

Promoting fitness throughout southeast Colorado.

EDITOR: Gary Franchi



FOOTPRINTS

June 1997 Edition for Judges Everywhere

We want to see YOU at the SCR Picnic!

SCR Picnic Facts:

- WHEN:** Sunday, July 13, 1997
WHERE: Greenhorn Meadows Park in Colorado City
TIMES: 9 a.m. – Fun Run
Noon – Picnic will begin
1 p.m. – Chow down
ACTIVITIES: Softball, volleyball, horse-shoes, games for kids
COST: FREE to club members & their families
NOTES: There will be plenty of food, drinks, and fun & games. **BRING** lawn chairs, sun-screen & yourself.

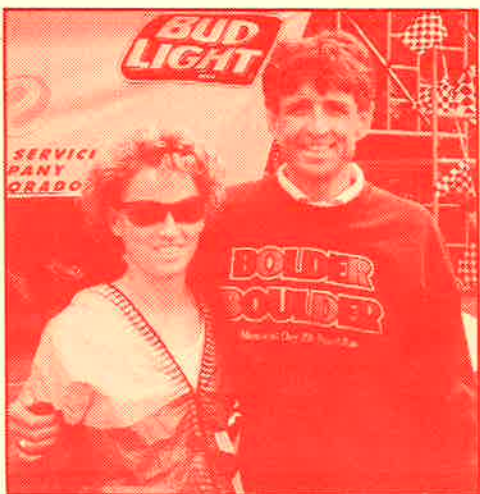


Another fantastic SCR Picnic is on tap Sunday, July 13, at Greenhorn Meadows Park in Colorado City. It's a beautiful location and the weather there is generally considerably cooler than that of Pueblo. Please come out, bring your kids, and have a fine day of fun and games and eats.

A fun run starting at the park will take place at 9 a.m. Distances will range from 3 miles to about 11 miles. Snacks will be provided after the run, and showers are available in the park's campgrounds area.

For more information, please call Marijane Martinez (564-6043) or Lois Pfost (544-9633).

HOW TO GET THERE: Take I-25 south to Exit 74 (Hwy. 165), go west 3 miles to Greenhorn Meadows Park.



Meeting a living legend

SCR members Misti Frey (left) and Paul Barela got the opportunity to meet Frank Shorter at the awards bash following the Bolder Boulder. Race organizers used the Bolder Boulder as a forum to honor Shorter since this is the 25th anniversary of his 1972 Olympic marathon victory.

Photos by Stacey Diaz



Rocky on Fitness

It's better to feel good than to look good

by Rocky Khosla, M.D.



Chewta Says:

"SCR members of varying ability levels meet on Wednesday evenings at 5:30 p.m. for speed workouts.

Sites and workouts vary, and you are invited to join them.

Give organizer Dan Caprioglio a buzz at 543-9510 to find out what's going on and where.

Woof! Woof!"

It's alive!

The SCR's new race clock has arrived and was used for the first time at the Holy Family 5K Run & 1.5-Mile Walk held June 13.

We purchased a neat, sturdy tripod stand for the clock, and we are storing the clock in the box it came in until the arrival of the storage case we purchased.

Quoteworthy

"The British still speak in British accents, so that no matter what ridiculous thing they say, it sounds really intelligent to Americans."

- Dave Barry humor writer

Well, since summer is just about upon us and a lot of us guys are trying to find things to make us look buffed as we strut around in our swim suits. Following are a few ideas.

First, let us talk about DHEA. This is a chemical that is a normal precursor for production of testosterone. A lot of your muscle-head mags are touting this as the best thing since sliced bread. My advice to you is do not mess with this as several reputable institutions have shown that humans who supplement themselves with this significantly increase their risk of liver damage and liver failure.

Second, human growth hormone. This is probably the most popular enhancing agent amongst body builders and weight lifters, but there are no studies that say that it works or that it is safe. One study followed 16 untrained men who underwent a 12-week muscle-building program and either received human growth hormone (hGH) or placebo. At the end of the study, the hGH did increase fat-free mass and total body water, but not muscle size or strength.

Third, clenbuterol. This is probably the most popular drug being used by weight lift-

ers at the elite or Olympic level. This drug is actually an asthma medication, but for anabolic effects, it is used in massive doses. And at these massive doses, it can cause pulse rates to sky-rocket and give tremors. Don't mess with this one either.



Fourth, creatine. Creatine is a natural substance found in meat and fish and was first used as a supplement by some sprinters and weight lifters in 1992. Creatine binds phosphate to form creatine phosphate (I know, duh!), which can then regenerate ATP, which is what powers muscles to contract. Creatine also buffers lactic acid that accumulates in muscles during intense exercise.

There is some data that suggests that creatine can improve performance in repeat bouts of all-out strength work or sprinting, but it doesn't seem to help in endurance activities such as distance running. I cannot legally endorse this drug, but if you are considering taking it, do not take more than 10 grams a day. In fact, 1 to 2 grams per day seems to be enough.

Finally, I think the best and safest strategy is the old one: eat right, work hard and exercise regularly. And remember, it is better to feel good than to look good.

Till the next time, happy trails to you!

July high:

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

Beat the heat!

Stay

COOL

by hoisting a few cold ones at the

GOLD DUST SALOON

MARID INC.

130 S. Union Avenue

Everett Dickey is the judge who allowed Elmer "Gerontimo" Pratt a re-trial after Pratt had spent 27 years in jail for allegedly committing murder.



Southern Colorado Runners

A member of the Road Runners Club of America



Current SCR Officers:

President	Ben Valdez	543-5151
Vice President	Joe Stommel	546-1569
Secretary	Lois Pfof	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, Everett Dickey

Footprints is produced monthly and distributed to judges in every municipality to help them gain insights into the nature of true criminal minds.

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, tell their best OJ and Tim McVeigh jokes, and try to make some kind of sense out of the SCR's parliamentary procedures.

