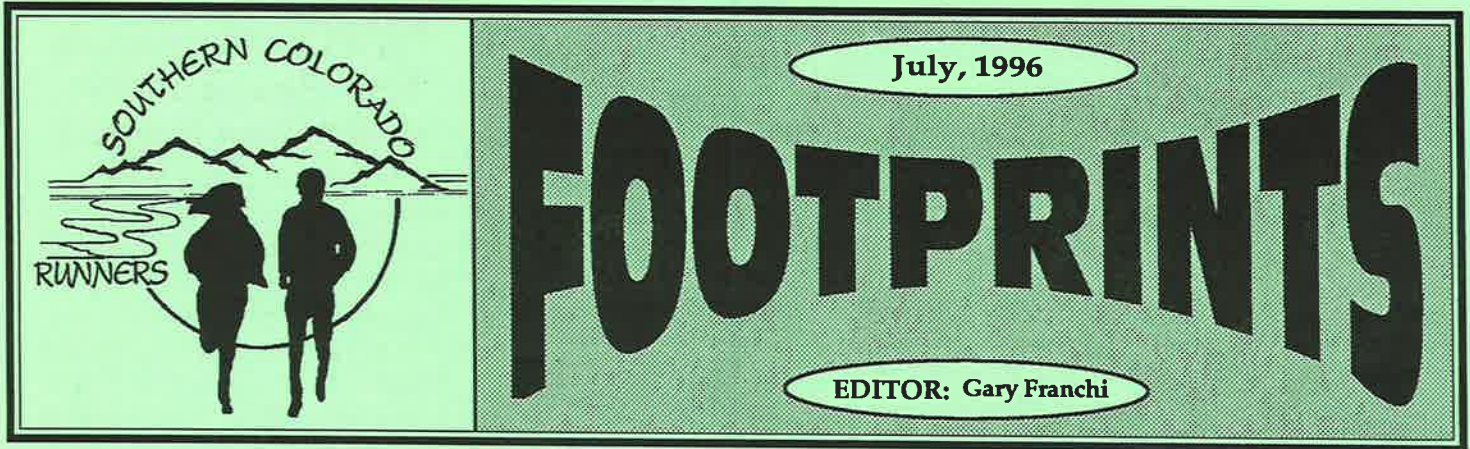


★ The RRCA's No. 1 small club newsletter in the USA! ★



★★★ Literary Pollution Edition ★★★

See you July 20 at the SCR Picnic

For the third consecutive year, the SCR will have its annual Club Picnic in Colorado City. The day and date are Saturday, July 20, at Greenhorn Meadows Park located on Highway 165. Highway 165 is Exit 74, which is 20 miles south of Pueblo. The park itself is approximately 3 miles west of I-25 on Highway 165. (see map on Page 6)

The picnic will start at 11 a.m., and lunch will be catered at noon. After that, there will be games for the kids, volleyball games, softball games, and anything else that suits our fancy. The softball diamonds will be available beginning at 2 p.m.

The picnic is free to SCR members and their guests.

For those of you coming to the Nirvana Run in Colorado City the night before, camping may be available at the campgrounds right in Greenhorn Meadows Park. For information, call 676-3059. It costs \$8 without electricity and \$10 with electricity.

Or you can crash on the floor at the Franchi Estate, or you can bring a tent and camp on the Franchi lawn.

A flyer enclosed with this newsletter has all the details about the picnic. Read it. Learn it. Live it.

See you there!



Picnic Facts

- When:** Saturday, June 20
- Time:** 11 a.m.
- Where:** Greenhorn Meadows Park in Colorado City
- Goodies:** Catered meal plus liquids
- Price:** Free to SCR members & their guests
- Events:** Volleyball, softball, games for kids, etc.

Drag'n On In Triathlon adds a Duathlon division



You may recall that in last month's issue of "Footprints" the possibility of an open water swim race being added to the Drag'n On In Triathlon was discussed. At the time, that was true.

But during the past month, the triathlon committee decided to junk the idea of a separate swim race and instead have added a duathlon. It will consist of a 5K run, 40K bike and another 5K run. It is anticipated that the duathlon will draw a whole new wave of competitors who love the two disci-

plines but don't like to swim.

The triathlon consists of a 1.5K swim, 40K bike and 10K run.

