



# FOOTPRINTS

March 1997 Cloned Edition



## Scenes From a Runoff

Above, Pueblo's Marty Garcia keeps right on sprinting through the finish chute after finishing the 10K race in the Spring Runoff in 39:50. At right, Bob Quintana passes out treats to youngsters who had completed the Toddlers Division race. Much more Runoff stuff on inside pages.

Photos by Gary Franchi



## It was a superb 19th Spring Runoff

Approximately 340 competitors in four race divisions – 5K, 10K, 10-mile and Toddlers race – participated in the 19th annual Spring Runoff in beautiful weather conditions (sunny, perfect temps, light breeze) on Sunday, March 2.

Kudos to Race Director Rich Barrows and the Spring Runoff Committee for another splendid event. Another fine job at the "mike" by Nick Leyva during the post-race awards ceremony at the Side Pocket, too. And thanks to Andy Ballou and Mary Lou Henson, along with their helpers for churning out the race results in rapid fashion.

## Alas, we need a new commander

Now the bad news. Immediately after the race, Rich Barrows said the demands of work commitments and the uncertainty of his future place of residence are forcing him to resign as Race Director of the Runoff after five years at the helm. Rich said he will continue to work on the race committee.

However, we need someone to take the initiative and step forward to take the reins as Director. Note that a committee will begin planning for next year's race very soon, which will help pave the transition from one director to the next. However, we'd like to have a director in place very soon.

Please call an officer (listed on Page 2) if you'd like to become the new Director.



# Rocky on Fitness

## Here's how to protect your skin from the sun

by Rocky Khosla, M.D.



**CHEWTA SAYS:**  
 "Those great SCR Tyvek jackets earned by SCR members by being volunteers at club races have been ordered. The shipment of jackets should be arriving soon. Woof! Woof!"

### SCR plans Joe Vigil talk

Hot stuff! The SCR is planning to bring acclaimed distance running coach Joe Vigil to Pueblo for a speech/clinic visit at which the public would be invited. Tentative plans call for Vigil to come in to speak the afternoon prior to the Pueblo River Trail Marathon and Half-Marathon this fall. The Vigil clinic would give River Trail participants an additional pre-race attraction and activity to go with the pasta feast at the Gold Dust Banquet Room on the eve of the River Trail races. I'll have more on this as information becomes available.

### Race clock

The SCR's race clock is once again on the shelf, inoperable. We are looking into both seeing if we can fix it and reseaching the cost of a new one.

I thought that it would be a good idea to write about the sun and our skin because a lot of people will be hitting the beaches, etc., for Spring Break, and may be putting themselves at risk for troubles.

Yesterday's editions of the *Wall Street Journal* (I know, I'm getting old!) had a disturbing article that suggested that there is a trend among college-aged folks to try to get the darkest tan and not use sun protection. And according to the article, emergency room visits this year for severe sunburns are up by 20% compared to last year. Not only are these folks not using adequate sun blocks, but they are trying to come up with things to accelerate the speed and darkness of the tan by using baby oil, Crisco and even motor oil! So before any of you get caught up in this insanity, let's talk about some basics.

Your skin does a great job of keeping a lot of bad things out (like infections, toxins, radiation, etc.) and lot of vital things in (like your bodily fluids, electrolytes). The color of your skin depends on the number of melanocytes present and the amount of melanin produced by these cells. Exposure to ultraviolet radiation gradually leads to stimulation of the melanocytes, which then produce more melanin (i.e., you get a tan). Exposure to intense ultraviolet radiation rapidly leads to death of cells on the top layer of skin (e.e., you get a sunburn). Exposure to sunlight over long periods increases

the risk of premature wrinkling and cancer.

It was believed that if you could separate the types of ultraviolet radiation from the sun, then you could get a great tan without risk of wrinkling or cancer. In fact, the tanning industry had a resurgence with the idea that UV-A beds would do just this. Unfortunately, prolonged exposure to UV-A seems to increase the risk of premature wrinkling and cancer, though not as much as UV-B.

So what SPF (sun-protection factor) sun block should you use? You should use at least a 15. If you are fair-skinned, then consider a higher one, but going beyond 30 doesn't seem to be worth the expense. By the way, SPF numbers tell you how long you can stay in the sun without getting burned compared to having no block on. So, an SPF of 4 block will let you stay out 4 times as long before getting burned than not using any block at all.

A practical tip to remember is that water and snow reflect and magnify the ultraviolet exposure. So if you are around water or snow, be liberal with the sun block. Also, a lot of sun blocks claim to be waterproof but are not. So you may want to re-apply after swimming.

Finally, the higher the altitude, the more the ultraviolet rays are able to penetrate the atmosphere without being blocked, so be careful. One of the worst sunburns I have ever suffered was when I was skiing in my shorts in springtime at A-basin.

Till the next time, be cool and not a fool like George Hamilton.

Hop on into the Gold Dust for your true Easter treats!



Gold Dust Saloon  
 130 S. Union Avenue

Bruno Magli was the style of shoe worn by the killer of Ron Goldman & Nicole Brown Simpson



### Southern Colorado Runners

A member of the Road Runners Club of America



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•		

Footprints is produced monthly to contribute to the high volume of junk mail received each month by SCR members.

SCR meetings are held the first Tuesday of each month at 7:00 p.m. at the Pueblo YMCA. All SCR members are invited to attend these meetings and take a shot at explaining the issues being discussed to the rest of us.

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



# Great (& so-so) Stuff

by Gary Franchi



Thought for today's lunch, compliments of actress Carrie Fisher: "Instant gratification takes too long!"

### Musings on running, fitness, life, etc.:

There are two main things wrong with the aging process as it relates to running. One, ya get slower. I am living and plodding proof of this. Two, the rest of the race field seems to get younger.

Actually, the field didn't start getting younger until this year's Spring Runoff. While competing in the 5K division, I noticed from the get-go that there were kids all around me.



