


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



SOUTHERN COLORADO
RUNNERS

September, 1996

FOOTPRINTS

EDITOR: Gary Franchi

★★★ Accomplice to Idiocy Edition ★★★

All Alone at the End

Tim Vigil, elite runner from Walsenburg, had it in high gear near the finish while capturing first in the State Fair 10K Run held last month. Tim had a superb 34:10 time, more than two minutes faster than the next runner.

Jenna Dorsey-Spitz, 12 years of age, was the first female finisher with her 45:12 time. Race coverage is on Page 6.

Photo by Joe Stommel



Close encounter

The following is a true experience, and NOT a very delightful one:

SCR member Matt Martin was enjoying an early-morning run in Belmont recently, heading north on Comanche just south of Heaton Middle School when a small white car drove up beside him. The driver rolled down the window and asked for directions to Jerry Murphy Road. Matt looked toward Calhoun and told the driver to proceed toward Calhoun, turn right and continue until running into Jerry Murphy.

When Matt looked back, he noticed

Continued on Page 3



See ya!

SCR members Adrienne Kramer (left) and Carol Smith, fixtures at area races and multi-sport events, have moved to North Carolina for job reasons. Their last local competition was at the Drag'n On In Triathlon and Duathlon, where they earned medals. We'll miss them.

Photo by Gary Franchi



SCR Handicap Race Series update

by Don & Lois Pfost

October meeting date

The SCR's regular monthly meeting for October will be held at 7:30 p.m. Monday, October 7, at the Pueblo YMCA located on Albany Avenue between 7th and 8th in Downtown Pueblo. All club members are invited to attend & have a say and a vote in all issues that affect the SCR.



SCR training

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. If you're interested, check with Marijane Martinez (564-6043) or Dave Diaz (564-9303) a day or so prior to the run. A group known as the Pueblo Globe Trotters meets for speed work each Wednesday at 5:30 p.m., usually at East High. Call Dan Caprioglio (543-9510) for information.

Like the title promises, here's an update on the SCR's 1996 Handicap Series. For reasons that will become obvious, the series may need to be renamed to something having to do with the consumption of food, like Dash and Dine, or Flash and Fuel.

The Ramsgate 8-8K took place Sunday, April 14, at 8 a.m. It was overcast, with blustery winds and cool temperatures, which may help to explain why only eight runners took part. Hilbert Navarro was closest to his predict, missing it by only 10 seconds. Dave Diaz placed first in speed points and also took overall honors, garnering a total of 72 points. Plenty of good eats followed the run.

On Sunday, June 20, Joe and Kathy Stommel hosted the memorable Power Waffle Run, a 4.1-mile course through the quiet countryside of St. Charles Mesa and by far the flattest terrain of the series so far. Rich Barrows missed his predict by a mere six seconds, and, once again, Dave Diaz placed first in the speed points division and was tops overall, earning another 72 points. Following the run, there were plenty of good eats including waffles (what else?) by Michael "Hot Irons" O.

In what surely will be regarded as a series highlight, Franchi's Nirvana Run was held on July 19, a Friday evening, with a 7 p.m. starting time. Although the day had been hot, the temperature dropped and a light breeze came up by run time, making the conditions almost ideal. The four-mile course, which wound through the peaceful foothills of Colorado City, had been slightly

altered and shortened from last year. Matt Martin was off his predict by only 16 seconds, and Mark Koch won on speed points and missed his predict by only 31 seconds, making him overall winner with a respectable single-handicap score of 72. Plenty of good eats followed the run.



Picture this: A beautiful summer evening at dusk, a gathering of kindred spirits on the deck of the Franchi residence, a view of the majestic Wet Mountain range, including the local landmarks of Greenhorn and Table mountains, with Lake Beckwith in the foreground just a stone's throw away, Ben and Robin Valdez cooking hamburgers and dogs, and a bountiful variety of tasty eats. Only occasional prattle disrupted the serenity of Nirvana.

Thanks to the Stommels and Franchis for being gracious hosts and for marking the courses.

There was no Handicap run in August and September. We had intended to have the inaugural Camp Jackson Challenge and Memorial Meal Handicap on Sept. 15, but all-night and-early morning rain vetoed those plans.

Coming up on Saturday, October 5, is a Handicap Race based at Pueblo's Wildhorse Creek Park. The distance will be somewhere between 4 and 5 miles, and the starting time will be 8 a.m. Join us.

For information, call 544-9633.

Celebrate!
Yo! Come to the awards ceremony at the Gold Dust after the River Trail Marathon & Half-Marathon and celebrate your sterling performance.

