



EDITOR: Gary Franchi

# FOOTPRINTS

January 1997 Ebonics edition

## We have a spot waiting for you at SCR Banquet

By now you should have received an invitation to the annual SCR Awards Banquet scheduled to be held this Saturday, Jan. 18, at the Gold Dust Saloon's Banquet Room. So we expect to see you there.

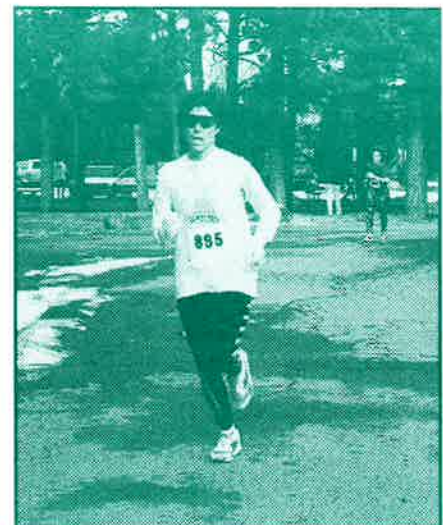
This will be an event you'll remember for some time. It will include:

- Many fun games.
- Raffling of some excellent items.
- Introduction of the SCR officers for 1997.
- Awarding of prizes to volunteers for points earned by directing or working at races and assembling our monthly newsletter.
- Announcement of the top finishers in the 1996 Handicap Series.
- Special prize auctions of some fantastic products (paintings by Ted Bueno and Gus Romero, tickets to a Nuggets game, etc.).
- The honoring of several key 1996 SCR members, including the male and female runners of the year and the outstanding club member.
- Oh yeah, there also will be a great sit-down dinner served by the ultra-efficient Gold Dust staff.

For all this, the cost is a mere \$7 for adults and \$5 for children; and that includes the dinner, too. It'll be a night to remember. See ya there!



**LIKE A ROCK** – Early in the Rock Canyon Half-Marathon, several runners formed a pack (above) and appeared in good spirits. At the end, leading all Pueblo & Hinterlands Division participants were Tim Vigil (below left) and Claire Bueno. Results on Page 6. *Photos by Gary Franchi.*





**Chewta says:**  
 "To have a happy  
 1997, remember the 3  
 keys to good health:

- 1 - Good nutrition
- 2 - Lots of exercise
- 3 - Adequate sleep."

### Training runs on Sundays

SCR members of varying ability levels meet Sunday mornings to get in their weekly long runs. They meet at 8 a.m. in the parking lot of the City Park swimming pool. Distances vary. The group does NOT meet when there is a local race or a big race in the Springs or elsewhere. They invite all interested club members to join them.

### Speedwork sessions

SCR members also meet on Wednesday evenings for speed workouts. Club member Dan Caprioglio designs the workouts, which are held at 5:30 p.m. most of the year and at 6:30 during the summer. If you're interested, check with Marijane Martinez (564-6043) a day or so in advance.

# Rocky ON FITNESS

## Altitude-related illnesses



by Rocky Khosla, M.D.

This month's column was just meant to be; I was asked by a fellow runner to write about this topic around the same time that I had just gotten through reading the chilling article in the September issue of *Outside* magazine about the May, 1996 expedition to Mt. Everest which resulted in the death of four climbers. If you haven't read the article, I strongly recommend it.

So without further ado, let's talk about altitude-related illnesses. A lot of us will head up to the mountains to ski or snowboard and may have family or friends from lower altitudes join us, so how can you tell if you or your kin may be having altitude-related problems. And it so, how can you tell if these problems are potentially serious or not? Well, read on:

Altitude illness can basically be divided into three big classes: acute mountain sickness (AMS), high-altitude pulmonary edema (HAPE) and high-altitude cerebral edema (HACE). In general, AMS is a nuisance and generally goes away, whereas HAPE and HACE are serious medical conditions that may lead to death.

AMS is fairly common and may affect up to 25% of people who go up to 10,000 feet. The good news for us Puebloans is that people who live at an altitude of more than 3,000 feet have about three to four times

lower risk of developing AMS than people who live below 3,000 feet when going to the mountains. Interestingly, AMS is more common in people who are younger than 60 than those who are older. Also, being in good shape really doesn't protect you from getting AMS. Your chance of getting AMS again if you have had it previously are about three times higher than if you have never had it before.

The most common symptoms of AMS are headache, tiredness, insomnia, nausea and dizziness, and most of these symptoms occur within one to two days of reaching altitudes of 8,000 feet or more. Generally, the symptoms of AMS go away after two or so days of staying at the same altitude. If not, descending even as little as 2,000 feet usually leads to dramatic improvement.

