



EDITOR: Gary Franchi

FOOTPRINTS

★ Generation Xers Edition for November, 1996 ★

MEET THE RUNNER

She's made a lot of stops all over the world

Name: Christy Olsen
Age: 33
D.O.B.: 11-13-63
Marital Status: Single

by Marijane Martinez

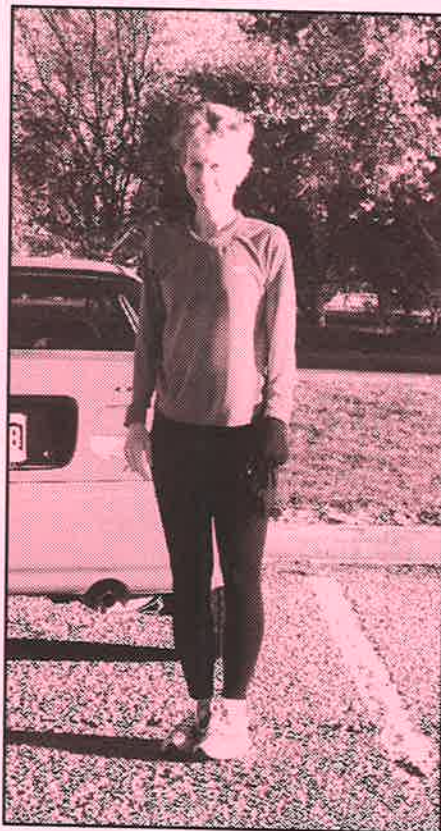
Although Christy Olsen is originally from Yuma, Colorado, she has traveled and lived more places than most people twice her age.

After graduating from Yuma High School in 1982, Christy attended Colorado College and earned a degree in Business Economics. From there, Christy went on to live with a friend in Alaska, where she worked in a fish cannery until she and her friend decided to hitchhike across Alaska, eventually descending into Seattle, Washington, where she lived for a short period of time.

Christy then decided to go abroad to Japan where she taught English for 2 years. After that, Christy returned to the U.S., settling in Monterey, California, where she completed her master's degree in *English as a Second Language*. She returned to Japan and taught business skills for a company in Japan for 3 years. While in Japan, she studied Japanese and can still speak it well although she's a bit rusty from not being able to use it here. Anyone out there fluent in Japanese?

Christy eventually returned to the U.S. and lived in Boulder where she worked at the Performance Bike

Christy Olsen is a native of Yuma, Colorado, where she began running in junior high school.



Shop until being offered a job at the University of Southern Colorado. Here, Christy is an instructor in the American Language Academy where she teaches academic English to foreign students.

The oldest of four kids (Sara, 27; Amy, 23; and Andrew, 19, are the others), Christy has been running on and off since she was in junior high school. At Yuma High, she ran track but didn't get to run cross country since it was not offered there.

Today, Christy says she continues running to stay in shape and to complement her cycling and backpacking, which she also loves. Being outdoors is Christy's first love. She ran the Pueblo River Trail Half-Marathon, which to date has been the farthest distance she's run. Her time was a respectable 1:53 and she stated that she passed many runners during the second half of the race when she decided to pick up her pace a little.

Running goals for Christy are, first, to try to find time to run, and second, to complete a 10K in under 45 minutes and a 5K in 20 minutes. She ran Boulder Boulder in 46 minutes and the Boulder Dash in 22 minutes this past summer. She is currently running on Sundays with the group that meets at City Park and also has joined us at the track on Wednesdays. Based on what I have seen of Christy, I would say she shouldn't

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Training runs on Sundays

SCR members of varying ability levels meet in the parking lot of the City Park swimming pool each Sunday at 8 a.m. for a group training run.

Distances vary. The only exception is when there is a local race or a BIG race in the Springs or elsewhere.

They'd like to have you join them.

If you're interested, check with Marijane Martinez (564-6043) or Dave Diaz (564-9303).



Mystery photo

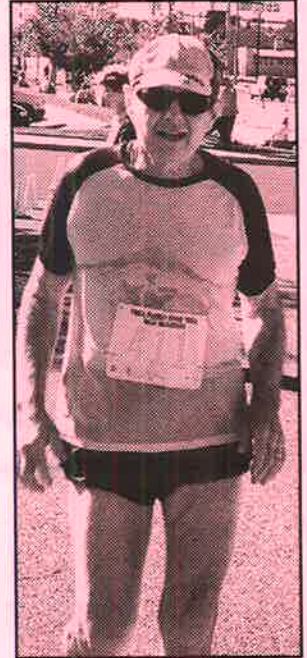
Thought I'd keep you on pins and needles for a month trying to identify the SCR member who was in the Mystery Photo on Page 5 of the October issue of "Footprints."

The person in question was, and still is for that matter, Ruth McDonald, one of the Brewski sisters that operate our race headquarters -- the Gold Dust Saloon. Ruth was pictured at the official dedication of the Historic Arkansas River Project, of which she has always been a big promoter.



