


Promoting fitness throughout southern Colorado.



SOUTHERN COLORADO  
RUNNERS

September, 1995

# FOOTPRINTS

EDITOR: Gary Franchi

★★★ Non-smokers Edition ★★★

## History 103 Sherman brought groups together to form SCR

*(This is the 15th anniversary of the Southern Colorado Runners. Whether you regard this as significant or not, the Footprints editorial staff, comprised of hundreds of professional journalists, thinks it is worthy enough to publish periodic articles detailing the club's history. This is the third part in the series.)*

by Gary Franchi

By the late 1970s, the Southern Colorado Striders had long been disbanded, and one of its original organizational forces – Don McMahon, the Physical Director of the Pueblo YMCA – had left Pueblo. Don first went to Cheyenne, then to North Carolina, and now resides in Keystone Heights, Florida.

While running continued to boom in the Pueblo area during the 1970s, there was no central running organization in Pueblo. I personally recall many different groups doing their own things during this period. I ran some races that current SCR member Jeff Arnold organized, including the 10-mile race that was part of the Holiday Marathon. I also remember East High coach Joe Garcia conducting a number of shorter races that I think

Continued on Page 2

## State Fair 10K Run



Above, husband and wife Ronda and Peter DeLaCerde had plenty of reason to smile after capturing the overall female and male victories in the State Fair Run held in August. They also earned prize money that accompanied their wins.

At left, Debbie Robbe and Police Chief Ruben Archuleta were in good spirits just prior to crossing the finish line in front of the Beulah Street entrance to the Fairgrounds. All participants got a free pass into the State Fair for the day.

**Results on Page 8.**

Photos by Gary Franchi



# SCR History

*Continued from Page 1*

he called "time trials." The "Y" sponsored several races. Andy Ballou was the "front person" for the Prairie Runners that he says Amos Childress actually organized in Pueblo West. In September of 1979, Judy Tucker and a group of about 40 women launched a local chapter of the Colorado Columbines.

But there was no centralized organization for the various groups until Jeff Sherman became the Physical Director at the YMCA in 1980. Sherman is a Colorado native who grew up in Las Animas. He was YMCA director in the Los Angeles area before jumping at the chance to return to this area.

"I had gotten involved in California running and fitness and (through research here) was aware of Don McMahill and the Striders and the other groups," Sherman said recently when reached at his current home in Fort Worth, Texas. "I really thought we needed to bring them (the various factions) together, and I thought the 'Y' was the perfect vehicle for this."

So he contacted all of the various players, called a meeting at the YMCA and, according to Sherman, the Southern Colorado runners "took on a life of its own." Sherman deflects the credit for the organizational strength of the club, saying he played more of a "sponsorship role," like handling mailings through the YMCA. But Andy feels Sherman deserves a lot of the credit, saying, "In my opinion, it never would have worked without him."

Arnold was the club's first president. Other key players in the early years, besides those already mentioned above, were Larry Rogers and Larry Lopez. Rogers and Arnold, both teachers and runners, got their students involved in races, fun runs, and helping at races. Rogers also served as SCR president. Lopez wrote a running column while a sports writer for *The Pueblo Chieftain*.

The SCR began conducting organized fun runs, introductory fun runs for people new to running, and 5K and 10K races. Notices on the fun runs would be published in *The Chieftain*, and SCR members would be on hand to run with the newcomers.

Sherman left the area in 1983 to attend graduate school in Fort Worth, Texas, and he worked for a YMCA there for two years. He now is more involved in sports psychology and performance enhancement for an area hospital. Oddly enough, he said knee and back problems today prevent him from running but noted that he does extensive walking, stretching and other fitness activities.

*Upcoming history articles will cover such topics as SCR presidents, the "sub chapter" of the SCR, possibly mini-profiles of some of the main players, and anything else I feel like writing about. Hope you are enjoying these historical pieces. You will be tested and graded on them, with the results published in newspapers all over the world. Have a nice day, buckos!*

## Quote of note:

"Caffeine is one of the many substances that have been shown to cause laboratory experiments involving rats."

– Dave Barry  
(humor writer)

## Fitness Trivia

### Question:

Arthritis can be a real painful bummer to deal with, and really is no joking matter. Many people have their own methods for dealing with it. The question here is, what strength-building mode of training has been found beneficial?

(Answer below.)



### Answer:

Believe it or not, an increasing number of studies have shown that rheumatoid arthritis patients who weight train can increase their strength significantly and that weight training does not make symptoms worse but actually increases the mobility of the joints.



**Tis the time to fall into the Gold Dust for a cool brewski!**



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 Nasch, Herbert Khaury

*Footprints* is published monthly and distributed to all SCR members regardless of their ability to read. Personal literary contributions are always accepted and, if accompanied by cash, printed.