HAPE, or high-altitude pulmonary edema, is thought to affect about 2% of people who travel to altitudes 9,000 feet or more, and it is rare below 8,000 feet. Rapid ascent increases the risk of developing HAPE, and the mortality rate may be up to 44% if HAPE is not treated appropriately. HAPE usually develops about three to four days after reaching high altitude, and the symptoms include shortness of breath, dry cough, chest congestion, nausea and headache. The cough may progress to producing pink, frothy spo-

*Continued on Page 3*

**Yo!**  
 We expect to see  
 you at the SCR  
 Awards Banquet.  
**BE THERE!**



**Gold Dust Saloon**  
 130 S. Union Avenue

*Martin Lancelot Barre is lead guitarist for the Jethro Tull band and a marathoner.*



### Southern Colorado Runners

A member of the  
 Road Runners Club of America



#### Current SCR Officers:

President	Ben Valdez	653-5151
Vice President	Joe Stommel	546-1569
Secretary	Robert Pratt, Sr.	566-0389
Treasurer	Melinda Badgley Orendorff	561-2956
<b>Non-elected Officers</b>		
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
•		
Editorial Consultants	Nick Nasch, Martin Lancelot Barre (ID'd bottom center)	

*Footprints* is produced monthly to provide the SCR membership with visual proof about the true meaning of the term "information overload."

SCR meetings are held the first Tuesday of each month at 7:30 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings, join in on the discussion of motions and issues, and take scrupulous notes that, if necessary, can be used in a court of law.

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

# Letter to the Editor

Jan. 7, 1997

Dear SCR members,

Due to my long-time mental block about my age, I honestly forgot to reveal it. So, here it is. I will be 39 or maybe 60, depending on how old I feel at the next race.

Is that so wrong? Oh, well, I guess I might as well face it. I will be 60 for the Spring Runoff, but hopefully 20.

Anyway, now you know. I did say 60! 60! 60! Now maybe my family will be happy. But I'm not, only because I don't feel 60 because I am a runner. So there!

God Bless and Happy New Year!

Priscilla Portillos



# Rocky on Fitness

Continued from Page 2

tum. Also, about a third of people with HAPE have fevers up to 100 degrees Fahrenheit, along with chills and sweats.

If you or someone you know develops HAPE, seek medical help immediately. Generally, chest X-rays are taken, 100% oxygen is provided, and a certain class of drugs called calcium channel blockers may help, along with a descent to lower altitudes.

HACE, or high-altitude cerebral edema, is usually seen above 12,000 feet and may develop within three to four days of the ascent to altitude. The usual symptoms are trouble walking, difficulty with fine finger movements, fatigue, confusion and headache. HACE is a true medical emergency, and treatment includes oxygen, dexamethasone, and a descent to lower altitudes.

So what can you or people you know who may be flatlanders do to decrease the chance of getting altitude illness? Here are my suggestions:

1. If planning on going to a destination above 8,000 feet, get acclimatized. So if your cousin Bubba from Houston is planning on hiking and camping in

Leadville, it may be wise to fly in to Denver and stay in Denver for two days, and then go up 2,000 feet per day until you reach 10,000 feet. After that, you should not ascend by more than 1,000 feet per day.

2. Lay off the booze. Alcohol may affect breathing and sleep quality, further increasing your risk of developing altitude-related illnesses.
3. Take it easy. Let your lungs and body slowly get used to the altitude.
4. Talk to your doctor about Acetazolamide. This drug may help you avoid AMS. You generally will need to take it starting the day before your ascent at a dose of 125mg to 250mg per day as long as you are at altitude. A couple of words of warning, though: If you are allergic to sulfa, you cannot take this medicine; and if you are taking this medicine, beer and anything else with any carbonation will taste incredibly bad.

Here's hoping that you can get a Rocky Mountain high without getting a Rocky Mountain high-altitude illness!

# Club Notes: SCR finances, Spring Runoff, Youth Fund

Gads, a new year has begun and the SCR is still solvent. Amazing. Somehow we made it through 1996 without going bankrupt. That means we'll be able to provide prizes at the SCR Awards Banquet without drying up our account. For the record, we concluded 1996 with approximately \$2,500 in assets.

The club voted at its January meeting to use some bucks in its Youth Fund to help

send track athletes from East High School to the Simplot Games in Idaho in February. In exchange, the East kids agreed to help as volunteers at four SCR races.

