


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



SOUTHERN COLORADO
RUNNERS

August, 1996

FOOTPRINTS

EDITOR: Gary Franchi

★★★ Fictional Imagery Edition ★★★



Bringing it Home

John Holiman put it in high gear during the last downhill stretch just prior to crossing the finish line in the Beulah Challenge 10K held August 3. Close on his heels is Eva Marie Cosyleon. At 69 years young, John continues to excel in the many road races he enters.

Photo by Gary Franchi

Beulah Challenge draws a crowd

by the Editor

(Thanks to Karin Romero for providing morsels of interesting information.)

They came from all over to be a part of the Beulah Challenge held Saturday, Aug. 3. Runners and walkers were from Pueblo (gee, really?), Boulder, Denver, Colorado Springs, Walsenburg, Cheraw, Colorado City (*Ed. Note: Cool people live there!*), La Veta, Albuquerque, and even California.

The first-year race had 151 finishers. Amazingly, there were more 5K walkers (77) than 10K runners (74). There also was a man from Walsenburg who rode his wheelchair over the entire 10K course, which included gravel roads and up-and-down terrain. Awesome!

Competitors ranged in age from 9 to 77.

The T-shirt design was first class! It was created by Dana McIntyre of *Dana Designs*. You will be seeing people wearing these multi-color shorts because they are so pretty.

Kudos to Karin Romero for doing the bulk of the organizational work for this race. She started about a year in advance and never let up, and the quality of the event speaks for itself. The volunteers did a great job!

Coverage of the race can be found on Pages 6 & 7.



Know Reply: The Dave Barry connection

Dear Know It All:

Recently I heard that Dave Barry is fed up with being America's funniest writer and the job has become cumbersome and boring to him. Not only that, but he supposedly has always wanted to be a serious writer, but lack of finances and a need to support his family have caused him to continue writing humor. So, he decided to write serious stuff under a pseudonym. The only problem was that, having been a humor writer for so long, he forgot how to be a serious one.

Desperate for help, Barry enlisted the aid of an old gypsy woman to make him a potion that would turn him into a serious writer. The only problem was that the gypsy woman had an ax to grind with the Barry clan on behalf of an ancestor. One of Barry's ancestors had burned one of the gypsy woman's ancestors, an alleged witch, at the stake at Salem. In her last words, she swore she would get revenge on the Barry clan and its descendants.

Anyway, the gypsy woman said the potion would physically transform Barry into another person, an alter ego of sorts, for a week at a time. Barry then could disappear into obscurity and get in touch with his serious side as a writer. Sort of like a Dr. Jekyll and Mr. Hyde thing.

So, the gypsy woman gave Barry a potion



that, unbeknownst to him, was bad brew. The gypsy figured she was finally getting to vindicate the burning of her ancestor. Barry's alter ego would not become a serious writer and, for that matter, would not write much funny stuff anymore, either. Rather, he would be transformed into a little-known writer/editor named Gary Franchi. He would write only stories and articles laced with jokes that were as bad as Barry's were good. What's more, the curse could only be broken if Franchi won a Pulitzer Prize, an impossible task.

"Know It," we know you are Franchi's good friend. Is it true that he is really Dave Barry's alter ego? Does Barry really have it in him to write such lousy stuff? I must know the answer.

Dazed and confused in Pueblo,
Ttam Nitram

Dear Ttam:

I have a surprise for you, oh ye of much mush-mindedness. I contacted the gypsy woman you spoke of and it seems she played a mean trick on you. YOU actually were the recipient of the "spiked potion" and it is apparent that it has caused a drastic amount of brain falloff, if you know what I mean.

But don't worry. You will enjoy the life that has been planned for you in the care of others. Hey, three squares, television time, and all kinds of paper to doodle on with crayons. No doubt you will continue to churn out drivel similar to that which you sent me. One thought: Don't send me any more; I'll sick Franchi AND Barry on you.

September meeting date changed
While the SCR normally conducts its meetings the first Monday evening of each month, the September meeting will be held the second Monday of the month -- Sept. 9 -- because the first Monday is Labor Day. The meeting will be held at the Pueblo YMCA beginning at 7:30 p.m. All club members are invited to attend & give the meetings a little more credibility.




Sunday training runs
When there isn't a local race or a BIG race in the Springs or elsewhere, club members gather Sunday mornings for a training run in Pueblo. They meet at 7:30 a.m. or thereabouts in the parking lot of the City Park swimming pool. All club members are invited to join them. The group consists of different levels of talent & seriousness. If you're interested, check with Marijane Martinez (564-6043) or Dave Diaz (564-9303) a day or so prior to the run.

Chow down!
Stop in at the Dust for an affordable meal before heading to the State Fair.

GOLD DUST SALOON
M[•]RID inc.


130 S. Union Ave. • Pueblo

Amanda M. Kendrick left the Freedom group hotel-up in Montana, cause she wanted Taco Bell



Southern Colorado Runners

A member of the Road Runners Club of America



Current SCR Officers:

President	Ben Valdez	543-5151
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Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
Editorial Consultants	Nick Nasch, Amanda M. Kendricks	(ID' d at bottom center)

Footprints is published monthly and distributed to all SCR members to add much spiritual enhancement to their lives.

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, hoot at some of the inane motions presented, and ask the President for lessons on the fine art of shuffling cards.

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 sports chronicler Tom Boswell: "Read. And think. But as little as possible about sports."