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 hot poker to jar people awake, and try to keep a straight face while reading Mr. Secretary's minutes.

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 Peter Bialick, president of the Group to Alleviate Smoking Pollution "Having a non-smoking section in a restaurant or bar is like having a non-chlorinated part of a pool."

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

Smoke gets in your eyes.

It also gets in your lungs, on your clothes, in your hair, in your furniture and, well, you get the picture, not to mention the stench caused by smokers. Plus research has shown that you could get lung cancer. I'm sure it causes brain damage in newsletter editors, too.

And this is just from passive smoke.

Smokers do not light up my life. I loathe having to put up with them violating my right to enjoying the world. To me, the idea of having separate smoking and non-smoking sections in any indoor facility is a joke, as that Bialick dude noted in the quote above. I guess it would be all right if they passed out gas masks to non-smokers, but I guess this wouldn't be the optimum way to handle this.



Well, Boulder has come up with a better way. Last month, Boulder's City Council made it illegal to smoke in Boulder with the exception of three places -- in one's home, at a tobacco shop, or at a private party. While an alternative to this ban may eventually be decided by the voters, I hope it sticks. Sure wish it would become a universal law, too. Especially in Colorado City, my place of residence, where restaurants don't even have a non-smoking section.

One of the real issues I never considered about allowing smoking in restaurants is that, even if there are smoking and non-smoking sections, this doesn't protect the restaurant's employees who cross over between sections. They're constantly exposed to passive smoke, which studies prove is about as deadly as is active smoke. Were they so outfitted, though, I suppose it would be kind of fun to see them wearing gas masks while working in the restaurants.

So, what does this all mean? Well, like the rest of this newsletter, not much. But remember, I've ingested a lot of passive smoke in my life. And suffered a lot of brain damage.

Cough on, Wayne. Cough on, Garth!

**This month's smorgasbord:** To me, the real key part of any race is the post-race excursion to one of Colorado's finest eateries where, after enduring some oxygen debt, runners like to feast royally. Actually, the face feeding, though certainly wonderful, has

almost become secondary to me. What's truly fun is listening to all the pissin' and moanin' from fellow runners as they describe in detail the trials they just faced during the race. Runners are tremendously creative at recalling reasons for less-than-sterling performances. I include myself in this circle. Hence my name for us collectively: the **Whine 'n Dine Club** ... I was swimming laps at the Belmont Cub recently when I stopped for a minute to adjust my **silicon ear plugs**. A friend in the next lane asked me why I wore ear plugs. I told her it was because they made me more **aerodynamic** in the water ... Speaking of water, I was wondering if **Elliot Ness and Loch Ness** are related. Editorial consultant Nick Nasch wonders if the Loch Ness monster is a male or female ... One of the truly great things about having "fitness discussions" with SCR members is that no one ever uses the term "**synergy**," an expression that even induces vomitosis in cats, not to mention humans ... **Dr. Rocky Khosla**, whose poignant columns appear monthly in this newsletter, did double duty at the Drag'n On In Triathlon. After finishing the event in a fine 2:52 time, The Rock learned that Race Director Ben Valdez was worried because a problematic knee had been bothering him for 6 weeks. What to do? Guess. A preliminary exam was conducted right there on the pavement, just a few feet from the finish line (see photo). Now that's what I call dedication to the profession ... Have you been following the running exploits of Pueblo's **Dan Radiff**, a teacher and coach at Pueblo County High? He's taken the silver medal twice in the 1,600-meter relay at the World Veteran's Games. Radiff, who has speed some of us of a similar age can hardly even dream of, says he'll continue to keep trying until he gets the gold. Go get 'em, Dan! ... Enjoy fall, gang. Lord knows it's been a long time coming.



The Rock (right) extends his office hours at the Drag'n On In Triathlon for Race Director Ben Valdez

Photo by Gary Franchi

## Ultimate in idiocy item of the month:

*This is what we all need, compliments of Dr. James Bicknell of Third Millenium Research:*

For a mere \$55, this Seattle-based company will preserve the DNA of all your genes in a glass capsule, complete with an engraved case. Gads, now is this a deal or what?

## Movie Line of the Month:

*"I just want to know, are your children well-behaved or do they need to be slammed around once in a while?"*

This is a great flick with a great comedian in the lead. If you missed it in the theaters a year ago, it's been on HBO recently.

Hint: It has the ability to present tons of funnies around the serious topic of divorce and child custody.

As usual, the names of the movie title and the actor who spoke these words are elsewhere in this issue. Happy hunting!

## Not here!

Perfluxity is the feeling that you're drowning in a flux of information.

## Runners' most common injury – ankle sprains

by Rocky Khosla, M.D.