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



Great (& so-so) Stuff

by Gary Franchi



A way to get away from it all

Thought for today's lunch, compliments of Kristen Johnson of "3rd Rock From the Sun" fame: "I know that I'm biting the hand that feeds me, but TV can really suck the brains right out of your body."

Musings on running, fitness, life, etc.: It's really no big mystery why running remains so popular today. If you think about it, it's one of the few things in our lives that is insulated from the legal system and all the other bullcockery of life.

In the real world, we have to put up with things like OJ going free. Somewhere along the line we all have to face unrealistic job demands. The McVeigh court case residue dominated the media even though anyone with an IQ of at least 50 knew he did it. Readers of "Footprints" have to put up with Great Stuff columns. See?

But running? It's one of the few things we have control over anymore. It's our own little world. We just put on shorts and a T-shirt and lace up a pair of shoes and off we go. We choose the course. We choose our races and, for the most part, compete against ourselves. No court cases. No "I want it now" edicts from a boss.

I was reminded of this again at the annual Road Runners Club of America convention held earlier this month in Colorado Springs. As a member of the Newsletter Workshop panel, I was refreshed to sense that the audience was there because they CHOSE to attend, not because they needed to learn something that would benefit them in their jobs. These were running club editors and writers just looking for a few tidbits of information that would help them produce a higher-quality newsletter for their clubs. They didn't HAVE to; they WANTED to. I got the feeling that everyone in the room wanted to be there – even at 9 in the morning while they were on a running vacation.

Well, enough seriousness. Time to check

out what's on Court TV tonight.

This month's smorgasbord: I was reading about a study that claimed **garlic slows cancer in mice**, so I've been wondering if the world needs to start feeding mega-doses of garlic to mice ... While wearing my headphones on a recent jaunt in Colorado City, I heard someone call in to a radio talk show and comment about the "self-defecating" humor of a certain Denver newspaper columnist. Gee, could he have meant "self-deprecating?" Wait a minute. Now that I think about some of those columnists, maybe he meant "self-defecating" after all ... Males everywhere owe **Gwen Jacob** big time. Gwen is the lady who won an appeals court ruling in Ontario, Canada, that allows women to go topless in public for "non-sexual purposes" in that Canadian province ... A nice thing about the shirts you get when entering races is that you don't have to waste time **peeling or**

cutting off the price tags, one of the more annoying aspects of life ... Let it be known that the winners – and I mean age division winners, not just overall winners – in the PCC Fitness Run received **merchandise prizes**. That's right – no trophies, no medals, no ribbons. Merchandise or coupons for merchandise! I hope the recipients appreciated that ... **Ontario**, by the way, is right across the bridge from Detroit, Michigan. *Hint:* Go in the summer, when the weather is hot and muggy ... After a year and a half of being president of the SCR, Ben Valdez finally informed me recently that the **phone number** I had listed next to his name in the SCR Officers section of "Footprints" was incorrect. "Guess I spaced it out" or some such similar comment was Ben's explanation ... Overheard at the PCC Fitness Run: "I'd say the 'Great Stuff' column is full of self-defecation" ... Later, gators. See you at the Ontario Freedom Day Parade.



Terrie Archer of the Pikes Peak Road Runners makes a point during the Newsletter Workshop.

Photo by Gary Franchi

Ultimate in idiocy item of the month:

I just **KNEW** some idiocy would emerge from last month's 150-meter match race between Michael Johnson and Donovan Bailey. After Johnson pulled up lame with a thigh injury, his coach – Dan Pfaff – earned this month's **Lights A&E Dim Award** by accusing Bailey's coach of ordering Bailey to go out hard in the race in order to try to get Johnson injured. Need more be said about this?



Movie Line of the month:

"You're the comedy team of Abbot and Abbot. You understand what I'm saying?"

This is both an award-winning and heart-warming flick starring two actors who give magnificent performances. Guess the speaker and the movie of this line and win the right to watch it on TV or on video.

Answers below.

Answers:
"Rain Man"
Tom Cruise in

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Definitely Not Great Stuff

by Matt Martin

More from Mattmeister

by Matt Martin

Runner's World has sold out to advertising money again. The July 1997 issue includes a reference to a **Ball State University Human Performance Lab study** that shows a bagel provides the "same performance benefits as an energy bar." Plainly said, a bagel will help me just as much as an energy bar in running as fast and as far as I can. Yet, *Runner's World* concludes that an energy bar offers so much more than a bagel, such as protein, minerals, and antioxidants. Note: I guess they ate their bagel plain. They ought to try one with lox and cream cheese next time. The message of this conclusion is that one should continue to buy and use energy bars. This becomes even more obvious when one counts the number of full-page ads (four) by energy bar manufacturers in the same issue.

Fantasy Marathoning has turned into a big flop. No one even called me to set up a league. Puebloans (or is it Pueblans?) just do not know how to have a good time. I guess the time commitment was too much for people.

What does the Bataan Death March have in common with the Lone Star Paper Chase Marathon, run on May 24, 1997 in Amarillo, Texas? Heat, humidity and lots of casualties, to name a few. Kim Westerman ran this race in 4:17:40. Not bad for 85 degrees and 100% humidity brought on by a thunderstorm the night before the race.

Fifty-seven runners started the race, but only forty-four, or 77.19298245614% (if you count each competitor in the *Headless Runners Division* as less than a whole runner) of the starters, finished. One lady was leading the female division by a large measure for most of the race until she succumbed to the conditions. The eventual winner passed this early leader at 20 miles and then she passed out at 25 miles. Runners would do anything to cool off. Once I handed Kim a cup of water and a cup of All Sport. She drank the water and threw the All Sport on her head to cool off!

Three other Coloradans (or is it *Coloradoans*?) Let's hear what everyone has to say on this one) made it to Amarillo for the race weekend. Fifty-seven-year-old Bob Fancher of Arvada, an alum of the Pueblo River Trail Marathon, ran a very respectable 3:31:55 and was third in his age group. Jon Molet of Northglenn finished a split-second behind Kim. Carl Clark of Ft. Carson won first place in the 30-34 age group for the Half-Marathon with a time of 1:20.