The Drag'n, by the way, is scheduled for Sunday, August 25. It is based at Lake Pueblo's North Shore Marina.

The event normally attracts a ton of outstanding endurance athletes from all over the state, and it is anticipated that the duathlon will swell the numbers this year.

If you can help as a Drag'n volunteer, call Ben Valdez at 543-5151.



Club News You Need

by the Editor

So many happenings. Not enough space. Here's the most important stuff:

T-Shirt Contract

In an effort to save a few bucks over the long haul, the SCR plans to secure an annual T-shirt contract via the solicitation of bids from silkscreeners. It is hoped that we will be able to get a reduced rate by taking all of our T-shirt business to one source for the year. SCR Prez Ben Valdez should have a report on this up the road.

Course Striper

Since we mark so many courses, the SCR voted at the July club meeting to purchase a course striper that can be filled with a cans of substances sold by the same company. Naturally, a case of 12 cans cost considerably more (\$28) than the striper itself (\$9). This is gonna be cool because we'll be able to use the wash-off substance we've wanted to use on race courses.

We're Solvent

It's July and the SCR is still solvent. Actually, thanks to additional sponsorship this year, we had about 3 grand in our various accounts prior to the picnic. That means we should survive 1996 with the shirts on our backs and another in the closet. The Cinco de Mayo race netted about a grand this year.

The SCR funds will have to carry us through the club's awards banquet in January and the purchase of volunteer awards as well. No such awards were distributed last year, and all of the volunteer points earned in 1995 have been carried over to this year.

Cañon group runs Turquoise Lake 20K

A whole bunch of runners from the Cañon City area trekked to Leadville for the Turquoise Lake 20K held on June 1. They included Marv Bradley, Susan Gebhart of Penrose, Tracy & LaDonna Gunn, Mike Jolliffe, Sam McClure, and Maria Elena & Allen Weaver. A true animal, Sam had run the Madison (Wis.) Marathon the previous week. Bradley, by the way, also found out recently that he placed 3rd in the Moab Half-Marathon that was mentioned in last month's "Footprints." He also was first in his age category (57) at the Bolder Boulder with a 42:49 time. Shazam!

Photo Trivia

Answers to the Photo questions posed on Page 3:

The item in question is a thumb splint. It is being worn by Rocky Khosla at the Holy Family Fun Run. "The Rock" dislocated the thumb when he took a spill on a training run the week of the Holy Family Run. A physician, he re-set the thumb and finished his run.

Join us!

Attend the SCR Picnic on July 20, and in the evening enjoy Founder's Day activities in the Union Avenue Historic District.



130 S. Union Ave. • Pueblo

Gort was the name of the alien in the movie "The Day the Earth Stood Still."

WANTED: Colorado State Representative for the Road Runners Club of America

We are looking to fill the state rep vacancy in your state. The state rep functions as the communications link between the RRCA running clubs in your state and the RRCA's western director. This is a volunteer position but expenses will be reimbursed to the state rep at \$25 per RRCA club with a state meeting (\$15 without). Also, the state rep's RRCA convention registration fee of \$100 is payed for as well as \$150 travel allowance to the convention (the 40th anniversary convention will be held in Colorado Springs, CO next June. More than 500 runners are expected to attend.)

For more information and a list of state rep responsibilities, please contact: Laura Kulsik, RRCA Western Director, 1317 School Street, Folsom, CA 95630, or call (916) 983-5272.



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, Gort (ID'd at bottom left)

Footprints is published monthly and distributed to all SCR members regardless of their ability to sort out the noteworthy from the ultra-noteworthy information provided.

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, attempt to understand the Secretary's minutes, and try to keep a straight face while listening to the discussion of issues.

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



Great (& so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of Gene Simmons of the rock band "Kiss": "Any day above ground is a good day."

Musings on running, fitness, life, etc.: On a recent browsing excursion at the Hastings entertainment store in Pueblo, I discovered a clearance rack of computer books. I love computer books. Never read them, but I feel smarter just holding them in my hands and looking at the pages. My "smartometer" (pronounced "smar-TAH-meh-ter") rises even further if I buy them and put them on my bookshelf.

