



EDITOR: Gary Franchi

FOOTPRINTS

An award-winning newsletter.

An "In-Like-a-Lion" March 1998 Edition

No Door Mats

Two stars of the 20th annual Spring Runoff held March 1 are pictured here outside the Side Pocket prior to the awards ceremony inside. Matt Carpenter (left) of Colorado Springs sped to an easy victory in the 10-mile race with his outstanding 52:36 time. Next to him is Matt Martin, who made his debut as Spring Runoff race director (see Page 4).

There were 337 finishers in this year's Runoff spread over the three races - 5K, 10K and 10-miler. Check out all the results and other race coverage on Pages 5, 6 and 7 inside.

Photo by Gary Franchi



SCR Clock Fund now at \$896 & counting

The SCR's Clock Fund money-raising campaign, launched last year to replenish coffers that had been depleted by the club's purchase of a new race clock, had grown to \$896 as of March 11. Through generous contributions from club members and family members (Gary's mom and dad), we have significantly depleted our Clock Fund debt. As most of you know, the clock has been a great addition and asset to our races.



A special "thank you" goes out to the individuals listed at the right who have made a donation to the Clock Fund. If I missed anyone, please call me at the YMCA (543-5151) so you can be recognized in next month's issue of *Footprints*. Your support helps make our club a success.

Thank you!

Ben Valdez, *Past President*

- | | |
|-----------------------|------------------------|
| Mike Archuleta | Mark Koch |
| Jim Beckenhaupt | Matt Martin |
| Marv Bradley | Sam McClure |
| Dan Caprioglio | Mike Messick |
| Laura Clark | Jeff Miller |
| Ron Dehn | Hilbert Navarro |
| Bill DeMoss | Mae & Marvin Zezvensky |
| Betty Duran | Donna Nicholas-Griesel |
| Traci Dworshak | Michelle Olson |
| Gary Franchi | Priscilla Portillos |
| Felix & Julie Franchi | Brad & Susie Price |
| Glenn Freelove | Bob & Jessie Quintana |
| Dan & Vickie Gallegos | Cynthia Rivera |
| Marty & Linda Garcia | Lillian Rivera |
| Lori Gregory | Maxi Sandoval |
| Robert Guidry | Laura Schilf |
| Rich Hadley | George Slaughter |
| Jean Halfpop | Maddy Tormoen |
| Rocky Khosla | Ben Valdez |





Chewta says:

"Remember, my St. Patty Day friends, that if you want to train with fellow club members, you have two opportunities each and every week. One group meets at 5:30 p.m. on Wednesdays at the Pueblo East High School track for speedwork sessions. Then at 7:30 a.m. on Sundays, several SCR members meet at the City Park swimming pool parking lot for a longer training run. At both of these workouts, there are varying ability levels and distances covered, and no doubt there will be someone there you can team with. Happy trails! Ruff! Ruff!"

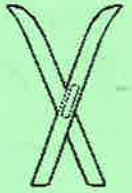
Poignant note to the world:

Boring people never know they're boring. In fact, no offense, even YOU could be boring. Ask yourself: When you talk to people, do they tend to make vague excuses – "Sorry, got to run!" – and then walk briskly away? Does this happen even if you are in an elevator?

– Dave Barry

Rocky on Fitness

These skis live up to the hype



by Rocky Khosla, M.D.

I may be committing heresy, but I am going to write about skiing in my column this month. I know, it's a gutsy, daring move. But, hey, that's the kind of macho (yet sensitive) guy I am.

All kidding aside, I have been converted to a new ski! Now this may not seem like front page news, but it is! You see, I have been skiing on Dynastar Extreme Vertical Assault skis for some 9 years now. I have gotten the various models that have come out in this series because they have, to date, been considered excellent mogul skis. And they are extremely lively, easy-turning skis. But everything changed as of two months ago.

Two months ago, Christy Sports had a demo day at Monarch, and on a lark I decided to check out what was new. I am sure most of you have heard the hoopla about the new shaped or parabolic skis, and I thought that these were probably going to be another much-hyped product that wasn't really deserving of the hype. So I tried out about 6 pairs of skis, all the way from the really broad fat boys for powder skiing to several of the new shaped skis.

Just to make sure that I wasn't just imagining it, I skied the same run (Upper Christmas Tree) with my regular skis, and then with the shaped skis, and what a dif-

ference! It was like suddenly having power steering when you have been used to regular steering. And the model of shaped ski I liked the best was the Dynastar 4x4. In fact, I liked these so much that I have bought a pair since then and have nothing but great things to say about them.

A couple of things to mention about the newer skis: The fat skis are great for deep powder because they don't sink in as much so they allow you to float, but they are as hard as heck to turn on hard-packed powder. The new shaped skis allow you to carve your turns more easily, but you have to stay leaned slightly more forward, and you may notice that your hips feel a little tired after skiing on these. That's because the more efficient carving allows you to steer these skis with your feet, knees and hips whereas regular skis would skid way before you could really generate enough force through the hips (unless you are the "Herminator" – Hermann Maier, the Austrian double gold medal Alpine skier in Nagano).

So if you have been skiing on regular skis, try the new shaped skis. And if you have never tried skiing, these new skis will make it a lot easier to learn. And for once, the hype over a new product seems well deserved!

Til the next time, enjoy that great Spring skiing and running!

On April 1 (and at other times), all fools meet at the Gold Dust Saloon.



Gold Dust Saloon
130 S. Union Avenue

Nykesha Sales is the women's pro hooper who, while injured, was given an uncredited layup so she could set a scoring record.



Southern Colorado Runners

A member of the Road Runners Club of America



Current SCR Officers:

President	Rich Hadley	784-6514
Vice President	Joe Stommel	546-1569
Secretary	Jessie Quintana	564-2350
Treasurer	Mike Orendorff	561-2956
Non-elected Officers		
Membership Chair	Mike Orendorff	561-2956
Newsletter Editor	Gary Franchi	676-4100
Assistant Newsletter Editor	Matt Martin	542-5350
•		
Editorial Consultants	Nick Nasch, Nykesha Sales	

Footprints is produced monthly and mailed to the SCR membership to help make their lives much more fulfilling and deeply enriched.

