

★★★ Techno Nerd Edition ★★★

A Day to Remember

Aura surrounding 100th Boston Marathon will linger

(Joe Stommel and three other members of the Southern Colorado Runners ran and completed the 100th anniversary Boston Marathon on April 15. Joe took the time to jot down some of his thoughts of the extravaganza, and here they are):

by Joe Stommel

The dawn broke clear on the morning of the Patriot's Day race from Hopkinton to Boston.

The race will not be remembered for the charge of Moses Tanui overtaking two-time champ Cosmas N'deti in the 23rd mile.

My wife, Kathy, and I took the train into Boston from Wellesley. Our motel was only four miles from the starting line, but we had to take a 20-mile train ride to downtown Boston to catch one of the 850 official buses to the starting line. The roads around Hopkinton were shut down since the town of 10,000 would soon swell to 70,000 with runners and spectators.

• ... This race will not be remembered for the scene of Uta Pippig surging into the lead, despite physical problems, over a faltering Tegla Larupe.

The buses loaded quickly and the ride West was through the wooded and hilly Massachusetts countryside. In 1776, Paul Revere had heralded a warning which spread across the land.



SCR Memory Makers
SCR member Joe Stommel (left) recounts here his experience at the 100th running of the Boston Marathon. Fellow SCR members Paul Chacon and Rocky Khosla of Pueblo and Woody Noleen of Colorado Springs also ran in and finished the race. Noleen's 3:07.50 time led the SCR foursome.

—Photo by Kathy Stommel

The bus driver on this 1996 morning warned that a bus ahead had broken down and was being hauled to the side, leaving a stalled caravan of white as far as the eye could see just south of Hopkinton.

• ... The race will not be remembered for the seventh straight wheelchair victory for Jean Driscoll, always endeared to the Boston crowds.

After waiting 15 minutes, we were herded into town. We were prodded and corraled into fields and then city streets where we anticipated the start. We heard the gun and then nearly 40,000 runners surged joyously forward along the narrow two-lane

county highway.

• ... This race will not be remembered for the clear skies after a week of rain and before the torrent of five inches of rain the day after, nor the headwinds that slowed the wheelchair runners below record paces.

Paul Chacon is another Pueblo runner who completed Boston this year. He bantered after the starting line tension, "You know where they stash the elite runners before the race? That church just left of the starting line. They keep them away from the hoopla until just before the race."

Continued on Page 2

Next Month: The Franch attends RRCA Convention in Knoxville



Boston Marathon

Continued from Page 1

The race began on schedule at noon, and 20 minutes later everyone had crossed the starting line and was on the course.

• ... The race on April 15 this year WILL be remembered as the 100th anniversary of the Boston Marathon. Rocky Khosla, a third Pueblo representative from the SCR in the historic race, said it this way: "I was touched by the 100th running, being there in a big chunk of history. It was just fabulous."

We crossed the starting line at a fast shuffle and were running comfortably by the one-mile mark. Our actual starting times were recorded by the electronic chip we each wore on a shoe lace. The streets were lined with cheering crowds. They sought high fives from the runners and handed out refreshments.

Rocky and I each had disposable cameras to catch the sights on film -- Natick, the Wellesly College girls, the Newton hills, the Citgo sign and John Hancock building looming in the distance.

Paul said: "Heartbreak Hill was no big deal. The Newton hills were a welcome little change to the course." Any Colorado runner would share the sentiment that the hills were no big deal.

Physical problems slowed us. Having made a last-minute decision to run, Paul ran on only 10 days of training after taking eight weeks off with injuries. His most recent Cinco de Mayo time (40:35) is remarkable, showing he is get-



This is what the finish line looked like to Joe Stommel as he was about to complete his Boston Marathon. – Photo by Joe Stommel

ting back into shape quickly.

Rocky carried a fever into the race (see Page 6) and shared this thought: "I was checking my list of things I'd do if I got sick along the way." But he finished well within himself.

My own pace was lowered by some dehydration and the constant lateral movement to keep clear of other runners. But the race was not for fast times; it was for the prize of satisfaction and participation. As Paul said, "I had to just keep going in the last five miles. My flight was at 6:30. I made it with 10 minutes to spare, at a painful pace through the airport terminal. It was neat."

From Rocky: "I zipped in on Saturday and saw some sights, then left on Tuesday."

Kathy and I drove to New York, then to Washington, D.C. for a week-long vacation.

All in all, the 100th Boston Marathon was a unique adventure. I will always remember the race as a great time, a "chunk of history."

Speedwork sessions
SCR members have changed the starting time and location of their weekly Wednesday night speedwork sessions. They now are meeting at 6:30 p.m., and the site will vary weekly. For instance, the group will meet at Mineral Palace Park on May 22 and at the East High School track on May 29. They'd like you to join them. Just show up. But if you would like more information regarding these sessions, call Marijane Martinez at 564-6043.



So let's see the stamp!
You may have read about the 100th Boston Marathon stamp I talked about last month. Amazingly, a few members even remembered reading about it and asked me if I had seen it yet. Yes, I have. I found a copy of it on the Internet. A picture of the stamp is shown above.