Mike Sobolik (left) returned to his native Pueblo last month to take first place in the River Trail Marathon. Brothers Bob and Bill Veges (above), ran the marathon and the half, respectively, while Carl Mapps (right) also completed the half.

Results, photos on Pages 4 and 5.



Meet Christy Olsen

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have too much trouble attaining those goals providing she can find the time to train.

Christy ran the Beulah 10K, which she thoroughly enjoyed because part of it was on dirt roads, to which she is very partial. She is planning on running the Rock Canyon Half-Marathon in December and my guess is she will finish in under 1:50 easily. Christy lives on the north side of Pueblo close to USC and is looking for someone to train with either early mornings or evenings after work, so if

you are interested, please contact me and I will put you in touch with her.

In the short period of time I have known Christy, I have found her to be extremely easy-going and someone with lots of interesting stories to share. Sometimes stories are what keep us going for our long runs on Sundays. Christy will be at the Atalanta Women's race and then, as mentioned, at the Rock Canyon Half-Marathon, so please make her feel welcome to our club and to Pueblo by introducing yourself!

Don't be a turkey!



Have some brews at the Dust.

Gold Dust Saloon
130 S. Union Avenue

Mike Tyson and his entourage.
"Crocodile" is the nickname of the "yellow" for



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, "Crocodile" (ID'd bottom center)	

Footprints is produced monthly in an attempt to fuel the economy by providing work for printers and postal service employees.

SCR meetings are held the 1st Tuesday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings and try to make sense out of the discussions. They are encouraged to bring barf bags when attending. Large ones.

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 comic actress Janeane Garofalo: "You can tell a lot about a person by how excited they are to do the *Macarena*."

Musings on running, fitness, life, etc.: Just got done checking out the Hawaii Ironman results on the Internet and once again it's left me perplexed, wondering, how do they do it? How can someone complete an Ironman triathlon? And are they human? If not, where do they come from? Is there an unknown universe somewhere that produces Ironman triathletes that are secretly smuggled to earth to torment the rest of us mortals?

Think about it. How is it possible to swim 2 1/4 miles, bike 112 miles and then run a marathon? In the heat of Hawaii no less. The marathon distance is bad enough, but to do one AFTER those other two legs ... well, they simply CAN'T be human! By the way, have you ever noticed that the SCR's Mike Orendorff, who qualified for and did the Hawaii Ironman a few years ago, never talks about where he's from? See?

As evidence of the inhuman status of Ironman triathletes, the winning time in this year's River Trail Marathon was 2:36 by Mike Sobolik, a Pueblo transplant now living in Boulder. He was lucky - because of his ability, he wasn't out in the warmest heat that long. The remainder of the runners are still relating war stories about how they died in the heat that day.

In contrast, Mark Allen ran a 2:40 marathon to come from behind to win the '95 Hawaii Ironman. He did so with the temperatures in the 80s. And, remember, he did this AFTER swimming 2 1/4 miles & biking 112 miles.

This year, Luc Van Lierge won Hawaii in his first attempt. Broke Allen's 1993 record by 3:37, too, despite gusting winds. He ran a 2:41:48 marathon. How did he do it?

"Sometimes when you are naive, you don't recognize the discomfort," said Dave Scott in trying to explain Van Lierge's victory.

"Simple. He isn't human," said Gary Franchi, hitting the nail on the head in his analysis of the victor.

Need more proof? How about the weekly training schedules of Ironman triathletes. I dug

up these weekly training logs from "Triathlete" and "Ironman" magazines:

- **Walther Ramos** - swim 10,000mtr., bike 160-180M, run 28-35M.
- **Michelle Ghert** - swim 2,800yd. - 3,200yd., bike 180-200M, run 28-42M.
- **Average Hawaii Ironman athlete** - 18 - 24 hours a week.

In contrast, here is a typical weekly training log of an alleged human:

- **Gary Franchi** - swim 3,500mtr., bike 54-68M, run 15-19M, lift 2:30 - 2:45.

One more thing: Many of the Ironman triathletes have some unbelievable workouts that only inhumans can do. For instance, I recall Mr. Orendorff once running Pikes Peak, then getting on his bike and riding to Denver.

See?

This month's smorgasbord: This actually happened - A chap named Adolfo Zapata collected \$195 a week in workers' compensation benefits last year because of a foot injury. During that period, however, it seems that Adolfo was well enough to finish 240th in the 1995 New York Marathon. Pretty neat. Or at least

until his scam was discovered by a viewing of a videotape of the race. Mr. Zapata was placed in his deserving place behind bars. Have a nice day ... I applaud all of the River Trail marathoners who conquered the elements on such a warm day. But I was simply in awe of Dale Clemmensen, the 32-year-old Walsenburg dude who completed the distance in a wheelchair. That's him in the accompanying photo, traversing the final yards ... I forgot about this one until now - While at the Road Runners Club of America convention in May, I was



None worked harder to complete the marathon than Dale Clemmensen of Walsenburg.