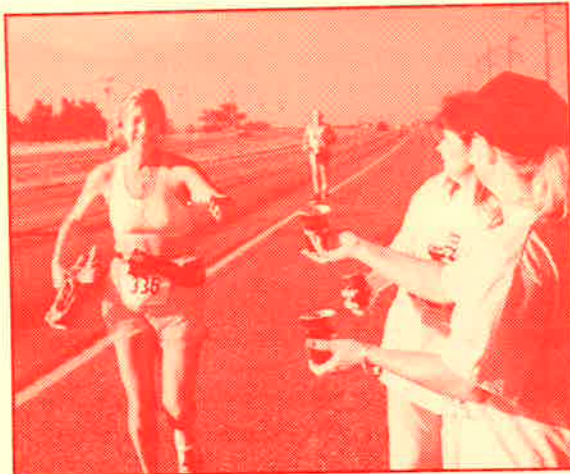
Kim would have placed in her age group. However, that division had so few runners that they combined it with another age group and she finished out of the money. Just to finish that race was quite an accomplishment.

I would recommend this race to anyone, despite the conditions. Even to our kids: Julia, Adrienne, Megan and Nicole. The six-hour drive to Amarillo is pleasant and Amarilloans (or is it *Amarillans*?) overall are really pleasant people. Also, the race is during the Memorial Day weekend, which can give you, as it did us, an extra day to putz around.

Things will be hot in San Diego June 21, 1998 at the Rock 'N' Roll Marathon. The organizers have promised a different live rock band at every mile marker, with a "name" band the evening of the marathon. I hope that some wiseacre organizer does not

book Jackal to sing "When Will It Rain?" or McCartney to sing "The Long and Winding Road." However, I could live with "Why Don't We Do It In the Road?"

They cap entries at 12,000. Those who enter before July 1, 1997 will be eligible to win an all-expenses-paid trip to the marathon. The race is offering a purse of \$100,000. They are also billing this race as the "fastest loop course in America." It sports a 240-foot drop in elevation from start to finish. Also, the event has a two-day sports and fitness exposition. That's no all. The organizers are even trying to appeal to one's sense of history (if one has such a sense, I know I barely have the 5 basic senses, and I have none of the "common" kind) by telling everyone that "You missed the first Boston Marathon. Don't miss the first Rock 'N' Roll



Kim Westerman at a water stop during the Lone Star Paper Chase Marathon held in Amarillo, TX.

Photo by Matt Martin

Marathon." Like that's really going to appeal to me. A hundred years from now, if the Rock 'N' Roll Marathon is still alive (Rock 'N' Roll will never die!), no one will care that I ran the race, let alone finished in 11,499th place, just ahead of John Bingham.

Why is the St. George Marathon capped at 4,000 runners? Maybe not enough accommodations in this small, southern Utah town? Entries for the 1997 St. George Marathon were available via the Internet on May 2, 1997. They also mailed entries out on that day. Kim postmarked her entry May 20th. They returned it since they had already reached the cap. Better be a bit faster on the draw next year, Kim!

Gary Franchi is the winner of our contest to define the word "omphaloskepsis." Gary was the only entrant to know omphaloskepsis means "contemplating one's navel." We know that Gary does much of that. Otherwise, how could he come up with such clever ideas for "Footprints?" Unfortunately, since Gary is an employee of "Footprints" (and a well-paid one at that), he was not eligible for our all-expenses-paid trip to the 1997 RRCA Convention. What's even worse, however, is that Gary has used up his "once-in-a-lifetime" contest-winning "karma" and probably cannot win a contest again. I understand Gary is so upset about this that he is going to enter next year's "Bataan Death March Mara-

Ordinary Mortals Triathlon

Held May 17, 1997

Results provided by Andy Ballou

(Distances: 550-yard swim, 13-mile bike, 3.1-mile run)

