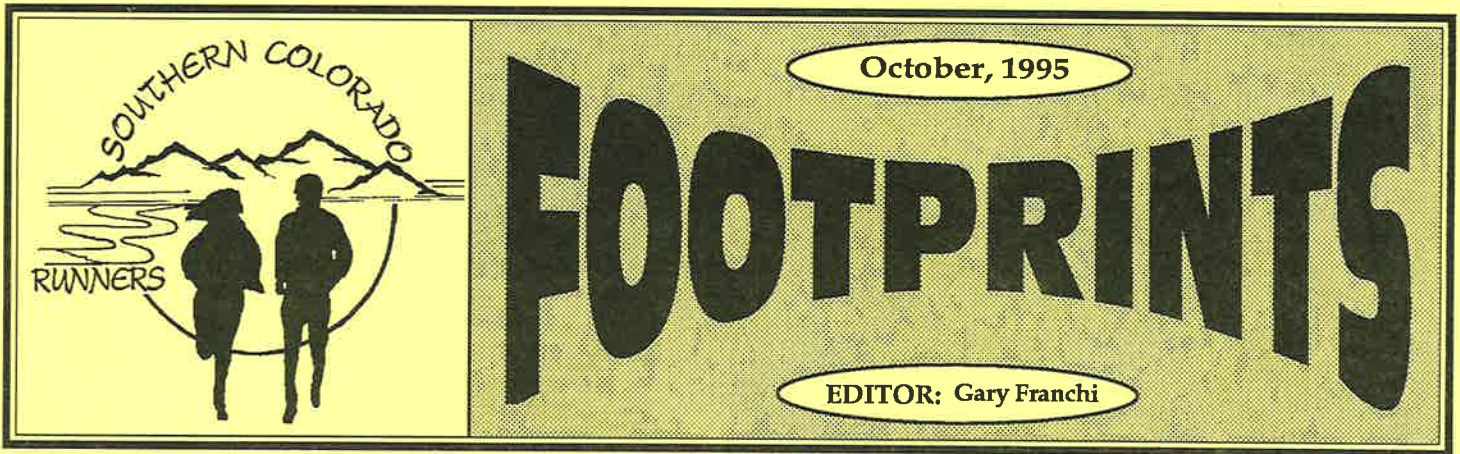


Promoting fitness throughout southern Colorado.



★★★ Reasonable Doubt Edition ★★★

A funny thing happened on the President's trip to Pueblo

I'm sure you know all about President Clinton's visit to Pueblo last month. You probably also are aware that Clinton is a runner.

But did you know that the President is now a member of the Southern Colorado Runners?

I'm not kidding! Thanks to the resourcefulness of past SCR President Paul Barela and Membership Chairman Andy Ballou, Clinton became part of the SCR during his visit to Pueblo Community College on Sept. 20. Barela and Ballou took one of our membership cards, already signed by SCR President Rich Barrows, typed in Clinton's name and had it laminated.

Barela, possessing the gift of the gab, weasled himself into meeting President Clinton and presented him with the membership card and a copy of *Footprints*. Clinton gave the items to one of his Secret Service men with instructions to "hold onto these."

Yeah right, you say. And I'm sure he keeps everything that every Tom, Dick and Paul gives to him.

Well, not so fast, sceptic breath!

A week or so later, a Secret Serviceman called Barela at work (he had attached his business card to Clinton's SCR membership card) and started asking questions, like what a one-year membership costs, how many



members we have, who the prolific author of the *Great Stuff* column is, etc. (OK, so I'm kidding about the *Great Stuff* column part.)

Rumor has it that Clinton, very conscious of budgetary matters, appreciates our cheap rates and wants to take advantage of the \$2 discount we give to members on SCR-produced races.

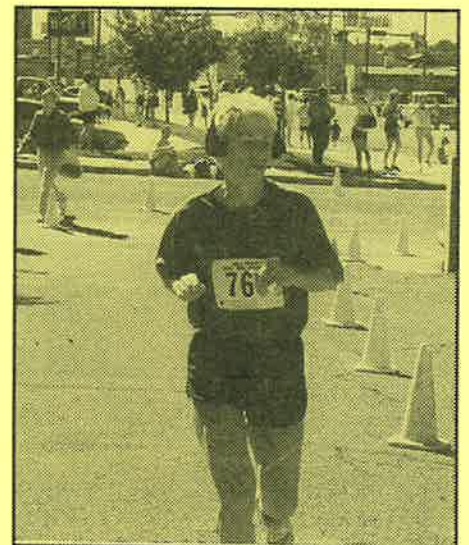


Area's Leading Marathoners

Dave Diaz and Carol Rottinghaus led all Pueblo & Hinterlands finishers in the River Trail Marathon held Oct. 8. Dave clocked a super 3:15 while qualifying for next year's Boston Marathon. Carol carried the torch as the only female P&H finisher and recorded a 4:15 time.

More River Trail Marathon and Half-Marathon coverage can be found on Pages 3, 4 and 5.

Photos by Gary Franchi



Marathon tips to help you qualify for Boston

by Rocky Khosla, M.D.



(Ed. Note: The Rock fingerboarded this piece just before competing in the St. George Marathon in Utah earlier this month. In doing so, Rocky admits he had become what he calls one of the "crazed millions of runners across the world" who are trying to qualify to run in the 100th running of the Boston Marathon in 1996. He did, too, running a 3:11:43. Here's his piece about marathons and their special medical concerns):

First of all, the most common reason that most runners have to stop while in the midst of a marathon is to poop. There may be several reasons for this: it may be habit, may be due to jostling of the intestines, or due to having consumed too much roughage. I have found that not overdoing the pasta the night before, and taking carbohydrate instead, is a lot easier on my gut and helps me avoid the pasta poops. But if you have to go, don't make a big deal about it; just stop and go.

Second, there is just no way that I would be able to run even half of a marathon without music, so try it!

Third, petroleum jelly is truly a marathoner's friend. I put a line of this on my forehead above the eyebrows and it keeps the sweat out of my eyes. I also rub a generous amount on the inside of the thighs to avoid chafing, and I put some on the nipples to avoid shirt chafing there. Finally, I put some on my feet and toes to cut down on chances of getting blisters.