Musings on running, fitness, life, etc.: Shhh!! Keep it down. I'm listening to my body. Or trying to.

Everyone says you should. I think I first read that advice in an issue of *Runner's World* back in the mid-'70s. Over the years, the late George Sheehan used to suggest it in his writings all the time, too. Today, that suggestion still appears periodically in stories about how to avoid injury. Even one of my little e-mail buddies, who shall remain anonymous so USC administrators won't realize what their secretaries do during work hours, suggested this same thing in a recent electronic message to me.

"Listen to your body!"

Such a magical statement! The words flow so melodically. They make the speaker sound like such an authority.

But is it true? Or is it all a bunch of marmelade gobbledygook? Can a body talk? If so, is it fluent in different languages?

Mine must be an introvert because it doesn't say much. When I'm at work or relaxing at home, it keeps to itself. Must be busy trying to fight off viruses. Bodies can't talk much when they're fighting. And during workouts, my body just sort of drifts in and out of ache patterns, grunting and groaning, constantly whining.

You know, maybe it IS saying something only I'm just hearing and not listening. All these years it's probably been telling me all kinds of great and heady things. Such as:

"Don't run up that hill, you fool! Stop at Loaf'n Jug and call for a ride home."

"How about swimming just a thousand meters today. The water's too warm."

"I don't want to get out of bed and run. Let's sleep in and run tonight."

"Track intervals? Get serious, lame brain! I'm 47 years old and missing some knee cartilage."

"This hangnail is really bothering me. How about skipping the weights today?"

"You wanna race at 7 in the morning in the Springs? Are you loony?"

"If you try biking to Beulah and back I'm going to revolt while you're riding up the big hill on the return."



Gee, with chat like that, maybe I *SHOULD* start listening to my body more closely.

Okay, keep it down. Quiet. I think it's trying to tell me something. Shush!

This month's smorgasbord: Runners may be a strange breed, but what about mathematicians? I wonder, how does the math gene perpetuate itself? ... I was perusing the results of the Woodland Park Mayor's Cup 5K held June 17 and noticed that no SCR member competed. Not even Florence's Rich Hadley, who by my estimation races about 340 times a year. Did all the SCR members "listen to their bodies" and decide to skip the race? ... This must mean something: **Pueblo's hottest day in July** was July 4 when it was 104 degrees. That also was the only day of the month that I picked to race. Hence, don't plan an outdoor picnic on August 25. You can bet that, with the Drag'n On In Triathlon that day, it'll be at least 100 degrees ... Being a reading junkie, I pore over just about everything that has words. Magazines, newspapers, menu narratives, hamburger wrappers, public bathroom walls (unusually creative, I must say). While seemingly boring and cut and dry, even the newspaper classified ad sections can contain some gems. *The Daily Bugle* recently ran a "Help Wanted" ad placed by School District 70 for - now get this! - a **Hall Monitor**. Now think about that. What skills must it take to be a good hall monitor? Well, the ad says the job requires a high school diploma or GED, a driver's license, and the ability to undergo background checks. Say what? Background checks? It never even mentions the ability to dodge bullets or ask "Got a hall pass, cretin?" with authority ... **This month's cliché** I could do without: "So-and-so has a *clear vision* of the future." Ar-r-r-g-g-g-g-g-h-h-h! You can STUFF your vision talk, pabulum breath! ... I was looking through a graphic arts package in search of some gems for this issue. There was a section in there labeled "Occupations." Included was a graphic of a cop, a businessman, a business woman, etc. One of the "etc." was a **gangster**. Gangster? Gee, where do I apply? ... Did you see the movie "Independence Day?" Well, ever thought about what you would do if you were confronted by an alien while running on the River Trail? Well, I wouldn't stop and ask for directions. In fact, this might be a good time to "listen to your body" and hightail it out of there ... Au revoir, purveyors of pabulum!

Ultimate in idiocy item of the month:

This month's *Lights Are Dim Award* goes to Billy Payne, the dude who in 1990 submitted Atlanta's bid to host the 1996 Olympic Games. Wonder how Payne was able to get the Games for Atlanta in the heat of summer? Easy, in his bid, he told the International Olympic Committee that temperatures during the Games would average in the upper 70s. Guess he forgot to mention that he was referring to 4 a.m. temperatures.



Movie Line of the Month:

"That's a dog with different fleas. Come on, pal, tell me something I don't know. It's my birthday. Please me."

This flick is a few years old. Hint: Charlie Sheen played a business type. His "mentor" of sorts uttered these words to him. Guess the film and speaker and earn a place in line at the Pueblo Mall theatres.

Answers below.

Answers:
"Wall Street"
Michael Douglas in

Women's Distance Festival 5K

Race was HUGE success!

by Marijane Martinez

The 1996 RRCA/Saucony Women's Distance Festival netted 78 finishers (31 walkers, 47 runners) of the 80 who registered (*Ed. Note: A couple of them must have fallen into the City Park lake and been eaten by alligators*). Weather didn't deter Genevieve Fox from Las Alamos, New Mexico as she finished in a time of 19:09. Other competitors came from Massachusetts, Virginia, Nebraska and a variety of cities throughout Colorado. With the help of Nick Leyva and the other volunteers, the race was a **HUGE** success.