One book on this Hastings rack was a "DOS for Dummies" book. I think DOS stands for David of Spain. There also is such an acronym as MS-DOS, which I suppose means Ms. David of Spain and must be referring to his girlfriend, wife, mistress, or significant other.

I was really excited to see this book. Just think, I thought, I can learn all about DOS and will be able to converse, like an expert no doubt, with computer gurus. It also would look nice on top of the "Macintosh System 7.5 for Dummies" book I already own. That's been very useful, being one of the 5 or 6 books I've stacked up to make a bookend. Hey, good bookends are hard to find!

Anyway, while walking through Hastings sipping Hazel Nut Creme java, I noticed a few other "Dummies" books. There's "Golf for Dummies," "Gardening for Dummies," "Auto Repair for Dummies," "Job Hunting for Dummies," "College Planning for Dummies," etc. The publisher obviously has hit upon a successful formula.

Still, though, I think some great opportunities are being missed. The publisher is missing the fitness craze. Think of the possibilities. Well, here, let me think of a few of them for you:

- "Walking for Dummies" is a natural since walking is the No. 1 exercise activity in America. Possible Chapter 1 text: "Remember, if you lead with the left leg, the right leg should follow, and vice-versa."

- "Running Shoe Buying for Dummies" could remove the scientific gobbledygook in those annual *Runner's World* articles. Text: "Never buy a shoe that doesn't fit good. And don't buy crap from cheap-a__ places, either."

- "Bicycle Repair for Dummies" could finally teach some of us how to deal with flat tires. Text: "Never cycle when bike repair shops are closed."

- "Swimming for Dummies" could be the key to Dr. Jim Robinson and Dave Diaz becoming the next Johnny Weissmullers. Text: "Always do open-water triathlons. This way, you can slip fins on without anyone knowing."

- "Speedwork for Dummies" could help you look forward to your weekly track regimen once again. Text: "As you age, never use a watch when doing speed repeats."

- "Road Racing for Dummies" could revolutionize your racing strategy. Text: "Always make sure

the life insurance policy is paid up before racing."

- "Free Weights & Dumbbells for Dummies" could be the definitive anthology on weight training. Text: "To be a true muscle head, remember that the less weight used, the louder should be the compensating grunting sounds."

What a potential market! Untapped. Vast. Crucial to life. And, thus, a sure thing.

For dummies, anyway.

This month's smorgasbord: ... I checked out "Smart Exercise" by Covert Bailey from the McClelland Library and picked up a free bookmark from the counter. Both sides of the bookmark were identical. Now, how ridiculous is that? If you use it to mark your spot, how are you supposed to know what side you're on? ... George Balles, the SCR's resident biking guru, says the difference between an open water swim and a pool swim in a triathlon is "The element of fear." Very astute ... SCR kids continue to amaze, but not just in running. While the three Dorsey-Spitz kids – Brandon, Jenna and Ryan – qualified for the regional Junior Olympics in Albuquerque, young multi-sport phenom Blake Ottersberg got his picture in the *Daily Bugle* recently for winning a Good Citizenship Award. Nice! ... This month's cliché I could do without: "Visualize better results." OK, I'm visualizing a 40-minute 10K but I don't think it's gonna happen. Maybe there's a "Visualizing for Dummies" book ... You know the cotton that's stuffed into drug and vitamin bottles? What if swallowing such cotton caused brain damage? (Hope you enjoy taking your next pill.) ... See ya, buckos!



Running Trivia

What is this? Who is sporting it? Why? If you know the answers, consider yourself a scholar and, quite possibly, someone with at least half a brain. Answer somewhere in this newsletter.

– Photo by Gary Franchi

Ultimate in idiocy item of the month:

This month's *Lights Are Dim Award* goes to Proctor & Gamble the manufacturer of olestra, the zero-fat food substitute.

Consumer groups are protesting the use of olestra because it seems the product has a tendency to cause diarrhea. Proctor & Gamble says the claims are irresponsible because – now get this! – while 200,000 bags of such potato chips have been sold, "only" 67 people had gastrointestinal side effects.

I wonder if the fact that Proctor & Gamble has spent 25 years and more than \$200 million developing olestra has anything to do with its inane position on this.



Movie Line of the Month:

"I guess they're right. Senior citizens, although slow and dangerous behind the wheel, can still serve a purpose."

