



FOOTPRINTS

May 1997 Foreign Invasion Edition

Upcoming SCR activities

SCR Picnic

SCR members, we want you to circle July 13 on your calendars right now and plan to attend the annual club picnic to be held that Sunday at Greenhorn Meadows Park in Colorado City. We've had the past 2 or 3 club picnics there and it's a superb facility. Plus the cooler weather in Colorado City is always appreciated by members.

Activities will include softball, volleyball, horseshoes, good eats, good chatting, etc. I'll have specifics next month. A fun run of varying distances will precede the picnic.

Bolder Boulder

A huge contingent of SCR members is again planning to run the Bolder Boulder on Memorial Day, and all of you are invited to join

them for post-race revelry in Section 215 of Folsom Stadium. This annual funfest has been a highlight for several years.

Remember the golden rule: bring half as much clothing, twice as much in the cooler.

See you there!



Friends From Afar

A running contingent from Chihuahua, Mexico, pictured here with Pueblo host Hilbert Navarro (back center), made the trip to Pueblo earlier this month to compete in the Cinco de Mayo 10K race at the State Fairgrounds. *Race coverage is on Page 4.*

Photo by Gary Franchi

Race clock cost fuels fund-raising campaign

A not-so-funny thing happened on the way to the store to purchase a new club race clock - we discovered these frickin' clocks are expensive. By the time you add in a stand and a carrying/storage container, the price tag jumps to well over two grand.

Alas, the clock is needed. Hence, the club voted at the monthly meeting for May to proceed with purchase plans, and club prez Ben Valdez has placed the order.

Until this, we had a few bucks in the bank. But this purchase is leaving the savings account a tad low. Thus, we have decided to launch a race clock fund-raising campaign with a goal of raising \$1,500.

Actually, several club members started the campaign for us, with the club receiving deeply appreciated contributions from Lori and Len Gregory, Jean Halfpy, and Karin Romero. We thank you very much!



Rocky on Fitness

Regular exercise a big benefit to women

by Rocky Khosla, M.D.



Chewta Says:

"SCR members of varying ability levels convene 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 or when they are in the mood for breakfast burritos at a local eatery. They invite all interested club members and others to join them."

I know that most of you reading this column don't need to be told about the numerous benefits of regular exercise. But just in case you have friends or family that may need to be nudged, there was a recent study that points to yet another benefit of regular exercise: It reduces the risk of breast cancer in women.

The study that I am about to quote was published in the May 1, 1997 issue of the *New England Journal of Medicine*. A total of 25,624 women between the ages of 20 and 54 were followed for a median of 13.7 years. Some of the findings of the study were as follows:

1. Women who exercised at least four hours a week during leisure time (not as part of their work) had a 37% reduction in the risk of developing breast cancer.
2. Women who had active jobs had a 52% lower risk of developing breast cancer compared to women who had sedentary jobs.
3. Women who exercised at least 4 hours a week starting before menopause had a better proportional reduction in the breast cancer risk than women who exercised at the same level but started after menopause.
4. Women who had a lean body mass in-



dex (less than 22.8) had a 72% reduction compared to women who had higher body masses, even when the level of exercise was the same. You can calculate your body mass index by taking your weight in kilograms and dividing it by the square of your height in meters.

So how do we explain the above results? Well, I think there are probably a whole bunch of factors that may come into play. First, regular intense exercise seems to decrease the production of both estrogen and progesterone, and this may lead to a decreased stimulation of precancerous cells in the breast. Second, experimental studies have shown that caloric reduction seems to decrease carcinogenesis in the breast, thus explaining why the leaner women had lower breast cancer rates compared to their heavier counterparts even when both groups exercised the same amount.

I want to throw a word of caution in here, though. From the above information, females reading this column may surmise that really starving yourself and doing heavy exercise is the way to go, but it is NOT! In fact, too much of this is a hazard since it can lead to the loss of periods, stress fractures and osteoporosis. Like everything else, I think moderation is the key to health and happiness.

Till the next time, keep on runnin'!



Quoteworthy

"Ed Beauvais is a visionary. He doesn't see things the way the rest of us do. Unfortunately, that's the same definition as a lunatic."
 – Airline analyst Mike Boyd on the founder of Western Pacific



The Brewski Sisters say:
 Join us in Section 215 in Folsom Stadium at the Bolder Boulder. The 1st brew is on us!



