



FOOTPRINTS

August 1997 Edition for Studs & The Rest of Us

It's been an unbelievable season for Michael

By the Editor

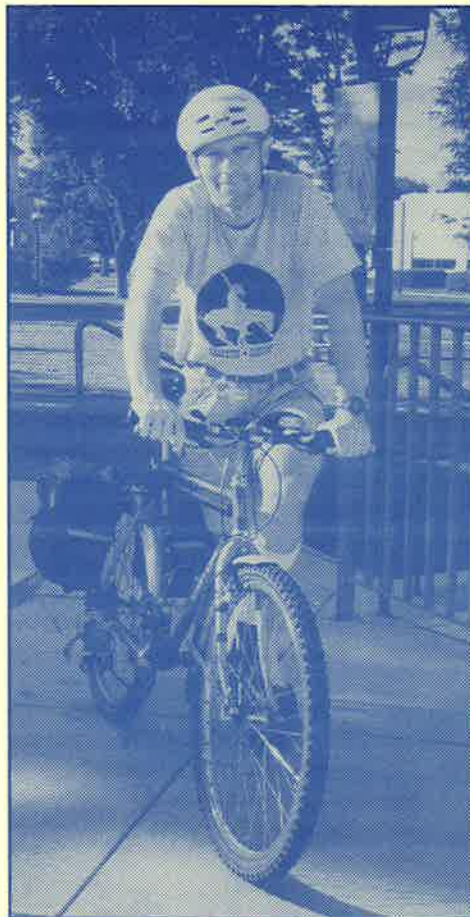
I almost couldn't believe SCR member Mike Orendorff's performance in last month's Desert Sun Half-Ironman in Grand Junction when he described it on the phone. He'd finished 1st in the 45-49 age division with his time of 4 hours, 42 minutes and 52 seconds built on splits of 30:16 for the 1.2-mile swim, 2:35:55 for the 56-mile bike and 1:34:07 for the half-marathon. The closest pursuer in his age division was—*get this!*—7 minutes back.

But a check of the Internet showed that it really happened. Mike, at 45 years young, was 35th out of 267 male finishers and qualified for the Hawaii Ironman in October. For various reasons, including an injured plantar fasciitis he has been battling seemingly forever, Mike declined his qualifying spot. The Desert Sun was a regional qualifier that drew entries from several surrounding states.

Mike also qualified for the Hawaii Ironman in 1993 via the Evergreen High Country Triathlon. He made the trip that time and completed the entire Ironman. I believe he is the only Puebloan ever to qualify for the Hawaii Ironman.

Mike has had an unbelievable triathlon season, finishing first in his age division in every triathlon he's entered, including the Ordinary Mortals in Pueblo West, the Fort Morgan, Longmont and Boulder Peak triathlons in addition to the Desert Sun.

When chatting with Michael, you have to sort of read between the lines



to figure out how he's done this. He modestly says the competition hasn't been there in his age division this year, and he claims his bike time in the Desert Sun wasn't all that good.

But in further discussion, he notes that "something clicked" in his swimming in January and that, this summer, his biking legs have never been stronger thanks to training with

← *Michael Orendorff can often be seen tooling around Pueblo via this mode of transportation, but he rides a more serious model when he's doing his cycling training.*

Photo by Gary Franchi

a local bicycle group. Having seen him swimming intervals at the "Y" during the past year, there's a good reason why "something clicked" in the water. I've also seen him taking his turn leading the pack during one of the bike group's hard rides.

The nagging plantar fasciitis problem caused Michael to take all of last year off from both running and competition, making this year's performances all the more amazing. After each of his events this year, he can be seen sporting crutches and a foot brace to keep pressure off his foot.

As you read this, I'm waiting to find out how Mike did in the triathlon nationals in Maryland. The top 12 in each age division there qualify for the word triathlon to be held in November in Australia. The top qualifier from last year is granted one of those 12 spots. In his typical low-key manner, Mike said before making the trip that he really didn't have a chance to place in the top 12 in his division. "The athletes there are just too good," he explained.

Hmmm. Maybe. But I'm anxious to check the results on the Internet.





Chewta says:

Clock Fund

You may recall that the SCR has purchased a new race clock, stand and carrying case. The equipment was very costly, with a price tag of more than \$2,000. The club would like start an equipment fund drive to replenish the funds used to make that purchase. The goal is to raise \$1,000, and all club members and race participants are asked to consider contributing to this fund. Since January, \$275 has been collected for this fund. Hence, we need your help and support. Once the goal is reached, the names of all those who contributed will be listed

in *Footprints*. A timeline of Election Day, Nov. 4, has been set. That date coincides with the SCR's November meeting.

Your support is necessary and will be appreciated so that we can continue to offer quality events. **Checks can be mailed to:** 700 N. Albany Ave. Pueblo, CO 81003.

We also will have collection jars at upcoming races. If you have any questions, call SCR President Ben Valdez at 543-5151. **Woof! Woof!**

Rocky on Fitness

There is no secret to losing weight

by Rocky Khosla, M.D.

Someone asked me recently what I thought about the dietary advice in the best-selling book "The Zone," and could I write my next column on it? So here goes.

If you look through the list of non-fiction best sellers, it's amazing how many diet books have occupied it. I think one of the reasons for this phenomenon is that almost all of us are looking for a miracle diet that will somehow make us leaner and feel more energetic without having to do a lot of work. "The Zone" is just the latest installment of his never-ending misdirected saga.

The bottom line with the diet recommended by Dr. Sears (a biochemist by training) in this book is that he believes there has been too great an emphasis on carbohydrates and not enough on proteins in our diets. The traditional diets for both athletes and non-athletes have recommended a mix of about 60% carbohydrate, 15% protein and 25% fat, whereas the "Zone" diet recommends 40% carbohydrate, 30% protein and 30% fat.

