



EDITOR: Gary Franchi

FOOTPRINTS

October 1997 Edition for Ghosts Everywhere

Meet The Runner

Maddy's pumping again on all cylinders

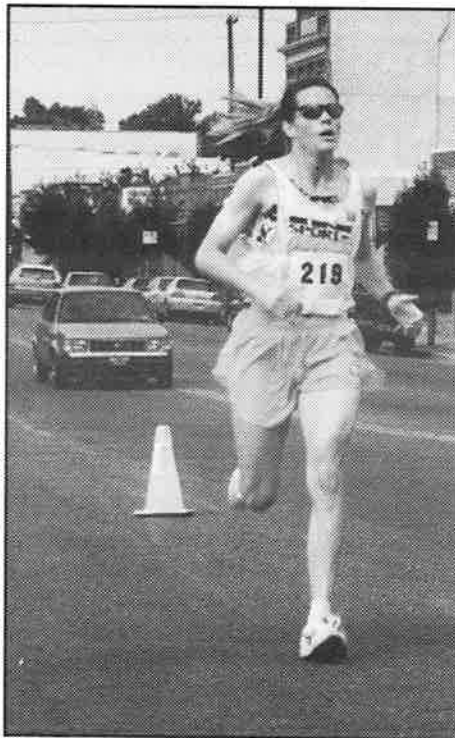
Name: Madeline "Maddy" Tormoen
Age: 35
D.O.B.: 12/29/61
Native of: Port Edwards, Wisconsin

by Marijane Martinez

I'm sure you've all been wanting more information on Maddy Tormoen, the SCR's newest female running sensation. My first exposure to Maddy was at the PCC Fitness 5K run. This was during the time Nick Leyva and I were injured, so we rode our bikes to City Park to go watch the runners lap around. When I saw Maddy, she was ahead of Dave Diaz, and I said, "Who is that and what is she doing running ahead of Dave?" My initial thoughts were that she would fade during the lap around the park. To my surprise, she was still ahead of Dave coming back around and eventually finished ahead of him. This impressed the heck out of me!

That was just the beginning in a string of victories in Pueblo as well as Colorado Springs for Maddy. She can now be found running with the top males in every race and often times beating many of them! There isn't a female in town who can compete with her, but everyone I know is in awe of her. Make no mistake, Madeline Tormoen is a "professional athlete." More on this later.

Maddy is currently working with mentally ill inmates for the Department of Corrections in Pueblo. She previously worked with inmates in Canon City who are sex offenders. She loves living in Pueblo and is extremely happy with the SCR because we are a "down-to-earth" club. She loves Pueblo's weather and its size. She believes Pue-



When healthy, Maddy Tormoen ranks among the elite female runners.

Photo by Gary Franchi

blo to be a city of the future. Running serves as a getaway where she can experience solitude.

The following information I derived from an article in *Triathlete* magazine entitled "Maddy Tormoen's Endless Compartment Syndrome:"

In the summer of 1987, Maddy started running seriously for the first year since high school and was enjoying an unprecedented national success. By January of 1988, she'd qualified for the U.S. Olympic marathon trials at Houston, Texas with a 2:43:51. She worked through some soreness while training for the trials in May, where she went out hard and faded to a 2:45. (MJ's note: Wouldn't WE love to FADE to a 2:45?)

Then she experienced a new, raw pain in her hamstrings. She tried icing, massage therapy, chiropractic adjustments and ultrasound, rest and anti-inflammatories, and none of them worked.

"I would block out the pain and continue running," she said.

It was hard emotionally after her initial surge of success, but Maddy finally stopped running. For a while, she focused on the indoor rowing machine, and set a national record. (MJ's note: Is this lady amazing or what?)

But Maddy wanted more ... she went to an orthopedic surgeon and was diagnosed with the same compartment syndrome that plagued Mary Decker Slaney throughout her career. Compartment syndrome is a concept where the sheath squeezes the muscle. In May of 1989, Maddy was

See Maddy on Page 3





Chewta says:

“Yo, SCR members! Don’t forget that SCR members of different ability levels are still gathering at about 8 o’clock every Sunday morning to get in their weekly long runs. They meet in the parking lot of the City Park swimming pool. Distances vary. The group does NOT meet when there is a local race or a big race in the Springs or elsewhere. They invite YOU to join them. So get on the stick, comrades!

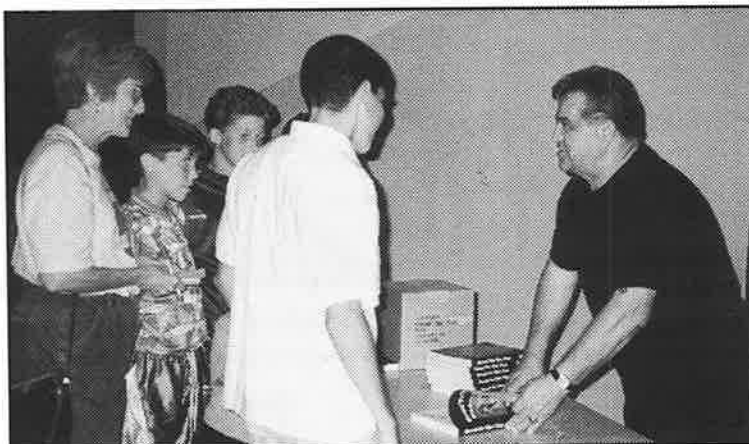
Also, a few SCR members are meeting at 5:30 p.m. on Wednesdays at the East High School track to get in some speedwork. Why don’t you join them? You can do someone else’s workout or your own. No matter what, you’ll have a good support group to help you. I hear it’s a nice track. Maybe I’ll get my master to take me there some time so I can sniff everyone’s feet. Til then, see ya! Ruff! Ruff!”

Vigil blends philosophies, training advice

by The Editor

If you missed the Joe Vigil Clinic the day before the River Trail Marathon, you missed a real treat. Although the internationally renowned former Adams State College cross country coach aimed his speech somewhat at truly elite runners, his zest for life and philosophies about pure living and training endeared him to the audience at the Central High School auditorium. Actually, “Vigilisms” spilled into just about everything he said, whether it was about running or not. A few examples:

- “About 75% of people wander aimlessly throughout life not knowing where they’re going.”
- “It’s the athletes I’ve had that have inspired me.”
- “You owe it to everyone to be positive in everything you do.”
- About the Alamosa school district busing students who live more than 1 mile away from their schools -- “They do more to hurt the cardiovascular system of society.”
- “Society’s developments



Joe Vigil (right) signs a copy of his book “The Road to the Top” for Blake Ottersberg. Behind Blake, left to right, are Gale Dorsey Spitz and her kids Brendan and Jenna.

Photos by Gary Franchi

make us weak.”

- “Be happy with what you accomplish; not what you don’t get to.”
- “First live right to avoid injury or illness.”
- “You have to have a dream and a vision; otherwise, you’re biologically dead.”
- “If you get inspired, you can rule the world.”
- “It takes a long time to adapt to the stresses of a marathon -- like life.”
- “Our (runners) Holy Grail is

that we’re always trying to improve our times.”

- Adjusting to weather: “That’s poppycock! There are never any excuses.”