Louise Sauvage was the women's wheelchair winner in this year's Boston Marathon



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	Lois Pfost	544-9633
Treasurer	Melinda Badgley Orendorff	561-2956
Non-elected Officers		
Membership Chair	Andy Ballou	547-3663
Newsletter Editor	Gary Franchi	676-4100
Assistant Newsletter Editor	Matt Martin	542-5350
•		
Editorial Consultants	Nick Nasch, Louise Sauvage (ID'd bottom center)	

Footprints is produced monthly and distributed to countries all over the world in 26 different languages.

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA. All SCR members are invited to attend, compare passport stories with others in attendance, and try to make sense of the foreign-ish chats.

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



Great (& so-so) Stuff

by Gary Franchi



The REAL reason network TV shuns marathons

Thought for today's lunch, compliments of Pat Boone: "There's something about me that makes a lot of people want to throw up."

Musings on running, fitness, life, etc.: Well, I've finally figured out why the networks don't like to televise major marathons anymore. It's not because of a lack of TV ratings in the past or because it's a pain for announcers to provide "filler talk" for 2+ hours while the lead pack goes through the first 25 miles without a change. Uh-uh! It's because they can't find any announcers who can pronounce the names of the leaders.

I realized this while looking at the results of the top finishers in last month's Boston Marathon. They were all foreigners. Lameck Aguta was the winning male and Fatuma Roba the winning female. OK, those aren't too hard to say. But how about Nelson Ndereva? Bekele Tesfaye? Thabisco Mosqhali of Lesotho? I can't even pronounce "Lesotho."

How would YOU like to try pronouncing those names correctly into a microphone in front of millions of viewers? By the way, where the heck is Lesotho?

I suppose the TV networks could concentrate on smaller races that aren't as well known, but advertisers don't care a lick about these. Actually, foreigners dominate these races, too, as I discovered by reading some of those race reports that *Runner's World* publishes near the back of its issues. Choke on a few of them yourself: Khalid Khannouchi, Catherine Ndereba, Tatyana Pozdnyakova, Maimuna Margwe, etc.

Mama Mia!

Now, all this makes me wonder if foreigners have the same trouble pronouncing American names. Like, did Kenyan announcers covering the Boston Marathon botch the name Kim Jones? For that matter, do the Japanese media covering a Hideo Nomo baseball game with the Dodgers butcher pronouncing, say, Bill Swift? Man, what if "Footprints" Editorial

Consultant Nick Nasch were on the Dodgers?

(Japanese TV network executive: "No more cover Dodger baseball! Too many, ah, how you say, Neek Nosh in league. Names too hard pronounce.")

Good thing "Neek" isn't a sumo wrestler.

This month's smorgasbord: Speaking of Mr. Nasch, the astute one has a tip for walkers, saying they can get a good **cardiovascular workout** by parking at the closed-down Shoney's on Pueblo's north side and walking over the bridge to the mall. Methinks "Neek" has ingested a tad too much carbon monoxide while making that walk ... **Heaven's Gate** – The Epilogue: Unreported by the national media was the REAL reason why the male members of the Heaven's Gate cult had themselves castrated. It was because they were all avid cyclists ... Heard this on the CNN Sports radio highlights from the start of the Boston Marathon: "And the runners, moving from left to right, begin the 101st Boston Marathon" or some such nonsense. Left to right? Boy, THAT sure is meaningful on the radio! ... **Loaf'n Jug patrons, Part III:** I saw an adult male drive up to a Loaf'n Jug convenience store and go in to purchase one item – a slurpee. Large size. Another runner ... Looking at the myriad of options available on the **Bolder Boulder registration form** sort of reminds me of being able to "giant size" a food order at McLube's ... Reason No. 1 why you should have attended the SCR's monthly meeting for May: Dave Diaz had information printouts, snared from the Internet, of all the **micro-breweries in Boulder**, just in time for the annual sojourn to the Bolder Boulder. And we thought "Neek" had an idle mind ... Spotted on the inside seat of a car parked at the YMCA in downtown Pueblo was an 8-pack of Rainbo cup cakes, obviously for some nutrition after a workout ... Later, gang! And may you have fun trying to decipher what the heck the foreign waiter is saying as he tells you the "daily specials."



Ultimate in idiocy item of the month:

This month's *Lights Are Dim Award* is shared by officials of the New York Health & Racquet Club and all of the nutso runners who participated in the Backwards Mile held on April Fools' Day. The Health & Racquet Club sponsored the event.