Dr. Sears conjectures that having too much carbohydrate in your diet makes you develop insulin resistance, which leads to all sorts of trouble such as hypertension, coronary disease and strokes. His theory is an interesting one, and certainly the whole area of insulin resistance is a hot button topic in medicine right now. But there is no good data that his theory holds water. What Dr. Sears does have is a lot

of media attention and high profile endorsements.

Does the "Zone" diet, as described in the book, lead to successful weight loss? If you follow the dietary recommendations precisely, you will lose weight. Not because there is any magical conglomeration of nutrients but because you will be living on about 800 to 1,000 calories per day. Any diet in which you exercise and decrease your total caloric intake will work.

Bearing the above in mind, I think that I would like to launch a new diet fad: the "Rocky Zone" diet. You can eat anything you want in any amount you want, but for every 300 calories you eat, you must run or walk at least a mile. Now all I have to do is get Suzanne Summers or someone else in the land of informercials to endorse my plan, and I'll be on my way!

In all seriousness, there is no miracle diet and there never will be. To lose weight sensibly, you should gradually decrease the number of calories you take in and increase the number of calories you burn. Shoot for losing no more than 1 to 2 pounds per week because studies have shown that losing more than this increases your chance to rebounding so that, a year later, you weigh more than when you started the diet.

Till the next time, remember, eat to live and not live to eat. And, by the way, just so I don't hear from any lawyers, the "Rocky Zone" diet was just an attempt at humor, and you should consult with your personal physician before undertaking any diet or exercise program, ya-da, ya-da, ya-da.

**Stop in for a
tasty, affordable
lunch before or
after visiting the
Colorado State
Fair!**



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

Haile Gebrselassie, a 24-year-old Ethiopian, shattered the world 5K record this month with a clocking of 12:41.86 in a Switzerland meet.



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, Haile Gebrselassie	

Footprints is produced monthly and distributed to planets all over the universe in hoping of contacting intelligent life.

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, think out loud about their running prowess, and face the guillotine when such thinking lasts more than 20 seconds.

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



Great (& so-so) Stuff

by Gary Franchi



The real heroes don't need special gadgets

Thought for today's lunch, compliments of James Boren, whoever he is: "When in charge, ponder. When in trouble, delegate. When in doubt, mumble."

Musings on running, fitness, life, etc.:

Always looking for that extra advantage, the superhumans of the endurance athletics world no doubt were excited recently about a report that came out of the National Sporting Goods Association trade show in Chicago. It said a new superoxygenated water containing seven times more oxygen than regular bottled water will be introduced soon.

So? you ask. Well, the extra oxygen could translate into improved athletic performance. In fact, a study of 25 distance runners found that 83% performed better when drinking the super water than they did after drinking regular water. The report said 14 of them shaved an average of 31 seconds off their 5K times. A source informed me that the SCR's **Mike Orendorff** was part of the survey, with the superoxygenated water secretly pumped into his water bottles at the Desert Sun Half-Ironman.

No doubt such an "extensive" survey group has the titanium aluminum heads of endurance athletics foaming at the wallet. I can just see them sending their blank checks to Life Technologies, which holds the patent on this. And why not? When you compete among the elite where every second counts, any little edge can make a difference. Winning trophies and medals at that level is significant. And brings hero recognition.

But methinks that maybe the real heroes of the endurance athletic world are the people that make these races/events possible. Maybe the race directors and volunteers ought to win trophies and medals, too. For without them, there wouldn't be races for the superhumans to compete in. And without the events, there would be no need for the superoxygenated water and other gadgets and gizmos.

Hence, my hat – which I wear to avoid sunburn and to reduce southern Colorado's glare level – is off to all the "regulars" who make Pueblo's events possible. Like **Jeff Arnold, Andy Ballou, Paul Barera, the Brewski Sisters (Shelley & Ruth), Dave Diaz, Nick Leyva, Marijane Martinez, Lois and Don Pfost, Kathy and Joe Stommel, Ben Valdez**, etc. Also, **Rich Barrows** did much for racing when he guided the Spring Runoff and started the Race

Against Violence before moving to the Springs. And **Lori Gregory** and **Karin Romero** direct the Holy Family Run/Walk and Beulah Challenge, respectively. These are the people who truly deserve the awards by making races available.

Special recognition also is extended to newcomers to race directing here this year. They are **Rich Hadley**, who was the SCR's liaison for the new Taco Bell Run/Walk; **Erin Holmes**, who is taking on the Hot to Trot 5K set for next month; and **Misti Frey**, who is the new director of the Atalanta 5K coming in November. It's good to see fresh blood involved in the SCR.

You, too, have the opportunity to make a difference by working as a volunteer or becoming the Spring Runoff race director. Call an officer to get involved.

By the way, just kidding about Michael O. being part of the survey group.



Erin Holmes did her race directing homework at the SCR Picnic held in July in Colorado City.

Photo by Gary Franchi

This month's smorgasbord: Some things make me wonder. For instance, as a subscriber to *Rocky Mountain Sports*, I recently received my June issue in the mail the day before the stack of July issues arrived at the "Y." Thanks a lot! ... I'm always flipping through health and fitness-related magazines for tidbits of information to use in issues of *Footprints*. See, and here you thought I was mak-

ing up all this stuff. Nyah to you! Anyway, one of the constants of every magazine – and I'm talking about every ISSUE of every magazine – are stories about how to develop **great abdominal muscles**. Running magazines, in contrast, seldom bother with such articles, realizing that runners can't get beyond trying to run faster or longer ... This month's cliché I could do without: "*Bang for the Buck*." You know, that would make a good slogan for a brothel ... *Footprints* Editorial Consultant **Nick Nasch** says that, although **wearing pantyhose** may be good for hamstring support, wearing them when running in hot weather is not very cerebral. Good point ... **New way to get hurt:** Three dozen gamblers in the MGM casino were injured crawling to exits after shots were heard there following the Holyfield-Tyson biting fiasco ... Those who have been avoiding running under power lines while on their daily jaunts can rest easier now that "official studies" have shown there is no **power line cancer risk** association. Boy, do I feel better about that! ... Enough. See ya next month.