GOLD DUST SALOON
 M^o RⁱD inc.

210 S. Union Ave. • Pueblo

Binti Jua is the name of the gorilla who comforted the little boy who fell into his pit at the zoo.

RRCA Southern Colorado Runners
ROAD RUNNERS CLUB OF AMERICA

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, Binti Jua (ID's below center)

Footprints is published monthly and, while obviously lacking in redeeming value, is mailed to all SCR members to ensure that they get something other than bills in their mailboxes each month.

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, feign interest in the issues discussed, inject tidbits of intellectual stimulus and lend charismatic charm.

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

Check your homocysteine blood level

by Rocky Khosla, M.D.



I thought I would write about homocystinuria. I know, you are probably ready to turn the page 'cause it sounds like one of those technical, egghead topics. Well, read on, because this info may save your life!

First, just a little bit about homocysteine. This is actually an amino acid found in your blood and is used by your body to make cysteine, which is an important component of a lot of proteins. The enzyme that allows this to happen is called cystathionine beta synthase. If there is a deficiency of this enzyme, then large amounts of homocysteine are found in the blood, and large amounts of its oxidized form called homocystine (notice the spelling) are found in the urine, therefore giving rise to the condition called homocystinuria.

People who have this disorder have an autosomal recessive pattern of inheritance. They tend to develop severe hardening of the arteries and blood clots early in life. In fact, people with this disease who are untreated die of vascular disease before they reach their 30s.

The good news is that the prevalence of this disease is only 1 in 50,000 to 100,000. But it also looks like people who have just one gene (called the heterozygous state) have a significantly higher mortality from cardiovascular disease, and that may be present in about 1 out of 100 people in the general population.

So what exactly does homocysteine do that is bad? Well, it appears that elevated levels of this substance cause injury to the cells that line the blood vessels and make the smooth muscle cells within the blood vessels plump up.

Is it just those people who have super high levels of homocysteine in their blood that are at risk for vascular disease? The answer may be that the risk of vascular disease may rise

linearly with rising levels of homocysteine in the blood. And quite a few studies are now suggesting that elevated levels of blood homocysteine may be as important a risk factor for the development of vascular disease as elevated levels of cholesterol.

Should we be getting homocysteine levels as routine screening labs like we do with cholesterol levels? That is being studied, but it is not currently standard practice, largely because of the cost of the test.

What can you do to decrease the levels of homocysteine in your blood? One study found that treating patients with folic acid at doses as low as .65 mg a day decreased the homocysteine levels by nearly 50% in 6 weeks. The only people who should not run out and start taking folic acid are those who may also be deficient in vitamin B-12, since giving extra folic acid may actually worsen the symptoms of vitamin B-12 deficiency.

So what am I now recommending to my patients? If you have a family history that includes death by cardiovascular causes at an early age, it may be wise for your doctor to check, along with other things, your cholesterol, triglycerides and homocysteine levels. And even if there is no significant family history of premature cardiovascular disease, I would strongly consider taking 1 mg of folic acid per day, which is available over the counter in the section of the store where vitamins are found.

Till the next time, keep on truckin'!

Close encounters

Continued from Page 1

the driver had a silly grin on his face. When he looked down, he saw the wrong end of a gun pointed at him from underneath the driver's left arm. "Oh no!" Matt cried out as he started to run backwards.

The driver shouted, "It's a joke! It's a joke!" Matt tripped over the curb as he was running backwards, incurring several scrapes. The driver drove off and turned on a side street. Matt did not get a license plate number since his attention was focused on the driver's side window to see if a gun was pointed in his direction.

However, he DID get a good description of the driver. He had a slim build and was in his late teens or early 20s, caucasian, with short reddish-brown hair, pale skin with acne, and

wearing a dark jacket. The car was off-white with a red interior. It was either an old Datsun, Nissan or Toyota with a square (NOT sloped) back. By the way, the police officer investigating the incident said that, from Matt's description, the weapon probably was a semi-automatic.

Needless to say, Matt did not consider this matter a joke. He has these tips for fellow runners:

- * Run with a partner.
- * If you DO run alone, be careful.
- * Always try to let someone know where you are running.
- * Be careful when approaching strangers.
- * Consider carrying pepper spray when running, and using it when necessary.
- * If something like this happens to you, try to get a license plate number.

Ultimate in idiocy item of the month:

Nick Nasch earned his lofty status as Editorial Consultant of "Footprints" by nominating this month's *Lights Are Dim Award* recipient. It goes to Z-Tech, the firm that created the Recoil shoe that Z-Tech says contains a spring in the midsole that offers "twice the absorption distance of any running shoe." My question: What the heck is absorption distance? Mr. Nasch is now organizing a road trip to Z-Tech in Albuquerque to get the scoop.