Special mention must go to the following 10 individuals who sponsored Girls Club members from Pueblo and Colorado Springs: Linda Crawford, Becky Paiz, Lois Pfof, Paul Chacon, Brenda Baker, Sally Taylor, Lillian Rivera (all of Pueblo), Doris Frederick (Byers), Genevieve Fox (NM), and Hector Leyba (Florence). Six of the Girls Club participants were from Pueblo and 4 from Colorado Springs. Thanks also to Rich Barrows, Emily Montez, Patti Chambers and Rebecca Medina for working with the young ladies to prepare them for the event.

The handcrafted road runner awards were specially designed again this year by Don Pfof and the participants loved them. Ideas or suggestions for next year's awards will be gladly accepted by yours truly.

This year marked my 10-year anniversary as Race Director of this event. I am grateful to Judy Tucker for giving me the opportunity to take it over when she decided to give up the helm. Judy has promised to provide some live entertainment next year.

Seeing so many women getting together to do something positive for themselves both mentally and physically is such a fulfilling experience for me. And to top it off, we have men



RACE DIRECTORS - This year's WDF brought together the local race's founder, Judy Tucker, and current race director Marijane Martinez.

Photo by Gary Franchi

catering to our needs! Who could ask for more? They, too, appreciate seeing females taking measures to maintain their health and fitness. Everyone benefits from this event, which is what makes it such a great experience for all involved.

A special "thanks" to our local sponsors - Byerly & Cosyleon Concrete Contractors, Dr. Tomas Duran and Dr. Rocky Khosla for their generous donations. And last but not least, a special thanks to Dr. Richard Rivera for providing the All Sport drink for our thirsty competitors and volunteers.

All prizes for the drawing that followed the race were donated. If you happen to go into one of these businesses, please take a moment to thank them for their support.

I hope everyone enjoyed the 1996 Women's Distance Festival as much as I did. I look forward to seeing all of you (and your friends and families) again next year on July 6, 1997. Until then, keep running and/or walking just for the health of it.

Training to do your best

It's good training strategy to do faster running in the same shoes in which you'll be racing in. This enables what is called "muscle specificity." To prepare muscles to perform in a certain way in a race, you have to try to duplicate -- as closely as you can sometime in your training -- the race performance you're shooting for.

- Running Times magazine



WDF Notes

Former SCR officer Roseann Tavarozzi and long-ago member Chris Dutro were at the race. Chris, who now lives in Albuquerque, was in the walking division while Roseann, a resident of Arizona, showed up to see old friends while on a visit to Pueblo.

Overall Run Division winner Genevieve Fox may now live in Los Alamos, NM, but she is from Florence, where she still has family. Genevieve may be considered a natural runner since she's been running for only a year and a half.



Racer's Edge

Genevieve Fox used a strong finishing kick to hold off her pursuers and take first place in the RRCA/Saucony Women's Distance Festival 5K race held last month at City Park.

Photo by Gary Franchi

Results on Page 5.

Women's Distance Festival 5K

Race held Sunday, July 7, 1996.
Results provided by Marijane Martinez

Runner	City	Age	Time
1. Genevieve Fox	Las Alamos, NM	32	19:09
2. Jill Shumaker	Hillside, CO	17	19:12
3. Susan Hickey	Boulder	32	19:13
4. Kim Ethier	Colo. Springs	16	19:15
5. Jackie Pacentrilli	Colo. Springs	16	19:31
6. Traci Dworshak	Colo. Springs	32	20:47
7. Stella Heffron	Parker,	29	20:58
8. Janel Anderson	Florence	28	21:00
9. Barb Fox	Florence	30	22:08
10. Misti Frey	Pueblo West	28	22:11
11. Helen Robinson	Pueblo	38	22:24
12. Susan Dallam	Colo. Springs	28	22:38
13. Erin Higbea	Hillside, CO	19	22:39
14. Marijane Martinez	Pueblo	44	22:48
15. Stacey Diaz	Pueblo	35	23:22
16. Janet Dudley	Westborough, MA	44	23:48
17. Susie Dorle	Colo. Springs	34	24:02
18. Andrea Autobee	Pueblo	17	24:12
19. Krista Pearson	Colorado City	17	24:13
20. Eva Cosyleon	Pueblo	17	24:14
21. Diane Lopez	Pueblo	38	24:22
22. Heather Crump	Walsenburg	17	24:25
23. Sally Taylor	Pueblo	40	24:38
24. Andelita Sandoval	Walsenburg	16	24:45
25. Adrienne Kramer	Pueblo	30	24:46
26. Carol Smith	Pueblo	31	24:47
27. Rebecca Keith	Colo. Springs	15	25:02
28. Gloria Montoya	Pueblo	48	25:17
29. Jessie Quintana	Pueblo	52	26:13
30. Julie Arellano	Pueblo	43	26:38
31. Betty Duran	Pueblo	53	26:41
32. Andrea Martin	Pueblo	27	27:20
33. Sandy Messick	Cheraw	37	27:51
34. Lillian Rivera	Pueblo	49	27:53
35. Barb Hughes	Colo. Springs	38	28:16
36. Molly McKenzie	La Junta	18	28:28
37. Theresa McCain	Gardner	46	28:36
38. Beatrice Grebence	Pueblo	41	28:42
39. Wilma King	Brush	44	28:44
40. Diane Quattlebaum	Penrose	37	29:34
41. Nancie Aguirre	Pueblo	38	31:02
42. Crystal Kendall	Colo. Springs	17	31:26
43. Judy Swerdfeger	Pueblo	37	31:32
44. Priscilla Portillos	Pueblo	57	36:03
45. Britania Boston	Colo. Springs	14	41:12
46. Shawn Horwath	Colo. Springs	10	41:16
47. Cassandra Cross	Colo. Springs	10	48:38

Pfost Position
Lois Pfost was the SCR's top finisher in the Walking Division as she took 3rd place with her time of 39:40.

