


★ The No. 1 small club newsletter in the U.S. of A.! ★



SOUTHERN COLORADO
RUNNERS

March, 1996

FOOTPRINTS

EDITOR: Gary Franchi

★★★ Diplomatic Immunity Edition ★★★



The Runners Are Coming! The Runners Are Coming!

A wall of runners blasts from the starting line in the 10K and 10-mile divisions of the annual Spring Runoff held March 3. Below left are Steve Cathcart and Tim Vigil, who were 2nd and 3rd in the 10K male division. Below right is 10-mile female division winner Terry Villarreal-Golba. More Runoff coverage is on Pages 2, 4 and 5.

- Photos by George Balles and Gary Franchi



SCR to be featured in RRCA tabloid

You could say the Southern Colorado Runners club is getting on the map.

The SCR, of which you likely are a member if you are reading this newsletter, has been selected to be featured in "Footnotes," the quarterly tabloid publication of the Road Runners Club of America. The SCR was recommended for the feature by Laura Kulsik, the RRCA's Western Region Director, who recognized the SCR as being a club with something on the ball and doing some noteworthy (& crazy) things.

One RRCA club is featured in each issue of "Footnotes." The RRCA is comprised of four regions, with each region getting one club featured each year. There are 110 RRCA member clubs in the Western Region.

We will be featured in next winter's issue. Your editor will be writing the article with input from many of the more active members. Is this cool or what!?!?

This honor comes on the heels of the SCR's newsletter - "Footprints" - being selected the outstanding small club newsletter in the entire country for 1995.

It's shake 'n' bake time, gang, so you can start dancing on the tables!



Inhuman division

I don't do a heckuva lot of speedwork. Oh, you can tell, eh? So, when I heard about fellow SCR member Joe Stommel's marathon training speedwork regimen, I was blown away. For the past 10 years, Joe has followed a Jeff Galloway plan in which he does a bi-weekly workout consisting of 6 one-mile repeats to start and works up to about a dozen mile repeats. He does them at about a 7-minute pace, with a 3-minute rest interval between repeats. Pretty awesome! Then I was watching the Los Angeles Invitational track and field meet and learned that middle distance runner Julia Stamps has a workout in which she does 5 repeat miles at a 5:05 pace with a 40-second rest interval. It's not fair!

Quote of note:

"People judge you by the words you use, so use words that nobody really understands, such as "parameter."
- Dave Barry (humor writer)



No. 1 Duo

Winner of The Editor's top husband/wife team at the Spring Runoff held March 3 was Eugene and Julie Arellano, shown here about to cross the finish line in the 10K division. Gene and Julie are SCR members who can be spotted at just about every SCR function that's on the schedule.

Photo by Gary Franchi

SCR club news is all good news

by The Editor

This is a great day to be alive if you are a member of the Southern Colorado Runners, and we have much to be thankful for already in 1996. Here are a few reasons:

* Thanks to membership renewals and some race sponsorships (Runoff by *The Chieftain*, upcoming Cindo de Mayo by *Total Terrain*, etc.), the club is again solid financially.

* There has been some discussion about the SCR getting its logo included on the Pueblo Levee Mural Project. Cynthia Ramu is the project coordinator. SCR members would get to do the actual painting once the outline has been painted. Cooooooooo!!!!!!

* Stacey Bowman became Stacey Diaz by marrying Dave Diaz after a lengthy on-and-

off-but-mostly-on relationship. We're extremely happy that they finally tied the knot.

* Anthony Diaz, brother-in-law of the former Stacey Bowman, recorded the entire Spring Runoff on video and two things have emerged from that. One, there is some footage that we will be submitting to America's Home Video. Second, we hope to get Anthony to tape parts of a few races during 1996 and then let that composite video play during our 1997 SCR Awards Banquet.

* There are several new races on the docket for this year: the Beulah Challenge, PCC's Celebration of Arts Run, a Fall race in honor of the late Rose Zamora, a Handicap Series race at Camp Jackson, etc.

The SCR is a great club. Take advantage of it by getting involved. Later!

It's almost
April, fools!
Drink your
beer at the
Gold Dust!

GOLD DUST SALOON
M*RID INC.

130 S. Union Ave. • Pueblo

"Deep Blue" is the name given to the computer that battled chess whiz Garry Kasparov.



Southern Colorado Runners

A member of the Road Runners Club of America



Current SCR Officers:

President	Ben Valdez	543-5151
Vice President	Joe Stommel	546-1569
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, Deep Blue	

Footprints is published monthly and distributed to all SCR members to make their families think that they know how to read.

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, question the validity of Mr. Secretary's Minutes, act like they're interested in the issues broached, and try not to be as obnoxious as the officers in attendance.

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 writer/philosopher George Leonard: "True artificial intelligence will arrive only when computers can fall in love."

Musings on running, fitness, life, etc.: This was going to be the winter of all winters for my triathlon training. Spurred on by the most dramatic Hawaii Ironman comebacks of all time (by Mark Allen and Karen Smyers) in the Fall, I was revved to really get at the training in preparation for Spring and the arrival of another big season.

