

Promoting fitness throughout southeast Colorado.



EDITOR: Gary Franchi

FOOTPRINTS

July 1997 Walking Wounded Edition

Does hot weather melt brain cells?

I really can't believe all the weirdness in the world. Let's see, we've got a boxer biting off part of his opponent's ear, ski lift tickets hitting 59 bucks for a day, a Nike factory worker getting jailed for abusing laborers, pro athletes constantly "failing to execute" because they're not "focused," horseflies taking over Lime Road and the dirt trails on the Baculite Mesa, Shimano recalling 2 1/2 million bikes, etc. Read all about this inside.

Here in SCR Land, we debuted our new race clock during the past month, had our annual picnic last weekend, witnessed tons of walkers and runners crawl out of the woodwork to participate in recent races and were startled to note that we still have a few bucks in the treasury.

I also have been reminded that the SCR is still looking for a Race Director for the Spring Runoff that is normally held in late February or early March. Rich Barrows, the previous Director of the race, has moved to Colorado Springs and will not have time to coordinate the event. Planning for the race will begin this fall, and it would be nice to have a Race Director in place very soon. Please step forward and get involved!

If you would like to become the director of one of the most prestigious local races, call a current club officer and let them know.

Meanwhile, enjoy this issue!



Shazam!

SCR member Judy Tucker provided some unexpected entertainment following the Women's Distance Festival by doing a few tap dance numbers in the City Park Pavilion. Judy performs regularly in Las Vegas, and splits her living between Pueblo and Vegas. More on the WDF on Pages 7 and 8.

Photo by Gary Franchi





Rocky on Fitness

Now here's something that's a real bite

by Rocky Khosla, M.D.

RRCA Notes Women's running guide available

A new guide for beginning women runners, written by *Running Times* magazine Editor Gordon Baukalis is now available. The 40-page guide includes a beginning running plan, information on selecting shoes and clothing, stretching techniques, and tips on racing, safety and nutrition. It comes bound in a 3-ring binder and is available for \$10. If interested, call RRCA State Rep Lisa Paige at (303) 972-1619.

State RRCA meeting in Vail

Lisa, mentioned above, has scheduled a State Meeting on Saturday, July 26 in Vail, and any and all club members may attend. The Vail Half-Marathon will be held the following day. Call her at (303) 972-1619 for more information.

RRCA Convention

Next year's RRCA Convention will be held in Peoria, Illinois, in conjunction with the Steamboat Classic road race. The 1999 Convention will take place in Spokane, WA, which will include the Lilac Bloomsday Run.

I just returned from a 10-miler in fairly warm conditions, and talk about being eaten alive by the biting flies! So, I thought that this would be a good topic to write about. Let us title this one: "To Bite or Not To Bite."

For as long as runners have tried to get their fix of natural endorphins, biting insects have tried to get a bit of that endorphin high by biting the afore-mentioned runners. My entomologist friends inform me that only the female mosquitoes bite. They tend to congregate around stagnant bodies of water (kind of like employees around the water cooler), prefer to feed around dusk, and like O+ blood type.

So what can you do to avoid being bitten to pieces? (*Ed. note: How about taking up swimming?*) Since changing your blood type is really a hassle, leaving as little bare skin as possible exposed outdoors is a good idea, and trying to avoid running near large bodies of stagnant water is also wise. Also, not running at dusk may be a good idea (by the way, this is also the peak time for getting snake bites).

Well, what about insect repellents? It turns out that the world's leading authority on in-

sect repellents is the U.S. Army. This is because the U.S. Army Corp of Engineers has had the most experience in trying to build things in the middle of the worst mosquito-infested areas of the world (take, for example, the Panama Canal). So these folks have done the most research.

The best chemical agent found for repelling mosquitoes is DEET (I'm not even going to try to spell out the whole name). The problem is that at high concentrations, there may be effects on the nervous system, and amongst other organ systems as well.

Also, there is some literature that children and pregnant ladies may be sensitive to ill effects at lower doses. Most of the insect repellents available contain varying concentrations of DEET.

Personally, I've found Deep Woods OFF! to be the most effective. For kids and pregnant ladies, I recommend Avon's Skin So Soft, which does not contain DEET.

As far as biting flies go, if anyone has found a great trick against these, please let me know, because I have developed an intense and searing hatred for these flesh-eating, armor-plated vermin.

Till the next time, may you be able to run bite-free!



Valet parking
now available to
all aliens visiting
the Gold Dust!



Gold Dust Saloon
130 S. Union Avenue

Ritz, Wright Swift and Thompson are Colorado Rockies pitchers who have spent time on the disabled list this year because of injuries.



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 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, Ritz, Wright, Swift, Thompson

Footprints is produced monthly and distributed to injured runners everywhere to help take their minds off their pain.

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, bore everyone with stories about their injuries, and help the injured drown their sorrows by buying a round afterward at the Gold Dust.

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



Great (& so-so) Stuff

by Gary Franchi



One thing about injuries – they happen!

Thought for today's lunch, compliments of Mike Littwin of the Rocky Mountain News: "It's one thing to be optimistic. It's another to be coach of the Denver Nuggets."

