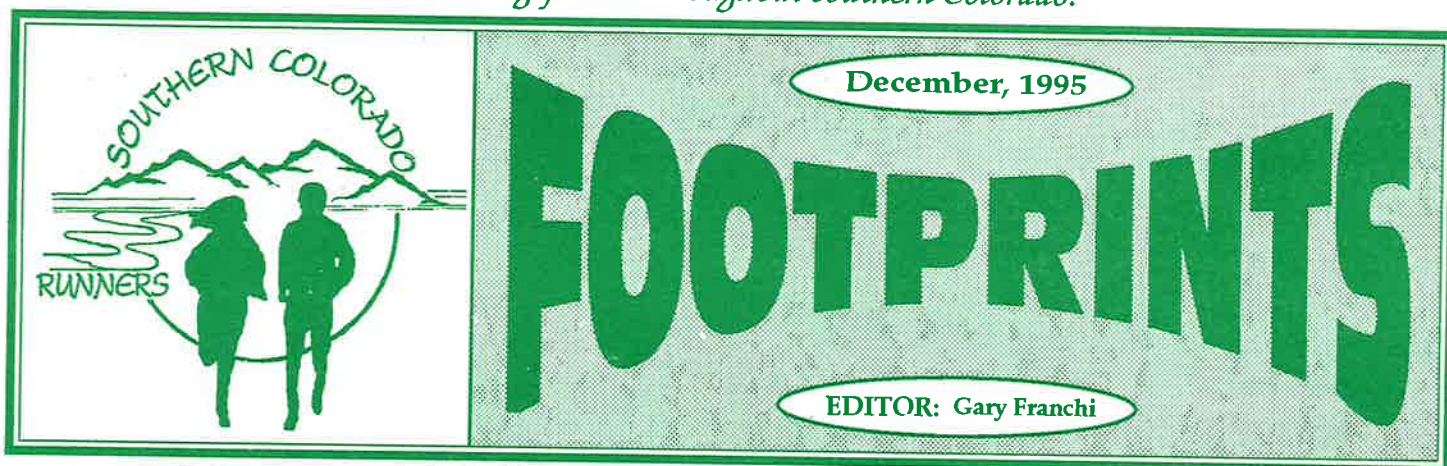


Promoting fitness throughout southern Colorado.



★★★ Gala Holiday Edition ★★★

Spring Runoff adds a 5K race

Not content to rest on past success, the Spring Runoff planning committee has replaced the 2-mile race with a 5K run and walk for the 1996 race, which will be having its 18th annual run. The official Spring Runoff date this year is Sunday, March 3.

The 5K will begin at 8:15 a.m. The Toddlers Race, a run of about 100 yards, will take place at 9:15, with the 10K and 10-mile to follow in their 9:30 a.m. time slots.

The Race Director once again is Rich Barrows. His partners in crime (assistants) are Robert Pratt, Sr., Kathy Stommel and Gary Franchi.

"I really feel that runners would prefer the slightly longer distance," Barrows would have said had anyone interviewed him about the distance change.

What's more, there is a chance that the 5K will be included in the Grand Prix Circuit of races in 1996. This Circuit includes races from around the state held throughout year. Runners who participate in the Circuit earn points based on how well they run.

Grand Prix directors reportedly are looking to include a southern Colorado race, and they would like to add a 5K early in the year. Bingo!

SCR Awards Banquet scheduled for Jan. 20

Remember I mentioned the SCR's Awards Banquet in the last issue? I wasn't lying. At least not about that.

The annual banquet will be held Saturday, January 20, at the Gold Dust Saloon. All the details will be provided in next month's issue, but make sure you circle that date now and plan to attend.

A planning committee has been assembled to ensure that this will be another gala affair.

See you there!

We're No. 1 ... Again!

Footprints named RRCA's top small club newsletter in region

You know, winning never gets boring.

In fact, I've been like a pig in slop since being notified by the Road Runners Club of America director for this region, Laura Kulsik, that *Footprints*, the fine publication you read monthly with the help of a tutor and a b.s. filter, is the outstanding small club newsletter in the Western Region of the United States. Ungowa!

This is the third time in four years that *Footprints* has won the Western Region award.

This year, the RRCA judges undoubtedly were mesmerized by the

serious slant to the volume of information presented each month. Besides, they probably figured that if the President of the United States is an SCR member, he must read it, so it must deserve some accolades.

Footprints will now contest three other regional newsletters for the bragging rights of being the top small club newsletter in the country. We haven't won that award yet, but maybe this is our year. The national winner will be announced in May at the RRCA convention in Knoxville.

My serious message about this, folks, is that *Footprints* would not be

the product it is without the help of a lot of people. Such as contributing writers like Dr. Rocky Khosla, Marijane Martinez, Matt Martin, Joe Stommel, and '95 history writers Jeff Arnold and Judy Tucker. Mike Orendorff has contributed Handicap Series information. George Balles has provided photos. Many individuals have gotten me results, most notably Andy Ballou, Mary Lou Henson, and Nancy Hobbs. Also, Pride City Printing has done a quality job for us and provides the best photo reproduction in Pueblo. My thanks to you all!



Here's what we know about melatonin

by Rocky Khosla, M.D.



A lot of patients have been asking me about melatonin, so I thought I would look into it. Here's what we know:

There is a tiny little gland that sits about an inch and a half behind the pituitary gland. Called the pineal, it secretes a hormone called melatonin, with the peak production time appearing to be at night.

Several studies suggest that people who suffer from chronic insomnia have lower levels of melatonin and smaller pineal glands. It seems that the pineal gland atrophies (gets smaller) as we age, and it so happens that older people also tend to have more insomnia. Therefore, it has been suggested that melatonin may be involved in establishing and maintaining our sleep cycles.

The people who are selling melatonin are marketing it as a dietary supplement and not a hormone and, therefore, do not need to have it reviewed by the FDA. The problem, as I see it, is that the manufacturers do not have to present any evidence of purity or show that there is any melatonin present at all in the product. The manufacturers claim that melatonin can help alleviate all sorts of conditions, but it has shown some benefits as an aid for insomnia and as a help against jet lag.

