

The No. 1 small-club newsletter in the U.S. of A.



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

May 1998 "See you in Boulder" Edition

"Footprints" No. 1 newsletter in U.S.

I was reading about a new study stating that a rare form of dementia that causes the loss of brain functions can also heighten the artistic talents of those afflicted. That was when I opened the letter from the Road Runners Club of America stating that "Footprints" has been selected the No. 1 small club newsletter in the nation.



Need more be said?

This is the second time in three years that our newsletter has won the national award.

Your beloved editor will attend the RRCA's national convention - scheduled for June 17-20 in Peoria, IL - to receive the award. They'll pay my expenses to attend, too. That means we'll have some extra bucks to spend on good eats at our club picnic (July 12) or the Harvest Run this year or maybe for great volunteer awards.

Hence, you all owe me big time. But, hey, I'm indebted to many of you, too, for helping make "Footprints" a great newsletter. That includes those who write for it, get me results, feed me photos, and many other things. I thank you all for making this the best small club newsletter in the country.



Cold and rainy conditions forced Y-Bi Classic Duathlon entrants to bundle up but good at the start of the 11.2-mile bike leg. Y-Bi coverage is on Page 5.

Photo by Matt Martin

Advocating Insanity: The 1998 Y-Bi

by Matt Martin

"I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me."

-- Hunter S. Thompson

Last month's version of the Masochist's Open, also known as the Y-Bi Classic, is history. This popular Pueblo duathlon, sponsored by the Pueblo YMCA and directed by "Y" VP Ben Valdez, has had its share of weird weather over the years, and it was pretty lousy (cold and wet) this year. Still, the winning performances were admirable.

Jeremy Burt won the overall title for the men's division in the time of 1:04:01. Jeremy lives in Boulder

where he trains for triathlons and hopes to win the Ironman someday. He was an All-America cross-country runner at Plattsburgh State (NY).

The overall women's title went to 31-year-old defending Y-Bi champion Beth Myers of Colorado Springs in 1:12:06. Beth, a good friend of SCR's Maddy Tormoen, is a P.E. teacher at The Colorado Springs School.

An unusual twist to the race this year was a blind study done by the American Psychiatric Association to determine the combined effects of extreme cold, high winds, wet conditions and physical exertion on the human mind's ability to have rational thoughts. Psychiatrists hope that

Continued on Page 5





Chewta says:

"Hope to see you at the next Club Run and the Club Picnic in July. Ruff! Ruff!"

Club Picnic set for July 12

Mark this date on your calendars NOW – Sunday, July 12, in Colorado City. That's the day, date and location of the annual SCR Picnic. As in past years, it will be held at Greenhorn Meadows Park. We've got the middle picnic site – called the Cottonwood Site – reserved already. I'll have more details next month, but this is a great event. Plan now to attend.

Incorporation

The SCR has voted to incorporate. The second reading and adoption of the corporate by-laws will occur at the June 2nd meeting. A draft of the proposed by-laws is available for review in the SCR mail box at the YMCA front desk. Upon completion of incorporation and receipt of a federal identification number, the club will then apply to RRCA for tax-exemption status under the RRCA umbrella. Upon receipt of the exemption letter from RRCA, the club will then apply for sales tax exemption from the State of Colorado.

1998 Club Run No. 1: Were You There?

by Mike Orendorff

There were not many people or SCR members or other related species at our latest club running social on April 19th. The event was successful, though, in meeting the two fundamental requirements of our club events. The 8K run set up by Don Pfof succeeded in making all runners sweat, and the food provided by hosts and participants succeeded in filling them up. Amazingly, without the buffering effects of being lost in a mass crowd such as Bolder Boulder, those who were there remained civil with each other – no food fights in the buffet line, no accusations of course cutting, no unseemly jostling at the start line.

Dave Diaz and Bill Veges made it a long run day for themselves by misjudging the distance to the Pfof home. Their running mileage for the day was around 17 miles. That's okay for Bill, but

Dave, aren't you getting a little old for such distances?

The most bizarre moment of the morning's events was when someone suggested a particular site for the next club handicapped social run/feast. That this site and course (*see story below*) was overwhelmingly voted for confirms the enormous capacity humans have for selective remembrance.

8K RESULTS

(If you are new to the club, please attend the next run on May 30th and find out how we fix, adjust, distort and scientifically determine the run times.)

MALE: 1. Dave Diaz 29:17 2. Ben Valdez 31:16 3. Bill Veges 31:35 4. Don Pfof 35:49 5. Gary Franchi 36:26 6. Robert Santoyo 36:58 7. Matt Sherman 37:16.

FEMALE: 1. Stacy Diaz 40:01.