Remember to join all the cool SCR people in Section 215 of Folsom Stadium after running the Bolder Boulder.



MARID Inc.
130 S. Union Ave. • Pueblo

Are you living in a vacuum? Theodore Kaczynski happens to be the "alleged" Unabomber.



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, Theodore Kaczynski (ID'd at left) | |

Footprints is published monthly and distributed to all SCR members to inject some entertainment into their lives and once in a while a little information at the same time.

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, keep the officers in line, and generally mark time until the group sojourns to the Gold Dust.

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



Great (a so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of Jules Renard: "If you're afraid of being lonely, don't try to be right."

Musings on running, fitness, life, etc.:

Another humbling experience.

As if I needed another dosage, the Y-Bi Classic duathlon administered Humbler No. 1,582 to me last month. Placing 77th out of 97 finishers was NOT something to write home about. This performance won't go into the annals of history for me. More like the annals of history.

All of the usual excuses came into play here. Hamstring cramps. Sore legs. Serious illness back in February. Blah, blah, etc., etc. Too bad I couldn't blame the wind this year. But let's be honest; lack of quality training – for whatever reasons – may have come into play. Okay, DID come into play. So did lack of genes. Oh good, another excuse – it's my folks who are to blame.

I appreciate the kind words from my cohorts who noted I was still in better shape than 95% of the population in my age group. Appreciate that.

No. life isn't always fair.



Gary Franchi with Mark Koch at the Y-Bi

– Photo by George Balles

Just ask Mark Koch. The 37-year-old Puebloan, among the elite area runners, made some minor bike adjustments this year after finishing the Y-Bi's 11.2-mile bike and 5.5-mile run legs in 1:06:59 last year and taking second in his age group. So what happened? Mark improved his time to 1:04:40.

Pretty salty. That placed Mark tenth in an overall field that included studs from all over the state, a notable achievement.

Alas, it wasn't good enough for Mark to place in the top three of his age group.

I guess we do what we can. Whether we're fast or slow, I guess what my cohorts were telling me is true. You really don't ever need to feel bad about your performance, as long as you are out there training, doing your best and, basically, just striving for good health.

Even if you're competing just against yourself. Because in the overall scheme of things, that's about all that really matters.

This month's smorgasbord: There sure is a lot of neat stuff on the World Wide Web! For example, all of the Boston Marathon results were on there about two days after the race. Is that cool or what? I also found the Home Page of "The Doors," my all-time favorite rock band. Of course, there's some pure drivel on the Net, too. For instance, there was a Home Page on the "Take Your Daughter to Work" day. Now don't get me wrong; I think this is an excellent day that is now held annually. But a Home Page? C'mon, get a life, techno freaks ... Speaking of the Boston Marathon, runners wanted to run in this year's 100th anniversary race so badly that bib numbers were being scalped for between \$500 and \$1,000. I think these people may need to get a life, too ... As the weather has warmed, I've been observing an onslaught of walkers on the track at Pueblo South High School every evening. The numbers are so huge that it wouldn't surprise me to see a traffic light on the track someday. What amazes me is that people would rather walk in a continuous circle than through their neighborhoods and see new things every block. They probably go home after walking and browse the Internet for three hours to avoid talking to the spouse and kids ... Editorial Consultant Nick Nasch, on a sabbatical to conduct research on "flash-frozen vegetables," thinks the time is ripe to have farriers at road races. Farriers are people that fit shoes for horses. Methinks it's time that Mr. Nasch, you know, got out a little more. The fresh air might help ... Anyone who follows professional sports is probably ready to vomit at the mere thought of another owner wanting the city to build him/her a new stadium with a whole gaggle of luxury boxes. They can't make it any more without a million luxury boxes because they pay the athletes such exorbitant salaries. Makes me wonder, since we have so many races at the Nature Center, shouldn't we demand that the City of Pueblo build us some revenue-generating luxury boxes at the Nature Center? We could sell them either by the year or per race. Man, I can just see the public clamoring to buy the seasonal rights to those boxes ... (You still with me?) ... An overused and misused term I could do without – "global market." May the next person who uses that term get chained to a computer terminal and be forced to browse the Internet for 8 hours in a luxury box at the Nature Center ... As usual, it's been real, comrades. May you all sparkle at the Bolder Boulder.

Ultimate in idiocy item of the month:

The *Lights Are Dim Award* goes to SCR members Nick Leyva and Robert Pratt, Sr., for this one.

It seems that Nick and Robert were responsible for marking the Cinco de Mayo course with flour. OK, no big deal. An elementary school principal and a chiropractor should be able to handle that pretty easily.

Ah, but not so fast. You see, as the flour supply was dwindling, our dynamic duo decided to stop at Loaf'N Jug to buy an extra small bag. Only one problem – neither had a cent to his name. Robert had his wallet, but he had removed the bills from it for some reason. So that one dollar and change purchase was made via credit card. Hello! Anybody home?

Movie Line of the Month:

"Yeah, I have a question. When did you turn into a nutbar?"