Parents begin lining up their little ones for the Toddlers division race held as part of the Spring Runoff earlier this month.

Photo by Gary Franchi

For a little while, anyway. Then they started passing me. The nerve! Typical Generation X stuff – no respect for their elders! Those that passed me were still in front of me at the finish line, each one no doubt snickering.

The 5K race results on Page 5 of this issue illustrate my plight. Your beloved editor dragged his 48-year-old bones to a respectable 22nd-place overall finish. However, a quick look at the results shows that four of the five runners who finished immediately in front of me (Jestin Stelter, Eddie Gleason, Brendan Dorsey-Spitz and Jamie Barnes) were 14 years old or younger.

I hold Race Director Rich Barrows directly responsible for this. It was Rich's idea to let kids under 18 years of age run the 5K for just 7 bucks – and still get a T-shirt. That attracted them like flies. I'd say Rich is sort of an accomplice to crime, wouldn't you? Hence, the jury has decided on his sentence – to be race director for the Runoff for the rest of his life. (Have a nice day, Rich.)

Now here's the real kicker: A random survey of the kids who finished in front of me,

conducted by Pollsters Unlimited, showed that the post-race meal of choice for these kids was an emphatic "anything fast food." I'm told that they mentioned McLube's, Burger King, and the like. Makes me wonder if fast food actually makes you fast.

One final thought on this: Can fast food make you younger?

**This month's smorgasbord:** Picked up a Triple Crown of Running entry form booklet at the YMCA, figuring I might lose my sanity at a weak moment and decide to enter the Garden of the Gods 10-Miler to be held in

early June. Included in this multi-page booklet was a **Volunteer Registration Form** that's two pages long and includes a "Volunteer Liability Waiver." I'm serious. I think it would take longer to fill that out than an entry form for one of the races ... A recent issue of *Newsweek* maga-

zine really blew it. It ran a cover photo with a close-up of two sheep as a "teaser" to its inside story on **cloning**. The **cover headline** was, "Will there every be another you?" Methinks a better headline would have been, "Will there ever be another ewe?" Okay, okay – I was just trying to be punny! ... Why is it that, as I was watching some of the **stragglers** laboring through the last few yards of the Runoff's 10-mile race, I couldn't help but think of some of the victims in those Steven Seagal films? The best comment came from **John Castanha** of Rye: "I guess I should have trained for 10 miles." ... After years of following the "Easy day, easy day" training philosophy in my running schedule, I've just discovered that it's actually supposed to be "**Hard day, easy day.**" Well, shoot man, can't get everything right! ... Now hear this: I've decided I'm going to clone myself about 10 times and have all the "**clonees**" go after the kids in the races I enter and hip-check them off their feet. Stick THAT in your fast-food lunches, you little stinkers ... Bye, gang! Don't be green with envy on St. Patrick's Day.

### Ultimate in idiocy item of the month:

Buttockery is rampant. Earning this month's *Lights Are Dim Award* is the Reebok shoe company. It's not that they produce bad shoes, they just don't know how to name them. For the past year, Reebok has been selling a woman's running shoe named "*Incubus.*" Evidently it doesn't do much research when deciding on a name for its shoes models. You see, "*Incubus*" is the name of a mythical demon that rapes sleeping women.



### Movie Line of the month:

"If I was more out of breath, I'd be dead."

I get a new line from this movie very time I see it. This makes the third line I've used from it. This movie is about 20-old codgers who like to insult each other. Guess the flick and speaker & earn the right to read the rest of this newsletter.

Answers:  
"Grumpier Old Men"  
Walter Matthau in

# Definitely Not Great Stuff

by Matt Martin



## Sam was in Arizona, too!

While Matt Martin and Kim Westerman were recording times of 4:13 and 4:31, respectively in the Desert Classic Marathon in Scottsdale, AZ, last month (see story at right), Sam McClure of Cañon City was there, too, to run the half-marathon. Results, which I found on the Internet while trying to dig up some legal smut on SCR members, finished an amazing 20th overall with his splendid 1:32.56 time. Cool!



## Boston Marathon to be on ESPN

Even though it's hardly as significant as last year's 100th anniversary run, the Boston Marathon will be televised this year. Boston Athletic Association officials have signed an agreement with ESPN for the sports channel to provide live coverage of the race. This year's Boston Marathon will be held on Monday, April 21, which is Patriots Day in Boston.

*"The highest reward for a person's toil is not what they get for it, but what they become by it."*

- John Ruskin

I have just come off the worst marathon in my nearly two-year marathoning career. My time at the February 16th running of the Desert Classic Marathon in Scottsdale, Arizona was 4:31:22. What? How could that be? I trained all winter in sometimes sub-zero temperatures and on snow and ice. I did hill repeats, speed work, long runs. For what? Just so I could run AND walk a flat marathon course at a turtle's pace?

Imagine my dismay after the marathon when I read in *Runner's World* that John Bingham, scribe of the infamous Penguin Chronicles, recently ran his first marathon at the Dallas White Rock Marathon in 4:30. Just think about that for a moment. A man who makes his living denigrating his running skills ran faster than me.

I still do not know what happened in Scottsdale. I could blame my showing on the back spasms that hit me at one and one-half miles and stayed with me the rest of the run. Or the heat, which reached 75 degrees by the time we finished. Possibly even on overtraining without rest after the Duke City Marathon in September and the Colorado Marathon three weeks later in October.

Ever since my first marathon at Steamboat Spring, my goal has been to break four hours. I just want to do it once. Still, have I already had my chance to do that and blown it? These thoughts remind me of the words of Mary Catherine Bateson: *"Of any stopping place in life, it is good to ask whether it will be a good place from*

*which to go on as well as a good place to remain."*

The Desert Classic is a crossroads for me. What should I do? Do I stop running marathons or go back to try another? The decision is not an easy one. However, today, I finally understand that I did, in fact, finish the race. Too, it was my seventh marathon. So, while a good portion of America was sleeping off a hangover or eating donuts, I was pushing, although ever so gently, my limits.

