



FOOTPRINTS

September 1997 Special Sales Tax Edition

Joe Vigil clinic to kick off River Trail Marathon weekend

As an added special bonus to the River Trail Marathon & Half Marathon (& 10K) this year, the SCR has scheduled legendary coach Joe Vigil to speak on distance running the day before the 14th annual River Trail event.

Vigil is scheduled to speak at 2 p.m. Saturday, Oct. 11, in the Central High

School auditorium. His address will be on marathon, half-marathon, 10K and 5K race training. It is expected to last approximately 1 1/2 hours, after which he has scheduled a half-hour question-and-answer period.

Following that, there will be an opportunity to purchase the most recent book Vigil has written: "The Road to the Top."

Vigil has amassed an unbelievable coaching record. His track and cross country teams won a total of 19 national championships at Adams State College and amassed a record of

3,013 wins against 176 losses. He coached 425 All Americans. He was a coach for 17 international competitions.

Joe Vigil Clinic
2 p.m. Saturday, October 11
Pueblo Central High School auditorium

Pasta Dinner/Package Pickup
4:30 - 8 p.m. at the Gold Dust Saloon

To set up a perfect timetable, the SCR has scheduled the annual Spaghetti Dinner for River Trail participants from 4:30 - 8 p.m. at the Gold Dust Saloon, located at 130 S. Union Avenue at the corner of "D" Street. Race packets will be distributed at the pasta dinner, and race announcements and prize drawings will take place at 5:30 p.m. and at 7 p.m.

3 races – 3 different starting points

The Pueblo River Trail Marathon and Half-Marathon on Sunday, Oct. 12, will also include a 10K race this year, and the 3 races have 3 different starting locations:

- The marathon will kick off the event at 7 a.m., with a start at the Pueblo Regional Center in Pueblo West.
- The half-marathon will begin at

7:30 a.m. just past the Pueblo Reservoir's North Shore Marina.

- The 10K will start at 7:30 a.m. at the Nature Center, which is at the 20-mile mark of the marathon.

All 3 races will finish at the Sangre de Cristo Arts and Conference Center. Please call Ben Valdez at 543-5151 if you can help as a volunteer.



The King Lives

Chuck Rodriguez treated post-race revelers at the Run for the Rose 5K with an Elvis impersonation that included the singing of several tunes. More than 200 runners and walkers participated in the event held at City Park.

See Pages 5 & 6 for details.

Photo by Gary Franchi





Chewta says:

“Yo, SCR members! Don’t forget that the SCR has purchased a new race clock and has started 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, about \$300 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 Woof! Woof!” quality events.

Mail checks to:
Southern Colorado Runners
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.

Rocky on Fitness



A few tips for a safe marathon

by Rocky Khosla, M.D.

Since a lot of runners like myself will be running in marathons over the next 6 to 10 weeks, I thought that it would be a good idea to talk about some end-of-training tips and points to consider in the big race itself.

First, I do not think that every runner needs to run a marathon to feel complete. In fact, I think only the pathologically masochistic folks like myself seek out this particular type of self-flagellation. So if you have been training for a marathon but don’t really want to run it, it’s okay to bag it!

Second, I personally feel that running more than 1 marathon a year is too much for me. Now I know there are running machines out there that routinely run 6 to 8 marathons per year and seem to do fine, but I have just two words to say to these people: Alberto Salazar. In case you do not remember or are too young to remember, Alberto was a fine marathoner who just burned himself out by doing one too many marathons. In fact, he pushed himself so hard that he went into heat stroke and at his last competitive marathon had a temperature at the finish line of 106 degrees Fahrenheit.

Third, if you don’t have a base mileage of at least 35 miles per week and plan to run a marathon in the next 6 to 10 weeks, the chances are that you either will not successfully finish the marathon or will suffer. So please, don’t do a marathon under these circumstances.

Fourth, if you have been running in your training shoes and have more than 500 miles on them, this would be a good time to start breaking in the new pair

of shoes for the marathon. Or save the shoes you have been training in and use them for the race while you use the newer shoes to train in. I cannot tell you how many patients will come into my office in the fall with injuries that are due to overuse from excessive running in shoes that have pretty much lost all of their shock absorption. Remember, just because the shoes look all right doesn’t mean that their shock absorption capacity in the midsoles is all right as well.