Heady stuff! That’s why dozens of people stayed around afterward to purchase a copy of Vigil’s latest book, “The Road to the Top,” for \$20.

Near the end of the clinic, SCR President Ben Valdez presented Vigil with a River Trail Marathon shirt and made him an honorary club member.

We’re having a **HALLOWEEN PARTY!**

Friday, Oct. 31

All those in costume get a free shot.



Prize for best costume. “Bud Girls” will be there.

Gold Dust Saloon
130 S. Union Avenue

Butch Johnson is the former Denver Broncos and Dallas Cowboys receiver who recently competed in the Hawaii Ironman.



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, Butch Johnson

Footprints is produced monthly and distributed to relieve the everyday stresses faced by the SCR membership.

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, mull issues that are presented, contribute opinions, and try to keep a straight face no matter how ridiculous the discussions.

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

Maddy

Continued from Page 1

operated on and all three major muscles of her right hamstring were stripped. They cut the sheath, a very thin bag that surrounds the muscle tissue. Maddy's muscles had outgrown the sheath and it had lost its flexibility. To treat it, you cut a slice in the sheath, and it grows back conforming to the muscle, only bigger.

Maddy recovered from this operation fairly well only to develop the same syndrome in her left leg! In September of 1989, she had the surgery again only this time on two of the three major hamstring muscles. Upon recovery, Maddy switched over to bicycle road racing.

In 1991, Maddy embarked on her legendary duathlon career that was capped by her wins at Zofinger in 1993 and 1995. But by mid-1995, the compartment syndrome was back, and it was impossible for her to get a full stride without pain.

In August of 1995, surgeons cut the sheath on the third hamstring muscle of the left leg, and cleaned up scar tissue that had formed on the right leg. Maddy stopped competing in the duathlon and focused on the 1996 Olympic marathon trials. It worked for a while, and she set a PR of 2:41 in the Olympic trials and finished 30th.

Then, focusing on marathons, Maddy set a new PR at Cleveland later that spring, (2:40:26) but developed more problems. She had an MRI to check for multiple sclerosis, and fortunately, that came up clear. In October of 1996, she was operated on again. This time they cleared away a lot of scar tissue that had built up on her left leg and along a nerve on her left leg, both from her last operation. They also cleared her hamstrings again and some of the muscles on the outside of her hip.

Maddy's overall outlook on all of this is: *"I love running so much, I want to take it carefully, because whatever my competitive desire, I'd rather quit all that than be unable to run a few miles a day."*

Is this lady amazing or what? In talking to her, I would never have guessed she has gone through the multitudes of surgeries she has! I had to know when she herself became aware of the fact that she was so good. She



Maddy Tormoen's main thrust today is to just try to enjoy running. *Photo by Gary Franchi*

said it was during her FIRST year of competitive racing, citing the fact that during that first year she qualified for the Olympic Trials.

During her five years as a competitive athlete, Maddy was sponsored by In Sport Clothing, Oakley, Mizuno, and Cannondale. Most of the support came by way of product, but small bonuses and prize money were enough to support her for that period of time. Her last big duathlon win in Switzerland netted her enough (\$60,000 total) for her to buy land here in Pueblo.

Maddy's short-term goal is to be able to race competitively at the national level. However, her main goal is to enjoy running.

Maddy's advice to young athletes is that running can be a great outlet, physically, mentally and emotionally. She suggests starting slowly and enjoying running and not trying to be competitive too soon. She noted that hard work and determination can get you what you want.

In closing, Maddy asked me to thank the SCR for making her feel welcome!

Maddy runs to daylight in marathons

It's been a great October for Pueblo's Maddy Tormoen. Early in the month, she stayed in state to run the Roarin' Fork Marathon from Basalt to Glenwood Springs. She ran it pretty well, too, finishing first in the female division with a time of 2:53:59 despite "not going all out." Then on October 19, Maddy was in Detroit for the Free Press Marathon which she ran in 2:47:45, good for 4th overall among females. The winning time was 2:39:59.



Movie Line of the month:

"Doctors say he's got a 50-50 chance of living, although there's only a 10% chance of that."

Zany movie from just a few years ago that still brings its share of guffaws when it's on HBO or TBS. This flick subsequently had 2 sequels that were almost as good as the original. Guess the movie and the speaker.

Answers below.

George Kennedy in "Naked Gun"
Answers:

Spring Runoff meeting slated Oct. 28 at "Y"

Any club member interested is invited to attend a Spring Runoff planning meeting to be held at 5:30 p.m. Tuesday, October 28, at the Pueblo Family YMCA.

Attend and have a part and a say in the planning of the annual race that attracts hundreds in its 5K, 10K and 10-mile divisions. Questions? Call Ben at 543-5151.



Renew early – keep the SCR solvent

Well, OK, that headline is a little misleading. But not much. Our resources have dwindled a tad more than usual this year, to the extent that we're adopting a bit of a "begging mode," urging SCR members to renew for 1998 before the end of the year.

As far as I know, rates will remain both \$12 for an individual and \$18 for a family.

New SCR membership forms will be provided in both the November and December issues of "Footprints."

Or you can renew at the Harvest Poker Run coming up this Saturday, October 25.

Thanks for your help

Thanks to the help of SCR volunteers, the YMCA's Corporate Cup 5K predict walk/run went smoothly and results were tabulated for more than 1,000 participants.

The use of wave starts and having two chutes at the finish were pivotal ingredients.

Rocky on Fitness

The jury's still out on St. John's Wort

by Rocky Khosla, M.D.

I've had a lot of patients ask me about St. John's Wort in connection with its use both as an antidepressant and as a weight-loss agent, so I thought this would be a good topic for this month's newsletter.

There is a perennial herb called *Hypericum perforatum* whose golden star-shaped flowers are in bloom around June 24, which I am told is the birthday of St. John the Baptist. This herb, therefore, is known as St. John's Wort. This herb has been used in Germany and throughout Europe in the form of a tea or an oil to relieve gastrointestinal and urinary problems. Recently, it has also been used in Europe as therapy to relieve anxiety, elevate spirits and promote sleep. In fact, in Germany, St. John's Wort extracts have been licensed for use in the above-mentioned conditions.

So what is the actual mechanism of action of this herb? There are a bunch of chemical compounds in St. John's Wort, the most important being hypericin, xanthenes and flavonoids. These compounds are thought to act as monoamine oxidase inhibitors.

It turns out that we all have enzymes in our brains that help break down chemical messengers called neurotransmitters. One of these enzyme systems is called monoamine oxidase, and one of the neurotransmitters that this enzyme system works on is called serotonin.

By blocking the action of monoamine oxidase, St. John's Wort may increase the amount of serotonin available in the brain. It is felt that serotonin is a major determinant of mood and addiction disorders. In fact, the newest class of antidepressants - called the selective serotonin reuptake inhibitors - include drugs such as Prozac, Paxil and Zoloft,

all of which are felt to work by increasing the synaptic level of serotonin.

Also, one of the big weight-loss drugs, called Redux, also increased serotonin levels in the brain. But Redux and its cousin Phen-Fen, have been recalled by the FDA because of concerns over development of cardiac and pulmonary problems.