Movie Line of the Month:

"Almost anyone can get an 'A' once, but keeping an 'A' is the hard part."

This is another one of those flicks about a teacher who goes into the inner city to save lost souls. In this one, the teacher is a female. Guess the film and speaker and earn an 'A' and gold star on your forehead.

Answers below.

Michelle Pfeiffer in "Dangerous Minds"

Answers:

Drag'n On In Duathlon

Results provided by Andy Ballou

DUATHLON

Distances: 5K run, 40K bike, 5K run

MALE

Duathlete, City	Age	Run	Run&Bike	Total
20 thru 24				
Zachary Abell, Boulder	23	20:37.0	1:36:12.0	1:58:22.0
25 thru 29				
Matthew Alford, Boulder	26	22:09.0	1:37:49.0	2:04:53.0
30 thru 34				
Forrest Newman, Ft. Collins	31	17:18.0	1:28:08.0	1:46:09.0
Jeffrey Roger, Denver	34	19:59.0	1:29:01.0	1:50:33.0
Larry Volk, Pueblo	32	18:46.0	1:35:12.0	1:56:36.0
Brooke Bell, Colo. Springs	32	21:07.0	1:38:30.0	2:02:52.0
Dean Wolfe, Ft. Lupton	34	22:54.0	1:43:42.0	2:09:39.0
35 thru 39				
Steve Pierce, Boulder	38	17:27.0	1:20:33.0	1:39:36.0
Douglas Berling, Northglenn	38	20:39.0	1:32:59.0	1:54:55.0
Mike Archuleta, Pueblo	36	22:52.0	1:47:58.0	2:13:15.0
Guy Degerstedt, Colo. Springs	35	22:44.0	1:49:23.0	2:16:13.0
40 thru 44				
Bob Humpal, Boulder	42	18:31.0	1:28:12.0	1:47:11.0
Greg Carlisle, Castle Rock	40	19:02.0	1:29:13.0	1:49:33.0
Nick Leyva, Pueblo	42	21:37.0	1:47:38.0	2:09:04.0
Howard Stringert, Pueblo	40	22:21.0	1:48:06.0	2:12:13.0
Gary Carter, Pueblo	42	22:56.0	2:02:41.0	2:27:05.0
45 thru 49				
Allan F. Marvin, ?	48	20:07.0	1:31:57.0	1:54:37.0
Hector Leyba, Penrose	45	20:49.0	1:34:51.0	1:57:14.0
Dave Diaz, Pueblo	48	19:04.0	1:39:18.0	2:00:04.0
Link Lubken, Denver	47	22:14.0	1:36:14.0	2:00:48.0
50 thru 54				
Jim Klever, Denver	53	23:49.0	1:42:20.0	2:07:19.0
Tomas Duran, Pueblo	50	24:23.0	1:48:35.0	2:12:26.0
Ron Minkler, Shreveport, LA	53	23:45.0	1:50:03.0	2:14:19.0
55 thru 59				
Billy Bob Jaynes, Boulder	55	22:03.0	1:40:17.0	2:03:26.0



Helen Robinson & Deb Robeda placed in their respective age divisions

Photos by Gary Franchi

FEMALE

Duathlete, City	Age	Run	Run&Bike	Total
20 thru 24				
Kathy Bowman, Golden	23	20:35.0	1:34:44.0	1:55:49.0
Diane Carloni, USAFA	20	24:47.0	2:01:16.0	2:29:23.0
30 thru 34				
Sharon Greenbaum, C. Sprgs.	33	21:23.0	1:36:33.0	1:58:51.0
Helen Robinson, Pueblo	34	22:24.0	1:45:44.0	2:10:12.0
Carol Smith, Pueblo	32	24:48.0	1:54:36.0	2:20:53.0
Jennifer Koslo, Ft. Collins	31	21:51.0	2:03:27.0	2:25:33.0
35 thru 39				
Robin Steele, Ft. Collins	36	19:51.0	1:31:41.0	1:52:27.0
Jacque Hallenbeck, Englewood	35	unavail.	1:43:20.0	2:09:06.0
Stacey Diaz, Pueblo	35	23:30.0	1:53:33.0	2:18:20.0
Nancy Rusch, Littleton	37	23:20.0	1:55:31.0	2:22:11.0
45 thru 49				
Deborah Robeda	46	22:25.0	1:45:34.0	2:11:16.0
Donna Wheeler	48	25:27.0	2:03:41.0	2:31:56.0

These Puebloans medaled in the duathlon



Duathlon Medal winners above were (from left) Hector Leyba, Dave Diaz and Nick Leyva, and at left, Tomas Duran.