Adding to my motivation were the myriad of triathlon stories appearing in magazines. They make it seem so possible to improve. They firmly believe that you need to stay on the indoor bike all winter in order to avoid starting from scratch when you get outside on the bike again. They also like to preach about working on proper swimming form and developing a good swim distance base in the off-season.

Okay, I can see their point about biking, but concentrate on swimming form? I don't think so! That may be a very worthwhile pursuit, but the experts keep forgetting one thing - it's boring. Who the heck wants to work on swimming form when getting in a pool lends itself so nicely to daydreaming. I know this is so because I lose count of my laps every time I swim. Besides, there's usually some dumb little kid careening into my lane and I just HAVE to give him or her a good purposeful kick or slap while doing a lap. Makes me forget what I was doing, so how can I concentrate on form?

This winter has been a particularly fine swim season for me at the Belmont Club pool, despite the occasional presence of those care-free little urchins and the fact that high winds have caved in the "bubble" twice (NOT when I was in the water, fortunately). The workouts haven't necessarily been tremendously beneficial physically, but they sure have been superb from a creative standpoint. You may daydream while you're on a solitary training run, but my juices flow in the water. Concepts evolve. Bad puns are created. Ridiculous ideas for this newsletter are born. Makes me wonder: **Does chlorine cause brain damage?**

Recently I was daydreaming about a sequence from the previous night's David Letterman Show. It got me to thinking about what my top 10 thoughts were while swimming. Here's the list I came up with:

10. Whether the Belmont Club bubble will collapse while I'm in the water.
9. Whether the lady sitting in the easy chair outside the pool realizes that her tiny young kids in the water

are being totally obnoxious.

8. Why a swim goggle that doesn't fog by the fifth usage can't be marketed.
7. How many years I would get for drowning a 5-year-old who keeps wandering into my lane.
6. The ladies in assorted magazine swimsuit issues.
5. Whether the kids have any idea what lane dividers are for.
4. The young ladies at the lake when I was younger.
3. Whether the kids in the pool have leprosy.
2. The healthy appearance of women triathletes.
1. Whether leprosy can be transmitted by water.

This month's smorgasbord: It really IS true that you don't appreciate something until you don't have it. Proof: I was so glad to be back on the roads after a recent illness that, while wearing my headphones in the middle of a run, even *Metallica* sounded good

... I was on a lunch jaunt from Pueblo Community College, my place of employ, when I happened upon one of the weirdest intersections I've ever seen. That's where 4 streets converge at one point from 5 different directions -- the intersection of Lucas, Beulah, Polk, and Veta (from 2 directions). I'll bet the person who designed that intersection is related to the architect of the 2 entranceways to the Pueblo Mall. Bet he/she ingested a lot of chlorine over the years, too ... While running near I-25, I saw one of those big billboards promoting the Townhouse as "a great restaurant." In case you missed it, the Townhouse was closed first by the Health Department (cockroaches) and later - for good - by insolvency ... There now is evidence that *Metallica* sounds better after swimming in a high-chlorine level pool ... The Washington Bullets of the National Basketball Association will change their name to the Wizards next year when they move into a new arena. But in a poll of 19,000 people conducted by *The Washington Post*, the top choice for a nickname was actually "None of the above." Love it ... In trying to keep the love handles to a minimum, I've been on a fat-free food kick recently. It's made me wonder: What if these really aren't fat free but just a marketing ploy? How do we know? And what if they actually contrain traces of chlorine disguised as "mono-unsaturated hydrophosphorous red dye No. 856" ... You may recall that, a while back, I questioned the reported benefit of fresh vegetables vs. non-fresh vegetables. And now, the Food and Drug Administration finally agrees, saying frozen vegetables are just as nutritional as the fresh variety. This has made Editorial Consultant Nick Nasch continue to wonder why you can't buy frozen tomatoes. The FDA wonders whether Nasch drinks water laced with chlorine ... Bye, gang! And remember: when vacationing in Mexico, don't drink the water in the pool.

Ultimate in idiocy item of the month:

Some things elude me. (Some would say **MOST** things elude me.) This is one of them: Philippine sports officials are reviewing the gender of Nancy Navalta after she/he/it ran as a male in a provincial race, then as a female a week later. She has won sprint championships as a woman in the Philippine National Games during the past two years. But female competitors are questioning her gender, and Navalta has stopped competing. My thought: I don't understand what it means to "review" one's gender. I mean, can't someone just check? Wouldn't that solve the problem? Am I missing something here?

Movie Line of the Month:

"I've got a pinched sciatica that would make your lumbargo look like ice cream"

Great flick. Tremendous back-and-forth banter between two insulting souls. Popular a couple of years ago, and a sequel has been made. Guess the speaker and that original film. I've used a line from this movie before. The answers are below.