Runner-up honors for the award go to *The Denver Post* for publishing a photo of the event recently.



Movie Line of the month:

"Oh man, I would love to get my hands on your carburetor."

This truly is a heart-warming film that has a sad ending. The line above was made by the lead character, an actor whose career was reborn just a few years ago. Guess the speaker and film and earn the right to read past issues of "Footprints."

Answers below.

Answers:
"Phenomenon"
John Travolta in

June Tune:

The next SCR meeting will be held at 7 p.m., Tuesday, June 3, at the Pueblo YMCA.



Training to do your best

Given enough time and the proper stimuli, the mind and body can adapt to almost any amount of stress. The secret is to increase the stress in the right increments at the right intervals so that the physical and mental mechanism can adapt. This is called the *overcompensating cycle*.
- Brooks Johnson

Rim Rock gets another look

Backers of the Rim Rock Run through the National Monument received a little good news during the past month when they were told that their request for a permit to conduct the race would be given a second review. Earlier, their first request was rejected on the grounds that the race interferes with traffic in the National Monument area. Runners love the 37-kilometer race because it is held in a gorgeous setting. Stay tuned!

Maas uses Cinco for return to racing

by Matt Martin

Pueblo's latest world-class athlete almost did not make it to the Cinco de Mayo 10K held at the Colorado State Fairgrounds on Saturday, May 4. But on the eve of the Cinco, Dan Maas's wife urged him to run his "hometown" race, and he felt obliged. We're sure glad he did!

Dan, age 27, is a native of Santa Fe, New Mexico. In high school, he was the state champion in the mile, two mile and medley relay. After that, Dan went on to become a 7-time national collegiate champion at Adams State College in the mile, two mile, 5,000 meters and medley relay. He has run a sub-4-minute mile and missed qualifying for the U.S. Olympic squad in the 1,500 meters by just hundredths of a second.

Following the Olympic Trails, Dan was anemic and let down from all the training



Dan Maas (left) and Robert Santoyo exchange race stories after the Cinco.

Photo by Matt Martin

and his failure to make the Games. So he retired from competitive racing.

Dan and his family moved to Pueblo in January of this year. He is the Director of Technical Services for the South-Central Board of Cooperative Educational Services, a state agency.

Thanks to his wife and a "reawakening" of his burning desire to compete, Dan has decided to get back into competition. The Cinco de Mayo 10K was the first competitive race he has run

healthy since the Olympic Trials. Now he has his sights set on the 2000 Olympics.

First, though, he has a more immediate goal of competing in the 1998 U.S. Championships.

With a 33:06 first-place finish in the Cinco, Dan is well on his way back to competing with the best once again.

Cinco de Mayo 10K results

May 4, 1997 - Pueblo, Colorado

Results provided by Nick Leyva and Marjane Martinez

Top Finishers

Male - Dan Maas, 33:03

Female - Yunuen Hernandez V., 42:51

Overall Finishers

Runner	Age	Time
1, Dan Maas	27	33:05
2, Juan Gonzalez	18	33:30
3, B.N. Rodriguez	34	33:42
4, H.A. Perez Chavez	27	34:13
5, Pat Judge	27	34:19
6, Paul Koch	29	35:50
7, Antonio Cisneros	40	35:57
8, Mark Koch	37	36:23
9, Rich Hadley	41	36:55
10, Mike Messick	40	37:05
11, Gerald Romero	25	37:50
12, Juan Rodarte Padilla	53	39:06
13, Marty Garcia	36	39:10
14, Larry Volk	33	39:27
15, Dave Diaz	48	39:39
16, Bill Veges	39	40:29
17, Jim Schreiber	39	41:10
18, Jack Janney	44	41:18
19, Burke Kaiser	33	41:42
20, Ben Valdez	37	42:39
21, Robert Santoyo	35	42:49

22, Yunuen Hernandez V.	18	42:51
(first female)		
23, Angelica V. Ramirez	18	43:41
24, Jenna Dorsey-Spitz	13	43:54
25, Mike Borton	41	43:56
26, Gene Mares	34	44:13
27, Rocky Khosla	38	44:23
28, Paul Von der Gathen	55	44:47
29, Brandy Kappel	21	45:00
30, Henry Hund	55	45:08
31, Anthony Soto	39	45:32
32, Misti Frey	29	45:45
33, Paul Ferrey	23	45:52
34, Rich Barrows	37	45:57
35, Roger Sajak	44	46:04
36, Howard Stringert	41	46:08
37, Jason Lemons	21	46:17
38, Coleen Montelongo	34	47:12
39, Hilbert Navarro	56	47:29
40, Gary Franchi	48	47:31
41, Chad Wight	46	47:38
42, Jeff Arnold	55	48:04