Fourth, drink at all of the water stations. I would not mess with the electrolyte drinks unless you have previously had the particular drink supplied, because some of these may give you stomach cramps. I find that electrolyte drinks that contain fructose really chew up my stomach.

Finally, try to get in about 100 to 200 grams of carbohydrate within two hours of finishing the marathon. You will find that your muscles will recover a lot faster, and you won't feel as beaten up the next day.

Good luck to us all and hopefully we will all be toeing the starting line on April 15th next year for the 100th running of the Boston!

Boston Marathon qualifying times

Age group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70+	3:50	4:20

Quote of note:

"A healthy heart is the key to physical fitness. If your heart is healthy, you can continue to collect Social Security long after your other major organs have become senile and are wandering around aimlessly with no idea what bodily functions they are supposed to perform."

- Dave Barry
(humor writer)



Fitness Trivia

Question:

Bill Rodgers won 4 Boston Marathons. Alberto Salazar once held the men's world marathon record. Frank Shorter won an Olympic marathon. So, readers, what American male has qualified for the last two Olympic marathons?

(Answer below.)

Answer: Ed Eyestone, who will be trying to qualify again on February 17 when the men's Olympic marathon trial is held in Charlotte, North Carolina.



Trick or Treat at the Gold Dust Saloon.
You do a trick, we'll give you a treat!



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
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Newsletter Editor	Gary Franchi	676-4100

Editorial Consultants: Nick Nasch, Allan Park

Footprints is published monthly and distributed to all SCR members regardless of their opinion of the O.J. Simpson trial. Personal literary contributions are printed and regarded as much better reading fodder than the Editor's usual plabum.

SCR meetings are held the 1st Monday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings and offer to drive the SCR President home.

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 movie mogul Sam Goldwyn: "Give me a smart idiot over a stupid genius any day."

Musings on running, fitness, life, etc.:

They came from all over Colorado and from many parts of the country. They came in all shapes and sizes, and they certainly represented a kaleidoscope of talent levels – from Steve Krebs and his 2:43+ winning time to 61-year-old Donna Cooley and her 6:19 clocking.

Yeah, another River Trail Marathon (and half-marathon) is history. Many thanks from those of us who were at the finish line for 5 hours. It was fun but how much fun can we take? Race Director Ben Valdez would give thanks, too, but the "Special Events King" jumped immediately into working on a YMCA tennis tournament to be held at the end of this month. For him, the River Trail had followed the Corporate Cup and the Drag'n On In Triathlon. Have a nice day, Ben.

Anyway, here are some things you may not have known about this year's event:

- Marathon participants came from 11 states. Many were trying to qualify for the 100th anniversary edition of the Boston Marathon next year. Some just wanted to see why Pueblo was ranked so high in that *Money* magazine story. Others had heard about the chow at the Grand Prix.

- Close to 75 volunteers worked the race. Some worked hard. Others spent much of the time in yellow lawn chairs at the finish line acting busy.

- There were five "50 Staters" in the race. These are marathoners from widespread areas of the country who meet in different states to run marathons. I chatted with one such gentleman from Atlanta who said the River Trail was his 33rd state in which he's run a marathon this year.

- A total of 232 people ate spaghetti dinners at the pasta-loading party at the Gold Dust Saloon on the eve of the race.

- There were 354 runners registered for the two races. For the first time in the 12-year history of the River Trail, there were more marathon finishers (160) than half-marathoners (159). In case your math isn't too good, that means there were 319 finishers. Some starters dropped out. Many others never left the Grand Prix the previous day.

- There were 11 Pueblo and Hinterlands finishers in the marathon. Ten of them were males. Dave Diaz was the only P&H participant to qualify for Boston. He needed a 3:25 but ran a 3:15.

- Not among those marathoners was Rocky Khosla, the good "doc" who pens a column each month for this newsletter. Having ran the River Trail several times and wanting a fresh marathon experience, Rocky opted to run the St. George Marathon in Utah the previous day. Needing a 3:15 to qualify for Boston, the Rock ran a perfect race and had a 3:11:43 clocking. He caught a flight back afterward, got a good night's rest and was at the River Trail finish line, sore legs and all, to provide medical help.

- Several of the 319 finishers were spotted limping and incoherent in the parking lot of the Sangre de Cristo Arts and Conference parking lot. Free massages there helped many of them make it to the post-race party at the Gold Dust or to the Grand Prix. They were all very coherent when their respective food plates arrived.

- A person in a yellow lawn chair at the finish line was spotted blathering incoherently both during and after the race. Most admitted a massage wouldn't help him.

This month's smorgasbord: Can't swim? Try water aerobics. Nursing a running injury? Nothing could be better for you than "wogging" in a pool. Looking for the perfect cross-training activity? Try lap swimming. **Water's therapeutic attributes** can't be denied, right? Well, Elizabeth Taylor might beg to differ. The 63-year-old actress injured her right hip while doing aerobics in her Bel Air pool. The damage caused her to have hip replacement surgery. It wasn't a nice day ...

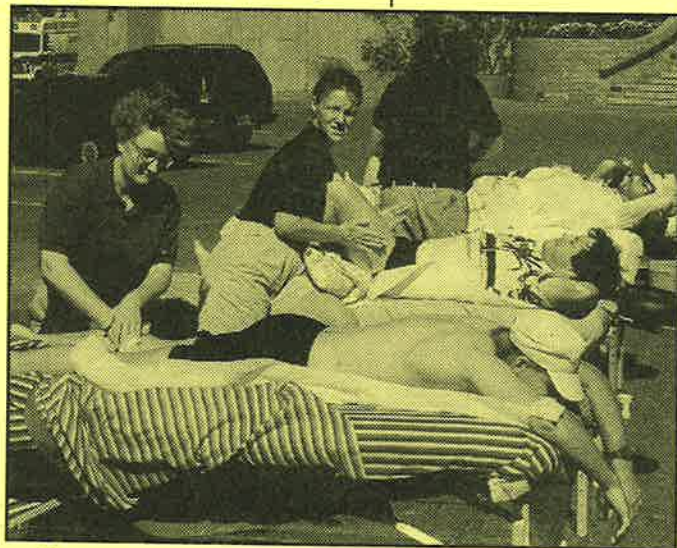
How big is fitness today? Well, besides keeping silk-screen companies in the gravy and health clubs packed at peak times, it's changed a few people's lives dramatically as they strive to keep fit. Others have gone the other direction. **Joe Weider**, once a weight-lifting fanatic, probably