Top Pueblo & Hinterlands finishers in the Duathlon

MALE

1. Larry Volk	Pueblo	32	1:56:36.0
2. Hector Leyba	Penrose	45	1:57:14.0
3. Dave Diaz	Pueblo	48	2:00:04.0
4. Nick Leyva	Pueblo	42	2:09:04.0
5. Howard Stringert	Pueblo	40	2:12:13.0
6. Tomas Duran,	Pueblo	50	2:12:26.0
7. Mike Archuleta	Pueblo	36	2:13:15.0
8. Gary Carter	Pueblo	42	2:27:05.0

FEMALE

1. Helen Robinson	Pueblo	34	2:10:12.0
2. Deborah Robeda	Pueblo	46	2:11:16.0
3. Stacey Diaz	Pueblo	35	2:18:20.0
4. Carol Smith	Pueblo	32	2:20:53.0



Training to do your best

Fitness is not only maintained but enhanced by greatly reducing running volume for two weeks prior to a race. The key to race week is not quantity but intensity. By doing decreasing numbers of fast repetitions daily, you'll sharpen your fitness and be ready to take on the world on race day.

– Triathlete magazine

Thanks!

A belated "thanks" is extended to the Brewski Sisters – Ruth McDonald and Shelley Riddock – for contributing the liquid refreshment for the club's picnic this summer. Thanks, ladies!

In next month's issue:

- Run for the Rose
- River Run Classic
- Hot to Trot 5K



Drag'n On In Triathlon

Results provided by Andy Ballou

TRIATHLON

Distances: 1.5K swim, 40K bike, 10K run

Triathlete, City	MALE			
	Age	Swim	Swim&Bike	Total
19 and Under				
Erik Watz, Colo. Springs	13	21:53.0	1:41:55.0	2:27:55.0
Thomas Burke, USAFA	19	30:36.0	1:52:04.0	2:37:41.0
Drew Behrens, Aurora	17	unavail.	1:55:51.0	2:54:59.0
20 thru 24				
Creighton Brandt, CO Springs	23	21:21.0	1:30:13.0	2:08:00.0
Daniel Gabalski, Boulder	24	unavail.	1:34:18.0	2:16:51.0
Matthew Glynn, USAFA	20	25:21.0	1:40:40.0	2:21:31.0
Gerald Romero, CO Springs	24	26:38.0	1:44:09.0	2:21:37.0
Eric Hassinger, USAFA	21	unavail.	1:47:17.0	2:32:52.0
Scott Roberts, Lakewood	24	25:16.0	1:45:15.0	2:34:19.0
25 thru 29				
Mike Roehrs, Denver	25	21:37.0	1:27:36.0	2:08:15.0
Mike Ricci, Boulder	28	23:16.0	1:31:18.0	2:12:33.0
Geof Donovan, Longmont	27	28:29.0	unavail.	2:22:29.0
Daniel Koen, Fort Collins	27	26:47.0	1:37:39.0	2:23:39.0
Lon Rathmell, Colo. Springs	28	24:42.0	1:47:26.0	2:35:54.0
Gassan Kassira, CO Springs	26	27:29.0	1:52:10.0	2:46:39.0
Mark West, Boulder	28	36:53.0	2:01:42.0	2:50:56.0
Norman Houser, CO Springs	29	44:21.0	2:13:26.0	3:08:32.0
Cory M. Williams, CO Springs	25	41:23.0	2:31:37.0	3:31:48.0
30 thru 34				
Bob Utberg, Denver	32	20:45.0	1:26:15.0	2:07:37.0
Paul Dunn, Longmont	31	26:32.0	1:30:30.0	2:07:43.0
Luke Breedlovek, Denver	34	22:49.0	1:28:03.0	2:11:06.0
Matthew May, Aurora	30	25:05.0	1:30:39.0	2:13:54.0
Larry Seidman, Colo. Springs	33	21:32.0	1:35:53.0	2:17:54.0
David Lang, Houston, TX	32	21:26.0	1:32:32.0	2:18:14.0
Bo Towns, Highlands Ranch	33	24:36.0	1:56:13.0	2:42:54.0
S. Grupenhagen, CO Springs	33	35:17.0	1:58:25.0	2:46:13.0
J. Geoff Church, CO Springs	33	30:27.0	unavail.	2:49:34.0
Mark Heminghaus, Broomfield	33	34:18.0	unavail.	2:53:49.0
Steve Scroggs, Westminster	30	29:16.0	2:02:37.0	3:02:31.0
Robert Mace, Pueblo	31	31:40.0	2:17:00.0	3:19:12.0
35 thru 39				
John Delmeze, Highlands Ranch	39	22:02.0	1:28:22.0	2:06:07.0
Edward Cortright, CO Springs	36	23:34.0	1:30:26.0	2:11:27.0
O'Banion Tom, Boulder	38	30:49.0	1:36:32.0	2:12:56.0
Kevin Edwards, Boulder	39	23:56.0	1:35:24.0	2:16:41.0
Jeffrey B. Lang, CO Springs	38	unavail.	1:35:54.0	2:18:44.0
John Phinney, Boulder	36	23:25.0	1:37:49.0	2:22:57.0
Craig McMurray, Westminster	36	26:52.0	1:45:08.0	2:31:24.0
Rocky Khosla, Pueblo	37	28:48.0	1:50:49.0	2:37:04.0
David R. Mendoza, Denver	35	30:33.0	1:49:23.0	2:37:36.0
Bruce Burnham, COSprings	39	33:18.0	1:50:23.0	2:44:03.0
Jay D Trujillo, Denver	38	35:23.0	1:59:59.0	2:47:24.0
Robert Lane, Pueblo	35	36:40.0	2:16:50.0	3:17:17.0
40 thru 44				
John Noleen, CO Springs	40	21:23.0	unavail.	2:10:49.0
Michael Schuldes, CO Springs	40	22:44.0	1:31:36.0	2:15:58.0
Lonney Vogt, CO Springs	42	unavail.	1:39:48.0	2:26:26.0
John Hewett, Woodland Park	41	30:23.0	1:42:25.0	2:26:34.0
Don Willi, Oro Valley, AZ	40	25:35.0	1:39:44.0	2:31:49.0
Steven Keller, Denver	44	28:16.0	1:50:28.0	2:36:13.0
Chriss Rusch, Littleton	42	27:18.0	unavail.	2:41:12.0
Patrick Tomada, Denver	43	36:11.0	1:54:55.0	2:51:29.0
Jack Rink, Pueblo	42	31:42.0	1:58:59.0	2:51:51.0
Keith Lorensen, Pueblo	43	35:21.0	2:09:36.0	3:10:31.0
Charles Ripp, Colo. Springs	43	34:56.0	2:10:25.0	3:15:32.0
45 thru 49				
Steve Roholt, Albuquerque	46	unavail.	1:45:38.0	2:24:50.0
Thomas Townsend, Irvine, CA	47	29:59.0	1:34:43.0	2:33:59.0
Kenneth Barnaby, Parker	48	31:44.0	1:50:39.0	2:37:17.0
Dean Myers, Colo. Springs	46	28:15.0	1:48:53.0	2:41:38.0
Jim Meyer, Pueblo	46	29:21.0	1:47:39.0	2:44:55.0
Gary Franchi, Colorado City	47	26:08.0	1:54:31.0	2:45:27.0
Douglas Dawson, CO Springs	49	25:14.0	1:53:57.0	3:09:40.0

50 thru 54				
Derinis West, Denver	52	22:03.0	1:32:19.0	2:17:00.0
Bruce Wilson, Boulder	51	24:02.0	1:37:55.0	2:24:26.0
Sim Thomas, Dillon	51	24:09.0	1:38:03.0	2:25:07.0
Garrett Fonda, Parker	50	28:16.0	1:41:25.0	2:35:01.0
George Balles, Pueblo	52	41:42.0	2:17:07.0	3:19:38.0
55 thru 59				
Wayne Chesney, Copper Mt.	58	27:38.0	1:51:52.0	2:44:44.0
John Dow, Boulder	55	31:04.0	1:54:04.0	2:45:22.0