Photo by Gary Franchi

chatting with a lady who was wearing her name tag upside down. At first, I thought she'd put it on incorrectly by mistake. However, after a brief conversation that led to a quick character analysis, I got to thinking she just may have put it on that way so she could look down and read the tag in case she forgot her name ... Those name tags also noted the hometown of the name tag wearer. I think her name tag said "Tralfamadore" under her name. Maybe she was an Ironman triathlete ... Ciao!

SCR Happenings

Preliminary plans are already under way for the annual SCR Awards Banquet. Initial dates mentioned are either Jan. 18 or Jan. 25, and it'll be held in the Gold Dust Banquet Room. Plan now to attend. More information will be provided next month.

The Banquet Committee is discussing candidates for SCR officers for '97. If you are interested in being an officer, please contact any current SCR officer. We always need fresh blood.

The SCR is mulling the future of the Handicap Race Series. If you are interested in coordinating it next year, let us know.



Movie Line of the Month:

"I didn't think I could cut it the other night either. But after what Jimmy did it would take the Indiana National Guard to drive me out of here."

This is a film classic. One of the great est sports flicks ever made.

Answers below.

Answers:
"Hoosiers"
Gene Hackman in

Pueblo & Hinterlands Division

MALES (top 10 finishers)

- Tim Vigil 2:45:58
(Walsenburg)
- Rich Hadley 3:03:39
(Florence)
- Mark Koch 3:06:40
- Jim Robinson 3:10:31
- Marty Garcia 3:29:20
- Hector Leyba 3:35:17
(Penrose)
- Ted Quintana 3:38:33
- David Klein 3:50:35
(Rocky Ford)
- Mike Archuleta 3:52:16
- Nick Leyva 3:55:58
- Wayne Whitney 4:19:13
(Pueblo West)
- Jack Rink 4:32:55
- Robert Santoyo 4:44:59
- Tom Morin 4:47:05
(Alamosa)
- Dale Clemmensen 5:00:41
(Walsenburg)

FEMALE

- Sally Taylor 4:15:37



'Made it!'

Rich Hadley of Florence wraps up another fine marathon that saw him finish with a superb 3:03 time.

Photo by Gary Franchi

River Trail Marathon

Results provided by Andy Ballou & Mary Lou Henson

MALE DIVISION				
Runner	City	Age	Time	
24 and Under				
Mike Sobolik	Boulder	23	2:36:50.3	
Kirke Martin	Gunnison	22	3:38:27.8	
Chip Maguire	Gunnison	23	3:40:07.7	
George D. Gansel	Fort Carson	24	5:54:49.6	
25 thru 29				
Adam Hodges	Boulder	25	2:56:42.4	
Herb R. Beaven III	Nederland	29	3:35:47.7	
Stephen Colmant	Tohatchi, NM	29	3:43:19.3	
Darren Schwindt	Las Cruces, NM	28	3:52:45.0	
Doug Burkart	Colorado Springs	27	3:53:42.7	
Zach Vanblack	Colorado Springs	29	4:01:48.4	
James Mitchell	Colorado Springs	29	4:45:08.7	
30 thru 34				
Timothy Vigil	Walsenburg	32	2:45:58.0	
Joseph Gorney	Colorado Springs	33	3:09:28.0	
Scott Badger	Littleton	32	3:41:20.8	
Lex Mahler	Lakewood	31	3:46:42.9	
Michael Jensen	Highlands Ranch	32	3:55:21.7	
Dale Manry	Colorado Springs	31	3:59:36.0	
Robert Santoyo	Pueblo	34	4:44:59.8	
Dale Clemmensen	Walsenburg	32	5:00:41.8	
Kenneth E. Howe	Fort Carson	30	5:54:48.9	
35 thru 39				
Thomas Carminati	Boulder	39	2:53:47.7	
Bret Crock	Parker	38	2:55:16.8	
Mark Koch	Pueblo	37	3:06:40.2	
David Briney	Denver	35	3:09:51.8	
Roger Cline	Lakewood	36	3:28:36.1	
Marty Garcia	Pueblo	36	3:29:20.8	
Jeffry Barry	Colorado Springs	37	3:39:04.4	
Dave Yanchek	Cheyenne, WY	39	3:40:07.9	
Mike Archuleta	Pueblo	36	3:52:16.6	
Jeff Jensen	Highlands Ranch	35	3:55:21.3	
Timothy Joyce	Westminster	35	3:56:59.7	
Dale Perry	Longmont	39	3:57:50.4	
Mike Olson	Colorado Springs	39	4:00:57.7	
Dave Winkel	Westminster	35	4:03:18.5	
Steve Ryder	Fort Collins	39	4:11:52.1	
Tim Raup	Denver	37	4:51:18.7	
40 thru 44				
Scott Hajcek	Golden	41	2:51:30.6	
Bob Stoneman	Parker	41	2:54:54.9	
Rich Hadley	Florence	40	3:03:39.6	
Tom Snider	Colorado Springs	44	3:10:26.1	
James Durgin	Golden	42	3:14:30.1	
Paul Grosscup	Morrison	41	3:16:26.8	
Bob Veges	Arvada	43	3:17:23.2	
Phil Kahn	Denver	43	3:17:28.8	
Scott Albertson	Golden	43	3:29:42.9	
Bruce Boelter	Northglenn	43	3:34:18.9	
Bill Rael	Broomfield	41	3:36:42.2	
David Thomas	Colorado Springs	42	3:47:37.0	
David Klein	Rocky Ford	41	3:50:35.3	
Nick Leyva	Pueblo	43	3:55:58.8	
Tony Peduto	Colorado Springs	42	4:08:07.6	
Jack Rink	Pueblo	42	4:32:55.5	
Tom Morin	Alamosa	42	4:47:05.2	
David Sorenson	Colorado Springs	42	4:55:10.3	
45 thru 49				
Barry Roth	Colorado Springs	49	3:03:14.0	
Jim Robinson	Pueblo	45	3:10:31.3	
Philip Johnson	Denver	48	3:14:58.9	
David Trombley	Colorado Springs	46	3:32:29.1	
Hector Leyba	Penrose	46	3:35:17.6	
Ted Quintana	Pueblo	46	3:38:33.6	
Gary Murphy	Castle Rock	47	4:10:24.9	
Jim Garrett	Aurora	49	4:19:42.4	
50 thru 54				
Bob Smithwick	Colorado Springs	50	3:19:58.0	
John Molet	Northglenn	53	4:05:34.8	
Dennis Normoyle	Colorado Springs	52	4:41:50.6	