As far as insomnia goes, in a study of 20

healthy volunteers, .3 to 1 mg of melatonin taken during the day and again one to two hours before going to bed decreased the time needed to fall asleep by about 10 minutes compared to placebo use. In terms of jet lag, 15 travelers from North America to France who took 8 mg of melatonin at about 10 p.m. French time on the day of the flight and between 10 p.m. and 11 p.m. for three consecutive days in France had fewer subjective feelings of fatigue than 15 who took placebo.

So, although melatonin may have some beneficial effects on insomnia and in handling jet lag, I am not sure that I can wholeheartedly recommend this until the manufacturers submit it to be studied by the FDA as a hormone. For further information on melatonin, I would refer you to *The Medical Letter*, volume 37, issue 962 (an excellent independent newsletter that reviews all sorts of drugs and therapies).

Till the next time, sweet dreams and happy trails. And if there is anybody out there who needs volunteers to study the effects of melatonin on the prevention of jet lag while traveling to far-off exotic places, let me know.




Speedwork sessions

Those Wednesday SCR speedwork sessions will continue to be held during the winter. They have found a permanent location at East High School's track, since the track has lights. Sessions begin at 5:30 p.m. SCR members are invited to join the group, which is tailoring its workouts for shorter race distances.


Sunday A.M. training runs

Runners of all ability levels are invited to join SCR members at 8:00 each Sunday morning at the Pueblo City Park swimming pool parking lot for a training run. Those attending are running different distances that vary from about 5 or 6 miles to more than 10 miles. A variety of ability levels attends these runs.




Get down with Santa ...

... and cheer up at the Gold Dust Saloon!




Dudley Dawson was the character name of "Booger" in the original "Revenge of the Nerds" movie.



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, Dudley Dawson	

Footprints is published monthly and distributed to all SCR members to spur their interest in fitness. Those who fail to believe all its written words shall be lashed with a wet, rolled-up issue.

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, try to understand what the heck's going on, and introduce more noteworthy issues for discussion.

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 Robert Orben: "Quit worrying about your health. It'll go away."

Musings on running, fitness, life, etc.: Having a 14-year-old who likes "rap" and can't understand how I can enjoy just sitting and reading a book got me to thinking the other day (which is rare in itself) about the generation gap.

There always has been and always will be a generation gap between adults and kids. He thinks his baggy clothes are cool; I wear ties and boring shoes to work. He has no conscience about the price of junk food at Loaf'n Jug; I'll wait and buy a loaf of bread later at King Soopers because it's cheaper.

The beat goes on and on and on. If it weren't for going to Hastings, a ballgame, somewhere to eat, or shooting some hoops in the driveway, I sometimes wonder what the heck the two of us would ever do together.

Then I attended the Atalanta 5K race just be-



Part of the walking contingent at the Atalanta Run were (from left) Megan Golly, Molly Hadley, Stephanie Kauffman and Cerrisa Valdez.

— Photo by Gary Franchi

fore Thanksgiving and was amazed to see all the young kids entered in both the walk and the run (photo above). And on Dec. 10, I ran in the Nick & Marijane's Excellent Adventure -- an 8-mile Handicap Series event. In that race, I dragged my 47-year-old body part of the way alongside Jenna Dorsey-Spitz, who is 11 years of age, and Marijane Martinez, who I have a few years on. Jenna's brother Ryan, who is 13 years old, and Blake Ottersberg, also 13, ran with the adults that day, too. All these kids are SCR members.

This got me to thinking that running is actually one of those rare activities in life that transcends generational gaps. I'm not saying that Marijane

and I carried on a deep spiritual conversation with Jenna during those 8 miles, but just the fact that here were two adults and an 11-year-old running side by side was a truly unique and refreshing experience.

Now if I can just keep these kids from kicking my butt at the Drag'n On In Triathlon this year I'll feel even better about their participation.

This month's smorgasbord: Okay, now that the syrupy stuff is out of the way, let's get back to the *Great Stuff* ... A couple of readers told me they read the November issue of *Footprints* and were wondering where the 1996 SCR Membership Form was that I alluded to. Actually, I just wanted to see if anyone was awake. The membership form is included in this issue. Now go back to sleep! ... Claire Bueno came up with a great idea a couple of months back and I'm just getting around to mentioning it. Claire wonders when the SCR is going to come up with an on-line registration procedure. Think about it. What a great idea! And with the proliferation

of Home Pages and the Internet, this is an idea whose time has come ... A while back I commented on what I thought was the most ridiculous aerobic activity in captivity -- those employees who wave those stupid "Lunch Buffet" Pizza Hut signs on street corners. But in November, I came upon an activity that is at least equally as stupid -- the imbeciles who held signs or waved at cars early in the morning around election day. Man, you never have any rotten tomatoes when you really need them ... I was watching the ladies (sure is fun) in the Atalanta Run and one of them was wearing a shirt that, unbeknownst to her, had this big, ugly tag sticking up in the back. This got me to thinking, why do shirts have to have tags that sometimes stick up? Why can't they be sewn down or, even better, be embossed on the inside of the shirt? ... As long as we're on the topic of appearances, what about those "Breathe Right" doohickeys that athletes are wearing on their noses during football games? I mean, do they look stupid or what?!? I can hardly wait for the research study that comes out in 10 years disproving the worth of those things. How about it, Rock, do you think those things actually work? ... And this final thought to give you the holiday cheer I'm sure you all need: To maintain a semblance of sanity around the holiday season, whenever you feel like chomping down on some peanut brittle or kettle cookies, go ahead! Just read nutrition stories in *Runner's World* magazine while you're doing so ... Enjoy the holidays, gang! See you at the **Rescue Run** on Jan. 1.