Plans are progressing for the Spring Runoff to be held Sunday, March 2. The Runoff will again include 5K, 10K and 10-mile races as well as Toddler's Race. The 5K will kick off the event at 8:15 a.m.

# Ultimate in idiocy item of the month:

This month's *Lights Are Dim Award* goes to the American public, at least those members of the American public who have purchased "ab" machines.

You didn't really think those things worked, did you? Get serious!

A recent study sponsored by the *American Council on Exercise* has proved that old-fashioned bent-leg situps are just as effective as abdominal exercise gadgets in working midriff muscles. The only possible benefit to buying an "ab" device, it said, was that it might motivate someone to adopt a fitness program.



# Movie Line of the month:

"I'm an institutional man now. Inside, I can get you what you need, sure. Outside, all you need is the Yellow Pages."

Great flick playing on Showtime this month. It stars Tim Robbins. Guess the movie and earn a smile and a hearty handshake.

Answers below.

Answers:  
Morgan Freeman in "The Shawshank Redemption."

## There's 1 born every minute

"Money often costs too much." – Ralph Waldo Emerson

by Matt Martin

While in Albuquerque in September for the Duke City Marathon, Kim Westerman and I stopped at the exposition held the day prior to the run. A salesman at one of the booths was hawking a training shoe with a spring attached to the sole. He claimed the spring cushions the impact. Yeah, right! Sure. I suppose it sends you to the moon, too. Guess someone found a way to recycle Slinkies.

Smart Mouth, endorsed by the American Medical Athletic Association, is a small gas mask-type of device that reduces levels of air pollution, thus allowing a runner to breathe in clean air. If you ask me, this device would make people look like they were in a trench in France during World War I. Who buys this stuff?

Smart Mouth was heralded in an article that appeared in the January 1997 edition of *Runner's World*. In the same issue, RW had the gall to print an ad for the device. Guess the almighty dollar, and not objectivity, motivates Rodale Press, publisher of *Runner's World*. Who buys these types of magazines, anyway?



# Definitely Not Great Stuff

by Matt Martin

Oliver Wendell Holmes once said that "man's mind stretched to a new idea never goes back to its original dimensions." So it is with those who experience marathoning.

For years I marveled that anyone could run 26.2 miles and live to tell about it. Now that I have done it six times since June 1995, I wonder why it took me until the age of 40 to discover the wonderful world of marathoning. New horizons have opened for me. I can do many things now that I previously thought were impossible.

I started distance running as a youngster (one mile back then was "distance" running for me) to get in shape for junior high and high school sports. Well, okay, it was really just to get in shape for the debate team. Or maybe it was for the chess club. I can't really remember. Anyway, running was a way to stay in shape. That was the only excuse I could come up with since I was too slow to ever make it out of the middle of the pack in a race.

In college and law school, running was a great escape from my studies. My first-year Property Law professor would have said that law is the real world and running was just a way to avoid responsibility. Today, he would be upset to see my shirt that reads "Marathoning is life, the rest is just details."

As a working man, I found that running was a good way to stay in shape. Chasing the almighty dollar really did nothing for my cardiovascular system. Beer and fried foods did a great deal for my weight, however, as I ballooned to previously unthinkable proportions (all in the wrong places). Eating is so natural, of course, and it gives us instant gratification. These facts, perhaps, led Harvey Diamond to challenge one to "put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car."

I grew to believe that the only way I could stay in shape as a working adult was to run and diet. Dieting is not natural, so it is really a hard thing to do. It is like playing Jenga. Jenga is a game played with blocks. You stack the blocks, then try to take blocks out of the stack one at a time without causing the stack to fall

over. The stack always falls over; there is no way to avoid it. Thus, failure happens every time the game is played. Failure happens every time one diets, too. Running and dieting, I thought, would give me a better chance of keeping the weight off. Carrying this thought process to its logical conclusion, I thought that running farther along with dieting would result in a greater weight loss. Voila! I became a marathoner.

Now I have been saved from this ridiculous, unnatural way of living by *Runner's World*. The January 1997 issue, on Page 23, cites a Baylor College of Medicine study that showed that "after two years, exercise alone produced more weight loss than diet alone or exercise and diet." This was great news to me.

Now I don't have to run and starve myself to death at the same time. No more. I can pig out 365 days a year, as long as I keep up my exercise regimen. Heck, I can even eat during a marathon now.

I've also discovered that running has another benefit: reduced life insurance premiums. The current issue (February 1997) of *Runner's World* says the Indianapolis Life Insurance Company is worthy of its Bob Rodale Golden Shoe Award for offering life insurance to runners at lower premiums than the rate at which it is offered to the general public. The magazine says that, "depending on the distance you race (longer is better) and the time you race it in, you can qualify for a discount of between 5 percent and 15 percent off your premiums."