So if Redux is an agent that increases serotonin levels in the brain and has been associated with problems, does that mean that antidepressants such as Prozac, Zoloft and Paxil, which also increase serotonin, will also cause the same type of problems. I don't think so because it turns out that there are a ton of different types of receptors for serotonin re-uptake in the brain, and the ones that affect mood aren't associated with the cardiac and pulmonary problems that are seen with the ones that primarily affect weight and eating disorders.

So can St. John's Wort help with mood? There was one pooled study called a meta-analysis

where the authors pooled data from 23 studies and found that 51% of patients taking St. John's Wort for depression had significant improvement compared to 22% improvement with placebo. Also, in this report, the St. John's Wort was as effective as the older antidepressants such as amitriptyline, imipramine and desipramine. Unfortunately, there are no studies comparing St. John's Wort to the newer class of anti-depressants. Also, there are no well-done studies looking at effectiveness of St. John's Wort for weight loss.

I would like to go on record as recommending that you do not mess with St. John's Wort until we know more about it.

Till the next time, remember that several studies have shown that regular exercise helps decrease mild to moderate depression and anxiety and has lots of other great benefits, so keep on movin'!



Judging by his super 3:40 clocking in the River Trail Marathon, Rocky Khosla has no need for any antidepressants.

Photo by Gary Franchi

SCR meeting:

All SCR members are invited to the next SCR meeting to be held at 7 p.m. Tuesday, Nov. 4, at the Pueblo YMCA.

Scenery eases difficulty of Kokopelli run

Kim Westerman-Martin said the Kokopelli Trail Marathon, held Sept. 27 near Grand Junction, had the most breathtaking scenery of the 11 marathons she has run. This means something, since she also has run Steamboat Springs, Pikes Peak, and others.

It's a good thing Kokopelli was so beautiful, because she also noted that it ranks up there in difficulty with the Pikes Peak Marathon.

This is a true trail run, run on dirt and stone. There were times when runners would have to bend down to touch the rock with their hands to keep moving forward. Kim's time of 4:55:27 was good enough for 8th place in her age group. The overall winning time was just under 3 hours.



Kim Westerman-Martin was in good spirits while blasting through this uphill in the Kokopelli Trail Marathon.

Photo by Matt Martin

Hot to Trot 5K Run/Walk

Races held Sept. 21, 1997
Results provided by Erin Holmes

Overall Winners

Female: Maddy Tormoen, 17:56
Male: Kevin Slaughter, 18:37

| Runner | Age | Time |
|--------------------|-----|-------|
| 1, Maddy Tormoen | 35 | 17:56 |
| 2, Kevin Slaughter | 26 | 18:37 |
| 3, Larray Volk | 33 | 18:50 |
| 4, Alex Papoff | 45 | 19:00 |
| 5, James Robinson | 46 | 19:15 |
| 6, Robert Santoya | 35 | 20:00 |
| 7, Aaron Lopez | 13 | 20:01 |
| 8, Sam McClure | 44 | 20:05 |

| | | |
|--------------------------|----|-------|
| 9, Dennis Normoyle | 53 | 21:06 |
| 10, Anthony Soto | 39 | 21:10 |
| 11, Rita Vigil | 30 | 21:20 |
| 12, Brendan Dorsey-Spitz | 11 | 22:24 |
| 13, Mike Borton | 42 | 22:25 |
| 14, Rebecca Muss | 26 | 22:49 |
| 15, Steve Farley | 47 | 23:34 |
| 16, Ty Rice | 30 | 23:45 |
| 17, Greg Cress | 39 | 23:50 |
| 18, Jeremy Gregory | 13 | 24:08 |
| 19, Anthony Diaz | 39 | 24:49 |
| 20, Patrick Swank | 49 | 27:14 |
| 21, Beatrice Grebence | 43 | 28:23 |
| 22, Lauren Dorsey Spitz | 6 | 28:28 |
| 23, Wilma King | 45 | 28:37 |
| 24, Henry King | 46 | 28:38 |
| 25, David Jobe | 45 | 29:43 |
| 26, Leah Nezvensky | 21 | 29:44 |
| 27, Mike Schiferl | 44 | 29:45 |
| 28, Mae Nezvensky | 42 | 29:52 |
| 29, Butch Nezvensky | 42 | 29:53 |
| 30, Sandra McKenna | 44 | 29:56 |
| 31, Tom McKenna | 61 | 30:07 |
| 32, Jean Halfpop | 54 | 31:13 |
| 33, Charlene Alfonso | 35 | 38:24 |
| 34, Karen Weber | 46 | 38:59 |

Top Walker

1, Charlene Alfonso 35 38:24

River Trail 10K

Top Overall Finishers
Male: Matt Haffner, 35:13
Female: Traci Dworshak, 42:00

| Runner | Age | Time |
|------------------------|-----|-------|
| 1, Matt Haffner | 34 | 35:13 |
| 2, Mike Messick | 40 | 37:43 |
| 3, Gerald Romero | 26 | 39:53 |
| 4, James Robinson | 46 | 40:04 |
| 5, Ken Johnson | 44 | 41:21 |
| 6, Rick Oden | 36 | 41:25 |
| 7, Robert Vegas | 44 | 41:43 |
| 8, Bill Veges | 40 | 41:49 |
| 9, Traci Dworshak | 33 | 42:00 |
| 10, Stacy Huser | 25 | 44:28 |
| 11, David Jones | 49 | 46:08 |
| 12, Jenna Dorsey-Spitz | 12 | 46:16 |
| 13, Henry Hund | 56 | 46:17 |
| 14, Mike Borton | 41 | 46:53 |

| | | |
|--------------------------|----|-------|
| 15, Frederick vijil | 43 | 47:11 |
| 16, Misti Frey | 30 | 47:59 |
| 17, Eric Hogan | 36 | 48:04 |
| 18, Mark Sargent | 32 | 48:05 |
| 19, Claire Bueno | 33 | 48:08 |
| 20, Kenneth Korosec | 53 | 48:22 |
| 21, Carla Flores | 38 | 50:08 |
| 22, Barbara Wasser | 49 | 50:50 |
| 23, Randy Barnes | 37 | 51:16 |
| 24, Bob Lane | 37 | 51:21 |
| 25, Ron Snider | 47 | 51:54 |
| 26, Ralph Regalado | 60 | 52:07 |
| 27, Marv Bradley | 58 | 52:07 |
| 28, Kim Katz | 28 | 52:13 |
| 29, Pattie Moxham-Fisher | 40 | 52:48 |
| 30, Chuck Moore | 52 | 52:55 |
| 31, Phil Gustamante | 31 | 53:41 |
| 32, Boney Cosyleon | 48 | 53:44 |
| 33, Dolinda Lucero | 25 | 53:45 |
| 34, Tom Reed | 33 | 55:24 |
| 35, Donita Massengill | 27 | 55:41 |
| 36, John Holiman | 70 | 55:43 |
| 37, David Foster | 60 | 56:08 |
| 38, Tricia Downing | 28 | 56:32 |
| 39, Jamie Barnes | 11 | 57:13 |
| 40, Paul Willumstad | 48 | 57:19 |
| 41, Patrick Swank | 49 | 58:20 |
| 42, Ted Von Schoppe | 43 | 58:21 |
| 43, Trisha Ferguson | 46 | 58:39 |
| 44, Joyce Laney | 48 | 58:40 |
| 45, Cindy Walter | 41 | 61:08 |
| 46, Gordon Gilmore | 48 | 62:31 |
| 47, Karen Garcia | 38 | 64:46 |
| 48, Laura Dudley | 44 | 65:00 |
| 49, Nick Scandalianto | 66 | 68:01 |
| 50, Lori Noland | 37 | 69:20 |
| 51, Mei Cheo | 26 | 69:34 |
| 52, Carrie Garcia | 24 | 75:22 |
| 53, Christine Furrey | 29 | 75:28 |

Road trips

When not counting money at the bank, the SCR's Marv Bradley took time for a couple of out-of-town running excursions during the past month. First, Marv and fellow Canon City resident Laura Schilf drove to Buena Vista for the Autumn Run. Joining them there were the Koch brothers – Mark from Pueblo and Paul from Colorado Springs. I believe all of them placed in their respective age groups. Marv ran the 5K in 19:24, Laura did the half-marathon in 1:43, and the Kochs placed in their age divisions of the half.

