvement with them lasted for several months and consisted of organizational help, tips on staging races, and receiving their newsletter. Before long, with our membership nearing 70, we decided to go it on our own and became the Atalanta Women's Running Club of Pueblo. We chose this name from the legend of Atalanta, which appeared in a running magazine.

One of our first projects was the staging of the Atalanta Women's 5K at City Park, which last November held its 15th anniversary. We had wonderful support from local male runners including Jeff Arnold, Bill Banning, Cecil Townsend, Larry Rogers, Tim Spiro, Andy Ballou and Jeff Sherman. Without this assistance, our first race in 1980 would not have been a success.

Joyce Rankin of Colorado Springs won the first race (in 19+ minutes). I will never forget the letter she wrote after the race. She had just moved to Colorado from California and had never run in an all-women race. Her praise was heady stuff, and made us all happy that we'd tried this new experiment.

In July of 1981, we added another all-female race to the program - another 5K at City Park called the Women's Distance Festival. This race had been held nationwide as a promotion to include distance races for women in the Olympics. Seeing the national enthusiasm and widespread participation, the IOC added 5K, 10K and marathon distances to the women's racing program.

In 1984, Joan Benoit won our hearts as she magnificently won the first women's Olympic Marathon. The goal of longer distances had been reached, but the race continues as a part of Pueblo's summer racing program, with the purpose of introducing young girls and women to the sport.

I think all who put in the time and energy for the Atalanta club can be proud of the contributions we made to women's running in Pueblo. Besides that, we had a tremendous amount of fun along the way. I will always cherish the friendships that came as a result of that effort. Even today, as I run, I often remember incidents from that period. I am grateful that the current leadership of the Southern Colorado Runners continues to sponsor the Atalanta race. Perhaps in the future I can attend another one, and charm the newcomers with the awesome story of Atalanta.

Getting back to late 1980, Jeff Sherman, the Fitness Director of the Pueblo YMCA, asked if we would be interested in forming a coed running club.

*(Coming: the formation of the SCR.)*

## Quote of note:

"To the uninitiated, computers appear to be complicated and boring. As usual, the uninitiated are right."

- Dave Barry  
(humor writer)

## Fitness Trivia

### Question:

All kinds of folks are running marathons this fall. Let's see, there's Matt Martin, Claire Bueno, Marijane Martinez -- well the list just goes on and on. Many would like to qualify for the 100th running of the Boston Marathon next spring. Reminds me that not too long ago women were not allowed to participate in the Boston Marathon. Katherine Switzer gets credit for being the first, in 1967, but she actually was the second female to run it. Who was the first?



Roberta Gibbran  
it incognito in  
1966.  
Answer.

COUPON




**In honor of Labor Day,  
we bring you this  
"Labor of Love" coupon  
good for a free draft at  
the Gold Dust Saloon.**

*Offer good through September, 1995.*




130 S. Union Ave. • Pueblo



## Southern Colorado Runners

A member of the  
Road Runners Club of America



**Current SCR Officers:**

President	Rich Barrows	544-4349
Vice President	Michael Orendorff	561-2956
Secretary	Robert Pratt, Sr.	566-0389
Treasurer	Melinda Badgley Orendorff	561-2956

**Non-elected Officers**

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

Editorial Consultants     Nick Naschi, Divine Brown

*Footprints* is published monthly and distributed to all SCR members and anyone else who'll bother to read it. Letters, comments, personal digressions and, of course, money are all welcome.

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, bring a snack for everyone and, more important, cappuccino to the *Footprints* editor in hopes of keeping his brain alive.

The SCR's Home Page address: <http://www.usa.net/~norton/scr/>



# Great (& so-so) Stuff

by The Franch



Thought for today's lunch, compliments of "Still the Master" in the Personal Billboard section of the Las Vegas Weekly: "It's not that you never return where you left, it's that no one wants you to return."

## Musings on running, fitness, life, etc.:

Sure hope you enjoyed the cool weather when we had it earlier this summer 'cause the heat we're having now sure sucks big time.