Also noteworthy is that the Indianapolis Life Insurance Company advertised its program in the same issue in which it was named winner of the award. Guess you could say that advertising in *Runner's World*, apparently helps one win the Golden Shoe Award.

Anyway, I wonder if the company offers these discounts to marathoners who pig out 365 days a year. I suppose so, since the Baylor study shows exercise and diet is not a good way to lose weight. What would Oliver Wendell Holmes say about one's mind stretched by the rigors of marathon training?

(Matt Martin is the new Assistant Editor of "Footprints.")



## Have a voice in YOUR club!

SCR meetings are held the first Tuesday of each month at 7:30 p.m. at the YMCA in Downtown Pueblo. The next meeting will be held on Tuesday, February 4.



# SCR Highlights & Lowlights of 1996

by Gary Franchi

Wasn't 1996 a great year? Locally, we had three great new races -- the Beulah Challenge, Celebration of the Arts Run at PCC, and the Run for the Rose. In Massachusetts, the 100th running of the Boston Marathon drew thousands including some SCR studs. In Atlanta, the U.S. hosted the Summer Olympics and Michael Johnson's double in the 200 and 400.

However, your beloved editor kept copious notes of a few less-heralded events that took place in various locales. Here are just a few of them:

\* \* \*

• The SCR's **Marijane Martinez** started off the year with a real bang by scraping the side of the YMCA van she was driving to transport runners to the starting line of the **Frostbite Five**. Race Director **Ben Valdez** wisely opted to get rid of the point-to-point race format for this year's Frostbite Five & Dime, partly to eliminate the need for transporting runners.

• At the SCR's February monthly meeting, two gung-ho representatives of the **University of Southern Colorado** baseball team unveiled detailed plans to host 5K and 10K races in April, with the finishes to be on the USC baseball diamond. Racers were to receive tickets to a USC baseball game in their packets. The organizers' enthusiasm for putting on a quality event had SCR board members foaming at the mouth with excitement. The next month, the organizers revealed they wouldn't conduct the races because of a lack of sponsorship.

• SCR Secretary **Robert Pratt, Sr.**, was lucky to suffer only minor injuries after attempting to board a moving treadmill – not once but twice – while demonstrating how to use it.

• While attending the **Road Runners Club of America's national convention** in Knoxville, TN, in May, your beloved editor spotted a fellow conventioner nibbling on a chocolate candy bar in the hotel lobby while reading a Liz Applegate story on nutrition in *Runner's World* magazine.

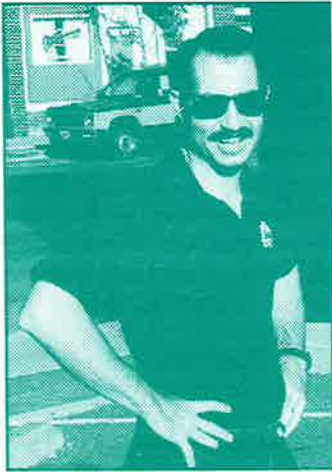
• At the **Run for the Rose** at City Park, the SCR's **Don "Corky" Madrid** showed up as announcer on crutches and his leg wrapped. It seems that Corky suffered a severely pulled calf muscle while demonstrating a kick to a youth soccer team he coaches.

• SCR Secretary **Robert Pratt, Sr.**, having recovered from the treadmill incidents, got locked in his chiropractic office bathroom and, being the only one in the office since it was past closing hours, had to crawl out a window to freedom.

• Club President **Ben Valdez** noted at the SCR's monthly meeting in June that the **Drag'n On In Triathlon** might also have a separate open-water swim race. A week or so after that fact was then reported in "*Footprints*," brochures came out noting that the Drag'n would also contain a duathlon but **NQT** a swim race.

• Because 14 was the age cutoff for the inaugural **Danskin Women's Triathlon** in the Denver suburb of Greenwood Village, race officials gave special permission to 12-year-old **Jenna Dorsey-Spitz** of the SCR so she could compete. Jenna, showing wisdom beyond her years, reportedly declined an offer of a ride to the triathlon from **Marijane Martinez**, who also competed.