This recent movie is about two dumkops and their idiotic exploits. The speaker has appeared here before. Guess the movie and speaker and earn a smile from the editor.

Answers below.

Answers:
"Dumb & Dumber."
Jim Carrey in

Holy Family Fun Run/Walk

Training to do your best

Hill running strengthens leg muscles but is NOT a replacement for speedwork. It is designed to get you ready for speedwork. Alternate forms of hill work are treadmill intervals, bike or step intervals, bleacher steps, and weight training.

All of these help build muscle strength while also reducing the risk of injury.

- American Running & Fitness Association



Good idea

Organizers of the Holy Family Run came up with a great "family plan" entry fee idea this year.

The pre-registration fee for the race was \$12, and the fee for each additional family member was just \$6. Very resourceful!

Did you know?

Ever wonder why Australia turns out so many good triathletes? Didn't think so. But I'll tell you anyway. Consider that triathlon is a high school sport there.



The oldest participant was Louise Brun, 81, shown at left with her daughter, Jean Schloss. Above is a the table full of prizes given out through random number drawings.

Putting the "fun" into a race experience

by Len Gregory

The Holy Family Fun Run last month was, well, fun! Notwithstanding the warmish early evening temperature and the obnoxious smell of Jim Robinson's horse liniment, the 32 runners and 16 walkers seemed to thoroughly enjoy the laid-back affair. It helped, of course, that fully half of the participants managed to bag one of the prizes that race organizer Lori Gregory gleefully distributed on behalf of various contributors.

The diminutive, fleet MJM (as in Marijane Martinez) was particularly pleased by her catch. Arriving early to help out before the race, MJM cast an admiring, covetous eye on a handsome mandala donated by Piñon Truck Stop. Luckily, when her name was drawn following the race, the mandala was there waiting to be chosen. Rich Hadley also snared an especially nice prize, a running watch, and Paul Prado snapped up a stylish sweatshirt.

Other participants walked away with an assortment of caps, haircuts, curling irons, bubble bath and soap. Sadly, there was no hair permanent given out this year, putting a

real damper on Helen Robinson's 1996 coiffure planning. Maybe next time, Helen.

For the second year in a row, Louise Brun, at 81 years young, won the prize for the oldest competitor. The youngest - irrepressible Jennifer Hood, 8 - received a book and a stuffed animal.

The largest family contingent was comprised of Jean Schloss and her sons Brad and Mike, gentleman friend and spirited walker Chris Sandoval, and Jean's mom, the aforementioned Mrs. Brun.

Doris Frederick drove all the way from Byers to bury the entire field in the walkers contest. And Bryon Coleman of Kenai, Alaska, competed in the run.

As for the race ribbons, youth, beauty and maturity all were served. In the run, Todd Hund won the men's race with a fine 17:37, and Cindy Paolucci led the women with a spiffy 20:39. In the walk, Doris Frederick, competing in the 50-59 age group, outlegged everybody with a 20:54 and Matthew Pino won the men's race with a 21:40.

So who's young, who's beautiful and who's mature? We'll leave that to you to figure out.

Results of this 5K Run and 1.5M walk held June 7 at the Holy Family Parish on Pueblo's South Side.

Results provided by Race Director Lori Gregory

RUNNER	AGE	TIME
1. Todd Hund	16	17:37:00
2. Rich Hadley	40	18:04:18
3. Johnny Ray Garcia	39	18:33:38
4. Jim Robinson	44	18:40:54
5. Dave Diaz	47	19:36:84
6. Blake Ottersberg	14	20:12:73
7. Cindy Paolucci	28	20:37:17
8. Rocky Khosla	37	20:49:54
9. Bryon Coleman	15	21:05:05
10. Nick Leyva	42	21:21:53
11. Janel Anderson	27	21:30:50
12. Robert Santoyo	34	21:30:52
13. Stephen Clough	33	21:49:07
14. Paul Prado	29	21:50:51
15. John Ulsh	46	21:53:50
16. Gary Franchi	47	22:02:24
17. Henry Hund	54	22:19:05
18. Marijane Martinez	43	22:31:58
19. Helen Robinson	38	22:46:64
20. Len Gregory	53	22:52:74
21. Raul San Miguel	45	23:11:62
22. Misti Frey	28	24:16:50
23. Stacey Diaz	36	24:20:02
24. Brad Schloss	16	25:38:01