Fifth, if you plan on trying a new fluid or eating strategy, try it now rather than in the race. For example, if you are thinking about taking some of the power goo stuff during the race, try it in a training run first. My experience is that anything that has more than 6% carbohydrate causes me to feel bloated and gives me abdominal cramping during the race.

Finally, here are some tips which I have picked up in my 14-some marathons:

- Wear in the race what you have worn comfortably during training.
- Trim those toenails and put some vaseline between the toes.
- Double layer blister-free socks can make the difference between getting a time and getting a DNF.
- Put a gob of vaseline on both inner thighs, some on the nipples and a small layer on the forehead above the eyes and you will thank me later.
- Lastly, drink fluids at every station even if you don’t think you are thirsty.

Good luck in the big race, wherever it may be. I am signed up to run the Pueblo Marathon on October 12 and will also be working in the medical tent at the finish line later. So, hopefully, I will see you at the starting line but not at the medical tent!

**All-you-can-eat
pancakes on
Sunday, Oct. 12 –
9 - 11 a.m. on
'River Trail Day'**

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

Governor Romer is our special guest this month for pushing for a special gas tax for highway use only to find it unnecessary.

RRCA
ROAD RUNNERS CLUB
OF AMERICA

Southern Colorado Runners

A member of the
Road Runners Club of America

SOUTHERN COLORADO
RUNNERS

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

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Editorial Consultants Nick Nasch, Governor Roy Romer

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Footprints is produced monthly and distributed to keep the membership informed of local sales tax issues – as well as other nonsense.

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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, lend sound and rational fitness concepts, and try to figure out what the heck everyone in attendance is babbling on about.

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



Great (& so-so) Stuff

by Gary Franchi



Here are a few ideas to tax the mind

Thought for today's lunch, compliments of Josephine Tey: "Lack of education is an extraordinary handicap when one is being offensive."

Musings on running, fitness, life, etc.:

Let's see if I've got this straight. We've got a half-cent sales tax to fund economic development. Elected officials want a special quarter-cent sales tax to fund a new police administration complex. The library is going to seek a special tax to pay for a newer, modern building. For a while there, scumbags were talking about how we needed an additional five cents per gallon tax for highway repairs/construction.

Everybody wants some. Pueblo already has an ungodly high sales tax rate. Is there no end to the number of hands that are will beg for handouts?

With all that in mind, me-thinks that the time for the SCR to act is now. We need to get in there while the gettin' is good. We don't need to be greedy. We could just go after, say, a sixteenth-cent special sales tax to fund "fitness expansion." That purposely nondescriptive term could help us fund all kinds of necessary things. Letting my imagination run, we could:

- Replenish our equipment fund depleted by the purchase of that new race clock earlier this year.
- Send Michael Orendorff to Perth, Australia for the world triathlon championships in November.
- Reward race directors and volunteers, a miniscule group that ranks No. 1 in my book by making it possible for runners in the entire southern Colorado area to race in Pueblo and nearby cities. How about each of them getting an SCR leather jacket and a pair of running shoes to start?
- Pay the expenses to bring in a "name" speaker to the annual SCR Awards Banquet. How about Bill Rodgers or Utta Pippig?
- Reward our officers with SCR lined windbreakers.
- Pay the "Footprints" editor a salary that would enable him to quit his day job and pay

for his next computer upgrade. And maybe pay off the last one, too.

- Pay race directors a commission for all the cash sponsorships they negotiate.

Etcetera, etcetera, and on and on.

No doubt the public would see this as a worthwhile ballot request. What's the difference between 8 cents and 8¹/₁₆ cents anyway?

Hmm. Maybe the SCR ought to shoot for an eighth-cent.



A tax to benefit the library would give Sidney Arnold a nicer reading facility than the SCR Picnic.