43, Don Pfost	56	49:21
44, Ralph Regalado	60	49:33
45, Greg Fruhwirth	39	49:34
46, Raul San Miguel	46	49:46
47, Art Shinn	42	49:54
48, Carol Ann Kinzy	49	50:00
49, Jack Rink	42	50:13
50, Brendon Dorsey-Spitz	10	50:19
51, Michael Sanchez	36	50:23
52, Paul Willumstad	47	51:22
53, Jim Gager	39	51:28
54, Jeremy Gregory	12	51:53
55, Boney Cosyleon	47	52:01
56, Steve Farley	46	52:03
57, Edward Martinez	35	53:26
58, Brencia Baker	32	53:41
59, Farrel Flieder	38	53:57
60, Christopher Montoya	15	54:60
61, John Holiman	70	54:56
62, Bruce Batting	60	56:05
63, Cathy Kelley	28	56:25
64, Gloria Farley	40	57:13
65, Kathy Spencer	46	57:31
66, Paul Barela	42	1:00:11
67, Alex Cortez	50	1:00:43
68, Cathryn Sanchez	35	1:01:51
69, Bob King	60	1:01:57
70, George Garcia	44	1:02:10
71, Tom Lontine	34	1:02:55
72, Cindy Rivera	45	1:13:48
73, Jo Lukezik	56	1:13:49

Y-Bi Classic Duathlon

Race held April 20, 1997

Results compiled by Andy Ballou and Kathy Simpson

DISTANCES: 11.2-mile bike & 5.5-mile run



Beth Meyers (left) and Forrest Newman (far right) established new course records in blazing to overall Y-Bi Classic victories.

Photos by Gary Franchi

MALE

Runner	Residence	Age	Place	Time
19 and Under				
Leo Lemelson	USAFA	19	16	1:06:25.2
Greg Woods	Boulder	19	19	1:07:52.4
Josh Caldon	USAFA	19	47	1:13:50.4
20 thru 29				
Knut Nystad	Denver	26	2	57:45.5
Guillaume Foucaut	Colo. Springs	23	4	59:30.0
Brian Chung	USAFA	21	6	1:00:37.7
Mike Roehrs	Denver	25	7	1:01:21.6
Ryan Kelly	Louisville	24	8	1:01:35.8
Jesse Peterson	USAFA	21	10	1:01:55.6
Jason McDonald	Boulder	20	13	1:03:28.7
Matt Glynn	USAFA	20	15	1:05:55.7
Bob Seebohar	Grand Junction	25	21	1:09:06.4
Jason Cleckler	Colo. Springs	26	25	1:09:44.3
Greg Freeman	USAFA	20	32	1:10:56.2
Jason Daniels	USAFA	21	34	1:11:01.7
John Thayer	Colo. Springs	27	40	1:12:55.9
Travis Cheyre	Colo. Springs	23	52	1:14:43.5
Thomas Burke	USAFA	20	53	1:14:51.4
David Glenn	Pueblo	29	55	1:15:22.2
Jeff Swiger	Denver	27	63	1:16:09.1
Gerald Romero	Colo. Springs	25	65	1:16:44.7
William Baker	Arvada	24	66	1:16:46.9
Justin Bader	Englewood	23	76	1:19:34.5
Jeffrey Warde	Boulder	24	77	1:19:39.1
Gabriel Vargas	Ft. Collins	26	83	1:21:40.4
Michael McFall	Boulder	25	91	1:23:51.7
30-39				
Forrest Newman	Fort Collins	32	1	56:20.4
Tim Sandell	Colo. Springs	32	3	59:10.8
Mark Koch	Pueblo	37	11	1:02:02.2
Larry Seidman	Colo. Springs	33	12	1:03:07.7
Jeff Robinson	Lakewood	36	18	1:07:32.0
Jeffrey Roger	Denver	34	22	1:09:12.6
Michael Trujillo	Colo. Springs	39	24	1:09:37.2
Kenny Johnson	Colo. Springs	34	27	1:10:01.6
Ken McMurry	Nathrop	30	28	1:10:07.7
Kevin Gunty	Colo. Springs	39	29	1:10:12.9
David Mamich	Greeley	39	30	1:10:30.3
Mark Morgenstern	Colo. Springs	38	31	1:10:52.6
Roxy Vendena	Denver	31	41	1:13:18.6
Steve Linhart	Colo. Springs	36	42	1:13:26.4
Steve Gaulke	Colo. Springs	39	44	1:13:38.8
Tom Siegel	Colo. Springs	35	51	1:14:25.0
Jeff Stavang	Pueblo West	32	59	1:15:46.3
Albert Chamillard	USAFA	34	62	1:16:07.8
Thomas Beal	Littleton	33	68	1:17:28.6
Roger Giordano	Pueblo	32	70	1:17:50.1
George Jones	Denver	32	79	1:20:35.4
John Foster	Boulder	30	95	1:24:54.9
Mike Archuleta	Pueblo	36	96	1:25:39.0
Stephen Anderson	Peyton	36	101	1:27:27.1
40 thru 49				
John Demez	Highl. Ranch	40	5	1:00:07.3
Michael Orendoff	Pueblo	45	9	1:01:53.3
Rick Reimer	Parker	48	17	1:06:50.0
David Lemon	Parker	45	20	1:08:56.4
Dave Diaz	Pueblo	48	23	1:09:34.5
Bob Irving	Denver	42	26	1:09:59.8
Bill Gilliam	Telluride	44	38	1:11:54.4
Paul Chacon	Pueblo West	42	39	1:12:55.6
Jim McCartney	Colo. Springs	45	50	1:14:00.2
Dave Bolser	Colo. Springs	45	54	1:15:08.6