Since I'm not much of a morning person, I've found it's easier to run in the evening to escape the heat. Of course, it helps to live where I do – in Colorado City – because the temperatures there are a tad cooler than Pueblo to start with and they cool down much earlier in the evening. Once the sun tucks behind the Greenhorn Mountain, it sometimes gets almost brisk on your shoulders in the evening when you run wearing a tank top.

Got a good laugh when the "Pueblo Globe Trotters," a contingent of SCR members serious about racing faster, moved the time of their weekly speed-work sessions from 5:30 p.m. to 6:30 to escape the heat. Yeah, right! What does that do, reduce it from 100 to 98? From 98 to 96? Masochists!

In case you can't tell, I'm not much of a "summer person." Heat drains me and causes me to run worse than the rest of the year, which is difficult to do. But if I thought it was hot here, I couldn't believe what I ran into (gee, isn't he punny?) when I spent a few days in Las Vegas in late July while my daughter, Amanda, had her orientation at UNLV. I saved a Las Vegas paper containing this 4-weather forecast while we were there:

- Tuesday: High 110, low 80.
- Wednesday: High 112, low 78.
- Thursday: High 114, low 80.
- Friday: High 114, low 82.

This was true "wall of heat" weather. Think about those "lows." When do you run? I never even bothered to take my running stuff out of its bag the four days I was out there. Now I know why Judy and Bill Tucker decided to keep their home in Pueblo after moving to Vegas last fall. They plan to live here about six months a year. Smart. I don't see how anyone can run in Vegas during the summer. I saw three runners in the four days I was out there. They were arrested for impersonating humans. The "Pueblo Globe Trotters" posted their bond.

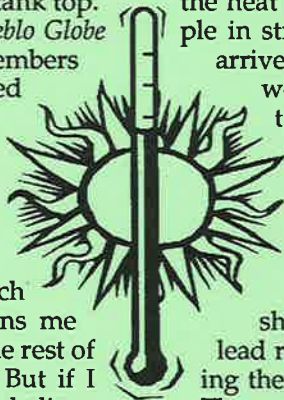
Returned to face a string of 100 days in Pueblo. On one of those days, I saw some

guy running down Jerry Murphy in the middle of the afternoon wearing one of those shiny, vinyl-looking silver jackets that people wear when they want to sweat off weight. I think his corpse was found outside the emergency clinic on Montebello. An autopsy showed his brain was missing. In his pocket they found a "Pueblo Globe Trotters" workout schedule.

This just in: A TV weather forecaster said the wave of 100+ days is expected to break in two months when a cool front will move in and "plummet" temperatures to the low 90s. I'm revved and am getting the long-sleeved T-shirts out. I suppose the "Pueblo Globe Trotters" will move its speedwork sessions back to 5:30.

**This month's smorgasbord:** I think the heat's been affecting a lot of other people in strange ways, too. For instance, as I arrived at the Belmont Club for a recent workout, I saw a lady in aerobics attire sliding out of her car prior to the start of a 1-hour class. One problem: she was taking her last super-sized drag on a cigarette. Real smart! ... I was watching the highlights of some big road race on ESPN's "Running and Racing" show and I got to thinking that the lead runners must get pretty sick of having the media car riding so close to them.

They can't possibly stand ingesting all those fumes. Now, I never like to wish evil on anyone or hope anyone gets injured, but wouldn't it be kind of cool if one of these media cars smashed into a parked car while following the lead pack? ... I've never been one to feel real safe on a bike, so I get kind of queasy every time I'm cycling on Highway 165 in Colorado City and I pass this dirt road that leads to a cemetery. It also makes me think that roads leading into cemeteries should have "Dead End Road" signs ... I'm using a Pueblo Bighorns schedule as a bookmark in the "Pueblo Globe Trotters' Guide to a Faster 10K" book I'm reading, and I noticed it said this on the cover: "A summer you'll never forget." Well, I'd say they got that right! ... And, finally, I was listening to the "Moore in the Morning" show on KCSJ recently and Bob Moore was poking fun at a company that – get this! – rents caskets. Guess it's popular with folks who can't afford to buy 'em. Like the SCR, which is getting ready to utilize this service when members of the "Pueblo Globe Trotters" begin biting the dust one by one ... Happy heat training!