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. All SCR members are invited to attend with arms full of treats for those in attendance, minds full of fresh ideas, and laden with the patience of Job as issues are discussed au nauseum.



Great (& so-so) Stuff

by Gary Franchi



Help our kids become Olympic medalists

Thought for today's lunch, compliments of an anonymous physician somewhere: "Half of what you learn in medical school is wrong. The problem is figuring out which half."

Musings on running, fitness, life, etc.: I see where some residents are trying to get money allocated to build a skateboard park in Pueblo West. Cool! Kids need a place to skateboard. Especially in Pueblo West, where there aren't a whole lot of sidewalks. And if they skateboard on the streets, they have to deal with all the cracks in the road. Like the ones that have given duathletes and triathletes fits during the bike legs of the Y-Bi duathlon and the Ordinary Mortals and Drag'n On In triathlons the past few years.

On the other hand, having just witnessed a Winter Olympics, I'm sort of wondering if maybe we should be grooming our kids for future Olympics competition. Skateboarding isn't an Olympic sport, so maybe we would be better off by building a "Luge Park" instead. With all those hills out there, it would be a natural. And what about an ice facility in which to breed our Year 2010 curling gold medalists. They could name it Stoners Haven. It would be "the place to be."

(Kid, 9 years old, to mother: "Mom, can I have a ride to Stoners tonight? Everybody's gonna be there.")

(Mother, with a stern face, to Johnny: "Do you know if there will be any 'sweepers' there or are you going to toss the 'rock' like a horseshoe? That'll never get you to the Olympics, you know.")

OK, so I'm joshing just a tad about this. But my point is, how the heck do people in other countries get started in obscure activities like the luge and curling? Does Sergei Zaramov of Russia wake up one day and say: "You know, I could try to make our medal-winning, world-renowned hockey team, but I prefer the mental discipline required in curling."



Goaltender Dominic Hasek of the Czech Republic was a huge star in hockey. But I wonder if Hasek really preferred the luge but wasn't any good at it because there wasn't a "luge park" in his Czech Republic hometown when he was growing up? If there had been, maybe the U.S. and Canadian hockey teams wouldn't have lost to the Czechs and would have won medals.

See? Our kids **NEED** luge and curling facilities built in Pueblo West as much as a skateboard park. They deserve the opportunity to be Olympic medalists in these events.

Hence, I propose Pueblo West make the investment now, before it's too late, to construct a state-of-the-art sports complex there that would house luge, curling and skateboard facilities. This way everyone would be happy, and this would be an investment for the future – the future being Olympic champions from the U.S.

Give our kids a legitimate chance! Invest in the luge and curling – NOW!

This month's smorgasbord: The February 1998 issue of *Outside* magazine noted that a motorist caught driving 104 miles per hour in a 45 mph zone offered the excuse that he was air-drying his newly washed truck. Despite that heady resourcefulness, he got a ticket anyway ... The Sunday, March 8, issue of *The Daily Bugle* listed new books available at the McClelland Library. One of them was "Genetic Testing for Cystic Fibrosis." Boy, I hope THAT one's not checked out by the time I get there ... I was browsing through the newest issue of *Eastbay* magazine, looking to see if my beloved Nike Air Windrunners were on sale. They weren't. But I DID discover that Nike has created its own color chart. Two Nike colors I noticed were emerald and tangerine. OK, those sound reasonable. But then I noticed two others – antifreeze and malachite. Antifreeze I can sort of imagine, but what the heck is malachite? ... SCR member Rich Barrows was disappointed that your beloved editor didn't bring his infamous yellow lawn chair to the finish line of the Spring Runoff, because he was looking forward to testing it out. "Hey, Franch, what is the criteria for being able to sit in it, anyway?" Rich asked. Having had time to think about it, I must say that all distance runners qualify who were born on September 23, 1948 in Detroit, Michigan ... Till next month, try to stay sane, gang!

Ultimate in idiocy item of the month:

This month's *Lights Are Dim* award goes to the New Orleans Saints. Not because the Saints have been so terrible in the NFL every year. No, but because the Saints recently signed Lamar Smith to a 4-year, \$7.1 million contract while the running back was on a 1-day furlough from jail. Smith pleaded guilty to vehicular homicide for being the drunken driver in an auto accident that left a teammate paralyzed and another injured while they were members of the Seattle Seahawks. Nothing like justice, I say.



Movie Line of the month:

"No one can survive in the adult world if they have to stick to the truth."

Hint: This line came from a comedian who now ranks as one of today's highest-paid actors. The flick is about a year old and is out on video. Guess the movie and speaker and win a free box of laughs from your beloved editor.

Answers below.

Don't peek!

Jim Carrey in "Liar, Liar"

Answers:



Ride the Rockies

This is for information only since the entry deadline for this event has already passed:

The annual **Ride the Rockies** bicycle tour will take place from June 21-26 this year and will traverse 353 miles from Boulder to Frisco. There are a few passes in there, as you might have suspected. Good luck to those who are selected for the tour.

For information, call:
(303) 820-1338
or e-mail:

www.ridetherockies.com

Training to do your best

Marathon Training:

Endurance training develops efficiency in the muscles of the legs and pelvic girdle, thereby laying the foundation for more intense work. Long training runs allow you to get used to the discomforts of the event, such as heavy legs and sore joints, and they train your body to metabolize fatty acids.

— Jim Brunswick

Definitely Not Great Stuff

by Matt Martin

Runoff by committee makes for a great event

"My most brilliant achievement was my ability to be able to persuade my wife to marry me."