Triathlete, City	FEMALE			
	Age	Swim	Swim&Bike	Total
19 and Under				
Nichole Hartman, CO Springs	19	24:23.0	1:42:36.0	2:36:32.0
20 thru 24				
Camille Lovin, Denver	24	26:40.0	1:52:11.0	2:42:27.0
25 thru 29				
Suzie Tuffey, CO Springs	29	23:50.0	1:41:51.0	2:23:51.0
Kimberly Lubarger, CO Springs	27	30:06.0	1:55:24.0	2:52:58.0
Leigh-Ann Mueller, Boulder	25	29:30.0	unavail.	3:01:01.0
30 thru 34				
Diann Sweeney, Denver	30	unavail.	1:32:04.0	2:14:50.0
Cheryl Black, Kingwood, TX	32	25:33.0	1:37:33.0	2:21:39.0
Adrienne Kramer, Pueblo	30	23:53.0	1:49:47.0	2:41:46.0
Janet Atchley-Townsen, Irvine, CA	34	34:54.0	2:01:55.0	3:02:40.0
Patti Zingale, Cascade	34	35:12.0	unavail.	3:05:05.0
35 thru 39				
Terri A. Lang, CO Springs	37	26:45.0	1:40:28.0	2:27:41.0
Gale Bernhardt, Loveland	38	23:03.0	unavail.	2:28:18.0
Alice Childers, Payton	37	28:24.0	1:41:06.0	2:32:17.0
Susan Van Orden, Thornton	37	unavail.	1:48:41.0	2:34:22.0
40 thru 44				
Susan Watz, CO Springs	44	27:59.0	1:49:24.0	2:31:40.0
Susan Archer, Westminster	42	31:54.0	1:59:56.0	2:56:39.0
Marijane Martinez, Pueblo	44	42:40.0	2:18:47.0	3:09:26.0
Gretchen Neff, Aurora	40	35:00.0	2:28:22.0	3:41:17.0
45 thru 49				
Cindi Toepel, Conifer	45	31:15.0	1:52:48.0	2:41:28.0
Shorter, Boulder	47	27:43.0	2:01:10.0	2:50:47.0
Carol Ann Kinzy, Pueblo	48	34:38.0	1:59:09.0	2:50:58.0
Judith Russell, CO Springs	49	31:37.0	2:04:31.0	3:09:52.0
50 thru 54				
Karen Fady, CO Springs	53	31:39.0	1:58:36.0	2:54:20.0

TEAMS - MALE

2 Studs & 1 Old Fat	31:01.0	1:43:24.0	2:23:42.0
PWC	30:01.0	1:50:25.0	2:29:49.0
Cork Screws	24:27.0	1:42:35.0	2:29:04.0

TEAMS - FEMALE

Gold Dust	24:47.0	1:42:35.0	2:29:04.0
-----------	---------	-----------	-----------

TEAMS - COED

Goodwill	31:57.0	1:49:10.0	2:34:33.0
Flintstones	24:19.0	2:16:20.0	3:02:25.0
CKM Inc.	35:56.0	2:20:02.0	3:04:47.0

Top Pueblo & Hinterlands finishers in the Triathlon

MALE			
1. Rocky Khosla	Pueblo	37	2:37:04.0
2. Jim Meyer	Pueblo	46	2:44:55.0
3. Gary Franchi	Colorado City	47	2:45:27.0
4. Jack Rink	Pueblo	42	2:51:51.0
5. Keith Lorensen	Pueblo	43	3:10:31.0
6. Robert Lane	Pueblo	35	3:17:17.0
7. George Balles	Pueblo	52	3:19:38.0
8. Robert Mace	Pueblo	31	3:19:12.0
FEMALE			
1. Adrienne Kramer	Pueblo	30	2:41:46.0
2. Carol Ann Kinzy	Pueblo	48	2:50:58.0
3. Marijane Martinez	Pueblo	44	3:09:26.0



Top Dog
John Noleen led SCR finishers in the Drag'n On In Triathlon and took first in his age group with a time of 2:10:49.

Drag'n numbers

The addition of a duathlon to this year's Drag'n On In Triathlon produced about 24 additional participants in the event this year. There were 36 duathletes, but the number of triathletes fell from around 124 to 112.

Got a used boom box you don't want?

The SCR could really use a boom box to play some tunes at various club events. If you happen to have a used one you could do without, please consider donating it to the club. It will be appreciated immensely. Thank you.

Whew - the truck is OK!

Club member Gloria Montoya met with misfortune - and had quite a serious scare - when she was hit by a truck while running in the State Fair 10K race last month. Fortunately, "Crash" was OK, although she was taken to a hospital for observation. She even resumed her training about a week after the accident and plans to run in the River Trail Half-Marathon next month.

Now here's the real amazing thing: Gloria, I assume reacting instinctively, stopped her stopwatch right after the accident occurred.



She's still an amateur

Jenna Dorsey-Spitz faced a nice problem in the State Fair 10K run. By being the first overall female finisher, the 12-year-old earned prize money. However, by accepting the money, Jenna would have lost her amateur status. With a budding high school career on the horizon, Jenna would have none of that, and she donated the money to charity.



They're Off!