## Ultimate in idiocy item of the month:

Long-time readers of *Footprints* know my disdain for researchers and "experts." Here's the latest episode: Robert Nicolosi, chairman of the American Heart Association's Nutrition sub-committee, says that there was never any solid research evidence to prove that reducing cholesterol levels to under 300 mg per day was beneficial. He says it's okay to put foods high in cholesterol and low in saturated fat back on our tables. Morons!

## Movie Line of the Month:

"Where you gonna go?  
Where you gonna run?  
Where you gonna hide?  
Nowhere! 'Cause  
there's no one like you  
left."

This flick has been out on video for just a little while and was on HBO last month.

Here's the key hint – this is the third version of this film.

Guess the name of the movie and the speaker and the *Footprints* committee will send you a gold watch and a one-way ticket to Outer Mongolia.

Answer in this edition. Have a cheery time looking for it!

# Should women take estrogen replacement?

by Rocky Khosla, M.D.



I was asked recently to write about estrogen in light of several new studies showing some increased risk of breast cancers in women on estrogen replacement. So here goes:

Just for the sake of review, estrogen is a hormone, just as is testosterone. Both men and women have both of these hormones, but men tend to have mostly testosterone and women tend to have mostly estrogen. Estrogen, along with the other female hormone called progesterone, has widespread effects on the entire female anatomy. And both estrogen and progesterone are produced in a cyclical fashion by the ovaries, under control of the pituitary gland.

Around menopause, a lot of women will start having irregular periods, hot flashes, irritability, decreased sex drive and vaginal dryness. The question a lot of women face is whether they should take estrogen when they get to this stage and, if so, for how long? And should it be along with progesterone? And what is the best dosage of each?

There are risks and benefits to the use of estrogen replacement therapy, so let's look at each of these. Bear in mind that I am going to discuss the big ones in each category, since otherwise this would be a four-pager.

### The risks:

1. Uterine (endometrial) cancer. Women who are placed just on estrogen and still have a uterus have a definite increase in their risk of this cancer. Women who have not had a hysterectomy should always be on both estrogen and progesterone, which does not cause as significant a risk of uterine cancer.

2. Breast cancer. Two recent, well-done studies have definitely shown that women who were on estrogen replacement for more than 5 years had increased risk of breast cancer. And this risk was not changed whether these women were on just estrogen or on both estrogen and progesterone.

3. Blood clots. Estrogen, be it in the form of birth control pills or estrogen replacement therapy, can increase the risk of blood clots in the legs, lungs, etc.

### The benefits:

1. Protection from coronary artery disease. Over-

whelmingly, women placed on estrogen replacement have much fewer heart attacks. Why this is the case is poorly understood, but we believe that it is probably due to beneficial effects on the cholesterol (there was an article that suggests that just being on estrogen therapy may decrease your total cholesterol by about 15%).

2. Decreased risk of osteoporosis. It turns out that bones, in women, need three things to keep them strong: calcium, exercise and estrogen. Several studies suggest that women should shoot for about 1,200 to 1,500 mgs of elemental calcium a day, and the lowest dose of conjugated estrogen that has been shown to decrease osteoporosis is .625 mg/day. And as far as exercise goes, weight loaded (i.e., work against gravity) is better than non-weight loaded (such as swimming or biking), though the latter is better than being a couch potato.

3. Symptoms. Most women will have a lot less irritability, and all the other symptoms mentioned above, while on estrogen replacement therapy. (*Ed. Note: Then give it to 'em like candy!*)

So, you say, what is the bottom line, Doc? And though it sounds like a cop-out, I can't give you one answer that will fit all cases. You have to individualize the decision to each patient. However, one study did try to tally the risks and benefits and concluded that even if you accept the increased incidence of breast cancer, overall you will save significantly more lives by preventing heart attacks than you would lose to all cancers by the use of estrogen replacement.