— Winston Churchill

The 1998 version of *The Pueblo Chieftain*-sponsored Spring Runoff is history. So is my first-ever attempt at directing a race. I must be nuts. Not only did I volunteer to do something I had no experience doing, but I also did it with just a few months left before the race. However, I took it on only after SCR stalwart Kathy Stommel promised to help me organize the race.

Then, others volunteered to help, too: Joe Stommel, Ben Valdez, Nick Levya, Marijane Martinez, Lois Pfof, and Rich and Deb Hadley. The Spring Runoff Committee was born! We also enlisted the aid of the usual crew and many others, including many *Chieftain* employees, who were more than willing to help. For instance, Ruth and Shelley of the Gold Dust Saloon were great at the registration table. Andy Ballou and Mary Lou Henson worked hard at getting accurate and timely race results. Dave Diaz, course marker, made sure no one got lost. Corky Madrid, finish line announcer, made all runners feel as if they had won their own little race. Rich Barrows and his Colorado Springs Boys and Girls Club, the Pueblo Boys and Girls Club, and former SCR President Larry Rogers and his kids set up and worked the three aid stations. My wife, Kim, and daughters Megan and Nichole worked the refreshment table. Aaron Hadley made an emergency run to Albertsons for cups when we ran out at the refreshment table.

My thanks also must go out to all of the last-minute drafted volunteers, such as Erin Holmes and Don Pfof, who helped fill in when some expected volunteers did not show up. The race this year might not have happened without the help of the Committee and all of our volunteers. Of course, Tom Emerson and all of his Side Pocket volunteers were gracious hosts. Our special thanks to Kenny Nolen, and our thoughts for the health of his wife, for opening the Side Pocket at 7:00 a.m.

I was happy with the turnout. We had 337 finishers, mostly from Pueblo and Colorado Springs, but also from far reaches of the state, such as Montrose and Ft. Collins. We had three out-of-state runners. We would have had four if the lady who called me from Minnesota for an entry form the Friday

before the race had shown up. I was very pleased to see Matt Carpenter race and stick around to pick up his trophy. Matt is a world-class mountain runner, having won several worldwide Fila Sky mountain races. Matt and I have e-mailed a couple of times since the race. Matt found the course very challenging and he was very happy with the layout.

Changes are in the wind, friends. Read my lips: we will run the March 7, 1999 Runoff on a different course.

Sad to say, but we must leave the tried and true Northridge course behind for both safety and political considerations. My greatest fear this year was that a runner would become Texas Toast in front of The Cracker Barrel Restaurant. Thanks to volunteer course marshal Dave Foster, who was stationed right outside the Cracker Barrel, I did not realize that fear. We understand that more construction projects are planned for the frontage road portion of the 10-mile course, located north of the Hampton Inn. Traffic is just too heavy for this to be a safe place to race.

The city has not charged SCR for police manpower (although the city still pays overtime to the officers) the last few years, making this race an affordable one to produce. We would need more police power to keep the current course. Recently, City Council has given Police Chief Ruben Archuleta some heat over free traffic control for events such as ours. *The Chieftain* underwrites a substantial part of the cost of the race. SCR cannot simply afford to produce the race if the city charges us for traffic control. Therefore, the solution is to find a safer place to race

See Matt on Page 7

STOP THE PAIN

Patented super product promoting joint health

— Rheumatologists Recommended —

A must for anyone with unhealthy joints, back pain, muscle pain, chronic sports injuries.

All-natural product, dual inhibitor and no side effects.

Joe & Theresa McCain
Toll free: 888-574-2448

Leonard Cain, M.D.



Spring Runoff 5K (3.1 miles) Run/Walk

Race held March 1, 1998

All results provided by Andy Ballou and Mary Lou Henson

Overall Winners:

Male: Peter De La Cerda, 15:58
Female: Jamie Barnes, 21:37

MALES

Runner	City	Time
10 and under		
Chris Galbraith	Pueblo	25:08.1
Andrew Jobe	Pueblo West	35:20.0
Dan Cleaver	Pueblo	37:21.6
Josh Chiaramonte	Pueblo	42:48.2
Austin Shelton	Fountain	43:10.9
Alec Shelton	Fountain	46:42.6
11 thru 15		
Jared Scott	Monument	16:58.7
Jeremy Gregory	Pueblo	22:33.3
Brandon Van Buskirk	Pueblo	25:08.5
Vincent Suarez	Pueblo	26:39.9
Thomas Roukema	Pueblo	27:49.3
Danny Mazion	Pueblo	28:02.7
Aaron Diaz	Pueblo	29:30.6
Ariel Stiller-Shulman	Pueblo	30:51.2
Tyler Cleaver	Pueblo	34:05.1
Nolan Reyher	Wiley	35:30.7
Davis Fredregill	Pueblo	35:51.4
Tommy Willumstad	Pueblo	36:45.6
Eric Rink	Pueblo	39:51.8
20 thru 29		
Peter De La Cerda	Alamosa	15:58.6
Brian Van Buskirk	Golden	20:49.0
Jeff W. Thomas	Pueblo	21:48.8
Adam Watters	Colo. Springs	22:32.4
30 thru 39		
Larry Caffey	Pueblo	17:06.7
Al Ross	Fountain	17:51.5
Ray Goure	Lakewood	18:24.3
David Gonzales	Pueblo West	18:50.7
Eugene Mares	Pueblo	21:35.6
Fred Mielke	Pueblo West	22:57.4
Rudy Baca	Pueblo	23:00.6
Rich Barrows	Colo. Springs	23:10.7
Joe Vigil	Pueblo	23:56.0
Greg Cress	Pueblo	24:27.7
John Freyta	Canon City	25:13.1
Douglas Vasquez	Pueblo	27:33.0
Kevin Hudson	Colo. Springs	28:54.0
Lincoln Dimmick	Pueblo	29:36.2
Jim Neblick	Pueblo	30:29.6
Hardy Chain	Westcliffe	31:53.9
Todd Anderson	Monument	35:41.8
40 thru 49		
Ron Betz	Pueblo	19:38.0
Gilbert H. Madrid Jr.	Aurora	19:51.7
Pablo Sandoval	Alamosa	21:46.3
Nick Leyva	Pueblo	21:56.3
Sam Brown	Pueblo	25:16.6
Edward Marquez	Trinidad	26:24.4
Jim Roukema	Pueblo	27:49.7
Barclay Clark	Pueblo	27:51.3
Michael Pugh	Pueblo	28:26.4
Paul Barela	Pueblo	29:07.9
Bruce Taylor	Pueblo	29:09.3
Dave Reyher	Wiley	29:26.9
Jess Becerra	Rocky Ford	32:49.1
Pat Greer	Pueblo	32:49.4
James Folga	Pueblo West	33:53.6
Luis Saucedo	Aurora	34:41.7
David Jobe	Pueblo West	35:19.6