Musings on running, fitness, life, etc.:

All right, readers, let's have a show of hands from all those who have an injury. Okay, there's Jane and Robert and, let's see, Jessica and Garhart and— c'mon, get those hands all the way up – uh, Matty and Betsy and ...

You get the picture. Seems like everyone is hurt. You're probably hurt, too. Yeah? Then how come you didn't raise your hand when I asked you to, bucko? Couldn't get the straightjacket loose?

Sorry. I sort of pulled a Tyson there and lost it for a moment.

Anyway, if you were to do a survey of the SCR membership, I'd bet half the members would say they are nursing some sort of ailment right now. You know, isn't "nursing" a poor word choice here? I mean,

doesn't "nursing" refer to something a mother does with her baby? Actually, Webster also defines "nursing" as taking care of the sick or infirm. There you have it. Of course, it also defines "nurseling" as "a noun that means nursing." Gee, what could be more clear than that?

So I was thinking that maybe all these injuries are the result of a local virus in the air, but if you follow sports at all you begin to realize that injuries are more like a universal epidemic and you never know when the next one will occur. For instance, and this is absolutely true, a pitcher on the Houston Astros named Russ Springer was put on the 15-day disabled list recently after suffering a sprained back while sneezing.

It happens.

Closer to home, the SCR's Nick Leyva once injured an Achilles' tendon while seated and playing a game of cards. Your beloved editor gashed a leg on a cable strap while biking in the Drag'n On In Triathlon last year. Dave Diaz injured his ankle while measuring a training run course.

None of those above individuals was seen nursing after suffering those injuries.

Hey, maybe we could have our own lottery game where SCR members predict when and to

whom the next injury will occur and how long they'd be sidelined. We could have a weekly contest. (Customer, pulling out his wallet: "I'll take Joe Stommel, leg injury, to miss two weeks of running." Clerk: "Will that be cash or annuity?")

Think of the revenue-generating possibilities! We could have that new race clock paid off in no time. Get your dollars out. And make sure you raise your hand next time I take a count of the walking wounded.



Nick Leyva rests his surgically repaired knee at the finish line of the Holy Family Run/Walk.

Photo by Gary Franchi

This month's smorgasbord:

Speaking of injuries, employment cohort Cynthia Illick said she "had an EARie feeling" about the Tyson-Holyfield fight before it took place. Ouch! ... Pray that you never need a **blood transfusion**. Why? Well, just drive by the plasma center on Fourth Street at 7:30 any weekday morning and observe the cast of characters gathered in the parking lot to give blood for some lunch money ... Something I can't figure out is why road races are seldom televised but ESPN

covers the **team luge competition** in the X Games. Who watches that stuff? ... Why do they call 8¹/₂" x 14" paper "legal-sized" paper? Are all other sizes of paper illegal? Does that make "Footprints" an illegal publication? ... Nice to have **Tim and Rita Vigil** in town. They and their little ones have moved to Pueblo West from Walsenburg thanks to a job advancement for Tim with the Loaf 'N Jug company. They're sure to enjoy the flatter training locale and new running partners, especially Tim if he could find some time to train ... I've been giving some thought to the **Pikes Peak International Raceway** track in Fountain and how we can help keep it in use some during the off season. It occurs to me that since the track is a 1-mile oval, we could use it to have a **1-mile race**. Wouldn't it be just a riot running on a banked track? ... The *Rocky Mountain News* publishes a weekly "Health & Fitness Calendar." A recent calendar included such items as an Holistic Health Fair, an Integrated Medicine workshop, etc. Very good. Ah, but it also listed a Beginning Fly Fishing for Women workshop. Well, I guess that could be construed as being health-related, dontcha think? ... Stay healthy, gang!

Ultimate in idiocy item of the month:

Unless you are just emerging from a long spell in an isolated cave, no doubt you know there is a movement afoot to put the clamps on cigarette smoking since it causes such physical harm. You also might like to know that 25% of the revenue of convenience stores is from cigarette sales. Hence, earning this month's *Lights Are Dim Award* are cigarette smokers throughout the U.S.



Movie Line of the month:

"There's no such thing as too late. That's why they invented death."

This is a new flick at theaters all over the U.S. It features two actors who have been together in other outstanding comedies. Guess the actor and the movie and earn the right to buy my next ticket to the Cinema Twin.

Answers below.

Answers:
"Out to Sea"
Walter Matthau in



American Heart Walk

The annual American Heart Walk will be held the morning of Saturday, Sept. 20, in downtown Pueblo in conjunction with the Chile & Frijole Festival. As a lead-in to the Heart Walk, the local chapter of the American Heart Association will conduct a Media Kickoff on Friday, Aug. 1, at 10 a.m. at Pueblo Community College. Now, I realize none of you could give a rats about a Media Kickoff, but note that Dawn Nakamura Kessler, a 33-year-old nationally know speedwalker who has recovered from heart surgery, will give a brief speedwalking clinic as part of that Kickoff. The date of the 5K Hot to Trot Run to be held as part of the Frijole Festival still hasn't been determined.