Here's hoping I helped clarify some of the tough issues around estrogen replacement.

(*Ed. Note: On July 22, the Rock had a new addition to his family when Zane Alexander Khosla entered the world, weighing in at 7 pounds, 10 ounces. Congrats, Rock!*)

## Trivia items you all should know

by The Editor

I'm always running across literary pieces of information that I either jot down or tear out of whatever I'm reading and save for future times like this – when I think you deserve some information. For instance, did you know that:

- Every year, more than 20,000 men and women from around the world compete in qualifying races in hopes of gaining one of the highly coveted 1,500 spots available in the Hawaii Ironman Triathlon.

- Recent studies show that people with mild to moderate high blood pressure need NOT limit their

sports activity, as long as they have no heart disease or complications from hypertension. Regular exercise actually lowers blood pressure.

- For reasons not fully understood, studies show that runners frequently get upper-respiratory infections about two weeks after running a marathon. Another study shows that taking 600 milligrams a day of vitamin C reduces such infections by 65%.

- Walking briskly for 4 miles burns more calories than riding a stationary bike for an hour, depending on the level of resistance and speed used on the bike. However, you don't burn as much when you nibble on Snickers bars while walking.



### Training to do your best!

Race simulation, which exercise physiologists call "training specificity," is about the only training concept that is crucial to achieving performance gains. Fast training won't make you any healthier or live any longer; it will only make you faster.

– Bob Cooper, former editor of Running Times

### Vitamin C

Swallow vitamin C before a workout, British researchers report, and your muscles will hurt less afterward. Exercisers who took 400 milligrams of C before doing 60 minutes of step aerobics woke up the next morning less sore and stronger than usual.

– July-August issue of Health magazine

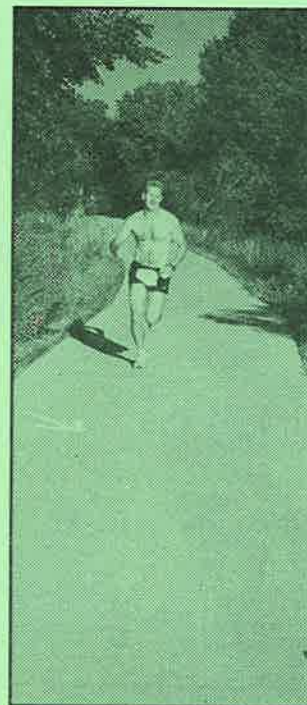


# The Trail Run

Results provided by Mike Orendorff and Kathy Stommel.