### Training to do your best!

Improved fitness for experienced athletes comes from doing the least amount of the most specific training possible. Always try to achieve as much as you can on a minimum of training. Increase the volume only after you're certain fitness is no longer improving.

– Joe Friel,  
multi-sport coach

### If looks could kill

Banana chips look like fruit. They taste like fruit. But did you know they are fried in oil, just like potato chips?

A one-ounce handful packs 150 calories and 10 grams of fat. Worse, they're often fried in coconut oil, a highly saturated fat.

– July-August issue of Health magazine



There you are, running along blissfully euphoric thanks to the circulating endorphins when suddenly – POW! – it happens. You were just starting to transfer your weight forward when your ankle rolled over, and then everything became a blur until you wound up sitting on the road with a stinging, swollen ankle. You have just twisted your ankle. So what do you do?

Ankle sprains are the most common injuries that runners suffer. Every year, \$5 billion are spent in North America just doing ankle X-rays, 85% of which are entirely normal. Is there a way to manage ankle sprains so that we X-ray the right people (i.e., those at risk for having findings on X-ray) and don't X-ray the wrong people (saving these folks money as well as radiation)? The Ottawa study looked at this very issue, and I will mention its findings shortly.

But first, a bit about ankle sprains. About 90% of these occur on the lateral side (outside) due to inversion (rolling the ankle so that the foot turns in). Usually this happens either when one is running downhill or if one lands on something like a pebble or other object. We grade ankle sprains from 1 to 3 based on how much the ankle opens up with lateral stress. We used to either overtreat ankle sprains by putting people in posterior slab splints (half casts going up the back of the leg) for extended periods, or we would undertreat by telling people that since nothing was broken, they could hit the road as soon as they felt better.

We have learned, however, that the best approach is to get people with ankle sprains to have protected movement rapidly, which allows for minimal loss of muscle strength around the ankle and yet doesn't put the ankle at risk for more injury to the supporting ligaments.

So tell us more about the Ottawa study, you say. Well, the Ottawa study found that in people who were not pregnant and who were between the ages of 18 and 65, you could figure out who not to do ankle X-rays on by using two criteria:

- One, if they didn't have pain when you touched the back side of each malleolus (the "bumps" that make up the ankle on either side);
- Two, if they took 4 steps without help, even

if they complained of pain.

By using these two criteria and then following up all the people in this study of some 3,000 patients, the researchers missed no significant fractures.

So what should you be doing as you sit there on the asphalt with your swollen ankle?

I think the best approach is to get your foot up and ice it for a good solid 30 minutes (packets of frozen peas make the best conforming ice packs!). After that, take a look at your ankle. If there is bruising on the inside of the ankle or you have had previous ankle surgery or you have other medical reasons to have unusual fractures, call your doctor to be examined. But if you have mild swelling only on the outside of the ankle and don't have any pain when you push on the back side of the malleoli and can take 4 steps, then the chance of needing X-rays is mighty low.

You should see your doctor so that he or she may put you into a splint that will allow you to move the ankle forward and back, but not to turn it. Also, you should get started on exercises to strengthen the muscles and avoid losing the sense of balance and position (proprioception) in the ankle.

Please bear in mind that the above applies only to your most common type of ankle sprain, and there are a whole lot of other causes of ankle pain that you should make sure that you see your doctor for further evaluation. But I guess my point in closing would be that if you end up in the emergency room or other facility after having had a typical ankle sprain, don't just let ankle X-rays be done on you for little reason. Tell the doctor, "Hey, doc, since I don't seem to meet the Ottawa criteria for getting X-rays, my feelings certainly won't be hurt if you don't shoot those X-rays at me."

Here's hoping that you and your ankles stay healthy and happy.

## No bluffing – the Poker Run will be on fire!

Runners will learn whether three of a kind beats two pairs at the Harvest Handicap Poker Run (now THAT's a mouthful!) to be held on Saturday, October 14, beginning at 5 p.m. at Dick Leonardelli Park in Pueblo West. That's the same place we've had the Harvest Run the past few years, but they've now changed the name from Lovell Park.

In this race, which is a 10K, runners will be given one card from a deck of cards at each

mile. The best hand at the end wins free entry into SCR races, and there also will be a drawing for a gift certificate to a fitness-related retail shop to be announced.

This also is one of our potluck meal events, and runners are asked to bring a covered dish that can be shared. The club will provide forms of liquid refreshment and some pieces of chicken. Bring marshmallows, too, because we will cap the night with a bonfire.