He's got wings

In case you missed it, Haile Gebrselassie broke the world's 10,000-meter record earlier this month with a time of 26:31.32 in the Bislett Games Grand Prix track and field meet held in Oslo, Norway.

Definitely Not Great Stuff

by Matt Martin

Take the Toxic Running Parent survey

"I shall live badly if I do not write, and I shall write badly if I do not live."

– Francoise Sagan

I attended a running exposition before the recent Sea of Copernicus Marathon. Having tired of milling around the exposition room, roaming from exhibit to exhibit, I entered a nearby juice bar and sat at the bar. A crooked old man sat next to me and ordered a cranberry juice.

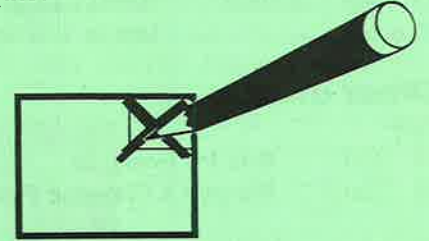
Before the bartender served him, the man started muttering, repeatedly, "Fools!" "Whom are you referring to, Sir?" I asked. "Why, all those runners out there! They're nothing but fools, all of 'em." "Whatever do you mean?" I asked. "Idiots! Blockheads! Dolts! They are here. They should be home with their families." "Whatever are you talking about?" I asked.

"Let me buy your next juice and introduce myself, first. My name is Professor I.M. Runner. Ever hear of me?" "Well, no, can't say that I have," I replied. "I study human leisure and behavior at Harvard and have studied the effects of running on families." Professor Runner ordered another juice for me. "Is that so?" I said. "How does that make those people into fools?" "Have you ever heard of the book *Toxic Parents* by Susan Forward?" he asked. "Yes I have," I replied. "That book describes dysfunctional parents who emotionally and physically abuse and humiliate their children, even when they grow to adulthood," I said.

"Precisely," Professor Runner replied. "Dr. Forward is a good friend of mine. She always intended to write a sequel to that book based on a new study we did together. However, her parents humiliated her so much after she published *Toxic Parents* that she withdrew from society and is now a hermit in New Guinea. So, I have written the book myself."

"Are you about to publish the sequel?" I asked. "Yes, I've called it 'Toxic Running Parents.' A toxic running parent is a parent who inflicts ongoing feelings of abandonment in his or her children by making running their top priority in life." "Very interesting" I said. "How would one know if they were a toxic running parent or a child of a toxic running parent?" I asked. "Easy," Professor Runner said. "Just take the Toxic Running Parent survey. Want to try?" he asked. "Ok" I said.

I took the survey, but I will not share my results with you. Suffice to say, I have taken a vacation from running. How would you come out on the survey? How does one know if they are the child of toxic running parents? Answer these questions:



1. Did your parents spend grocery money on running shoes?
2. Did your parents always have six pairs of running shoes in the closet, while you had only one pair of shoes, and your shoes were always a half-size too small?
3. Did your parents ever run a marathon while on a trip to Disney World? Did they fail to take you along to Orlando?
4. Were your parents severely depressed if they failed to set a PR each time they raced?
5. Did you have to take care of your parents after they ran a marathon?
6. Was *Runner's World* the only reading material your parents placed in the bathroom?
7. As an adult runner, are many of your training decisions dependent upon whether your parents would approve?
8. Do you buy your parents running apparel for their birthdays and Christmas?
9. As a runner, do you believe that no matter how fast you run, it is never good enough for your parents?
10. Do you believe that someday, somehow, your parents will quit running and take up a sane hobby such as basket weaving or shuffleboard?

If you answered yes to even a third of these questions, you may be the child of toxic running parents or you may even be a toxic running parent. Do not fret. There is help available. The SCR has a new support group, Runners Anonymous. We can help. Give me a call for more information.

SCR meeting:

The next SCR meeting will be held at 7 p.m. Tuesday, August 5, at the Pueblo YMCA.

Holy Family Parish Fun Run/Walk

Races held June 13, 1997
Results extracted from bib numbers

Walking Division 1.5 miles

Walker	Age	Time
1. Kristen Inman	28	17:15
2. Sidney Arnold	53	18:13
3. Lorraine Hoyle	49	18:57
4. Nichli Rodriguez	53	19:47
5. Bob King	60	20:16
6. Fr. Frank Davied	55	20:51
7. Alan Kochevar	53	21:13
8. Kathy Ulsh	36	21:17
9. Angie Narvaez	55	21:27
10. Tiffany Romero	10	21:40
11. Angelo Armijo	11	21:41
12. Deb Hadley	40	21:41
13. Jacque Gonzales	13	23:13
14. Pamela Gonzales	38	23:15
15. Mary Pino	41	23:10
16. Pattee Williams	65	23:45
17. Nancy Baker	63	23:46
18. Laurie Pape	30	24:48
19. Mildred Threlkeld	72	24:55
20. Bev Kochevar	50	25:16
21. Carol Harriman	51	25:17
22. Tami Horvat	37	25:42
23. Shandra Horvat	13	25:44
24. Phyllis Bassetti	65	25:45
25. Alicia Sanchez	16	27:26
26. Raul Lopez	64	27:28
27. Thomas Blanco	11	27:30
28. Mary Lou Causaus	50	28:12
29. Phillip Valdez	67	28:55
30. Liaqat Ali	30	29:35
31. Jennifer Hood	9	29:40
32. Dora Valdez	58	30:40
33. Eric Medina	28	30:40
34. Angel Castillo	6	31:34
35. Jeremy Martinez	5	31:40
36. Tana Blancotty	8	31:43
37. Nikita Walker	10	31:46
38. Brandi Walker	8	31:48
39. Pattie Chambers	29	31:50
40. Jon Griego	6	32:08
41. Leona Griego	35	32:08