The field blasts off at the start of the State Fair 10K Run that began and finished in front of the Fair's Beulah entrance gate. Photo by Joe Stammel

Colorado State Fair 10K

Race held August 25, 1996

by Damian Rotolo
State Fair 10K Director

Provided by Damian Rotolo

The crowd was so fast you almost couldn't see the runners coming in to the finish line. The noise was so overwhelming that it just about took each runner's breath away. When the first runner crossed the finish line, he turned back to congratulate the next few runners to cross. As the last runner came in, he was met by an earth-shaking cheer from the crowd and congratulations from the other runners. New world records had been set by both the first male and first female finishers. Both records were sanctioned by the RRCA at the time of the finish. Everyone attended the awards ceremony where world record titles were conferred upon the runners, and they collected their \$100,000 checks for capturing first place in the race.

That's the dream race that every race director would like to conduct once in his or her lifetime. The reality, however, is that there were only 55 starters in this year's State Fair 10K. There were only a few spectators, family and spouses. The cheering when runners crossed the finish line amounted to a few shouts and some sporadic clapping. And still the run-

ners ran the race for all they had. Something in the make-up of runners in this kind of race keeps them running no matter what. It was about 90 degrees, the prize money was meager, the police escort showed up late after a call, and the race happened to be on a day when the Drag'n On In Triathlon had to be scheduled, and still they ran hard.

The thing that these two race scenarios share is the runners. Obviously, runners will run no matter what. The pleasures in directing this race, however, are not in solving the problems that crop up because it is a small race. They are not all in seeing the winners cross the finish line. That's just one part. They are in seeing all the obstacles that could prevent the race, and having runners that want to run anyway. Running in itself is hard work, and if you have to overcome obstacles to do hard work, it means that you are committed to the task. I have never met such committed people as the runners who run this race, and that's the pleasure of being the race director.

I want to thank all the runners, the helpers, and everyone who participated in helping to put on this race. It's a pleasure to see such commit-

Runner	Age	Time
1. Tim Vigil	32	34:10
2. Liam Murphy	34	36:18
3. Rich Hadley	40	36:23
4. Ethan White	19	36:44
5. Mike Messick	39	36:51
6. Johnny Ray Garcia	39	37:48
7. Marty Garcia	36	37:56
8. Jeff Lindemann	38	38:24
9. Ben Pirraglia	17	29:13
10. Sam McClure	43	40:19
11. Bill Veges	39	41:44
12. Kevin Guntz	38	41:48
13. Robert Santoya	34	44:43
14. Jim Beckenhaupt	49	44:56
15. Jenna Dorsey-Spitz	12	45:17
16. Paul Prado	29	45:41
17. Brock Henning	23	45:48
18. John Ulsh	47	46:21
19. Carla Augenstein	37	46:27
20. Don Pfof	56	47:07
21. Sean Finley	36	47:23
22. Hilbert Navarro	56	47:37
23. Ron Dehn	48	47:45
24. Jeff Arnold	55	48:47
25. Krista Fish	21	48:54
26. Raul San Miguel	46	48:56
27. Benny Terry	43	49:10
28. Amber Pirraglia	18	49:53
29. Sally Taylor	40	50:34
30. Trevor Hadley	14	51:19
31. Steven Gallegos	20	51:19
32. Brad Van Buskirk	35	52:49
33. Steve Farley	46	53:51
34. John Holliman	69	54:07
35. David Gubik	37	54:45
36. Tong Cha Gubik	35	54:56
37. Julie Arellano	43	54:58
38. Eugene Arellano	48	55:23
39. John Thomason	13	55:40
40. Linnea Erion	21	55:48
41. Jessie Quintana	52	55:56
42. Krista Pearson	17	56:04
43. David Jobe	44	56:16
44. Gloria Farley	39	57:04
45. Donna Griesel	50	57:49
46. Sandy Messick	37	57:59
47. Mike Parlapiano	41	58:20
48. David Sorensen	42	58:44
49. Chris Montoya	14	58:51
50. Bruce Taylor	47	60:04
51. Jim Neblick	37	60:04
52. Kimberly Tolin	43	60:05
53. Roland Tollin	41	60:05

Racing Calendar

Pueblo-Canon City area

October

5	Sat	8:00 AM	SCR Handicap Series, 4+M	Wildhorse Creek Pk.	544-9633
13	Sun	7:00 AM	River Trail Marathon & Half-Marathon.....	Pueblo West	543-5151
26	Sat	?	Harvest Run, 10K.....	Pueblo West	543-5151