This flick has a zillion good lines. A silly, funny movie that features a Jim Morrison character. Boy, if THAT'S not a giveaway I don't know what is. Anyway, guess the speaker and the movie & win a Gary Franchi autograph.

The answers are below.

Answers:
"Wayne's World II."
Garth in
Earth in

Y-Bi Classic duathlon

Results provided by Andy Ballou & Kathy Simpson

Mike carries the torch

The SCR's Mike Archuleta was the only Pueblo-area runner selected to take part in the Olympic Torch Relay as it made its way through Colorado earlier this month en route from Los Angeles to Atlanta for the Olympic Games. The relay swooped down from Wyoming to the Springs and then veered northeast to Limon.



Join the SCR in Boulder:

If you are going to run the Bolder Boulder on Memorial Day, plan on joining SCR and Pueblo-area people afterward in Folsom Stadium for a festive time. The group will meet in Section 215. Coolers -- full, of course -- are more than welcome.

Quote of the millisecond:

"Of all the nations in the industrialized world, the U.S. ranks 3rd lowest in the number of people eaten each year by owls."

- Dave Barry
(humor writer)

| Name | City | Time |
|------------------------|-----------------|-----------|
| 1, Forrest Newman | Fort Collins | 58:08.7 |
| 2, Christopher Tolonen | Gunnison | 58:20.3 |
| 3, Paul Dunn | Longmont | 59:51.7 |
| 4, Chris Ramsey | Boulder | 59:58.9 |
| 5, Eric Anderson | Boulder | 1:01:32.8 |
| 6, John Delmez | Highlands Ranch | 1:02:06.2 |
| 7, Jayson Middlemiss | Fort Collins | 1:04:08.5 |
| 8, Ian C. Ramsey | Boulder | 1:04:20.7 |
| 9, Phil Hockbarth | Colo. Springs | 1:04:36.3 |
| 10, Mark Koch | Pueblo | 1:04:40.9 |
| 11, Eric Orton | Denver | 1:04:45.7 |
| 12, Jason McDonald | Boulder | 1:04:52.5 |
| 13, Duane Florie | Fort Collins | 1:05:35.2 |
| 14, Brian Grasky | USAFA | 1:06:01.8 |
| 15, Eric Malmgren | Boulder | 1:06:22.4 |
| 16, Richard Hornish | Colo. Springs | 1:06:45.6 |
| 17, Bruce Miller | Colo. Springs | 1:07:06.7 |
| 18, Thomas Beal | Littleton | 1:08:27.2 |
| 19, Jay Brodie | Boulder | 1:08:33.5 |
| 20, Patrick McGee | Colo. Springs | 1:08:38.2 |
| 21, Dave Diaz | Pueblo | 1:09:09.8 |
| 22, Jason Cleckler | Colo. Springs | 1:09:17.1 |
| 23, Eric S. Hassinger | USAFA | 1:09:36.7 |
| 24, Patrick J. Kelly | Denver | 1:10:05.9 |
| 25, Tim Bauer | Golden | 1:10:28.3 |
| 26, Rich Hadley | Florence | 1:10:31.0 |
| 27, Mark Stecher | Boulder | 1:10:37.5 |
| 28, Eddie Schneider | Conifer | 1:11:22.1 |
| 29, Henry Hund | Pueblo | 1:11:55.0 |
| 30, Kathleen Bowman | Golden | 1:12:12.6 |
| 31, Sarah Alholm | USAFA | 1:12:30.4 |
| 32, Robert C. Berger | USAFA | 1:13:18.9 |
| 33, James G. McCartney | Don't know | 1:13:57.6 |
| 34, Hector Leyba | Penrose | 1:13:59.7 |
| 35, Steve Pugsley | Colo. Springs | 1:14:11.3 |
| 36, Bonnie Moeder | Colo. Springs | 1:14:16.9 |
| 37, Terry Finnegan | Colo. Springs | 1:14:23.5 |
| 38, Paul Chacon | Pueblo West | 1:14:39.5 |
| 39, Barbara Monday | Louisville | 1:14:42.8 |
| 40, Rick Romero | Pueblo | 1:14:52.3 |
| 41, Bob Irving | Denver | 1:15:02.4 |
| 42, Jeff Stavang | Pueblo | 1:15:03.9 |
| 43, Dan Paulson | Canon City | 1:15:16.4 |
| 44, Jim Meyer | Pueblo | 1:16:14.6 |
| 45, Bruce R. Burnham | Colo. Springs | 1:16:20.4 |



Overall winners of the Y-Bi were Kathleen Bowman of Golden and Forrest Newman of Fort Collins.