• Concerned about defacing roads and trails in Pueblo, the SCR purchased a **paint spray gun** that would dispense a "wash-off" type of paint that would not mar the environment. Unfortunately, the manufacturer's claims concerning the paint's "washability" proved



*Ben Valdez at the River Trail Marathon*



*Robert Pratt, Sr., at the SCR Awards Banquet*



*Paul Barela at the Run for the Rose 5K*



*Marijane Martinez at the Corporate Cup*



*Corky Madrid at the Run for the Rose 5K*



*Dana McIntyre at the Beulah Challenge*

*Continued on Page 8*

# Rock Canyon Half-Marathon

Race held Dec. 8, 1996  
Results provided by Dave Diaz

## Pueblo & Hinterlands Division - Top 10

Males	
1. Tim Vigil	1:18:12
2. Rich Hadley	1:20:07
3. Mark Koch	1:21:18
4. Jim Robinson	1:23:39
5. Marty Garcia	1:27:23
6. Mark Jankelow	1:29:24
7. Bill Veges	1:35:13
8. Nick Leyva	1:36:58
9. David Klein	1:37:23
10. Mike Borton	1:38:27

Females	
1. Claire Bueno	1:42:34
2. Helen Robinson	1:42:39
3. Lorraine Hoyle	1:41:48
4. Lorista Vang	1:45:30
5. Stacey Diaz	1:45:49
6. Diane Lopez	1:47:25
7. Christine Olsen	1:47:40
8. Marijane Martinez	1:49:05
9. Sally Taylor	1:53:48
10. Donna Wheeler	2:01:43



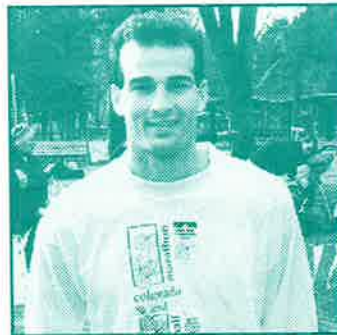
### Training to do your best

Try not to overtrain. While you can improve with training programs that increase speed or mileage, you can reach too far. It's during periods of peak training that the immune system is taxed. There's a fine line between training that leads to optimal performance and training that leads to injury or sickness.

- Runner's World

### MALES

Runner	City	Age	Time
1. Darrin Rohr	Woodland Park	31	1:10:55
2. JJ Huie	Colo. Springs	16	1:16:55
3. Tim Vigil	Walsenburg	32	1:18:12
4. Bob Stoneman	Parker	42	1:18:16
5. Brian Kates	Colo. Springs	25	1:18:55
6. RayGoure	Lakewood	36	1:19:48
7. Rich Hadley	Florence	40	1:20:07
8. Thom Santa-Maria	Colo. Springs	33	1:20:52
9. Larry Miller	Colo. Springs	46	1:20:52
10. Frank Kunkel	Lakewood	47	1:21:00
11. Mark Koch	Pueblo	37	1:21:18
12. Jim Robinson	Pueblo	45	1:23:39
13. H. McGuillcuddy	Crested Butte	34	1:24:49
14. Erik McKean	Fort Carson	27	1:24:49
15. Marty Garcia	Pueblo	36	1:27:23
16. Phil Booth	Boulder	25	1:27:41
17. Chris Alef	Sterling Heights	43	1:27:43
18. David Gotsill	Boulder	18	1:28:41
19. Mark Krom	Boulder	18	1:29:07
20. Mark Jankelow	Pueblo	33	1:29:24
21. Fred Creamer	Woodland Park	35	1:30:15
22. Gunnar Paulsen	Manitou Springs	38	1:30:53
23. Harold Cunningham	Colo. Springs	35	1:31:09
24. Jason Hughes	Colo. Springs	19	1:32:05
25. Steve Rademacher	Colo. Springs	48	1:32:14
26. Jack Janney	Colo. Springs	44	1:33:07
27. John Moha	Colo. Springs	52	1:33:20
28. Don Ford	Boulder	46	1:33:30
29. Lou Huie	Colo. Springs	50	1:34:16
30. Steve Gaulke	Colo. Springs	39	1:34:16
31. Jim Kruse	Fort Collins	53	1:35:00
32. Bill Veges	Pueblo	39	1:35:13
33. Jonathon Wolf	Salem	33	1:35:58
34. Nick Leyva	Pueblo	43	1:36:58
35. David Klein	Rocky Ford	41	1:37:23
36. Carson Black	Colo. Springs	56	1:37:36
37. Matt Hornung	Monument	39	1:37:40
38. Mike Borton	Pueblo	41	1:38:27
39. Sean Finley	Pueblo West	36	1:39:10
40. Sean Bryan	Colo. Springs	37	1:40:13
41. Bill Turley	Broomfield	66	1:40:48
42. David Trombley	Colo. Springs	46	1:41:01
43. Bill Cox	Colo. Springs	39	1:41:17
44. Robert Santoya	Pueblo	34	1:41:43
44. Jeff Miller	Pueblo	39	1:41:42
45. P.J. Warne	Colo. Springs	33	1:42:13
46. Dale Perry	Longmont	39	1:43:46
47. John Ulsh	Westcliffe	47	1:43:55
48. Marv Bradley	Cañon City	57	1:43:55
49. Ryan Dorsey-Spitz	Pueblo	14	1:44:30
50. Lonney Vogt	Woodland Park	42	1:44:50
51. Cory Williams	Colo. Springs	26	1:44:55
52. Ed Gleason	Colo. Springs	41	1:45:58
53. Don Pfost	Pueblo	56	1:46:04
54. Robert Bussey	Parker	61	1:46:41
55. Ed Mighell	Denver	66	1:47:06
56. Alan Colglazier	Pueblo	45	1:47:25
57. Jim Peterson	Longmont	58	1:48:22
58. Ron Dehn	Pueblo West	48	1:49:04
59. Gene Bockrath	Colo. Springs	53	1:49:28
60. Guy Degerstedt	Colo. Springs	35	1:49:58
61. Craig Wiedl	Vail	28	1:50:25
62. Wayne Whitney	Pueblo West	57	1:50:33
63. Tim Britt	Colo. Springs	32	1:51:52
64. Bob Gibbs	Monument	45	1:52:02
65. John Mills	Colo. Springs	46	1:52:08
66. John Crouse	Monument	46	1:52:30
67. Robert McBride	Colo. Springs	50	1:53:13
68. Bob Shurte	Northglenn	68	1:54:14
69. James Knoche	Colo. Springs	38	1:55:19
70. Steve McDermott	Colo. Springs	52	1:56:08
71. Roger Sajek	Pueblo	44	1:56:28
72. Les Lundin	Colo. Springs	47	1:56:57