Male Division

Triathlete	Age	Swim	Swim+Bike +Transitions	Total Time
19 and Under				
Blake Ottersberg	15	8:16.0	42:36.0	1:03:49.2
Leo Lemelson	19	7:51.0	42:14.0	1:05:24.2
20 thru 24				
Rick Copley	24	UA	43:09.0	1:01:27.7
Chris Richardson	24	9:03.0	45:28.0	1:05:33.8
Gregory Freeman	20	7:53.0	47:36.0	1:09:40.3
Thomas Loudon	20	9:25.0	47:52.0	1:09:59.9
Jason Daniels	21	9:14.0	48:43.0	1:10:50.2
Justin Bader	24	9:42.0	47:52.0	1:10:55.9
Thomas Burke	20	10:06.0	50:04.0	1:15:45.8
Daniel Melville	20	13:46.0	1:06:20.0	1:33:13.1
25 thru 29				
Dirk Bouma	29	6:48.0	40:13.0	57:44.6
Jeffrey Frydenlund	25	7:05.0	38:52.0	59:35.6
Steve Kandrach	28	8:09.0	40:16.0	1:00:34.9
Jason Cleckler	26	8:18.0	43:37.0	1:06:40.5
Gerald Rhodes	28	9:29.0	46:29.0	1:07:33.6
Gerald Romero	25	10:47.0	49:20.0	1:08:29.6
Bob Seebohar	25	9:43.0	46:20.0	1:09:24.6
Wayne Jackson	28	8:21.0	49:30.0	1:10:21.3
Mark Hruska	29	9:33.0	48:45.0	1:11:46.4
Hal Richardson	29	9:18.0	50:49.0	1:13:35.7
Christopher Paige	28	9:15.0	50:00.0	1:13:36.0
Steve Johnson	28	9:39.0	50:05.0	1:13:36.7
Scott Below	27	10:55.0	51:11.0	1:15:23.4
John Biolchini	29	9:44.0	51:31.0	1:15:28.3
John Gerhardt Jr	28	12:02.0	52:42.0	1:15:29.4
Dale Graff	28	11:08.0	51:44.0	1:16:11.6
Larry Herr	26	7:02.0	50:17.0	1:18:37.7
John Bryant	26	10:09.0	54:01.0	1:24:46.4
David M Goldberg Jr	29	10:47.0	57:45.0	1:26:23.2
Tim Biolchini	27	10:49.0	1:01:50.0	1:30:31.7
30 thru 34				
Tim Sandell	32	7:04.0	37:52.0	57:48.8
Chris Summers	33	7:50.0	42:21.0	1:04:37.8
Larry Seidman	33	7:56.0	45:19.0	1:04:47.9
Thomas Beal	33	8:32.0	45:53.0	1:08:09.8
Paul Choate	31	9:34.0	48:13.0	1:11:34.3
Mark A. Gavach	33	8:46.0	51:00.0	1:14:28.6
John Foster	30	8:39.0	49:47.0	1:17:49.0
Brad Love	33	7:38.0	49:57.0	1:18:00.2
Dennis Leonard	31	12:29.0	53:06.0	1:22:32.0
George Jones	32	11:15.0	57:30.0	1:22:55.9
Michael Peek	30	14:52.0	1:06:40.0	1:35:04.5
Johan Erasmus	30	12:24.0	1:03:40.0	1:35:26.4
David Kenney	30	16:26.0	1:09:02.0	1:36:11.9
35 thru 39				
Mark Morgenstern	38	8:16.0	UA	1:07:16.8
Jeremy Haefner	39	9:04.0	48:45.0	1:09:00.9
Marty Wedel	36	8:27.0	46:15.0	1:09:46.1
Brian Donohue	35	10:57.0	47:44.0	1:12:12.5
Michael Trujillo	39	12:25.0	54:56.0	1:14:53.0
Rocky Khosla	38	10:17.0	52:02.0	1:15:17.5
Dave Mamich	39	14:01.0	54:40.0	1:17:12.2
Mike Archuleta	36	12:50.0	55:48.0	1:19:45.4
Grant Dewey	36	14:26.0	59:49.0	1:21:58.0
Randy Shadley	37	12:59.0	1:01:33.0	1:26:33.1
Robert Lane	36	12:26.0	1:00:19.0	1:27:14.3
George Vleck	37	10:30.0	58:18.0	1:29:13.7
Paul Gervais	37	12:24.0	59:32.0	1:29:47.2
Peter Brennan	38	15:31.0	1:06:05.0	1:36:29.6
40 thru 44				
William Welter	42	9:24.0	48:42.0	1:12:21.6



Blake Ottersberg captured first place in the Male 15-19 age division and was second overall in the Pueblo and Hinterlands Division.

Photo by Gary Franchi

Michael Romano	41	11:50.0	56:33.0	1:19:31.6
Mark Stephenson	40	11:34.0	55:52.0	1:23:25.9
Michael Hoover	43	11:30.0	57:31.0	1:26:56.0
Walter Trush	-	16:24.0	1:09:18.0	1:36:47.7
45 thru 49				
Michael Orendorff	45	8:00.0	39:13.0	58:11.3
Rogert Myers	48	9:10.0	45:50.0	1:11:11.6
Jim Garland	46	9:17.0	49:35.0	1:14:25.8
Jim McCartney	45	11:07.0	50:13.0	1:14:26.9
Rob Redwine	48	9:34.0	52:25.0	1:17:00.9
Steve Kirk	48	12:35.0	57:33.0	1:20:52.8
Joe Stommel	47	12:54.0	59:30.0	1:21:20.3
Gary Franchi	48	8:59.0	55:10.0	1:21:43.3
Martin Ottersberg	45	10:01.0	52:33.0	1:23:09.9
Tom Nelson	45	10:54.0	56:21.0	1:26:37.4
Steve Adcock	49	11:38.0	56:50.0	1:27:55.7
Steven Clark	45	14:20.0	1:03:08.0	1:30:02.7
Paul McWhorter	48	11:12.0	UA	1:31:09.6
50 thru 54				
Tom Chambers	54	9:20.0	53:25.0	1:18:45.3
George Balles	53	13:10.0	58:59.0	1:25:41.5
Jeffrey Hyman	52	12:54.0	56:52.0	1:28:31.5
Bruce S Marks	50	14:52.0	1:15:06.0	1:46:19.8
Woody Shenk	50	10:14.0	1:08:59.0	1:50:22.3
David Smith	51	10:21.0	1:25:59.0	2:06:25.4
55 thru 59				
Don Whitford	59	12:31.0	54:26.0	1:19:54.7
Jim Peterson	58	12:33.0	55:29.0	1:20:17.1
60 thru 75				
Bob King	60	17:29.0	1:14:23.0	1:45:50.9

Female Division

Triathlete	Age	Swim	Swim+Bike +Transitions	Total Time
19 and Under				
Lindsay Hyman	15	8:01.0	46:33.0	1:09:28.8
Lisa Melton	12	UA	53:07.0	1:27:16.4
Patricia Orendorff	16	10:46.0	57:00.0	1:31:09.2
Catherine Cone	19	14:31.0	1:06:21.0	1:33:12.7
20 thru 24				
Carolanne Turtle	23	7:06.0	44:40.0	1:11:01.5
Cami Gage	21	9:31.0	49:25.0	1:13:30.9
Nichole Hartman	20	8:40.0	48:17.0	1:16:29.7
Katie Shenk	22	10:13.0	59:00.0	1:21:35.1
Roxanne Miene	21	10:44.0	1:01:12.0	1:24:04.0
Jennifer Li Hood	22	9:54.0	55:30.0	1:24:52.2
Katie Serger	24	11:29.0	1:13:49.0	1:47:02.7
Beth Pettitt	23	11:37.0	1:13:54.0	1:50:52.8
25 thru 29				
Kari Nelson	29	10:39.0	47:46.0	1:10:19.8
Jill Howard	26	12:05.0	50:31.0	1:15:19.6

Continued on Page 6

Look for bigger Ordinary Mortals in '98

Because of a pre-determined numbers cap, the Ordinary Mortals field was limited to 154 participants this year. But since roughly 25 triathletes had to be turned away, organizers have decided to extend the number of waves next year to accommodate the triathlon field. Proceeds from the race went to the Pueblo regional Center and the Pueblo Family YMCA.