- Photos by George Balles

| | | |
|--------------------------|---------------|-----------|
| 46, Bill Suter | Colo. Springs | 1:16:21.0 |
| 47, Dennis Wesselink | Colo. Springs | 1:17:06.3 |
| 48, Michele Sneath | Maritou | 1:17:18.1 |
| 49, Nick Leyva | Pueblo | 1:17:35.7 |
| 50, Dave Bolser | Colo. Springs | 1:17:49.9 |
| 51, Herb Finch | Colo. Springs | 1:18:08.5 |
| 52, James Robinson | Pueblo | 1:18:14.6 |
| 53, Michele Gomez | Colo. Springs | 1:18:31.3 |
| 54, Kristi Mileski | Denver | 1:18:46.1 |
| 55, David J. Jones | Monument | 1:18:49.7 |
| 56, Mike Archuleta | Pueblo, CO | 1:18:57.7 |
| 57, Nichole Hartman | Colo. Springs | 1:19:05.6 |
| 58, Ryan Dorsey-Spitz | Pueblo | 1:19:54.2 |
| 59, Drew Rippey | Denver | 1:20:05.5 |
| 60, Jim Beckenhaupt | Colo. Springs | 1:20:22.9 |
| 61, Patty George | Fort Carson | 1:20:28.1 |
| 62, Chin Lam Goh | Boulder | 1:20:28.8 |
| 63, Tim Dalton | Denver | 1:20:58.1 |
| 64, Buzz Borries | Colo. Springs | 1:21:13.3 |
| 65, Helen Robinson | Pueblo | 1:21:28.2 |
| 66, Sean Bryan | Colo. Springs | 1:22:06.4 |
| 67, George Balles | Pueblo | 1:22:46.4 |
| 68, Daryl Torri | Canon City | 1:23:04.0 |
| 69, Kara Jordan | Boulder | 1:23:49.8 |
| 71, Laura Goodman | USAFA | 1:24:23.7 |
| 72, Eleanor Thompson | Boulder | 1:24:25.7 |
| 73, Wayne Whitney | Pueblo West | 1:24:56.9 |
| 74, P J Warne | Colo. Springs | 1:25:58.0 |
| 75, Karen Fady | Colo. Springs | 1:26:44.6 |
| 76, Carol A. Rottinghaus | Pueblo | 1:26:49.7 |
| 77, Gary Franchi | Colorado City | 1:27:05.9 |
| 78, Maggie Corbett | Colo. Springs | 1:27:32.5 |
| 79, Martin Shepperdson | Colo. Springs | 1:27:57.0 |
| 80, Patrick Tomada | Denver | 1:28:02.4 |
| 81, Amy Sealman | Boulder | 1:28:46.9 |
| 82, Robert J. Lane | Pueblo | 1:28:48.1 |
| 83, Carol A. Thomas | Colo. Springs | 1:29:20.1 |
| 84, Marijane Martinez | Pueblo | 1:30:00.9 |
| 85, Cynthia Fontana | Colo. Springs | 1:30:19.9 |
| 86, Maria Elena Weaver | Canon City | 1:34:14.4 |



Good showings were turned in by (from left) Ryan Dorsey-Spitz, and Helen & Jim Robinson