Answers:
"Crummy Old Men."
Jack Lemmon in

1996 Spring Runoff results - Races held March 3

Results provided by Andy Ballou and Mary Lou Henson

5K Results

MALE

8 and Under		
Justin Mascarnas	Monte Vista	33:48.0
9 thru 10		
Vincent Lopez	Pueblo	23:04.0
Tony Andenucio	Pueblo	25:48.0
Mickey Crockenberg	Pueblo	27:36.0
Danny Mazion	Pueblo	30:00.0
Tommy Willumstad	Pueblo	36:19.0
11 thru 12		
Justin Stelter	Peyton	22:56.0
Adam Montoya	Creraw	23:42.0
Jeremy Gregory	Pueblo	24:23.0
Brandon Van Buskirk	Pueblo	25:24.0
Doug Leyva	Pueblo	26:13.0
Aaron Paulson	Pueblo	30:35.0
13 thru 15		
Chris Vigil	Pueblo	20:30.0
Ronnie Burmeister	Raton, NM	21:07.0
Scot Montoya	Creraw	21:08.0
John Thomason	Pueblo	22:16.0
Brendan Dorsey-Spitz	Pueblo	24:40.0
Jason Eversole	Colorado Springs	27:24.0
16 thru 18		
Rob Montoya	Creraw	18:22.0
Steve Ratzer	Capulin, NM	19:06.0
John Gonzales	Folsom, NM	19:15.0
Mike Trujillo	Walsenburg	20:02.0
William Ebersohl	Colorado Springs	21:01.0
Jeremiah Edwards	Raton, NM	21:09.0
19 thru 29		
Peter DeLaCerde	Alamosa	14:43.0
Michael Sobolik	Boulder	15:54.0
Jason Hubbard	Peterson AFB	16:37.0
Eric Lacouture	USAFA	18:53.0
Randy Buck	Pueblo	19:05.0
Chris Lacouture	USAFA	23:15.0
Dave Martell	Security	23:17.0
30 thru 39		
Steve Cathcart	Loveland	15:42.0
Joe Davis	Selida	19:46.0
Robert Schreiner	Colorado Springs	20:57.0
Patrick Dennis	Pueblo West	22:02.0
Sam Brown	Pueblo	22:17.0
30 thru 39		
Fred Lujan	Pueblo	22:23.0
Robert Smith	Pueblo	24:25.0
Brad Van Buskirk	Pueblo	25:18.0
Patrick Kenny	Boulder	30:57.0
Jim Neblick	Pueblo	30:59.0
40 thru 49		
David Cooper	Alamosa	20:11.0
Nick Leyva	Pueblo	20:41.0
Ron Dehn	Pueblo West	22:43.0
Larry Newton	Colorado Springs	23:50.0
Joe Ruppert	Colorado Springs	24:17.0
John Dengler	Pueblo West	24:43.0
Karl Aguilera	La Junta	32:48.0
Mark Wilkinson	Pueblo	33:00.0
50 thru 59		
Ralph Regalado	Pueblo	23:07.0
George Balles	Pueblo	24:28.0
Bruce Batting	Rye	26:07.0
Robert Quintana	Pueblo	27:48.0
Ron Reynolds	Pueblo	28:41.0
Bob King	Pueblo	29:33.0
Art Cordova	Monte Vista	34:00.0
Denzel Savage	Pueblo	34:22.0
60 and Over		
Richard Ayala	Pueblo	30:17.0
Harvey Herzog	Pueblo	42:05.0
Atanacio Velasquez	Pueblo	49:44.0



Peter DeLaCerde led all 5K finishers with a 14:43 time. - Photos by Gary Franchi

FEMALE

8 and Under		
Sarah Koch	Pueblo	30:19.0
Molly Hadley	Rye	36:30.0
Stephanie Kauffman	Colorado City	36:31.0
9 thru 10		
Jamie Barnes	Pueblo	23:48.0
Nancy Parker	Pueblo	38:44.0
11 thru 12		
Jenna Dorsey-Spitz	Pueblo	22:20.0
Carla Aguilera	La Junta	35:59.0
13 thru 15		
Michelle Brown	Pueblo	23:10.0
Lindsay Barnes	Pueblo	28:50.0
Tanya Lopez	Pueblo	33:40.0
16 thru 18		
Wendy Messick	La Junta	25:12.0
Dana Savage	Pueblo	32:25.0
19 thru 29		
Darla Spillman	Pueblo	19:21.0
Rita Vigil	Walsenburg	20:23.0
Misti Frey	Pueblo West	22:59.0
Sue Weber	Pueblo	26:03.0
Angela Sullivan	Free Mt. Falls, CO	30:37.0
Frankie Thurlow	Pueblo	30:49.0
Joanie Barrett	Pueblo	39:00.0
30 thru 39		
Traci Dworshak	Colorado Springs	20:06.0
Robin Walters	Colorado Springs	21:35.0
Diane Alfonso	Pueblo	24:41.0
Betsy Jasinski	Embros, Ontario Canada	26:39.0
Sandy Messick	Creraw	27:11.0
Tracy Pacheco	Pueblo	28:52.0
Judy Swerdfeger	Pueblo	29:07.0
Lisa Clough	Pueblo	29:15.0
Lizz Marmolejo	Pueblo	39:40.0
LuAnn Cardenas	Pueblo	39:56.0
40 thru 49		
Marijane Martinez	Pueblo	22:35.0
Lynne Newton	Colorado Springs	24:58.0
Patricia Lockhart	Colorado Springs	32:25.0
50 thru 59		
Cicily Harman	Florence	29:02.0
Ann Haley	Canon City	32:35.0
Priscilla Portillos	Pueblo	36:20.0
Myra Whitney	Pueblo West	44:45.0
60 and Over		
Julie Mapps	Pueblo	44:46.0