Does dieting slow down reaction time?

A British study that was conducted recently found that cutting calories may slow dieters' reaction time and the effect may continue for weeks after the dieting has ended. It took a group of 14 female volunteers 11% longer to react after they went on a strict reducing diet.

Next month: Coverage of the Holy Family Run and the River Run Classic.

Training to do your best

In order to get an adequate supply of air into your lungs when running, "run tall." By running tall, you create the straightest pipeline you can. Specifically, try to keep your body as perpendicular to the road as you can. Another advantage of running tall is that it helps you avoid any strain that can be created in the lumbar region of your back caused by hunching forward as you fatigue.

— George Straznitskas



Upcoming stuff

July 4:
Peachtree 10K

July 13
SCR Picnic
in Colorado City

August 9
Women's Danskin
Triathlon

Oct. 11:
Joe Vigil Clinic

Ordinary Mortals Triathlon

Continued from Page 5

Triathlete	Age	Swim	Swim+Bike +Transitions	Total Time
30 thru 34				
Kim Hurban	26	7:23.0	48:46.0	1:17:49.4
Kim Lybarger	28	10:15.0	53:22.0	1:20:30.9
Maggie Corbett	25	9:03.0	52:28.0	1:20:38.6
Julie Johnston	25	10:54.0	57:48.0	1:21:20.4
Laurie Nakauchi-Hawn	27	10:20.0	59:25.0	1:24:01.6
Beth Kellett	26	14:02.0	58:12.0	1:25:38.2
Lisken Brady	28	11:17.0	56:42.0	1:25:55.7
Tracy Long	29	8:19.0	55:14.0	1:26:42.9
Brandy Chaddick	29	11:06.0	57:01.0	1:27:59.2
Sheryl Clark	29	12:41.0	59:29.0	1:28:30.3
Tricia Downing	27	9:47.0	58:06.2	1:31:15.7
Mary Beth Sanders	27	11:20.0	1:02:06.0	1:35:21.1
Christine Below	26	9:57.0	1:00:28.0	1:37:27.0
Kerry Skurski	27	9:49.0	1:03:19.0	1:41:21.0
Ingrid Millhauser	30	9:55.0	47:52.0	1:11:17.8
Kathy Zawadzki	32	9:21.0	46:25.0	1:12:48.1
Lisa Stavrakas	32	9:40.0	48:06.0	1:13:49.9
Bonnie Moeder	34	12:42.0	55:37.0	1:16:13.9
Elizabeth Kennedy	30	11:05.0	54:18.0	1:23:24.3
Julia Biolchini	33	9:37.0	56:52.0	1:25:07.9
Lisa Wallner	34	10:36.0	56:02.0	1:25:33.8
Fiona Wilkie	33	9:27.0	55:57.0	1:26:14.3
Traci Baker	31	12:56.0	1:00:00.0	1:28:32.7
Dee Reda	33	10:35.0	58:40.0	1:29:11.0
Amy Van De Water	31	12:40.0	59:06.0	1:29:28.6
Kellee Summers	32	12:51.0	1:02:14.0	1:29:36.2
Joelle Selkin	31	10:59.0	58:56.0	1:29:54.9
Kelly Lispteuier	30	12:35.0	59:45.0	1:30:02.7
Cheryl Skellett	32	10:04.0	57:39.0	1:31:58.1
Kristen McDonald	33	9:12.0	1:01:47.0	1:33:50.2
Sallie Taylor	34	9:48.0	1:05:21.0	1:33:55.7
Ginger Kremer	32	11:53.0	1:01:52.0	1:34:17.4
Anne Gittings	30	12:07.0	1:07:03.0	1:35:21.8
Barb Haldorson	33	10:38.0	1:03:24.0	1:35:46.6
Karyn Andrus	33	12:44.0	UA	1:41:56.1
Suzanne Stewart	33	14:57.0	1:22:13.0	1:57:15.3
35 thru 39				
Helen Robinson	39	14:18.0	56:26.0	1:18:54.1
Pamela Savage Sims	-	12:59.0	56:48.0	1:28:11.6
Carolyn Cebul	36	10:08.0	UA	1:30:34.9
Cathy Watson	37	9:47.0	59:29.0	1:35:01.7
Carol Mitts	39	13:41.0	1:06:21.0	1:35:15.7
Cheryl Frantz	35	15:57.0	1:12:37.0	1:45:14.1

40 thru 44				
Marijane Martinez	44	13:45.0	1:02:36.0	1:29:32.8
Josanne Roberts	40	11:37.0	1:06:19.0	1:38:50.5
Susan Fogerty	43	16:26.0	1:16:26.0	2:04:47.2

45 thru 49				
Suzanne Hyman	46	12:12.0	51:22.0	1:13:10.3
Carol Ann Kinzy	49	11:12.0	UA	1:21:05.8
Nancy Wernimont	47	14:10.0	1:17:53.0	2:00:43.4

50 thru 54				
Karen Fady	54	11:19.0	54:49.0	1:22:03.1
Judith Russell	50	10:24.0	58:42.0	1:29:05.8