Continued on next page



Cinco de Mayo 10K results

Results provided by Marijane Martinez

| Runner | Residence | Age | Time |
|----------------------------------|------------------|-----|-------|
| 1, Eduardo Olivas Coronado | Mexico | 32 | 32:13 |
| 2, Gerardo Perez Reyes | Mexico | 27 | 33:08 |
| 3, Carlos Navarrete Martinez | El Paso, Texas | 22 | 33:59 |
| 4, Carlos Pena Pena | Mexico | 37 | 33:59 |
| 5, Paul Koch | Colorado Springs | 28 | 35:07 |
| 6, Thom Santa Maria | Colorado Springs | 32 | 35:34 |
| 7, Oscar Eduardo Ramirez Navarro | Mexico | 19 | 35:52 |
| 8, Gary Weston | Colorado Springs | 40 | 35:59 |
| 9, Mark Koch | Pueblo | 36 | 36:30 |
| 10, Rich Hadley | Florence | 40 | 36:38 |
| 11, Jesus Escudero | Mexico | 48 | 37:18 |
| 12, Marty Garcia | Pueblo | 35 | 37:36 |
| 13, James Robinson | Pueblo | 44 | 38:09 |
| 14, Eva Machuca | Mexico | 26 | 38:40 |
| 15, Dave Diaz | Pueblo | 47 | 39:11 |
| 16, Jack Janey | Colorado Springs | 43 | 39:53 |
| 17, Harry Dykstra | Northglenn | 46 | 40:00 |
| 18, Robert O'Callaghan | Pueblo | 35 | 40:15 |
| 19, Paul Chacon | Pueblo West | 41 | 40:35 |
| 20, Thomas Chandler | Colorado Springs | 31 | 40:42 |
| 21, Bill Veges | Pueblo | 38 | 40:44 |
| 22, Ryan Dorsey-Spitz | Pueblo | 13 | 40:53 |
| 23, Sam McClure | Cañon City | 42 | 40:58 |
| 24, Jason Ramos | Pueblo | 24 | 41:29 |
| 25, Jon Shumate | USAFA | 21 | 41:30 |
| 26, Steven Batzer | Capulin, NM | 16 | 41:35 |
| 27, Marv Bradley | Cañon City | 57 | 41:54 |
| 28, Hector Leyba | Penrose | 46 | 42:33 |
| 29, Mike Borton | Pueblo | 40 | 42:46 |
| 30, Cincy Paolucci | Pueblo | 28 | 42:50 |
| 31, David Cooper | Alamosa | 44 | 43:01 |
| 32, Gary Sibigtroth | Lamar | 49 | 43:15 |
| 33, Eugene Mares | Pueblo | 33 | 43:26 |
| 34, Fred Salcido | Cañon City | 40 | 44:14 |
| 35, Brenda Wilson | Alamosa | 36 | 44:20 |
| 36, Robert Santoya | Pueblo | 34 | 44:24 |
| 37, Rich Barrows | Pueblo | 36 | 44:28 |
| 38, Dennis Normoyle | Colorado Springs | 52 | 44:31 |
| 39, Matthew Martin | Pueblo | 40 | 44:44 |
| 40, Allen Weaver | Cañon City | 43 | 44:48 |
| 41, Aaron Lopez | Pueblo | 11 | 44:59 |
| 42, Roger Sajak | Pueblo | 43 | 45:07 |
| 43, Patrick Dennis | Pueblo | 35 | 45:12 |
| 44, Buddy Lambrecht | Cañon City | 35 | 45:14 |
| 45, Brandy Kappel | USAFA | 20 | 45:15 |
| 46, Scot Gaines | Cañon City | 38 | 45:35 |
| 47, Claire Bueno | Pueblo | 31 | 45:53 |
| 48, Deb Robeda | Pueblo | 45 | 46:01 |
| 49, Hilbert Navarro | Pueblo | 55 | 46:22 |
| 50, Gil Cruz | Pueblo | 52 | 46:32 |
| 51, Pablo Sandova | Alamosa | 38 | 46:49 |
| 52, Howard Stringert | Pueblo | 40 | 47:04 |
| 53, Carl Bartecchi | Pueblo | 57 | 47:21 |
| 54, David Crockenberg | Pueblo | 48 | 47:25 |
| 55, Greg Fruhwirth | Fowler | 38 | 47:34 |
| 56, Jenna Dorsey-Spitz | Pueblo | 12 | 47:49 |
| 57, Mark House | Pueblo West | 36 | 48:10 |
| 58, Jack Rink | Pueblo | 41 | 48:30 |
| 59, Raul San Miguel | Pueblo | 45 | 48:39 |
| 60, Ralph Regalado | Pueblo | 59 | 49:01 |
| 61, Stacey Diaz | Pueblo | 35 | 49:11 |
| 62, Art Shinn | Pueblo | 42 | 49:23 |
| 63, Trevor Hadley | Penrose | 14 | 49:28 |
| 64, Christopher Montoya | Pueblo | 14 | 49:28 |
| 65, Misti Frey | Pueblo | 28 | 49:54 |
| 66, Don Pfost | Pueblo | 55 | 49:56 |
| 67, Brad Van Buskirk | Pueblo | 35 | 49:58 |

| | | | |
|----------------------------|------------------|----|---------|
| 68, Maria Elena Weaver | Cañon City | 36 | 50:53 |
| 69, Diane Lopez | Pueblo | 37 | 51:46 |
| 70, Jerry Lopez | Pueblo | 45 | 51:49 |
| 71, Paul Willumstad | Pueblo | 46 | 52:31 |
| 72, Kristi Sprague | Pueblo | 27 | 53:23 |
| 73, Paul Prado | Pueblo | 29 | 53:48 |
| 74, Cathy Kelley | Pueblo | 27 | 53:57 |
| 75, Lori Gregory | Pueblo | 45 | 54:24 |
| 76, Brendan Dorsey-Spitz | Pueblo | 9 | 54:28 |
| 77, Barbara Wasser | Colorado Springs | 48 | 54:33 |
| 78, Anthony Suarez | Pueblo | 32 | 54:37 |
| 79, Jessie Quintana | Pueblo | 52 | 54:38 |
| 80, Anthony Polelli | Colorado Springs | 55 | 55:15 |
| 81, Eugene Arellano | Pueblo | 48 | 55:30 |
| 82, Julie Arellano | Pueblo | 43 | 55:44 |
| 83, Roger Wilcox | Colorado Springs | 67 | 56:33 |
| 84, Susan Stienmier | Cañon City | 33 | 56:40 |
| 85, Donna Nicholas-Griesel | Coaldale | 49 | 57:14 |
| 86, Alex Cortez | Raton, NM | 49 | 59:56 |
| 87, Clint Wasser | Colorado Springs | 49 | 1:00:04 |
| 88, Sandy Messick | Cheraw | 37 | 1:00:07 |
| 89, Jeremy Gregory | Pueblo | 11 | 1:04:28 |
| 90, Tom Sprague, Jr. | Pueblo | 31 | 1:04:28 |
| 91, Becky Medina | Pueblo | 26 | 1:04:49 |
| 92, Cheryl McCoy | Salida | 51 | 1:05:12 |
| 93, Vicki Waterfall | Pueblo | 32 | 1:05:19 |
| 94, Deborah Connor | Poncha Springs | 41 | 1:05:34 |
| 95, Nick Segura | Pueblo | 48 | 1:06:27 |
| 96, Rosie Macalister | Fort Collins | 35 | 1:06:46 |
| 97, Victor Gelnor | Colorado Springs | 58 | 1:06:46 |