Joe Stommel	Pueblo	47	56	1:15:26.1
Jim Beckenhaupt	Pueblo	49	67	1:17:25.2
James Robinson	Pueblo	45	69	1:17:46.8
David Jones	Monument	48	74	1:18:50.9
M. Shepperdson	Colo. Springs	43	80	1:21:16.1
Ken Greenberg	Littleton	42	81	1:21:20.5
Gary Franchi	Colo. City	48	84	1:22:22.7
Paul Weston	Colo. Springs	41	85	1:22:32.9
Rand Morris	Pueblo	45	87	1:23:09.1
Paul Willumstad	Pueblo	47	93	1:23:59.2
Stephen Fuhrman	Monument	46	98	1:26:43.0
Gary Carter	Pueblo	42	99	1:26:43.9
Chuck Isner	Pueblo West	46	104	1:28:40.5
Martin Ottersberg	Pueblo	45	105	1:29:24.9
Jerry Califano	Pueblo West	41	108	1:30:37.6
Tim Dalton	Denver	42	117	1:48:51.6

50 thru 59

Henry Hund	Pueblo	55	33	1:10:57.8
Doug Freeman	Parker	51	89	1:23:22.3
Paul Lawler	Louisville	50	92	1:23:57.1
George Balles	Pueblo	53	102	1:28:04.0
Wayne Whitney	Pueblo West	58	110	1:30:58.7

60 and Over

Jim Braden	Colo. Springs	61	43	1:13:34.7
Bill Larson	Larkspur	72	114	1:35:37.6
Bob King	Pueblo	60	116	1:40:14.0

FEMALE

Runner	Residence	Age	Place	Time
19 and Under				
Amy Nesbitt	USAFA	19	37	1:11:46.7
20 thru 29				
Traci Case	Golden	28	45	1:13:42.1
Cami Gage	USAFA	21	57	1:15:32.2
Brandy Kappel	USAFA	21	58	1:15:41.9
Jen McMurry	Nathrop	25	61	1:16:06.1
Nadine Kerr	Gunnison	23	71	1:18:07.0
Laura Goodman	USAFA	23	75	1:19:09.2
Michele Gomez	Colo. Springs	26	78	1:19:52.4
Kara Kull	Boulder	22	82	1:21:38.2
Dina Quaratino	Denver	25	86	1:23:03.8
Amy Sealman	Boulder	21	88	1:23:13.5
Kimberly Lybarger	Colo. Springs	27	94	1:24:12.4
Wendy Will	Grand Junction	24	106	1:30:06.0
30 thru 39				
Beth Meyers	Colo. Springs	30	14	1:03:47.0
Bonnie Moeder	Colo. Springs	34	35	1:11:14.6

Thar she blows

The SCR's Marvin Bradley, already hobbling with a foot injury, still ran the Big Sur Marathon last month and faced a runner's nightmare - a strong headwind the entire race. Wind gusts were said to be 45 miles per hour, severely slowing the times of the thousands of entrants. Marvin ran Big Sur just for fun and hooked up with a slower runner. We won't tell you his time since he didn't actually RACE Big Sur; He just wanted to finish.