10K Results

MALE

19 and Under		
Naasi Gwagwe	Alamosa	31:26.9
Ryan Dorsey-Spitz	Pueblo	40:46.9
Aaron Lopez	Pueblo	46:20.9
Blake Ottersberg	Pueblo	50:29.7
Christopher R. Montoya	Pueblo	57:34.0
20 thru 24		
Ladd McClain	Boulder	31:58.8
Gerald Romero	Colorado Springs	35:39.7
Darryn Biggerstaff	Pueblo	39:59.6
Jon Shumate	USAFA	45:13.9
Brandon Wedrick	Pueblo	50:55.8
25 thru 29		
Paul Sullivan	Green Mt. Falls	43:03.7
Markus Beck	Pueblo	45:24.0
Dave Browning	Pueblo	51:39.4
Dion Arellano	Pueblo	51:41.4
30 thru 34		
Steve Cathcart	Loveland	32:28.9
Timothy Vigil	Walsenburg	33:21.4
Tim Sandell	Colorado Springs	35:43.0
Larry Volk	Pueblo	39:21.3
Mark Kuhn	Colorado Springs	40:24.3
Thomas Chandler	Colorado Springs	42:43.0
Dan Paulson	Canon City	43:00.4
Eugene Mares	Pueblo	45:24.8
David L. Lasalle	USAFA	45:32.9
Dan Archuleta	Pueblo	47:05.2
P J Warne	Colorado Springs	48:55.9
David Algien	Colorado Springs	51:08.7
Robert Guidry	Colorado Springs	52:46.6
Gary L. Rael	Pueblo	1:06:44.7
35 thru 39		
Mark Koch	Pueblo	36:35.1
Ray Goure	Lakewood	36:55.1
Rick Shoulberg	Manitou Springs	37:10.9
Mike Messick	Pueblo	37:36.1
Marty Garcia	Pueblo	38:46.8
Kevin Caffy	Colorado Springs	39:53.3
Bill Veges	Pueblo	41:36.8
John Castanha	Rye	45:06.0
Todd Kettelkamp	Pueblo	45:47.8
Chris Hunter	Swink	45:50.3
Rick Macias	Pueblo	45:58.6
Sean Bryan	Colorado Springs	47:29.0
Fred Lujan	Pueblo	49:17.2
James Bittel	Woodland Park	53:06.3
40 thru 44		
Woody Noleen	Colorado Springs	37:04.1

Continued



Ronda DeLaCerde sped to victory in the women's 10K division.

1996 Spring Runoff results

Continued from Page 4

Bob Stoneman	Parker	37:56.7
James S. Robinson	Pueblo	39:13.8
Ken Algien	Pueblo	40:59.1
David Klein	Rocky Ford	41:28.2
Mike Borton	Pueblo	42:47.3
F. A. Vigil	Pueblo	46:14.6
Howard Stringert	Pueblo	46:30.6
Rand Morris	Pueblo	47:22.3
Benny T. Terry	Colorado Springs	49:11.7
Bill Ebersohl	Colorado Springs	49:34.2
Gary Carter	Pueblo	49:43.1
Mike Giron	Longmont	50:15.0
Mike Bauseman	Swink	52:04.1
James M. Velasquez	Walsenburg	53:53.6
Gary Vannelli	Pueblo	56:10.3
David Jobe	Raton, NM	58:27.2
Robert Capps	Pueblo	1:01:01.3

45 thru 49

Dave M. Diaz	Pueblo	39:35.7
Gary Sibigtröth	Lamar	45:28.0
Al Dominguez	Pueblo	46:25.1
Rob Redwine	Pueblo	46:44.4
John Mills	Colorado Springs	48:29.1
David Crockenberg	Pueblo	49:00.5
Boney Cosyleon	Pueblo	49:51.9
Paul Wiltumstad	Pueblo	52:09.4
Donald J. Saling	Pueblo	52:52.1
Robert Fowler	La Junta	52:58.1
John R. Merrell	Colorado Springs	53:22.7
Patrick Swank	Pueblo	53:36.3
Charles F. Sanchez	Pueblo	53:54.9
Bill Walker	Colorado Springs	54:09.3
Gary Addington	La Junta	54:27.1
Warren Marshall	Canon City	55:14.3
Cecil Townsend	Avondale	56:40.5
Eugene Arellano	Pueblo	57:50.5
David Cole	Pueblo	58:07.1
Alex Cortez	Raton, NM	59:15.4
Bruce Taylor	Pueblo	1:04:05.6
Albert Hopkins	Woodland Park	1:46:11.5

50 thru 54

Len Gregory	Pueblo West	46:39.1
David Tonsing	Westcliffe	48:57.9
John Parrish	Pueblo	49:18.1
Steve McDermott	Colorado Springs	49:38.0
Jack Harris	La Junta	49:59.7
Bob Krassa	Boulder	52:10.1
Chuck Moore	Gallup, NM	55:20.3