Photo by Gary Franchi



2. Ida Mae Martin	Walsenburg	57	37:23
3. Lois Pfost	Pueblo	54	39:40
4. Maribel Mendoza	Walsenburg	35	39:50
5. Sheilah Kiel	Pueblo	38	41:15
6. Heidi Esbensen	Lincoln, NE	15	41:20
7. Dana Esbensen	Lincoln, NE	46	41:21
8. Doris Frederick	Byers	59	45:15
9. Julie Mapps	Pueblo	75	46:17
10. Frances Banda	Pueblo	42	46:48
11. Theresa Martinez	Walsenburg	45	47:20
12. Pattie Chambers	Pueblo	28	48:11
13. Rebecca Medina	Pueblo	26	48:12
14. Sabrina Wilson	Pueblo	10	48:13
15. Tralynn Duran	Pueblo	10	48:15
16. Jennifer Vigil	Walsenburg	20	48:17
17. Kyla McCain	Gardner	14	49:00
18. Tiare Kres	Gardner	15	49:01
19. Judy Tucker	Pueblo	60	49:51
20. Bonnie Boyd	Pueblo	47	50:41
21. Chris Dutro	Albuquerque, NM	41	50:42
22. Lydia Vallejos	Walsenburg	40	51:24
23. Patricia Martinez	Walsenburg	42	52:08
24. Cathy Cordova	Walsenburg	39	52:09
25. Desiree Solano	Pueblo	12	53:54
26. Barbara Gonzales	Pueblo	38	58:08
27. Julie Martinez	Walsenburg	35	58:09
28. Emily Montez	Pueblo	44	58:48
29. Danielle Wilson	Pueblo	8	58:50
30. Bernadette Leyba	Pueblo	9	58:53
31. Jackie Solano	Pueblo	10	59:08

Blake shines at Nationals

The SCR's Blake Ottersberg had a sensational showing in the National Junior Triathlon Championships held Aug. 4 in Clermont, Florida.

The 14-year-old took 10th place overall in his age division. He completed the half-mile swim, 11-mile bike and 3-mile run in 1 hour and 5 seconds. His splits were 10:24 in the swim, 29:34 in the bike and 20:08 in the run.

It's been a great summer for Blake despite the fact that he broke an arm in April. Thanks to a special cast devised by Dr. Rocky Khosla, he was able to continue his training and compete in the Junior Olympic training camp in Roswell, NM in June. In a Junior Olympic race there, he took 14th. He also placed 2nd in the 18-under division at a Carlsbad triathlon held in June.



Kids play

Blake, along with Ryan and Jenna Dorsey-Spitz, recently attended Dave Scott's triathlon camp in Boulder and were among the top finishers in their age division in the sprint triathlon in Monument.

Fremont County Fair 4-H 5K

Race held Sunday, August 4, 1996.
Results provided by Diana Quattlebaum

Overall Male Winner - Thomas French, 17:31
Overall Female Winner - Jill Shumaker, 20:05

Top Age Division Finishers

MALE

10 & under - 1, Chris McClure, 40:00.
11 - 15 - 1, Denny Emerson, 20:19. 2, Kevin Clark. 3, Trevor Hadley.
16 - 19 - 1, Brian Vanlwarden, 22:30. 2, Ryan Foster.
20 - 29 - 1, Josh Messer, 18:02.
30 - 39 - 1, Tim Mondragon, 18:38. 2, Bill Veges. 3, Scott Gaines.

40 - 49 - 1, Rich Hadley, 17:50. 2, Mark Davis. 3, James Robinson.

50 - 59 - 1, Tom Nelson, 21:34. 2, Hilbert Navarro. 3, Don Pfost.
60 & over - 1, Bob Roa, 25:01. 2, Tom Cooper.

FEMALE

10 & under - 1, Adena Hidy, 45:51.
11 - 15 - 1, Sydney Mondragon, 24:17.
16 - 19 - 1, Shiloh May, 22:31. 2, Erin Higbea. 3, Lisa French.
20 - 29 - 1, Misti Frey, 22:38.
30 - 39 - 1, Helen Robinson, 22:58. 2, Norma Hughes. 3, Diana Quattlebaum.
40 - 49 - 1, Marijane Martinez, 22:53. 2, Jane Gebhart. 3, Anne Baxter.
50 - 59 - 1, Donna Nelson, 27:25.

Beulah Challenge (10K run & 5K walk)

Race held Saturday, Aug. 3, in Beulah.
Results provided by Mike Orendorff



Beulah Challenge notes

Cool awards! Pottery, the flower presses, art work contributed by members of the Beulah Arts Council,, etc. Very nice!

When you can, thank Mike Orendorff for churning out the results behind the scenes. All: "Thanks, Mike!"

With his 35:56 1st-place time, Todd Hund will take momentum into the prep cross country season as a runner for South High.

If you would like a picture of yourself on race day, please call Judy at 485-3391. She took some great shots.

Proceeds from the race went to the Beulah Arts Council.