Kristen Inman (above left) sped to a big win in the Walking Division while Maddy Tormoen was the top female runner.

Photos by Gary Franchi

Running Division 5K (3.1 miles)

Runner	Age	Time	Runner	Age	Time
1. Todd Hund	17	16:57	16. Len Gregory	54	23:18
2. Rich Hadley	41	17:38	17. Jeff Arnold	55	23:54
3. Maddy Tormoen	35	19:01	18. Jeremy Gregory	13	24:02
4. Joe Stommel	47	20:01	19. Don Pfof	56	24:27
5. Ben Valdez	37	20:10	20. Michael Sanchez	36	24:48
6. Robert Santoyo	35	20:14	21. Craig Lopez	32	24:50
7. Trevor Hadley	15	20:40	22. Juanico Loretto	15	25:52
8. John Ulsh	47	21:46	23. David Keith	47	27:03
9. Brook Hathaway	25	22:29	24. Jerry Martinez	12	27:49
10. Steven Clough	34	22:31	25. Jessie Quintana	53	27:54
11. Henry Hund	55	22:33	26. Denise Cooper	37	28:46
12. Brian Ropp	33	22:36	27. Alex Cortez	50	29:17
13. Rebecca Keith	16	22:41	28. Cathryn Sanchez	35	31:24
14. Jim Beckenhaupt	50	22:51	29. Mark Wilkinson	46	32:00
15. Hilbert Navarro	56	23:08	30. Becky Medina	27	33:12
			31. Leroy Duran	16	37:45



No Challenge

With his sparking 16:57 time, Pueblo's Todd Hund was all alone at the finish line of the Holy Family 5K Run held June 13 on Pueblo's South Side. Todd, who runs for Pueblo South High School, finished 41 seconds before the next runner.

Holy Family Notebook

Convincing wins:

The overall winners of both the Walking and Running divisions of the Holy Family races left little to doubt.

In the Walking Division, Kristen Inman of Rye sped to an overall winning time of 17:15 in the 1.5-mile race. The second female was Lorraine Hoyle in 18:57. Lorraine was walking because of a knee injury. Sidney Arnold won the male division handily in 18:13.

On the Running side, South High standout Todd Hund was the overall winner in 16:57, with Rich Hadley of Florence second in 17:38. In the female side, Maddy Tormoen was first in 19:01, more than 3 1/2 minutes ahead of Rebecca Keith.

By the numbers

Did you notice there were more walkers (41) than runners (31) in the Holy Family races? The walkers ranged in age from 5-year-old Jeremy Martinez to 72-year-old Mildred Threlkeld.



Training to do your best

This is for all you walkers out there.

To excel in racewalking, concentrate on these factors:

1, Take the time to stretch and work on hamstring flexibility. Keep in mind that we become less flexible as we age.

2, Don't overstride. Planting the heel closer to your center of gravity will result in a straighter knee.

3, Practice knee straightening in training as well as races.

– Bobbie Stein, M.Ed.

Good sources of vitamin C

Oranges are an excellent source of vitamin C, containing almost 250 milligrams per orange. But there are other good sources and these include cauliflower, strawberries, red peppers, broccoli and kiwi.

– Dr. Art Mollen



Upcoming stuff

August 9

Women's Danskin Triathlon

Oct. 11:

Joe Vigil Clinic

Nov. 8:

Rim Rock Run

Canon City River Run Classic

Races held June 28, 1997
Results provided by Jeff Friesner



5K Division

Runner	City	Time
1. Thomas French	Howard	17:27
2. Dan Day	Cañon City	17:46
3. Dave Diaz	Pueblo	18:13
4. Kevin Clark	Cañon City	18:39
5. Paul Vorndam	Pueblo	18:55
6. Gregory Baxter	Cañon City	20:27
7. Eric Gilbert	Cañon City	20:43
8. Barb Fox	Florence	21:46
9. Lisa French	Howard	21:50
10. Troy Schwindt	Cañon City	22:05
11. Gilbert Cruz	Pueblo	23:42
12. Tomas Duran	Pueblo	24:02
13. Anne Baxter	Cañon City	24:04
14. Clare Kerr	Cañon City	24:45
15. Bill Fox	Cañon City	24:59
16. Cindy Pell	Cañon City	25:06
17. Bob Short	Cañon City	25:11
18. Bob Roa	Pueblo	25:45
19. Gladie Miller	Cañon City	26:17
20. Betty Duran	Pueblo	26:20
21. Jessica Martinez	Cañon City	26:35
22. Rick Martinez	Cañon City	26:36
23. Linda Kelly	Colo. Springs	26:39
24. Neal Kinsinger	Colo. Springs	27:32
25. Eldred Chicoine	Cañon City	28:15
26. Jerry Kossnar	Cañon City	28:19
27. Peggy Massie	Cañon City	28:25
28. Cheryl Hancock	Cañon City	28:37
29. Robert Weaver	Cañon City	28:42
30. Diana Quattlebaum	Penrose	29:55
31. Cynthia Haley	Cañon City	30:41
32. Chris Spurlock	Cañon City	33:17
33. Diana Kossnar	Cañon City	33:26
34. Annie Taylor	Pueblo	36:09
35. Joyce Bivens	Cañon City	39:38
36. Julie Feidler	Denver	40:26
37. Melody Lundin	Colo. Springs	45:38
38. Carol Gebhart	Lake Charles	47:35
39. Alan Gebhart	Lake Charles	47:36

10K Division

Runner	City	Time
1. Rich Hadley	Florence	35:00
2. Mark Koch	Pueblo	35:05
3. Madeline Tormoen	Cañon City	36:23
4. Michael Orendorff	Pueblo	36:55
5. Robert Fedretti	Cañon City	38:01
6. Jack Janney	Colo. Springs	40:38
7. Sam McClure	Cañon City	42:54
8. Tim Royston	Colo. Springs	43:33
9. Roy Hughes	Cañon City	43:34
10. Allen Weaver	Cañon City	43:35
11. Brook Hathaway	Pueblo West	44:29
12. Owen Bradley	Colo. Springs	48:12
13. Prairie Neeley	Cañon City	48:31
14. Thom LeDoux	Cañon City	48:32
15. John Mills	Colo. Springs	48:39
16. Douglas Gould	Colo. Springs	48:50
17. Les Lundin	Colo. Springs	49:55
18. Sally Taylor	Pueblo	50:55
19. LaDonna Gunn	Wetmore	51:14
20. Tracy Gunn	Wetmore	51:15
21. Jane Gebhart	florence	51:23
22. Susan Gebhart	Penrose	51:23
23. Terri Wethern	Colo. Springs	51:27
24. Christine Blazer	Pueblo West	51:47
25. Sean McCarthy	Pueblo West	51:48
26. Nancy Briley	Cañon City	52:29
27. Joe Ruppert	Pueblo West	54:00
28. Roger Williams	Colo. Springs	54:31
29. Martha Kinsinger	Colo. Springs	55:29
30. Kathy Bradley	Colo. Springs	57:21
31. Donna Nicholas-Griesel	Coaldale	57:53
32. Maria-Elena Weaver	Cañon City	58:01
33. Jeff Smith	Cañon City	59:26
34. Bruce Taylor	Pueblo	1:00:25
35. Sandra Forquer	Colo. Springs	1:14:16

Sailin' Shoes 5K & 10K

Races held June 21, 1997 in Colorado Springs

Results extracted from the Pikes Peak Road Runners' Home Page on the Internet

5K Division

MALES – Dave Diaz was 24th overall (out of 190 male finishers) with his 19:17 time. Marv Bradley of Cañon City ran a 22:22, and Jess Cosyleon finished in 34:37.

FEMALES – Traci Dworshak, SCR member who lives in Colorado Springs, was 4th overall out of 234 females with an outstanding 19:58 time. Stephanie Hawkins, a runner at Western New Mexico University after a standout cross country and track career at Pueblo East, was 13th overall in 22:04. Nancie Aguirre walked it in a 31:59 time.

Your beloved editor's nomination for captain of the All Name Team in the 5K was Cynnamm Spain, whose 36:13 time was good for 181st place.

10K Division

MALES

12. Rich Hadley	41	36:43
13. Marty Romero	40	36:45
47. Bill Veges	39	40:59
58. Ben Valdez	37	41:51
78. Sam McClure	43	43:09
156. Allen Weaver	44	46:40
177. Jim Beckenhaupt	50	47:24
211. Rand Morris	45	48:47
216. Rich Barrows	37	48:57
303. Steve Farley	47	52:00
310. Gabriel Cosyleon	20	52:20
466. Paul Barela	42	1:00:36

FEMALES

61. Carol Ann Kinzy	49	50:22
87. Stacey Diaz	36	52:54
189. Maria-Elena Weaver	37	1:00:43
195. Gloria Farley	40	1:01:25
250. Prudy Cosyleon	46	1:07:33