While Rich Barrows (left) was just happy to be running in his first Spring Runoff, Peter De La Cerda (center) and Jamie Barnes enjoyed being the overall winners.

Photos by Gary Franchi

Mark Wilkinson	Pueblo	36:07.8	Paulette Martinez	Pueblo	44:52.0
Karl Aguilera	La Junta	36:15.8	Henrietta Bastian	Pueblo	54:21.3
Chris Romero	Pueblo	44:44.8	30 thru 39		
50 thru 59			Misti Frey	Pueblo West	22:47.0
Marv Bradley	Canon City	20:27.1	Donna Langdan	Lafayette	24:20.5
Joe Farra	La Junta	21:15.0	Liz Garcia	Alamosa	24:48.5
Hilbert Navarro	Pueblo	25:06.0	Alyssa Chellis	Rocky Ford	28:10.2
Patrick Swank	Pueblo	27:08.9	Sandy Messick	La Junta	29:15.6
Carlos Rodriguez	Pueblo West	29:24.5	Ava Castanha	Rye	29:35.1
Robert Quintana	Pueblo	29:56.5	Yvette Cortinas	Pueblo	31:16.9
John Kelly	Pueblo	30:30.7	Kim Cansino	Canon City	31:53.0
Sidney Arnold	Pueblo	34:36.1	Kathy Ulish	Westcliffe	32:00.4
Bill Van Buren	Colo. Springs	34:43.6	Tracy Atilano	Pueblo	32:28.0
John McGuire	Boston, MA	35:00.5	Angelina Madrid	Aurora	32:37.5
Denzel Savage	Pueblo	36:31.7	Janelle Sheppard	Pueblo	33:20.6
Nicholas Rodriguez	Pueblo	40:21.7	LuAnn Suarez	Pueblo	34:31.0
Larry Walls	Pueblo	42:46.7	Christy Ann Ayala	Pueblo	35:04.1
Paul Stever	Pueblo	52:20.3	Charlene Alfonso	Pueblo	37:37.8
Robert Fredregill	Pueblo	54:26.5	Desiree Jara	Pueblo	40:26.5
60 and over			Jerri Baker	Pueblo	51:46.0
Ross Westley	Arvada	20:55.6	40 thru 49		
Ralph Regalado	Pueblo	23:30.2	Marijane Martinez	Pueblo	24:38.8
Bob King	Pueblo	31:56.6	Christy Furman	Pueblo	30:37.4
Richard Ayala	Pueblo	33:38.5	Sue Crockenberg	Pueblo	30:49.6
FEMALES			Lorraine Rodriguez	Pueblo	31:14.4
10 and under			Susan B. Stiller	Pueblo	31:37.6
Sarah Koch	Pueblo	31:15.7	Laura Clark	Fowler	32:01.2
Monica Diaz	Pueblo	35:29.7	Lillian Jones	Pueblo	32:04.9
Kathie Anderson	Monument	35:37.8	Maxi Sandoval	Pueblo	32:28.5
Stephanie Van Buskirk	Pueblo	37:31.4	Cheryl Saucedo	Canon City	33:45.6
11 thru 15			Jo Schrubbe	Beulah	36:06.6
Jamie Barnes	Pueblo	21:37.0	Alyce Gangaware	Pueblo	42:52.9
Cari Ottino	Pueblo	24:14.8	Vicky Janos	Pueblo	42:53.7
Stephanie Pugh	Pueblo	28:25.7	Roxana Rink	Pueblo	44:21.8
Carla Aguilera	La Junta	29:20.1	Frances Gallardo	Pueblo	51:46.8
Nancy Parker	Pueblo	34:07.5	Ester Baca	Pueblo	52:09.4
16 thru 19			50 thru 59		
Joclyn McCluskey	Pueblo	27:02.3	Fran Borton	Pueblo	25:42.8
Mollie Jacobs	Pueblo	28:28.9	Mallory Norway	Longmont	29:38.9
Tracy Vasquez	Pueblo West	31:43.0	Carol Nies	Colorado City	31:48.5
Arianne Singleton	Pueblo West	31:47.2	Rebecca Pierce-Epperson		
Ivette Garcia	Pueblo	35:00.2	Colo. Springs	36:37.2	
20 thru 29			Dorean Gierjan	La Junta	38:30.7
Krista Fish	Colo. Springs	21:54.8	Deanna Stever	Pueblo	52:09.7
Michelle Olson	Pueblo	26:30.7	Katryna Fredregill	Pueblo	54:27.1
Donna Tonko	Pueblo	36:14.4	60 and over		
Cindy Hudson	Colo. Springs	36:49.4	Priscilla Portillos	Pueblo	34:59.4
Jenny Sherman	Pueblo	36:50.2	Pattee Williams	Pueblo	45:31.7
			Nancy Baker	Pueblo	45:32.0

Spring Runoff – 10K (6.2 miles)

Overall Winners:

Male: Peter De La Cerda, 33:38
 Female: Nikole Johns, 36:59

MALES

Runner	City	Time
19 and under		
Aaron Lopez	Pueblo	41:10.0
Curtis Avila	Pueblo	56:42.3
Raymond Trujillo	Pueblo	56:58.7
Michael Saucedo	Canon City	59:35.0
20 thru 24		
Darryn Biggerstaff	Fort Collins	41:08.9
Eric Avila	Pueblo	45:44.4
Paul Furrey	Pueblo	46:03.9
25 thru 29		
Peter De La Cerda	Alamosa	33:38.6
Gerald Romero	Colorado Springs	36:35.1
Michael Blakesley	Avon	45:03.9
Matt Sherman	Pueblo	46:47.6
Greg A. Cooper	Pueblo West	55:26.0
30 thru 34		
Timothy Vigil	Pueblo	37:45.2
La Von Shelton	Fountain	38:47.8
Larry Volk	Pueblo	40:37.8
Rick Hough	Pueblo	44:31.8
Gany Rael	Pueblo	46:06.6
Troy Chacon	Pueblo	46:27.3
Ty Rice	Pueblo	51:38.8
Butch Faoro	Penrose	54:36.6
35 thru 39		
Lawrence Alesch	Colorado Springs	35:57.7
Mark Koch	Pueblo	37:02.2
Richard Hornish	Colorado Springs	37:59.8
Robert Brotherston	Security	39:51.3
Marty Garcia	Pueblo	40:22.6
Ben Valdez	Pueblo West	42:37.9
Daniel Caprioglio	Pueblo	42:46.2
Scott Beauvais	Pueblo West	47:00.4
John Castanha	Rye	47:37.8
Buddy Lambrecht	Canon City	49:14.1
Brad Van Buskirk	Pueblo	49:44.0
Doug Thornton	Penrose	51:18.5
Dan Cansino	Canon City	54:57.4
Jim Hurley	Colorado Springs	55:48.8
J.D. Walters	Pueblo West	58:55.5
Tim Caudill	Florence	64:42.3

40 thru 44

Mike Messick	La Junta	37:41.0
Johnny Ray Garcia	Raton, NM	38:38.4
Woody Noleen	Colorado Springs	38:44.7
Ken Johnson	Raton, NM	39:26.9
Bill Veges	Pueblo	42:22.0
Sam McClure	Canon City	43:30.7
Anthony Soto	Pueblo	46:16.0
Howard Stringert	Pueblo	47:06.0
Bill Ebersohl	Colorado Springs	47:55.5
Mike Borton	Pueblo	48:26.1
Scott Gaines	Canon City	48:28.7
Gary Carter	Pueblo	50:16.5
Anthony Diaz	Pueblo	52:40.5
Jack Rink	Pueblo	53:18.8

45 thru 49

Dave Diaz	Pueblo	40:50.4
Hector Leyba	Penrose	44:02.3
Roy Hughes	Canon City	45:32.8
Allen Weaver	Canon City	47:12.9
Gary Franchi	Colorado City	47:38.8
Bart Famer	Pueblo	51:17.2
Mitch Sudolsky	Pueblo	51:30.5
Brian Booth	Pueblo	52:05.9
Eugene Arellano	Pueblo	52:41.6
Jeff Cleaver	Pueblo	53:37.9
Paul Willumstad	Pueblo	54:00.2
Warren Marshall	Canon City	54:18.1
Jerry Lopez	Pueblo	54:24.6
Xavier Mendoza	Pueblo	54:53.8
B.A. Cosyleon	Pueblo	55:21.5
Will Johnson	Pueblo	56:18.4
James Lloyd	Rocky Ford	57:12.0
N Wayne Smith	Pueblo	60:21.5
Lalo Arteaga	Pueblo	62:12.4
M. Gonzales	Pueblo	68:18.0

50 thru 54

Larry Lopez	Pueblo	47:48.8
David Crockenberg	Pueblo	48:11.5
David Tonsing	Westcliffe	52:41.4
Lloyd Montiel	Pueblo	53:22.2
Charles Sanchez	Pueblo	56:16.2
Tom Hamilton	Colorado Springs	57:45.8
James King	Pueblo	61:17.7
Robert Doyle	Avon	62:01.2

55 thru 59

Jeff Arnold	Avondale	47:53.3
-------------	----------	---------

Len Gregory	Pueblo West	50:25.8
David Dill	Pueblo	62:03.5
Bill DeMoss	Pueblo	63:47.2

60 and over

John Holiman	Pueblo	56:13.1
Mitchell Pickens	Pueblo	58:40.5
Rodge Rodgers	Colorado Springs	61:44.7

FEMALES

19 and under

Jackie Pacentrilli	Alamosa	41:22.5
Alvera Mayoral	Pueblo	64:02.1

20 thru 24

Nikole Johns	Alamosa	36:59.6
Eryn Schilling	Rocky Ford	53:54.2

25 thru 29

Kelly Rogers	Colorado Springs	51:23.7
Cathy Kelley	Pueblo	55:13.6
Donita Massingill	Pueblo West	55:24.3
Carey Moreschini	Pueblo West	60:37.9

30 thru 34

Karin Kyte Romero	Beulah	51:51.2
Lori Stavang	Pueblo West	52:02.7
Kathy Leedom	Pueblo West	53:23.2
Brenda Baker	Pueblo West	58:09.1

35 thru 39

Tina Clarke	Westcliffe	48:15.8
Laura Schilf	Canon City	50:46.5
Ann Hulett	Pueblo West	52:28.5
Maria Elena Weaver	Canon City	57:42.0
Kay Ann Hobbs	Pueblo	60:49.7
Dianna Quattlebaum	Penrose	63:02.9

40 thru 44

Mary Hurley	Colorado Springs	48:55.5
Linda Weyers	Monte Vista	54:08.4
Virginia Van Buren	Colorado Springs	71:12.9

45 thru 49

Julie Marshall	Canon City	54:18.3
Julie Arellano	Pueblo	56:21.6
Bertha Butts	Pueblo	61:17.5
Anita Famer	Pueblo	67:15.1

50 thru 54

Lorraine Hoyle	Pueblo	51:12.2
Jessie Quintana	Pueblo	53:14.8
Susan Campbell	Pueblo	63:31.6
Elise Kimble	Denver	64:30.5

First Runoff

Rich Barrows enjoyed being able to run in his first Spring Runoff. As the Runoff's Race Director for many years, Rich was always busy tending to day-of-race details. During the past year, Rich moved to Colorado Springs and had to give up directing the race. So this year he finally got to run, competing in the 5K.