Sally Taylor was the lone Pueblo & Hinterlands division female finisher.

Photo by Gary Franchi

Barry Wick	Colorado Springs	50	4:49:28.6	
Mike Monroe	Littleton	51	5:18:01.5	
55 thru 59				
Andrew Kotulski	Montclair, NJ	56	3:43:19.1	
Hans Zimmerman	Colorado Springs	56	3:44:57.6	
Allan Nickels	Evergreen	59	3:48:35.7	
Gordon Hartshorn	Grand Prairie	57	4:01:30.3	
Wayne Whitney	Pueblo West	57	4:19:13.5	
Keith Hull	Laramie, WY	58	4:46:09.3	
Alan Stegglis	Ravenna, OH	58	5:02:54.7	
Tom Fairman	Whitehorse Yukon, Canada	56	5:02:54.7	
60 and Over				
Lou Joline	Lake Lotawana, MO	64	3:26:44.8	
Jim Braden	Colorado Springs	61	3:46:01.2	
Ed Mighell	Denver	66	3:58:36.2	

FEMALE DIVISION

Runner	City	Age	Time	
24 and Under				
Lindsey Quackenbush	Colorado Springs	21	4:03:10.3	
Cherie Mitchell	Colorado Springs	24	4:45:09.0	
Maureen Schack	Boulder	20	4:57:11.8	
25 thru 29				
Kerrie Cella	Colorado Springs	29	4:08:48.1	
Jennifer Carolan	Park City, UT	28	4:17:28.8	
30 thru 34				
Towanda Nitzky	Ft. Collins	32	3:35:49.1	
P. Parker Jones	Westminster	33	3:47:24.8	
Susan Himmelstieb	Aurora	32	4:06:16.6	
Andrea Tringo	Boulder	30	4:07:09.2	
Laura Huntley	Loveland	31	5:14:02.2	
Amy Tigner	Laramie, WY	32	5:26:08.9	
P. Guenther-Gloss	Fort Collins	32	5:46:36.0	
35 thru 39				
Louise Menashe	Gainesville, FL	36	3:16:25.4	
Michelle Manquen	Conifer	38	3:54:55.3	
Sue Swanson	Englewood	38	4:03:18.1	
Lisa Lane	Denver	38	4:15:51.8	
Linda Drake	Longmont	38	4:36:47.8	
Carol Atkinson	Monument	37	5:00:46.6	
40 thru 44				
Irene Webb	Bayfield	40	3:25:09.2	
Sharon Hoffman	Evergreen	40	3:54:55.1	
Sally Taylor	Pueblo	41	4:15:37.5	
Melody Small	Lafayette	44	4:16:43.4	
45 thru 49				
Janet Fleharty	Colorado Springs	48	4:30:33.5	
Francoise Carpenter	Littleton	47	4:50:54.8	
60 and Over				
Donna Cooley	Akron	62	6:29:08.0	