A week or so later, Marv trekked to Portland to run the marathon. There, he survived a killer three-quarter-mile long hill at the 17-mile mark to blaze to a 3:28 time, which qualified him for the Boston Marathon. At this point, Marv says he'll probably make the trip to Boston in April if he's healthy.



SCR Banquet

Make sure you leave the nights of Jan. 17 and Jan. 24 open on your calendar, since the annual SCR Awards Banquet will be held on one of those Saturday nights. I'll provide the exact date next month.



River Trail Marathon

Race held October 12, 1997
 Results provided by Andy Ballou,
 Mary Lou Henson and Tammy Miller.

Top P&H (Pueblo & Hinterlands) marathoners in the River Trail

MALES

| | |
|-------------------|------|
| 1, Mark Koch | 3:08 |
| 2, Rich Hadley | 3:08 |
| 3, Mark Jankelow | 3:32 |
| 4, Rocky Khosla | 3:40 |
| 5, Ted Taylor | 3:42 |
| 6, Dave Diaz | 3:42 |
| 7, Jim Meyer | 4:20 |
| 8, Mike Archuleta | 4:28 |

FEMALES

| | |
|-------------------|------|
| 1, Carol Kinzy | 4:08 |
| 2, Laura Schilf | 4:21 |
| 3, Laura Engleman | 4:24 |

Make a difference

You'll have a reason to do something good for someone, somewhere, somehow on Saturday, Oct. 25, since it is national Make A Difference Day. By the way, I accept cash or checks.

Quoteworthy

"If you can't find the time for some physical activity, chances are you're probably not getting to other things you think are important either."

– Lisa Peters O'Brien

MALE

| Runner | Residence | Age | Time |
|------------------------|-----------------|-----|-----------|
| 1, Brian Chung | U S A F A | 22 | 2:51:09.0 |
| 2, Mark Donelson | Evergreen | 45 | 3:06:48.7 |
| 3, Mark Koch | Pueblo | 38 | 3:08:03.8 |
| 4, Rich Hadley | Florence | 41 | 3:08:04.3 |
| 5, Josh Denny | Longmont | 27 | 3:12:26.1 |
| 6, H. McGuillicuddy | Boulder | 35 | 3:12:56.0 |
| 7, Angelo Aragon | Lafayette | 40 | 3:17:41.9 |
| 8, Jon Turner | Highlands Ranch | 33 | 3:18:13.1 |
| 9, Terry Ingerson | Highlands Ranch | 47 | 3:22:09.0 |
| 10, Curtis Benjamin | Richfield, UT | 33 | 3:22:59.5 |
| 11, Paul Eppard | Englewood | 35 | 3:23:42.0 |
| 12, Kyle Gardner | Ft Collins | 35 | 3:29:44.7 |
| 13, Ralph Gomez | Thornton | 39 | 3:30:58.6 |
| 14, Robert Anderson | Oklahoma City | 29 | 3:31:06.8 |
| 15, Todd Marley | Littleton | 34 | 3:32:08.9 |
| 16, Mark Jankelow | Pueblo West | 34 | 3:32:30.9 |
| 17, Walter Moore | Ogden, UT | 36 | 3:32:55.2 |
| 18, Steve Gaulke | Colo. Springs | 40 | 3:38:05.2 |
| 19, Rocky Khosla | Pueblo | 38 | 3:40:58.9 |
| 20, Ted Taylor | Pueblo | 46 | 3:42:05.4 |
| 21, Dave Diaz | Pueblo | 49 | 3:42:16.0 |
| 22, Neal Taylor | Monument | 34 | 3:42:17.6 |
| 23, Jack Skjonsby | Castle Rock | 50 | 3:42:30.5 |
| 24, Keith Panzer | Denver | 38 | 3:43:38.5 |
| 25, Paul Staley | Littleton | 44 | 3:45:31.0 |
| 26, Dan Bowers | Boulder | 51 | 3:45:57.0 |
| 27, Ken Barnaby | Parker | 49 | 3:46:55.7 |
| 28, Doug Tollin | Gering, NE | 53 | 3:48:00.0 |
| 29, Stephen Barron | Boulder | 32 | 3:48:55.3 |
| 30, Dan Biehl | San Antonio, TX | 34 | 3:51:17.7 |
| 31, Jeff Duerksen | Covina, CA | 34 | 3:51:18.3 |
| 32, Russell Petelle | Derby Line, VT | 50 | 3:53:08.4 |
| 33, Vernard Bond | Littleton | 47 | 3:58:58.1 |
| 34, Gerard Walschlager | Highlands Ranch | 36 | 4:03:24.4 |
| 35, Darren Schwindt | La Mesa, NM | 29 | 4:03:55.9 |
| 36, George Rathbun | Evergreen | 58 | 4:05:57.6 |
| 37, Michael K. Olson | Colo. Springs | 40 | 4:06:02.7 |
| 38, Todd Hafer | Colo. Springs | 37 | 4:06:03.2 |
| 39, Ed O'Loughlin | Aurora | 39 | 4:06:20.1 |
| 40, Chris Kunz | Westminster | 34 | 4:07:25.6 |
| 41, Perry Kibler | Boulder | 22 | 4:08:25.3 |
| 42, Scott Nuanes | Denver | 35 | 4:08:32.6 |
| 43, Patrick Fox | USAFA | 21 | 4:12:27.7 |
| 44, George Garro | Colo. Springs | 48 | 4:13:00.3 |
| 45, Peter Dudley | Denver | 42 | 4:13:01.5 |
| 46, Charles Davis | Thornton | 39 | 4:16:31.9 |
| 47, Tim Dalton | Denver | 43 | 4:20:04.7 |
| 48, Kevin Donaldson | Monument | 33 | 4:20:09.9 |
| 49, Bernie Mc Gee | Lakewood | 49 | 4:20:14.8 |
| 50, Jim Meyer | Pueblo | 47 | 4:20:45.4 |
| 51, Ed Mighell | Denver | 67 | 4:21:22.2 |
| 52, Steve Leverton | Colo. Springs | 35 | 4:21:34.2 |
| 53, Michael O'Donnell | Boulder | 25 | 4:23:35.9 |
| 54, Bob Fancher | Arvada | 57 | 4:24:17.1 |
| 55, Mike Archuleta | Pueblo | 37 | 4:28:05.4 |
| 56, Steve Ziemke | Monument | 39 | 4:29:13.9 |
| 57, Andrew Mauer | Aurora | 30 | 4:33:40.7 |
| 58, Steve Wiencroft | Denver | 51 | 4:37:00.0 |