25. Jeremy Gregory	12	25:48:13	4. Jacque Gonzales	12	21:46
26. John Holiman	69	26:27:76	5. Pam Gonzales	37	21:47
27. Ivan Segura	33	26:33:27	6. Veronica DeHerrera	46	25:22
28. Mike Schloss	14	27:10:68	7. Judy Mondragon	31	25:23
29. Martin Ottersberg	44	28:24:49	8. Lestin Jubic	57	26:28
30. Mike Parlapiano	40	28:57:28	9. Phyllis Bassetti	64	26:29
31. Jean Schloss	44	31:06:86	10. Brandon Horvat	10	26:30
32. Bob King	59	31:06:87	11. Jennifer Hood	8	26:49
			12. Shandra Horvat	12	26:51
			13. Tami Horvat	36	26:53
			14. Jodi Aguilera	53	30:55
			15. Louise Brun	81	39:39
			16. Chris Sandoval	42	39:41

WALKERS

1. Doris Fredrick	59	20:54
2. Matthew Pino	13	21:40
3. Mary Pino	40	21:45



Overall Winners

Top finishers in the Holy Family 5K Run were Todd Hund in 17:37 and Cindy Paolucci in 20:37.

Photo by Gary Franchi

Races, Races & More Races

Grandpa Bradley PRs at Grandma's!

Ghostwritten by The Editor
for Marv Bradley

Fresh off a sparkling Bolder Boulder in which he was **FIRST** among all 57-year-old males, the SCR's Marv Bradley of Cañon City trekked to Minnesota to run the Grandma's Marathon in Duluth.

Run it he did. And well!

Starvin' Marvin recorded his marathon PR - 3:26:31 - and says he would have done even better had he not had trouble with the *Breathe Right* strip he likes to wear on his nose to encourage heckling from newsletter editors. After playing with the strip but still being unable to keep it on at the start, Marv trashed it, and says it cost him about a minute and a half of fiddling time at the start. Poor boy!

There also was an on-again, off-again headwind to battle from mile 6 to mile 20. Judging by his finish time, I guess he battled it pretty successfully!

Marv celebrated his performance with



Marv Bradley, the SCR's 1995 Male Runner of the Year, ran a sterling 3:26:31 at the Grandma's Marathon in Duluth, Minnesota.

some Wild Cajun Chicken and a couple of Porter brewskis. He has nothing but good things to say about the marathon, including the scenic course, race organization, aid stations and spectator support.

Marv's time placed him 1,004th out of more than 7,300 finishers. Not too shabby!

Most important, showing he still retained his senses after finishing the race, Marv notes that the best (and only) microbrewery in Duluth is Fitger's. Good show, dude!

Garden of the Gods 10-Mile Run

by The Editor

While up in the Springs last month to run the Sailin' Shoes and take in Springspree, I stopped in at Runner's Roost and dug up the results sheets from the Garden of the Gods 10-Mile Race. Can't believe I spent an hour pouring over those results and writing down as many Pueblo & Hinterlands division and other SCR finishers as I could.

Now, I know I couldn't catch the names of all of the area finishers on those sheets, but I did my best. Following are the names I was able to jot down. My apologies to those of you who ran the race but aren't listed below. Drop me a line or call or e-mail me and I'll include those results next month.

By the way, check out the times and finishes by Tim Vigil, Johnny Ray Garcia and Gerald Romero in the Male category and Deb Robeda in the Female listings. **WOW!**



(Runners listed alphabetically)

MALE

Runner	Time	Div. placing
• Eugene Arellano	1:51:19	128th in 45-49
• Mike Borton	1:20:36	47th in 40-44
• Paul Chacon	1:12:50	15th in 40-44
• Dave Diaz	1:12:04	11th in 45-49
• George Dominguez	1:22:29	6th in 55-59
• Johnny Ray Garcia	1:04:43	10th in 35-39
• Marty Garcia	1:08:22	17th in 35-39
• Dave Klein	1:14:22	24th in 40-44
• Mark Koch	1:03:33	7th in 35-39
• Gerald Romero	1:08:55	5th in 20-24
• Roger Sajak	1:22:13	52nd in 40-44
• Bruce Taylor	2:02:12	134th in 45-49
• Tim Vigil	58:11	1st in 30-34