# Drag'n On In Triathlon

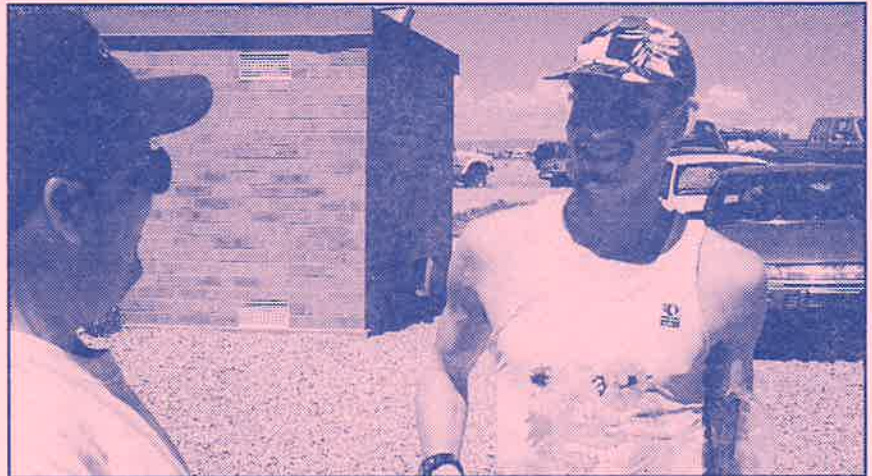
Results provided by Andy Ballou and Mary Lou Henson.

## MALE

Runner	City	Overall Place	Time
<b>19 and Under</b>			
Chad Connor	USAF Academy	13	2:19:31.1
Matt Glynn	USAF Academy	19	2:26:14.7
David Martinez	Pueblo	85	3:51:03.0
<b>20 thru 24</b>			
Adam Hodges	Boulder	3	2:05:47.3
Dennis Meeker	Boulder	7	2:12:07.8
Javier Ibarra	USAF Academy	8	2:15:13.6
Michael Bradac	Denver	25	2:30:20.8
Nick Baake	Belle Fourche, SD	38	2:37:08.0
Shawn Kramer	Boulder	41	2:38:13.9
Ramon Lindsay	Colorado Springs	48	2:42:18.0
Martin Chadwick	Colo. Springs	57	2:45:39.6
<b>25 thru 29</b>			
Steve Olson	Black Forest	1	1:59:50.4
Dan Thorson	Fort Collins	5	2:11:44.1
Darrin Eisman	Golden	11	2:19:04.7
Michael Marshall	Colo. Springs	14	2:19:51.1
Mike Kingery	Rollinsville, CO	15	2:21:45.4
Eric Buxman	Greeley	22	2:27:38.4
Steve Ottersberg	Durango	23	2:28:48.2
Jim Fraser	Boulder	27	2:31:47.4
Kevin Reinsch	Lafayette	29	2:32:06.7
Lon Rathmell	Colo. Springs	35	2:34:53.2
Bill Schmidt	Fort Collins	39	2:37:27.8
Thomas Cumps	Ft. Morgan	42	2:39:52.6
Steve Perkins	Denver	43	2:40:03.0
<b>30 thru 34</b>			
Paul Quere	Grand Lake	2	2:00:35.5
Charlie Wertheim	Glenwood Spgs	9	2:15:18.5
David Sarson	Boulder	21	2:27:30.9
Mike Van Develde	Fort Carson	37	2:36:48.1
Robert Walsh	Boulder	51	2:43:23.8
Bruce Stillman	Colo. Springs	63	2:52:23.9
Scott Brown	Monument	67	2:57:18.1
Dennis Wesselink	Colo. Springs	73	3:04:34.5
Robert J. Lane	Pueblo	74	3:04:36.5
<b>35 thru 39</b>			
Michael Schuldes	Colo. Springs	10	2:17:09.1
Robert Ladebush	Aurora	20	2:27:10.3
Craig McMurray	Westminster	52	2:44:31.0
Eugene Wright Jr.	Belle Fourche, SD	62	2:51:26.0
Rocky Khosla	Pueblo	64	2:52:53.7
Greg Stafford	Denver	69	2:58:39.3
Douglas Qualis	Denver	80	3:16:06.7
<b>40 thru 44</b>			
Michael Orendorff	Pueblo	6	2:12:07.5
Scott Block	Santa Fe, NM	16	2:21:59.1
Jose Valdes Jr.	Parker	24	2:29:20.0
Dave Butcher	?	30	2:32:32.6
Steven Keller	Denver	34	2:34:14.6
John Hegstrom	Colo. Springs	56	2:45:14.1
Jack Rink	Pueblo	72	3:04:18.0
Greg Berryman	Pueblo	84	3:27:33.0
<b>45 thru 49</b>			
Bruce Baccei	Denver	49	2:42:30.3
James Meyer	Pueblo	50	2:43:01.2
Dean Myers	Colo. Springs	54	2:44:44.0
Tom Townsen	Mission Viejo, CA	55	2:45:06.9
Ken Barnaby	Parker	59	2:49:12.1
Gary Franchi	Colorado City	61	2:50:38.3
Douglas J. Dawson	Colo. Springs	81	3:17:02.8
<b>50 thru 54</b>			
Dennis West	Denver	12	2:19:05.3
Tom Sable	Arvada	83	3:27:01.1
<b>55 thru 59</b>			
Mark Malone	?	26	2:31:21.1
Wayne Chesney	Copper Mtn.	60	2:50:30.7