## 7/29/95 TRAIL RUN - LONG RUN

PI	BIB #	NAME	CITY	AGE	SEX	H'CAP	RUN TIME	PLACE TIME
1	721	LARRY MILLER	CO SPRINGS	45	M	0.90	01:09:51	01:02:52
2	707	MARK KOCH	PUEBLO	36	M	0.98	01:10:34	01:09:09
3	726	RICH HADLEY	FLORENCE	39	M	0.98	01:10:51	01:09:26
4	724	PAUL CHACON	PUEBLO	40	M	0.94	01:17:05	01:12:28
5	703	JIM ROBINSON	PUEBLO	44	M	0.94	01:18:48	01:14:04
6	700	DAN CAPRIOGLIO	PUEBLO	34	M	0.99	01:15:11	01:14:26
7	725	JOE STOMMEL	PUEBLO	45	M	0.90	01:22:51	01:14:34
8	727	MARTY GARCIA	PUEBLO	35	M	0.98	01:16:56	01:15:24
9	708	BILL MOYLE	DENVER	56	M	0.82	01:33:49	01:16:56
10	709	DON PFOST	PUEBLO	55	M	0.82	01:36:16	01:18:56
11	718	DAVID WOODALL	MOREND, ARIZONA	39	M	0.98	01:20:53	01:19:16
12	716	ROGER SAJAK	PUEBLO	42	M	0.94	01:25:47	01:20:38
13	704	BILL VEGES	PUEBLO	38	M	0.98	01:22:35	01:20:56
14	701	NICK LEYVA	PUEBLO	41	M	0.94	01:26:51	01:21:38
15	730	SUSIE PRICE	PUEBLO	29	F	0.91	01:30:38	01:22:29
16	732	JOHN HOLMAN	PUEBLO	68	M	0.78	01:46:15	01:22:52
17	733	SUSIE DORLE	WOODLAND PARK	33	F	0.89	01:33:30	01:23:13
18	729	JOHN RIBAL	PUEBLO	49	M	0.90	01:32:41	01:23:25
19	691	ZACH VANBLACK	CO SPRINGS	28	M	1.00	01:24:39	01:24:39
20	702	MARIJANE MARTINEZ	PUEBLO	43	F	0.82	01:44:09	01:25:24
21	722	CHARLES ROBERTS	CO SPRINGS	49	M	0.90	01:39:07	01:29:12
22	705	ROBERT SANTOYO	PUEBLO	33	M	0.99	01:30:40	01:29:46
23	693	JOHN MILLS	CO SPRINGS	44	M	0.94	01:36:28	01:30:41
24	694	STEVE MCDERMETT	CO SPRINGS	51	M	0.86	01:45:34	01:30:47
25	699	CHERYL MCCOY	SALIDA	50	F	0.73	02:06:21	01:32:14
26	710	MIKE CONE	PUEBLO	33	M	0.99	01:35:30	01:34:33
27	698	STEVE FARLEY	FT LYON	45	M	0.90	01:46:30	01:35:51
28	731	GREG WALLACE	DENVER	44	M	0.94	01:52:03	01:45:20
29	695	BILL FISHER	CO SPRINGS	40	M	0.94	01:52:04	01:45:21
30	697	DONNA NICHOLAS-GRIESEL	COALDALE	49	F	0.78	02:16:17	01:46:18
31	720	JIM LINN	CO SPRINGS	62	M	0.78	02:25:54	01:53:48
32	717	MELINDA ORENDORFF	PUEBLO	43	F	0.82	02:18:49	01:53:50



Mike Messick (above) was the overall short race winner while Susie Price (below) was the long race's 1st female.



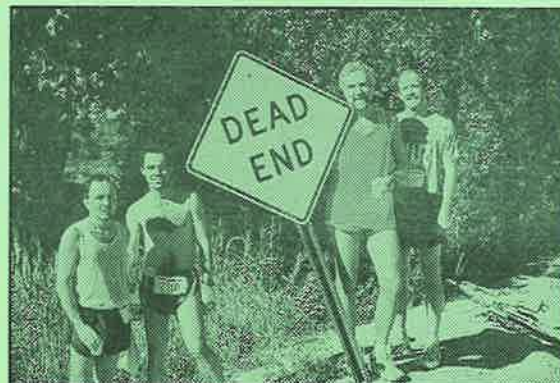
## 7/29/95 TRAIL RUN - SHORT COURSE

PI	BIB #	NAME	CITY	AGE	SEX	H'CAP	RUN TIME	PLACE TIME
1	719	MIKE MESSICK	CHERAW	38	M	0.98	00:23:08	00:22:40
2	728	MARK KUHN	CO SPRINGS	29	M	1.00	00:24:52	00:24:52
3	723	MARTI SUTTERLIN	PUEBLO	43	F	0.82	00:31:48	00:26:05
4	692	SANDIE COCKRELL	CO SPRINGS	27	F	0.91	00:30:51	00:28:04
5	714	FLOYD FLINN	SECURITY	67	M	0.78	00:36:47	00:28:41
6	715	JOSEPH RUPPERT	CO SPRINGS	44	M	0.94	00:31:29	00:29:36
7	713	BERRI COCKRELL	CO SPRINGS	27	F	0.91	00:38:58	00:35:28



Larry Miller of the Springs (left) was superb while capturing the 15K race. At left, runners show their true feelings after finishing the long race. From left are Bill Veges, Dan Caprioglio, Joe Stommel and Dave Woodall of Morend, Arizona.