Photo by Gary Franchi

This month's smorgas-

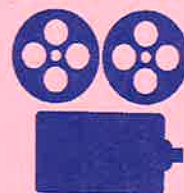
bord: You undoubtedly will be pleased to know that the mayor of Guffey, Colorado, is a dog named Shanda. Wonder if he/she will push for a special eighth-cent sales tax to purchase gourmet Gravy Train for all the canines in that remote area ... A recent edition of "Newsweek" magazine had a story on how the E.Coli threat is worse than we think. After hearing that news, I've decided not to read "Newsweek" any more ... Things I'd like to see: A picture of the face of the SCR's Marv Bradley on the package for Breathe Right nasal strips. In fact, I'd pay an extra quarter-cent sales tax to see that ... I was reading in "Self" magazine (yes, I even read wom-

en's magazines if there's some fitness information in there) that Austin, Texas, has a business called Clean & Lean in which people can work out while their clothes are getting laundered. Boy, talk about great ideas! You know, maybe we could shoot some hoops or pump some iron at the "Y" while waiting for tardy members to show up for the monthly SCR meetings ... **Cliché I could live without:** "They got the monkey off their back." Monkey? Stick an unpeeled banana down your esophagus! ... Good friend and avid "Footprints" reader Beth McKinley says we should send all the people who say "They got the monkey off their back" to Buttsoskovakia. Good idea, Beth! And toss in the clowns who use Breathe Right nasal strips, or repeatedly show up late for meetings, or push for more sales taxes, and – aw, what the heck – even those know-it-all newsletter editors who think they're funny. ... The brain is fatigued. Be chat-tin' to you again next month.

Ultimate in idiocy item of the month:

Although he has the right outcome in mind, Daniel Doctoroff earns this month's *Lights Are Dim Award*.

Doctoroff is trying tirelessly to bring the 2008 Summer Olympics to New York City. OK, that's creditable. But the question being raised – and it's a good one – is where will the triathlon be held? Around Manhattan Island? Dave Horning doesn't think so. He once bumped into a floating human carcass while swimming around Manhattan.



Movie Line of the month:

"I must say, I haven't seen this many lawyers and politicians together before since confession this morning."

Since I haven't seen any new movies recently, I'm using another line from a flick I saw on HBO 2 or 3 months ago. I used a line from it then, too. This movie has some court trial action and a great ending.

Answers below.

Answers:
Archbishop Richard
Rushman in
"Primal Fear"



Training to do your best

You won't understand the importance of maintaining balance between the quadricep and hamstring muscles until an imbalance occurs. Basically, the "quads" do not benefit much from running. The more efficient our running becomes, the less we actually use our quads. Hence, the hamstrings get stronger and tighter, while the quads remain the same.

Over time, muscular imbalance develops, leading to injury. To maintain the balance, runners should bike and/or do leg extensions regularly to keep the quads strong.



But you also need to stretch the hamstrings.

Taming the pass

Congratulations to the SCR's Paul Vorndam and Paul Koch for their super efforts in the 18-mile Imogene Pass Run held Sept. 6. Koch's 2:33:48 time placed him 8th overall, while Vorndam had a 3:10:35 time to place 1st in the 50-59 age division.

The overall winner of the race was Matt Carpenter of Colorado Springs who had a sparkling time of 2:07:32.

Definitely Not Great Stuff

by Matt Martin

Disjointed thoughts from an overtaxed brain

Musings of an overtaxed brain:

The next time I hear a runner complaining of his various physical ailments that kept him from a PR, I will remind him of Lazlo's Chinese Relativity Axiom: "No matter how great your triumphs or how tragic your defeats, approximately one billion Chinese couldn't care less."

How does a race walker cross train? He or she will cut grass or walk the dog. How does a couch potato cross train? He or she will race to bed, the bathroom, or the refrigerator. For a change of pace, he or she will play a round of golf - - - in a golf cart. To relax when home, the couch potato will play some fantasy baseball.

Why do I get up at 4:00 a.m. to train for marathons but take an afternoon nap rather than cut the grass?

Overheard recently at the Beulah Challenge: Marijane Martinez: "I got some new running shoes for Nick."

Dave Diaz: "I know Nick, and that's not a bad trade."