10K RUN

Female			
Runner	City	City	Time
1. Deanna Case	Littleton	35	41:17.69
2. Kelly Webster	Colo. Springs	29	46:23.49
3. Deb Robeda	Pueblo	46	47:17.60
4. Kathy Roldan	Pueblo	30	47:26.89
5. Helen Robinson	Pueblo	38	48:25.31
6. Christine Olsen	Boulder	32	49:08.95
7. Stacey Diaz	Pueblo	35	49:59.92
8. Marijane Martinez	Pueblo	44	50:31.87
9. Beth Beers	Littleton	39	50:41.13
10. Jennie Stevens	Colo. Springs	33	51:39.85
11. Sally Taylor	Pueblo	40	53:21.65
12. Krista Pearson	Colorado City	17	53:36.73
13. Jan Huie	Colo. Springs	47	54:24.05
14. Katherine Singer	Beulah	55	56:01.77
15. Eva Marie Cosyleon	Pueblo	17	56:47.40
16. Donna Wheeler	Pueblo	48	58:31.32
17. Greta Hanson-Maurer	Longmont	32	58:58.20
18. Lori Grahame	Aurora	37	59:42.96
19. Pattie Moxham Fisher	Beulah	38	61:48.92
20. Anita Farner	Pueblo	45	66:35.88
21. Diana Quattlebaum	Penrose	37	67:38.39

Male			
Runner	City	City	Time
1. Todd Hund	Pueblo	17	35:56.64
2. Jonathan Huie	Colo. Springs	16	36:49.42
3. Rich Hadley	Florence	40	37:32.62
4. Mark Davis	San Diego, CA	40	39:59.63
5. Dan Caprioglio	Pueblo	35	39:42.86
6. Marty Garcia	Pueblo	36	40:30.61
7. James S. Robinson	Pueblo	45	40:32.09
8. Kirk Kemp	Erie	37	41:05.99
9. Jerry Davis	Littleton	33	41:09.99
10. Harold Cunningham	Colo. Springs	35	47:27.32
11. Dave Diaz	Pueblo	47	45:53.54
12. Bill Veges	Pueblo	39	43:02.59
13. Michael Brown	Pueblo	19	43:43.93
14. David Klein	Rocky Ford	41	43:48.24
15. Michael Yeakey	Cheraw	36	43:49.03
16. Sam McClure	Cañon City	42	44:12.30
17. Rudy Reveles	Trinidad	32	44:52.33
18. Ted Quintana	Pueblo	45	45:13.92
19. Lou Huie	Colo. Springs	49	45:32.06
20. Rocky Khosla	Pueblo	37	45:39.38
21. Allen Weaver	Cañon City	43	45:52.78
22. Roger Sajak	Pueblo	43	47:53.81
23. Gilbert Romero	Beulah	43	48:18.03
24. Ron Dehn	Pueblo West	47	49:26.83
25. Gary Carter	Pueblo	42	49:29.59
26. Gerald Crook	Pueblo	26	49:37.19
27. Gary Franchi	Colorado City	47	49:37.74
28. Len Horan	Pueblo West	27	49:38.59



The SCR's Paul Willumstad took a break from his cycling training to experience the inaugural Beulah Challenge 10K. Photos by Gary Franchi

29. Rand Morris	Pueblo	44	49:51.13
30. Howard Stringert	Pueblo	40	50:06.42
31. David Crockenberg	Pueblo	49	50:06.76
32. Hilbert Navarro	Pueblo	56	50:19.62
33. Don Pfof	Pueblo	56	50:33.70
34. Tomas Duran	Pueblo	50	51:12.05
35. Mike McClure	Pueblo	53	51:30.37
36. George Moxham	Beulah	40	51:36.34
37. Mark Musick	Colo. Springs	31	52:38.28
38. Bart Farner	Pueblo	47	52:39.25
39. Bonifacio Cosyleon	Pueblo	47	53:10.51
40. Jim Beers	Littleton	37	53:50.10
41. Malcolm Singer	Beulah	56	53:57.78
42. Robet Hutchinson	Colo. Springs	40	55:40.78
43. Paul Willumstad	Pueblo	47	56:39.72
44. John Holiman	Pueblo	69	56:46.36
45. Jim Niehaus	Pueblo	45	57:07.84
46. Dan Dotson	Beulah	54	57:19.01
47. Bill DeMoss	Beulah	53	57:55.02
48. Emmett Foster	Pueblo West	59	58:27.82
49. Bruce Taylor	Pueblo	47	64:50.42
50. Larry Burch	Aurora	45	65:51.10
51. Dale Clemmensen	Walsenburg	32	71:11.54
52. Daniel Garcia, Sr.	Beulah	52	78:26.51
53. Mark Wilkinson	Pueblo	45	80:49.32

5K WALK

Female			
Runner	City	City	Time
1. Jo Schrubbe	Beulah	40	37:44.98
2. Nancie Aguirre	Pueblo	38	39:11.98
3. Sharon Serven	Cañon City	47	39:29.41
4. Dianne Johnson	Beulah	38	39:58.87
5. Roxanne Sigman	Beulah	36	40:10.47
6. Tracy Bustillo	Pueblo	35	40:11.25
7. Lois Pfof	Pueblo	54	40:36.86
8. Barb Bue	Beulah	46	42:03.99
9. Nancy Bustillos	Pueblo	52	42:25.17
10. Carol Kyte	Beulah	54	42:43.29
11. Karla Arrieta	Aurora	26	42:47.46
12. Flora Kemp	Erie	37	42:49.32
13. Callie Temple	Beulah	42	43:25.04
14. Paula Klein	La Junta	32	43:26.51
15. Juli Riesner	Pueblo	24	43:28.17
16. Judy De Carlo	Pueblo	54	43:31.97
17. Kindi Marroney	Beulah	17	43:57.75
18. Sonia Avalos	Pueblo	15	44:03.47
19. Pam Kubly	Beulah	49	44:04.19



Top Finishers
The overall winners of the Beulah Challenge were (from left) walkers Joe Schrubbe, Hal Murray, & runners Todd Hund and Deana Case.