When I finished my first marathon, I told myself *"Now you can do anything."* That was the main reason I ran that first marathon And it is, even now, why I continue to run them. Fast or slow, I am still a better person for having done it. This leads me to yet another quotation (I love quotes): The ever-brilliant Marilyn Vos Savant once said that *"being defeated is often a temporary condition. Giving up is what makes it permanent."*

Keep on running, dude!

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Kids are so innocent. Kim and I were sitting in a hot tub at our hotel the night before the Desert Classic. We met two middle-school boys from Denver who were in town for a soccer tournament. They asked what we were doing in town. We said that we were going to run a marathon the next day. Of course, they asked how far that was. When Kim answered "26.2 miles," one kid sincerely wondered, *"Do you do that all in one day?"* I answered, while holding back a snicker, *"Yes, hopefully."* The other then asked, in all seriousness, *"Do you get to take a break for lunch?"* We busted a gut on that one. Yet as it turns out, I barely finished before lunch. Guess the kid knew something I did not know at the time.



## What a Team!

Puebloans and ex-Puebloans made up the Colorado Gold Dust 5-woman team that placed 2nd last month in the Las Vegas International Marathon Relay division. The ladies (from left) are Carol Smith, Misti Frey, Adrienne Kramer, Marijane Martinez and Stella Heffron. Carol and Adrienne now live in Arden, North Carolina. Stella lives in Parker.

Photo by Nick Leyva

# Spring Runoff – March 2, 1997

## 5K Run/Walk

Extracted from the results board

Runner	Residence	Age	Time
1. Rick Fuller,	Alamosa	31	15:27
2. Deena Drossin,	Alamosa	24	17:22
3. Reto Rothen,	?	25	17:49
4. Don Tubbs,	Superior	37	17:54
5. Ron Betz,	Pueblo	48	18:50
6. Paul Vorndam,	Pueblo	49	20:05
7. Joe Farra,	La Junta	50	20:54
8. Eugene Mares,	Pueblo	34	21:01
9. Ben Valdez,	Pueblo	36	21:22
10. Gary Martino,	Pueblo	32	21:26
11. Michael Vela,	Florence	36	21:28
12. Misti Frey,	Pueblo West	29	21:57
13. Chris Miller,	Pueblo	11	22:25
14. Steven Jacobs,	Fredricksburg, VA	28	22:26
15. Joseph Wyatt,	Colo. Springs	41	22:33
16. Christopher Vialpando,	Pueblo	19	22:33
17. Jamie Barnes,	Pueblo	10	22:34
18. Rita Vigil,	Walsenburg	29	23:00
19. Brendan Dorsey-Spitz,	Pueblo	10	23:02
20. Eddie Gleason,	Colo. Springs	14	23:08
21. Jestin Stelter,	Peyton	12	23:18
22. Gary Franchi,	Colorado City	48	23:31
23. John Thomason,	Pueblo	14	23:46
24. Brandon Alfonso,	Pueblo	12	23:53
25. Jeremy Gregory,	Pueblo	12	24:06
26. Albert Davis,	La Junta	28	24:22
27. Michael Lennon,	Pueblo	31	24:42
28. Pase Garrett,	Las Animas	14	24:44
29. Jim Bittel,	Woodland Park	39	24:48
30. Farrel Flieder,	Colo. Springs	38	24:50
31. Ralph Regalado,	Pueblo	60	24:54
32. Mark Stinchcomb,	Pueblo	41	25:19
33. Stephen Vialpando,	Pueblo	43	25:22
34. Tony Andenucio,	Pueblo	11	25:43
35. Brandon VanBuskirk,	Pueblo	12	25:49
36. Jason Quintana,	Pueblo	15	25:53
37. Roger Quintana,	Pueblo	45	25:53
38. Mike Gleason,	Colo. Springs	12	26:01
39. Greg Cress,	Beulah	38	26:41
40. Martin Andrea,	Pueblo	28	26:59
41. Michael Alvarado,	Pueblo	34	27:07
42. Traci Birdler,	Cascade	33	27:24
43. Lance Roberts,	Florence	39	27:52
44. Sandy Messick,	Cheraw	38	28:51
45. Richard Ayala,	Pueblo	62	29:05
46. Danny Mazion,	Pueblo	11	29:15
47. Kyle Brazell,	Colo. Springs	8	29:23
48. George Garcia,	Pueblo	43	29:28
49. Lauren Dorsey-Spitz,	Pueblo	6	29:37
50. Judy Austin,	Pueblo	42	29:45
51. Lamar Trant,	Pueblo	47	29:47
52. John Kelly,	Pueblo	50	29:55
53. David Dill,	Pueblo	55	30:08
54. Sarah Koch,	Pueblo	9	30:11
55. Robert Quintana,	Pueblo	54	30:48
56. Nanette Anderson,	Colo. Springs	36	31:06
57. Angie Birchler,	Colo. Springs	28	31:21
58. Patricia Orendorff,	Pueblo	16	32:00
59. John Palumbo,	Colo. Springs	30	32:05
60. Carla Aguilera,	La Junta	12	32:17
61. Christy Ayala,	Pueblo	29	32:19
62. Laura Clark,	Fowler	48	32:21



## Just a Warmup

Deena Drossin of Alamosa chats with Judy Hildner of *The Chieftain* newspaper after finishing second overall in the 5K race with her 17:22 time. She later won the women's division of the 10K race as well.