Wearing a heart rate monitor during a marathon is like pulling the plug on your heart-lung machine and watching your heartbeat on the EKG machine straighten out. My reason for not wearing a heart-rate monitor? I fear that it might turn off although the battery is still good.

My grandfather was 82 when doctors put a pacemaker in him. Grandpa complained because the warranty was good for only ten years.

Runner's World recently published results of a study of interest to women. *Runner's World* says that menopausal subjects lowered their "bad" LDL cholesterol by 11% and their diastolic blood pressure by six points by integrating soy protein powder into their daily diet. Additionally, their menopausal symptoms decreased. What *Runners World* failed to state is that the study also showed that 56% of the subjects required colonic irrigation within two hours of ingesting the soy.

What takes longer, standing in the Mind-Eraser line at Elitch Gardens or running the Pikes Peak Marathon?

Running Enthusiast: "My wife said that if I do not give up running and spend more time with her, then she is going to leave me. You know, I am going to miss her."

Gary Franchi is the funniest guy I know. And that's not just my opinion. It's his, too. Gary is also one of the most maligned, ridiculed and insulted SCR members -- and rightly so!

Gary Franchi overheard talking to a female winner of a recent race:

Gary: "Can I take your picture in the nude?"

Female: "Absolutely not! You must wear your socks and a tie."

The Pueblo Renaissance Project, the City of Pueblo and some downtown property owners are exploring the possibility of forming a Business Improvement District (BID) in the downtown Pueblo area. The BID would be a taxing district that would raise funds to pay for services that all of us thought we were already paying for with our existing tax dollars. We presently have an increased tax to help the industrial park and a special tax to pay for HARP, all besides our regular property tax and income tax burdens. Downtown businesses are having a hard time surviving. Big ticket shopping is done at the Mall and the commercial districts along I-25 North and Hwy. 50 west. If they turn the Downtown into a taxing district, all the business owners either will be driven away by the tax or taxed right out of business. Then, we can change the name of the taxing district from the BID to the FBD (Former Business District), the BBD (Bankrupt Business District) or the NBD (No Business District).

Finally, for those who believe that taxing is the way out of a financial mess, just look around you. The Seals Tax failed to do what it was supposed to do, i.e., pay for some seals at the Pueblo Zoo. So, why do people believe a BID will help the downtown? Maybe we need to ask one billion Chinese for their opinions on the subject. They could enlighten us.

SCR meeting:

All SCR members are invited to the next SCR meeting to be held at 7 p.m. Tuesday, October 7, at the Pueblo YMCA.

Pioneer 5K Walk/Run

Races held Aug. 23, 1997
Results originally printed in
the "Greenhorn Valley News"

Running Division

Males

**Overall Winner –
Shane Fanning 18:37
12-under**

1, Andy Smith	27:31
2, Greg Smith	33:54
3, Scott Stephens	37:46
4, Logan Gogarty	43:59
5, Brandon Montano	46:24
20 to 35	
1, Chad Alvarado	27:30.2
2, Jim Hale	27:30.8
3, Matt Sawyer	36:23
4, Jarrod Efid	x
5, Darren Hopman	x
36 to 50	
1, Rich Hadley	18:46
2, Michael Orendorff	19:26
3, Alex Popeoff	22:09
4, Joe Stommel	22:50
5, John Castanha	26:33
6, Jim Hadley	27:17
7, Jeff Stephens	29:29
8, Ivan Walters	29:39

9, Zane Chartrand	x
50 and over	
1, Trin Sanchez	25:15
2, Sal Sanchez	26:47
3, Dick Greet	28:44.

Females

**Overall winner –
Jennifer Alvarado, 26:44
12-under**

1, Molly Hadley	43:58
20 to 35	
1, Karyn Nies	34:12
36 to 50	
1, Barbara Hadley	27:58
2, Gloria Gogarty	28:24
3, Ava Popeoff	34:30
4, Nancy Martinez	x
50 and over	
1, Carol Nies	39:05