doesn't have time anymore. That's because he is publisher of at least five different magazines (*Shape*, *Living Fit*, *Muscle & Fitness*, *Men's Fitness* and *Flex*), sells exercise equipment, and writes a personal column for his magazines. Probably owns a bunch of health clubs, too. One thing he has time for though is to stop at the bank regularly ... Heard about pigs being used in jogging tests. I tried to visualize this and pictured a pig on a treadmill with a big vat of slop at the end of the treadmill, unreachable as long as the treadmill continued at a fast enough pace. Hopefully they rewarded the pigs from time to time with some gourmet slop bits. I started wondering why they didn't use elephants, and surmised their budget couldn't afford the peanuts ... Well, sweethearts, it certainly has been real. Later.

Movie Line of the Month:

"It's best not to be too moral; you cheat yourself out of too much life. Aim above morality. If you apply that to life, then you're bound to live it fully."

This is a weird old flick about an old lady and a young aimless kid. Contains good tunes. As usual, the speaker and movie are listed elsewhere in this issue. If you're a regular reader, you know where. If not, happy trails to you.



Runners welcomed a massage after completing either the marathon or half-marathon

Photo by Gary Franchi

Huh?

Cybersickness occurs when a sensory conflict between the brain and the inner ear's balance mechanism triggers a nauseous anti-poison response.

River Trail Marathon results

Runner	City	Time
24 and under		
Chris Ramsey	Boulder	2:55:39.5
Durelle Scott	Boulder	3:06:42.5
Peter Hyland	Boulder	3:06:42.9
Chin-Lam Goh	Boulder	3:44:06.3
Andrew Hener	Longmont	3:55:47.5
Jay Brodie	Boulder	3:55:47.8

25 thru 29		
Wesley Carlson	Evergreen	3:08:10.2
Kurt Nickels	Kittredge	3:08:10.6
Todd Burgess	Greeley	3:22:57.5
Zach Vanblack	Colo. Springs	3:27:34.3
Doug Meade	Gillette, WY	3:50:54.4
Jeff Bliven	Aurora	4:00:50.6

30 thru 34		
Steve Krebs	Wheatridge	2:43:29.8
Greg Sykes	Pagosa Springs	2:55:40.3
Greg Johnson	Laramie, WY	3:02:32.9
Mike Kailner	Golden	3:04:44.6
Todd Marley	Denver	3:13:16.9
Dean Wager	Arvada	3:13:41.3
Carl Mather	Highl. Ranch	3:17:19.4
Robert O'Donnell	Boulder	3:19:27.3
Fred Creamer	Woodland Pk	3:20:36.5
Greg Connors	Lakewood	3:29:22.7
Michael Jensen	Highl. Ranch	3:40:28.1
Jeffrey Jensen	Highl. Ranch	3:40:37.7
Craig Peterson	Boulder	3:44:14.8
Erik Peterson	Cheyenne, WY	3:44:32.1
Jeff Stone	Cheyenne, WY	3:46:50.2
Donald Rowland	Phoenix, AZ	3:55:47.2
Timothy Joyce	Westminster	4:01:32.1
Robert Santoyo	Pueblo	4:22:53.1
Darryl Agee	Denver	4:33:52.8

35 thru 39		
Tom Carminati	Boulder	2:50:55.2
Marty France	Colo. Springs	2:51:18.0
Timothy Smith	Colo. Springs	3:09:05.6
Aaron Rosenthal	Colo. Springs	3:11:24.4
Thomas Ricks	Colo. Springs	3:11:51.4
Angelo Aragon	Lafayette	3:12:31.4
Ray Blum	Denver	3:12:36.0
Jeff Stonebraker	Colo. Springs	3:13:53.0
Johnny Ray Garcia	Raton, NM	3:14:18.5
Michael Brenner	Aurora	3:14:37.0
Tony Winger	Littleton	3:16:31.9
Samuel Velasquez	Pueblo	3:17:02.5
Peter Szymanski	Denver	3:22:30.9
Randy Haupt	Monument	3:22:49.4
Jeffery Barry	Colo. Springs	3:28:06.9
Tom Polsfoot	Denver	3:29:58.1
Brian D. Linkhart	Littleton	3:31:03.8
Dan Gardner	Colo. Springs	3:33:18.8
Tom Logan	Boulder	3:36:12.1
Grant Hodges	Sugarland, TX	3:37:40.5
Mike Miner	Boulder	3:41:12.2
Mike Archuleta	Pueblo	3:45:00.2
Randy Ferrand	Colo. Springs	3:49:49.3
Greg Leger	Colo. Springs	3:54:57.3
Dale Perry	Longmont	4:07:10.3
Rich Barrows	Pueblo	4:10:54.4
Gerard Flores	Colo. Springs	4:19:11.7
Kevin Standbridge	Denver	4:19:15.2
Tim Gonzales	Longmont	4:21:31.4
Al Alvares	Colo. Springs	4:26:26.8
Eldon Cunningham	Denver	4:35:02.6
Tim Raup	Denver	4:48:23.7

40 thru 44		
Don Olynick	Colo. Springs	2:59:04.8



Paul Chacon had reason to smile at the finish when he finished in a fine 3:42 time.