55 thru 59				
Catherine Perkins	58	23:35.0	1:41:18.0	2:27:11.9

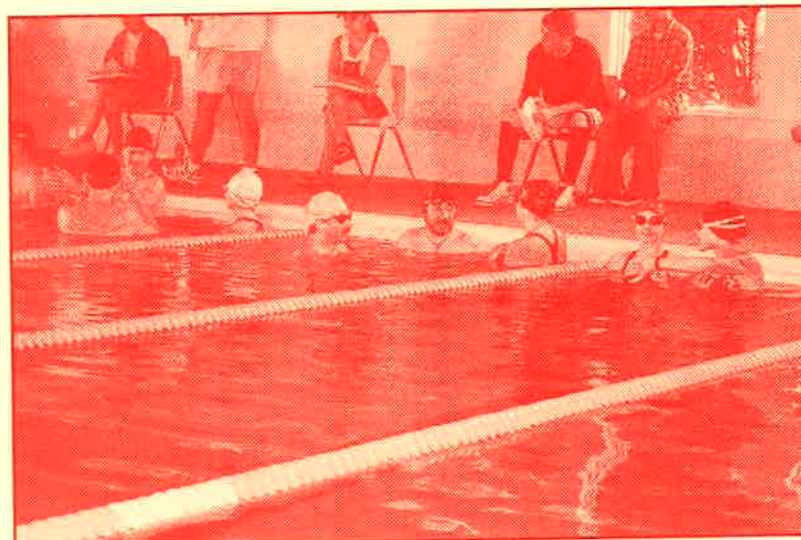
Teams

Male				
Team Balles Koch	101	13:10.0	46:38.0	1:05:04.8
COED				
Team Beat Helens	103	12:59.0	55:47.0	1:15:42.7
Team Spitting Llamas	103	18:28.0	1:10:40.0	1:32:33.5
Team V	103	17:29.0	1:24:25.0	1:46:15.5

Pueblo & Hinterlands Division

Male				
Triathlete	City	Age	Time	
1, Michael Orendorff	Pueblo	45	58:11.3	
2, Blake Ottersberg	Pueblo	15	1:03:49.2	
3, Rocky Khosla	Pueblo	38	1:15:17.5	
4, Brad Love	Salida	33	1:18:00.2	
5, Rob Redwine	Pueblo	48	1:17:00.9	
6, Mike Archuleta	Pueblo	36	1:19:45.4	
7, Joe Stommel	Pueblo	47	1:21:20.3	
8, Gary Franchi	Colorado City	48	1:21:43.3	
9, Martin Ottersberg	Pueblo	45	1:23:09.9	
10, George Balles	Pueblo	53	1:25:41.5	
11, Robert Lane	Pueblo	36	1:27:14.3	
12, Paul McWhorter	Pueblo	48	1:31:09.6	
13, Bob King	Pueblo	60	1:45:50.9	

Female				
Triathlete	City	Age	Time	
1, Helen Robinson	Pueblo	39	1:18:54.1	
2, Carol Ann Kinzy	Pueblo	49	1:21:05.8	
3, Marijane Martinez	Pueblo	44	1:29:32.8	
4, Patricia Orendorff	Pueblo	16	1:31:09.2	
5, Catherine Perkins	Pueblo	58	2:27:11.9	



All Wet

Triathletes discuss their expected swim paces prior to the start of one of the waves of the Ordinary Mortals Triathlon held at the Pueblo Regional Center in Pueblo West.

Photo by Gary Franchi

PCC Fitness Run/Fun Walk

When a 5K isn't a 5K

If you ran the PCC Fitness Run, you may be thinking that your time was a little slow. And if you were just checking out the results listed below, you may be thinking that a lot of the runners were, uh, a little slow of foot.

There's a reason -- the course was a tad long. Estimates range from it being 3.4 miles to 3.5 miles. The supposition is that the course was measured to go directly through the center of City Park. However, runners and walkers were guided to turn right at the fork in the road and take the road by "The Hole" softball field on the north edge of the park.

In case you were wondering, it is believed that the same long course route was taken in last year's "5K."



Overall Winners

Top finishers in the male and female divisions of the PCC Fitness Run were Rich Hadley, pictured at left with Race Director Mark Counterman, and Maddy Tormoen, shown with her dog, Elsa.

Photos by Gary Franchi

PCC Fitness Run/Fun Walk results

Held May 31, 1997
Results provided by
Mark Counterman
(Estimated course distance: 3.4 miles)

Running Division

1. Rich Hadley	41	19:47	13. Robert Santoyo	35	25:24	31. Denise Cooper	37	31:42
2. Nick Wolf	41	20:12	14. Kara Kliewer	32	23:25	32. David Jobe	44	32:02
3. Maddy Tormoen	35	20:32	15. Shaun Gogarty	38	23:51	33. Kathy Stommel	40	32:07
4. Dave Diaz	48	20:52	16. Helen Robinson	39	23:54	34. Kyle Masters	11	32:14
5. Stephen Trapani	31	21:40	17. Rita Vigil	30	24:39	35. Brandon Van Buskirk	12	32:14
6. David Baker	39	21:53	18. Harold Masters	37	24:51	36. Bill Lewis	?	33:18
7. Joe Stommel	47	22:06	19. Claire Bueno	32	24:57	37. Crystal Baker	12	33:34
8. Sam McClure	42	22:17	20. Gary Franchi	48	24:59	38. Diane Glendhill	52	34:16
9. Paul Vorndam	49	22:21	21. Matt Sherman	24	25:15	39. Mark Thomason	10	34:30
10. Jeff Keller	26	23:39	22. Trin Sanchez	56	25:41	40. Mark Wilkinson	47	34:31
11. Ben Valdez	37	23:01	23. Brad Van Buskirk	36	26:11	41. Karen Lucas	39	36:13
12. Joe Farra	51	23:12	24. Karin Romero	32	26:38	42. Jessica Baker	13	37:14
			25. Renea Rupp	18	26:46	43. Priscilla Portillos	61	40:01
			26. Jessica Gogarty	15	27:27	44. Bubba Baker	8	41:38
			27. John Thomason	14	27:39	45. Helen Whitener	39	42:11
			28. Salvador Sanchez	55	28:44			
			29. Marie Martinez	49	28:50			
			30. Keith Rudolph	35	30:38			

NOTE: Results of the Fun Walk were not compiled.

SCR volunteers

Did you know that you can earn volunteer points, good toward SCR merchandise, even if you aren't able to volunteer at races?

It's easy. All you have to do is help assemble the club's newsletter, which we do monthly at the Gold Dust Saloon.

If you'd like to join us, and earn some points as a volunteer, call Nick Leyva at 564-6043, and Nick will make sure you are called whenever we are ready to assemble the newsletters.