| | | | |
|-----------------------|------------------|----|-----------|
| 59, Bob Danielson | Colo. Springs | 48 | 4:40:49.7 |
| 60, Tom Morin | Alamosa | 42 | 4:41:48.4 |
| 61, Robert Lyons | Denver | 31 | 4:43:19.9 |
| 62, Butch Diaz | Englewood | 52 | 4:48:23.7 |
| 63, Michael Lucero | Denver | 30 | 4:51:25.5 |
| 64, Clyde Waggoner | Denver | 41 | 4:51:48.8 |
| 65, Herb Beaven | Boulder | 30 | 4:51:51.8 |
| 66, Steven Litle | Denver | 47 | 4:58:34.8 |
| 67, Dave Braaten | Marshall, MN | 44 | 5:01:17.6 |
| 68, Jeffrey Givens | Parker | 32 | 5:06:41.3 |
| 69, Calvin Burris | Highlands Ranch | 43 | 5:11:13.7 |
| 70, John Pamperin | Colo. Springs | 49 | 5:11:46.7 |
| 71, Russ Hamilton | Arvada | 51 | 5:12:49.1 |
| 72, Scott Weber | Littleton | 44 | 5:20:42.8 |
| 73, Robert Shimmel | Grosse Ile, MI | 67 | 5:36:15.8 |
| 74, Felix Magalong | Colorado Springs | 42 | 5:38:09.2 |
| 75, William Gilliland | Denver | 60 | 5:38:46.7 |
| 76, Butch Risoli | Littleton | 47 | 5:38:48.5 |

FEMALE

| Runner | Residence | Age | Time |
|-------------------------|------------------|-----|-----------|
| 1, Amy Nesbitt | USAFA | 19 | 3:23:00.1 |
| 2, Robin Waterwoman | Denver | 34 | 3:49:55.1 |
| 3, Sherry Roberts | North Glenn | 41 | 3:57:09.8 |
| 4, Teresa Taylor | Monument | 37 | 3:57:14.1 |
| 5, Carol Kinzy | Pueblo | 49 | 4:08:33.7 |
| 6, Laura Schilf | Canon City | 35 | 4:21:03.1 |
| 7, Laura Engleman | Woodland Park | 44 | 4:24:35.9 |
| 8, Marie Ballard | Colorado Springs | 51 | 4:26:30.9 |
| 9, Kim Abrahamson | Englewood | 37 | 4:27:02.5 |
| 10, Marnie Harden | Aurora | 44 | 4:28:33.7 |
| 11, Annie Larsen | Estes Park | 38 | 4:34:10.6 |
| 12, Denise Bingham | Littleton | 41 | 4:37:10.3 |
| 13, Gina Kibler | Boulder | 24 | 4:37:14.4 |
| 14, Molly Hackman | Englewood | 46 | 4:42:22.4 |
| 15, Nancy Waggoner | Denver | 33 | 4:51:49.7 |
| 16, Shawna Tolman | Denver | 25 | 4:58:36.8 |
| 17, Jessica Tingey | Denver | 26 | 4:58:37.8 |
| 18, Gail Marie Berquist | Denver | 49 | 4:58:55.7 |
| 19, Linda Drake | Longmont | 39 | 5:01:16.2 |
| 20, Susan Hart | Colorado Springs | 38 | 5:05:54.5 |
| 21, Valerie Sanchez | Colorado Springs | 33 | 5:11:12.7 |
| 22, Kim Lathrop | Castle Rock | 34 | 5:34:29.0 |
| 23, Tiffany Johnson | Denver | 31 | 5:39:17.5 |
| 24, Eiko Okura | Denver | 35 | 6:11:52.9 |
| 25, Ann Marie Elacqua | Denver | 41 | 6:11:54.5 |
| 26, Kim Reasor | Denver | 31 | 6:11:56.2 |



Mark Koch (left) & Rich Hadley were the top finishers in the Pueblo & Hinterlands Division.