Results provided by Andy Ballou and Mary Lou Henson
Marathon and half-marathon photos by Gary Franchi

Thomas D. Snider	Colo. Springs	3:03:46.0
Mark Reinke	Ft. Collins	3:07:18.1
Mark Donelson	Evergreen	3:08:55.8
Chuck Satner	Golden	3:16:33.7
Marc Weaver	Boulder	3:16:53.7
Douglas Pearl	Boulder	3:17:32.7
Rick Gilliam	Denver	3:18:15.6
Jim Janelle	Ft. Collins	3:19:05.6
Stephen J. Pfister	Denver	3:19:28.2
Bill Stuart	Colo. Springs	3:19:49.6
James Gibb	Louisville	3:19:55.1
Jose Valdes	Parker	3:26:54.8
Michael Papecek	Broomfield	3:29:57.0
David M. Lemon	Parker	3:33:08.0
David Klein	Rocky Ford	3:41:00.7
Paul Chacon	Pueblo	3:42:39.0
Marty Snortum	El Paso, TX	3:51:56.3
Tom Ragland	Englewood	4:01:03.4
Leo Rubio	Denver	4:04:15.6
Randy DeLancey	Arvada	4:10:11.9
Michael Giron	Longmont	4:11:54.2
Roger Sajak	Pueblo	4:13:27.2
Joe Cowell	Woodland Pk	4:21:01.1
Mark Hammond	Colo. Springs	4:45:28.0
James Velasquez	Walsenburg	4:46:43.7
John Waida	Longmont	5:06:35.8

45 thru 49		
Jim Frost	Denver	3:01:30.8

Dan J. Tessier	Colo. Springs	3:04:40.0
Thom Bator	Greeley	3:06:17.1
Dave M. Diaz	Pueblo	3:15:32.8
Steven Spellman	Colo. Springs	3:18:04.0
Harry Dykstra	Northglenn	3:21:30.7
Hampton Islan	Boulder	3:23:21.1
Michael Seeley	Lakewood	3:23:31.1
Rob Benson	Denver	3:27:11.7
Tom Sayers	Colo. Springs	3:31:25.6
Paul C. Slevin	Castle Rock	3:34:26.1
Jay Eyre	Gillette, WY	3:40:43.9
Tom Wilson	Ftn. Valley, CA	4:38:42.7

50 thru 54		
Jim Finley	Masonville	3:24:57.8
Dennis Normoyle	Colo. Springs	3:37:07.0
Charles Bertalot	Tulsa, OK	3:49:16.8
Bill Barry	El Paso, TX	3:57:35.9
Stan Hren	Littleton	4:12:11.4
Ed Buckalew	Grd Prairie, TX	4:15:01.9
Frank Hoelze	Broomfield	4:39:08.2
Gary Barker	Pine	4:41:16.1

55 thru 59		
Robert Fancher	Arvada	3:42:09.2
Dick Grauer	Golden	3:47:35.2
Ralph Regalado	Pueblo	3:59:22.3
Allan Nickels	Evergreen	4:03:41.2
Lee Cooper	Fort Collins	4:04:03.0
Don Thompson	Denver	4:10:13.5

Warren Eaton	Durango	4:23:16.3
Leroy Kessler	Ceres, CA	4:38:44.7
Paul Thiese	Aurora	5:21:10.2

60 and Over		
George Mathes	Greeley	3:40:02.4
Ray Franks	Lakewood	3:48:07.7
Ed Mighell	Denver	3:59:17.6
Milton Taylor	Odenton, MD	4:29:23.9
Randolph Smith	Atlanta, GA	6:50:00.0
Rob. Hockensmith	New Haven, IN	7:03:02.6

FEMALE		
24 and Under		
Tracy Broo	Boulder	3:18:08.0
Heidi Brown	Gunnison	3:35:25.8
Jessica Ledvina	Boulder	3:55:04.3

25 thru 29		
Jennifer Blake	McCall, ID	3:31:01.8
Elizabeth McGath	Lafayette	4:41:49.9
Wendy Brockman	Lafayette	4:48:22.7
Christine Krutt	Fort Collins	4:56:56.0

30 thru 34		
Tracy Behrends	Englewood	3:20:29.3
Theresa Jockens	Commerce City	3:21:18.5
Kathy Cleary	Golden	3:28:16.1
Towanda Nitzky	Gunnison	3:35:26.8
Karen Voss	Denver	3:42:45.0
Brenda Alexander	Laramie, WY	3:44:14.0
Monica Iacometti	Denver	3:48:29.8
Mary Nichols	Littleton	4:58:27.5

35 thru 39		
Lynn Yeomans	Boulder	3:41:25.8
Elizabeth Koeppel	Monument	3:42:11.8
Laurie Ryan	Colo. Springs	3:43:05.1
Jennifer Ellis	Denver	3:47:55.2
Jane Lopez	Estes Park	3:51:26.9
Joyce Nakamura	Littleton	3:59:52.0
Terri Sommer	Littleton	4:08:00.8
Linda Weyers	Monte Vista	4:10:04.0
Donna Schutzius	Monument	4:14:46.3
Sue Haupt	Monument	4:23:42.2
Carol Atkinson	Monument	4:42:19.2
Donna Waida	Longmont	5:06:34.5

40 thru 44		
Lynn Hummel	Foxfield	3:33:07.7
Kathy White	Lakewood	3:36:29.1
Rachella Seeley	Lakewood	3:36:29.5
Laura Engleman	Woodland Pk	4:20:59.6

45 thru 49		
Jeanne Ratzloff	Longmont	3:57:28.9
Carol Rottinghaus	Pueblo	4:15:39.2
Debbie Delong	Ftn Valley, CA	4:38:43.4
Laree Morris	Lakewood	4:48:15.7

60 and Over		
Donna Cooley	Akron	6:19:44.9

Pueblo & Hinterlands Division

MALE		
29. Dave Diaz	Pueblo	3:15:32.8
33. Sam Velasquez	Pueblo	3:17:02.5
80. David Klein	Rocky Ford	3:41:00.7
85. Paul Chacon	Pueblo	3:42:39.0
92. Mike Archuleta	Pueblo	3:45:00.2
111. Ralph Regalado	Pueblo	3:59:22.3
124. Rich Barrows	Pueblo	4:10:54.4
127. Roger Sajak	Pueblo	4:13:27.2
136. Robert Santoyo	Pueblo	4:22:53.1
151. James Velasquez	Walsenburg	4:46:43.7