FEMALE

• Julie Arellano	1:51:50	54th in 40-44
• Claire Bueno	1:26:20	23rd in 30-34
• Stacey Diaz	1:29:12	28th in 35-39
• Laura Engleman	1:36:36	33rd in 40-44
• Trish Ferguson	1:42:12	42nd in 40-44
• Gloria Montoya	1:39:+	26th in 45-49
• Jessie Quintana	1:44:12	10th in 50-54
• Deb Robeda	1:19:20	3rd in 45-49
• Carol Saucedo	1:34:31	28th in 40-44
• Sally Taylor	1:34:32	29th in 40-44

Area runners shine bright

In making a couple of rare appearances at "away" races and in checking out other sources, I've been amazed at the study performances of SCR as well as other Pueblo & Hinterlands Division runners.

At the Sailin' Shoes 10K last month, Tim Vigil of Walsenburg was second overall and I believe Todd Hund, 16, was 4th overall. Tim ran in the 33s, Todd 34:14.

Others who placed there were Dave Diaz, Rich



Hadley, Gerald Romero and Marijane Martinez.

Gerald, by the way, has been a standout in races held up in the Springs recently. The 24-year-old took 7th overall in the Palmer Park Spectacular 10K, 5th overall in the MS Society Run in the Bluffs 5K, and was in the top 6 in the Flame Out 4-Mile Run held on the Fourth of July.

In the MS Run, Woody Noleen was 8th, Jim Robinson 36th, Gil Cruz 46th and Tomas Duran 50th.

Hadley was 11th overall in the Armed Forces Day 10K held May 18, and he and Mark Koch were among the leaders in the Flame Out race.

In Next Month's Issue: Women's Distance Festival race coverage

This summer, here's how to beat the heat!

by Rocky Khosla, M.D.



Testing the limits

Club member Dave Diaz is among the top runners and bikers in this region, but he gained a lot of respect for long-distance duathletes recently.

To test his endurance, Dave entered the duathlon portion of the Desert Run Half-Ironman held in Grand Junction.

The distances were a 56-mile bike and a half-marathon run.

Dave felt every one of those miles. He "bonked" on the bike, finishing that leg in 3:19. After a 2 1/2-minute transition in which he talked himself into continuing, Dave struggled early in the run, hooked up with a fellow runner along the way, and crossed the finish line with a total time of 5:28.

A new experience ... and new respect for Ironman athletes.



What's money?

I just wanted you to know that 4 hot dogs, 4 orders of fries, 4 cokes and 2 peach pies (for the kids) will cost a tidy \$47 at the Summer Olympics.

Gads! Let's rush into print a "Financially Surviving the Olympics for Dummies" book.

Having just returned from a Fourth of July long run in 100-degree weather (*Ed. Note: And we rely on THIS guy to keep us healthy?*), I thought I would write about exercise and hyperthermia. This topic may end up being very pertinent in the next 6 weeks or so since the Olympics are just around the corner, and Atlanta will be one major hot and humid place to be.

The major way that we humans deal with extra heat that is generated as a result of exercise is by evaporating sweat. The amount of heat we generate with exercise is dependent on how intense the exercise is, how long it lasts, hot hot and humid the surrounding environment is, and how much fluid we have to let evaporate.

So imagine what is likely to happen in the Olympic marathon, which probably will be run with temperatures in the 80- to 90-degree Fahrenheit range, will last about 2 1/2 hours and involve intense exercise throughout its course. I half expect some runners to spontaneously combust!

All kidding aside, I and a bunch of other sports medicine-related folks have expressed our concern about the risk of heat-related injuries at the Atlanta Olympics, and would have thought it better to have the dates moved to early September when it is not nearly so hot. In lieu of this, we wish



they would at least move the long-distance events such as the marathon to the early morning hours.

As it stands currently, the men's marathon is scheduled to start at 7 a.m., which is too late in my opinion. But I understand that the time will not be moved up because the television sponsors want maximal live exposure (even if it means killing the athletes!).