Photo by Gary Franchi

63. Nancie Aguirre,	Pueblo	39	32:29
64. Bob King,	Pueblo	60	32:59
65. Carol Bradley,	La Junta	25	34:12
66. Matt Klein,	Rocky Ford	12	34:14
67. Rick Strain,	La Junta	39	34:30
68. Karl Aguilera,	La Junta	47	34:31
69. Lorraine Rodriguez,	Pueblo	47	34:32
70. Melina Ehlers,	Divide	27	35:11
71. Mike Ehlers,	Divide	34	35:12
72. Dianna Kane,	Beulah	9	35:41
73. Pat Greer,	Pueblo	45	36:02
74. Paula Sandusky,	Colo. Springs	28	36:40
75. LuAnn Suarez,	Pueblo	35	36:42
76. Lindsey Greer,	Pueblo	16	36:52
77. Sidney Arnold,	Pueblo	52	37:00
78. Shanna Kane,	Beulah	12	37:08
79. Maxi Sandoval,	Pueblo	45	37:13
80. Lynn Strain,	La Junta	36	37:21
81. Priscilla Portillos,	Pueblo	60	37:31
82. Alberta Garrett,	Las Animas	47	37:33
83. Tommy Willumstad,	Pueblo	11	37:51
84. Elizabeth Parker,	Pueblo	14	37:53
85. Nancy Parker,	Pueblo	10	37:54
86. Jamie Klein,	Rocky Ford	8	38:40
87. Stephanie VanBuskirk,	Pueblo	9	38:45
88. Fran Gleason,	Colo. Springs	39	38:53
89. Carly Greer,	Pueblo	14	38:55
90. Nichlas Rodriguez,	Pueblo	53	39:20
91. Harvey Herzog,	Pueblo	64	39:21
92. Suzanne McDermett,	Colo. Springs	53	39:27
93. Andrea Burrows,	Cañon City	48	40:19
94. Myra Whitney,	Pueblo	58	41:20
95. Jackie Thompson,	Cascade	29	42:12
96. Zack Thompson,	Cascade	8	42:13
97. Jamie Kingsbury,	La Junta	34	44:02
98. Tina Follmer,	La Junta	37	44:12
99. Laurie Pearson,	La Junta	37	44:12
100. Rob Baker,	Pueblo	49	44:30
101. Peggy Elder,	Littleton	49	44:34
102. Karen Weber,	Pueblo	45	45:31
103. Megan Weber,	Pueblo	10	45:31
104. Sara Cannon,	Fowler	14	47:36
105. Jeannette Cannon,	Fowler	48	47:37
106. Nancy Baker,	Pueblo	62	47:59
107. Pattee Williams,	Pueblo	64	48:01
108. Elizabeth Nichols,	Cañon City	40	49:21
109. Judy Fonda,	Pueblo	41	49:21
110. Dolli Garrison,	Pueblo	42	49:22
111. Rhonda Allenback,	Pueblo	32	52:56
112. Misty Allenbock,	Pueblo	7	52:56
113. Karen Howard,	Colo. Springs	41	56:28
114. Maggie Howard,	Colo. Springs	16	56:28
115. Stephany Farley,	Ft. Lyon	8	57:44
116. Brooke Klein,	Rocky Ford	10	57:46

## Sure nice to see you again

One thing I've always enjoyed about the Spring Runoff is that it draws runners who seldom race. Here are a few I saw at this year's Runoff:

*Sydney Arnold*, who hasn't run in a while because of a hip problem, did the 5K walk. Sydney was even asking if the Y-Bi has a team division 'cause he'd like to do the bike leg.

Also in the 5K field was *Maxi Sandoval*. While she seldom races, Maxi is a fitness buff known for her 1+-hour daily workouts at the PCC Fitness Center.

Hadn't seen the recognizable running gait of *Deanna Stever*, who did the 10K, in ages. Found out why. She's been recovering from a broken neck suffered in a bicycle mishap.

And *Paul Chacon* made an appearance and ran in the 10 miles, which he completed in 1:12:45.

# Spring Runoff



## Champ!

Peter De La Cerda of Alamosa blazed to a 32:59 time to take overall honors in the 10K division.

Photos by Gary Franchi



## Runoff Notes

Rand Morris celebrated his 45th birthday by recording a 48:28 time to take 44th place overall in the 10K division.

Deena Drossen, who won the women's division of both the 5K and 10K races, is 24 years old and ran for the University of Arkansas. She now trains with the Joe Vigil-coached crew in Alamosa. She called her experience at the Spring Runoff "a good training day."