All photos by Gary Franchi

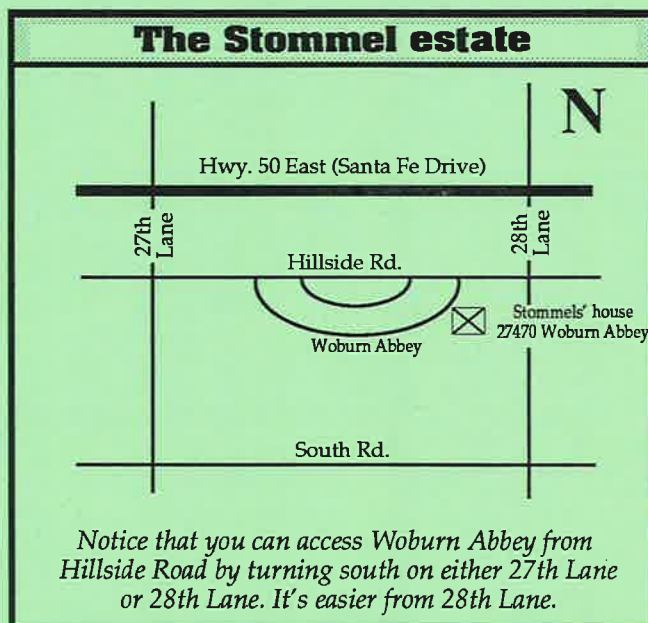


## Date of Power Waffle Handicap Run changed

A scheduling conflict with the host household has caused the **Power Waffle Handicap Run** for September to be moved from the 24th to a Thursday evening – Sept. 14, at 6:30 p.m. This is a 4.1-mile run followed by a potluck meal, so **call the Stommel residence (546-1569) and let them know what you intend to bring.** Fully-cooked shishkabob will be accepted as a potlock dish.

The Stommels live at 27470 Woburn Abbey on the St. Charles Mesa east of Pueblo. Woburn Abbey is located between 27th Lane and 28th Lane just south of Highway 50 east (Santa Fe Drive). See map at right.

Remember that this is another Handicap race, and on a fast course. Dogs will be located along the course for directional purposes.



**Saddlebags**  
No doubt you were excited to hear that scientists think they have found an "anti-fat" drug, even if it is at least 5 years away from hitting the store shelves. Tests on humans are expected to begin next year, and potential "guinea pigs" are already lining up.

**Nose job**  
Some snarlyfaces claim that a strip of tape placed properly on one's nose could improve athletic performance. The product – called Breathe Right – already has been used successfully for three conditions – snoring, congestion, and exercising. Don't get too excited about the exercising part, though. According to Dr. Rob Bogin, a Denver internal medicine specialist, any increase in breathing during exercising is mostly through the mouth. That's because large amounts of air flow much better through a wide-open mouth than a small nostril. Hence, a tape strip on the nose won't be of much help, he says, except maybe for football players who wear a mouthguard.

## Come browse with me

Your beloved editor has already started getting e-mail messages from Internet browsers who have found the Southern Colorado Runners' Home Page on the World Wide Web. If you have access to the net, note that our Home Page can be accessed at:

<http://www.usa.net/~norton/scr/>  
(NOTE: The "~" is a tilde.)

I'm beginning to run across all kinds of information on the Internet. For instance, *Rocky Mountain Sports* has a Home Page. There is a complete section of "hot links" concerning triathlons. I've located "Triathlete" magazine's Home Page. Etc.

Our Home Page has already been updated once since going on-line. You now can find updated material along with "thumbnail" action photos of Rich Hadley and Annette Leyba. My plan is to update our Home Page about every month. My e-mail address is:

[franchi@pcc.colorado.edu](mailto:franchi@pcc.colorado.edu)

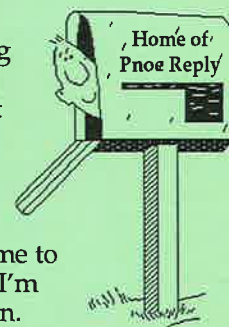
The real purpose of the Home Page is for information exchange between runners all over the state and country. For instance, someone from out of state planning a trip to Colorado can check our race planning schedule for information. I'm also hoping that clubs throughout Colorado can use the Internet for coordination of race scheduling.