Bailey vs. Johnson

World-class sprinters Michael Johnson and Donovan Bailey will race each other in a 150-meter dash to be held in the Toronto SkyDome on June 1. At last report, Johnson was a 2-1 favorite on the Las Vegas betting line.

**Next month:
Coverage of the
Ordinary Mortals
Triathlon**

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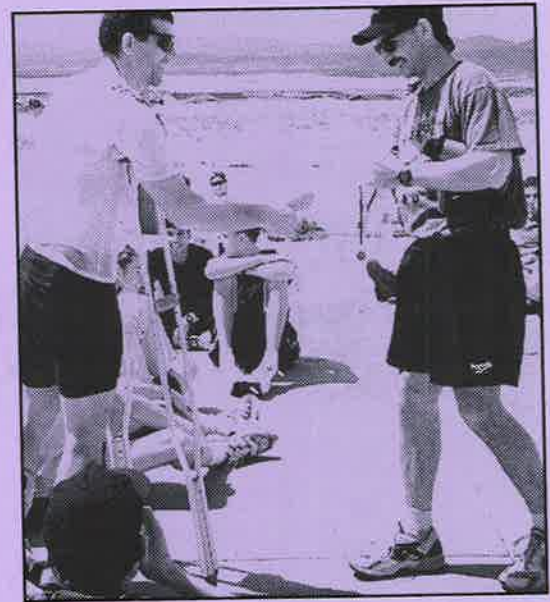
Y-Bi Classic Duathlon

Continued from Page 5

Runner	Residence	Age	Place	Time
Heidi McKenna	Colo. Springs	30	36	1:11:43.9
Helen Robinson	Pueblo	38	48	1:13:53.5
Kelly Feather	Colo. Springs	32	60	1:15:54.9
Ingrid Millhauser	Colo. Springs	30	64	1:16:14.2
Carol Whipple	Lakewood	39	73	1:18:37.4
Sherry Converse	Colo. Springs	33	103	1:28:36.4
Brenda Baker	Pueblo West	32	109	1:30:39.0
Traci Baker	Denver	31	115	1:39:10.3
40 thru 49				
Diane Cridennda	Colo. Springs	44	49	1:13:58.3
Carol Ann Kinzy	Pueblo	49	90	1:23:32.0
Carol Thomas	Colo. Springs	41	97	1:25:58.8
Marijane Martinez	Pueblo	44	100	1:26:54.0
Donna Wheeler	Pueblo	48	107	1:30:21.0
Judith Lawler	Louisville	48	113	1:32:12.7
50 thru 59				
L. Andes-Georges	Boulder	51	72	1:18:37.2
60 and Over				
Barb McGannon	Colo. Springs	61	111	1:31:12.9
Roxanne Linhart	Colo. Springs	61	112	1:31:14.5



Carol Ann Kinzy of Pueblo finished third among Pueblo & Hinterlands Division females in the annual Y-Bi Classic.



Battling plantar fasciitis, Mike Orendorff sported crutches moments after his 9th-place finish.

Photos by Gary Franchi

Pueblo & Hinterlands Division MALE

Runner	Residence	Age	Time
1. Michael Orendorff	Pueblo	45	1:01:53.3
2. Mark Koch	Pueblo	37	1:02:02.2
3. Dave Diaz	Pueblo	48	1:09:34.5
4. Henry Hund	Pueblo	55	1:10:57.8
5. Paul Chacon	Pueblo West	42	1:12:55.6
6. David Glenn	Pueblo	29	1:15:22.2
7. Joe Stommel	Pueblo	47	1:15:26.1
8. Jeff Stavang	Pueblo West	32	1:15:46.3
9. Jim Beckenhaupt	Pueblo	49	1:17:25.2
10. James Robinson	Pueblo	45	1:17:46.8
11. Roger Giordano	Pueblo	32	1:17:50.1
12. Gary Franchi	Colorado City	48	1:22:22.7