## FEMALE

Runner	City	Overall Place	Time
<b>19 and Under</b>			
Sarah Alholm	USAF Academy	33	2:34:11.2
Terry Congdon	Denver	65	2:54:48.2



Overall winner Steve Olson had a superb 1:59:50 time

<b>20 thru 24</b>			
Alix Champin	Denver	28	2:32:04.4
Jinger Gottschall	Denver	44	2:40:32.5
Michele Jensen	Colo. Springs	46	2:41:41.2
Colleen Reilly	Pueblo	75	3:05:50.6
<b>25 thru 29</b>			
Adrienne Kramer	Pueblo	53	2:44:35.6
<b>30 thru 34</b>			
J. Atchley-Townsen	Mission Viejo, CA	76	3:11:00.3
Carol Smith	Pueblo	79	3:16:06.7
Lyn Wesselink	Colo. Springs	82	3:19:44.9
<b>35 thru 39</b>			
Debra Wason	Santa Fe, NM	36	2:35:09.8
Alice Childers	Peyton	45	2:41:03.4
Bonnie Turnbull	Monument	58	2:48:14.7
<b>40 thru 44</b>			
Judith Russell	Colo. Springs	77	3:11:41.1
Carol Rottinghaus	Pueblo	78	3:13:45.2
<b>45 thru 49</b>			
Karen Fady	Colo. Springs	70	3:00:24.3

## TEAMS

### MALE

Tri Hard	Pueblo	17	2:24:37.6
Pueblo Athletic Club	Pueblo	18	2:25:08.2
P W C Rookies	Pueblo	40	2:38:01.9
Los Viejitos	Pueblo	66	2:55:08.5

### FEMALE

Gold Dust	Pueblo West	31	2:32:46.7
Aqua Nuts	Pueblo	68	2:57:23.8

### COED

C J T	Beulah	4	2:07:19.4
Go For Broke	Colo Springs	32	2:33:04.4
Shred	Pueblo	47	2:41:55.7
Mike Scott Carlotta	Pueblo	71	3:00:51.8

## PUEBLO & HINTERLANDS DIVISION

### MALE

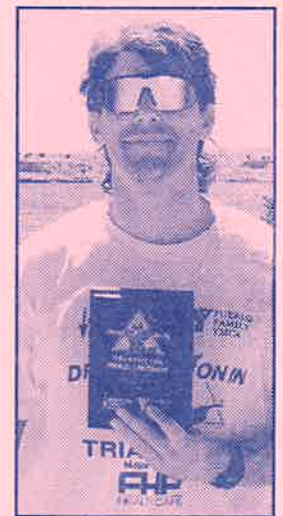
1. Michael Orendorff	Pueblo	6	2:12:07.5
2. James Meyer	Pueblo	50	2:43:01.2
3. Gary Franchi	Colorado City	61	2:50:38.3
4. Rocky Khosla	Pueblo	64	2:52:53.7
5. Jack Rink	Pueblo	72	3:04:18.0
6. Robert J. Lane	Pueblo	74	3:04:36.5
7. Greg Berryman	Pueblo	84	3:27:33.0
8. David Martinez	Pueblo	85	3:51:03.0

### FEMALE

1. Adrienne Kramer	Pueblo	53	2:44:35.6
2. Colleen Reilly	Pueblo	75	3:05:50.6
3. Carol Rottinghaus	Pueblo	78	3:13:45.2
4. Carol Smith	Pueblo	79	3:16:06.7



Adrienne Kramer led female P&H Division finishers.



Mike Orendorff led male P&H Division finishers and was 6th overall.

Photos by Gary Franchi



### Stats of note

A recent piece in the "Health & Fitness" section of *The Rocky Mountain News* reported on the benefits of doing interval training. It referred to a recent study showing that runners doing interval training gained an average of 18% in aerobic capacity in just 12 weeks.

\*

On the flip side, another study showed that U.S. adults have gained an average of 8 pounds over the past 20 years. It said 33.4% of adults are now considered obese compared to 24.3% in 1962. Isn't that dandy?