Ultimate in idiocy item of the month:

It used to be fun to buy shoes through warehouse ads listed at the back of running magazines. Now, you seldom even know what the shoes cost by looking at the ads. In the latest issue of *Runner's World* is a Tele-a-Runner ad that lists 33 shoes, but it says to "Call" for the prices of 20 of those models. There is a similar percentage of "Call" notations in a Holabird Sports ad. What gives? Why do we have to go through this baloney? Why can't they just list the prices and get it over with?

Movie Line of the Month:

"This is no time to be rescued."

This is a movie-ending classic line from one of a series of movies made about this character. This series of flicks, including the one in question, were shown once again on WTBS this month. (Don't go checking your old TV Guides, bucks!) Anyway, guess the speaker and the film. The answers are below.

Answer:
Sean Connery as James Bond in "You Only Live Twice."

Atalanta Women's 5K

by Helen Robinson
Atalanta Race Director

I would like to thank all of the gentlemen who helped with the Atalanta 5K. Dave Diaz was the lead cyclist. Mile split timers were Paul Barela and Robert Pratt. Finish line gentlemen were Gary Franchi, Sidney Arnold, Joe Stommel, Nick Leyva, Bill Veges, Carl Mapps and Don Pfof. Jim Robinson did a great job of using 15 pounds of flour to mark the 5K course. I would like to thank everyone again because

their help enabled me to take part in the race, too.

Thanks to Shelley Riddock and Ruth McDonald of the Gold Dust Saloon for handling the race registration, and to Kathie Arwood for the beautiful awards of bowls and mugs. Thanks also to Stacey Bowman and Marijane Martinez for contributing the baked items.

Without all of your help, I had another great race and a turnout of 53 women. Thanks again to all those who helped and supported the Atlanta 5K.

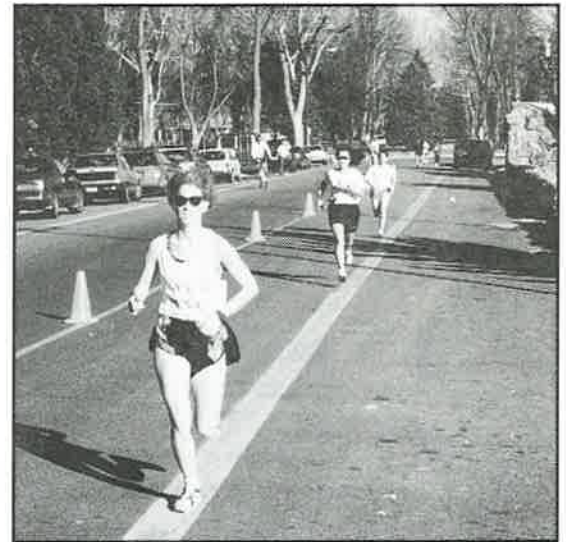


Helen Robinson

Atalanta 5K Results – Provided by Helen Robinson

Running Division

1. Traci Dworshak	Colo. Springs	20:00
2. Tracey Bennett	Colo. Springs	20:19
3. Misti Frey	Pueblo West	20:38
4. Chrissy Quintana	Pueblo	20:40
5. Rita Vigil	Walsenburg	20:42
6. Janel Anderson	Florence	21:04
7. Teresa Taylor	Monument	21:29
8. Claire Bueno	Pueblo	21:52
9. Marijane Martinez	Pueblo	21:55
10. Helen Robinson	Pueblo	22:08
11. Deb Robeda	Pueblo	22:22
12. Debora Archuleta	Colo. Springs	22:33
13. Stacey Bowman	Pueblo	22:37
14. Susie Price	Pueblo	22:42
15. Kathy Hruby	Rye	23:08
16. Theresa Leyba	Pueblo	23:16
17. Adrienne Kramer	Pueblo	23:17
18. Dawn Rigenbach	Poncha Springs	23:21
19. Barb Hadley	Rye	23:33
20. Constance Martinez	Lakewood	23:37
21. Carol Smith	Pueblo	23:57
22. Jessie Quintana	Pueblo	24:57
23. Tracy Wagley	Salida	25:58
24. Krista Golly	Rye	26:11
25. Donna Nicholas-Griesel	Coaldale	26:31
26. Jill Townsend	Avondale	26:39



Misti Frey led all P&H Division finishers

27. Sandy Messick	Cheraw	26:50
28. Cicily Harmon	Florence	27:12
29. Molly McKenzie	La Junta	27:15
30. Theresa McCain	Cardner	27:58
31. Kathy Stommel	Pueblo	28:15
32. Michele Fearheiley	?	28:20
33. Jacquelyn Kauffman	Pueblo	28:43
34. Judy Swerdfeger	Pueblo	29:30
35. Deborah Conroe	Poncha Springs	30:32
36. Corinne Gibson	Colo. Springs	30:55
37. Cheryl McCoy	Salida	31:31
38. Carrie Hadley	Rye	33:20
39. Priscilla Portillos	Pueblo	33:23

Walking Division

1. Sandy Hennessy	Salida	33:23
2. Melinda Badgley-Orendorff	Pueblo	34:57
3. Ida Martin	Walsenburg	36:24
4. Lois Pfof	Pueblo	38:27
5. Theresa Martinez	Walsenburg	41:38
6. Cincy Montoya	Walsenburg	41:38
7. Rhonda Kelly	Walsenburg	42:28
8. Julie Mapps	Pueblo	44:41
9. Molly Hadley	Rye	47:08
10. Megan Golly	Rye	47:08
11. Cerrisa Valdez	Colorado City	47:14
12. Liz Schneider	Gardner	51:14
13. Esther Polito	Pueblo	51:16

Exercise & Longevity

Harvard researchers have suggested that exercise that burns at least 1,500 calories a week – the equivalent of 15 miles of walking or jogging – contributes to a 25% lower death rate than among men who exercise very little. Furthermore, vigorous exercise is more effective than nonvigorous exercise. Most important, they say, exercise can improve the quality of your life.
– Dr. Ari Mollen

Stooges

A study done by Luntz Research revealed that 60% of U.S. people can name the Three Stooges but only 14% can name three Supreme Court justices.



Traci Dworshak blazed to victory in the running division.