FEMALE		
130. Carol Rottinghaus	Pueblo	4:15:39.2



Ralph Regalado ran like a young pup in breaking the 4-hour barrier

River Trail Half-Marathon results



Tim Vigil of Walsenburg left everyone in his wake

Kurt Kinderwater	Garden City, KS	1:35:36.4
William Kosel	Louisville	1:36:05.9
Robert A. Pratt Sr.	Pueblo	1:36:27.6
Jeff Cairns	Colo. Springs	1:36:35.4
Bill Veges	Pueblo	1:37:05.5
Jeff Ross	Pagosa Spgs	1:39:25.9
David Trabold	Pueblo	1:39:38.9
Joe Davis	Colo. Springs	1:42:23.9
Jeff Miller	Pueblo	1:42:47.3
Sean Bryan	Colo. Springs	1:43:26.4
Patrick Bustos	Salida	1:49:44.5
Robert Rodine	Divide	1:53:19.3
Stephen Ellis	Canon City	1:55:19.3
Von Campbell	Colo. Springs	1:56:30.2
Bob Lane	Pueblo	1:56:56.1
Jim Nichols	Littleton	2:11:51.4
Patrick Kenny	Boulder	2:26:40.4
Larry Bohannon	Colo. Springs	2:28:38.5
James B. Parsons	Colo. Springs	2:28:38.5



Basking in the glow of their half-marathon races were (from left): Mike Bosso, Bill Veges, Misti Frey, Nick Leyva, Marijane Martinez and Cindy Carter. No. 205 in the background is Marv Bradley of Cañon City.

MALE		
Runner	City	Time
24 and Under		
Chris Williams	USAFA	1:24:28.0
Heath Holtz	USAFA	1:30:35.6
Daniel Gabalski	Boulder	1:32:49.1
James Blanchard	USAFA	1:33:29.7
William Ebersohl	Colo. Springs	1:38:49.1
Christopher Lay	USAFA	1:40:16.1
James Chambers	USAFA	1:41:19.4
David Pryor	USAFA	1:44:11.7
Tom McElhinnet	USAFA	1:44:37.3
Jeff Booth	USAFA	1:45:25.3
Jason L. Lemons	USAFA	1:45:25.9
J.D. Bright	Denver	1:50:05.1
Tom McIntyre	USAFA	1:52:36.4
25 thru 29		
Tim Schenone	Boulder	1:27:54.4
David Goldstein	USAFA	1:33:40.4
Jeff Miller	Colo. Springs	1:39:28.7
Sam Garbiso	Pueblo	1:42:03.4
David Edwards	Boulder	1:45:47.3
30 thru 34		
Timothy Vigil	Walsenburg	1:15:01.1
Jeff Bernasky	Garden City	1:23:06.9
Robert Lynde	Colo. Springs	1:24:28.1
Mike Bosso	Pueblo	1:28:56.8
Patrick Mathes	New York, NY	1:36:52.6
Ben White	Highl. Ranch	1:39:09.8
Dan Gallegos	Pueblo	1:44:03.0
Chris Luedtke	USAFA	1:45:22.3
Steve Gruppenhagen	Colo. Springs	1:46:40.2
Roy Lapioli	Peterson A.F.B.	1:56:31.6
Richard Teck	Fort Collins	2:00:27.2
David Algien	Colo. Springs	2:07:03.2
Jamie Green	Castle Rock	2:13:09.0
Mike Jolliffe	Canon City	2:13:19.1
Dean Rogers	Boulder	2:17:25.8
35 thru 39		
Hal McKelvy	Denver	1:17:38.3
Ray Goure	Lakewood	1:19:48.4
Keith Jacobus	Castle Rock	1:20:55.2
Rich Hadley	Florence	1:23:00.4
Kurt Nelson	Highl. Ranch	1:28:05.9
Kevin Gunty	Colo. Springs	1:29:33.9
Keith Grimes	Colo. Springs	1:33:06.7

40 thru 44		
James Robinson	Pueblo	1:24:41.5
Ron Cabrera	Littleton	1:26:16.3
Jack Janney	Colo. Springs	1:30:28.5
Sam McClure	Canon City	1:37:34.3
Mark Earnhart	Sterling	1:37:43.8
Nick Leyva	Pueblo	1:37:49.9
Mike Coleman	Longmont	1:37:58.3
Allen S. Weaver	Canon City	1:38:51.2
Joe Ruppert	Colo. Springs	1:48:36.0
John Altenburg	Fountain	1:52:46.0
Ed Gleason	Colo. Springs	1:54:06.8
David Sorenson	Colo. Springs	2:16:26.0
Henry Schaier	Widfield	2:27:03.2

45 thru 49		
Pat Drayton	Louisville	1:30:21.8
Joe Stommel	Pueblo	1:34:03.9
Steve Holsenbeck	Colo. Springs	1:35:19.5
Larry Nutsch	Highl. Ranch	1:39:10.2
David Reid	Denver	1:46:51.7
Raymond Mann	Colo. Springs	1:46:53.7
Dennis Velenchenko	Denver	1:52:05.6
Jeff Cleaver	Pueblo	1:53:39.0
Bill Wellman	Mosca	1:58:25.0
Gary Addington	La Junta	2:06:07.4
Lonnie Price	Westminster	2:11:19.7
Eugene Arellano	Pueblo	2:15:44.8

50 thru 54		
Tomas Duran	Pueblo	1:47:08.8
John Borrego	Denver	1:49:07.0
Hendrick J. Arnold	Colo. Springs	2:10:35.1
Mike Regan	Holcomb, KS	2:45:24.1

55 thru 59		
Ross Westly	Arvada	1:30:57.7
Jim Romero	Denver	1:33:50.7
Cruz Martinez	Colo. Springs	1:39:56.4
Don Pfost	Pueblo	1:42:19.6
Phil Rose	Colo. Springs	1:46:10.0
Marvin Bradley	Canon City	1:46:31.4
George Dominguez	Raton, NM	1:47:13.9
Pat Phillips	Lakewood	1:49:24.4

60 and Over		
Richard Sanderson	Denver	1:36:31.5
Ruben Vigil	Albuquerque, NM	1:39:20.0
Floyd Flinn	Security	1:56:48.5
John Holiman	Pueblo	2:03:49.7
Denver Wood	Denver	2:15:29.8
G. F. Roth	Calhan	2:17:47.1