### Globe Trotters

Here is the upcoming speedwork schedule for the Pueblo Globe Trotters, a group of SCR members that meets each Wednesday:

- Sept. 20: East High, 6 pm
- Sept. 27: Mineral Palace, 6 pm
- Oct. 4: Centennial High, 6 pm
- Oct. 11: USC Math/Science parking lot, 5:30 pm
- Oct. 18: East High, 5:30 pm
- Oct. 25: Mineral Palace, 5:30

# Marathoning for dummies: Pikes Peak

by Matthew Martin

Having witnessed the births of my two daughters, I am amazed that any woman would want to put herself through the giving birth experience more than once. Merely watching was too painful for me. I cannot imagine bearing a child, let alone doing it twice. The first birth has got to be worth the pain just to experience the miracle of childbirth. Twice?! You must be nuts. That would be like shooting yourself twice in the head. Or running two marathons in an 11-week period, with the second one being the Pikes Peak Marathon. You lived through the first shot just to pull the trigger again. Pikes Peak, like the second shot, puts you out of your misery.

Avid readers of this rag remember that my significant other, Kim Westerman, and I ran the Steamboat Springs Marathon on June 4. Apparently the thin air in Steamboat caused an 11-week period of amnesia. We were at it again on August 20, running the Ultimate Challenge - the Pikes Peak Marathon. You would think that I could not wait to run again in the rain and suffer another bout of back spasms.

But Pikes Peak was so much more fun than Steamboat. Yes, there was rain (hail, too) and back spasms. But Pikes Peak had one thing that Steamboat never had: blisters! Lots and lots of blisters. At least eight miles, straight downhill, of blisters. These weren't your typical pantywaist blisters on top of the toe or on the ankle. No, only the best blisters for ol' Matt. Blisters on the bottom of each big toe (the stabilizers, right Rocky?). Blisters on the bottom of each heel, too. What a blast!

Lesser persons would have walked down. (Ed. Note: Or not been there in the first place. Or is that "smarter" instead of "lesser?") But I figured that I

had to get down the mountain. Why walk and prolong the pain? Might as well run and get down faster. Besides, I discovered a revolutionary new stride, the arch-to-ball of the foot stride. Takes all of the pressure off the heels and toes.

Family support helped me get through this marathon. My sister and my 10-year-old niece, Ashley, were waiting about a quarter-mile from the finish (seemed like a mile). As I ran (read: limped) by, my sister was urging me on and lying about how good I looked. The only words out of my niece's mouth were "Uncle Matt! How do you like my hair?" These words were finally assimilated by my mind about a block later. I was puzzled. What did she mean? Why should I look at her hair? Was this Ashley's way of getting me to focus on something other than my obvious pain? Later, I found out that she had just had the first perm of her life. What a crummy uncle I am for not noticing right away.

Larry Rogers once told me to always keep my back straight and a smile on my face when running on Jerry Murphy Road because, since you never know who will be driving by, you always want to look your best. The same advice applies to running down Ruxton Avenue toward the finish of the Pikes Peak Marathon. I forgot Larry's sage advice on my run down Ruxton. One lady was sitting outside of a store smoking a cigarette, lazily clapping (she looked like she had blisters on her hands) as I ran by. With the cigarette hanging from her lips, she said: "I clap for everyone that finishes, honey, and you're going to finish!" I felt like she was telling me just to hang on, that the ambulance would be here in a minute.

Actually, the Pikes Peak Marathon was a lot of fun. Almost as much fun as writing this article. The only spasms I have now, however, are in my fingers.

## Triple Crown of Running Results

Provided by Nancy Hobbs

### Pueblo & Hinterlands division (and others)

#### Pikes Peak Ascent (13.4 miles)

Overall Place	Name	City	Age	Time
3.	Paul Koch	Colo. Springs	27	2:21:22
5.	Mark Koch	Pueblo	36	2:31:42
51.	Hal Walter	Westcliffe	35	3:01:15
157.	Chris Duhon	Pueblo	18	3:20:08
199.	Lisa Brockie	Colo. Springs	33	3:48:28
282.	David Klein	Rocky Ford	40	3:32:57
368.	Leslie Lambrecht	Cañon City	34	3:40:58
382.	Kenneth Malas	La Junta	40	3:41:45
491.	Paul Vorndam	Pueblo	48	3:50:51
541.	Joe Stommel	Pueblo	45	3:55:11
579.	Mike Archuleta	Pueblo	35	3:57:43
606.	Bonifacio Cosyleon	Pueblo	46	4:00:17
632.	Mike Borton	Pueblo	39	4:03:14
661.	Scott Gaines	Cañon City	37	4:05:40
700.	Joe Miceli	Pueblo	38	4:10:28
864.	Rich Barrows	Pueblo	35	4:25:43
870.	Kathleen Eberling	Pueblo	40	4:26:24
882.	Mike Saucedo	Cañon City	45	4:28:00
889.	Rebecca Medina	Pueblo	25	4:29:44