**The Winner**  
Darrin Rohr of Woodland Park was the overall winner with his 1:10:55 time.

73. Michael Place	Colo. Springs	25	1:57:07
74. Rick Percy	Colo. Springs	43	1:58:45
75. Jose Barron	Cañon City	42	2:00:16
76. John Merrell	Colo. Springs	46	2:01:19
77. John Holiiman	Pueblo	69	2:01:31
78. Gary Barker	Pine	53	2:01:40
79. Steve Farley	Fort Lyon	46	2:01:46
80. David Sorenson	Colo. Springs	42	2:04:56
81. Terry Lauhon	Longmont	50	2:05:28
82. Mark Krautheim	Colo. Springs	41	2:05:58
83. Charles Ripp	Colo. Springs	43	2:05:59
84. Paul Sueltenfuss	Longmont	43	2:06:21
85. Michael Price	Colo. Springs	43	2:11:46
86. Scott Farmer	Colo. Springs	39	2:11:46
87. Don Ferrer	Wheatridge	39	2:13:18
88. Blake Ottersberg	Pueblo	14	2:14:39
89. Gary Addington	La Junta	50	2:15:19
90. Denver Wood	Denver	64	2:16:00
91. Joe Cowell	Woodland Park	43	2:54:59

### FEMALES

Runner	City	Age	Time
1. Keith Frates	Crested Butte	36	1:31:22
2. Diane Ridgway	Denver	47	1:34:12
3. Anne Marie Wiesner	Colo. Springs	36	1:39:44
4. Claire Bueno	Pueblo	32	1:42:34
5. Helen Robinson	Pueblo	38	1:42:39
6. Lorraine Hoyle	Pueblo	49	1:41:48
7. Beatrice McBride	Colo. Springs	44	1:43:48
8. Lorista Vang	Pueblo West	30	1:45:30
9. Stacey Diaz	Pueblo	36	1:45:49
10. Mary Korminek	Colo. Springs	30	1:46:26
11. Diane Lopez	Pueblo	38	1:47:25
12. Christine Olsen	Pueblo	33	1:47:40
13. Debora Archuleta	Colo. Springs	34	1:48:09
14. Marijane Martinez	Pueblo	44	1:49:05
15. Kristine Peterson	Denver	44	1:50:37
16. Julie Scoggins	Colo. Springs	29	1:50:55
17. Becky Goodman	Thornton	38	1:52:11
18. Myra Gerety	Boulder	47	1:52:29
19. Julie Moeding	Thornton	32	1:52:38
20. Sally Taylor	Pueblo	41	1:53:48
21. Deb Haverfield	Monte Vista	37	1:54:54
22. Bev Sheppard	Creede	46	1:55:32
23. Anne Hedger	Aurora	17	1:56:43
24. Kim Kitchen	Colo. Springs	38	1:58:44
25. Donna Wheeler	Pueblo	48	2:01:43
26. Jessie Quintana	Pueblo	53	2:02:08
27. Martha Kinsinger	Colo. Springs	62	2:03:32
28. Karen Willis	Pueblo	43	2:06:00
29. Cathy Kelley	Pueblo	28	2:06:01
30. Janet Huntington	Colo. Springs	39	2:06:53
31. Lori Crystal	Castle Rock	33	2:06:54
32. Mary Zehringer	Colo. Springs	33	2:07:08
33. Lourdes Smith	Salida	43	2:12:56
34. Donna Nicholas-Griesel	Coaldale	50	2:13:46
35. Beth Bryant	Arvada	56	2:15:59
36. Elise Ross	Denver	51	2:16:14
37. Katherine Marshall	Fort Collins	35	2:19:35
38. Cheryl McCoy	Salida	52	2:24:59
39. Carol Quillen	Colo. Springs	43	2:30:01
40. Kathy Gunty	Colo. Springs	42	2:45:16
41. Brenda Cowell	Woodland Park	41	2:54:59