A pipe dream? Maybe. But give it time. In a couple of years, every club in Colorado could have a representative hooked up to the "Net."

## Know Reply

Dear Know:

Not being a morning person, I really have a tough time getting out for a run in the summer before it gets too hot. During the recent heat spell, it's been really tough for me to get in a long run, and I'm training for a marathon. Any advice?



Hot to Trot

Dear Hot:

Well, you could take up swimming for 2 or 3 months instead. Then it wouldn't matter how hot it is would it?!? Or you could move to northern Canada for 2 or 3 months.

Actually, I symphathize with your problem. If you're intent on running a marathon, how about picking a December or January marathon so you could train in the Fall? Otherwise, my advice is to take a nap after work, then get out about 7:30 or 8 p.m. for your run. Force yourself to get out early one day on the weekend for your long runs. Be tough!

Send your questions to:  
SCR/Know Reply  
c/o Pueblo YMCA  
700 N. Albany Avenue  
Pueblo, CO 81003

# Racing Calendar

## Pueblo-Canon City area

### August

27 Sun 7:30 AM State Fair Run, 10K ..... State Fairgrounds

### September

9 Sat 8:00 AM Cañon River Run, 5K ..... Cañon City  
(10K washed out by high level of river)

14 Thur 6:30 PM Power Waffle Handicap Run, 4+M ..... Stommels' house  
27470 Woburn Abbey

16 Sat 8:00 AM Dam Run, 7.5M & 4M walk & run ..... 7.5M - starts at Dam  
4M - starts at Nature Center

23 Sat 5:30 PM Hot to Trot 5K, Run & Walk ..... Pueblo/Puebla Plaza

30 Sat 8:00 AM Skyline Challenge, 10K ..... Graydene Park, Cañon City

### October

8 Sun 7:00 AM River Trail Marathon, 26.2M ..... Pueblo West

7:30 AM River Trail Half-Marathon, 13.1M ..... Pueblo West

14 Sat 5:00 PM Harvest Poker Run, 10K ..... Lovell Park, Pueblo West  
(followed by bonfire and potluck chowdown)

## Other areas

### August

26 Sat 8:00 AM Race for the Cure, 5K ..... North Monument Valley  
Park, Colorado Springs

### September

3 Sun 7:00 AM Enduro Classic, 5K & 10K ..... Trinidad

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

10 Sun 9:00 AM Pony Express, 13+M ..... Rampart Reservoir

16 Sat 10:00 AM Gold Run, 10K ..... Cripple Creek

16 Sat 9:00 AM No O<sub>2</sub> 10K ..... Leadville

17 Sun 8:30 AM Golden Leaf Half-Marathon ..... Snowmass to Aspen

24 Sun Noon Fall Series #1 Kids Run, 1M ..... N. Monument Valley Park

1:00 PM Fall Series #1, 3 1/2M ..... N. Monument Valley Park

24 Sun 8:30 AM Governor's Cup, 5K & 10K ..... City Park, Denver

### October

7 Sat 8:00 AM Mayor's Cup, TBA ..... Manitou Springs

8 Sun Noon Fall Series #2 Kids Run, 1M ..... N. Monument Valley Park

Fall Series #2, 4 1/2M ..... N. Monument Valley Park

## Notable Marathons

October	1	Duke City, Albuquerque, NM	505-890-1019
	1	Portland, OR	503-226-1111
	7	St. George, Utah	(sold out)
	8	Pueblo River Trail	719-543-5151
	8	Twin Cities	612-673-0778
	8	Windy City (Chicago)	312-915-6226
	15	St. Louis	314-781-3926
	15	Chicago	800-527-3214
	22	Colorado Mara., Denver (& Half & 5K)	303-871-8366
	November	5	Omaha Riverfront, Nebraska
12		New York City	212-423-2284
12		Columbus, Ohio	614-433-0395
25		Seattle	206-821-6474
December	2	White Sands, Alamogordo, NM	505-382-8869
	10	Honolulu, Hawaii	808-734-7200
January	7	Walt Disney World	407-939-7771