FEMALE		
24 and Under		
Laura Goodman	USAFA	1:41:28.4
Michelle Gadus	USAFA	1:44:12.1
James Robinson	Colo. Springs	1:45:26.9
Danielle Rice	Louisville	1:46:45.7

Jenn Leiferman	Boulder	1:50:05.5
Dawn Wagner	USAFA	1:52:33.8
Chris Henle	Fort Collins	2:00:26.8
Kristen Soltis	Colo. Springs	2:02:02.1
Stacy Georgilias	USAFA	2:05:49.6
Erin Risius	Longmont	2:14:24.2

25 thru 29		
Cindy Carter	Pueblo	1:37:24.7
Misti Frey	Pueblo West	1:40:59.9
Heidi Coffin	Boulder	1:44:56.2
Ingrid Millhauser	Colo. Springs	1:46:16.1
Susie Price	Pueblo	1:46:49.7
Wendy Radakovich	Littleton	2:12:23.7
Angie Cotton	Boulder	2:18:35.5

30 thru 34		
Daniela Grayeb	Denver	1:37:02.4
Laura Williams	Westminster	1:44:02.5
Karri McCarthy	Colo. Springs	1:45:18.8
Lisa Sherak	Colo. Springs	1:45:47.3
Donna Rodriguez	Monument	1:47:00.8
Marilyn Weisinger	Colo. Springs	1:48:08.4
Cynthia Kescielniah	Colo. Springs	1:51:13.7
Renie Del Parte	Denver	1:56:01.5
Kim White	Highl. Ranch	2:00:26.1
Mary Ann Arnone	USAFA	2:00:26.4
Amy Zook	Denver	2:04:41.8
Elaine Carlson	Evergreen	2:05:34.8
Susan Walker	Cañon City	2:18:28.1

35 thru 39		
Amy Williams	Denver	1:28:44.7
Towanda Frates	Crested Butte	1:36:33.2

Cindy Russell	Boulder	1:42:07.7
Toni Modig	Colo. Springs	1:45:31.1
Maria Elena Weaver	Cañon City	1:48:22.3
Stacey Bowman	Pueblo	1:48:33.2
Mikeeta Miller	Colo. Springs	1:51:12.7
Carla Augenstein	Colo. Springs	1:53:27.6
Andrea Elzi	Denver	1:53:55.7
Melanie Smith	Denver	1:54:59.6
Jan Huntington-Hammond		
	Colo. Springs	2:22:23.0

40 thru 44		
Marijane Martinez	Pueblo	1:46:48.3
Christine Nutsch	Highl. Ranch	1:54:05.0
Sally Taylor	Pueblo	1:59:32.4
Jody A. Rodine	Divide	2:06:12.4
Pamela Grieger	Manitou Sprgs	2:12:40.5
Linda Kelly	Colo. Springs	2:15:10.9
Julie Arellano	Pueblo	2:15:39.0
Denise McDaniel	Highl.s Ranch	2:22:17.5
Kathy Gunty	Colo. Springs	2:26:59.1

45 thru 49		
Deb Robeda	Pueblo	1:40:59.0
Lorraine Hoyle	Pueblo	1:45:42.3
Kathryn Mann	Colo. Springs	1:46:25.8
Janellen Smith	Denver	1:54:52.8

50 thru 54		
Elise Ross	Denver	2:14:00.1
Mai Edwards	Allenspark	2:21:07.4

55 thru 59		
Beth Bryant	Arvada	2:17:00.5



Stacey Bowman (left) and Deb Robeda share their racing stories with Deb's hubby Frank



Other Race Results

Dam Run

Sept. 16, 1995
Results provided by Paul Barela

12K (7.4 Miles)

Overall winners
Male - Tim Vigil, Walsenburg, 42:51
Female - Sara Purfield, Pueblo, 54:38

Runner	Age	City	Time
1. Tim Vigil	31	Walsenburg	42:51
2. Rich Hadley	39	Florence	43:40
3. John Victoria	41	Colo. Springs	46:46
4. Jim Robinson	44	Pueblo	47:08
5. Mark Brockie	39	Colo. Springs	48:28
6. Ted Quintana	45	Pueblo	50:10
7. Jim Beckenhaupt	48	Colo. Springs	53:06
8. Joe Stommel	45	Pueblo	54:11
9. Sara Purfield	35	Pueblo	54:38
10. Hilbert Navarro	55	Pueblo	55:37
11. Tom Sayers	48	Colo. Springs	55:44
12. Eric Sheline	25	Pueblo	55:48
13. Rich Barrows	35	Pueblo	56:26
14. J. Geoff Church	32	Colo. Springs	57:07
15. Max Strasner	46	Colo. Springs	57:10
16. Phil Rose	58	Colo. Springs	57:51
17. Marilyn Weisinger	33	Colo. Springs	58:42
18. Joe Ruppert	44	Pueblo	59:22
19. Stacey Bowman	34	Pueblo	1:01:42
20. Jeff Cleaver	45	Pueblo	1:04:29
21. Bill Wellman	49	Mosca	1:05:18
22. John Kelly	54	Pueblo	1:07:35
23. John Holiman	68	Pueblo	1:07:54
24. Gloria Farley	38	Fort Lyon	1:08:16
25. Steve Farley	45	Fort Lyon	1:09:00
26. Julie Arellano	42	Pueblo	1:12:39
27. Eugene Arellano	47	Pueblo	1:12:40
28. Melinda Orendorff	43	Pueblo	1:27:57
29. Carl Mapps	78	Pueblo	1:28:59

Note: Vigil's time was a new 30-39 age division record.