Women's Distance Festival

5K (3.1 miles) races held July 6, 1997
Results extracted from bib numbers

5K Run

Runner	City	Age	Time
1. Madeline Tormoen	Cañon City	35	18:06
2. Traci Dworshak	Colo. Springs	33	19:36
3. Tammy Pearson	Trinidad	19	20:22
4. Jenna Dorsey-Spitz	Pueblo	13	20:36
5. Stella Heffron	Elizabeth	30	20:46
6. Kathy Roldan	Pueblo	31	21:18
7. Helen Robinson	Pueblo	39	21:25
8. Rita Vigil	Pueblo West	30	21:42
9. Misti Frey	Pueblo West	29	21:42
10. Karen Ortiz	Pueblo	33	22:26
11. Krista Fish	Colo. Springs	22	22:54
12. Krista Pearson	Colorado City	18	23:22
13. Adelita Sandoval	Walsenburg	17	23:46
14. Rebecca Keith	Colo. Springs	16	23:51
15. Gloria Montoya	Pueblo	49	24:24
16. Kendra Fish	Pueblo	20	24:50
17. Diane Lopez	Pueblo	39	24:55
18. Barbara Wasser	Colo. Springs	49	25:07
19. Laura Schilf	Cañon City	35	25:23
20. Jessie Quintana	Pueblo	53	25:46
21. Lauren Dorsey-Spitz	Pueblo	6	26:16
22. Carrie Slover	Pueblo West	44	26:17
23. Julie Arellano	Pueblo	44	26:23
24. Donita Massengill	Pueblo West	27	27:02
25. Becky Medina	Pueblo	27	27:04
26. Lisa Hickey	Colo. Springs	37	27:05
27. Patty Tapia	Pueblo	48	27:33
28. Sandy Messick	Cheraw	38	27:35
29. Kathy Spencer	Pueblo	46	27:40
30. Janet VanKampen	Colo. Springs	29	28:07
31. Lillian Rivera	Pueblo	50	28:22
32. Beatrice Grebence	Pueblo	42	28:30
33. Kathy Stommel	Pueblo	40	28:31
34. Wilma King	Brush	44	29:24
35. Mae Nezvinsky	Pueblo	42	29:52
36. Diana Quattlebaum	Penrose	35	30:13
37. Ruth McDonald	Pueblo	52	30:54
38. Deb Hadley	Florence	40	32:27
39. Claudia Stubenrouch		40	32:39
40. Lyn Crawford	Rye	35	32:58
41. Linda Bernard	Pagosa Springs	56	33:17
42. Christine Furrey	Pueblo	28	34:01
43. Anita Farnar	Pueblo	46	34:02



At the halfway point of the Run, lead cyclist Doug Leyva already couldn't keep up with eventual overall winner Madeline Tormoen.

44. Jackie Baxter	Pueblo	10	44:26
45. Trina Martinez	Pueblo	11	44:27

5K Walk

Walker	City	Age	Time
1. Ida Mae Martin	Walsenburg	58	38:45
2. Cerrisa Valdez	Colorado City	10	40:42
3. Sheilah Kiel	Pueblo	39	41:10
4. Arron Chasteen		22	41:30
5. Heather Solano	Pueblo	9	44:17
6. Crystal Carlson	Colo. Springs	12	44:21
7. Susan Dallam	Colo. Springs	29	44:22
8. Frances Banda	Pueblo	43	44:24
9. Diana Chasteen		40	44:46
10. Alyssa Morris	Pueblo	12	45:22
11. Kelsea Morris	Pueblo	11	45:25
12. Nancie Aguirre	Pueblo	39	45:25

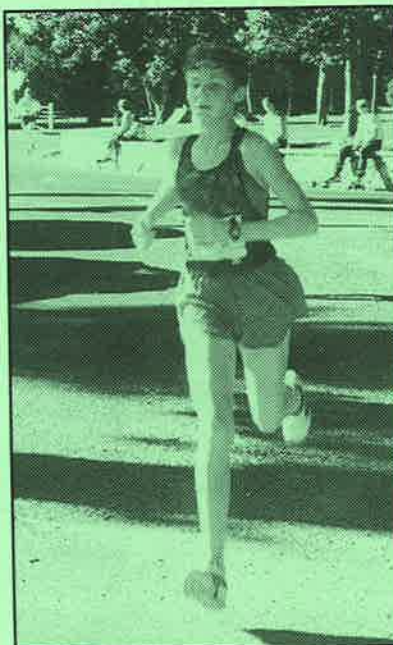
Continued on Page 8

Photos by
Gary
Franchi



At left, Don Pfof presents one of his hand-crafted awards to Ida Mae Martin, the overall winner of the Walking Division.

At right, Jenna Dorsey-Spitz was airborne at the finish while locking up 4th place overall in the Running Division with her superb 20:36 time.



WDF Notes

The Women's Distance Festival grew to 91 participants (5 were no-shows) this year, including 41 walkers. The field included 8 relatives of Race Director Marijane Martinez, who ironically is sidelined with injury.

All of the awards at this year's race were hand crafted by SCR member Don Pfof, who used different types of wood for first-, second- and third-place finishers.

About a dozen members of the Boys & Girls Club of Pueblo participated in the WDF, with SCR members sponsoring the girls.

The oldest competitor (by a month) was 58-year-old Ida Mae Martin of Walsenburg, while the youngest was Catelyn Crawford of Rye, who is 5.

Race Director Marijane Martinez was treated to a belated yet stirring rendition of "Happy Birthday" by the competitors lined up for the Walk race. MJ turned 45 on July 1.