Ultimate in idiocy item of the month:

This month's *Lights Are Dim Award* goes, brains down, to Lillian Logan. Lillian objects to the federal government launching a law to ban smoking both in and outside most federal buildings around the country.

The ever-cerebral Lillian objects to this plan since she usually skips lunch time so she can take more smoke breaks during the day just outside the Education Department building.

"It's a form of harassment," she said.



Movie Line of the month:

"Now remember, *Sparky*: No matter what they tell you, you can never have too much sugar."

I used a line from this flick just a couple or so months ago. Great imaginative "feel good" flick. The speaker of that line is at the peak of his film career. Guess who it is and the movie and earn a smile from the SCR membership.

Answers below.

Answers:
"Michael"
John Travolta in

Definitely Not Great Stuff

by Matt Martin

You can't get there from here very easily

"There's a fine line between being on the leading edge and being in the lunatic fringe."

- Frank Armstrong

How many people read last month's column? If you did not read that column, I told of an incident that happened while I was attending the Sea of Copernicus Marathon. At least one reader read the column, and he has an inquiring mind. He sent us a letter asking, among other things, the following:

Wasn't Copernicus an ancient astronomer who lived from 1473-1543? Isn't the Sea of Copernicus on the Moon? I do not believe a Sea of Copernicus Marathon exists. If there is one, then why isn't it listed in Runner's World? If there is a Sea of Copernicus Marathon, then how did you get to it? Once you got there, how did you breathe? Were you lying to us about going to the marathon? If so, then how can we accept the underlying premise of your column, i.e., that running can destroy the family unit? If you did lie to us, then its about time, in my humble opinion, that Gary Franchi fire such a snollygoster (1) as you and get some real columnists to work at Footprints.

Well, Mr. Smartypants Reader, your letter convinces me that what Herbert V. Prochnow once said is true: "A great many people mistake opinions for thoughts." If you had just one sensible thought in your head, you would not even be reading drivel like *Footprints*. Instead, you would be a productive, contributing member of society working to rid our fair community of

bozos like yourself.

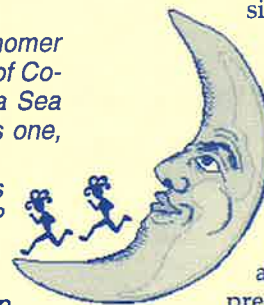
Okay, okay, I confess. The Sea of Copernicus is on the Moon. There is no such thing as the Sea of Copernicus Marathon. I made it all up, but with good reason. I merely wanted to make you laugh. Is that so bad?

Think about this for a moment: A marathon is one of the most physical challenges imaginable, even when its run on a flat surface. Breathing it during a marathon is hard. Running a marathon on the Moon is impossible, since the Moon does not have

oxygen. Also, getting to the Moon is not an easy task. One would have to rise very early in the morning to make the starting gun. It is ridiculous even to contemplate running a marathon on the Moon. If you picked up on this incongruity, then you probably cracked a smile or tried to suppress a giggle or two. The slight fibbing was for a higher purpose, i.e., to keep the world smiling. The inquiring reader obviously missed this point and I, therefore, accept his criticism with floccinaucinihilipilification (2).

(1) *snol.ly.gos.ter n* [prob. alteration of snallygaster a mythical creature that preys on poultry and children, [circa 1860] : a shrewd unprincipled person.

(2) *floccinaucinihilipilification* humorous. [f. L. flocci, nauci, nihili, pili words signifying 'at a small price' or 'at nothing' enumerated in a well-known rule of the Eton Latin Grammar + -fication] The action or habit of estimating as worthless.



Airborne

Matt Martin took a break from his penmanship chores for *Footprints* by photographing his daughter Julia, who was displaying her exquisite potato sack race talent at the annual SCR Picnic.

Not older, better

Edgard Barreto knows no age limits. The 60-year-old retired high school chemistry teacher enrolled in Ashland's sports science masters program, where he had played football during his undergraduate years in the 1950s.

Edgard, who has run 238 marathons, decided that, since he still had some college football eligibility left, he would try out for the football team. No word yet on whether he has made the team.

10K division added to River Trail Marathon

This year's River Trail Marathon & Half-Marathon will also include at 10K (6.2 miles) race when the event is held Sunday, October 12. The marathon will begin at 7 a.m. at the Pueblo Regional Center. Both the Half-Marathon and 10K will start at 7:30 a.m. The 10K race will start at the 20-mile mark of the marathon, which is at the Nature Center. The Half-Marathon starts at the halfway point of the marathon. All three



races will finish in the parking lot of the Sangre de Cristo Arts and Conference Center in downtown Pueblo.

While marathoners and half-marathoners will be bused to their respective starting lines, 10K participants can park at the Nature Center and will be transported back to the start area after the race.

This will be the 14th annual marathon.

SCR meeting:

The next SCR meeting will be held at 7 p.m. Tuesday, September 2, at the Pueblo YMCA.