20th Runoff

The first race that Puebloan Bob Quintana ever ran was the inaugural Spring Runoff back in 1978. He hasn't missed a Runoff since. Despite knee problems that have limited his running in recent years, Bob made it 20 years in a row March 1 by running the 5K in 29:56. Pretty nice streak!



Kids sprint from the starting line in the special Toddlers Race

Photo by Gary Franchi

Spring Runoff - 10-Mile division

Overall Winners

Male: Matt Carpenter, 52:36
 Female: Maddy Tormoen, 63:49

Runner	City	Time
MALES		
19 and under		
Sean Andersen-Vie	Colo. Springs	58:20.4
20 thru 24		
Jason Ramos	Pueblo	1:13:21.8
25 thru 29		
Brian P. Barnett	Woodland Park	1:09:53.1
Paul W. Paschall	Canon City	1:15:38.7
Carl R. Bauer	Canon City	1:16:00.5
30 thru 34		
Matt Carpenter	Colo. Springs	52:36.2
Daniel Vega	Colo. Springs	55:20.3
Tim Sandell	Colo. Springs	1:01:47.9
Eric Black	Denver	1:17:27.6
P J Warne	Colo. Springs	1:18:10.3
Steve Carlander	Colo. Springs	1:19:45.4
Lance Givens	Florence	1:27:33.9
Kerry Meier	Pueblo	1:27:37.9
35 thru 39		
Phil Ware	Loveland	57:15.2
Jeff Lindemann	Peyton	1:03:36.6
Neal Taylor	Monument	1:06:14.0
Jim Schreiber	Pueblo West	1:11:31.5
Robert Santoyo	Pueblo	1:13:23.5
Dan Paulson	Canon City	1:15:40.0
Tom Black	Pueblo	1:17:28.0
Sean Finley	Pueblo West	1:17:47.9
Mike Archuleta	Pueblo	1:20:46.3
Michael Clark	Manitou Springs	1:21:02.0
Sean Bryan	Colo. Springs	1:25:56.4
Steve Clough	Pueblo	1:27:25.6
Chris Jaquez	Canon City	1:35:18.2
Ted Puls	Pueblo	1:37:03.6
40 thru 44		
Dick Le Doux	Pueblo	57:27.5
Jose Fernandez	Monte Vista	1:08:20.1
David Baker	Pueblo	1:11:14.7
Steve Guulke	Colo. Springs	1:14:49.5
Bill Cox	Colo. Springs	1:24:23.0
Basil Hernandez	Pueblo	1:25:47.1
John F. Sell	Canon City	1:34:59.7
David Sorenson	Colo. Springs	1:37:08.8
45 thru 49		
Eck Zimmerman	Palmer Lake	1:04:42.0
James Robinson	Pueblo	1:07:20.0
Joe Stommel	Pueblo	1:10:28.8
Michael Pugh	Pueblo	1:16:23.2
John F. Ulsh	Westcliffe	1:18:04.4
Roger Sajak	Colo. Springs	1:21:06.6

Joe Sisneros	La Jara	1:23:08.8
Darrell Gorre	Denver	1:34:18.3
Mike Saucedo	Canon City	1:34:18.6
George Birks	Pueblo West	1:42:47.8

50 thru 54		
Jim Beckenhaupt	Colo. Springs	1:15:08.4
Ed Leanos	Pueblo	1:20:13.4

55 thru 59		
P. Vonder Gathen	Colo. Springs	1:15:35.8
Kent Mitchell	Longmont	1:19:57.0
Wayne Whitney	Pueblo West	1:25:15.6

60 and over		
Ross Westley	Arvada	1:14:03.7
Ric Markin	Colo. Springs	1:27:23.1
Gerald Puls	Pueblo	1:42:31.4

FEMALES

20 thru 24		
Erika Sofianek	Colo. Springs	1:07:24.1

25 thru 29		
Mary Cea	Fort Collins	1:18:37.7
Brook Hathaway	Pueblo	1:24:29.0
Raeann Armijo	Pueblo West	1:27:40.3
Julie A. Shirley	Ft. Collins	1:27:50.3
Ana Gonzalez	Pueblo	1:39:57.5
Victoria Nunez	Pueblo	1:40:38.9

30 thru 34		
Bev Zimmerman	Palmer Lake	1:04:36.4
Claire Bueno	Pueblo	1:17:28.3
Ingrid Millhauser	Colo. Springs	1:22:29.2
Kendra Black	Pueblo	1:26:53.4
Mary Zehringer	Colo. Springs	1:33:22.9
Suzanne Bratina	Pueblo	1:53:57.7

35 thru 39		
Maddy Tormoen	Pueblo	1:03:49.2
Teresa Taylor	Monument	1:17:45.1
Carla Flores	Pueblo	1:23:22.6
Betty Furlong	Colo. Springs	1:23:39.3
Elizabeth Ross	Monte Vista	1:24:02.3
Stacey Diaz	Pueblo	1:25:00.8
Diane Lopez	Pueblo	1:28:58.2

40 thru 44		
Laura Engleman	Woodland Park	1:26:19.5
Sally Taylor	Pueblo	1:30:25.7
Molly Hankins	Colo. Springs	1:37:53.2

45 thru 49		
Bev Shepperd	Creede	1:25:13.0
Sarah Doyle	Avon	1:30:43.5
Teresa Babcock	Colo. Springs	1:34:55.3

50 thru 54		
Donna Nicholas-Griesel	Coaldale	1:40:55.6

60 and over		
Martha Kinsinger	Colo. Springs	1:34:53.9

Matt

Continued from Page 4

where we will not need traffic control. Or, we could find a less-traveled area of town for the race and still have a few officers providing traffic control at less cost to us.