Co-Race Director Marijane Martinez got in the Cinco mood

Y-Bi Classic

Continued from Page 4

| | | |
|------------------------|---------------|-----------|
| 87, Tommy Burke | USAFA | 1:34:37.6 |
| 88, Donna Wheeler | Pueblo | 1:35:21.9 |
| 89, Edward W. Marx | Pueblo | 1:35:33.0 |
| 90, Curt Ormond | Colo. Springs | 1:36:34.3 |
| 91, Lori Stavang | Pueblo | 1:36:54.3 |
| 92, Rick Martinez | Canon City | 1:38:10.4 |
| 93, Krista McGalliard | Boulder, CO | 1:39:35.1 |
| 94, Sharon Greenbaum | Colo. Springs | 1:40:02.0 |
| 95, Jessica Martinez | Canon City | 1:40:09.7 |
| 96, Michael J. Roberts | Colo. Springs | 1:40:50.1 |
| 97, Trevor Hadley | Florence | 1:46:11.9 |
| 98, Sandra Trujillo | Colo. Springs | 1:46:17.6 |
| 99, Josanne B. Roberts | Colo. Springs | 1:49:08.6 |

Pueblo & Hinterlands Division MALE

| | | |
|-----------------|-------------|-----------|
| 1, Mark Koch | Pueblo | 1:04:40.9 |
| 2, Dave Diaz | Pueblo | 1:09:09.8 |
| 3, Rich Hadley | Florence | 1:10:31.0 |
| 4, Henry Hund | Pueblo | 1:11:55.0 |
| 5, Hector Leyba | Penrose | 1:13:59.7 |
| 6, Paul Chacon | Pueblo West | 1:14:39.5 |
| 7, Rick Romero | Pueblo | 1:14:52.3 |
| 8, Jeff Stavang | Pueblo | 1:15:03.9 |
| 9, Dan Paulson | Cañon City | 1:15:16.4 |
| 10, Jim Meyer | Pueblo | 1:16:14.6 |

FEMALE

| | | |
|-------------------------|------------|-----------|
| 1, Helen Robinson | Pueblo | 1:21:28.2 |
| 2, Carol A. Rottinghaus | Pueblo | 1:26:49.7 |
| 3, Marijane Martinez | Pueblo | 1:30:00.9 |
| 4, Maria Elena Weaver | Cañon City | 1:34:14.4 |
| 5, Donna Wheeler | Pueblo | 1:35:21.9 |



Eduardo Olivas Coronado of Mexico blazed to a 32:13 time.

- Photos by Gary Franchi

Samora race!

Note that a 5K race in memory of Rose Samora will be held Sept. 8 at City Park. The Sunday morning race will consist of two loops of City Park.



Training to do your best!

Tapering allows your muscles to recover and rebuild after periods of hard work. Tapering produces an incredible array of changes, including greater muscle-glycogen stores, expanded blood plasma, increased aerobic enzymes, improved running economy and heightened mental freshness.

In short, tapering works!

– Owen Anderson in *Runner's World*

Yankee go home!

The last American winners of the Boston Marathon were Greg Meyer in 1983 (2:09:00) and Lisa Weidenbach in 1985 (2:34:06).



Tim Vigil was the top male finisher

It's important to know when to say "no"

by Rocky Khosla, M.D.

Something occurred during the most heavily covered major sporting event in recent history that led me to write this column. The event I'm referring to was the pageantry-filled Boston Marathon. (Ed. Note: As noted last month, "The Rock" qualified for and registered to run this year's 100th running of the Boston Marathon.)

Since the marathon was on Monday, I decided to fly out on Saturday because it would have been twice as expensive to fly in on Sunday. I got into Boston late in the evening and felt somewhat tired and achy, but I attributed this to a long day's travel effects. The next day, however, I woke with a sore throat, mild cough and a fever of 99 degrees. That night, I had muscle aches and a fever of 101 degrees. So the question is, should you compete in a marathon the next day if you find yourself in this situation?

First of all, do people who exercise regularly get sick more often or less often than sedentary people? The general consensus is that people who do moderate exercise regularly tend to have fewer infections than both folks who are sedentary and folks who do intensive exercise. Several studies have indicated a very high chance of runners getting a significant upper respiratory infection within two weeks of competing in a marathon.

Second, is it harmful to exercise when you have an infection? Studies have been done that show that intense exercise during the incubation period can increase the severity of an illness. Also, certain infections can have a higher rate of complications with exercise. For example, intense exercise in patients with infectious mononucleosis (better known as "mono") has been associated with rupture of the spleen. Also, there are certain upper-respiratory viral infections caused by entero-



viruses that can lead to myocarditis (inflammation of the heart muscle) because of intense exercise. This last scenario has been associated with sudden death during exercise in humans.