# 1997 Racing Calendar

## Pueblo - Canon City area

<b>February</b>					
1	Sat	10:00AM	<b>Frostbite Five &amp; Dime, 5K &amp; 10K</b> .....	City Park	(719) 543-5151
15	Sat	9:30AM	<b>Valentine's Twosome, 1.6M each partner...</b>	City Park	(719) 543-5151
<b>March</b>					
2	Sun	8:15AM	<b>Spring Runoff, 5K, 10K &amp; 10M</b> .....	Peppers	(719) 543-5151
<b>April</b>					
13	Sun	8:00AM	<b>Ramsgate 8, 8K</b> .....	8 Ramsgate	(719) 544-9633
20	Sun	9:00AM	<b>Y-Bi Classic Biathlon, 11.2M bike, 5.5M run</b>	Pueblo West	(719) 543-5151
<b>May</b>					
4	Sun	8:00AM	<b>Cinco de Mayo, 10K</b> .....	site TBA	(719) 564-6043
17	Sat	7:15AM	<b>Ordinary Mortals Triathlon</b> .....	Pueblo West	(719) 561-2956
			525-meter swim, 13-mile bike, 5K run		

## Other areas

<b>January</b>					
25	Sat		<b>Winter Series #2, 4M &amp; 8M</b> .....	Colorado Springs	(719) 598-2953
26	Sun		<b>Super Bowl 5K, Run &amp; Walk</b> .....	Denver	(303) 694-2030
<b>February</b>					
8	Sat		<b>Winter Series #3, 5M &amp; 10M</b> .....	Colorado Springs	(719) 598-2953
9	Sun		<b>Valentine's Day 5K Run &amp; Walk</b> .....	Wash. Park, Denver	(303) 694-2030
22	Sat		<b>Winter Series #4, 10K &amp; 20K</b> .....	Colorado Springs	(719) 598-2953
22	Sat		<b>President's Day Run, 5K Run &amp; Walk</b> ....	City Park, Denver	(303) 694-2030
<b>March</b>					
2	Sun		<b>Denver Police Chase, 4M</b> .....	Coors Field, Denver	(303) 694-2030
15	Sat		<b>St. Patrick's Day Run, 5K</b> .....	Old Colorado City	(719) 637-8488
17	Mon		<b>Runnin' of the Green 7K</b> .....	Denver	(303) 694-2030
23	Sun		<b>Shriners Run, 5K &amp; 10K and 2M Walk</b> ....	Wash. Park, Denver	(303) 694-2030
30	Sun		<b>Orphans of Violence 5K, run and walk</b> ...	Wash. Park, Denver	(303) 694-2030
<b>April</b>					
12	Sat		<b>Tortoise &amp; Hare, 5K Predict</b> .....	Colorado Springs	----
19	Sat		<b>Peregrine Run, 5K</b> .....	Colorado Springs	----
19	Sat		<b>Horsetooth Half-Marathon</b> .....	Fort Collins	----
26	Sat		<b>Elebert Reflections, 5K &amp; 10K</b> .....	Elbert	----