The issue, then, becomes how to find a new course. Your volunteer Runoff Committee has decided to sponsor a contest to generate some interest. Thus, whoever comes up with the winning idea will win two free entries to the March 7, 1999 *Pueblo Chieftain* Spring Runoff. Please keep in mind when making your choices that we have found it helpful to be able to use a facility, such as the Side Pocket, for headquarters, results, awards, etc.

I have come up with some innovations for the March 7, 1999 Spring Runoff. These revolutionary ideas promise to make the 21st Runoff a special race. First, we will let everyone know where the location of the 5K starting line is so all the entrants can start at the same place and at the same time. Next, we will get a megaphone for the starter. Then, everyone will be able to hear the starter's instructions. Also, we will get a list of runners and their bib numbers to the finish area, so Corky Madrid can announce a runner's name as he or she crosses the finish line.

One innovation I really liked this year was the web page. The page got a late start but, in my humble opinion, it will be a great asset to next year's race if *The Chieftain* opts to continue with it. *The Chieftain* staff put the results on the web site by 6:00 p.m. the day of the race.

Overall, I felt satisfied, but tired, by the end of the day. I will be looking for ways to improve next year's race. Please contact me with your suggestions at my office, 545-0027, my home, 542-5350, or by e-mail: matthew@iex.net.



Ten-mile women's division winner Maddy Tormoen (left) chatted with *Chieftain* Sports Editor Judy Hildner following her big victory.

Photo by Gary Franchi



SCR Handicap Series

Club running, feasting and handicapping returns

by Mike Orendorff

Pig out at the **Ramsgate 8**. The Pfosts are once again hosting the year's first Club Run. On Sunday, April 19, don't miss the beginning of the club's running and social circuit for 1998. Bring a dish of your favorite breakfast treat or some fruit or any surprise you would enjoy sharing with club members.

Besides the delicious breakfast brunch we create together, you'll enjoy an 8-kilometer course designed by Don Pfost. You'll also be encouraged by other club members to retain that conditioning you achieved for the Spring Runoff. Relax, chat and then be on your way for an enjoyable Sunday.

You also can achieve national or regional or, ok, maybe just local recognition for your efforts. (*Ed. Note: Well, at least maybe your family will think you're cool. If they don't know better.*) This year we will be giving awards in three categories – male, female and for predictive ability. To determine placing for the year-long series that ends in December

at Nick and Marijane's home, we will be relying on a nationally used handicapping program to equate runners of varying ages to the same standard. But we will NOT be mixing men and women together when comparing times.¹ We WILL, however, have everyone in the same pool for comparing your running self-knowledge by correctly predicting your times at the various club run/feasts. So speed is not a prerequisite for receiving honor among your peers.

For details about any of the above, call **Michael O. at 561-2956**. Since he will probably only leave you confused (and I list him here only out of courtesy to my self-esteem), you may wish to speak to a normal person at the Ramsgate 8.

The first runner will leave the starting line at 8 a.m.

See you there!

¹ - Mixing at the post-run brunch is allowed, though.



Letter to the Editor

The following letter was delivered to my household as a retort to the "Let Us Train" Great Stuff column that appeared in the January issue of "Footprints":

Having read the experience of one – shall I just call him "Mr. Guest" – in his attending mass on Christmas Eve in Rye, Colorado, I, "Mr. Priest," have some observations.

I will now make every effort to enunciate more clearly to avoid "let us pray" being heard as "let us train." However, I would suggest "Mr. Guest" also give consideration to having a hearing test. One sure sign of a hearing deficit is confusing "T's" and "P's."

Be that as it may, train and pray have much in common. Both are a way of improving one's self, albeit "let us pray" most frequently is directly to God; "let us train" – well, that provides us with many options.

I am grateful to learn what "Mr. Guest" heard directed him in a wholesome manner.

"Mr. Guest," do come back again and visit us whether in this millenium or the next. I will try to remember to enunciate more clearly, especially at the Christmas Eve mass. By the way, since "Mr. Guest" relies on a distraction to help him through the mass, I would suggest a great book – "The Gospel according to Luke."

Let us pray.

Mr. Priest
MP/cmm



Attention, volunteers:

Enclosed in this newsletter is an insert containing a spreadsheet listing all of the local races during the past year and the points earned by the volunteers at those races.

Some names may have been missed for specific races, and we are asking that you do a crosscheck of your name with these races to make sure you have been given the points you have earned. **If you see an error, please contact Nick Leyva at 564-6043.**

The point totals listed will be used to determine awards earned by volunteers.

Earth Day activities

The 4th annual March for Parks and Earth Day activities will take place on Saturday, April 18, beginning at 9 a.m. at the Greenway and Nature Center of Pueblo. The March will be a 3 1/2-mile pledge prairie trail hike, with proceeds benefitting the education programs and trail construction projects.

Forms for the hike are enclosed in this newsletter and also can be picked up at the Nature Center or the Great Divide bike and ski shop.

For information, call 549-2414.

Next SCR Meeting

The SCR will meet at 7 p.m. Tuesday, April 7, at the Pueblo YMCA. All SCR members are invited.