Beulah Challenge (10K run, 5K walk)

Continued from Page 6

Runner	City	Time
20. Brenda Oliver	Beulah	32 44:04.84
21. Hillary Carpenter	Pueblo	17 44:06.25
22. Carmen Avalos	Pueblo	40 44:08.56
23. Christie Olivas	Pueblo	24 44:28.60
24. Dana McIntyre	Pueblo	43 44:40.79
25. Sandra McClure	Pueblo	50 45:14.45
26. Holly Donley	Pueblo	34 45:24.53
27. Leanne Ryan	Beulah	34 46:01.75
28. Polly Neldner	La Veta	38 46:02.58
29. Sandi Gaide	Pueblo	52 46:04.06
30. Judy Musso	Pueblo	53 46:05.07
31. Joyce Carrigan	Pueblo	49 47:07.69
32. Phyllis Riesner	Pueblo	51 47:32.46
33. Sue Landrum	Pueblo	55 47:33.75
34. Tara Finkle	Beulah	14 47:34.65
35. Heather Bacon	Beulah	13 47:35.32
36. Mary Ellen Trujillo	Pueblo	45 48:52.45
37. Pamela Trujillo	Pueblo	21 48:52.97
38. Sylvia Clair	Beulah	44 49:25.71
39. Mona Novak	Beulah	60 49:26.35
40. Viki Harraison	Albuquerque, NM	29 50:29.56
41. Rita Standefer	Beulah	53 50:30.54
42. Inge Oechsle	Pueblo	54 51:45.87
43. Irene Sillox	Pueblo	65 51:49.50
44. Elnola Hance	Pueblo	77 51:50.13
45. Kay Everson	Beulah	65 52:09.53
46. Amber Arnold	Englewood	24 52:22.18
47. Jeanette Smith	Lakewood	39 52:23.73
48. Cindy Marsh	Littleton	37 52:24.79
49. Mary Creager	Pueblo	55 53:30.75
50. Marcia Lepetsos	Pueblo	57 53:31.00
51. Marilyn Wagner	Beulah	39 53:32.06
52. Kris Fausnaugh	Anywhere USA	32 53:40.51
53. Ellen Eberhart	Pueblo	50 53:45.95
54. Carrie Fox	Pueblo	26 53:47.60
55. B.J. Bogard	Beulah	43 53:57.26
56. Charlene Alfonso	Pueblo	34 59:56.97
57. Debbie Ryan	Pueblo	43 59:57.27
58. Betty Jo Pineda	Pueblo	39 61:00.99
59. Betty Pearson	Pueblo	69 63:23.05



Race Director Karin and her hubby, Gil, did the honors of announcing the award winners after producing a fantastic first-year race.

Photo by Gary Franchi

MALE			
Runner	City	Time	
1. Hal Murray	Beulah	59 39:59.96	
2. Garth Smith	Pueblo	48 40:00.81	
3. Gary Kyte	Beulah	55 40:53.34	
4. Steve Douglas	Beulah	49 41:54.31	
5. Luke Temple	Beulah	12 43:13.91	
6. Rick Klein	La Junta	38 43:24.74	
7. Jim Morgan	Pueblo	40 44:39.64	
8. Ty Tekavec	Pueblo	17 44:40.38	
9. Willis Goettel	Beulah	71 45:05.91	
10. John Oechsle	Pueblo	61 45:22.12	
11. Steve McLaughlin	Beulah	43 45:26.84	
12. Marshall Downey	Beulah	76 47:11.97	
13. Justin Jones	Beulah	9 49:21.84	
14. Ted Clair	Beulah	50 49:22.28	
15. Tyler Howren	Englewood	25 52:25.70	
16. Dick Lepetsos	Pueblo	58 53:26.71	
17. Mike Gregorich	Pueblo	51 54:07.63	
18. Robert Freeman	Pueblo	42 61:02.60	

Trail Run Notes

Kids from the El Pomar Boys and Girls Club had key roles in the Trail Run. They served as course marshals, provided water on the course, and created beautiful pieces of pottery that were given out as awards. Splendid job! Proceeds from the race went to the club.

El Pomar Trail Run (15K run)

15K Race held July 27 at Pueblo Nature Center

Results provided by Mike Orendorff & Melinda Badgley Orendorff



Helen Robinson carried the flag for SCR females in the Trail Run and turned in a fine 1:34.02 clocking.