## Regional Marathons (& others of interest)

January	19	San Diego	(619) 792-2901
February	9	Las Vegas (& Half & 5K)	(702) 876-3870
	16	Desert Classic – Phoenix (& Half.)	(602) 954-8341
	22	Cowtown - Fort Worth, TX	(817) 735-2033
March	2	Los Angeles	(310) 444-5544
April	21	Boston	(508) 435-6905
	27	Army - San Antonio, TX	(210) 732-1332
	27	Big Sur - Carmel, CA	(408) 625-6226
May	3	Shiprock - Farmington, NM (& Relays)	(505) 327-5595
	3	Great Potato - Boise, ID	(208) 344-5501
	3	Whiskey Row - Prescott, AZ	(602) 445-7221
	4	Lincoln (NE)	(402) 423-4519
	25	Wyoming (Laramie)	(307) 635-3316
June	8	Steamboat Springs (& Half)	(970) 879-0882
	8	Taos, NM (& Half)	(505) 776-1860
	21	Grandma's – Duluth, MN	(218) 727-0947



## Other known racing dates

- May 26:  
Bolder Boulder
- July 5:  
Women's Distance Festival
- Oct. 12:  
River Trail Marathon & Half-Marathon
- Nov. 22:  
Atalanta 5K
- Dec. 7:  
Rock Canyon Half-Mara.
- Dec. 14:  
The Excellent Adventure

## Triple Crown reduced

Because KRDO has pulled out as sponsor of the Triple Crown of Running up in the Springs, the series is being scaled back this year. It now will include the Garden of the Gods 10-Miler in June and the Pikes Peak Ascent and Round Trip in August. Hence, the 10K, which became a 7-mile race last year, is kaput for now.

**Get the results of your out-of-town races to "Footprints" Editor Gary Franchi at:**  
Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019 • E-mail to franchi@pcc.ccoes.edu



# SCR Highlights & Lowlights of 1996

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## Stats that rule

- In 1995, 500 walkers from 20 Leukemia Society chapters raised \$1.25 million for research & education.
- If you do nothing, from the age of 40 on, you can expect to lose up to 6 pounds of muscle every 10 years.
- The percentage of the French who drink wine daily has fallen from 41% to 20% in the last 17 years.
- In a random survey of SCR members, 74.8% had no idea what appears in issues of "Footprints."

false. SCR President **Ben Valdez** spent countless hours trying to remove the paint with a wire brush and a variety of cleansers.

• Local running got into the babysitting business in August when officials of the **Beulah Challenge** offered **babysitting service** during the race to participants for \$2 per child.

• At its August meeting, the SCR passed a motion that it would make sure **courses were measured accurately** at all races that we sponsor or help produce. The following month, a "guesstimated" measuring of the Hot to Trot 5K course proved to be at least two-tenths of a mile short.

• Always looking for a new or unique activity, the SCR scheduled a 4-mile **Handicap race** in September at the YMCA's **Camp Crockett** in Rye, with a barbecue to follow. The obstacle-like course was meticulously measured beforehand, and good eats were ordered. However, heavy rains for several days prior to the event caused the event to be canceled. Most regular Handicap Series participants were notified of its cancellation. However, four runners – two from Pueblo and two from Rye – showed up on race day.

• It doesn't always pay to win. **Jenna Dorsey-**

**Spitz** won \$100 for being the top-finishing female in the State Fair 10K Run, but she immediately donated her winnings to charity to maintain her amateur status.

• The SCR's **Gloria Montoya** probably deserved the 100 bucks more than the charitable organization. During that same State Fair race, Gloria was **hit by a pickup truck**. The driver did NOT have auto insurance. Fortunately, Colorado's uninsured motorist fund was available to help pay Gloria's medical expenses. Always a gamer, Gloria had the presence of mind to stop her watch after being hit.

• The SCR moved the originally scheduled date of its **Harvest Run** in October because a softball tournament was scheduled that day at Lovell Park in Pueblo West. The tournament was eventually canceled.

• Those attending a late-year SCR meeting were spoiled but good by **Karin Romero**. Karin endeared herself to the club forever by distributing **home-made cookies** as a "thank you" to the club for its help with the Beulah Challenge she directed. She jokingly mentioned bringing enchiladas next year. Your editor will remember.

Have a great 1997!

**FOR THE SOUL:** "No matter what you do, you have to ask yourself what's next in order to get better." — **Bob Kennedy**

*Did you know ...?*

You'll race better in the morning if you train in the morning, and you'll race better in the afternoon if you train in the afternoon. — *Dr. Owen Anderson*

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

Non-Profit  
Organization  
U.S. Postage  
Pueblo, Colorado  
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**Make 1997 a great year!**

Issues of "Footprints" are not forwarded. Hence, to ensure that you don't miss a single issue in 1997, send us your change of address pronto if you should move.



»»»»» The address for the Road Runners Club of America is: 1150 S. Washington St., Suite 250, Alexandria, VA 22314-4993