## 10K Run

Results provided by Andy Ballou & Mary Lou Henson

Runner	Residence	Time	Runner	Residence	Time
1, Peter De La Cerda	Alamosa	32:59.0	66, Brad Van Buskirk	Pueblo	52:38.3
2, Pete Marcatte	Alamosa	34:17.5	67, Mike Bauserman	Swink	53:08.0
3, Jason Walke	Durango	35:25.8	68, Steve McDermott	Colorado Springs	53:15.8
4, Deena Drossin	Alamosa	37:00.0	69, Jan Huie	Colorado Springs	53:29.5
5, Mark Koch	Pueblo	37:16.8	70, David Algien	Colorado Springs	53:35.0
6, Gerald B. Romero	Colorado Springs	38:11.8	71, Donna Wheeler	Pueblo	53:48.1
7, Mike Messick	Cheraw	38:24.5	72, Paul Willumstad	Pueblo	53:48.7
8, Clint W. Zundel	Durango	38:31.5	73, Jerry Califono	Pueblo West	53:56.6
9, Woody Noleen	Colorado Springs	38:47.0	74, B. A. Cosyleon	Pueblo	54:01.9
10, Jeff Recker	Denver	39:16.2	75, Jessie Quintana	Pueblo	54:15.8
11, Marty Garcia	Pueblo	39:50.2	76, Charles F. Sanchez	Pueblo	54:23.9
12, Elliott Henry	Colorado Springs	40:05.7	77, Fran Borton	Pueblo	54:28.7
13, Lorraine Caldwell	Colorado Springs	40:07.9	78, Jeffrey Walters	Pueblo West	54:56.7
14, Dan Tessier	Colorado Springs	40:09.0	79, Donald Saling	Pueblo	55:01.0
15, Cindy Abeyta	Trinidad	40:58.8	80, Julie Arellano	Pueblo	55:08.0
16, Dave M. Diaz	Pueblo	41:22.5	81, David Foster	Pueblo	55:10.8
17, Bill Vegas	Pueblo	41:35.0	82, Eugene Arellano	Pueblo	55:18.8
18, Harold Cunningham	Colorado Springs	41:36.9	83, Mike Jolliffe	Canon City	55:34.4
19, Rick Fuller	Alamosa	41:37.5	84, Cathy Kelly	Pueblo	55:45.1
20, Mark Kuhn	Colorado Springs	42:09.6	85, Gary Addington	La Junta	56:02.0
21, Ken Algien	Pueblo	42:34.4	86, Jim Linn	Colorado Springs	56:35.8
22, Hector Leyba	Penrose	43:00.7	87, Steve Farley	Ft. Lyon	56:36.9
23, Brian Van Buskirk	Lamar	43:24.0	88, Karen Fady	Colorado Springs	56:42.0
24, David Klein	Rocky Ford	43:31.6	89, Robert M. Fowler	La Junta	56:44.9
25, Lou Huie	Colorado Springs	43:32.3	90, Lori Gregory	Pueblo West	56:47.7
26, Lopez Aaron	Pueblo	44:03.3	91, Maribeth Butler	Pueblo	57:19.0
27, Nick Leyva	Pueblo	44:11.3	92, Gwynna Fedde	Fowler	57:20.2
28, Mike Borton	Pueblo	44:31.7	93, Bill DeMoss	Pueblo	58:55.3
29, Jack Harris	La Junta	44:40.5	94, Fred Bender	Colorado Springs	59:27.9
30, Helen Robinson	Pueblo	45:19.7	95, Ruben Espinoza	Canon City	1:00:15.9
31, Rocky Khosla	Pueblo	45:23.9	96, Martin Blaser	Colorado Springs	1:00:28.2
32, Sean Finley	Pueblo West	45:25.0	97, Kathy Spencer	Pueblo	1:00:47.6
33, Doug Cullison	Pueblo	45:45.9	98, Susan Campbell	Pueblo	1:01:00.5
34, Cruz Martinez	Colorado Springs	46:12.3	99, Neal L. Kinsinger	Colorado Springs	1:02:44.0
35, Roy Hughes	Canon City	46:15.9	100, Louis W. Arteaga	Pueblo	1:03:13.8
36, Deb Robeda	Pueblo	46:17.4	101, H. J. Arnold	Colorado Springs	1:04:11.0
37, Jack Sayers	Colorado Springs	46:29.2	102, N. Wayne Smith	Pueblo	1:04:20.5
38, Gail L. Struebing	Colorado Springs	46:38.8	103, Rodney Wilson	Colorado Springs	1:04:52.7
39, Jay Brooke	Lamar	47:06.8	104, Laurie Huckbody	Colorado Springs	1:04:53.3
40, Steven Clough	Pueblo	47:45.1	105, Cheryl K. McCoy	Salida	1:06:13.8
41, Howard Stringert	Pueblo	47:50.2	106, Deanna Stever	Pueblo	1:08:06.5
42, Christine Olson	Pueblo	48:16.9	107, Jerome D. Stiller	Denver	1:08:24.2
43, Carl Bartecchi	Pueblo	48:22.1	108, Susan B. Stiller	Pueblo	1:09:34.1
44, Rand Morris	Pueblo	48:28.8	109, Brenda De Mars	Colorado Springs	1:10:14.9
45, Jennifer Alvarado	Colorado City	48:34.4	110, Paul Barela	Pueblo	1:10:58.6
46, Paul Brown	Wetmore	48:38.9	111, Glenn Freelove	Pueblo	1:11:00.9
47, Len Gregory	Pueblo West	48:40.4			
48, Jim Beckenhaupt	Colorado Springs	48:59.9			
49, Marilyn Weisinger	Colorado Springs	49:17.2			
50, Jenna Dorsey-Spitz	Pueblo	49:28.8			
51, Lisa Stavarakas	Colorado Springs	49:29.8			
52, David Crockenberg	Pueblo	49:35.1			
53, Carla Flores	Pueblo	49:53.0			
54, Hilbert Navarro	Pueblo	50:18.4			
55, Heather Marshall	Canon City	50:28.4			
56, John Mills	Colorado Springs	50:30.0			
57, David Tonsing	Westcliffe	50:35.0			
58, Tina M. Clarke	Westcliffe	50:36.7			
59, Warren Marshall	Canon City	50:44.7			
60, Gloria Montoya	Pueblo	51:32.0			
61, Jack Rink	Pueblo	51:38.9			
62, Marijane Martinez	Pueblo	52:01.0			
63, Dion Arellano	Pueblo	52:18.3			
64, John Parrish	Pueblo	52:32.4			
65, William Van Buskirk	Lamar	52:36.8			



Mark Koch of Pueblo was the first local finisher in the 10K race as he took 5th place overall with his 37:16 clocking.