Photo by Gary Franchi

Runner	City	Age	Finish Time	Handicap Time
1. Jason Hubbard	Colo. Springs	21	58:19	58:19
2. Larry Miller	Colo. Springs	46	1:08:28	1:01:37
3. Thom Santa Maria	Colo. Springs	33	1:03:47	1:03:09
4. Rich Hadley	Florence	40	1:08:29	1:04:22
5. Jim Robinson	Pueblo	45	1:13:58	1:03:34
6. Mark Kuhn	Colo. Springs	30	1:10:34	1:09:51
7. Ryan Dorsey-Spitz	Pueblo	13	1:20:50	1:11:56
8. George Williams	Colo. Springs	51	1:24:16	1:12:28
9. Marv Bradley	Cañon City	57	1:30:59	1:14:36
10. Jack Janney	Colo. Springs	44	1:24:08	1:19:05
11. Nick Leyva	Pueblo	42	1:26:00	1:20:50
12. Helen Robinson	Pueblo	38	1:34:02	1:20:52
13. Mike Borton	Pueblo	40	1:27:03	1:21:49
14. Robert Santoyo	Pueblo	34	1:24:20	1:23:29
15. John Mills	Colo. Springs	45	1:35:24	1:25:51
16. John Ribal	Pueblo	50	1:43:10	1:28:43
17. Steve Farley	Fort Lyon	46	1:43:33	1:33:11
18. Jill Bannister	Boulder	28	1:42:27	1:33:13
19. John Merrell	Colo. Springs	45	1:54:53	1:43:23
20. Jill Eisman	Golden	32	1:59:07	1:46:00
21. Lynn Miller	Pueblo West	45	2:03:28	1:51:07
22. Darrin Eisman	Golden	31	1:59:07	1:57:55
23. Gloria Farley	Fort Lyon	39	2:17:42	1:58:25
24. Bill Wellman	Mosca	50	2:17:42	1:58:25

Competitors ranged in age from 13-year-old Ryan Dorsey-Spitz of Pueblo to 57-year-old Marv Bradley of Cañon City. Ryan finished a superb 7th in the field while Marv was 9th.

Alas, because of a busy summer schedule of racing, the number of participants being down this year, and the amount of work necessary to produce a race in the "back country" area atop the Nature Center, the Trail Run may not be held next year. But I'll keep you posted.

Good & bad memories of '96 Olympics

by Rocky Khosla, M.D.



Olympic notes

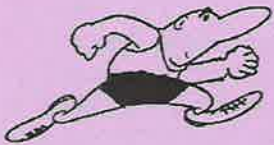
Ever wonder where the expression "Eat my shorts!" originated?

Sure you did!

Well, consider that Sara Lee, the company that makes cakes and similar types of fat pills, also manufactures a few other items. One of them is Hanes underwear.

You may have noticed that all of the U.S. marathoners wilted in the heat and humidity of Atlanta and were never a factor. Said Keith Brantly (28th), who thought he might have an advantage since he's from Gainesville, Fla.: "I was waiting for the sun to come out to help me a little bit (by affecting others), but it never did."

Said Mark Coogan, who was 41st: "To be honest, if it wasn't for the crowd, I might have bagged it."



Thought so

Silicon is essential to the process of metabolizing healthy bones and stimulating growth. One of the best sources of silicon is beer. In a study, blood levels of silicon rose significantly 1 hour after six male volunteers downed 2 pints of beer.

- Men's Fitness Magazine

Having been glued to the TV for 18 days watching the centennial Olympics from Atlanta, I decided I would write about some personal observations.

First, I can't help but feel that there is something missing from the way the Olympics have evolved over the past ten years or so. I think I miss the amateurism, both in the athletes and the Games themselves. The athletes don't seem like real people, and the Games are too slick in their presentation, not to mention too commercialized. Heck, did you know that there is even a particular type of cream that was the official hand cream of the Olympics? (Ed. Note: There also was an official Olympic dog collar.)

Second, where is the fun? I don't think I saw one spontaneous smile from any of the U.S. women gymnasts; those poor girls just looked like they were hating the experience of being at the Olympics. I suppose that when faced with stiff competition, maybe you have to wear a game face. But aren't these little girls supposed to be having fun?

Third, how far will we go to win a gold medal? I am referring to the Kerri Strug situation, and I guess I too was mesmerized by the moment that I couldn't stop cheering for this gutsy gal. But something didn't feel right to me as I thought about it later. For all we knew, she could have had a fractured

tibia after her first vault. She was obviously in pain as she looked over to her coaches, who told her to go for it. I do not believe that she was medically examined by anyone, unless this was done off camera, which is highly unlikely. Some people may say that if she wanted to go for it then it was okay. But can we really believe that a little girl who has been training for most of her life for these special Games would have been able to make any kind of objective decision, especially with her pseudoparents - the coaches - telling her to go for it?

Finally, lest it appear that I am going to do nothing but rag on the Olympics, I do not think that I'll ever forget the sheer beauty of watching Michael Johnson running the 200 and the 400. Most of us who participate in sports really don't have any great talent, but we put in the hard work and get a sense of accomplishment out of our efforts. But when you see someone like Michael Johnson run, it sure makes you feel humbled in the face of real talent.

Till the next time, go out there and have some fun!

SCR hopes to get involved in RRCA fest

by the Editor

With the Road Runners Club of America's national convention in Colorado Springs next June, assistance from fellow RRCA members in Colorado is being sought by the RRCA and organizers in the Springs. At the SCR's meeting for August, club members bantered about certain possibilities before deciding to present a plan to the RRCA to conduct a Poker Run around Quail Lake not far from the convention headquarters at the Red Lion Inn. Laura Kulsik, the RRCA's Western Region, is presenting our plan to the RRCA and to organizers in the Springs.

I'll keep you posted on this progress.

The club now has an equipment rental and race policy in place, and one key notation to be added to the policy is that the SCR will guarantee an accurately measured course for all races that we sponsor or to which we lend our assistance. Great news!