Photo by Gary Franchi



River Trail Half-Marathon

Overall Winners

Male: Matt Smedley, 1:20:26
Female: Brandy Kappel, 1:32:22.6

MALE

| Runner | Residence | Age | Time |
|-----------------------|-----------------|-----|-----------|
| 1, Matt Smedley | Gilcrest | 34 | 1:20:26.0 |
| 2, Marcus Roeder | Colo. Springs | 37 | 1:21:58.3 |
| 3, Tom Kelecy | Monument | 41 | 1:23:46.6 |
| 4, Jeff Lindemann | Peyton | 39 | 1:24:53.3 |
| 5, Woody Noleen | Colo. Springs | 41 | 1:26:09.6 |
| 6, Kevin Slaughter | Pueblo | 26 | 1:27:04.3 |
| 7, Gary Hellinga | Colo. Springs | 36 | 1:28:15.6 |
| 8, Matt Mc Gowan | Boulder | 29 | 1:28:28.5 |
| 9, Robert McAndrews | Colo. Springs | 57 | 1:29:31.2 |
| 10, Jeff Bernaksky | Garden City, KS | 34 | 1:29:50.3 |
| 11, Marty Garcia | Pueblo | 37 | 1:30:07.1 |
| 12, Doug Hellingner | USAFA | 22 | 1:30:45.0 |
| 13, Jon Shumate | Colo. Springs | 22 | 1:32:01.7 |
| 14, Larry Volk | Pueblo | 33 | 1:32:05.1 |
| 15, Dale Graff | Alamosa | 28 | 1:34:30.0 |
| 16, Norm Ruggles | Highlands Ranch | 48 | 1:35:06.6 |
| 17, Mike Trujillo | Walsenburg | 18 | 1:35:07.5 |
| 18, Chuck Thies | Aurora | 50 | 1:35:24.8 |
| 19, Pete Doyle | Colo. Springs | 51 | 1:36:04.9 |
| 20, Gary Mathis | Colo. Springs | 36 | 1:36:07.1 |
| 21, Jim Romero | Denve | 57 | 1:36:13.2 |
| 22, Bob Tafelski | Littleton | 57 | 1:36:29.9 |
| 23, William Hurley | Olympia, WA | 39 | 1:36:35.5 |
| 24, Bill Ebersohl | Colo. Springs | 26 | 1:36:48.3 |
| 25, Andrew Freeman | Boulder | 33 | 1:37:26.9 |
| 26, Martin Hoskins | Colo. Springs | 50 | 1:37:50.7 |
| 27, Paul Boudreaux | Colo. Springs | 33 | 1:38:11.0 |
| 28, Steven Spellman | Colo. Springs | 48 | 1:38:11.6 |
| 29, Theodore Quintana | Pueblo | 47 | 1:38:19.0 |
| 30, Mike Coleman | Longmont | 44 | 1:39:23.0 |
| 31, Scott Johnson | Colo. Springs | 27 | 1:40:49.5 |
| 32, Allen Weaver | Canon City | 44 | 1:41:57.4 |
| 33, Andrew Medina | Colo. Springs | 34 | 1:42:04.7 |
| 34, Michael Pallatino | Colo. Springs | 41 | 1:42:14.0 |
| 35, Jim Beckenhaupt | Colo. Springs | 50 | 1:42:17.0 |
| 36, Ronald Garcia | USAFA | 19 | 1:42:29.7 |
| 37, Jason Lemons | USAFA | 22 | 1:42:30.6 |
| 38, Michael Caslin | Colo. Springs | 34 | 1:42:31.2 |
| 39, Mark Allinger | Colo. Springs | 38 | 1:42:31.7 |
| 40, Keith Hammond | Colo. Springs | 47 | 1:42:39.5 |
| 41, Larry Herr | Colo. Springs | 27 | 1:42:41.2 |
| 42, Jeff Miller | Pueblo | 40 | 1:45:14.8 |
| 43, Sam Valasquez | Colo. Springs | 41 | 1:45:24.4 |
| 44, Bill Cox | Colo. Springs | 40 | 1:45:34.4 |
| 45, Dennis Smith | Littleton | 44 | 1:45:55.4 |
| 46, Jeff Keller | Pueblo | 26 | 1:47:14.4 |
| 47, Steve Roberts | Superior | 29 | 1:47:44.4 |
| 48, Dave Humphrey | Denver | 50 | 1:49:31.1 |
| 49, Randy Courduff | Colo. Springs | 43 | 1:50:50.3 |
| 50, Steve Farley | Fort Lyon | 47 | 1:51:07.9 |
| 51, Mark Falsani | USAFA | 23 | 1:51:29.9 |
| 52, Paul Furrey | Pueblo | 24 | 1:51:33.4 |
| 53, Jim Klever | Denver | 54 | 1:51:46.2 |
| 54, Ron Banta | Colo. Springs | 34 | 1:52:14.8 |
| 55, Timothy Mitros | Colo. Springs | 38 | 1:52:31.7 |
| 56, Bart Farmer | Pueblo | 48 | 1:52:32.2 |
| 57, Matt Levasseur | Colo. Springs | 30 | 1:53:37.8 |
| 58, Troy Schwindt | Canon City | 35 | 1:53:55.2 |
| 59, Steve Abrahamson | Englewood | 37 | 1:54:02.9 |
| 60, Frank Walter | Colo. Springs | 57 | 1:54:10.6 |
| 61, Charles De Vries | Colo. Springs | 29 | 1:54:14.3 |
| 62, Jim Milne | Longmont | 51 | 1:55:48.9 |
| 63, Steven La Munyan | Colo. Springs | 42 | 1:56:08.1 |
| 64, Chris Gibson | Colo. Springs | 21 | 1:57:38.4 |
| 65, Chris Frick | Durango | 24 | 1:58:30.4 |
| 66, Rand Morris | Pueblo | 45 | 1:58:52.3 |
| 67, John Crouse | Monument | 47 | 1:59:06.8 |
| 68, Mike Unger | Colo. Springs | 32 | 2:04:03.8 |
| 69, Jerome Stiller | Denver | 41 | 2:05:43.9 |

| | | | |
|------------------------|---------------|----|-----------|
| 70, Jon Magistro | Colo. Springs | 30 | 2:06:21.5 |
| 71, Dion Arellano | Pueblo | 28 | 2:06:23.1 |
| 72, Steven Scandaliato | Fountain | 35 | 2:07:02.6 |
| 73, Michael Ometer | Colo. Springs | 43 | 2:12:54.5 |
| 74, Edward Barker | Colo. Springs | 50 | 2:15:39.1 |
| 75, Eugene Arellano | Pueblo | 49 | 2:16:38.2 |
| 76, John Merrell | Colo. Springs | 47 | 2:16:59.6 |
| 77, Doug Massingill | Pueblo | 42 | 2:17:32.8 |
| 78, Chris Richardson | Aurora | 31 | 2:19:23.0 |
| 79, Wayne Frohring | Woodland Park | 52 | 2:35:02.8 |
| 80, Michael Yates | Colo. Springs | 40 | 2:41:13.1 |

FEMALE

| Runner | Residence | Age | Time |
|----------------------------|------------------|-----|-----------|
| 1, Brandy Kappel | USAFA | 22 | 1:32:22.6 |
| 2, Keith Frates | Boulder | 37 | 1:32:34.3 |
| 3, Bonnie Moeder | Colo. Springs | 34 | 1:35:02.1 |
| 4, Rita Vigil | Pueblo | 30 | 1:35:58.2 |
| 5, Marilyn Weisinger | Colo. Springs | 35 | 1:36:32.9 |
| 6, Lynn Galleger | Colo. Springs | 35 | 1:41:44.2 |
| 7, Kris Veltri | Colo. Springs | 24 | 1:44:07.2 |
| 8, Janet Haffner | Colo. Springs | 33 | 1:45:37.4 |
| 9, Deb Robeda | Pueblo | 47 | 1:46:05.6 |
| 10, Frances Summerhill | Englewood | 43 | 1:47:46.8 |
| 11, Lundy Smith | Monument | 30 | 1:47:54.7 |
| 12, Helen Robinson | Pueblo | 39 | 1:48:02.4 |
| 13, Peg Roddy-Reeg | Colo. Springs | 49 | 1:48:15.7 |
| 14, Nancy Williams | Louisville | 39 | 1:50:05.8 |
| 15, Jody Robinson | Colo. Springs | 21 | 1:50:25.3 |
| 16, Kathleen Tehrany | Colo. Springs | 21 | 1:50:51.9 |
| 17, Debora Archuleta | Colo. Springs | 35 | 1:51:48.5 |
| 18, Linda Reeg | Colorado Springs | 44 | 1:52:13.1 |
| 19, Nancy Gilmore | Highlands Ranch | 42 | 1:52:40.1 |
| 20, Krista Fish | Colo. Springs | 23 | 1:53:14.6 |
| 21, Heidi Gruner | Colo. Springs | 38 | 1:54:07.9 |
| 22, Diane Wright | Woodland | 35 | 1:54:48.8 |
| 23, Cyndee Gruden | Boulder | 28 | 1:55:47.9 |
| 24, Linda Holthouse-Milne | Longmont | 38 | 1:55:48.4 |
| 25, Diane Lopez | Pueblo | 39 | 1:55:58.7 |
| 26, Charlene Boudreau | Colo. Springs | 26 | 1:56:41.6 |
| 27, Anna Scandaliato | Fountain | 38 | 1:56:58.5 |
| 28, Jane Bowers | Boulder | 49 | 1:57:04.7 |
| 29, Claire Kelly | Denver | 23 | 2:00:54.0 |
| 30, Pam La Vigne | Colo. Springs | 38 | 2:00:55.0 |
| 31, Gloria Montoya | Pueblo | 49 | 2:03:15.4 |
| 32, Kam Holmquist | Colo. Springs | 28 | 2:03:32.0 |
| 33, Maria Weaver | Canon City | 38 | 2:04:33.1 |
| 34, Deborah Newman | USAFA | 21 | 2:05:24.5 |
| 35, Melanie Keller | Denver | 25 | 2:05:25.2 |
| 36, Dee Brady | Colo. Springs | 34 | 2:05:25.7 |
| 37, Jessie Quintana | Pueblo | 53 | 2:07:15.3 |
| 38, Cheri Becke | Colo. Springs | 34 | 2:07:20.4 |
| 39, Cathy Kelley | Pueblo | 29 | 2:09:20.1 |
| 40, Joan Sweeny | Colo. Springs | 30 | 2:10:17.9 |
| 41, Donna Nicholas-Griesel | Coaldale | 51 | 2:13:02.5 |
| 42, Mary Zehringer | Colo. Springs | 33 | 2:13:54.3 |
| 43, C. Rodriguez Schwindt | La Mesa, NM | 24 | 2:14:31.6 |
| 44, Cyd Hunt | Boulder | 44 | 2:14:41.1 |
| 45, E. Schanta-Hagelberg | Goodland, KS | 41 | 2:14:56.1 |
| 46, Nicole Lucas | Colo. Springs | 26 | 2:15:16.8 |
| 47, Julie Arellano | Pueblo | 44 | 2:16:51.7 |
| 48, Gwen Happ | Woodland Park | 32 | 2:18:52.9 |
| 49, Elaine Grande | Allston, MA | 50 | 2:19:06.5 |
| 50, Elise Kimble | Denver | 52 | 2:27:28.4 |
| 51, Cheryl Mc Coy | Salida | 53 | 2:27:44.9 |
| 52, Anita Farmer | Pueblo | 46 | 2:28:05.1 |
| 53, Betty Leverton | Littleton | 57 | 2:35:32.4 |
| 54, Leslie Rivera | Colo. Springs | 35 | 2:46:03.9 |
| 55, Kelly Schwab | Colo. Springs | 32 | 2:46:06.4 |
| 56, Elba Noble | Colo. Springs | 46 | 2:47:46.4 |
| 57, Angie Baldner | Colo. Springs | 35 | 2:49:03.3 |
| 58, Jeanne Golding | Colo. Springs | 36 | 2:49:10.9 |
| 59, Jo Lukezic | Canon City | 57 | 2:55:03.4 |
| 60, Fran Lange | Littleton | 46 | 2:57:23.1 |
| 61, Janice Shimmel | Grosse Ile, MI | 63 | 3:16:36.5 |