901.	Jane Hidy	Penrose	41	4:31:06
938.	Gary Addington	La Junta	48	4:35:28
1012.	Byron Brown	Pueblo West	35	4:43:43
1071.	Kathy Stommel	Pueblo	38	4:51:57
1154.	Bill DeMoss	Boula	53	5:05:02
1294.	Margareat Vorndam	Pueblo	44	5:33:32
1305.	Ken Danychuk	Pueblo	43	5:36:05

#### The top overall finishers were:

Male - Michael Tobin, Boise, Idaho 2:12:03  
 Female - Marie Boyd, Albuquerque 2:44:36

#### Pikes Peak Marathon (26.3 miles)

Overall Place	Name	City	Age	Time
64.	David Swanson	Cañon City	36	5:35:40
75.	Hector Leyba	Penrose	45	5:40:52
108.	Susan Gebhart	Pueblo	40	5:58:52
114.	Marv Bradley	Cañon City	56	5:59:39
211.	Matt Martin	Pueblo	40	7:01:34
256.	Kim Westerman	Pueblo	33	7:59:07
265.	Martin Walker	Pueblo	46	8:34:05

#### The top overall finishers were:

Male - Ricardo Mejia, Mexico 3:21:32  
 Female - Danelle Ballengee, Boulder 4:38:55

# Racing Calendar

## Pueblo-Canon City area

### September

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 .....	Leonardelli Park, Pueblo West (formerly Lovell Park)

*(followed by bonfire and potluck chowdown)*

### November

18	Sat	9:00 AM	Atalanta Run, 5K & Walk .....	City Park
19	Sun	TBA	Early Turkeys Catch the Hatchet Run, 2M ..	Robert Pratt's house 19 Crestaloma

## Other areas

### September

23	Sat	8:15 AM	Autumn Color Run, Half-Mara & 5K .....	Buena Vista
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

1	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
1	Sun	8:00 AM	Race for the Cure, 5K & Walk .....	Civic Center Park, Denver
7	Sat	9:00 AM	Mayor's Cup, 5K .....	Manitou Springs
7	Sat	8:00 AM	Red Cross Half-Marathon .....	Greeley
15	Sun	Noon	Fall Series #2 Kids Run, 1M .....	Garden of the Gods
		1:00 PM	Fall Series #2, 4 1/2M .....	Garden of the Gods
15	Sun	6:00 AM	Dave Garrison Memorial, 10K/100K.....	N. Monument Valley Park
28	Sat	9:00 AM	Family Inn Pursuit, 5K .....	N. Monument Valley Park
29	Sun	Noon	Fall Series #3 Kids Run, 1M .....	Digital Equip, Springs
		1:00 PM	Fall Series #3, 5 1/2M .....	Digital Equip, Springs

## Notable Marathons

<b>October</b>	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
<b>November</b>	22	Colorado Mara., Denver (& Half & 5K) .....	303-871-8366
	5	Omaha Riverfront, Nebraska .....	402-553-8349
	12	New York City .....	212-423-2284
	12	Columbus, Ohio .....	614-433-0395
<b>December</b>	25	Seattle .....	206-821-6474
	2	White Sands, Alamogordo, NM .....	505-382-8869
<b>January</b>	10	Honolulu, Hawaii .....	808-734-7200
	7	Walt Disney World .....	407-939-7771
<b>March</b>	26	Disneyland .....	1-800-524-9200



## On the horizon

### Local races

	<b>DECEMBER</b>
3	Rock Canyon Half-Marathon
10	Nick & Marijane's Excellent Adventure
?	Jingle Bell Run

### Out-of-town races

	<b>NOVEMBER</b>
12	Fall Series #4, CS

## Inhuman corner

How about that Miguel Indurain? First he went out and won a record 5th consecutive Tour de France title. The he was victorious in the 72 1/2-mile Masters Criterium in Moscow, Russia's first major professional cycling race. his time was 2:36:46.

I'll let you figure out his race pace.

## Breathe deep

In his youth, Socks Rodham Clinton experimented with catnip, but he did not inhale.

(Have a nice life!)

Answer to Movie Quiz on Page 3:  
Robin Williams in "Mrs. Doubtfire."

**NOTE:** Runners have until December 31 to submit qualifying entries for the 100th running of the Boston Marathon to be held on April 15, 1996.



## The road to Boston

With runners everywhere trying to beat the clock by qualifying for the Boston Marathon (the deadline is Dec. 31), marathons all over the country are experiencing a surge in entries. That includes our own River Trail Marathon, set for Oct. 8. It may wind up with a record field of entries.