55 thru 59

Marv Bradley	Canon City	42:17.9
Cruz Martinez	Colorado Springs	44:28.6
Don Pfost	Pueblo	48:12.0
Hilbert Navarro	Pueblo	49:07.2
Emmett Foster	Pueblo West	51:41.9
Victor Gelner	Colorado Springs	53:50.7
Doug Allen	Woodland Park	53:57.7
Dick Greet	Rye	1:01:05.2

60 thru 65

Martin Blaser	?	52:14.5
Ric Markin	Colorado Springs	52:51.6
William Van Buskirk	Lamar	54:49.5
Neal Kinsinger	Colorado Springs	1:00:51.2
Glenn FreeLove	Pueblo	1:07:49.8

66 and Over

John Holiman	Pueblo	53:32.1
Rodge Rodgers	Colorado Springs	54:47.2
Carl Mapps	Pueblo	1:17:01.3

FEMALE

19 and Under

Heather Marshall	Canon City	55:13.8
Tiffany Mayoral	Pueblo	1:06:44.1

20 thru 24

Ronda DeLeCerde	Alamosa	35:51.4
Brandy Kappel	USAFA	46:18.9

25 thru 29

Michelle M. Smith	Thornton	48:07.0
Becky Medina	Pueblo	55:09.1
Cathy Kelley	Pueblo	55:28.9

Karen Ortiz	Pueblo	46:58.8
Carol Smith	Pueblo	49:10.7
Tammy Koch	Pueblo	58:56.9

30 thru 34

Cindy Abeyta	Trinidad	41:00.6
Brenda Wilson	Alamosa	44:23.5
Helen Robinson	Pueblo	47:47.1
Tina M. Clarke	Westcliffe	51:40.2
Diane Lopez	Pueblo	52:01.8
Angela Carpenter	Pueblo	53:01.0
Nancy L. Fraser	Woodland Park	1:05:22.0
Nanette Anderson	Colorado Springs	1:06:47.1

40 thru 44

Sally Taylor	Pueblo	51:16.7
Jill Townsend	Avondale	56:39.9
Julie Arellano	Pueblo	57:50.0
Jan Dudley	Pueblo	1:32:28.9

45 thru 49

Deb Robeda	Pueblo	46:21.5
Fran Borton	Pueblo	52:13.1
Donna Wheeler	Pueblo	56:23.2
Lori Gregory	Pueblo West	56:25.9
Donna Nicholas-Griesel	Coaldale	1:00:09.0

50 thru 54

Jessie Quintana	Pueblo	54:14.7
Cheryl K. McCoy	Salida	1:10:11.0

10-Mile Results

MALE

11 thru 24

Philip Castillo	Alamosa	52:08.7
Brian Vanbuskirk	Golden	1:06:53.7
Matthew Gallegos	Pueblo	1:25:32.4

25 thru 29

Paul Koch	Colorado Springs	57:19.6
Brent S. Ashmore	Colorado Springs	1:04:35.2
Tim Pierce	Aurora	1:05:30.6
Martin Chadwick	Pueblo	1:19:56.6

30 thru 34

Kurt Barry	Monument	58:19.5
James Woodridge	USAFA	58:38.1
Thom Santa Maria	Colo. Springs	1:00:13.9
Steve Moon	Colorado Springs	1:01:07.5
Jim Hruby	Rye	1:10:59.0
Doug Thornton	Colorado Springs	1:12:59.9
Adrian Suazo	Pueblo	1:17:20.7
Robert Santoyo	Pueblo	1:17:29.6
Albert Threfall	Colorado Springs	1:19:36.7
Steven Clough	Pueblo	1:20:30.0
Joseph Jordan	Colorado Springs	1:23:15.8
Joseph T. Phaneuf	Colorado Springs	1:23:55.2
Dan Gallegos	Pueblo	1:25:32.9
Robert Ronas	Colorado Springs	1:30:58.1
Jeff S. Ross	Monte Vista	1:35:30.8

35 thru 39

Rick Keating	USAFA	59:37.0
Rich Hornish	Colorado Springs	1:01:53.3
Marty France	Colorado Springs	1:02:05.1
Johnny Ray Garcia	Raton, NM	1:03:09.9
Timothy Smith	Colorado Springs	1:03:20.9
Robert Brotherston	Security	1:05:08.3
Samuel Velasquez	Colorado Springs	1:11:13.5
Rocky Khosla	Pueblo	1:11:35.6
Mike Archuleta	Pueblo	1:14:12.3
Steven Gaulke	Colorado Springs	1:15:56.9
Al Kroeger	Woodland Park	1:16:58.6
Mike Olson	Colorado Springs	1:20:28.5
Stephen Ellis	Denver	1:36:55.1