Julie Mapps finishing in the walk division

Rock Canyon Half-Marathon

Rock Canyon results

Provided by Nick Leyva



The Winners

First-place finishers in the Rock Canyon Half-Marathon were Paul Koch and Maddy Tormoen, both of Colorado Springs.

Photos by Gary Franchi

FEMALE		TIME	AGE
NAME	CITY		
Tormoen, Maddy	Colorado Springs	1:20:29	31
Greenbaum, Sharon	Colorado Springs	1:30:45	32
Squires, Sami	Denver	1:31:22	26
Veghte, Sharon	Colorado Springs	1:34:21	37
Ridgway, Diane	Denver	1:34:38	46
Robeda, Deb	Pueblo	1:42:03	45
Clecker, Jason	Colorado Springs	1:42:24	25
Hyland, Kate	Boulder	1:42:53	21
Szablewski, Jackie	Boulder	1:44:30	28
Peterson, Kristine	Denver	1:45:39	43
Grabslel, Kim	Manitou Springs	1:48:12	30
O'Rourke, Noreen	Colorado Springs	1:48:16	33
Edmond, Lynn	Steamboat Springs	1:48:21	32
Gomez, Michelle	Colorado Springs	1:49:05	25
Mroeland, Michelle	Denver	1:49:16	34
Kitchen, Kim	Colorado Springs	1:50:37	37
Thomas, Carol	Colorado Springs	1:52:14	39
Weaver, Maria	Canon City	1:52:21	36
Bowman, Stacey	Pueblo	1:52:32	35
Hadley, Barb	Rye	1:53:09	42
Davenport, Audrey	Denver	1:54:26	15
Gerely, Myra	Boulder	1:55:01	46
Hedger, Ann	Aurora	1:55:25	16
Bapore, Billie	Aurora	1:56:01	17
Smith Carol	Pueblo	1:56:12	31
Boyer, Annette	Colorado Springs	1:57:36	28
Robinson, Diane	Colorado Springs	1:57:37	30
Stavang, Lori	Pueblo	1:58:32	29
Engleman, Laura	Woodland Park	2:02:58	42
*Knisinger, Martha	Colorado Springs	2:03:15	61
Kramer, Adrienne	Pueblo	2:06:13	20
Connolly, Sharon	Broomfield	2:06:27	56
Nicholas-Griesel, Donna	Coaldale	2:07:51	49
Hankins, Molly	Colorado Springs	2:10:03	38
Smith Lourdes	Salida	2:10:03	42
Bryany, Beth	Arvada	2:10:22	55
Farschman, Dian*	Colorado Springs	2:11:42	48
McCay, Cheryl	Salida	2:16:55	51

McClure, Sam	Canon City	1:32:42	42
Thorton, Doug	Colorado Springs	1:33:00	34
McDonald, Guy	Fort Collins	1:33:49	24
Janelle, Jim	Fort Collins	1:33:50	41
Romero, Jim	Denver	1:33:59	55
Baldrey, Ken	Denver	1:34:15	43
Hubbard, Ted	Niwot	1:35:03	29
Leyba, Hector	Penrose	1:35:38	45
Silva, Rya*	Boulder	1:35:57	18
Borton, Mike	Pueblo	1:36:38	40
Stommel, Joe	Pueblo	1:36:45	46
Archuleta, Mike	Pueblo	1:38:06	35
Graf, Emil	Boulder	1:38:25	20
Chadwick, Martin	Pueblo	1:39:46	25
Gaueke, Steven	Colorado Springs	1:39:58	38
Normoyle, Dennis	Colorado Springs	1:40:06	51
Sajak, Roger	Pueblo	1:41:23	43
Bryan, Sean	Colorado Springs	1:41:42	36
Pfost, Don	Pueblo	1:42:45	55
Gallegos, Dan	Pueblo	1:42:48	34
Perry, Dale	Longmont	1:43:34	38
Torri, Daryl	Canon City	1:44:05	45
Phaneuf, Joseph	Colorado Springs	1:44:40	31



Rich Hadley led all P&H finishers

Continued on Page 6

Running bud's

As usual, Adrienne Kramer (left) and Carol Smith, both of Pueblo, ran together for a good portion of the race.



MALE		TIME	AGE
NAME	CITY		
Koch, Paul	Colorado Springs	1:15:35	27
Scafe, Randy	Colorado Springs	1:16:11	42
Hirst, Scott	Denver	1:16:43	35
Kelec, Thomas	Monument	1:20:21	40
Noleen, Woody	Colorado Springs	1:20:35	39
Caffey, Kevin	Colorado Springs	1:21:23	37
Hadley, Rich	Florence	1:22:02	39
Scott, Dave	Boulder	1:22:17	20
Koch, Mark	Pueblo	1:22:44	36
Kates, Brian	Colorado Springs	1:22:47	47
Orendorff, Michael	Pueblo	1:23:55	44
Robinson, James	Pueblo	1:24:10	44
Lopez, Jose	Boulder	1:25:27	44
Ricks, Joshua	Colorado Springs	1:26:39	14
Ricks, Justin	Colorado Springs	1:26:39	15
Ricks, Thomas	Colorado Springs	1:26:39	37
McDonald, Dan	Denver	1:27:33	41
Brotherson, Robert	Security	1:27:55	37
Moha, John	Colorado Springs	1:29:04	51
Hughes, Hason	Colorado Springs	1:29:17	18
Gotsill, Dave	Colorado Springs	1:29:21	17
Westley Ross	Arvada	1:29:32	59
Lambros, Stanley	Colorado Springs	1:29:37	30
Pierce, Tim	Aurora	1:29:52	25
Van Black, Zach	Colorado Springs	1:30:20	28
Gunty, Kevin	Colorado Springs	1:30:24	38
Chacon, Paul	Pueblo	1:30:31	41
Klein, David	Rocky Ford	1:31:43	40
Kuhn, Mark	Colorado Springs	1:32:06	29
Curtright, Ed	Colorado Springs	1:32:08	3e



Training to do your best!