Third, do infections affect performance? The answer to that is "yes." Patients with fever due to viral upper respiratory infections have been shown to have higher maximal heart rate during exercise, diminished respiratory function and impaired skeletal muscle performance.

So, bearing all of the above in mind, what should you do as far as exercise goes if you are sick? The consensus amongst the sports medicine gurus is that if there are only symptoms above the neck (runny nose, mild sore throat, etc.), then it's probably safe to exercise. If, however, the patient has below-the-neck symptoms such as muscle aches, cough, fever, or chills, it is best to refrain from intense physical exercise.

Hence, if a patient had come to me with my symptoms on the morning of April 15, 1996 and asked if he or she should run the Boston Marathon, I would have said "no." But, of course, when it comes right down to it, we physicians are lousy patients. So I ran in the marathon, felt a bit puny and didn't have my best time.

But you know what? The people, the atmosphere and the history of it all made this one of the best races I have had the honor and good fortune to run in my life!

Till the next time, happy trails!

Celebration of the Arts results

Results provided by Mark Counterman

Overall Winners

Male:

Tim Vigil, 17:39

Female:

Chrissy Quintana, 21:41

Runners

| Runner | Time |
|----------------------|-------|
| 1, Tim Vigil | 17:39 |
| 2, Jim Robinson | 19:23 |
| 3, Dave Daiz | 19:35 |
| 4, Bill Veges | 20:37 |
| 5, Joe Stommel | 20:39 |
| 6, Robert Santoyo | 21:35 |
| 7, Alvin Vigil | 21:38 |
| 8, Chrissy Quintana | 21:41 |
| 9, Mike Archuleta | 22:50 |
| 10, Hilbert Navarro | 22:55 |
| 11, John Thomason | 23:15 |
| 12, Helen Robinson | 23:20 |
| 13, Marjane Martinez | 23:24 |
| 14, Gary Franchi | 23:32 |
| 15, Leroy Sandoval | 23:38 |
| 16, Sharon Vigil | 24:24 |
| 17, Don Pfozt | 24:56 |
| 18, Sal Sanchez | 27:16 |
| 19, Jessie Quintana | 27:35 |
| 20, David Jobe | 27:51 |
| 21, Shari Chacon | 28:29 |
| 22, Jim Neblick | 30:57 |

| | |
|----------------------|-------|
| 23, Mark Wilkinson | 31:22 |
| 24, Mark Thomason | 31:44 |
| 25, Carey Moreschini | 34:47 |
| 26, Debbie Martinez | 41:55 |

Walkers

(No times available)

Janice Bustos
Josh Favinger
Jessica Foster
Erich Jeske
Shanna Jeske
Maria Nunines
Lois Pfozt
Lou Silva



Chrissy Quintana was the top female

– Photos by Gary Franchi

Racing Calendar

Pueblo-Canon City area

| | | | |
|-------------|-----|---------|---|
| June | | | |
| 7 | Fri | 7:00 PM | Holy Family Run, 5K & 1.5K Walk..... Holy Family Parish walkers at 6:45 p.m. Prairie & Lakeview 564-6043 |
| 23 | Sun | 8:00 AM | Power Waffle Run - Handicap, 4.1M ... Stommel home 544-9633 27470 Woburn Abbey on the St. Charles Mesa |

Other areas

| | | | |
|-------------|------|--|---------------------------------------|
| May | | | |
| 27 | Mon | Bolder Boulder, 10K | Boulder (719) 544-7223 |
| 31 | Fri | Run for the Homeless, 8K | CC track, CO Springs (719) 590-7086 |
| June | | | |
| 1 | Sat | Turquoise Lake 20K | Leadville |
| 1 | Sat | Sunset Park Trail Run, 4.5M | Palmer Park, Springs (719) 590-7086 |
| 2 | Sun | Columbine Classic, 2K & 5K | Washington Pk, Denver (303) 972-4931 |
| 9 | Sun | Creek to Springs Relay, 63M | starts in Aurora (303) 871-8366 |
| 9 | Sun | Garden of the Gods Run, 10M | Coronado H.S. (719) 473-2625 |
| 15 | Sat | Mayor's Cup, 5K & 10K | Woodland Park (719) 574-8570 |
| 16 | Sun | Waterfest Do Your Best, 5K | Colorado Springs (719) 597-8736 |
| 16 | Sun | Strawberry Shortcut, 5K & 10K | Glenwood Springs (970) 945-7456 |
| 16 | Sun | Run for a Child's Sake, 10K & 5K Run/Walk | Washington Pk. Denver (303) 694-2030 |
| 22 | Sat | Sailin' Shoes, 10K | Downtown Colo. Springs (719) 596-3507 |
| July | | | |
| 4 | Thur | Flame Out 4, 4M | Memorial Pk., Springs (719) 637-8488 |
| 14 | Sun | Colorado Springs Classic, 7M | Tiffany Square (719) 493-2625 |