# Spring Runoff

## 10-Mile Run

Results provided by Andy Ballou & Mary Lou Henson with assistance

Runner	Residence	Time
1, Phillip Castillo	Alamosa	55:51.8
2, Paul L. Koch	Colorado Springs	58:50.5
3, Phil Ware	Loveland	59:10.7
4, John Delmez	Highlands Ranch	1:00:13.8
5, Rich Hadley	Florence	1:00:36.9
6, Brian Kates	Colorado Springs	1:01:10.0
7, James S. Robinson	Pueblo	1:03:30.3
8, Tim Sandell	Colorado Springs	1:03:51.0
9, Eckehart Zimmerman	Palmer Lake	1:05:06.2
10, Robert Brotherton	Security	1:05:45.7
11, Beverly Mannon	Palmer Lake	1:06:24.7
12, Sam McClure	Canon City	1:06:45.1
13, Kathaleen Recker	Denver	1:07:34.2
14, Craig Widness	Denver	1:07:35.2
15, Rufus T. Firefly	Palmer Lake	1:07:37.9
16, Robert McAndrews	Colorado Springs	1:08:27.7
17, Bob Ladebush	Aurora	1:10:35.1
18, Theodore L. Quintana	Pueblo	1:11:18.4
19, Doug Ross	Colorado Springs	1:11:39.6
20, Jim Hruby	Rye	1:12:01.7
21, Traci Dworshak	Colorado Springs	1:12:22.6
22, Paul Chacon	Pueblo West	1:12:45.7
23, Bonnie Moeder	Colorado Springs	1:12:47.4
24, Joe Stommel	Pueblo	1:12:49.4
25, Steven Spellman	Colorado Springs	1:13:01.0
26, John F. Ulsh	Westcliffe	1:13:08.1
27, David Wolf	Colorado Springs	1:13:46.8
28, Adrian Suazo	Pueblo	1:15:11.4
29, Bill Cox	Colorado Springs	1:15:19.9
30, Ed Gleason	Colorado Springs	1:16:01.1
31, Chuck Isner	Pueblo West	1:16:33.9
32, Robert M. Santoyo	Pueblo	1:17:04.1
33, Claire Bueno	Pueblo	1:17:05.0
34, Doug Thornton	Penrose	1:17:36.9
35, Mike Archuleta	Pueblo	1:18:05.2
36, P J Warne	Colorado Springs	1:18:19.8
37, Tom Sayers	Colorado Springs	1:18:23.9
38, Dennis Howard	Colorado Springs	1:18:24.2
39, Lorraine Hoyle	Pueblo	1:18:52.0
40, Jim Brumage	Colorado Springs	1:18:55.3

41, Alan Colglazier	Pueblo West	1:19:10.8
42, Bill Ebersohl	Colorado Springs	1:19:12.1
43, Matthew Gallegos	Pueblo	1:19:21.5
44, Dan Gallegos	Pueblo	1:19:54.8
45, Jenine Ebershol	Colorado Springs	1:20:00.8
46, Bill Moyle	Denver	1:20:07.5
47, Laura Williams	Westminster	1:20:22.0
48, Stacey Diaz	Pueblo	1:20:26.7
49, Ingrid Millhause	Colorado Springs	1:20:39.7
50, Elizabeth Ross	Monte Vista	1:20:45.0
51, Mike Kopyanski	Monument	1:20:59.7
52, Carol Ann Kinzy	Pueblo	1:21:14.8
53, Bill Walker	Colorado Springs	1:21:45.3
54, Diane Lopez	Pueblo	1:22:02.9
55, David L. Trombley	Colorado Springs	1:22:15.5
56, Sheila Myers	Denver	1:23:31.8
57, John Castanha	Rye	1:23:39.3
58, Albert L. Threhall	Colorado Springs	1:24:18.9
59, Wayne Whitney	Pueblo West	1:24:27.0
60, Barbara J. Hadley	Rye	1:24:38.8
61, John Crouse	Monument	1:24:39.6
62, Marilyn Collett	Sedalia	1:24:54.9
63, Sally Taylor	Pueblo	1:25:10.9
64, Adrienne Kramer	Arden, NC	1:26:04.4
65, Laura Engleman	Woodland Park	1:26:45.2
66, Sean Bryan	Colorado Springs	1:27:34.7
67, Roger Sajak	Pueblo	1:28:24.1
68, Susan Lasek	Colorado Springs	1:28:43.2
69, Tom F. Hamilton	Colorado Springs	1:29:56.6
70, Mary M. Zehringer	Colorado Springs	1:30:06.5
71, Kathy Hruby	Rye	1:30:10.3
72, Valdene Ranum	Denver	1:30:10.6
73, John Holiman	Pueblo	1:30:18.4
74, Les Lundin	Colorado Springs	1:31:34.8
75, Martha Kinsinger	Colorado Springs	1:31:44.0
76, Jackie Shimp	Woodland Park	1:32:11.4
77, David Sorenson	Colorado Springs	1:32:32.2
78, Jeff S. Ross	Monte Vista	1:32:39.8
79, Dawn Berthiaume	Denver	1:33:47.7
80, Steve Linhart	Colorado Springs	1:33:48.2
81, Donna Nicholas-Griesel	Coaldale	1:37:43.5
82, Jim Massa	Colorado Springs	1:44:13.1
83, Brenda Cowell	Woodland Park	1:52:17.6
84, Joe Cowell	Woodland Park	1:52:48.1



## Cinco de Mayo

The annual Cinco de Mayo 10K race will be held on Sunday, May 4, beginning at 8 a.m. The 10K course, which begins and ends at the Colorado State Fairgrounds, will take you on a scenic run through city streets, City Park, and past the PCC campus.

The course is relatively flat with one short hill just before mile 5. Entry forms are included with this newsletter and also are at the YMCA and Gold Dust Saloon.

Once again the SCR will host male and female runners from Chihuahua, Mexico. If you are interested in hosting runners, please contact Race Directors Marijane Martinez and Nick Leyva at 564-6043.

Cinco de Mayo festivities will continue throughout the day at the fairgrounds. Each participant will receive an admission ticket to the events.

## Valentine's Twosome

The Southern Colorado Runners club held its annual Valentine's Day Twosome relay run on Saturday, Feb. 15, at City Park. Each member of the two-person teams ran a 1.6-mile lap around the perimeter of City Park. Awards were presented for originality of the batons passed from the first runner to the second as well as the quickest times in each age division. Ages and times for each runner were combined to determine the place winners.

### Overall winners

Helen and Jim Robinson, 19:58.

### Age-division winners

30 & under – 1, Kaylon Miller and Tony Andenucio, 26:29. 2, Danielle and Heather Perkins, 37:28.

41-40 – 1, Beth Lardner and Don Scarafioti, 27:25. 2, Elizabeth Perkins and Jim Neblick, 38:43.