The first part of maintaining your fitness is holding your weight. If you gain weight and lose a little fitness, there is a double effect on your running. You lose total energy potential and use a greater percentage of it fighting gravity.

– Rick Niles, triathlon coach

Quote of note:

“If you have an appointment to see a doctor, and you have to wait for more than 30 minutes, then you get to give the doctor a shot.”

– Dave Barry (humor writer)

Thought of note:

If skateboards are outlawed on all business sidewalks, will only outlaws ride skateboards on business sidewalks?

Rock Canyon Half-Marathon

Continued from Page 5

Warne, P.J.	Colorado Springs	1:45:24	32
Vonderguth, Paul	Colorado Springs	1:45:49	54
Brown, Paul	Wetmore	1:45:54	44
Mighill, Ed	Denver	1:46:09	65
Green George	Golden	1:47:25	50
Martin, Matt	Pueblo	1:47:44	40
Santoyo, Robert	Pueblo	1:49:14	33
Whitney, Wayne	Pueblo West	1:49:31	50
Williams, Cory	Colorado Springs	1:49:33	25
Weaver, Allan	Colorado Springs	1:49:36	42
Rappart, Joe	Colorado Springs	1:50:06	44
Perecy, Rick	Colorado Springs	1:50:37	42
Vianesic, Vincent	Littleton	1:52:40	43
Mills, John	Colorado Springs	1:52:50	45
Ellis, Stephen	Canon City	1:54:09	37
Shurte, Bo*	North Glen	1:54:24	67
McDermitt, Steve	Colorado Springs	1:54:40	51
Dodd, Paul	Boulder	1:55:03	33
Lundin, Les	Colorado Springs	1:59:30	46
Arteaga, Louis	Pueblo	1:59:54	46
Cleaver, Jeff	Pueblo	2:01:59	45
Corvell, Joe	Woodland Park	2:02:59	42
Batting, Bruce	Rye	2:04:57	58
Merrill, John	Colorado Springs	2:07:39	15
Sorenson, David	Colorado Springs	2:09:40	41
Green, Jamie	Castle Rock	2:14:35	34
Byrnes, Michael	Littleton	2:21:47	49
Schoalcraft, Paul	Guernsly, Wyo.	2:49:45	58

Pueblo & Hinterlands Division

FEMALES

1. Deb Robeda	Pueblo	1:42:03
2. Stacey Bowman	Pueblo	1:52:32
3. Barb Hadley	Rye	1:53:09
4. Carol Smith	Pueblo	1:56:12
5. Lori Stavang	Pueblo	1:58:32
6. Adrienne Kramer	Pueblo	2:06:13

MALES

1. Rich Hadley	Florence	1:22:02
2. Mark Koch	Pueblo	1:22:44
3. Mike Orendorff	Pueblo	1:23:55
4. Jim Robinson	Pueblo	1:24:10
5. Paul Chacon	Pueblo	1:30:31
6. David Klein	Rocky Ford	1:31:43
7. Hector Leyba	Penrose	1:35:38
8. Mike Borton	Pueblo	1:36:38
9. Joe Stommel	Pueblo	1:36:45
10. Mike Archuleta	Pueblo	1:38:06
11. Martin Chadwick	Pueblo	1:30:46
12. Roger Sajak	Pueblo	1:41:23
13. Dan Gallegos	Pueblo	1:42:48
14. Don Pfof	Pueblo	1:42:45
15. Paul Brown	Wetmore	1:45:54
16. Matt Martin	Pueblo	1:47:44
17. Robert Santoyo	Pueblo	1:49:14
18. Wayne Whitney	Pueblo West	1:49:31
19. Louis Arteaga	Pueblo	1:59:54
20. Jeff Cleaver	Pueblo	2:01:59
21. Bruce Batting	Rye	2:04:57