40 thru 44

Randy Scafe	Colorado Springs	1:00:39.6
Rich Hadley	Florence	1:01:38.2
Gary Weston	Colorado Springs	1:01:47.3
Tom Kelecny	Monument	1:02:07.9
Ecu Zimmerman	Colorado Springs	1:04:59.6
Rufus T. Firefly	Palmer Lake	1:07:08.3
Jack Janney	Colorado Springs	1:09:57.1
Michael Schuldes	Colorado Springs	1:10:01.6
Jose Fernandez	Monte Vista	1:10:37.1

Sam McClure	Canon City	1:12:08.2
Matthew Martin	Pueblo	1:16:42.0
Allen S. Weaver	Canon City	1:19:09.6
Roger Sajek	Pueblo	1:21:05.1
Darrell Gorra	Denver	1:30:51.8
Joe Cowell	Woodland Park	1:37:35.0
David Sorenson	Colorado Springs	1:41:10.7

45 thru 49

Tom Burnett	Durango	59:57.9
Barry Roth	Colorado Springs	1:03:35.4
Steven Spellman	Colorado Springs	1:08:19.2
Alan Johnson	Colorado Springs	1:11:01.0
Joe Stommel	Pueblo	1:11:15.6
Theodore Quintana	Pueblo	1:12:39.7
Hector Leyba	Penrose	1:13:14.7
John Ulish	Canon City	1:14:28.2
Dave Farnum	Trinidad	1:15:04.1
Jim Beckenhaupt	Colo. Springs	1:17:42.7
Raymond Mann	Colorado Springs	1:22:36.6
Mike Saucedo	Canon City	1:30:52.2
Les Lundin	Colorado Springs	1:32:42.9
Tom Hamilton	Aurora	1:39:01.5

50 thru 54

Larry Miller	Parker	1:10:47.3
Randy P. Kunkel	Colorado Springs	1:12:00.3
Doug Freeman	Parker	1:13:20.8
Paul Vonder Gathen	Colo. Springs	1:13:29.4
Kent Mitchell	Longmont	1:18:08.8
Tomas Duran	Pueblo	1:21:52.3
Bob Patha	Monument	1:23:20.8
Jack Bilak,	Pueblo	1:25:59.9

55 thru 59

Robert McAndrews	Colo. Springs	1:03:49.8
Phil Mann	Colorado Springs	1:07:29.8
Jim Brumage	Colorado Springs	1:11:18.6
Hans Zimmerman	Colo. Springs	1:17:53.1
Wayne Whitney	Pueblo West	1:20:58.5
George M. Dominguez	Raton, NM	1:23:29.5
Joe Scarlett	Colorado Springs	1:26:08.9
Gordon Draeger	Pueblo	1:44:34.9

60 thru 65

Jim Braden	Colorado Springs	1:16:15.5
Jim Linn	Colorado Springs	1:32:53.9
Denver Wood	Denver	1:36:16.2
Charles W. Coco	Walsenburg	1:48:10.3

FEMALE

11 thru 24

Maggie Corbett	Colorado Springs	1:28:44.2
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25 thru 29

Terry Villarreal-Golba	Alamosa	1:02:14.1
Ingrid Millhauser	Colorado Springs	1:16:24.8

30 thru 34

Beverly Mannon	Colorado Springs	1:10:07.4
Claire Bueno	Pueblo	1:20:04.1
Laura Williams Pando	Westminister	1:25:30.0
Kathy Hruby	Rye	1:26:59.2
Adrienne Kramer	Pueblo	1:26:59.6
Linda Craig	Colorado Springs	1:32:35.1
Rhonda King	Castle Rock	1:36:59.3

35 thru 39

Becky Swartz	Monte Vista	1:13:09.6
Diane Draper	Monument	1:13:24.0
Terrie Minzer	Colorado Springs	1:17:09.1
Pamela LaVigne	Colorado Springs	1:20:44.3
Elizabeth Ross	Monte Vista	1:25:09.6
Stacey Diaz	Pueblo	1:26:26.2
Maria Elena Weaver	Canon City	1:29:14.5

40 thru 44

Eileen Johnson	Colorado Springs	1:21:17.7
Sue Patha	Monument	1:22:30.1
Linda Reeg	Colorado Springs	1:25:46.4
Barbara Hadley	Rye	1:26:12.4
Laura Engleman	Woodland Park	1:37:34.6

45 thru 49

Jenine Ebersohl	Colorado Springs	1:22:07.3
Kathryn Mann	Colorado Springs	1:22:35.8
Peg Roddy	Colorado Springs	1:23:35.2

50 thru 54

Sue Campbell	Pueblo	1:45:13.8
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55 thru 59

Beth Bryant	Arvada	1:39:34.8
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60 thru 65

Martha Kinsinger	Colo. Springs	1:32:12.9
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Time to get ready for another big season

by Rocky Khosla, M.D.

Well, since it has been a while since I have written a "let's get ready for a safe and satisfying running season" column, so here goes:



A lot of us may have stopped or drastically cut down on our running program over the winter, and so it may be a good idea to check the shoes, the clothing and ourselves before launching into another year of 10Ks and what have you.