4-MILE

Overall winners

Male - David Backhaus, Colo. Springs 23:47
Female - Lisa Brockie, Colo. Springs 27:25

Runner	Age	City	Time
1. David Backhaus	28	Colo. Springs	23:47
2. Dave Diaz	47	Pueblo	24:13

Fremont County 4-H Fun Run

Held August 5, 1995, at Fremont County Fairgrounds

5K Results

Overall winners

Male - Thomas French
Female - Lisa French

Age division leaders

MALE

8-12 - 1, Adam Estes.
13-19 - 1, Josh Messer. 2, Josh Smith. 3, Trevor Hadley.
30-39 - 1, Tim Mondragon. 2, Rich Hadley.
3, Buddy Lambrecht.
40-49 - 1, Jim Robinson. 2, Scott Christensen. 3, Jim Cain.
50-59 - 1, Hilbert Navarro. 2, Jeff Arnold. 3, Mike Anderson.
60-over - 1, Grove Halter.

FEMALE

8-12 - 1, Sydney Mondragon. 2, Julie

3. Ryan Dorsey-Spitz	12	Pueblo	26:36
4. Bill Veges	38	Pueblo	27:00
5. Lisa Brockie	33	Colo. Springs	27:25
6. Marva Bradley	50	Cañon City	27:28
7. Eugene Mares	32	Pueblo	27:56
8. Blake Ottersberg	13	Pueblo	28:34
9. Robert Santoyo	33	Pueblo	28:49
10. Henry Hund	54	Pueblo	28:55
11. Gary Carter	41	Pueblo	29:46
12. Don Pfost	55	Pueblo	30:02
13. Marijane Martinez	43	Pueblo	30:31
14. Morris Gade Jr.	28	Pueblo	30:33
15. Guy Mayo	62	Pueblo West	31:06
16. Susie Price	29	Pueblo	32:07
17. Jenna Dorsey-Spitz	11	Pueblo	33:11
18. Diane Alfonso	36	Pueblo	33:43
19. Jessie Quintana	51	Pueblo	34:16
20. Martin Ottersberg	27	Colo. Springs	36:38
21. Matthew Burgess	27	Colo. Springs	36:38
22. Morris Gade	56	Pueblo	38:11
23. Erika Swift	23	Colo. Springs	38:20
24. Tiffany Zuschke	25	Colo. Springs	38:22
25. Lucille Ortiviz	41	Pueblo	39:33
26. Jill Townsend	41	Avondale	40:00
27. Cecil Townsend	47	Avondale	40:01
28. Vicki Moreno	46	Pueblo West	40:16
29. Steve Morehart	44	Pueblo	40:48
30. Samantha Devarajo	23	Colo. Springs	42:15
31. Jim Neblick	36	Pueblo	42:41
32. Jackie Kauffman	11	Colo. City	53:14
33. Carrie Hadley	11	Rye	53:15
34. Barbara Hadley	41	Rye	1:00:55
35. Jim Hadley	44	Rye	1:00:55
36. Heather O'Mahen	23	Colo. Springs	1:00:58
37. Kurt Bowers	8	Pueblo West	1:08:21
38. Tamara Bowers	37	Pueblo West	1:10:14

4-MILE WALK

Overall winners

Male - Jay Bogaards, Colo. Springs, 1:00:58.2
Female - Lynn Brown, Pueblo West, 58:10

Walker	Age	City	Time
1. Lynn Brown	41	Pueblo West	58:10
2. Molly Hadley	8	Rye	1:00:54
3. Deborah Rettig	22	Colo. Springs	1:00:58
4. Jay Bogaards	22	Colo. Springs	1:00:58
5. Julie Mapps	74	Pueblo	1:03:46

1.5-Mile Fun Run

Age division leaders

MALE

7-under - 1, Blake Osborn. 2, T.J. Mumpower.
8-12 - 1, Alan Williamson. 2, Eric Smith. 3, Zach Cain.
13-19 - 1, Daniel Winn.
40-49 - 1, Mike Smith.

FEMALE

7-under - 1, Emily Osborn.
8-12 - 1, Trina Pratt. 2, Adena Hidy. 3, Katy Mumpower.
13-19 - 1, Mary Ann Smith.
30-39 - 1, Margie Osborn.
40-49 - 1, Linda Smith.

Hot to Trot 5K Fun Run

Sept. 23, 1995

Results provided by Sue Finzel

Overall winners

Male - Dan Vega, Colorado Springs, 16:31
Female - Janet Anderson, Florence, 21:06

Runner-up finishers

Male - Tim Vigil, Walsenburg, 16:48
Female - Misty Frey, Pueblo West, 21:29

Age division leaders

MALE

18-under

1. Trevor Hadley Florence 22:42
2. Chris Montoya Pueblo 25:51
3. Brendan Dorsey-Spitz Pueblo 28:00

20-29

No entries

30-39

1. Ken Romero Colo. Springs 17:10
2. Rich Hadley Florence 17:51
3. Rich Barrows Pueblo 21:13

40-49

1. Joe Ruppert Colo. Springs 23:57
2. Cecil Townsend Avondale 29:30

50-over

1. Emmett Foster Pueblo West 21:23
2. Henry Hund Pueblo 21:43
3. Hilbert Navarro Pueblo 22:39

FEMALE

18-under

No entries

19-29

1. Rita Vigil Walsenburg 23:48
2. Rebecca Medina Pueblo 24:39

30-39

1. Helen Robinson Pueblo 22:47
2. Diane Alfonso Pueblo 25:19

40-49

1. Jill Townsend Avondale 29:29

50-over

1. Jessie Quintana Pueblo 26:05

RACEWALKER

1. Susan Fernstrom Pueblo 58:40

NOTES

* There were a total of 28 participants.
* Each participant received a T-shirt and ticket to the El Pueblo Museum Fandango that featured the live band Mighty Quick.
* Overall winners received \$50 cash prizes. Overall second-place finishers received \$25 cash prizes.

Did you know? (Did you care?)

Intervals are meant not only to make you work close to your maximum heart rate but also to give your body the ability to go from its endurance zone to recovery in as brief a time as possible, ideally no more than 15 seconds.

- Men's Fitness

Training to do your best!

When running downhill, resist the urge to stretch out. If you overstride, the effects of gravity and increased speed place your hamstrings at a mechanical disadvantage and can exaggerate the negative effects of excessive knee rotation.

- Jeff Galloway in Running Times magazine

The miracle of vitamins

Studies have shown that male runners who took 800 International Units of vitamin E every day had fewer aches and pains after running.