Barb Hadley was 3rd among local women

Jingle Bell Run 5K Run/Walk results

Run & Walk results Provided by Paul Barela

1. Jayson Middlemiss, Fort Collins	24	16:41	38. George Dominguez, Raton, NM	51	24:33	70. Diana Quattlebaum, Penrose	36	32:08
2. Tim Vigil, Walsenburg	31	16:51	39. Jeff Cleaver, Pueblo	45	24:51	71. Matthew Bjork, Pueblo	9	33:04
3. Jeff Wooten, Gunnison	20	17:03	40. Brendan Dorsey-Spitz, Pueblo	9	25:02	72. Roger Rybicka, Fort Collins	47	33:58
4. Tim Mondragon, Pueblo	33	17:25	41. Chuck Hood, Pueblo	35	25:04	73. Danny Smith, Pueblo	11	33:59
5. Rich Hadley, Florence	39	17:53	42. Susie Price, Pueblo	29	25:14	74. Dan Smith, Pueblo	34	34:01
6. Ray Gourage, Lakewood	35	18:01	43. Rebecca Medina, Pueblo	25	25:17	75. Michael Moreno, La Junta	17	34:25
7. Mke Messick, Cheraw	38	18:14	44. Diane Alfonso, Pueblo	36	25:28	76. Dianna Tilton, La Junta	13	34:25
8. Mark Koch, Pueblo	36	18:26	45. Travis Thomas, Pueblo	13	25:35	77. Lauren Dorsey-Spitz, Pueblo	5	34:53
9. Marty Garcia, Pueblo	35	18:49	46. Jeremy Gregory, Pueblo	11	25:41	78. Melinda Badgley-Orendorff, Pueblo	43	35:14
10. Jim Robinson, Pueblo	44	19:01	47. Jim Peterson, Pueblo	57	25:46	79. Jeanie DeLeon, Denver	27	35:52
11. Jason Ramos, Pueblo	22	19:25	48. Patrick Swank, Pueblo	47	25:52	80. Sheila Gremse, Lakewood	50	37:37
12. Ryan Dorsey-Spitz, Pueblo	13	19:26	49. Paul Sueltenfuss, Longmont	42	25:59	81. Matt Nolting, Pueblo	12	38:03
13. Josh McGerlan, Buena Vista	16	19:43	50. Jerry Nottingham, Pueblo	54	26:04	82. Kimberly Morgan, Fort Collins	24	38:24
14. Sam McClure, Cañon City	42	20:12	51. Fran Borton, Pueblo	48	26:08	83. Jamie Humphreys, Pueblo	16	38:46
15. Hector Leyba, Penrose	45	20:42	52. John Dengler, Pueblo	48	26:18	84. Eric Lagergren, La Junta	17	38:47
16. David Klein, Pueblo	40	20:46	53. Robert Morgan, Fort Collins	25	26:19	85. Rexella Titor, La Junta	17	38:48
17. Mike Borton, Pueblo	39	20:49	54. Jack Sheff, Englewood	57	26:43	86. Carolyn Murphy, Pueblo	49	39:42
18. Steve Clough, Pueblo	33	20:56	55. Brad Price, Pueblo	31	26:49	87. Amber Diaz, Pueblo	13	39:45
19. Dennis Normoyle, C. Springs	51	21:21	56. Martin Ottersberg, Pueblo	43	26:51	88. Anne Moulton, Pueblo	49	39:45
20. Dallas Ramos, Pueblo	15	21:24	57. Todd Kelly, Pueblo	30	26:54	89. Jean Renzelman, Pueblo	?	39:46
21. Blake Ottersberg, Pueblo	13	21:30	58. Phillip Gustamante, ?	30	26:55	90. Sadie Diaz, Pueblo	62	39:47
22. Rita Vigil, Walsenburg	28	21:30	59. John Kelly, Pueblo	54	27:23	91. Debbie Diaz, Pueblo	31	39:48
23. Janel Anderson, Florence	27	21:34	60. Adam Montoya, Cheraw	12	27:28	92. James Ussery, Pueblo	65	42:19
24. Rich Barrows, Pueblo	35	22:09	61. Rosanna Hood, Pueblo	32	27:38	93. Patty Gutierrez, Pueblo	?	44:17
25. Lisa French, Howard	15	22:19	62. Ray Delgado, Pueblo	52	27:44	94. Zoila Morales, Pueblo	49	44:19
26. Kevin Baker, Colo. Springs	27	22:28	63. Ken Green, Pueblo	12	27:44	95. Eva Bjork, Pueblo	38	46:50
27. Robert Santoyo, Pueblo	33	22:31	64. Sandy Messick, Cheraw	36	27:46	96. Jerry Murphy, Pueblo	52	47:15
28. Coleen Montelongo, Pueblo	33	22:33	65. Susan Campbell, Pueblo	51	29:08	97. Herberito Morales, Pueblo	62	47:17
29. Denise Gonzales, Pueblo	15	22:37	66. Jim Neblick, Pueblo	37	29:10	98. Charles Moore, Pueblo	43	47:56
30. Ted Quintana, Pueblo	45	22:40	67. Dan Gustamante, Pueblo	59	30:13	99. Amanda Thomas, ?	15	48:50
31. Gary Carter, Pueblo	41	23:10	68. Patricia Cowley, Pueblo	18	30:50	100. Vanessa Trujillo, Pueblo	9	?
32. Dan Gallegos, Pueblo	34	23:11	69. Ron Batouche, Pueblo	18	30:51			
33. Matthew Gallegos, Pueblo	11	23:16						
34. Jenna Dorsey-Spitz, Pueblo	11	23:19						
35. Don Pfof, Pueblo	55	23:45						
36. Robert McGerlan, Buena Vista	45	23:53						
37. Adelita Sandoval, Pueblo	16	24:21						



Seattle Marathon

The Good, The Bad and The Ugly

by Marijane Martinez

It now seems like long ago that a group of us (Nick Leyva, Bill Veges, Misti Frey, Gil Cruz and I) made the decision to train for a marathon in an attempt to qualify for the 100th anniversary running of the Boston Marathon. Initially, we wanted to run St. George in Utah. However, that filled up before we could register. Next, we found a *Runner's World* and looked at the top 10 fastest marathons in the country and came up with Seattle. Later in the game, Paul Chacon joined our venture due to two previous failed attempts to qualify himself.

We did all the right things – ran the long runs on weekends, increasing them every two weeks until we reached 22 to 24 miles, did speed work once a week (specifically geared for our marathon), and added as many miles as possible during the week.

As the date of the marathon approached, everyone felt quite confident that we had done all we could to prepare and were where we needed to be with our training. Nick had some problems close to marathon time that were cause for concern, but he decided at that point that he was going to go for it.

Following is the explanation for the title of this article:

The Good

Paul Chacon was the only one of the group who qualified. He ran his marathon in 3:19:38, 22 seconds under the time he needed to qualify. CONGRATULATIONS, PAUL! He proved the old adage that "The Third Time is a Charm."

The Bad

Misti, Bill, Gil and I all fall into this category. The closest any of us came to qualifying was 23 minutes! Our respective times were: 4:05:32, 3:43:22, 3:58:35 and 4:35:34.

The Ugly

Nick, unfortunately, did not finish the marathon. Using his better judgement, he dropped at the halfway point rather than risk permanent injury.

Secretly, I think we were all somewhat happy that if only one of us could qualify we were glad it was Paul. The rest of us had



Paul Chacon followed up his Boston qualifying effort in Seattle by running in the Rock Canyon Half-Marathon. – Photo by Gary Franchi

started this venture together and all missed our mark. So, deep down, I think we were all glad if a good majority of us couldn't qualify, it was good none of us did.

Initially, I had no desire to write an article about our marathon. But after my first "return" run (11 days off), I felt so good just being able to run that I decided we must accept and discuss our failures just as we do our successes. And besides, we were lucky enough to go to Seattle with someone who formerly lived there (Paul) and we were shown around the town like kings and queens by our own personal chauffeur.

Overall, the trip was a blast even though only one of us will be headed for Boston in April.

I also discovered something very comforting after running this marathon. Upon returning to Pueblo, everyone wanted to know how we did. When we explained that we "bombed," it was amazing how many people came up with excuses for us. We runners are a unique group of people who support one another no matter the outcome. I am proud to be a member of such a group.