## State Fair IOK Run results

Results provided by Damian Rotolo and Helen Robinson

Runner	Time	Runner	Time
1. Peter DeLaCerde	31:16	32. Robert Santoyo	46:08
2. Daniel Vega	32:39	33. Mike Archuleta	46:10
3. Mike Messick	35:55	34. Hilbert Navarro	46:40
4. Mark Koch	36:18	35. Don Pfost	46:46
5. Rich Hadley	36:21	36. Michael Czaplewski	47:47
6. Johnny Garcia	37:10	37. Ron Dehn	45:57
7. Ronda DeLaCerde	37:45	38. Gary Carter	48:03
8. Paul Haley	37:59	39. Chris Luedtke	48:41
9. Dave Diaz	38:08	40. Roger Sajak	48:43
10. Jim Robinson	38:16	41. Art Shinn	48:56
11. Larry Volk	38:37	42. Marijane Martinez	49:12
12. Tim Vigil	38:46	43. Carla Augenstein	49:24
13. Marty Garcia	39:01	44. Christen Bradley	49:25
14. Paul Chacon	40:07	45. Robert Pratt, Jr.	50:35
15. Mike Bosso	40:30	46. Krista Pearson	50:37
16. Bill Veges	41:11	47. Amber Pirraglia	50:48
17. Ben Pirraglio	41:35	48. Maria Weaver	51:09
18. Josh Smith	42:17	49. Jeff Cleaver	51:32
19. Joe Stommel	42:26	50. Diane Alfonso	52:02
20. Rick Macias	42:40	51. John Kelly	53:06
21. Rich Barrows	42:49	52. Gloria Farley	53:34
22. Eugene Mares	43:01	53. Steve Farley	54:07
23. Cindy Paolucci	43:35	54. Jessie Quintana	55:08
24. Nick Leyva	43:38	55. Diona Haley	55:40
25. Emmett Foster	43:54	56. Greg Holt	56:00
26. Steve Clough	44:41	57. D. Nicholas-Griesel	56:30
27. Jeff Arnold	45:12	58. Trevor Hadley	56:51
28. Henry Hund	45:12	59. David Jobe	59:52
29. Adrian Suazo	45:20	60. Jim Neblick	60:00
30. Misti Frey	45:25	61. Joanie Barrett	60:00
31. Allen Weaver	45:34	62. Kathy Gunty	60:01
		63. Nicole Pirraglia	60:12
		64. Carl Mapps	60:13
		65. Ruben Archuleta	60:19
		66. Debbie Robbe	60:19

## Cañon 5K River Run

MALES - Top 25

Runner	City	Time
1. Rich Hadley	Florence	17:37
2. Dave Diaz	Pueblo	18:19
3. Robert Pedretti	Cañon City	18:42
4. Dean Sandoval	Cañon City	18:56
5. Darryn Biggerstaff	Cañon City	19:00
6. Alex Popoff	Trinidad	19:23
7. Sam McClure	Cañon City	19:48
8. James Robinson	Pueblo	20:03
9. Roger Peterson	Cañon City	20:16
10. Joe Stommel	Pueblo	20:20
11. Hector Leyba	Penrose	20:31
12. Buddy Lambrecht	Cañon City	20:42
13. Randy Melcher	Penrose	21:02
14. Nick Leyva	Pueblo	21:08
15. Henry Hund	Pueblo	21:44
16. Mike Banker	Cañon City	21:56
17. Kenneth Hartman	Cañon City	23:12
18. Don Pfost	Pueblo	23:20
19. Nard Claar	Penrose	23:40
20. Trevor Hadley	Florence	24:26
21. Bob Roa	Pueblo	25:02
22. Joe Resseguie	Arvada	26:17
23. Adam Montoya	Cheraw	28:39
24. Eldred Chicione	Cañon City	29:12
25. Joseph Quattlebaum	Penrose	30:54

FEMALES

1. Janel Anderson	Florence	21:09
2. Keri Coulter	Cañon City	22:38
3. Marijane Martinez	pueblo	23:15
4. Rachelle Harrington	Cañon City	26:11
5. Sandy Messick	Cheraw	27:34
6. Cicily Harman	Florence	28:03
7. Carol Kimber	Cañon City	28:29
8. Kathy Stommel	Pueblo	28:36
9. Peggy Massie	Cañon City	28:57
10. Susan Walker	Cañon City	29:10
11. Susan Sandoval	Cañon City	35:15

Because some minerals are slow to fully dissolve, pre-mix athletic drink powders 24 hours ahead of time to maximize benefits.

**Racing axiom:**

**"The more speedwork you do in training, the faster you'll both run and reach oxygen debt during a 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 get left high and dry!**

If you move, get us your new address or you'll have to battle the giants in order to get your paws on future issues 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