Walking Division

**Overall Winner –
Amy Fanning 39:40**

Males

13 to 19	
1, Ryan Smith	40:40
20 to 35	

1, Eric Lowry	41:37
36 to 50	
1, Richard Annette	60:20

Females

12 and under	
1, Sara Montano	48:30
13 to 19	
1, Sheralan Marrott	40:45
2, Julie Smith	40:46
3, Melanie Ealey	41:00
4, Amanda Annette	60:20
20 to 35	
1, Casey Hopman	44:17
2, Judy Weisman	47:29
3, Anita Aleyta	47:30
4, Renee Montano	48:33
5, Carolyn Baker	55:13
6, Melanie Maes	59:40
36 to 50	
1, Ginger Melchi	47:03
2, Linda Short	55:12
3, Linda Gigliotte	55:13
4, Lou Garbreso	59:39
5, Cindy Annette	60:28
50 and over	
1, Wynnelle Turner	49:11
2, Betty Lepley	57:01
3, Gracie Barela	60:36



Keep an Eye on Todd

For many of us who remember Todd Hund when he was a young kid, it's hard to believe that he's a senior already. Todd has had a great cross country season so far. Running for Pueblo South High, he took 3rd in the Arapahoe Invitational (17:55), 2nd in the Cheyenne Mountain Invitational (16:55) and 3rd in the Liberty Bell meet (17:08). Check the *Chieftain* sports schedule regularly to see when you can get the chance to see Todd run and cheer him to victory.

Treat me right

Thanks to the observant Kathy Stommel for informing me that September is: *Be Kind to Editors and Writers Month*. I know it'll be a change, but you can do it if you try, buckos!

Run for the Rose 5K - Walk

5K Walk

Overall Winners –

Female: Joe Schrubbe, 35:04
Male: Angelo Martinez, 39:58



Walker	Age	Time
1, Jo Schrubbe	41	35:04
2, Lorraine Hoyle	50	36:01
3, Patty Tapia	49	37:25
4, Karen Farbo	40	37:41
5, Nancie Aguirre	39	37:42
6, Angelo Martinez	26	39:58
7, Charlene Alfonso	35	40:06
8, Nicholas Rodriguez	54	40:27
9, Dean Hills	49	40:51
10, Harvey Herzog	66	40:51
11, Alyce Gangaware	46	40:53
12, Vicky Janos	45	40:54
13, Bobby McMullen	39	40:56
14, Lois Pfost	55	41:29
15, Ray Garcia	56	41:57
16, Debbie Gurule	33	42:04
17, JohnKWolfe	31	42:30
18, Shirley Walters	29	43:02
19, Javier Rodrigueuz	15	43:25
20, Robert Beltran	59	43:26
21, Sam Trujillo	46	43:27
22, Bryan Garcia	25	43:28
23, Theresa Santos	25	43:35
24, Sharon Naslund	43	43:36

25, Robin Krueger	28	45:22
26, Chris Pennington	14	45:26
27, Isaac Chavez	23	45:29
28, Ashlie Lipp	12	45:33
29, Liz Martinez	38	43:33
30, Eric Flores	24	45:34
31, Laura Moreschini	32	45:36
32, Duncan McAuliffe	46	45:37
33, Pauline Torres	37	45:40
34, Jonathan Torres	3	45:54
35, Ivana Crowley	12	45:54
36, Laura Barini	43	45:55
37, Patricia Marian	57	46:03
38, Ferman Salazar	32	46:14
39, Pat Valdez	55	46:24
40, Victoria Rivera	29	46:25
41, Henry Samora	48	47:35
42, Ray Phelps	47	47:36
43, Marsha Phelps	43	47:44
44, Cindy Montanari	40	47:45
45, Carolyn Miller	49	47:46
46, Jessica Roman	20	47:47
47, Theresa Cedena	48	47:48