Empty that water bottle

If you drink out of water bottles, it's a good idea to rinse out the bottle each time you use it. You see, a water bottle is not a sealed container. So it can pick up bacteria from its surroundings. A week's worth of bacteria growing in stale water can result in mold. If you put juice or a sports drink in a water bottle, be sure to wash out the sugar residue with soap and hot water. So says *Men's Fitness* magazine. Now, my question is, does anyone ever really wash out their water bottles with soap and hot water?



Sugar and hyperactivity

After researchers had the American public buffaloed for years, a new study reported in *The Journal of The American Medical Association* found that sugar consumption does **NOT** significantly affect the way most children act or think. Can you believe this crap was pawned off on everyone all this time?

Another First

Pueblo gets its first dual-surface trail section

by Kathy Stommel

On Tuesday, December 5th, a new section of the Fountain River trail was dedicated. The approximately quarter-mile section begins near Haaff Elementary School and proceeds north towards Hwy. 47, replacing some of the twenty-year old asphalt trail.

What's so great about that, you're wondering, right? Well, this is the first piece of dual-surface trail in our 21.5 mile trail system, that's what! While it's been pointed out that construction of the soft-surface trail is less than perfect - it's a first step (pun intended).

Funds for the project came from a Great Outdoors Colorado (GO-CO) grant with matching funds from the Friends of the Riv-



Dave Anderson (on bike) and Kathy Stommel (on her feet) lead the Haaff kids for a jaunt on the soft-surface trail

er Trail budget comprised of monies from the City of Pueblo and Pueblo County Commissioners.

Ribbon-cutting honors were handled by Al Gurule of City Council, Dave An-

derson of Friends of the River Trail, and several Haaff students.

I extend my personal thanks to those SCR members who attended the brief ceremony.

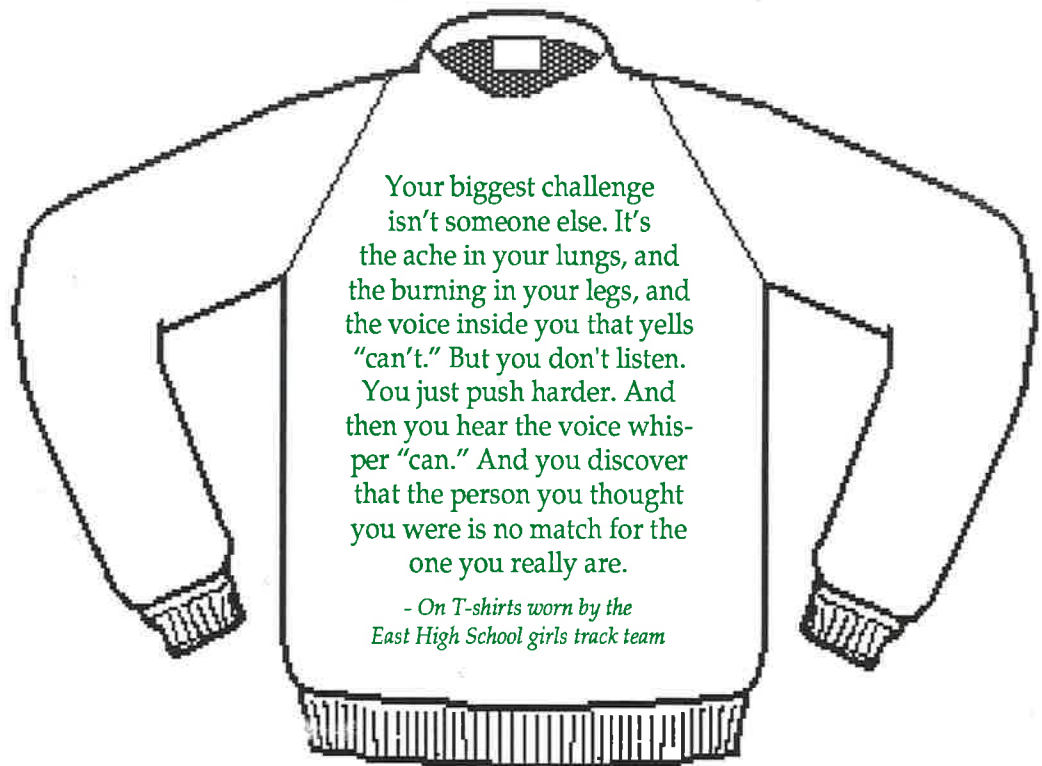
Let me do the checking

I love stats! I always wonder how they get their data. Or if they made it up. For instance, I've never been surveyed about what program I'm watching on TV at a given time, yet I'll read where "80.2 million homes were tuned in to the Super Bowl." How do they know? Were they peeking in the windows? I really loved this one though, compliments of Bernice Kanner in her book, "Are You Normal?" Her book claims that "3.9% of women said they don't wear underwear." Wonder if the surveyors did personal inspections to verify the answers.



What it costs

In case you were wondering, and I know you were, it costs \$3.60 per member per year to be affiliated with the Road Runners of America. The breakdown is \$1 per member for dues and \$2.60 per member for instance.



Your biggest challenge isn't someone else. It's the ache in your lungs, and the burning in your legs, and the voice inside you that yells "can't." But you don't listen. You just push harder. And then you hear the voice whisper "can." And you discover that the person you thought you were is no match for the one you really are.