1998 Racing Calendar



Pueblo County - Canon City area

March			
21	Sat	8:30AM	Canon City Predict Run, 5K Cañon City (719) 275-1578 or 275-3344
April			
19	Sun	8:00AM	Ramsgate 8, 8K 8 Ramsgate (719) 544-9633
26	Sun	9:00AM	Y-Bi Classic Duathlon, 11.2M bike, 5.5M run.... Pueblo West (719) 543-5151

Other areas

March			
14	Sat		St. Patrick's Day Run, 5K & 1M Kids Run Old Colorado City (719) 685-5055
14	Sat		Blue Heron Road & Trail Run, 15M Littleton (303) 973-7575
15	Sun		Runnin' of the Green, 7K Run/Walk Downtown Denver (303) 694-2030
21	Sat		Canyonlands Half-Marathon & 5M Moag, Utah (801) 259-4525
22	Sun		Littleton Stride 5K Littleton (303) 347-3479
29	Sun		Police Chase 4M Coors Field, Denver (303) 694-2030
April			
5	Sun		Orphans of Violence 5K (run & walk) Wash. Park, Denver (303) 694-2030
11	Sat		Tortoise & Hare Predict, 5K S. Monument Valley Park, Colo. Springs (719) 533-1025
18	Sat		Arbor Day Run, 5K La Junta (719) 384-5991
18	Sat		Run the Ridge, 5K & Half-Mile Kids Run Colorado Springs (719) 596-3507
18	Sat		Horsetooth Half-Marathon Fort Collins (920) 493-4675
18	Sat		Greater Park Hill 5K (run & walk) City Park, Denver (303) 694-2030
19	Sun		Clean Air Challenge, 5K City Park, Denver (303) 694-2030
25	Sat		Elbert Reflections, 5K & 10K Elbert (719) 590-7806
25	Sat		Collegiate Peaks Trail Run, 25M & 50M Buena Vista (719) 395-6612
26	Sun		Cherry Creek Sneak, 5M Cherry Creek (303) 394-5170

Regional Marathons (& others of interest)

March	29	Los Angeles (310) 444-5544
April	4	Marathon of the Great SW – Abilene, TX (915) 677-8144
	20	Boston Marathon x
	26	Big Sur – Carmel, CA (408) 625-6226
	26	MEDCOM – San Antonio (& Half) (210) 221-4893
	26	Big Sur – Carmel, CA (& 5K) x
May	2	Whiskey Row – Prescott, AZ (& Half) (520) 445-7221
	3	Lincoln, Nebraska (& Half) (402) 423-4519
	23	Andy Payne Bunion Run – Oklahoma City .. (405) 424-3010
	24	Wyoming – Laramie (307) 635-3316
	24	Madison – Wisconsin (608) 256-9922
June	7	Steamboat & Half & 10K (970) 879-0880
	20	Grandma's – Duluth, Minn. (218) 727-0947
August	30	Silver State – Reno, Nevada (& Half & 10K) (702) 329-6122
October	4	Portland, OR x
	11	Chicago Marathon (312) 243-0003
	11	Lake Tahoe (& Half & 10K) (530) 544-7095
	25	Marine Corps – Washington, DC (800) RUN-USMC
November	1	New York City (212) 423-2249
	28	Seattle, WA x



Other known racing dates

May 3	Cinco de Mayo 10K – State Fairgrounds
May 9	Avon Women's 10K – Denver
May 16	Ordinary Mortals Triathlon
May 16	Armed Forces Day Run – Fort Carson
May 25	Bolder Boulder
June 14	Garden of the Gods 10M
June 14	Strawberry Shortcut – Glenwood Springs
June 20	Sailin' Shoes
July 5	Women's Distance Festival
August 15	Pikes Peak Ascent
August 16	Pikes Peak Marathon
Sept. 5	Imogene Pass Run
Sept. 6	Run for the Rose
Sept. 13	Royal Gorge Challenge
October 11	River Trail Marathon, Half-Marathon & 10K
November 21	Atlanta 5K
December 6	Rock Canyon Half-Marathon

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

- Women are 15% more likely than men to get tension headaches. - *John Hopkins School of Public Health*
- If you suffer an injury, you have a higher than average risk of another injury for the next 12 months. - *American Running & Fitness Association*
- This year's Cherry Creek Sneak on April 26 will have a total prize purse of \$10,000 - *race officials*
- 89.4% of women who are injured will suffer another injury while reading "Footprints." - *Pollsters Unlimited*

I predict it will be a great race in Canon City

by the Editor

Canon City 5K Predict

Watches and headsets are no-nos for this low-key, fun race that will begin at 8:30 a.m. Saturday, March 21, on a fast 5K Cañon City riverside course. There is no entry fee, and registration will be held on race day only - until 15 minutes before race start.

The five runners who finish closest to their predicted times will receive prizes provided by Merlino's Belvedere restaurant and Fremont Bank.

To get to the race from east of Cañon City, take Highway 50 west, then turn left (going south) on Reynolds Avenue (the second stop light in Cañon City). Go about 1 mile until you cross the Arkansas River. The race will begin on the left. If you get lost, ask someone where you are going.

No doggies, please

It has come to our attention that our insurance through the Road Runners Club of America prohibits participants from toting dogs with them during races. If an injury in-

volving a dog were to occur, the SCR would be liable. Hence, we no longer will be able to allow participants to be accompanied by dogs during a race. By the way, strollers and inline skates also are not allowed.

Frostbite wrapup

A Frostbite 5-mile race that appeared on the verge of cancellation two years has grown to 105 participants through a course change that turned this into 5K and 10K races. Runners also love the mock turtlenecks. Congrats to Race Director Ben Valdez for being innovative and open to change.

Cinco de Mayo 10K

Looks like this annual 10K race will resume its run at the State Fairgrounds on Sunday, May 3. With its fast, flat course, this gives everyone a chance for a fast time before the Bolder Boulder.

Valentine's Twosome

There's talk of making some changes in this next year to get more kids involved and to give it more of a Valentine spirit.

For the soul ...

"The determination to stay with a goal is what brings out the quality of excellence in a runner."

- Coach Joe Vigil in "Road to the Top"

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

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



Keep the good cheer coming!

Issues of "Footprints" are not forwarded. Hence, if you move, 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