Other local races in 1996

- Women's Distance Festival -- July 7
- Nirvana Run (Handicap) -- July 19
- Beulah Challenge 10K & 5K -- Aug. 3
- Fremont County Fair 5K -- Aug. 4
- Drag'n On In Triathlon -- Aug. 25
- Rose Samora 5K -- Sept. 8
- Dam Run -- September date TBA
- Atalanta Run, 5K -- Nov. 23
- Rock Canyon Half-Marathon -- Dec. 8
- Marijane & Nick's Excellent Adventure (Handicap) -- Dec. 15

Notable & Unnotable Marathons

| | | | |
|-----------|----|---|--------------|
| May | 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 |
| | 9 | Taos, NM (& Half & 5K/Walk & Relay) | 505-776-1860 |
| | 9 | U.S. Fila Sky, Aspen | 303-694-2030 |
| | 22 | Grandma's, Duluth, Minn. | 218-727-0947 |
| July | 20 | Mosquito, Leadville..... | 719-486-1856 |
| | 24 | Deseret News, Salt Lake City | 801-237-2135 |
| September | 7 | Jackson (Wyoming) | 307-733-5056 |
| | 29 | Duke City, Albuquerque | 505-890-1018 |
| October | 5 | St. George (Utah) | 801-634-5850 |
| | 6 | Twin Cities (Minnesota) | 612-673-0778 |
| | 12 | City of Gallup, NM | 505-722-4301 |
| | 13 | River Trail (& Half), Pueblo | 719-543-5151 |
| | 20 | Colorado, Denver | 719-871-8366 |
| | 20 | Chicago | 800-527-3214 |
| November | 3 | New York City | 212-860-4455 |
| | 3 | Omaha (Neb.) Riverfront | 402-553-8349 |
| | 10 | Columbus (Ohio) | 614-433-0395 |
| | 23 | Tulsa (Okla.) | 918-744-0339 |
| | 24 | Seattle (Wash.) | 206-821-6474 |



Mrs. Feamster was the hit of the Celebration race when she arrived with the pizzas.

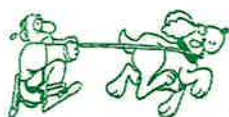
- Photo by Gary Franchi

Other 1996 racing dates

- Pikes Peak Ascent & Round trip -- August 17 & 18

Get the results of your out-of-town races to Footprints Editor Gary Franchi:

Call 719-676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019 • Or e-mail to: franchi@pcc.ccoes.edu



Stats that rule

Ain't this great:
The number of obese in U.S. has increased from 25% in 1960 to more than 33% today.

– Jennifer Maxwell,
Nutritionist

Facts about the Boston Marathon:

- 5,000 Port-O-Johns were used.
- Of the 38,708 official runners, 92% finished.
- Runners over the age of 40 accounted for 56% of the finishers.
- No U.S. runner was in the top 30.
- 100% of the runners don't care if you or I were there.

Crucial information about area races

by the Editor

An evening 5K

The third annual Holy Family 5K Run & 1.5-Mile Walk on Friday, June 7, which begins at 7 p.m. (6:45 for walkers) was tailor-made for those of us who are NOT morning people. If we had our way, sunrises would take place at the crack of noon. Work would begin when we got there. The "Good Morning America" show on TV would be renamed the "Good Evening Show."

Anyway, this is a great low-key, fun race with a real "homey" feel. Great prize drawings. Nice, flat course that can make you a legend in your own mind. See ya there!

Bring the waffle batter

On June 23, the Stommels (Kathy & Joe) will host their annual **Power Waffle Run**. This is a 4.1-mile race that challenges your ability to outwit 4-legged barking creatures. Afterward, feast on pot-luck goodies that everyone (including yourself) will bring. This race has an 8 a.m. start.

It would be nice to call the Stommels (544-9632) to let them know if there is something in particular they would like you to bring.

They probably won't, but it's nice to ask. Different pancake/waffle batters are encouraged.

The Stommels live at 27470 Woburn Abbey on the St. Charles Mesa.

July happenings

Upcoming in July are the **Women's Distance Festival 5K** on July 7 and the **Nirvana Run**, a 4.2-mile handicap race to be held July 19 at the Colorado City home of your beloved editor.

A new twist to the Nirvana this year – the race will take place in the evening (7 p.m.), with a barbecue to follow at the Franchi's lake-side estate. The race is one of 9 Handicap Series races on the '96 slate. More details later.

Taking place the following day – Saturday, July 20 – will be the annual **SCR Picnic** at Greenhorn Meadows Park, which also is in Colorado City. Those wanting to stay overnight Friday can camp at the campgrounds near the picnic site or at the Franchi Estate.

Good reason

In case you hadn't heard, the popular Colorado Springs Classic to be held in the Springs on July 14 has been changed from a 10K to a 7-mile race this year. No explanation given contains any semblance of rationality.

"Exercise appears to nullify a genetic tendency toward overweight." – Paul Williams, Director, *National Runners' Health Study*.

Locker room axiom

"If you're the only one in the locker room, the next person to arrive will be given the locker next to you." – The Franch

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue

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



Don't be left speechless!

If you move, please get us your change of address to keep your issues of *Footprints* coming. Otherwise, your fountain of information will wind up as debris in some corner at the Post Office.

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