13. Rand Morris	Pueblo	45	1:23:09.1
14. Paul Willumstad	Pueblo	47	1:23:59.2
15. Gary Carter	Pueblo	42	1:26:43.9

FEMALE

Runner	Residence	Age	Time
1. Helen Robinson	Pueblo	38	1:13:53.5
2. Brenda Baker	Pueblo West	32	1:30:39.0
3. Carol Ann Kinzy	Pueblo	49	1:23:32.0
4. Marijane Martinez	Pueblo	44	1:26:54.0
5. Donna Wheeler	Pueblo	48	1:30:21.0

Notable races & events

June 1:

Elephant Rock
Cycling Adventure

June 15-21:

Ride The Rockies
bicycle tour

July 4:

Peachtree 10K

July 13

SCR Picnic
in Colorado City

August 9

Women's Danskin
Triathlon

Oct. 11:

Joe Vigil Clinic

Bumper Sticker:

"DARE to keep cops
off donuts"!

(Donut Abuse &
Rotundity Elimination)

Letters that help make us spiritual

Readers of this rag will remember that this newsletter's most popular column - "Definitely Not Great Stuff" - featured a contest in last month's issue. Whoever could correctly define the word "omphaloskepsis" would be eligible for an all-expenses-paid trip to the 1997 RRCA Convention. Our lone sharp reader noted that we did not actually promise a trip. Also, our lawyer, also the author of the column, says that we do not actually have to award the prize since the column was an obvious humorous and satirical piece and a binding offer to contract was not, therefore, made by us. Nonetheless, we received the following entries:



Dear Editor:

"Omphaloskepsis" means contemplating your pain. Do I win the trip? Do I have to run a race if I go? How many McDonald's are in Colorado Springs, anyway?

Bill Clinton

Dear Editor:

"Omphaloskepsis" means contemplating your existence. Do I win the trip? If so, can I trade it in for a trip to the RRCA convention in 3,000 years? I do not think I will be able to make it back before then.

Marshall Applewhite

Dear Editor:

"Omphaloskepsis" means contemplating the meaning of your job. Do I win the trip? If so, can I take it now or do I need to wait until June? I need a trip now.

Mobutu Sese Seko

Dear Editor:

"Omphaloskepsis" means contemplating your next hair ball. Do I win the trip? If so, do I have to travel in the luggage compartment of the plane?

Bill the Ca

1997 Racing Calendar

Pueblo County - Canon City area

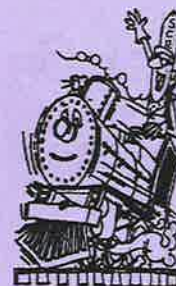
May			
31	Sat	8:30AM	PCC 5K Run & Fun Walk PCC campus (719) 549-3064 Walk at 8:30 a.m., Run at 9:30 a.m.
June			
13	Fri	6:45PM	Holy Family Fun Run & Walk Holy Family (719) 547-4187 5K run and 1.5-mile walk Lakeview & Prairie
14	Sat	8:00AM	Power Waffle Run, 4M St. Chas Mesa (719) 546-1569
29	Sun	7:30AM	Rirver Run Classic, 5K & 10K Cañon City x
July			
6	Sun	8:00AM	Women's Distance Festival, 5K City Park (719) 564-6043
12	Sat	x	Donkey Run, 10K run & 5K walk City Park
19	Sat	8:00AM	Taco Bell River Walk Run, 10K Union Avenue (719) 546-3333
26	Sat	8:00AM	Susquetella Celebration 5K, Run/Walk Colorado City (719) 489-2605

Other areas

May			
26	Mon		Bolder Boulder, 10K Boulder (303) 544-7223
31	Sat		Sunset Trail Run, 8K Palmer Park, Springs (719) 595-4365
June			
1	Sun		Columbine Classic, 5K & 2K Run Wash. Park, Denver (303) 972-4931
7	Sat		Turquoise Lake Run, 20K Leadville (719) 486-3581
8	Sun		Garden of the Gods, 10M Manitou Springs (719) 473-2825
14	Sat		Family Classic 20K Relay & 5K Run/Walk . City Park, Denver (303) 837-6622
14	Sat		Patient Plus 5K Run Manitou Springs (719) 684-2030
15	Sun		Strawberry Shortcut, 10K & 5K Run/Walk... Glenwood Springs (970) 945-7740
21	Sat		Sailin' Shoes, 5K & 10K Downtown Colo. Springs (719) 597-8736
21	Sat		Gardner Rodeo Day Race, 5K Gardner (719) 746-2310
28	Sat		MS Run the Bluff, 5K Palmer Park, Springs (719) 596-3507
July			
4	Fri		Flame Out 4-Miler Memorial Park, Springs (719) 637-8488
12	Sat		Cheyenne Mountain Tour, 5K Cheyenne Mt. (719) 598-2953
19	Sat		Run for Hope, 5K Prospect Lake, Springs (719) 598-2953
26	Sat		Women's Distance Festival, 5K N. Monument Valley Park