Taco Bell 5K Walk/Run

Races held July 19, 1997
Results extracted from results board

Distance approximately 2.9 miles

Walking Division

Walker	Age	Time
1. Kristen Inman	28	28:00
2. Gloria Gogarty	41	29:48
3. Shelly Sutherland	30	36:01
4. Sheralan Marrott	18	36:35
5. Lori Austin	31	36:36
6. Bruce Robinson	48	38:12
7. Kathleen Mattarocci	50	38:22
8. Alyce Gangaware	46	38:23
9. Vicky Janus	46	38:39
10. Sheilah Kiel	39	39:14
11. Crystal Carlson	12	39:17
12. Karen Fowler	49	39:17
13. Charles O'Mara	8	39:25
14. Paul McKillit	25	39:35
15. Charlene Alfonso	35	39:52
16. Antoinette Rapa	38	39:54
17. John Fonseca	50	40:34
18. Precilla Ortiz	50	41:30
19. Milton Hatch	34	41:31
20. Jennifer Sites	22	41:32
21. Dominic Albanese	42	41:33
22. Myra Chisholm	34	43:17
23. Mark Balsick	41	43:17
24. Maurita Casper	35	43:21
25. Georgia Maccietto	51	43:22
26. Chris Romero	40	43:46
27. Sue Crockett	44	43:47
28. Chuck Crockett	55	43:59
29. Karen Miller	20	43:59
30. Carolyn Miller	49	43:59
31. Patricia Marian	57	44:00
32. Carol Hall	35	44:09
33. Paul Reyes	30	44:10
34. Kathy Farley	60	44:19
35. Diane Frye	29	44:50
36. Susan Phelps	27	45:53
37. Kenneth Pavlik	48	45:53
38. Bonnie Pavlik	47	46:15
39. Tabby Waters	15	46:20
40. Keendra Kikel	47	47:17
41. Fran McClave	48	47:18
42. Chuck Macchietto	49	47:18
43. Mona Askwig	52	47:21
44. Peg Turman	71	47:22
45. Melyssa Belcher	12	48:01
46. Meagan Walker	11	48:02
47. Joanna Young	12	51:21
48. Keena Brown	12	51:21
49. Orié Palmer	49	52:11
50. Rebecca Ayala	53	52:43
51. Denisse Valentine	43	52:57
52. Susan Willumstad	20	53:14
53. Chris Willumstad	48	54:04
54. Anthony Costantino	25	56:09
55. Sara Grage	31	59:54
56. Courtney Parrack	22	59:56
57. Pamela Parrack	50	60:07
58. Cheryl Baca	45	68:22



In the above photo are the top 3 Walking division finishers and training partners (from left) Shelly Sutherland, Kristen Inman & Gloria Gogarty. At left, Patti Marian (center) is shown moments before finishing with Carolyn Miller (left) and Karen Miller.

Photos by Gary Franchi

Running Division

Runner	Age	Time
1. Peter DeLaCerde	25	15:05
2. Narco Ochoa	33	15:06
3. Phillip Castillo	25	15:07
4. Shane Goss	17	15:43
5. Todd Hund	18	15:53
6. Liam Murphy	35	16:01
7. Mark Koch	38	16:02
8. Rich Hadley	40	16:26
9. Madeline Tormoen	35	16:41
10. Mike Messick	40	16:53
11. Timothy Vigil	33	17:02
12. Aaron Lopez	12	18:20
13. James Robinson	46	18:22
14. Erik Schneider	28	18:37
15. Stephen Reamy	17	18:40
16. Robert Santoyo	35	18:44
17. Don Smith	28	18:52
18. Alex Popoff	45	18:55
19. Jeff Keller	26	19:08
20. Dallas Ramos	16	19:09
21. Mike Trujillo	18	19:15
22. Tamara Pearson	19	19:22
23. Shaun Gogarty	38	19:35
24. Aaron Reyes	18	19:46
25. Brian Van Buskirk	21	19:53
26. Michael Pugh	48	20:04
27. Aaron Mojich	20	20:08
28. Denis Francis	19	20:10
29. Rick Hough	33	20:11
30. Rick Macias	37	20:13
31. Mike Roumph	30	20:16
32. Rocky Khosla	38	20:20
33. Michael Clark	39	20:21
34. Misti Frey	29	20:23
35. Rita Vigil	30	20:27
36. Helen Robinson	39	20:32
37. David Martinez	19	20:47
38. Mike Berry	30	20:48
39. Kirk Kochenberger	39	20:53
40. A.J. Perez	10	20:55
41. Robert Lyons	30	20:56
42. Betty Flory	38	20:59
43. Henry Hund	55	21:02

Continued on Page 6



Taco Bell notebook

Partners:

The top three finishers in the Taco Bell Walking Division are training partners in the Greenhorn Valley. Kristen Inman, Gloria Gogarty and Shelly Sutherland can be seen early in the morning trekking around Lake Beckwith or other areas. Kristen took first place in 28:00 while Gloria was second in 29:48 and Shelly third in 36:01.

Marians return:

Dick and Patti Marian, long-time SCR members, made their return to the racing scene in the Taco Bell races, with Dick doing the run (his first since the 2-miler in the Spring Runoff three years ago) and Patty the walk.

Boys & Girls Club

The SCR's Rich Barrows, long-time supporter of youth fitness, brought 12 kids from the Boys & Girls Club of Colorado Springs – where he works – to participate in the races

Taco Bell 5K Run/Walk

Continued from Page 5



County High School freshman John Thomason sprints to the finish of his fine 22:20 run.

Photos by Gary Franchi

Training to do your best

You know all that great advice you get from running magazines, books and other sources? Take it with a grain of salt. What works for one runner doesn't necessarily work for another. Successful athletes evaluate available information, then judiciously apply this knowledge to their own needs, carefully monitoring what works and what doesn't.

– George Strazniuskas

Maddy wins WDF in Springs

Maddy Tormoen of Cañon City continued her exceptional racing year by topping the 73-racer field in the Women's Distance Festival held in Colorado Springs on July 26.

Maddy's time of 18:07 was more than a minute and a half faster than the second-place finisher.

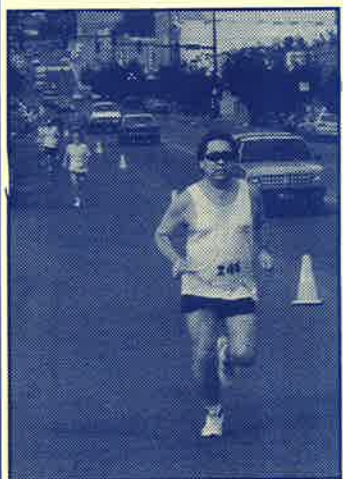
Others competing from this area were Donna Nicholas-Griesel of Coaldale (28:05), Diana Quattlebaum of Penrose (31:22) and Deb Hadley of Florence (34:25).