51-60 – 1, Valeri Huskin and Larry Volk, 21:28. 2, Kristen Inman and Scott Williams, 28:05.

61-70 – 1, Rita and Tim Vigil, 20:35. 2, Misti Frey and

Ben Valdez, 21:25.

71-80 – 1, Christy Olson and Bill Veges, 21:58. 2, Jessie and Bobby Quintana, 24:51.

81-90 – 1, Marijane Martinez and Nick Leyva, 22:02. 2, Kathy and Joe Stommel, 25:32.

91-100 – 1, Jan and Lou Huie, 22:55. 2, Lori and Len Gregory, 25:06.

101+ – 1, Cathy Perkins and Paul McWhorter, 39:13.

### Prize Batons

#### Open Heart Division (single runners)

1, Joe Farraa, 21:32. 2, Steve Rademacher, 21:51. 3, Robert Santoyo, 24:18. 4, Jose Barron, 26:56. 5, Tim Caudill, 27:04. 6, Jeff Walters, 27:05.

### Prize Batons

- Most Creative – KT's stick (decorated with felt, marker)
- Ugliest – empty toilet paper roller
- Largest – boxer shorts
- Most Romantic – sexy red bra (carried proudly by Bill Veges)



Lori & Len Gregory add a little spice to the baton exchange.

Photo by The Franch



## Training to do your best

Increasing fitness comes from skillfully balancing the stresses of training with rest. It's during rest that the body adapts and grows stronger. Rest is when you "absorb" fitness. If you give the body inadequate rest, fitness improvement is limited, and you'll never even come close to your potential without adequate rest.  
 – Joe Friel

## Down the tubes

Updating you about the 40th annual RRCA Convention to be held in June in Colorado Springs, note that the SCR's bid to conduct a Poker Run during the convention has fallen by the wayside. There were logistical problems associated with the proposed run and with the post-race site for an auction. Instead, the Pikes Peak Road Runners, as hosts of the convention, will host some type of a fun run at another location. Have a nice day.

# Cool Running: Web sites worth checking out

By Matt Martin

This column's intent is to review World Wide Web sites devoted to running. The World Wide Web is a great resource for information on almost every subject, including running. However, the Web is seemingly infinite and searching for information on it can be a time-consuming process, despite all of the search engines available. Thus, I will do the searching. You can do the surfing.

All web addresses are preceded by: "http://"

Have you ever tried to type this ten times really fast? Are you tired, like me, of always having to type this every time you want to search the web? I have decided that, for the purposes of this column, I will not be typing "http://" as part of the web addresses cited in this column. Just assume that each address is preceded by "http://."

*Runner's World* has a site -- [www.runnersworld.com/](http://www.runnersworld.com/). This site is about the coolest around because it's loaded with information. It even has a "goodies" page with really neat stuff for netters. For instance, the "goodies" page has a race time predictor that will predict your time in a certain distance based upon what you have run at another distance. Also, the "goodies" page has a "shoe finder" that will list shoes appropriate for you based upon the answers you give to three simple questions.

If you do not subscribe to *Runner's World*, or if you have tossed or lost a favorite issue, then just go to the site. My favorite *Runner's World* issues are the annual marathon calendar issue and semiannual shoe buyer's guide issues. All of this information, and much more, is contained on the web site.

The site also contains many forums. A forum is an on-line discussion group. A forum is different from a chat group. A chat group conversation takes place almost instantly. A forum is like a news group, messages are "posted" for all who visit the forum to see. But, forum discussions do not occur instantly with the posting. *Runner's World* offers forums on many relevant topics, including "Letters, Opinions, Runnings

Running," "Beginning Runners," "Competitive Running," "High School Running," "College Running," and "Master's Running." I once posted a ranting about giving favorable reviews to its advertisers products. One reader even responded, which made me feel like ranting some more.

One runner recently wrote the following about pancakes to the "Nutrition" forum:

*"I like eating them for breakfast with syrup. My question is this a good source of carbohydrates or is this overkill. I want to keep my weight down and I'm not sure how many calories are in a 6 inch dia. pancake."*

Amazingly, this "posting" garnered eight responses, including two of my own. I guess this runner did not read about that Baylor College of Medicine study referred to by this Assistant Editor a couple of issues ago. Hey, bozo, you can eat as much as you want of whatever you want if you run yourself into the ground!

Another great site is the St. George Marathon site at:

[www.infowest.com:80/stgeorgemarathon/](http://www.infowest.com:80/stgeorgemarathon/)

This site has pages that describe the race, the particular events, race records, places to stay, and the sponsors. The site even has an entry form, although the race sponsors have not put the 1997 entry for the 1997 race on the site yet. The organizers have assured me that the entry will be on-line sometime in May.

A site of more recent relevance is the Arizona Road Racers at:

[www.arizonaroadracers.com/](http://www.arizonaroadracers.com/)

This site contains pages for member services, running information, latest club news, weather forecast and – get this – results of the recent Desert Classic Marathon and Half-Marathon. My fiancée, Kim Westerman, and I ran the marathon and SCR member Sam McClure ran the halfer. So, seeing our names on the web was really neat. Check the site out soon because the web page designer has promised me that they will contain a link to our own SCR web page. Cool!

We will be reviewing other sites in coming months. If anyone knows of an interesting site, just e-mail me with the address at:

[matthew@usa.net](mailto:matthew@usa.net)

I will be sure to visit it and, if its cool, review it.



**NO FOOLIN':**

The next SCR meeting will be held at 7 p.m., Tuesday, April 1, at the Pueblo YMCA.