Maddy Tormoen's overall winning time of 18:06 in the Run Division was a WDF course record.

Some stuff I've run across

Running of the Bulls

There are absolutely too many TV sports stations. ESPN2, obviously hurting for stuff to cover, televised this year's annual Running of the Bulls from Spain. Incredible. I suppose you taped it, too.

Holy Shimano!

Shimano Inc., makers of top quality bicycle parts, plans to recall more than 2.5 million mountain bikes worldwide because of faulty cranks that failed on hundreds of bikes. The recall will affect more than 200 models of mountain bikes made from mid-1994 to mid-1995.

So what's the problem?

A manager at a Taiwanese plant that manufactures Nike shoes reportedly forced female employees to run laps as punishment for wearing the wrong shoes to work.

Pay the freight

If you want to ski in exclusive territory, then try Aspen, where the price of a single-day lift ticket will jump 5.3% to \$59 this year. It'll make Aspen the most expensive place to ski for the 10th consecutive year. But, hey, it's not that bad if you skip a few meals here and there.



Women's Distance Festival Race Director Marijane Martinez is flanked by two of the SCR's original founders – Jeff Arnold and Judy Tucker. Judy was the original founder of the WDF race as well as the Atalanta women's 5K race that is held in November.

Photo by Gary Franchi

Women's Distance Festival Results

Continued from Page 7

13. Sandi Gaide	Pueblo	53	45:56	27. Michelle Chaudhry		35	54:07
14. Judy Musso	Pueblo	54	45:57	28. Dawn Medina	Pueblo	31	56:14
15. Lydia Vallejos	Walsenburg	41	46:20	29. Dora Valdez	Pueblo	58	56:15
16. Theresa Martinez	Walsenburg	46	46:21	30. Carolyn French	Pueblo	53	57:22
17. Mary Roldan	Pueblo	58	46:17	31. Linda Montoya	Pueblo	42	57:23
18. Ashley Burgess	Pueblo	6	46:45	32. Barbara Gonzales	Pueblo	38	57:24
19. Tralynn Duran	Pueblo	11	47:46	33. Julie Martinez		37	58:17
20. Desiree Solano	Pueblo	13	49:15	34. Lina Montoya	Pueblo	41	58:18
21. Bonnie Boyd	Pueblo	48	49:17	35. Eusebia Burgess	Pueblo	9	58:19
22. Misty Dickerson	Pueblo	22	49:31	36. Pattie Chambers	Pueblo	29	58:49
23. Bev Kochevar	Pueblo	50	49:33	37. Courtney Burgess	Pueblo	8	58:51
24. Nicole Leyva	Pueblo	16	52:53	38. Catelyn Crawford	Rye	5	66:26
25. Traci Tafoya	Pueblo	24	52:59	39. Felicia Solano	Pueblo	9	66:27
26. Kari Gonzales	Pueblo	17	53:01	40. Jackie Solano	Pueblo	11	66:29
				41. Emily Montez	Pueblo	45	66:30

You're invited to the Nirvana Run/Barbecue

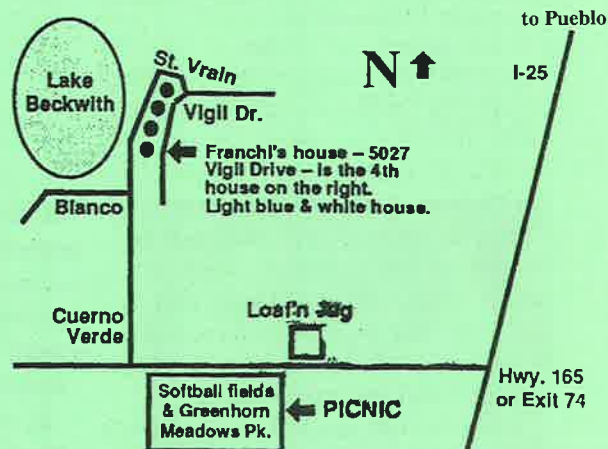
The annual Nirvana Run and potluck barbecue feast is scheduled for Saturday, July 26, at the home of your beloved editor in Colorado City. The run, a 4-mile handicap race, will begin at 7 p.m. I've made this course as flat as is possible in Colorado City. Check the map and directions at right to find out how to get there.

All those attending are asked to bring some type of food item to share with the group. The barbecue will feature hamburgers and hot dogs, and I'm told by someone in my household that chicken enchiladas may also be available. Please don't bring items that need to be cooked.

Post-race revelry usually extends well into the evening, so come well rested.

Come out and join us for a fun and relaxing evening at the Franchis' house, which overlooks Lake Beckwith and features some gorgeous scenery.

Map to the Nirvana Run



Directions:

Take I-25 south from Pueblo to Exit 74, which is Highway 165. Go right (west) 3 1/2 miles to Cuerno Verde Road. Turn right and go 8/10ths of a mile to the first street on the right, which is St. Vrain, turn right 1 block to Vigil Dr. Turn right and go to the 4th house on the right (5027 Vigil Drive).