Bumper sticker

"We are born naked, wet and hungry. Then things get worse."

44. Coleen Montelongo	35	21:10
45. Derek Booker	16	21:23
46. Betty Terry	44	21:27
47. Laura Hildebrant	19	21:36
48. Charity Krow	16	21:37
49. Ron Lafreniere	62	21:39
50. Jeff Thomas	28	21:42
51. Krista Pearson	18	21:49
52. Jeremy Gregory	13	21:55
53. Hilbert Navarro	57	22:00
54. Ron Arant	42	22:13
55. Catherine Lopez	44	22:15
56. John Thomason	14	22:20
57. Adelita Sandoval	17	22:21
58. Vincent Gagliano	25	22:22
59. Brad Van Buskirk	36	22:25
60. Jeff Arnold	55	22:26
61. Jimmy Glenn	15	22:34
62. Chris Hall	14	22:41
63. David Moore	49	22:41
64. Matt Pavlin	13	22:43
65. Thomas Sprague	32	22:53
66. Kristi Sprague	28	22:53
67. Carol Kinzy	49	23:06
68. Henry King	46	23:18
69. Anthony Diaz	34	23:23
70. Maribeth Butler	33	23:23
71. Christina Bini	32	23:25
72. Diane Lopez	39	23:28
73. Jestin Stelter	12	23:34
74. Rich Barrows	37	23:34
75. Joseph Ruppert	46	23:38
76. Michael Garcia	29	23:39
77. Phil Gustamonte	32	23:43
78. Fran Borton	50	24:05
79. Carrie Slover	44	29:14
80. Jessie Quintana	53	24:20
81. Rodney Wilson	35	24:23
82. Dick Marian	60	24:26
83. Mike Smith	24	24:26
84. Ted Frederick	14	24:36
85. Dick Greet	58	24:40
86. Sarah Stringer	20	24:49
87. John Holiman	70	24:57

88. Paul Willumstad	48	25:00	116. Sarah Koch	10	27:46
89. Mark Carmel	40	25:08	117. Wilma King	45	27:49
90. Stacie Fillmore	31	25:09	118. Kristen Miller	23	27:55
91. Brandon Van Buskirk	12	25:12	119. Robert Erickson	53	28:19
92. Mike Grage	34	25:14	120. Michelle Erickson	29	28:19
93. Sylvester Romero	11	25:27	121. Lew Core	42	28:58
94. Kimberly Lengyel	19	25:26	122. Diana Quattlebaum	38	29:10
95. Chris Pavlin	8	25:31	123. Laurie Huckbody	34	29:11
96. Tom Lontine	34	25:36	124. Kristine Bollinger	38	29:17
97. Steve Bridwell	28	25:40	125. Cecil Parrack	54	29:23
98. Patrick Swank	49	25:45	126. Sarah Cork	15	29:24
99. Wayland Campbell	40	26:03	127. Peter Vanderburg	10	29:25
100. Kris Spinuzzi	28	26:12	128. Mark Wilkinson	46	29:55
101. Bonnie Traller	23	26:14	129. Jim Neblick	38	29:59
102. John Klomp	58	26:25	130. Lillian Jones	40	30:12
103. Lori Mugasis	40	26:29	131. Jan Williams	56	30:14
104. Kevin Scott	37	26:33	132. Christine Mondragon	13	31:26
105. Paul Barela	42	26:33	133. Jamie Burnett	29	32:08
106. William Askwig	66	26:46	134. Deb Hadley	40	32:25
107. Derek Chisholm	24	26:48	135. Tracy Atilano	32	33:15
108. Bill Lewis	42	26:51	136. Esa Crumb	16	33:17
109. Rhiannon Boies	18	26:53	137. George Garland	24	33:50
110. Sandy Messick	38	27:07	138. Pricilla Portillos	61	34:07
111. Carlos Rodriguez	52	27:08	139. Fran Brodin	33	34:49
112. Shawn Knight	23	27:20	140. Denise Laine	31	34:51
113. Rick Chianto	13	27:23	141. Pam Gonzales	38	34:51
114. Beatrice Grebence	42	27:32	142. Jandy Stelter	15	46:00
115. Elizabeth Allen	20	27:34	143. Sean Garrett	11	47:00



Closing in on the finish line in the above photos are Paul Barela (left), Rocky Khosla (center) and 12-year-old Aaron Lopez (right), who is holding off Jim Robinson.

Beulah Challenge 10K Run & 5K Walk

10K Run (6.2 Miles)