River Trail Half-Marathon

Results provided by Andy Ballou & Mary Lou Henson

MALE DIVISION			
Runner	City	Age	Time
24 and Under			
Creighton Brandt	Colorado Springs	23	1:23:59.4
Bradley R. Stevent	USAFA	21	1:50:57.2
Jason Lemons	USAFA	21	1:50:57.5
Oscar Dehmokret	Nathrop	20	1:59:42.9
25 thru 29			
Ladd McClain	Boulder	25	1:09:56.0
Kurt Nickels	Kittredge	27	1:16:22.3
Matt McGowan	Boulder	28	1:38:22.4
Chris Butler	Colorado Springs	25	1:55:13.0
Mike Place	Colorado Springs	25	1:56:11.1
30 thru 34			
Mark Jankelow	Pueblo	33	1:32:00.2
Andrew Freeman	Boulder	32	1:32:53.9
Rick Rochelle	Fort Collins	32	1:38:01.3
Roger Hedgepeth	Colorado Springs	31	1:43:41.6
Boyd Shultz	Colorado Springs	33	1:44:45.2
Edward Munroe	Ft. Carson	34	1:45:25.0
P J Warne	Colorado Springs	33	1:48:12.6
Royce Miller	La Junta	34	2:00:58.0
Robert Ronas	Colorado Springs	32	2:09:34.6
35 thru 39			
Johnny Ray Garcia	Raton, NM	39	1:22:11.3
Marcus Roeder	Colorado Springs	36	1:22:39.3
Jeff Lindemann	Peyton	38	1:23:37.4
Robert Brotherston	Security	37	1:25:19.1
Bill Veges	Pueblo	39	1:33:56.9
Rocky Khosla	Pueblo	37	1:35:13.2
Steve Gaulke	Colorado Springs	39	1:37:27.9
Bill Kosel	Louisville	37	1:38:01.1
Sean Finley	Pueblo West	36	1:41:49.2
Dan Gallegos	Pueblo	35	1:43:36.8
Jeff Miller	Pueblo	39	1:47:28.8
James Bittel	Woodland Park	39	1:49:02.7
Sean Bryan	Colorado Springs	36	1:51:47.9
Cole Hayduk	Denver	37	1:51:53.3
Brady H. Rose	Colorado Springs	37	1:52:44.7
Robert J. Lane	Pueblo	36	1:56:16.5
40 thru 44			
Bob Brown	Boulder	40	1:27:18.4
Kenneth Boggs	Colorado Springs	41	1:31:50.7
Allen Weaver	Canon City	43	1:38:05.7
Dennis Howard	Colorado Springs	43	1:38:38.1
Kevin Kiehl	Westminster	42	1:40:06.8
Ed Gleason	Colorado Springs	41	1:46:35.5
Stephen Stock	Aurora	44	1:54:53.9
Gary Flauaus	Broomfield	44	2:15:24.1
Neil Martinez	Broomfield	40	2:15:25.1
Donald Atkinson	Monument	40	2:28:39.2
James Minnick	Aurora	41	2:59:28.0
45 thru 49			
Marc Weaver	Boulder	45	1:25:09.3
Steve Rademacher	Colorado Springs	48	1:36:14.3
Chuck Thies	Aurora	49	1:37:37.0
Joe Vernier	Woodland Park	46	1:39:44.7
Joe Stommel	Pueblo	47	1:42:29.4
Bill Reimer	Aurora	49	1:43:34.4
Michael Price	Colorado Springs	46	1:46:33.8
Bruce Lichtenberger	Greeley	49	1:47:49.6
Terry Hetterscheidt	Colorado Springs	46	1:52:56.2
John D. Mills	Colorado Springs	46	1:54:05.9
Joe Ruppert	Pueblo	45	1:57:40.2
Patrick Swank	Pueblo	48	2:01:45.2
Bruce Feustel	Lakewood	47	2:08:17.7
Eugene Arellano	Pueblo	48	2:18:05.4
50 thru 54			
Bobby Arellano	Denver	53	1:45:05.2
Lance Cornman	Oklahoma City, OK	54	1:49:30.8
Tomas L. Duran	Pueblo	51	1:50:55.4
John G. Borrego	Denver	53	1:51:50.8
Steve McDermott	Colorado Springs	52	1:55:54.5
Curtis Imrie	Granite	50	2:00:01.5
Bill Wellman	Mosca	50	2:02:21.3
55 thru 59			
Cruz Martinez	Colorado Springs	58	1:40:43.1
Robert M. Cook	Madison, WI	56	1:49:31.0

60 and Over			
Runner	City	Age	Time
Roi Davis	Denver	64	1:48:55.4
Robert Bussey	Parker	61	1:49:56.7
Robert Maytag	Colorado Springs	65	1:50:36.2
Jim Linn	Colorado Springs	63	1:59:53.9
G.F. Roth	Calhan	64	2:12:47.8
Bob Christian	Greeley	74	2:13:49.0
Carl Mapps	Pueblo	79	2:57:24.8