## On the horizon

### Local races

#### NOVEMBER

18 Atalanta Run

#### DECEMBER

3 Rock Canyon  
Half-Marathon

10 Nick & Marijane's  
Excellent Adventure

? Jingle Bell Run

### Out-of-town races

#### OCTOBER

22 Fall Series #3, CS

#### NOVEMBER

5 Fall Series #4, CS

## Inhuman corner

Are you a female who is having trouble breaking 20 minutes, or 22 minutes, or 24 minutes, or 26 minutes in the 5,000-meter run? Then you'll enjoy knowing that the women's world 5K record fell last month. Fernanda Ribeiro of Portugal was clocked in 14:36.45 at a track meet in Belgium, breaking the previous record of Ingrid Kristiansen of Norway by almost one second. Kristiansen still holds the women's world marathon record.

Answer to Movie Quiz  
on Page 3:  
Meg Tilly in  
"Body Snatchers."



## Paint it black

It's amazing what our SCR dollars are spent on. The latest expenditure was for removable paint that will be used to mark race courses. The idea was to be able to mark courses without permanently (or semi-permanent!) marring any surfaces. It can be put on with a brush. Cool!

# Update on Pueblo & Hinterlands races

## State Fair Run

Want a chance to run a relatively fast 10K course? This is it! The State Fair Run is similar to one used for the Cinco de Mayo but with a few different twists since it starts and finishes outside the Fairgrounds at the Beulah Street entrance instead of inside like in the Cinco. Good chance to go to the State Fair, too, since entrants receive gate passes for the day.

The race's sponsor – the Colorado Lottery – provides cool tank tops as well as many great prizes for random drawings. Be there!

## Enduro Classic

Labor Day weekend is turning into a major extravaganza with the SCR Picnic on Saturday and the Enduro Classic 5K & 10K in Trinidad on Sunday. The SCR will help at the finish line and with results at the Enduro.

There's some talk of a Trinidad Mile sometime in October, with many sub-4-minute milers to participate. Hopefully more next month.

## September - great racing month!

• Closer to Pueblo, September offers a true potpourri of races. On Saturday, Sept. 9, the annual Cañon City River Run will be held. While both a 5K and a 10K were offered in the past, this year there will be just a 5K because high waters have

washed out a portion of the river trail that was part of the 10K course.

• The **Dam Run** has been moved back to September (Saturday the 16th) this year after a few runs in October, and it gives competitors the option of a 4M or a 7.5-mile run/walk. This is a rare point-to-point race, with the starting lines near the Lake Pueblo Dam (7.5M) and the Nature Center (4M). The finish is on the grounds of the Colorado Mental Health Institute at Pueblo.

• A new race – the **Hot to Trot 5K** run and walk will be held Saturday, Sept. 23. This race will start and finish near the Pueblo/Puebla Plaza at Union and Grand in the Union Avenue District. It is part of the Chile and Frijole Festival. You're gonna love the race logo and the course.

• The **Skyline Challenge 10K**, originally scheduled for earlier in the summer, will be held on Saturday, Sept. 30, in Cañon City, with the start and finish at Graydene Park. The elevation rise is from 5,280 feet to 7,000 feet.

## Trail Run wrapup

Once again, a great event! A nice donation was made to the Rich Barrows' Boys and Girls Club whose kids did a fine job in helping with this. Very, very nice hand-made awards. Runners were very happy to get the big bottles of liquid refreshment after crossing the finish line.

Set yourself up for fun and success by avoiding setting difficult time goals that leave most of the fun out of the challenge.

**Non-smoking section axiom:**

**"If you request the non-smoking section, you'll always get seated next to the smoking section." – Aaron Franchi**

SOUTHERN COLORADO RUNNERS  
Pueblo Family YMCA  
700 N. Albany Avenue

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



## Don't be tricky, Dicky!

If you move, get us your new address or you'll need to spy on your fellow SCR members in order to keep up with the information in each 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