As far as what you can do to decrease your chance of hyperthermia from exercise:

- First, if possible try not to exercise when it's extremely hot or humid. Generally, I use the "85/85" rule: try to avoid prolonged exercise if it is warmer than 85 degrees Fahrenheit and/or 85% humidity.

- Second, make sure you drink lots of fluids before, during and after your exercise. I have been running with a "camelback" type of waterpack on hot days and can't say enough good things about it.

- Finally, wear light-colored clothing made of material, such as Coolmax, that allows maximal wicking of moisture.

Also, remember that kids are more likely than adults to get into trouble with hyperthermia, so please don't let the little ones cook themselves in the heat.

Till the next time, stay cool!

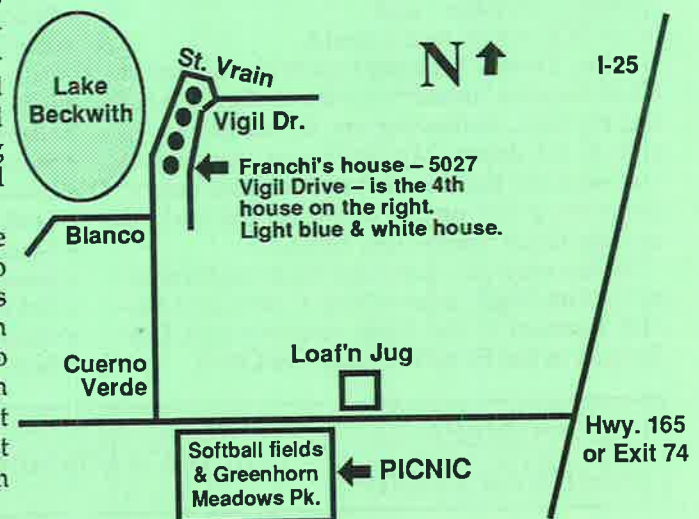
Handicap Series update

The Nirvana Run

This month's Handicap Series moves to Colorado City for a 4-mile race originating at the home of your beloved editor. A potluck dinner will follow. It will feature a barbecue, with hot dogs and hamburgers provided. Those attending are asked to bring a complementary food item that can be shared by the group.

The Franchi house is easy to find. Take I-25 south from Pueblo to the Colorado City/Rye exit (Exit 74), which also is Highway 165. Go 3 1/2 miles west. Turn right (north) at Cuerno Verde and go eight-tenths of a mile to the first street on the right (St. Vrain). Turn right and get ready to make another right at the first street (Vigil Drive). It's the 4th house on the right (5027 Vigil Drive). See ya there!

Franchi's nirvana hideaway



Racing Calendar

Pueblo-Canon City area

July					
19	Fri	7:00 PM	Nirvana Run (Handicap), 4M	Franchi home	676-4100
			5027 Vigil Drive in Colorado City		
27	Sat	7:20 AM	El Pomar Trail Run, 15K	Nature Center	561-2956
August					
3	Sat	8:00 AM	Beulah Challenge, 10K run & 5K walk.....	Beulah	485-3820
4	Sun	8:00 AM	Fremont County Fair 5K, run and walk	Cañon City	372-3226
25	Sun	7:00 AM	Drag'n On In Triathlon & Duathlon.....	Lake Pueblo	543-5151
			TRI: 1.5K swim, 40K bike, 10K run DU: 5K run, 40K bike, 5K run		
25	Sun	7:30 AM	State Fair Run, 10K	State Fairgrounds	566-0389 or 546-1569

Other areas

July					
14	Sun		Colorado Springs Classic, 7M	Tiffany Square, CS	(719) 493-2625
20	Sat		Run for the Hope, 5K	Memorial Park, CS	(719) 598-2953
21	Sun		Home Run Run, 5K	Sky Sox Stadium, CS	(719) 590-7086
21	Sun		McDonald House 10K & 5K Run Walk	City Park, Denver	(303) 841-1456
26	Fri		Chins Up Twilight 5K (6 p.m. start)	Prospect Lake, CS	(719) 260-8993
27	Sat		Women's Distance Festival, 5K	N. Monument Valley Park, Colo. Springs	(719) 570-1006
28	Sun		Clean Air Duathlon 5K, 30K, 5K	McGraw-Hill, CS	(719) 633-6884
28	Sun		Vail Half-Marathon	Ritz City	(970) 479-2280
August					
3	Sat		Colorado State Games 5K & 10K	Cherry Creek St. Pk.	(303) 694-2030
4	Sun		Race for the Cure, 5K	USAFA track	(719) 598-2953
10	Sat		George to Idaho Springs Half-Marathon	Idaho Springs	(303) 694-2030
11	Sun		Danskin Women's Triathlon & 5K Run/Walk ..	Denver	(800) 452-9526