- On T-shirts worn by the East High School girls track team

Racing Calendar

Pueblo-Canon City area

January

27 Sat 10:00 AM Frostbite Five, 5M Rock Canyon to City Park

February

11 Sun 9:30 AM Valentine's Twosome, 1.6M x2 Pueblo City Park

18 Sun 11:00 AM Spring Runoff Hanidcap, 10K Northridge

March

3 Sun 8:15 AM Spring Runoff, 5K, 10K & 10M Peppers, North Side
5K at 8:15, Toddlers race at 9:15, 10K & 10M at 9:30 a.m.

Other areas

December

16 Sat 8:00 AM No Frills Saint Nicholas & Red Nose Rudolph Trail Marathon & Walk
N. Cheyenne Canon Road,
Colorado Springs

31 Sun 10:15 AM Wish & Resolution Run, 5K Elitch's, Denver

January

1 Mon 10:00 AM Rescue Run, 5K & 10K Palmer Park, Colo. Springs

13 Sat 10:00 AM Run for the Dream, 5K & walk City Park, Denver

28 Sun 8:00 AM Pound for Pound Winter Run/Walk, 15K. Memorial Park, Colo. Springs

28 Sun 10:00 AM Super Bowl 5K, run/walk Denver

February

10 Sun 10:00 AM Valentine's Day 5K, run/walk Washington Park, Denver

17 Sun 8:00 AM Run/Walk Against Violence Half-Mara. ... Colorado Springs

20 Tue 6:30 PM Fat Tuesday 5K, run/walk City Park, Denver

March

16 Sat TBA St. Patrick's Day Run, 5K Old Colorado City

17 Sun TBA Runnin' of the Green, 7K Denver

31 Sun TBA Diesel Dash Washington Park, Denver

Notable Marathons

December	16	Jacksonville FL	904-739-1917
January	7	Walt Disney World	407-939-7771
	20	Mardi Gras, New Orleans, LA	504-482-6682
	21	Houston Tenneco	800-409-6334
	21	San Diego & Half	619-792-2900
	28	San Francisco & Half	415-564-0532
February	10	Carolina, SC (women's Olympic trials).....	803-929-1996
	11	Las Vegas International & Half, NV	702-876-3870
	17	Charlotte Observer (men's Olympic trials)....	704-358-5425
	18	Austin, Texas (& Relay & 4M walk)	800-893-RACE
	24	Cowtown, Fort Worth, TX	817-735-2033
March	3	Los Angeles Marathon	310-444-5544
	26	Disneyland	800-524-9200
April	15	Boston	xx
May	4	Idaho Great Potato & Half, Boise, ID	208-344-5501
	4	Shiprock, Famington, NM	505-327-5595
	26	Wyoming (Cheyenne)	307-635-3316
June	2	Steamboat Springs & Half	303-879-0880
	22	Grandma's, Duluth, Minn.	218-727-0947



Spring Runoff training runs

- Feb. 4 - 2 miles
- Feb. 11 - 4 miles
- Feb. 18 - 6 miles
- Feb. 25 - 4 or 8 miles
(all runs start at 11 a.m.)

Information #s

- Ultrarunning club in Colorado Springs:
Anthony Quinn
719-475-8607
- Road Runner Information Line:
303-871-8366
- Colorado Racing:
Paul Norris
303-699-8085
- Athlete's Source
Darrin Eisman
303-279-0397
- Pikes Peak Road Runners Race Coordinator:
Rick DiMuccio
719-548-9426
- Road Runners Club of America:
703-836-0558
- RRCA Western Region Director:
Laura Kulsik
916-983-5272

Get the results of your out-of-town races to Footprints Editor Gary Franchi: call 719-676-4100 or mail info. to P.O. Box 19910, Colorado City, CO 81019.

Information about area races

by the Editor

Rock Canyon Half-Marathon

This race drew a record 130 registered runners this year, many who signed up on race day lured by gorgeous sunny and mild weather. It continues to grow each year thanks mainly to out-of-town runners hungry for some distance races this time of year.

The possibility of adding a shorter distance next year, possibly a 5K, will be explored.

Many thanks to George Slaughter for providing most of the post-race goodies, to the East High School runners for doing 2 water stops, and to St. Mary-Corwin Hospital for providing the bottled water. The tiles for the neat award plaques were done by Screened Effects. Channel 5 had some coverage of the race on the tube that evening. Cool!

Beulah Challenge Run

It may be early for talking about this, but the folks from the Beulah Arts Council have already scheduled this new 10K run and 5K walk/run for next year. It will be held on Saturday, August 3, beginning at 8 a.m. in Beulah in conjunction with the Beulah Arts and Crafts Fair.

This will be a hilly, fun course (if you don't consider those two descriptions mutually exclusive) that can be expected to draw runners from throughout the region who are looking for a unique racing "experience." Great, multi-color long-sleeved T-shirts are already being planned.

PCC Fitness Center race

It looks like there will be another new race next year – a 5K race in April, possibly the 15th. It is being planned by the directors of the Fitness Education Center at Pueblo Community College and will be part of a week-long health and fitness fair. I expect to have more information soon.

Odds and

- Club member Bill DeMoss wanted to tape the New York City Marathon earlier this fall but missed it. So, Bill is wondering if anyone in SCR land was able to tape the TV coverage of that and can lend it to him. Call Bill at 495-3409 (Beulah) or 584-4771.

- Handicap Series runners who were to receive the "Once a Runner" novel should note that they have arrived. Contact Mike Orendorff (561-2956) to get your copy.

Stats of Note:

- At the height of the running boom in 1978, there were 107,000 U.S. marathon finishers. In 1993, there were an estimated 301,500 finishers.
– *Running Times* magazine
- Ideal body fat percentages are between 14% and 22% for men and from 18% to 27% in women.
– *Health* magazine
- More *Footprints* readers are apt to exceed ideal body fat percentages than to have run a marathon in the next 5 years.

Whether it liked it or not, your body never forgets its longest run. -- Rick Niles, triathlon coach

TV road race coverage axiom:

"The amount of lost TV pictures during race coverage is directly proportional to the importance of the event." – *The Franch*

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

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



Does your mailing label have a [95] on it? That means you haven't renewed your SCR membership for 1996. Please do so with the form provided with this issue.

Toss out the Sominex!

Santa reads *Footprints* and for good reason. It helps him sleep. Hence, if you move, be sure to notify us of your change of address to ensure the arrival of each monthly issue.

Send address change to: Southern Colorado Runners, c/o Pueblo YMCA, 700 N. Albany Ave., Pueblo, CO 81003