Not only is assembling the newsletters a painless task, but the banter contributed by SCR members there is worth more than the free peanuts at the Gold Dust. And remember: there's a good reason why we gather at the Gold Dust.

Garden of the Gods 10-Mile Run

Thanks to the Pikes Peak Road Runners' Home Page, your beloved editor was able to find the results of the Garden of the Gods 10-Mile Run the day after it was held. Unfortunately, they left out the cities of the runners, so I'm only able to provide results of the names I recognize. Note that the winning male time was 55:07 (it wasn't MY time, by the way) while the winning female time was 1:04:42.

Leading all local males was Mark Koch, who had a 1:02:37 time for a sterling 21st-place finish. His brother, Paul, a resident of Colorado Springs and 9 years younger than Mark, who is 38, was 8th (out of 932 males) with a time of 58:26. Others were:



Johnny Ray Garcia, 1:06:53; Mark Brockie of the Springs, 1:10:33; Bill Veges, 1:11:28; Dave Diaz, 1:11:40; John Ulsh of Westcliffe, 1:19:45; Roger Sajak, 1:23:06; George Dominguez of Raton, 1:25:41; and Boney Cosyleon, 1:37:26.

In the female division, the SCR's Traci Dworshak, who resides in the Springs, was 18th (out of 496) with a superb 1:11:47 clocking. Pretty salty. Helen Robinson led Puebloans with a 1:19:41 for 61st place. Others were:

Deb Robeda, 1:20:33; Claire Bueno, 1:25:02; Carol Saucedo of Canon City, 1:25:08; Carol Kinzy, 1:27:34; Sally Taylor, 1:32:23; Stacey Diaz, 1:32:49; and Donna Nicholas-Griesel of Coaldale, 1:44:14.



Join us June 21 at Muldoon's

Another great Sailin' Shoes 5K & 10K event will be held at 7 a.m. Saturday, June 21, in downtown Colorado Springs, and the usual band of SCR members will be competing. There also is a 1-mile race for kids 12 and under at 8:30 a.m.

Racers who want to shower afterward will be able to do so at the YMCA just a block or so from the finish line.

Then they will be convening ASAP for a post-race swilling lesson at Jose Muldoon's, one of the main sponsors of the race. **They invite YOU to join them!**

Once the pitchers go dry, you'll be able to enjoy the awards ceremony and the annual Summer Spree in Acacia Park.



Bumber Sticker seen recently:

"Horn not working - Watch out for finger."

Rim Rock Run on again

Interior chief orders one-year permit

(quotes excerpted from *The Denver Post*)

by Joe Stommel

The 37-kilometer Rim Rock Run will be held in November, according to the express directions of Interior Secretary Bruce Babbitt. Two U.S. Senators helped resurrect the 23-mile event that goes through the Colorado National Monument near Grand Junction. Secretary Babbitt ordered the National Park Service to issue a special-use permit for the Rim Rock Run to be held Nov. 8.

Monument Supervisor Steve Hickman had rejected the race, claiming a safety issue and that vehicle traffic was the only priority use for the Park.

Senator Wayne Allard commented on Supervisor Hickman's refusals, saying, "I'm still amazed at the animosity this guy has generated in such a short time in Grand Junction. This so-called safety hazard is a trumped-up excuse. There's a personal agenda here."

Allard said the Rocky Mountain National Park near Estes Park has standing citizen committees to work out differences. "The Park Service in Grand Junction has literally ignored the locals and won't work with

them no matter what. It's too bad it had to go all the way to Washington," he said.

Sen. Ben Nighthorse Campbell cornered Babbitt at a Senate Interior appropriations hearing and the result was an agreement to let the race go forward. Allard said he was pleased that Campbell was able to find an opening and speak to Babbitt.

"We're interested in getting results, not in who gets the credit," Allard said.

I was assured of being able to toe the starting line on Nov. 8 after organizers agreed to pay a permit fee of \$1,250 for costs likely to be incurred by the National Park Service. That amount was negotiated after an outrageous fee amount of \$12,000 had been proposed by Hickman.

U.S. Senator Wayne Allard says he will introduce legislation forcing the National Park Service to stop trying to block the race.

"Obviously, (the cost) doesn't make sense to me when the community has offered to take care of the management of the race," Allard said the Colorado delegation may endorse legislation guaranteeing the race is held at a reasonable cost.

So there it is. Although the race is on for this year, the political football keeps bouncing. And remember, it ain't round!

Attention: Females Of All Ages!

by Marijane Martinez

The Women's Distance Festival 5K Walk/Run will be held on Sunday, July 6, 1997, with the walk beginning at 7:30 a.m. followed by the run at 7:45 a.m. What makes this race special is the fact that it is specifically designed for women only! This nationally sponsored event is excellent for first timers and yet a super fast course for those serious competitors.

In addition to our national sponsors (Moving Comfort, *Runner's World*, and RRCA), we once again have local sponsorship. Joining Dr. Rocky Khosla, Dr. Thomas Duran, Byerly & Cosyleon, Inc. and Dr. Richard Rivera is Dr. Clifford Hoyle's partnership - Corwin Clinic Surgical, P.C. Thanks to these sponsors, we are able to keep the entry fee low and continue to offer all the goodies that we have in the past.

This year we will be adding a WDF sports water bottle to advertise our local



sponsors in addition to a T-shirt, post-race goodies and a variety of excellent prizes to be drawn for following the event. Once again the Boys and Girls Clubs of Pueblo and Colorado Springs will also participate. If you would like to sponsor one or more girls at \$5 each, please contact me at 564-6043.

Please plan on joining us at City Park and bring along friends and relatives. Treat yourself to an enjoyable morning beginning with some exercise while being waited on by our men from the SCR! Let's make them work by having lots and lots of participation. Last year we had a total of 78 females. Let's bring that number closer to 90 this year! My eventual goal is 100, so help me out, ladies.

Entry forms are available in this newsletter, at the Gold Dust Saloon and at the YMCA. For more information, please contact me at the number listed above.