48, Elizabeth DeHerrera	45	48:09
49, Annette Betz	31	48:24
50, Lupe Beltran	54	48:28
51, Jackie Green	45	48:36
52, Diane Oreskovich	49	48:36
53, Sharon Valdez	49	49:00
54, Mary Ellen Trujillo	46	49:14
55, Mandy Tomason	12	49:21
56, Don Young	45	49:22
57, Ann Steinboch	49	50:05
58, Kim Sheesley	28	50:06
59, Michelle Harding	31	50:12
60, Robert Beltran	31	50:12
61, Lara Gallegos	11	50:16
62, Carmen Peralta	55	50:17
63, Anna Rodriguez	23	50:37
64, Kim Archuleta	20	50:38
65, Diana Garcia-Rincon	35	50:39
66, Elaine Madrid	41	50:44
67, Rose Santos	49	50:46
68, Kathleen Leyva	54	51:06
69, Pauline Gonzales	40	51:29
70, Devona Walker	29	51:34
71, Brenda Salazar	33	51:45
72, Phil Gallegos	49	51:48
73, Eva Muniz	45	51:49
74, Eva Garcia	52	51:58
75, Pat Gallegos	50	52:03
76, Jacob McAuliffe	13	52:05

Continued on Page 6

Run for the Rose 5K - Walk

Continued from Page 5



Jo Schrubbe was the first walker to finish and was almost a minute ahead of her closest pursuer.

Photo by Gary Franchi

77, Joe Vega	44	53:14
78, Kevin Walter	30	53:19
79, Robert Duncan	35	53:20
80, Allyssa Montoya	9	53:39
81, Deborah Chesi	42	53:40
82, Nick Segura	50	53:41
83, Anna Segura	48	x
84, Rose Martinez	24	x
85, Bobbi Rooney	50	54:33
86, Karen Smith	55	54:34
87, Pat Rooney	52	54:35
88, Nicholas Samora	24	55:10



89, Angel Martinez	9	55:46	96, Laura Martinez	38	58:12
90, Joan Perez	5	56:23	97, Lysa Willis	27	58:13
91, Vikki Perez	23	56:24	98, Cipriana Zapata	58	58:13
92, Lorraine Montoya	35	57:19	99, Lynn Ranson	32	58:31
93, Mary Montoya	62	57:47	100, Lisa Crisp	26	58:31
94, Christine Jiminez	53	58:05	101, James DePriest	37	58:53
95, Carla Groos	58	58:05	102, Deb Booker	40	60:14
			103, Donovan McAuliffe	19	60:15
			104, Sandra Leming	47	60:17
			105, Eloy Aragon	46	60:19
			106, Eleanor Gutierrez	48	69:15
			107, Cheryl Babbitt	49	69:16
			108, Wendy Shinn	55	x
			109, Malka Eisgrau	50	x

Run for the Rose 5K - Run

Races held Sept. 7, 1997
Results compiled by Nick Leyva & Marijane Martinez and extracted from results boards

5K (3.1 miles) Run Overall Winners -

Male: Shane Fanning, 17:18
Female: Madeline Tormoen, 17:57

Runner	Age	Time
1, Shane Fanning	24	17:18
2, Michael Orendorff	45	17:47
3, Madeline Tormoen	35	17:57
4, Marty Garcia	37	18:14
5, Tim Mondragon	35	18:27
6, Bill Veges	40	19:07
7, Traci Dworshak	33	19:13
8, James Robinson	46	19:19
9, Gerald Romero	26	19:55
10, Robert Santoyo	35	20:06
11, Sam McClure	44	20:13
12, Jenna Dorsey-Spitz	13	20:19
13, Brian Van Buskirk	22	20:25
14, Jeff Keller	26	20:49
15, Marv Bradley	58	20:51
16, Rita Vigil	30	20:55
17, Annette Leyba	21	21:07
18, Stacy Jo Huser	25	21:08
19, Ivan Walters	37	21:31
20, Brian McGinnis	19	21:42
21, Derek Booker	16	21:46
22, Helen Robinson	29	21:52
23, Alvin Vigil	32	22:06
24, Steve Gladbach	36	22:07
25, Mike Borton	42	22:20
26, Matt Sherman	25	22:25
27, Len Gregory	55	22:28
28, Jeff Thomas	28	22:29
29, Sharon Vigil	40	22:42
30, Jamie Barnes	11	22:56
31, Jeff Arnold	56	23:02
32, Brad Van Buskirk	36	23:06
33, Tony Navarro	26	23:10
34, Hilbert Navarro	57	23:16
35, Jennifer Alvarado	26	23:50
36, Don Pfof	57	24:17
37, Christopher Montoya	15	24:18



Overall Winners

Heading the field in the 5K Run division were Madeline Tormoen and Shane Fanning, both of whom recently moved to Pueblo. Maddy also was the 3rd overall finisher.