FEMALE DIVISION			
Runner	City	Age	Time
24 and Under			
Teri Duthie	Boulder	20	1:39:18.9
Kacy Mitchell	Colorado Springs	19	1:50:56.9
Leah Rich	Boulder	19	1:53:49.5
25 thru 29			
Mary Kominck	Colorado Springs	29	1:46:34.2
Cathy Kelley	Pueblo	28	2:01:23.4
Jeni Howard	Colorado Springs	28	2:06:09.6
30 thru 34			
Marilyn Weisinger	Colorado Springs	34	1:37:42.0
S. Ginn Rochelle	Fort Collins	31	1:43:22.0
L. Williams-Pando	Westminster	33	1:44:40.7
Kamala Gamble	Milton, MA	32	1:49:30.4
Christy Olsen	Pueblo	32	1:53:03.6
Carolynn Badger	Littleton	31	1:56:49.7
Julie Moeding	Thornton	31	1:57:49.9
Beth Miller	La Junta	33	2:00:57.7
Chris Weber	Albany, NY	30	2:10:11.2
Lori Crystal	Castle Rock	32	2:11:25.1
35 thru 39			
Jill Elliott	Greeley	36	1:35:49.2
Stacey Diaz	Pueblo	36	1:47:16.2
Kelly Murphy	Denver	35	1:55:20.4
Rebecca Goodman	Thornton	38	1:56:09.6
Pamela Wallace	Cheyenne, WY	37	1:56:35.3
Kathryn Wickham	Aurora	37	1:58:15.3
Pam Edrich	Denver	36	2:08:21.2
Janet Huntington	Colorado Springs	39	2:22:03.8
40 thru 44			
Jan Kiehl	Westminster	42	1:38:32.8
Nancy Gilmore	Highlands Ranch	41	1:48:07.9
Marijane Martinez	Pueblo	44	1:50:56.5
Janet Stock	Denver	44	1:54:56.1
Gail M. Beaton	Denver	42	1:56:52.5
Sue Conroe	Salida	43	2:00:00.4
Julie Arellano	Pueblo	43	2:13:43.1
Adele Gammel	Broomfield	42	2:21:58.0
Barbara J. Muff	Lakewood	42	2:21:58.3
Mary Soya	Denver	40	2:59:27.7
45 thru 49			
Deb Robeda	Pueblo	46	1:40:55.7
Lorraine Hoyle	Pueblo	49	1:44:18.8
Carol J. Lyndell	Colorado Springs	48	1:49:25.3
Jeanne Ratzloff	Longmont	46	1:51:48.7
Gloria J. Montoya	Pueblo	48	1:57:01.8
Jan Lichtenberger	Greeley	48	2:41:30.9
50 thru 54			
D. Nicholas-Griesel	Coaldale	50	2:11:34.7
Betty Duran	Pueblo	53	2:11:52.7
Elise Ross	Denver	51	2:22:32.5
Cheryle McCoy	Salida	52	2:29:41.6

Our condolences
As if it weren't bad enough that he lost his father a couple of months ago, but club member Dick LeDoux's mother died last month. The SCR extends its sincere condolences to Dick.

Pueblo & Hinterlands Division

(top 10 finishers)



- MALES**
- Mark Jankelow 1:32:00
 - Bill Veges 1:33:56
 - Rocky Khosla 1:35:13
 - Allen Weaver 1:38:05
(Canon City)
 - Sean Finley 1:41:49
 - Joe Stommel 1:42:29
 - Dan Gallegos 1:43:36
 - Jeff Miller 1:47:28
 - Tomas Duran 1:50:55
 - Robert Lane 1:56:16
- FEMALES**
- Deb Robeda 1:40:55
 - Stacey Diaz 1:47:16
 - MJ Martinez 1:50:56
 - Christy Olsen 1:53:03
 - Gloria Montoya 1:57:01
 - Sue Conroe 2:00:00
(Salida)
 - Cathy Kelley 2:01:23
 - Donna Nicholas-Griesel
(Coaldale) 2:11:34
 - Betty Duran 2:11:52
 - Julie Arellano 2:13:43



Afterglow
Basking in the afterglow were (from left) Deb Robeda, spectator Trish Ferguson, Stacey Diaz and Betty Duran.

Photo by Gary Franchi

Some tips for keeping your running safe

by Rocky Khosla, M.D.



Training to do your best

Tempo runs can be extremely beneficial. They don't just improve a runner's lactate threshold, but can also prepare the athlete mentally for the onset of rubber legs in race conditions.

– Running Times magazine



After talking to Matt Martin about his horrific experience with the idiot who pointed a gun at him "just for fun" as Matt was running, I thought that it may be a good idea to mention some safety tips that may decrease our chances of having a hassle with the crazy world around us.

I guess I'm showing my age (*Ed. Note: Welcome to the club, Rock'!*), but I remember when the only thing that we runners or cyclists really had to worry about was running into mean dogs. But now our biggest worries need to be about running into two-legged creatures with bad or crazed intent.