First, make sure that the shoes are good to go. This means that you ought to replace the shoes every 450 miles for optimal shock absorption. Even though they may look okay, the midsole may be shot. Before you throw out the old shoes, look at the soles. If you are wearing out the outsides with relatively little wear anywhere else, you are probably an under-pronator (or supinator) and may wish to get shoes that can correct for this tendency. If, however, the soles show wear mostly on the insides, you may be an over-pronator and may get help from shoes designed to help this. I don't wish to undermine the local stores, but I buy all of my running shoes through the mail since it is cheaper, you can generally talk them into free shipping and there is no state tax.

Second, look at your running gear. If you are still running in old sweats and T-shirts, do yourself a favor and look at the newer moisture wicking materials. Especially in the

heat of summer, these shorts and singlets can really make you feel so much cooler that it's amazing. Get the double-layer socks and look into getting the camel-back type of water systems if you do a lot of hot weather running. Speaking from personal experience, I cannot say enough good things about the torsopac system (it has probably kept me out of the E.R. for hyperthermia on several occasions).

Finally, take a personal inventory. Why do you run? What do you want to get out of running? If you are running for wellness, I am not sure that there is a good reason to run more than 15 miles a week. If you are running to compete in races, then give yourself enough time to train, and don't increase your speed or distance by more than 10% per week. Also, the older you get, the more time it will take to recover. So if you were in your 30s and used to doing a hard day and alternating that with an easy day, it may be wise to do a hard day, and then take 2 easy days as you go into your 40s.

So, here's hoping that you have a healthy and happy season of running, and enjoy the beautiful spring time in the Rockies.

Training to do your best!

A couple of hours before you exercise, you should be chugging down some liquids. Exercisers should drink about 17 ounces of liquid two hours before they work out. During exercise, athletes should start drinking liquids early and continue throughout their programs.

– American College of Sports Medicine

Fitness Trivia:

No doubt you followed the Olympic Marathon trials last month. Great races.

Felt sorry for the 4th-place finishers. In fact, you can probably recall at least some of the top 3 men and women qualifiers, but who WERE the 4th-place finishers? Answers below.

Women's Division: Steve Plasencia
Men's Division: Gwyn Coogan
Answers:

Valentine's Twosome

Here are the results of the Valentine's Twosome relay race held on Saturday, February 17th, at Pueblo City Park. Each member of the two-person relay team ran 1.6 miles; the age groups shown are the combined age of the team.

Results provided by Kathy Stommel OVERALL

Tim & Rita Vigil, 18:52

30 & Under

Blake Ottersberg/Jenna Dorsey-Spitz, 21:20

Louis Wirth/Kara Fleming, 25:56

Mike Coombs/Jackie Kauffman, 26:43

Ben Wilson/Carrie Hadley, 26:49

Ryan & Lauren Dorsey-Spitz, 27:58

Danielle & Elizabeth Perkins, 40:01

31 to 40

Doug Leyva/Misti Frey, 23:37

41 to 50

Tim & Sydney Mondragon, 19:55

Matt & Julia Martin, 27:33

51 to 60

Tim & Rita Vigil, 18:52

Stan Wharry/Joannie Barrett, 26:41

61 to 70

Robert Santoyo/Carol Smith, 22:37

Jim Neblick/Adrienne Kramer, 27:13

71 to 80

Robert Pratt/Diane Alfonso, 21:38

Mike & Sandy Messick, 22:59

Bill Veges/Susan Walker, 24:02

81 to 90

Jim & Helen Robinson, 20:58

Nick Leyva/Marijane Martinez, 22:25

Mike Archuleta/Jessie Quintana, 22:55

91 to 100

Mark Dembrosky/Kathryn Rogers, 28:24

101 & Over

Don & Lois Pfof, 27:44

Paul McWhorter/Cathy Perkins, 39:59

Open Heart (Individual runner)