Photos by Gary Franchi



Thanks for the helping hand

Marijane Martinez and Nick Leyva extend their thanks to Janice Funk and Domingo Aguirre for helping them compile results of the Run for the Rose 5K. With 200 finishers in 2 divisions, the assistance was needed --and greatly appreciated.

38, Chad Alvarado	24	24:21	65, Carlos Rodriguez	52	29:42
39, Thomas Alvarado	35	24:22	66, Mike George	52	29:43
40, Butch Nezvinsky	42	24:29	67, Tom McKenna	62	30:05
41, Heather Boehm	23	24:45	68, Katie Conteras	44	30:09
42, Ray Gradisar	46	24:54	69, Sandra McKenna	44	30:19
43, Andrew Sage	25	25:02	70, Lew Core	42	30:21
44, Shaye Samora	24	25:02	71, Margaret Abeyta	56	30:39
45, David Santos	51	25:04	72, Richard Leyva	57	30:50
46, Steve Montoya	30	25:06	73, Kathy Howard	48	31:06
47, Barbara Wasser	49	25:07	74, William Cooper	69	31:26
48, Dick Greet	58	25:16	75, Jaime Chifalo	16	31:43
49, Kevin Baker	29	25:56	76, Jonathan Leyba	10	31:58
50, Dick Marian	60	26:14	77, Jen Samora	16	31:59
51, Patty Lobato	36	26:35	78, Susan Stiller	48	32:19
52, Andrea Pfeiffer	29	27:17	79, Jean Schloss	45	32:20
53, Lincoln Dimmrej	32	27:20	80, Lamar Trant	47	32:21
54, Donita Massengill	27	27:26	81, Lillian Jones	40	33:00
55, Shanda Sage	26	27:29	82, JoAnn Vallejo	37	33:18
56, Janet Van Kampen	26	27:29	83, Stephanie Pugh	15	33:21
57, Theresa Leyba	44	28:00	84, Michael Pugh	48	33:22
58, Roger Stubenrouch	55	28:05	85, Mark Wilkinson	46	33:45
59, Lori Gregory	47	28:06	86, Megan Weber	10	36:39
60, David Jobe	45	28:45	87, Alyssa Morris	12	36:54
61, Bob Capps	45	28:46	88, Tracy Atilano	32	36:56
62, Andrew Van Kampen	27	29:14	89, Helene Van Manen	39	37:05
63, Rollie Sampson	26	29:20	90, Karen Weber	46	37:54
64, Mae Nezvinsky	42	29:36	91, Kelsea Morris	11	38:41

1997 Racing Calendar

Pueblo County - Canon City area

September

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 Pueblo

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

25 Sat 5:00PM Harvest Poker Run, 10K Pueblo West (719) 564-9303

Other areas

September

20 Sat Autumn Color Run, 5K, 10K & 1/2 Mara. Buena Vista (719) 395-8439

21 Sun Golden Leaf Mini-Marathon, 13.5M Snowmass to Aspen (970) 925-2849

21 Sun Steele School Stampede, 5K & 1K R&W Denver (303) 764-7600

27 Sat Memory Run, 5K & Walk City Park, Denver (303) 813-1669

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

5 Sat Race for the Cure Denver (303) 694-2030

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

31 Fri Halloween Hustle, 5K & Kids Dash City Park, Denver (303) 694-2030

Regional Marathons (& others of interest)

Sept. 27 Kokopelli Trail & Half & 50K, Grand Junct. ... (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