Such supplementation enhances the body's ability to repair post-exercise tissue damage.

- Dr. Art Mollen



Racing Calendar

Pueblo-Canon City area

November

18	Sat	9:00 AM	Atalanta Run, 5K & Walk	City Park
19	Sun	5:00 PM	Early Turkeys Catch the Hatchet Run, 2M ..	Robert Pratt's house 19 Crestaloma
25	Sat	5:30 PM	Jingle Bell Run, 5K run & walk	Union Bingo Station

December

3	Sun	9:00 AM	Rock Canyon Half-Marathon	Rock Canyon picnic grounds near the Lake Pueblo dam
10	Sun	10:00 AM	Nick & Marijane's Excellent Adventure, 12K	117 Regency, South Side <i>(this is a potluck brunch, so bring a yummy food dish item)</i>

Other areas

October

28	Sat	9:00 AM	Family Inn Pursuit, 5K	N. Monument Valley Park
29	Sun	Noon	Fall Series #3 Kids Run, 1M	Digital Equip, Colo. Springs
		1:00 PM	Fall Series #3, 5 1/2M	Digital Equip, Colo. Springs

November

5	Sun	9:00 AM	Fellowship Run, 5K& walk	Aurora
11	Sat	9:00 AM	Mesa State Rimrock Race, 37K	Grand Junction
12	Sun	1:00 PM	Fall Series #4 Kids Run, 1M	Palmer Park, Colo. Springs
		2:00 PM	Fall Series #4, 5 1/2M	Palmer Park, Colo. Springs
18	Sat	10:00 AM	Turkey Trot Predict, 5K	Prospect Lake, Colo. Springs
19	Sun	9:00 AM	President't Run, 7M	Cherry Creek Reservoir
23	Thur	?	Turkey Trot, 4M	Washington Park, Denver
25	Sat	?	John C. Falls Memorial 5K Run	Aurora

December

2	Sat	8:00 AM	Jingle Bell Run, 5K run & walk	Colorado College, C. Springs
3	Sun	9:00 AM	Trophy Series, 4.4M	Washington Park, Denver

Notable Marathons

October	15	St. Louis	314-781-3926
	15	Chicago	800-527-3214
	22	Colorado Mara., Denver (& Half & 5K)	303-871-8366
November	4	White Rock, Dallas	214-442-4758
	5	Omaha Riverfront, Nebraska	402-553-8349
	12	New York City	212-423-2284
	12	San Antonio (& 5M)	210-246-9652
	12	Columbus, Ohio	614-433-0395
December	25	Seattle	206-821-6474
	2	White Sands, Alamogordo, NM	505-382-8869
	10	Honolulu, Hawaii	808-734-7200
January	10	Tuscon, Arizona (& Half)	520-325-2736
	7	Walt Disney World	407-939-7771
February	21	Houston Tenneco	800-409-6334
	18	Austin, Texas (& Relay & 4M walk)	800-893-RACE
March	26	Disneyland	800-524-9200



Inhuman corner

Steve Krebs of Wheatridge won the River Trail Marathon in a fine 2:43:29 time. A fine effort, no question. But get a load of this: Mark Allen ran a 2:42 plus change while capturing his 6th World Ironman Championship in Hawaii on Oct. 7. That marathon came after he had completed a 2.4-mile swim and a 112-mile bike. In the marathon, Allen made up a 13-minute deficit and passed previous leader Thomas Hellriegel of Germany at mile 24. Allen's time was 8 hours, 20 minutes and 34 seconds. Hellriegel was second in 8:22:59. It's not fair!

Idle Thought

If racing is outlawed on city streets, will only outlaws race on city streets?

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.

Call the results of your out-of-town races to Footprints Editor Gary Franchi at 719-676-4100 (local call from Pueblo).

Answer to Movie Quiz on Page 3:
Ruth Gordon in "Harold & Maudie"

Area racing information

Stats of Note:

- There were 160 requests for media credentials for President Clinton's visit to Pueblo last month. There were 1,580 requests for media credentials for the O.J. "verdict."
- In a recent survey, 28% of people admitted to having peed in a swimming pool.
- A survey showed that 55% of the regular readers of *Footprints* have contracted some permanent brain damage.

Awards we like

Female runners in the 16th annual Atalanta 5K Run/Walk will receive handmade awards provided by Kathie Arwood once again this year. The race is scheduled for Saturday, Nov. 18, with the walk beginning at 8:45 a.m. and the run at 9 o'clock. Participants will receive specially designed sweatshirts. The big question is whether Judy Tucker will appear and treat us to the story of the history of Atalanta.

The hatchet will strike

Be aware that the Early Turkeys Catch the Hatchet run scheduled for Nov. 19 at the home of Robert Pratt is a "potluck fixings" event. Hence, the Pratts will provide the turkey while club members participating are asked to bring fixin's. It would be nice, and courteous, if everyone planning to participate would call the Pratt resi-

dence (566-0389) to find out what to bring so that the fixin's menu can be coordinated.

Get your bell rung

The date of the Jingle Bell Run 5K has been moved from December (that date was tentative anyway) to Nov. 25 to coincide with the annual Parade of Lights. This is a 5:30 p.m. costume run, meaning everyone will have one of those coveted opportunities to act a little insane and get away with it. Pre-race registration will take place at the Gold Dust Saloon and the post-race party at the Union Bingo Station. Cool!

Good vocals

Sure enjoyed the announcing work done by Corky Madrid at the River Trail Marathon & Half-Marathon. Many thanks to Corky and his brother, Louie, for calling out the names of the finishers. It was a nice touch.



The Shirt Sez It All

The SCR's Mike Bosso models the Corporate Cup shirt worn by employees of Loral Corp., an Industrial Park plant that is scheduled to close its doors in the early part of next year.

In cardiovascular training, consistency beats intensity, even if you're doing a minimal (3 days a week) program.

Racing axiom:

"As runners contemplate how they've been able to avoid injury, their odds of getting injured rise proportionately" – *The Franch*

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

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



Keep the good tunes coming!

Footprints is not forwarded. Hence, if you move, send us your new address pronto in order to keep receiving these melodically-appealing issues.

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