Now What?

Obviously in need of some frivolity in their lives, SCR members gathered to have a water balloon elimination at the club's annual picnic held July 20 at Greenhorn Meadows Park in Colorado City. Lorraine Hoyle was the survivor.

Photo by Gary Franchi

Racing Calendar

Pueblo-Canon City area

August

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

September

8	Sun	8:30 AM	Run for the Rose, 5K run (9 a.m.) & walk	City Park	564-7685
14	Sat	9:00 AM	River Run, 5K & 10K.....	Cañon City	275-1855
15	Sun	10:30 AM	Camp Jackson Challenge, 4M Handicap	Rye/San Isabel	544-9633
21	Sat	5:00 PM	Hot to Trot 5K Fun Run.....	Downtown Pueblo	542-1704

October

26	Sat	PM	Harvest Run, 10K.....	Pueblo West	543-5151
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Other areas

August

24	Sat	Watermelon Day Run, 10K (6:45 a.m. start)	Rocky Ford	(719) 254-7723
24	Sat	Leadville Trail 100	Leadville	(719) 486-3502

September

1	Sun	Enduro Classic, 5K & 10K	Trinidad	(719) 846-6098
7	Sat	Run the Ridge, 5K/Fun Run	Colorado Springs	(719) 596-3507
8	Sun	Pony Express Run, 15M	Colorado Springs	(719) 260-8993
21	Sat	Free Run & Potluck Picnic, Distance TBA	Palmer Park, Springs	(719) 590-7086

October

6	Sun	Fall Series I, 3.5M, Kids 1M	Colorado Springs	(719) 590-7086
20	Sun	Fall Series II, 4.5M, Kids 1.25M	Colorado Springs	(719) 590-7086

November

3	Sun	Fall Series III, 6M, Kids 1.5M	Colorado Springs	(719) 590-7086
17	Sun	Fall Series IV 7.5M, Kids 1.5M	Colorado Springs	(719) 590-7086

Notable & Unnotable Marathons

September	7	Jackson (Wyoming)	307-733-5056
	28	Kokopelli (& Half), Grand Junction.....	970-248-3654
	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
	30	Seattle (Wash.)	206-821-6474
December	1	Dallas White Rock	214-526-5318
	7	Alamogordo (NM)	505-382-8869



Other area races in 1996

- Atalanta Run, 5K
-- Nov. 23

Date of Jinge Bell Run still to be determined

- Rock Canyon Half-Marathon
-- Dec. 8

- Marijane & Nick's Excellent Adventure (Handicap) -- Dec. 15

Other 1996 racing dates

- Desert Championships - 10K & 15K
-- Grd Junction, Aug. 24

- Imogene Pass Run
-- Sept. 7

- Governor's Cup - 10K
-- Denver, Sept. 29

- Race for the Cure
-- Denver, Oct. 6

- Zoo Run - 5K & 10K
-- Denver, Oct. 13

- Rim Rock Run - 37K
-- Grd Junction, Nov. 9

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

Olympic stuff:

- There were 16 water stations, stocked with water, sports drinks and sponges, every mile and a half of the Olympic marathons.
- Every 3 miles, there also were stations containing runners' personal drinks.
- Mile 24 was the highest point of the marathon course at 1,050 feet.
- There were 123 official Olympic licensees selected from 10,000 applicants.

– USA Today

Crucial nonsense about area races

by the Editor

Sunday bonanza

Don't forget that there are two big events on tap this Sunday – August 25. At the entrance to the Colorado State Fairgrounds on Beulah Avenue, the State Fair 10K will be happening. Meanwhile, the Drag'n On In Triathlon and Duathlon will be taking place at the North Shore Marina to Lake Pueblo.

Race times are in the race calendar on the previous page. If you don't plan to compete in either of these events, we could use your help in conducting them. Call Ben Valdez (543-5151) to help on the Drag'n or Kathy Stommel (544-9633) to lend a hand to the State Fair 10K.

The Boys and Girls Club will be helping conduct the State Fair Run, and equipment is being borrowed from the Pikes Peak Road Runners since our own equipment will be needed to conduct the Drag'n On In races at the Marina.



September bonanza

The inaugural Run for the Rose 5K run will be held September 8 at City Park as a memorial to the late Rose Samora Rodriguez. The guys will finally have a chance to run the 5K course that the women have used for years for the Atalanta and Women's Distance Festival races. Organizers have done a bangup job already, and it looks like this is going to be a fantastic event.

The following weekend there will be two races – the River Run in Cañon City on Saturday, Sept. 14, and a new Handicap Series race – the Camp Jackson Challenge – on Sunday, Sept. 15. The 10K will again be part of the River Run this year, being added to the 5K. The Camp Jackson Challenge will be a four-mile run at 10:30 a.m. followed by a barbecue and potluck lunch. Both events will be a treat!

On Saturday, Sept. 21, the second annual Hot to Trot Chili Run 5K will take place at 5 p.m. in downtown Pueblo. This is part of the Chili Festival and there should be a great crowd to run in front of if you're into that sort of thing. In the morning, many SCR members will be participating in the American Heart Walk.

FOR THE SOUL: "A woman runner should consider herself an athlete, whether she's fast or slow, tall or short, small or large" -- Runner's World

*Olympic Games
axiom*

*"The Olympic event you're most interested in watching will
always take place when you have another commitment." – The Franch*

SOUTHERN COLORADO RUNNERS

Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003



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