5 Roaring Fork Sunda - Basalt (970) 945-5684

5 Sacramento (& Half) (916) 678-5005

12 Mount Rushmore Mara., Relay & 5K R/W ... (605) 348-7866

19 Colorado (& Half & 5K) - Denver (303) 871-8366

19 Chicago (312) 243-0003

November 2 New York City (212) 423-2249

2 Omaha (NE) Riverfront (& 10K) (402) 553-8349

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

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

29 Seattle (& Half) (206) 524-RUNS

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

7 Dallas White Rock (214) 855-1511

7 Tucson (& Half) - Arizona (520) 320-0667

7 California International - Sacramento (916) 983-4622

7 Fiesta Bowl - Phoenix (602) 277-4333

14 Honolulu (808) 734-7200



Other known racing dates & events

Sept. 20:
(canceled)
USAF Half-Marathon

Sept. 20:
American Heart Walk

Sept. 21:
Hardscrabble Ride

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:
Atalanta 5K

Dec. 7:
Rock Canyon
Half-Marathon

Dec. 14:
The Excellent Adventure

Get the results of your out-of-town races to "Footprints" Editor Gary Franchi at:

Call (719) 676-4100 • Mail to P.O. Box 19910, Colorado City, CO 81019 • e-mail to franchi@pcc.ccoes.edu



Stats that rule

- One's VO2 max declines every year after one reaches his/her mid-30s.
- An average of 1 of every 11 people who contract "mad-cow disease" ate squirrel brains, which is considered a delicacy in some areas.
- Only 4% of the population donates blood, but 97% of all people will have used blood by the time they are 70. - Rod Roland
- A survey by Pollsters Unlimited showed that 98.6% developed squirrel brains from reading "Footprints."

Pikes Peak Ascent & Marathon results

Results of Pueblo & Hinterlands finishers and "select others"

376, Eva Cosyleon	18	Pueblo	5:40:52
399, Helen Langston	49	Cañon City	5:48:52
400, Carmen Garcia	48	Pueblo	5:48:54

Pikes Peak Ascent

Race held August 16, 1997

Males

Place	Runner	Age	City	Time
9,	Mark Koch	38	Pueblo	2:38:53
194,	Paul Vorndam	49	Pueblo	3:38:58
267,	Mark Bliss	45	Pueblo	3:47:43
292,	Samuel Duhon	50	Pueblo	3:52:04
443,	Frederick Vigil	43	Pueblo	4:11:51
516,	Ron Dehn	49	Pueblo West	4:20:48
657,	Steve Farley	47	Ft. Lyon	4:37:40
672,	Gabriel Cosyleon	20	Pueblo	4:39:43
674,	Sean Finley	37	Pueblo West	4:40:06
744,	Steve McQueen	47	Kingman, KS	4:52:27
<i>(OK, he's not from around here; but he's got a great name)</i>				
880,	Boney Cosyleon	48	Pueblo	5:32:06
957,	John Castanha	37	Rye	5:54:39
977,	Ken Danylchuk	45	Pueblo	6:02:30

Females

Place	Runner	Age	City	Time
51,	Sharon Vigil	40	Pueblo	3:48:36
110,	Susan Dorle	35	Cascade	4:12:42
152,	Jan Huie	48	Colo. Springs	4:25:07
217,	Lisa Paige	39	Littleton	4:45:39
305,	Sandra Bliss	40	Pueblo	5:14:46
306,	Tina Clarke	39	Westcliffe	5:14:48

Pikes Peak Marathon

Race held August 17, 1997

Males

Place	Runner	Age	City	Time
70,	Ron Betz	49	Pueblo	5:20:44
83,	Liam Murphy	35	Cañon City	5:26:43
144,	Hector Leyba	47	Penrose	5:55:00
272,	David Klein	42	Rocky Ford	6:43:48
507,	Bill Lane	31	Pueblo	9:34:27
527,	Bruce Taylor	48	Pueblo	9:53:48

Females

Place	Runner	Age	City	Time
3,	Terrie Archer	39	Colo. Springs	5:05:51
40,	Marcia Moore	39	Cañon City	6:40:59
46,	Mary Martinez	30	Pueblo	6:54:02
62,	Sally Taylor	41	Pueblo	7:23:55



GOOD ADVICE: "Injuries that don't quickly fade away ought to be evaluated by a medical professional." - George Straznitskas

Did you know ...

The best mental preparation is to be in the best physical shape you can, then allow yourself to be afraid. Never run from fear but learn to manage it.

- George Foreman

SOUTHERN COLORADO RUNNERS

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

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