Race held August 2, 1997

Results provided by Andy Ballou

Runner	Time
1, J J Huie	35:55.6
2, Todd Hund	36:43.5
3, Liam Murphy	37:54.5
4, Rich Hadley	38:16.8
5, Josh Messer	39:11.2
6, Jeff Lindemann	39:39.2
7, Woody Noleen	40:30.5
8, Kirk Kemp	41:24.6
9, James Robinson	42:13.5
10, Bill Veges	42:23.4
11, Mark Jnakelow	42:31.9
12, Alex Popoff	42:41.5
13, Dave Diaz	42:57.3
14, Sam McClure	43:47.3
15, Lou Huie	44:35.6
16, Mark Kuhn	44:39.8
17, Jack Harris	44:46.4
18, Brett Franz	45:22.2
19, Robert Santoyo	45:53.7
20, Ben Valdez	46:09.2
21, Helen Robinson	46:16.1
22, Theodore Quintana	46:17.8
23, Tim Royston	46:25.2
24, Ron Dehn	46:40.7
25, Shawn Gogarty	46:45.6
26, Ivan Walters	47:00.1
27, Brook Hathaway	47:00.2
28, Rocky Khosla	47:17.1
29, Mike Pugh	47:28.2
30, Deb Robeda	48:10.0
31, Henry Hund	48:22.0
32, Roger Sajak	48:37.5
33, John Ulsh	49:13.4
34, T J Campbell	49:56.8
35, Matt Sherman	50:20.1
36, Krista Pearson	50:32.8
37, Steve Gladbach	50:34.9
38, Howard Stringert	50:41.4
39, Gary Carter	50:48.2
40, Troy Schwindt	51:11.2
41, Rick Rochleau	51:18.0
42, Jeff Arnold	51:18.3
43, Dave Van Manen	51:19.7
44, Bart Farnar	51:36.5
45, David Fryberger	51:44.5
46, Mike Berry	52:20.1
47, Don Pfost	52:37.2
48, Sean McCarthy	53:26.5
49, Christine Blazer	53:32.3
50, Cress Greg	53:48.8
51, Stacey Diaz	54:04.1
52, Jack Rink	54:05.1
53, Tomas Duran	54:16.2
54, Gil Romero	54:16.7
55, Mike McClure	54:17.0
56, Phil Gustamante	55:07.2
57, Pattie Fisher	55:13.1
58, Katherine Singer	55:23.3
59, Debbie Willcox	55:45.4
60, Sally Taylor	55:56.3
61, Fran Borton	56:26.2
62, John Holiman	56:54.3
63, Jessie Quintana	57:29.4
64, Dan Dotson	58:03.8
65, Joseph Ruppert	58:42.0



Overall Winners

Helen Robinson (above) and J.J. Huie ran away with their respective division victories.



Ron Dehn (above left) was happy to be reaching the finish line. Above right is Deb Robeda, the second overall female.

66, Rodney Wilson	58:42.8
67, Malcom Singer	58:50.6
68, Melinda Estep	59:06.3
69, Trent Stoddard	1:00:16.0
70, Betty Duran	1:00:36.6
71, Barb Fox	1:01:44.5
72, Jessica Gogarty	1:01:44.8
73, Tammy Stone	1:01:57.7
74, Justin Trimble	1:03:10.6
75, Bob Lansford	1:04:34.4
76, J. Marshall-Hausman	1:05:22.0

Photos by
Gary
Franchi

77, Marc Bekoff	1:05:23.0
78, Diana Quattlebaum	1:06:45.1
79, William Cooper	1:08:31.3
80, Lauroe Huckbody	1:09:22.1
81, Tom Wise	1:09:35.2
82, Mike Fisher	1:10:04.1
83, Anita Farnar	1:12:02.3
84, Rich Cordova	1:12:22.9
85, Timothy O'Gane	1:15:53.2
86, Ryan Cordova	1:15:53.3
87, Helene Van Manen	1:17:38.3

5K Walk (3.1 Miles)

Walker, City	Time		Time
1, Kristen Inman, Rye	32:05.3	11, Darla Carey, Pueblo	42:01.6
2, Gloria Gogarty, Colorado City	32:32.5	12, Carol Kyte, Beulah	42:38.3
3, Jo Schrubbe, Beulah	36:37.8	13, Susan Pelc, Pueblo	43:10.6
4, Gary Kyte, Beulah	39:47.9	14, John Oechsle, Pueblo	43:12.3
5, Hal Murray, Beulah	39:55.0	15, Roxanne Sigman, Beulah	43:13.6
6, Kathy Ulsh, Westcliffe	40:09.3	16, Kimberly Seamon, Beulah	43:21.3
7, Holly Donley, Pueblo	41:21.5	17, Charlene Alfonzo, Pueblo	43:46.1
8, Maurer Greta, Longmont	41:22.2	18, Sandy Gaide, Pueblo	43:50.0
9, Karla Arrieta, Denver	41:32.5	19, Judy Musso, Pueblo	44:11.3
10, Steve McCloughlin, Beulah	41:33.4		

Beulah Challenge notes

Young gun

J.J. Huie, the overall winner of the Beulah Challenge, is looking forward to his senior year at Air Academy High School. J.J., who won the Beulah 10K in 35:55, runs cross country in the fall and track in the spring. Last year, he finished 9th in the state cross country meet and 4th at state in the 3,200-meter run. He hopes to run in college.

Who's at fault?

Brook Hathaway is having an identity problem. The problem is in trying to get him in the proper gender classification. With a first name like Brook, Hathaway has been placed in the female division results of 2 recent races. That's where he was originally listed in the Beulah results until he stepped forward and pointed out the error.

However, a check of his registration form showed there was a good reason for it. You see, Brook failed to check either the male or female line on his entry form. Not too heady. By the way, Brook placed 27th overall in the 10K in 47:00.

Continued on Page 8



The winning recipe

Here's Karin Romero's recipe for the Runner Muffins that were given to those who placed in their age division in the Beulah Challenge Run & Walk:

Runner's Muffins

- 1 carrot (shredded)
- 1 apple (shredded)
- 1/2 cup oil
- 2 eggs
- 1/2 cup honey or sugar
- 2 tsp. vanilla
- 1/2 cup coconut
- 1/2 currants or raisins
- 3/4 cup whole wheat flour
- 1/2 cup oats
- 3 T. wheat germ
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/8 tsp. nutmeg
- 3/4 tsp. cinnamon
- 1/4 tsp. salt

Mix everything together, put in greased tins and bake in oven at 375 degrees for 20 minutes. Enjoy!