Barb Hadley, 25:51

Martin Ottersberg, 27:45



Racing Calendar

Pueblo-Canon City area

March

30 Sat 8:30 AM Fitness Extravaganza Predict Run, 5K Abbey, Cañon City 275-1578

April

13 Sat Noon Race Against Violence, 5K Boys & Girls Club 542-4128

14 Sun 8:00 AM Ramsgate 8 8K Handicap 8 Ramsgate, Belmont 544-9633

21 Sun 9:00 AM Y-Bi Classic, 11.2M bike, 5M run Pueblo West 543-5151

27 Sat 9:00 AM Celebration of the Arts 5K & walk Pueblo Comm. College 549-3200

May

5 Sun 8:00 AM Cinco de Mayo, 10K State Fairgrounds 564-6043

Other areas

March

16 Sat St. Patrick's Day Run, 5K Old Colorado City (719) 548-9426

16 Sat Air, Land Conservation Run/Walk, 25M, 50M, 75M (ultra-distance series) Colorado Springs (719) 475-8607

16 Sat Canyonlands Half-Marathon & 5M Moab, Utah (801) 259-5934

16 Sat H₂O Air Land Conservation Run, 25M, 50m, 75M (ultra series) (719) 475-8607

17 Sun Runnin' of the Green, 7K Denver (303) 727-8700

23 Sat Panoramic Run, 5K Palmer Pk., CO Springs (719) 548-9426

24 Sun Shriners Fun Run, 10K, 5K & 2M walk Washington Pk. Denver (303) 694-2030

31 Sun Diesel Dash Washington Pk, Denver (303) 727-8700

April

6 Sat Boulder Dash, 5K Flatiron Country (303) 442-2778

13 Sat Tortoise & Hare 5K South Monument Valley Park Colorado Springs (719) 548-9426

13 Sat Low Budget Marathon & Half-Marathon Trail run (ultra-distance series) (719) 475-8607

14 Sun People for People, 5K, run/walk Washington Pk, Denver (303) 727-8700

20 Sat Horsetooth Half-Marathon Fort Collins (970) 493-4675

25 Thur D.A.R.E. Twilight 5K Run/Walk Aurora (303) 363-0055

27 Sat Elbert Reflections, 5K & 10K Elbert (719) 590-7086

28 Sun Clean Air Challenge, 5K & Walk Cherry Creek (303) 694-2030

28 Sun Cherry Creek Sneak, 5M Denver (303) 841-1456

May

12 Sun Jackson's Hole LoDo Classic, 4M Downtown Denver (303) 694-2030

18 Sat Armed Forces Day 10K Ironhorse Pk., Ft. Carson (719) 637-8488

27 Mon Bolder Boulder, 10K Boulder (719) 544-7223

Notable & Unnotable Marathons

March	26	Disneyland	800-524-9200
April	15	Boston	508-435-6905
May	4	Idaho Great Potato (& Half), Boise, ID	208-344-5501
	4	Shiprock, Famington, NM	505-327-5595
	5	Revco, Cleveland, OH	216-487-1402
	26	Wyoming (Cheyenne)	307-635-3316
June	1	Governor's Cup Ghost Town, Helena, MT	406-447-3414
	2	Steamboat Springs (& Half & 10K)	303-879-0880
	22	Grandma's, Duluth, Minn.	218-727-0947
July	20	Mosquito, Leadville.....	?
October	13	River Trail (& Half), Pueblo	719-543-5151



Other local races in 1996

- Ordinary Mortals Triathlon -- May 18
- Holy Family Run, 5K run, 1.5K walk -- June 7
- Women's Distance Festival -- July 7
- Beulah Challenge 10K & 5K -- Aug. 3
- Drag'n On In Triathlon -- Aug. 25
- Dam Run -- September date TBA
- Atalanta Run, 5K -- Nov. 23
- Rock Canyon Half-Marathon -- Dec. 8
- Marijane & Nick's Excellent Adventure (Handicap) -- Dec. 15

Other 1996 racing dates

- Columbine Classic 5K -- June 2
- Garden of the Gods -- June 9
- Springs Classic 10K -- July 21
- Colorado Marathon (Denver) -- Oct. 20

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.



Stats of note

Walking a mile in 16 minutes lowers cholesterol levels as much as running a mile in 7 to 10 minutes.

- Martin Rudow, ex-coach of USC men's racewalking team.

A survey by Bernice Kanner found that 58.4% of people have called in sick to get a day off.

A random survey of SCR members found that 57.8% of them run to recover from having reading issues of *Footprints*.

Vital information about area races

by the Editor

Addition by subtraction

* Remember how I gushed and gawed last month about the great inaugural race the University of Southern Colorado baseball team was going to have on April 6?

Well, a funny thing happened on the way to the starting line. Well, not that funny. You see, the organizers couldn't find a sponsor. End of race. End of story. Happy trails!

* Oh, and the Run for Justice 10K on April 7 isn't going to happen either. That means that if you have been holding your breath waiting for your T-shirt from last year's race, you can exhale now.

So, the first weekend in April is free. Guess you can finish your income tax return.

However, I just found out about a 5K prediction run that has been added to the schedule. It will be held March 30 at The Abbey School in Cañon City. Be there!

Fitness Run & Walk

I seem to recall mentioning a couple of months ago that PCC wanted to conduct a 5K race in conjunction with a fitness week it was

conducting. Well, the race – a 5K run and walk – has been scheduled for April 27 on the PCC campus. The event is also part of a Celebration of Arts extravaganza taking place over three weekends in April. That means there will be some things going on that will be worth hanging around for.

Ramsgate 8 8K Handicap

The Handicap Series will continue in April with an 8K race taking place at the home of Don and Lois Pfost at 8 Ramsgate in Belmont. This is a potluck breakfast, so bring some goodies to help us feast after the race.

Cinco do Mayo

Plan now to participate in the 6th annual version of this 10K race set for 8 a.m. on May 5 at the State Fairgrounds. Total Terrain is the sponsor, thanks to owner Marty Garcia.

Again this year a number of runners from Chihuahua, Mexico will be participating. If you are interested in hosting a couple of these runners at your home for that weekend, please contact Marijane of Nick at 564-6043. You need not speak Espanol to do so. So, please plan on joining Marijane and Nick (co-race directors) for a fun-filled day

"Ninety-eight percent of winning is getting to the starting line. The hard part is making the commitment to run." -- Joe Henderson

*Locker room
shower axiom*

"The toilet is programmed to flush as soon as the locker room shower faucets are turned on." – *The Franch*

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

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



Keep your hat in the ring!

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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