Happy Trails.

1997 Racing Calendar

Pueblo County - Canon City area

June					
28	Sat	7:30AM	River Run Classic, 5K & 10K	Cañon City	(719) 275-3344
July					
6	Sun	8:00AM	Women's Distance Festival, 5K	City Park	(719) 564-6043
12	Sat	8:00AM	Donkey Run, 10K run & 5K walk	City Park	(719) 564-7530
19	Sat	8:00AM	Taco Bell River Walk Run, 5K Run/Walk ..	Union Avenue	(719) 546-3333
26	Sat	7:00PM	Nirvana Run (tentative), 4M	Coloradp City	(719) 676-4100
August					
2	Sat	8:00AM	Beulah Challenge, 10K Run & 5K Walk	Beulah	(719) 485-3820
23	Sat	8:00AM	Susquetella Celebration 5K, Run/Walk	Colorado City	(719) 489-2605

Other areas

June					
21	Sat		Sailin' Shoes, 5K & 10K	Downtown Colo. Springs	(719) 597-8736
			plus Children's 1M		
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	
				Colorado Springs	(719) 570-1008
27	Sun		SKY Run, 13.1M & 26M	Echo Lake to Mt. Evans	(303) 652-0399
August					
9	Sat		Georgetown to Idaho Springs Half-Marathon		(303) 694-2030
9	Sat		Mayor's Cup, 5K & 10K	Woodland Park	(719) 594-6353
16	Sat		Pikes Peak Ascent, 13M	Manitou Springs	(719) 473-2625
17	Sun		Pikes Peak Marathon, 26M	Manitou Springs	(719) 473-2625

Regional Marathons (& others of interest)

June	21	Grandma's - Duluth, MN	(218) 727-0947
July	13	San Francisco, CA	(800) 722-3466
	19	Mosquito (Leadville)	(719) 486-2202
	21	Deseret News Mara. (& 10K) - Salt Lake	(801) 468-2560
August	24	Silver State - Reno, Nevada	(702) 849-0419
Sept.	1	Turtle - 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	(505) 890-1018
	28	Portland (Oregon)	(503) 226-1111
October	4	St. George (Utah)	(801) 634-5850
	5	Twin Cities (Minneapolis/St. Paul, Minn.) ..	(612) 673-0778
	12	Mount Rushmore Mara., Relay & 5K R/W ..	(605) 348-7866
	19	Colorado (& Half) - Denver.....	(303) 871-8366
	19	Chicago	(312) 243-0003
	26	Marine Corps Marathon -Washington, DC ..	(703) 784-2225
November	2	New York City	(212) 423-2249



Other known racing dates

- **Sept. 7:**
Run for the Rose
- **Sept. 14:**
Royal Gorge Challenge
- **Sept. 14:**
Race for the Cure
(Air Force Academy)
- **Sept. 20:**
USAF Half-Marathon
- **Sept. 20 or 21:**
Hot to Trot 5K
- **Sept. 28:**
Governor's Cup
(Denver)
- **Oct. 12:**
River Trail Marathon &
Half-Marathon
- **Nov. 22:**
Atalanta 5K
- **Dec. 7:**
Rock Canyon
Half-Marathon
- **Dec. 14:**
The Excellent Adventure



Stats that rule

- The altitude of the Beulah Challenge 10K Race & 5K Walkto be held August 2 is 6,500 feet.
- A fourth of the 2,000 registered cyclists in the *Ride the Rockies* are 50 years old or older. The oldest is 83.
- A study showed that men who eat pizza 2-4 times a week reduce their risk of prostate cancer by 15%.
- Roughly 83% of the cyclists who eat pizza during the *Ride the Rockies* suffered stomach cramps when reading "Footprints."

Information you will be tested on

by the Editor

Hope you're in race shape because, with this being the start of summer, here comes the onslaught of races. Here's a brief look at some of the upcoming stuff:

River Run Classic

Note that I had the date of this Cañon City 5K & 10K event wrong in last month's issue. The race will be Saturday, June 28, and NOT the 29th. The starting time is 7:30 a.m. Everyone wear a Breathe Right strip in honor of Cañon's Marv Bradley.

Women's Distance Festival

Marijane has a report on this July 6 women's race on Page 8. Just wanted to let you know that the race was moved from a Saturday to a Sunday this year to give one day of rest to those quick-recovering women who plan to run the Flame Out 4-Miler in the Springs on the Fourth of July, which is a Friday, and also want to run in this race.

Donkey Run

Flyers for this July 12 10K run & 5K walk

also are included in this newsletter. This is a great new addition to the schedule, with the course based at the City Park swimming pool parking lot and utilizing the River Trail system. Will be fun watching the runners chug up the hill heading back to City Park.

Don't forget that the club's picnic in Colorado City will be the following day. A fun run of distances varying from 3 to 10 miles at 9 a.m. will precede the picnic.

Taco Bell 5K Run & Walk

This July 19 event will be a double loop course based at Main Street and Union Avenue in downtown Pueblo. For you studs and studettes, there will be prize money to top finishers. Wonder if there is prize money for the classiest lawn chairs used by volunteers?

Susquetella 5K

Note that this 5K run & walk, originally scheduled for July 26 in Colorado City, has been moved to Saturday, August 23. Kristin Inman of Rye, winner of the walking division in the Holy Family Run, is the director. Sponsors are being lined up. More details next month.

FOR THE SOUL: "A runner enjoys the act of running itself, with running being its best reward." - Brooks Johnson

Did you know ...

"Success in distance running is just a lot of hard work, and having a lifestyle conducive to running well." - Brooks Johnson, running coach

SOUTHERN COLORADO RUNNERS

Pueblo Family YMCA
700 N. Albany Avenue
Pueblo, CO 81003

Non-Profit
Organization
U.S. Postage
Pueblo, Colorado
Permit #260



We want YOU to keep getting our newsletters!

Issues of "Footprints" are not forwarded. Hence, if you change your place of residence, make sure you 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