Regional Marathons (& others of interest)

May			
25		Wyoming (Laramie)	(307) 635-3316
31		High Plains - Goodland, Kansas	(913) 899-5280
June			
8		Steamboat Springs (& Half)	(970) 879-0882
8		Taos, NM (& Half)	(505) 776-1860
21		Grandma's - Duluth, MN	(218) 727-0947
July			
13		San Francisco, CA	(800) 722-3466
21		Deseret News Mara. (& 10K) - Salt Lake	(801) 468-2560
August			
Sept.			
1		Turle - Roswell, New Mexico	(505) 624-8830
6		Jackson (Wyoming)	(307) 733-6433
27		Kokopelli Trail - Grand Junction	(970) 242-7802
28		Duke City - Albuquerque, NM	x
28		Portland (Oregon)	(503) 226-1111
October			
4		St. George (Utah)	(801) 634-5850
19		Colorado (Denver)	(303) 871-8366



Other known racing dates

- **Date TBA:**
Nirvana Run
- **August 2:**
Beulah Challenge
- **August 9:**
Georgetown to Idaho Springs Half-Marathon
- **August: 16 & 17:**
Pikes Peak Ascent & Round Trip (719) 473-2625
- **Sept. 7:**
Run for the Rose
- **Sept. 14:**
Royal Gorge Challenge
- **Sept. 20 or 21:**
Hot to Trot 5K
- **Oct. 12:**
River Trail Marathon & Half-Marathon
- **Nov. 22:**
Atalanta 5K
- **Dec. 7:**
Rock Canyon Half-Marathon
- **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



Beyond crucial racing information

by the Editor

Stats that rule

- It is estimated that horseflies can exceed speeds of 40 mph.
- In this decade, Americans have spent \$2.1 billion on exercise machines that simulate cross-country skiing while only spending \$500,000 on the actual sport.
- Bicyclists account for nearly 13% of all non-motorist traffic deaths.
- Cyclists who are regular readers of "Footprints" have no reason to wear a helmet while cycling.

I can't believe all the race happenings that have occurred since last month. Get a load of some of this stuff:

New news

- A new 10K race was added to the schedule as a fund raiser for the HARP Foundation. It will be held Saturday morning, July 19, and Taco Bell is its first major sponsor. The site will be the Union Avenue/Convention Center area.
- Dates are being bantered around for the Chile Frijole Festival Run. Originally the evening of Saturday Sept. 20, was eyed, but now the morning of Sunday, Sept. 21, is being considered. This is a 5K, also in the Union Avenue area. The SCR may take over the entire operation of this race.
- A 5K race has been scheduled for Saturday morning, July 26, in Colorado City. Greenhorn Meadows Park may be the site. With there now being a race every Saturday in July, your beloved editor is considering

another month for the Nirvana Run in Colorado City.

- The Cañon City River Run Classic has been moved from its usual September spot to Sunday, June 29. It again will be a 5K and a 10K. It was moved because the Royal Gorge Challenge 10K has been put back on the schedule and will be held Sept. 14.

Not new but still good news

The weekend of June 13-14 will be a busy one. Racers can run hard Friday evening at the Holy Family 5K, then run an easy 4-mile predict the next morning in the Power Waffle Run at the St. Charles Mesa home of Joe and Kathy Stommel.

The Holy Family Run is a real nice, low-key event with lots of prize drawings. The course along southside streets makes it a unique race. It gives a discount to families with more than one runner or walker.

The Power Waffle Run is a potluck brunch, so bring some good eats or your favorite waffle batter. This is a good chance to schmooze with club members.

FOR THE SOUL: "The value of racing is in doing the best you can with the hand you're dealt." - Brooks Johnson

Did you know ...

"It's possible to develop endurance by doing speed work, but it's impossible to develop speed by doing endurance work." - Brooks Johnson, running coach

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

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No funny stuff – let us know if you move!

Issues of "Footprints" are not forwarded. Hence, if you change your place of residence, don't play around – get your new address to the SCR Membership Chair in care of the YMCA at the address listed above left.



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