At the risk of sounding sexist, I really think that running by yourself if you are a female is putting yourself at risk, even in little ol' Pueblo. If you can't help doing this, then I think there are some things that can help decrease your chances of running into trouble:

1. Run in well-lit areas away from overpasses or other areas with poor visibility.
2. Running with a dog may substantially reduce your chance of being hassled.
3. Carrying pepper or similar noxious repellent sprays is not a bad idea.
4. Carrying a small alarm is also not a bad idea. You can buy one that is no bigger than a credit card (for about \$30) that puts out a huge shrill sound.
5. Never stop to talk to anyone about anything when you are running.
6. If you feel uncomfortable for whatever

reason, don't ignore your intuition: get out of there!

7. Consider investing in a cellular phone; they're not that expensive anymore and have really become light enough to conveniently carry in a fanny pack easily.

As for issues regarding safety that don't have to do with running into human or animal trouble, I think it's always a good idea to let someone know where you're heading if going by yourself. I know that my office staff starts getting nervous when I go off on the long runs, and there have been several times when I have found my nurse looking down the trail toward USC.

Finally, carry some identification with you. If something happens to you such as a seizure, which happened to a patient of mine, then such information could be lifesaving. I now run with a "dog tag" laced in one of my running shoes. It contains my name, address, phone number, birthdate and blood type embossed on it. You may consider putting other things -- like if you are diabetic, have asthma, allergies, etc., on there. I got my "tags" for \$5 each from this mom and pop mail order outfit called American I.D., Inc. at 1-800-369-5801.

Till the next time, happy Thanksgiving and hope that all of your runs are safe & sane ones.



Heady move

Officials of the Detroit Free Press/Mazda International Marathon have come up with a novel idea. Like every other race this side of Timbuktu, they recognize the elite runners in their race. But they also have "Most Improved" awards to the male and female who have made the most improvement from among runners, walkers and wheelchair racers compared to their times from the previous 3 years.

Now get this: Like the winners in the Elite Division, the two award winners also get free one-year leases to a 1997 Mazda 626LX. Is that cool or what?!

Marv Bradley runs in historic Athens Marathon

Fresh off running the Duke City Marathon in Albuquerque, which he ran easy but, yes, DID finish, the SCR's Marv Bradley went on a 12-day trip to Athens, Greece, where he ran in the marathon that marked the 100th anniversary of the original Olympics.

To record the marathon, Marv carried a camera with him and took some shots along the course which started in the city of Marathon and finished in Athens on the course originally covered by Phidippides many moons ago before video games were invented. Marv's time of 3:52 was fine considering he wasn't really "racing" the event, took some walk breaks, it was a warm day, and there were 13 miles of gradual uphill after the first 6 or 7 miles were pretty much flat. At least the final 6 were downhill.

And get this -- the aid stations, which had bottled water and were 5K apart in the first place, ran out of water 3 hours into the race. Now isn't that dandy?!?!

The "post-race" left a few things to be desired -- no T-shirt, no goodies, finish results done manually. At least they had nice medals for all finishers, Marv noted.

But his entourage's tour guide came through in grand style with T-shirts for the racers plus a super party that included a meal, wine, Greek dancers, awards, etc. Gee, wonder if we could work some of that into our races, like maybe after the Spring Runoff.

Anyway, the marathon drew 2,900 runners from 48 countries.



Racing Calendar

Pueblo - Canon City area

November

23	Sat	9:00 AM	Atalanta Run, 5K Run & Walk.....	City Park	564-4410
30	Sat	5:30 PM	Jingle Bell Run, 5K run & walk	Union Avenue	544-1136

December

8	Sun	8:00 AM	Rock Canyon Half-Marathon	City Park	564-9303
15	Sun	10:00 AM	Marijane & Nick's Excellent Adventure.....	117 Regency	564-6043
8 Miles – A potluck brunch will follow					

January

25	Sat	10:00 AM	Frostbite Five, 5M	Dam to City Park	543-5151
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Other areas

November

17	Sun	Fall Series IV , 7.5M, Kids 1.5M	Colorado Springs	(719) 590-7086
17	Sun	President's Day Run, 7M	Cherry Crk. Reservoir	(303) 238-4405
17	Sun	Fall Series III, 6M, Kids 1.5M	Colorado Springs	(719) 590-7086
23	Sat	Turkey Trot Predict, 5K	Prospect Lake, Springs	(719) 473-2483
28	Thur	Turkey Trot , 4M	Wash. Park, Denver	(303) 694-2030
30	Sat	Fishers of Men Fellowship 5K	Aurora	(303) 363-0055

December

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

1	Wed	Rescue Run, 5K & 10K	Palmer Park, Springs	(719) 598-2953
11	Sat	Winter Series #1, 5K & 10K	Colorado Springs	(719) 598-2953
12	Sun	Run for the Dream, 5K Run & Walk	City Park, Denver	(303) 694-2030
25	Sat	Winter Series #2, 4M & 8M	Colorado Springs	(719) 598-2953
26	Sun	Super Bowl 5K Run/Walk	Denver	(303) 694-2030