November

23	Sat	9:00 AM	Atalanta Run, 5K.....	City Park	564-4410
30	Sat	5:30 PM	Jingle Bell Run, 5K run & walk	Union Avenue	x

December

8	Sun	9:00 AM	Rock Canyon Half-Marathon	Rock Canyon	564-9303
15	Sat	10:00 AM	Marijane & Nick's Excellent Adventure.....	117 Regency	564-6043

About 9 Miles - *This is a potluck brunch*

Other areas

September

29	Sun	Governor's Cup, 10K & 5K run/walk	Denver	(303) 692-2503
----	-----	-----------------------------------------	--------	----------------

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
23	Sat	Turkey Shot Predict, 5K	Prospect Lake, Springs	(719) 473-2483

December

7	Sat	Jingle Bell Run, 5K run & walk	Colorado College	(719) 598-2953
---	-----	--------------------------------------	------------------	----------------

January

1	Wed	Rescue Run, 5K & 10K	Colorado College	(719) 598-2953
---	-----	----------------------------	------------------	----------------

Notable & Unnotable Marathons

September	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
	20	St. Louis	314-781-3926
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
January	19	San Diego	619-792-2901
February	11	Las Vegas (& Half & 5K)	702-876-3870
March	2	Los Angeles	310-444-5544



It won't come off

If you didn't fall asleep too many times reading recent newsletters, you may recall mention of the SCR purchasing a course-marking striper and wash-off paint. The concept was great - you mark the course and the markings come off with the first rain, thereby not leaving a bunch of marks all over the River Trail, City Park, etc. Ah, but not so fast, Sherwin-Williams breath. It seems the company that provided the paint made a little boo-boo. The paint doesn't wash off. Shoot, man, can't get everthing right.

Other 1996 racing dates

- Race for the Cure
-- Denver, Oct. 6
- Zoo Run - 5K & 10K
-- Denver, Oct. 13
- Halloween Hustle 5K
-- Denver, Oct. 31
- Trophy Series 10M
-- Denver, Nov. 3
- Rim Rock Run - 37K
-- Grd Junction, Nov. 9
- Race for Hope - 5K
-- Denver, 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

- President Clinton's usual time to run a mile: 10 minutes.
- # of U.S. women who have finished in the top 10 in the 4 women's Olympic marathons: 2.
- # of volunteers used in the Portland Marathon: 3,500.
- # of SCR members who sought psychiatric help after reading last month's "Footprints": 170

Extraneous information about area races

by the Editor

Marathon fever

Another great River Trail Marathon is just around the corner, and I have recently seen long-distance fanatics in the final stages of training for the Sunday, October 13, race. The event also includes a half-marathon for those who still have enough sense to prefer less pain to the challenge of the marathon.

Whatever, the River Trail requires much assistance, and the assistance of SCR members and others who can lend a hand as volunteers would be appreciated. The finish line will be handled in two shifts. About 350 competed in the two races last year.

Call Ben Race Director Valdez at 543-5151. He likes to hear the sound of your voice.

Harvest time

Two weekends after the marathon, the annual Harvest 10K Run and bonfire/barbecue extravaganza will be held at Lovell Park in Pueblo West. The date is Saturday, Oct. 26. I'd provide directions but I'd probably send you to Liberty Point. Or Penrose. Rich Barrows is directing.

The race is serving as a membership drive.

The fee for the race and a meal of barbecued hot dogs and hamburgers is a mere \$5. Non-members can join the club, race, and enjoy the meal for just \$15. The normal cost of a membership is \$12 for a single (\$18 for a family). The memberships will be good through the final two months of this year and for all of next year.

Oh, and there should be a bit of liquid available there as well. Cheers!

Calling all females!

The umteenth annual (beats looking up the actual number) Atalanta Run, a 5K walk and run for women, once again will be held the Saturday before Thanksgiving at City Park. The Race Director is Helen Robinson, who is looking into having quality long-sleeved T-shirts instead of the bulky sweatshirts that have been given the past few years. Hubby Jim is pushing for exact replicas of "Golden Boy," his infamous Rawhide Marathon shirt.

A sponsor is sought. If you'd like to promote your business, call Helen at 564-4410.

Jingle all the way

The third annual Jingle Bell 5K run and walk is set for Saturday, Nov. 30, on Union Avenue. I'll have more in next month's issue.

FOR THE SOUL: "Training, exercise, plain old physical movement is the best antidote for the hyper-speed time we live in." -- Scott Tinley

Water bottle
axiom

"When in the weight room, one's water bottle will only fall over when the top hasn't been pushed down." - 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 fall behind in your reading!

Issues of *Footprints* are not forwarded. Hence, if you move, send us your new address as quickly as possible so your issues won't end up under a bunch of leaves in a corner of 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