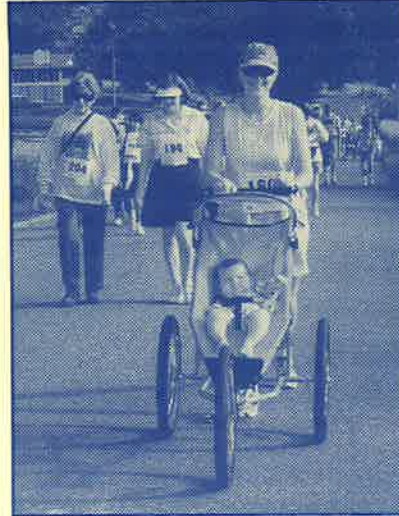
Nice design

The wonderful T-shirt design that adorned this year's long-sleeved shirts was the work of Bryce Levar, whose entry was selected in a design contest.

Beulah Challenge 5K

Continued from Page 7

20, Lois Pfof, Pueblo	44:28.6
21, Linda Regnier, Pueblo	44:28.9
22, Carol French, Pueblo	44:29.9
23, Jenny Sherman, Pueblo	45:46.0
24, Denyce Vandiver, Pueblo	46:45.9
25, Debi Geller, Beulah	46:47.3
26, Lynne Nelson,x	46:51.0
27, Anne Moulton, Beulah	46:53.5
28, Mike Gregorich, Pueblo	47:21.6
29, Inge Dechsle, Pueblo	47:22.1
30, Irene Sillox, Pueblo	47:27.3
31, Mark Counterman, Pueblo	47:36.4
32, Liz Counterman, Pueblo	47:45.6
33, Fran Brodin, Pueblo	47:56.0
34, Carol Deherrera, Pueblo	48:05.6
35, Joyce Carrigan, Pueblo	48:06.3
36, Karen O'Conner, Phoenix	48:07.9
37, Marie Milberger, Beulah	48:08.8
38, Paul Mino, Franktown	48:10.9
39, Diana Ekesteen, Pueblo	48:12.5
40, Mike Massey, Pueblo	48:20.7
41, Mary Mino, Conifer	48:21.6
42, Christie Velasco, Pueblo	48:59.7
43, Lesli Seley, Pueblo	48:59.9
44, Stephanie Ward, WY	49:57.7
45, Veena Pearson, Beulah	49:58.6
46, Heather Evanoff, Pueblo	49:59.1
47, Carmen Avalos, Pueblo	52:24.5
48, Carrie Fox, Pueblo	52:25.6
49, Kayla Romero, Beulah	54:25.4
50, Danielle Kemp,Erie	54:25.6
51, Joanne McLeod, Beulah	54:31.6
52, Peggy Mino, Franktown	54:58.7
53, Dena Cordova, Aurora	54:58.9
54, Yida Sanchez, Pueblo	58:19.0
55, C. Frank-Rochleau, Denver	58:24.6
56, Vanessa Trujillo, Pueblo	58:26.7
57, Audrey Himes, La Junta	59:36.0
58, Marilyn Beman, Beulah	1:02:21.7
59, Pat Wood, Beulah	1:02:21.9
60, Liz Duran, Pueblo	1:03:56.8



Jenny Sherman borrowed a friend's infant to burn a few more calories during the 5K walk. Jenny placed in her age division.

61, Karyl Frank, Denver	1:03:57.8
62, Kathy Vahn, Pueblo	1:03:58.6
63, Josie Medina, Pueblo	1:03:58.8
64, Marge Hausman, Beulah	1:05:13.9
65, Amy Arnold, Beulah	1:05:14.9
66, Marie Lansford, Denver	1:05:22.5
67, J. Trinklein-Housman, Pueblo	1:05:23.4
68, Beth Cady-Hausman, Cottonwood, AZ	1:05:24.0
69, Brenda Marmolejo, Pueblo	1:06:37.1
70, Ann McDonald, Pueblo	1:09:06.6
71, Karen La Duke, Pueblo	1:09:07.7
72, Kristie Hammer, Pueblo	1:09:08.8
73, Lisa Berry, Pueblo	1:10:11.7
74, Reneé Wise, Colo Springs	1:10:13.6

Donkey Run

Races held July 12, 1997 at City Park in Pueblo

Results extracted from results board

10K Run

Runner	Age	Time
1. Rich Hadley	41	37:57
2. Maddy Tormoen	35	37:16
3. Mike Orendorff	45	38:49
4. Dave Diaz	48	41:52
5. Robert Santoya	35	42:31
6. Jack Harris	54	42:32
7. Brook Hathaway	25	46:51
8. Benny Terry	44	48:50
9. Hilbert Navarro	57	48:51
10. Bart Farner	48	51:26
11. Ted Johnson	25	52:47
12. Lisa Bright	29	54:48
13. Jessie Quintana	53	56:23
14. Dick Greet	58	57:50
15. John Ribal	51	60:36
16. Paul Barela	42	61:07
17. Carlos Rodriguez	52	62:53
18. Anita Farner	46	70:34

5K Walk

Walker	Age	Time
1. Kristen Inman	28	27:31
2. Lillian Jones	40	27:52
3. Emily Gradisar	10	34:42
4. Anthony Nuñez	?	34:43
5. Chris Romero	40	37:31
6. M. Maes-Johnson	25	37:42
7. MJ Cabello	48	37:43
8. Lila Gradisar	70	43:49
9. Nathan Gradisar	9	43:57

Handicap Series Summary

Nirvana Run Results 4-mile race held July 26

Runner	Predicted Time	Actual Time	Diff.	Pts
1. Rich Hadley	23:28	23:39	+11	14
2. Bill Veges	25:57	26:21	+24	13
3. Rand Morris	31:16	32:02	+46	12
4. Don Pfof	31:48	32:44	+56	11
5. Jeff Arnold	30:29	31:36	+1:07	10
6. Paul Barela	37:49	39:11	+1:22	9
7. Dick Greet	37:25	35:56	-1:29	8
8. Melinda Orendorff	49:30	51:05	+1:35	7
9. Misti Frey	28:46	30:37	+1:51	6
10. Dave Diaz	25:02	27:20	+2:18	5
11. Matt Sherman	35:00	32:08	-2:52	4
12. Josh Reineke	30:00	26:09	-3:51	3
13. Jim Neblick	39:53	46:21	+6:28	2
14. Aaron Lewis	+27:00	DNF		1