February

8	Sat	Winter Series #3, 1ba	Colorado Springs	(719) 598-2953
22	Sat	Winter Series #4, 10K & 20K.....	Colorado Springs	(719) 598-2953

March

15	Sat	St. Patrick's Day Run, 5K	Old Colorado City	(719) 637-8488
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Notable & So-So Marathons

November	23	Tulsa (Okla.)	(918) 744-0339
	30	Seattle (& Half)	(206) 821-6474
December	1	Dallas White Rock	(214) 526-5318
	7	Alamogordo, NM	(505) 382-8869
	8	Tucson, AZ (& Half)	(520) 320-0667
	8	Honolulu	(503) 650-7272
	8	California International	(916) 983-4622
	8	Dallas White Rock	(214) 528-2962
January	5	Walt Disney - Orlando, FL	(407) 939-7810
	12	Houton-Methodist	(713) 864-9305
	19	San Diego	(619) 792-2901
February	11	Las Vegas (& Half & 5K)	(702) 876-3870
	18	Desert Classic, Phoenix (& Half)	(602) 954-8341
	22	Cowtown (Fort Worth, TX)	(817) 735-2033
March	2	Los Angeles	(310) 444-5544
May	3	Shiprock - Farmington, NM (& Relays)	(505) 327-5595
	10	Whiskey Row - Prescott, AZ	(602) 445-7221



Marathon Training

The marathoner's body and mind need to be hardened through many thousands of miles of training. Success in the marathon requires a long-term investment. Each individual marathon, along with its training, should be viewed as a combined steppingstone leading toward your ultimate personal best.

– George Straznitskas,
running columnist

007 stars

A chap by the name of – and I'm not kidding about this – Sean Connery was the overall winner of the Desert Oasis Triathlon held in Toyanvalea, NM. Sean's time of 3:04:30 was 13 minutes faster than the 2nd-place finisher. Distances were an 800-meter swim, 42-mile bike and 10K run. Afterward, he allegedly wanted his **All Sport** drink shaken, not stirred.



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



Area racing information needed to survive

by the Editor

Stats that rule

- From 1994 to 1995, marathon participation increased from 325,000 runners to 347,000.
- McDonald's new Arch Deluxe burger has 570 calories and 31 grams of fat. With bacon, the #s are 610 calories and 34 grams of fat.
- A typist's fingers travel 16 miles on a typical day.
- "Footprints" readers suffer an average of 1 migraine during each reading.

Atalanta 5K

If you are a female – and you should know – then make sure you're on hand for the annual Atalanta 5K on Saturday morning, Nov. 23. That's the Saturday before Thanksgiving. Be aware that if you are a walker, then this is a great event for you since the walk usually draws about as many entrants as does the run division. Bring your daughters, too, since there usually are quite a few young girls in the field.

Helen Robinson is the Race Director for this race and she'll have a great long-sleeved T-shirt for all participants. BE THERE!

Jingle Bell Run

The Arthritis Foundation conducts this race just about cities everywhere – probably even in smaller towns like Hoehne and Swink – but ours is the best. If for no other reason than you get to see our beloved secretary, Robert Pratt Sr., race in costume. (*You're not going to let us down now, are you Robert?*). The key here is that my sources tell me Paul Barela will NOT be measuring the 5K course, meaning it

should be accurate.

This is an evening race, which means it promises to be a tad nippy at the 5:30 p.m. starting time, and the day and date are Saturday, November 30. Great cause, gang. Support it. There's also a great post-race awards schmoozathon at the SRDA. See ya there!

Rock Canyon Half-Marathon

So, you ask, how can a race that starts and finishes at City Park be called the Rock Canyon Half-Marathon? Easy – it had already been promoted as such. Actually, I'm told that the course does take in the Rock Canyon area in both directions. Truth be told, this will be an even better course than the old one. Plus, if the weather is rotten, you'll be able to keep toasty afterward since we'll have use of the Pavilion. Neato!

Race Director Dave Diaz has once again come up with a new logo design and the sweatshirts bearing them will be c-c-o-o-o-l-l-l! Black ones, I've been told.

Note that the starting time has been moved up to 8 a.m. so that there will be ample time afterward for everyone to get to a TV set to watch the Broncos battle the Packers at 11 a.m.

FOR THE SOUL: "Fitness starts between your ears. Figure out what you want and then go ahead and do it." – Jack LaLanne

Did you know...?

Exercisers burn more calories on treadmills than on any other popular machine. – *Journal of the American Medical Association*

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



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Keep the training papers coming!

Issues of "Footprints" are not forwarded. Hence, send us your new address as quickly as possible to keep your dog-training issues coming each month.

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

Chewta