Notable & Unnotable Marathons

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
December	1	Dallas White Rock	214-526-5318
	7	Alamogordo (NM)	505-382-8869



Other area races in 1996

- Enduro Classic, 5K & 10K - Trinidad -- Sept. 1
- Cañon City River Run - 5K (& 10K?) -- Sept. 7
- Rose Samora 5K -- Sept. 8
- Hot to Trot Chil Run - 5K -- Sept. 21
- Harvest Run, 10K -- October 26
- Atalanta Run, 5K -- Nov. 23
- Rock Canyon Half-Marathon -- Dec. 8
- Marijane & Nick's Excellent Adventure (Handicap) -- Dec. 15

Other 1996 racing dates

- Imogene Pass Run -- Sept. 7
- Governor's Cup - 10K -- Denver, Sept. 29
- Fall Series Dates in Colorado Springs -- Oct. 6, 20 and Nov. 3, 17

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

In 1995 marathons:

- 41% were masters
 - 38 was the median age of males
 - 35 was the median age of females
 - 3:54 was the median male time
 - 4:15 was the median female time
- "On the Roads,"
April 1996 edition

The '96 Boston had:

- 10,000 volunteers
- 26,500 who booked hotel rooms
- 35,000 who were denied lottery applications
- One newsletter editor who slept thru all 26.2 miles

Crucial nonsense about area races

by the Editor

Trail Run - July 27

Never had the confirmation on this race until after the last issue was printed (and, of course, I completely spaced it out), but this scenic 15K Trail Run is coming up fast.

This is a great but tough race that traverses a variety of surfaces, many of them containing hills with great views. Awards once again will feature creations by area artists. Cool!

Beulah Challenge - August 3

This 10K course goes through rolling hills, beginning in an open field before winding along several farmhouse roads and the quiet streets of Beulah. There will be some wonderful awards - stained glass, mugs, unique photography, free Broncos season tickets, etc. There also will be a 5K walk. The long-sleeved T-shirts rule! By the way, just kidding about the Bronco tickets.

After food and beverages at the finish, you can enjoy the Beulah Art Show.

Fremont County Fair 5K - Aug. 4

Experience some county culture the next day at this out-and-back 5K race that starts

and finishes at the Fremont County Fair. There will be sponsorship prizes, tons of door prizes, and a great low-key time. Take in the County Fair afterward. Try not to look sweaty and disheveled to the rest of the Fairgoers.

Races on the horizon

• **State Fair Run** - Una-sport fans can run this 10K on August 25 while the Drag'n On In Triathlon and Duathlon races are taking place at the reservoir (Lake Pueblo). This is a nice, flat, fast course, and if I'm not mistaken the State Fair makes cash awards available. Not only that, but there are a cajillion random draw awards thanks to the Colorado Lottery.

• **Hot to Trot Chili Run 5K** - This second annual 5K race is scheduled for Saturday, Sept. 21, with a 5 p.m. start. It will start and finish at Pueblo Plaza near Victoria and Union Avenue. It's an out-and-back course. More later.

• **Dam Run** - It looks like this race is a goner. A no-go. History. An "it was nice while it lasted" race. But lack of support from the State Hospital and lack of a suitable and available race date appear to have killed this race.

• **Harvest Run** - This annual race, bonfire and pot-luck dinner is set for Saturday, Oct. 26. Rich Barrows will direct. Details later.

FOR THE SOUL: "There are no bad running experiences; you learn from them all." -- the late George Sheehan

**Locker room
hair dryer axiom**

**"Backs are always able to locate wall-mounted hair dryers in
locker rooms before eyes can." - The Franch**

SOUTHERN COLORADO RUNNERS
Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



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



Don't miss an explosive issue!

Issues of *Footprints* are not forwarded. Hence, if you move but want to keep the fireworks arriving in your mailbox, please get us your new address as soon as you can.

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