Rita Vigil of Pueblo sped to a 1:35 time to place 4th overall in the River Trail's Half-Marathon division.

Photo by Gary Franchi

Top P&H (Pueblo & Hinterlands) finishers in the River Trail 1/2-marathon

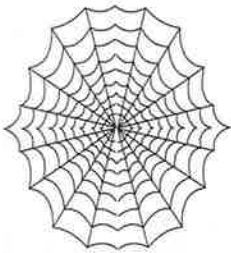
MALES

| | |
|--------------------|------|
| 1, Woody Noleen | 1:26 |
| 2, Kevin Slaughter | 1:27 |
| 3, Marty Garcia | 1:30 |
| 4, Larry Volk | 1:32 |
| 5, Mike Trujillo | 1:35 |
| 6, Ted Quintana | 1:38 |
| 7, Allen Weaver | 1:41 |
| 8, Jeff Miller | 1:45 |
| 9, Jeff Keller | 1:47 |
| 10, Steve Farley | 1:51 |

FEMALES

| | |
|---------------------------|------|
| 1, Rita Vigil | 1:35 |
| 2, Deb Robeda | 1:46 |
| 3, Helen Robinson | 1:48 |
| 4, Diane Lopez | 1:55 |
| 5, Gloria Montoya | 2:03 |
| 6, Maria Weaver | 2:04 |
| 7, Jessie Quintana | 2:07 |
| 8, Cathy Kelley | 2:09 |
| 9, Donna Nicholas-Griesel | 2:13 |
| 10, Julie Arellano | 2:16 |

Notes about this 'n that



RRCA Web site

If you have access to the Internet and the World Wide Web, note that the URL for the Road Runners Club of America is www.rrca.org.

Strength training & the elderly

A study published in the Journal of the American Medical Association found that 100 nursing home patients doubled the muscle strength in their legs after only 10 weeks of weight lifting. The mean age of the participants was 87, proving that it's never too late to start.

Amen

Linda Ellerbee, the first person to be named to the cancer Survivors Hall of Fame:

"I suppose being in a survivors' hall of fame is better than NOT being in it."



How to avoid 'Taking It In'

by Paul Vorndam

This is probably more applicable to trail runners, but I know some folks who've kissed the pavement a time or two also. As you may have guessed, "Taking It In" is a synonym for a face plant, i.e., road rash, i.e., falling. So why would any Bozo want to read an article on how to take it in? Because, this article is about how to avoid taking it in - not vice versa.

Now you might suspect that anyone who proposes to teach others about how to avoid taking it in must, necessarily, be an experienced, battle-scarred veteran himself, right? OK, so I've bit the dust a time or two, but NOTHING compared to my friend Ron in Colorado Springs. When you run with Ron, it's not a question of if he'll take it in, but when. Ron and another friend and I were running a trail one day and Ron went down. The other fella and I kept going. A few minutes later Ron caught up and breathlessly protested, "Hey! You guys didn't even stop - I took it in back there!" We looked at one another with puzzled expressions, "Yeah, so what else is new, Ron?"

The sad part about going down is that you don't have to fall very far to get seriously injured. Ask any Pikes Peak Roundtrip vet - if you can't stand the sight of blood, don't get anywhere near the finish line of that run on race day. Since preventing falls is preferable to becoming an Emergency Medical Technician (EMT), you should know the three most important considerations: 1) footwear, 2) fatigue and 3) concentration. Learning about these factors will save your hide (unless you're just genetically disposed to auger in periodically, like Ron). Let's examine these factors.

1) There are a variety of shoes designed for trail running. Get a pair. Get a pair with the big knobby tread. The better your traction, the better you stay up

right. But don't bawl when you take these shoes out on the asphalt and in two weeks the bottoms are slick - either you're a trail runner or you're not!

2) Expect to trip and react more slowly when you're tired. The end of a long run when you're tired and heading downhill is the most dangerous time (although I have seen Ron take it in while running uphill). It's not the obvious protusions on the trail that'll get you. Ron routinely ends up in a pile of dust because of some unimaginably small twig or pebble on the trail (some times we can't find any real cause - he was just due). The key is concentration. If you're tired and gawking at the scenery, you'll be spitting granite. Not only watch where you're going, but also concentrate on the trail surface. Look for small rock protrusions, roots, patches of loose gravel, etc. Also, and this is important, think about picking up your feet. Resist the urge to shuffle when you're tired. It takes mental effort, but it's better than the alternative - coating the countryside with skin.

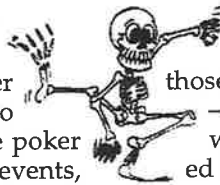


What if, despite your best efforts, you take it in anyway? If you're with someone, have them grade the fall on a scale from 1 to 10. Knowing you just did a full gainer that rated a solid 8.5 can make you feel a lot better as you pick gravel out of your nostrils. If it's a race and you're just "skinned," get up and get going. Laying there moaning won't help! If, however, you really are injured - twisted ankle, etc., - call it a day. There will be a next time. Running on a sprain or a broken bone (this has been done!) will only make it worse and prolong the recovery.