# 1997 Racing Calendar

## Pueblo - Canon City area

<b>March</b>					
22	Sat	8:00AM	<b>Canon City Predict Run, 5K</b> ..... <i>(at Reynolds bridge on the River Walk)</i>	Canon City or	(719) 275-1578 (719) 275-3344
<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> .....	State Fair	(719) 564-6043
10	Sat	8:00AM	<b>Feet &amp; Fur Run, 5K &amp; 10K</b> .....	Mineral Palace	(719) 542-1351
17	Sat	7:15AM	<b>Ordinary Mortals Triathlon</b> .....	Pueblo West	(719) 561-2956
			525-meter swim, 13-mile bike, 5K run		
31	Sat	8:30AM	<b>PCC 5K Run &amp; Fun Walk</b> .....	PCC campus	(719) 549-3064
<b>June</b>					
13	Fri	6:45PM	<b>Holy Family Fun Run &amp; Walk, 5K</b> .....	Holy Family Church Parish on South Side	(719) 547-4187

## Other areas

<b>March</b>					
15	Sat		<b>St. Patrick's Day Run, 5K</b> .....	Old Colorado City	(719) 635-3303
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	(719) 532-1025
19	Sat		<b>Peregrine Run, 5K</b> .....	Colorado Springs	(719) 596-3507
19	Sat		<b>Horsetooth Half-Marathon</b> .....	Fort Collins	(920) 493-4675
26	Sat		<b>Elebert Reflections, 5K &amp; 10K</b> .....	Elbert	(719) 594-4365
27	Sun		<b>Cherry Creek Sneak, 5M</b> .....	Cherry Creek	(303) 394-5170
<b>May</b>					
4	Sun		<b>Colorado West Duathlon, 5K, 31K &amp; 5K..</b>	Grand Junction	(505) 327-5595
17	Sat		<b>Armed Forces Day Run, 10K</b> .....	Fort Carson	(719) 637-8488
26	Mon		<b>Bolder Boulder, 10K</b> .....	Boulder	(303) 544-7223
<b>June</b>					
8	Sun		<b>Garden of the Gods, 10M</b> .....	Manitou Springs	(719) 473-2825

## Regional Marathons (& others of interest)

March	15	Canyonlands - Moab, Utah (& Half) .....	(801) 259-5934
	23	Mauui, HI .....	(808) 871-6441
April	5	Army Mule Mountain - Bisbee, AZ .....	(520) 533-1065
	13	Great Southwest -Abilene, TX .....	(915) 677-8144
	21	Boston .....	(508) 435-6905
	26	Collegiate Peaks - Buena Vista (& 50M) .....	(719) 395-6612
	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

**June 15:**  
Strawberry Shortcut

**June 21:**  
Sailin' Shoes 10K

**June 22:**  
Power Waffle Run

**July 6:**  
Women's Distance Festival

**July ?:**  
Nirvana Run

**August 2:**  
Beulah Challenge

**August: 16 & 17:**  
Pikes Peak Ascent & Round Trip  
(719) 473-2625

**Sept. 20:**  
Hot to Trot 5K

**Oct. 12:**  
River Trail Marathon & Half-Marathon

**Nov. 22:**  
Atalanta 5K

**Dec. 7:**  
Rock Canyon Half-Mara.

**Dec. 14:**  
The Excellent Adventure

**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



### Stats that rule

- Last year, 13,000 applications were received in the week leading up to the Boston Marathon.
- 54% of all broken bones sustained by cyclists in road races involve the collarbone.
- Motor vehicles are involved in 9% of accidents involving licensed road racers.
- In a random survey of SCR members, 90.3% said they would rather be injured while riding a bicycle than be forced to read issues of "Footprints."

## New racing information you need to know

by the Editor

I told you about some upcoming races last week, so if you'll have to find last month's issue of "Footprints" if you want the scoop on the Cañon City Predict 5K on March 22, the Ramsgate 8 and the Y-Bi Duathlon in April, and the new Feet 'n Fur race slated in May. (*Hint: look in the bird cage or on the floor where the dog is being trained.*)

This month, I've got some new info. for you so listen up:

- **PCC Run** – Joe Alvarez, a personal trainer at Pueblo Community College's Fitness Center, attended this month's meeting and said all systems are go for the second annual PCC 5K Run & Walk that is scheduled for Saturday, May 31, but doesn't have a name yet. Several sponsors are lined up. Free Little Caesar's pizza will again be part of the post-race scarfing. Yummy!

- **Hot to Trot 5K** – This annual race is gonna take place Sept. 20, come hell, hot chilis or floodwaters on Union Avenue. There is a chance the SCR will take over this race

completely in the future.

- **Ramsgate 8** – Okay, I lied. I AM going to say one more thing about this race. It may be a predict. Remember, this is the first pot-luck race of the year. A great social event!

- **Cinco de Mayo** – This is a Sunday, May 4, race that we don't have a major sponsor for yet, although the Ambrosia Health Foods store will have a "presence." Most important, Rich Barrows' Boys & Girls Club kids will again make some great chili for a post-race feed. Because this race is no longer connected with the Colorado State Fair, we won't have the use of the Fair's security people as court marshals. Hence, we need about 20-25 volunteers to help. Please call Marijane Martinez or Nick Leyva (564--6043) if you can help out. We appreciate it. (*More on this race on Page 7.*)

- **Ordinary Mortals Triathlon** – Race officials plan to have separate masters and sub-masters categories in order to have more participants this year. The event is May 17.

- **Drag'n On Out Triathlon** – It appears the Drag'n has entered the history books.

**FOR THE SOUL:** Learn to relax. "*There is more to life than increasing its speed.*" – Mohandas Gandhi

*Did you know ...*

At any level of exertion during exercise, most people will use more energy, burn more calories and lose more weight while exercising on a treadmill.

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

Non-Profit  
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*HEY! Is there a [96] on the mailing label above? That means you haven't renewed your SCR membership and that this is your last issue unless you renew NOW. Please do so. Persons with [nl] on their labels either are organizations receiving complimentary issues or former members who made significant contributions to the SCR.*

**Keep the good luck coming your way!**

Issues of "Footprints" are not forwarded. Hence, if you change your place of residence, please get us your new address ASAP to ensure that you won't miss a single monthly issue.



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