Standings After 3 Events (Ramsgate 8, Power Waffle Run & Nirvana Run)

Runner	Pts
1. Bill Veges	25
2. Don Pfof	21
Rand Morris	21
Paul Barela	21
5. Dave Diaz	18
6. Robert Santoya	15
Rich Hadley	15
8. Jeff Arnold	10
9. Kathy Stommel	9
10. Trisha Orendorff	8
Dick Greet	8
12. Melinda Orendorff	7
Rich Barrows	7
14. Marijane Martinez	6
Misti Frey	6
16. Gary Franchi	5
17. Joe Stommel	4
Matt Sherman	4
19. Josh Reineke	3
20. Jim Neblick	2
Mike Orendorff	2
22. Aaron Lewis	1

The next scheduled Handicap Series race will be the Harvest Handicap Poker Run (try saying THAT 5 times real fast!) to be held Saturday, Oct. 25, at a theater near you. Well, it actually going to be held at Lovell Park in Pueblo West. See ya there!

1997 Racing Calendar

Pueblo County - Canon City area

August

23 Sat 8:00AM Pioneer 5K, Run/Walk Colorado City (719) 489-2605
Greenhorn Meadows Park

September

7 Sat 8:30AM Run for the Rose, 5K Run (9 AM) & Walk .. City Park (719) 545-5211

21 Sun 8:30AM Hot to Trot 5K Pueblo Plaza (719) 543-5151

October

4 Sat 9:00AM Race Against Violence, 5K Boys & Girls (719) 564-7685
Club, Southside

12 Sun 7:00AM River Trail Marathon, Half & 10K Regional Center 543-5151
Half & 10K at 7:30AM finish at Arts Center

25 Sat tba Harvest Poker Run, 10K Pueblo West (719) 564-9303

Other areas

August

23 Sat Melon Run, 10K Rocky Ford (719) 462-5612

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

14 Sun Riverdale Half-Marathon Adams County Fair (303) 287-3930

28 Sun Governor's Cup, 5K & 10K Denver (303) 692-2503

28 Sun Sunset Trail Run, 8K Palmer Park, Springs (719) 590-7086

October

5 Sat Fall Series I, 3.5M, Kids 1M Colorado Springs (719) 590-7086

19 Sat Fall Series II, 3.5M, Kids 1.3M Colorado Springs (719) 590-7086

25 Sat Mayor's Cup, 5K & Kids Half-Mile Manitou Springs (719) 473-7848

Regional Marathons (& others of interest)

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 & 5K) - Denver (303) 871-8366

19 Chicago (312) 243-0003

26 Marine Corps Marathon - Washington, DC .. (703) 784-2225

November 1 Dallas White Rock (& 5K) (214) 855-1511

2 New York City (212) 423-2249

9 San Antonio (& Relay, 5M run, 3M walk) (210) 342-8229

22 Tulsa - Oklahoma (& Half & 5K) (918) 744-0339

December 6 White Sands - Alamogordo, NM (& Half) (505) 382-8869



Other known racing dates & events

Sept. 20:

(canceled)

USAF Half-Marathon

Sept. 20:

American Heart Walk

Oct. 11:

Joe Vigil Clinic

Nov. 2

Fall Series III
and Kids Fall Series III-
Colorado Springs

Nov. 8:

Rim Rock Run

Nov. 16:

Fall Series IV
and Kids Fall Series IV -
Colorado Springs

Nov. 16:

President's Run
at Cherry Creek Resvr.

Nov. 22:

Atlanta 5K

Dec. 7:

Rock Canyon
Half-Marathon

Dec. 14:

The Excellent Adventure



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Stats that rule

- In the U.S., Colorado has the least amount of couch potatoes with 17.2% of adults being classed as sedentary.
- Only 22% of U.S. kids are physically active for 30 minutes every day of the week.
- 46% of U.S. parents get no vigorous activity in a week.
- In 1980, about a quarter of all U.S. adults were too fat for their height; today it's about one-third.
- 97.6% of adults surveyed said their only physical activity was throwing away copies of *Footprints*.

Information you will be tested on

by the Editor

Taco Bell Run & Walk

In case you missed this one, too bad for you! In its inaugural year, it drew runners and walkers that I didn't even know existed plus others I hadn't seen in a while. Like Dick & Patti Marian, long-time SCR members who have gravitated toward other interests. That's Dick in the photo at right. Patti is pictured on Page 5. Dick, sometimes referred to as Guiseppe in these pages, is a past SCR president. He turned 60 years young earlier this year. His last previous race was three years ago in the 2-mile division of the Spring Runoff.

Pioneer 5K

If you want a challenge, this is the race for you! This 5K run and walk is based at Greenhorn Meadows Park in Colorado City. If you've been to an SCR Picnic there, you might recall it sits at the bottom of a cliff of sorts. The course for this race will make its way to the road up above. Race Director Kristen Inman has lined up dozens of spon-



Dick Marian put an end to his racing absence of 3 years at the Taco Bell 5K.

Photo by Gary Franchi

sors and just about everyone will win some sort of prize. Be there!

Royal Gorge Challenge

Because of other factors that have hampered organizational efforts, race officials have decided to cancel this year's scheduled race and pick it up next year when they can guarantee a quality race.

Run for the Rose 5K

Remember that City Park is a relatively fast course, which means a fast 5K time here.

FOR THE SOUL: "We learn many lessons from running, especially that we must never, ever give up." - George Straznitskas

Did you know ...

To actually improve your fitness level, one needs to perform continuous moderate- to high-intensity activity for 20 to 60 minutes up to 5 days a week.

- American College of Sports Medicine

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Keep your running and reading fun!

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