One final piece of advice - if you really like to take it in, quit running. Become a downhill mountain bike racer instead. It's popular - I understand there's a "cast" of thousands.

Harvest Run & Bonfire set for Oct. 25

Another great day to be alive will take place this Saturday, Oct. 25, when the annual Harvest Poker Run is held at Lovell Park in Pueblo West beginning at 5 p.m. A 5-mile poker run will kick off the evening's events, with each runner to be given a playing card at each mile, including the finish line. The male and female with the best poker hands will share part of the proceeds from the \$5 entry fee for all runners.



Also, after the race there will be a bonfire and potluck meal, and all those attending - whether running or not - are asked to bring some chow to go with the chicken that will be provided by the SCR. Liquid refreshment also will be provided.

In addition, seeking new members, the SCR will allow non-members to join the club and remain members through the end of 1998.

1997 Racing Calendar

Pueblo County - Canon City area

| | | | | | |
|-----------------|-----|--------|--------------------------------------|--------------|----------------|
| October | | | | | |
| 25 | Sat | 5:00PM | Harvest Poker Run, 5M | Pueblo West | (719) 564-9303 |
| November | | | | | |
| 22 | Sat | 8:45AM | Atalanta 5K, Run (9AM) & Walk | City Park | (719) 547-9030 |
| 29 | Sat | 6:00PM | Jingle Bell Run, 5K Run & Walk | Union Avenue | (719) |
| December | | | | | |
| 7 | Sun | 8:00AM | Rock Canyon Half-Marathon | City Park | (719) 564-9303 |
| 14 | Sun | 9:00AM | The Excellent Adventure, 8M | 117 Regency | (719) 564-6043 |

Other areas

| | | | | | |
|-----------------|-----|--|--|------------------------|----------------|
| October | | | | | |
| 25 | Sat | | Mayor's Cup, 5K & Kids Half-Mile | Manitou Springs | (719) 473-7848 |
| 25 | Sat | | High Altitude Challenge, 5K | Alamosa | (719) 589-2105 |
| 31 | Fri | | Halloween Hustle, 5K & Kids Dash | City Park, Denver | (303) 694-2030 |
| November | | | | | |
| 2 | Sun | | Fall Series III, 7.5M, Kids 2M | Colorado Springs | (719) 590-7086 |
| 2 | Sun | | Race for the Vote 5K Run/Walk..... | Englewood | (303) 791-2777 |
| 8 | Sat | | Rim Rock Run, 37K | Grand Junction | (970) 242-0383 |
| 8 | Sat | | Mayor's Cup, 5K & 10K | Colorado Springs | (719) 635-8803 |
| 9 | Sun | | Veteran's Day Run, 10M | Englewood | (303) 694-2030 |
| 16 | Sun | | Fall Series IV 6M, Kids 1.5M | Colorado Springs | (719) 590-7086 |
| 16 | Sun | | President's Run, 7M | Englewood | (303) 238-4405 |
| 22 | Sat | | Turkey Trot Predict, 5K | Prospect Lake, Springs | (719) 575-0287 |
| December | | | | | |
| 6 | Sat | | Jingle Bell Run, 5K Run & Walk | Colo. College, Springs | (719) 598-2953 |
| 14 | Sun | | Jingle Bell Run, 5K Run & Walk | Denver | x |
| 31 | Wed | | First Night 5K Run/Walk | Denver | x |

Regional Marathons (& others of interest)

| | | | | | |
|-----------------|--|--|--|----------------|--|
| October | | | | | |
| 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 | |
| 8 | | | Big Sur Trail - California | (415) 868-1829 | |
| 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 | |
| January | | | | | |
| 11 | | | Walt Disney World - Orlando, FLA | x | |
| February | | | | | |
| 1 | | | Las Vegas, NV (& Half & 5K) | (702) 876-3870 | |
| March | | | | | |
| 29 | | | Los Angeles | (310) 444-5544 | |



Clock fund update

Contributions continue to trickle in for the SCR's fund-raising drive being held to help defray the cost of the new race clock we purchased earlier this year. Several hundred dollars have been raised so far toward our \$1,000 goal. Once the goal is reached, we will list the names of all contributors in "Footprints." As noted by Chewta last month, you can send a check to:

Southern Colorado Runners
700 N. Albany Ave.
Pueblo, CO 81003

Racing Notes

Note that the 4 races in the Fall Cross Country Series in Colorado Springs will all be held on Sundays, NOT on Saturdays as was listed in last month's newsletter.

The first 2 races of the series were Oct. 5 and Oct. 19.

Upcoming race dates are Nov. 2 and Nov. 16.

There are shorter Kids Division races for each race in the series.

Stats that rule



- Riders lose about 25% of their spinal bone mass during the 2,5000-mile **Tour de France**. – *Bicycling* magazine
- Fitness walking is the most frequent participant activity in the U.S., with running No. 3. on the list – *American Sports Data*
- The average number of hours per week a pro triathlete spends on the bike preparing for an ultra-distance race: 18 to 20. – *Scott Tinley*
- Percentage of brain cells destroyed reading an issue of "Footprints:" 100%. – *Pollsters Unlimited*

Information beyond comprehension

by the Editor

Atlanta Run

The ladies signing up for this all-women 5K race to be held Saturday, November 22, will receive a specially designed shirt, either of the long-sleeved or mock turtleneck design. Also cool will be the handmade awards by Kathie Arwood. This race at City Park will be produced by the All Male Revue, who will leave their couch seats to make this an event worth experiencing. Misti Frey is the new Race Director.

Jingle Bell Run

One week later, the annual Jingle Bell Run 5K will take place in the Union Avenue area of Pueblo beginning at 6 p.m. (NOT 5:30 as in past years). I'm told the course from 2 years ago will be used instead of last year's course. The Senior Center is headquarters.

Rock Canyon Half-Marathon

Dave Diaz is laying the groundwork for another successful Rock Canyon/Cottonwood/City Park Half-Marathon that

will utilize last year's new course that starts and finishes at City Park. It is scheduled for Sunday, Dec. 7. Since the Broncos play at 11 a.m. that day, the race will start an hour earlier this year – at 8 a.m. Also, Dave notes that a 70-and-over division has been added.

Run for the Rose

Those attending the SCR's monthly meeting for October were treated to loads of crackers and crab spread and juicy cut-up fruit provided by Carlos Rodriguez and Hilbert Navarro as thanks to the SCR for help-pign make the Run for the Rose 5K Run & Walk a bountiful success. The race netted \$6,500 for the Friendly Harbor.

Hot to Trot 5K

The Hot to Trot 5K was a success despite a smallish field. Many thanks to Ty Rice for donating 2 excellent water jugs to the SCR.

State cross country

Come out and cheer for our local preps in the state cross country meet at City Park at 10 a.m. Saturday, October 25.

GOOD ADVICE: "Be happy with what you accomplish each day, not what you don't get to." – Dr. Joe Vigil

Did you know ...

Once you reach a certain (fitness) level, you have to challenge your metabolism or you'll never improve.

– Dr. Joe Vigil

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

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