1997 Racing Calendar

Pueblo County - Canon City area

July			
19 Sat	8:00AM	Taco Bell River Walk Run, 5K Run/Walk	Union Avenue (719) 546-3333
26 Sat	7:00PM	Nirvana Run, 4M	Colorado City (719) 676-4100
August			
2 Sat	8:00AM	Beulah Challenge, 10K Run & 5K Walk	Beulah (719) 485-3820
23 Sat	8:00AM	Pioneer 5K, Run/Walk	Colorado City (719) 489-2605
September			
7 Sat	8:30AM	Run for the Rose, 5K Run (9 AM) & Walk	City Park (719) 564-7685
14 Sat	8:00AM	Royal Gorge Challenge, 10K	Royal Gorge (719) 275-3344
20 or 21	--	Hot to Trot 5K	Pueblo Plaza (719) 543-5151

Other areas

July			
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
24 Sun		Shriner's Fun Run, 5K & 2M Walk	City Park, Denver (303) 694-2030
31 Sun		Hospice Home Run, tba	Sky Sox Stadium, CS (719) 594-4365
September			
6 Sat		Imogene Pass Run, 18M	Ouray (800) 228-1876
13 Sat		Pony Express Run, 15M	Rampart Reserv. Trail (719) 260-8993
14 Sun		Race for the Cure, 5K	Air Force Academy (719) 598-2953
28 Sun		Governor's Cup, 5K & 10K	Denver (303) 692-2503

Regional Marathons (& others of interest)

July			
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. 20:**
(canceled)
USAF Half-Marathon
- **Oct. 5:**
Fall Series I
and Kids Fall Series I -
Colorado Springs
- **Oct. 12:**
River Trail Marathon &
Half-Marathon
- **Oct. 19:**
Fall Series II
and Kids Fall Series II -
Colorado Springs
- **Oct. 25 or Nov. 1:**
Harvest Run
Pueblo West
- **Nov. 2**
Fall Series III
and Kids Fall Series III -
Colorado Springs
- **Nov. 16:**
Fall Series IV
and Kids Fall Series IV -
Colorado Springs
- **Nov. 22:**
Atlanta 5K
- **Dec. 7:**
Rock Canyon
Half-Marathon
- **Dec. 14:**
The Excellent Adventure



Stats that rule

- There are about twice as many road racers now than during the peak of the original '70s running "boom."
- The largest U.S. marathon in 1996 was Boston with 35,868 finishers.
- The Lilac Bloomsdale 12K Run was the largest U.S. race in 1996 with 56,156 finishers. The Boston Marathon was No. 4 on the list.
- When presented copies of "Footprints" at the finish line of the Boston Marathon, 98.7% of the runners tossed them in the nearest garbage bin.

Information you will be tested on

by the Editor

By the time you receive this newsletter, it should about the middle of July with the inaugural Taco Bell River Run/Walk on tap. Here's a look at some of the upcoming stuff from there:

Taco Bell 5K Run & Walk

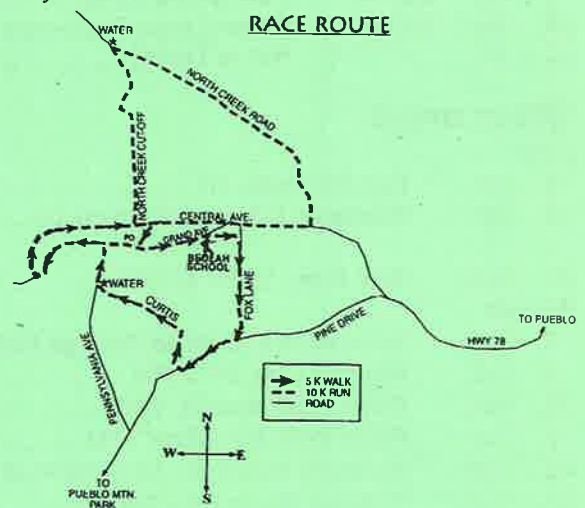
This event is set for Saturday, July 19, with the run beginning at 8:30 a.m. and the walk at 8:40 a.m. There will be \$1,300 in cash and prizes awarded. Wonder if they give prize money to also-rans? No? Shucks. Anyway, the start and finish of the races are near City Hall in Pueblo.

Pioneer 5K Walk/Run

Well, the first thing I found out when I picked up my hometown weekly newspaper is that this event is actually called the Pioneer 5K, not the Susquetella Run that I listed it as last month. Great prizes are being lined up through sponsorships. The date is Saturday, Aug. 23, and the site is the Greenhorn Valley. I should have more next month.

Beulah Challenge

The second annual version of this fantastic 10K run and 5K walk is going to hapen on Saturday, Aug. 2, in altitude-rich Beulah. Look for a great race, great shirts, great awards and a great art show afterward in Beulah. The spectators along the course help make this tough course easier to handle. Can you tell I'm revved?



FOR THE SOUL: "Exercise is a key to living longer, but it's also important to keep an active mind." - 100-year-old Phillip Carret

Did you know ...

A minimum of eight consecutive days of training in hot conditions are needed to acclimatize. Use more if possible. – Dr. David Costill

SOUTHERN COLORADO RUNNERS

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

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



Keep the good tunes coming!

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