VARIANCE from PREDICT: 1. Robert Santoyo 47 sec. 2. Don Pfof 2:06 3. Dave Diaz 2:12 4. Bill Veges 2:38 5. Ben Valdez 3:19 6. Gary Franchi 4:40 7. Matt Sherman 7:44

Club Run No. 2: The Bluegrass Festival Adjunct

Saturday, May 30th, 7:45 am, 6.3-mile Trail Run

Kathy Stommel knows all. In fact, the Orendorff family has recently hired her as a professional scheduling consultant. Perhaps the club should also do so. When I was informed that our selected Club Run date at the Nature Center was while the Bluegrass Festival was going on, I got a little nervous. But Kathy also had the name and phone number of the person to contact regarding any possible conflicts. Damian Rotolo says all is well. The Club Run is on for the 30th.

Running during the Festival weekend will add glamour and pizzaz to our event. And Lord knows us boring runners need all the help we can get to

have those characteristics. (Or is it just me, Mr. Editor?) (*Ed.: It's just you.*) Bring some drinks or simple food to share after the run. There is no fee for our club runs.

I have decided to keep the distance manageable for all our club members, so it will be just a bit over 10K. However, the course is all trails. If you have not yet experienced the richness of running on the trails between the Nature Center and Liberty Point, then you must do this Club run. There is a point along the course with a spectacular overview of the reservoir and dam.

Also, the trail course is worth doing even if you just want to strap on a bottle of water, bring along some raisins, and hike leisurely.

You can revel where you want at the Bolder Boulder, but the cool people will meet in Section 215.



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

Hezron Otwor is the Kenyan who was the winner of the men's elite division of the Bolder Boulder last year.



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, Hezron Otwor

SCR meetings are held the first Tuesday of each month at 7 p.m. at the Pueblo YMCA in downtown Pueblo. Any SCR member can attend and have a voice and a vote on all issues.

ADVERTISING POLICY: The SCR allows advertising in "Footprints" in the form of display ads or flyer inserts. The standard charge for ads is \$25 for a business card-size ad and progressively higher for larger sizes. The fee is \$20 to have non-race flyers inserted. There is no charge to have race flyers inserted. The club reserves the right to reject ads/flyers because of content.



Great (& so-so) Stuff

by Gary Franchi



Quest for the perfect running shoe

Thought for today's lunch, compliments of Richard Ford in his book "The Sports-writer:" "One of the best things about public places is that you sometimes see people you would pay money not to see."

Musings on running, fitness, life, etc.: So like how did the price of our beloved Nike Pegasus shoes go from 50 bucks to \$74.99 overnight? Oh, excuse me. You can get them for \$64.99 through *Eastbay*. Plus shipping and handling – standard charge \$6.99; express delivery \$11.99. Hence, if my math is right, they'll cost you \$76.98 if you want them fast.

Being just a tad price-conscious (okay, cheap), I ran in Pegasus shoes on and off for years whenever I could find a pair on sale for \$40 or less at Athlete's Foot or Gart Bros., which was often.

No more. At last check, they were \$74.99 at Gart's. Some air heads must have added some air holes or something in the soles. While open air is generally free for breathing purposes, "the air down there" in running shoes costs an arm and a leg. And to think I was outraged when we had to start paying 25 cents to put air in our car tires. Might as well put gold in the soles the next time. Could be cheaper.

Retail shoe salesman to customer: "Extensive research has shown that gold increases the longevity of the EVA midsole while retaining the weight and density of the inner liner and maintaining the elasticity of the outer shoe eyelets."

Customer: "Ah, so it's cheaper for the manufacturer to use gold instead of air, right?"

Anyway, what all this means is that my quest for "the perfect running shoe" has been renewed. This is a lifelong quest that involves never-ending data research, extensive product analysis, and highly involved scrutinization of case studies. In other words, I check the newspaper ads to see which shoes are on sale, look at the check-book balance, then head to the mall to try on the footwear. Or I just stumble on a good deal while at a shopping center.

I've bought a lot of different shoes using

this method and learned a bunch about them as well as sales clerks. I've discovered which shoe models are "clunky," which ones are cheapos quality-wise, and which ones are a good buy. Some shoes feel pretty good when you try them on in the store, but you can usually tell by about the second run in them if purchasing them was a mistake.

Through this scientific method, I've found some real gems over the years. The latest is the Nike Windrunners. I'm on my third or fourth pair, all purchased on sale for about 40 or 45 bucks. They contain no gold. In fact, there's air in the sole.

Air? Guess that means the pricetag will shoot up about 20 bucks with the next model.

This month's smorgas-bord: Nike may have umteen models of running shoes, but

Chevrolet has a Lumina ABS model. I assume that "ABS" designation means you can do crunches in the back seat. Or does it come with a 6-pack of suds? (Get it?) ... Karin Romero's Beulah Challenge has been tremendously popular in its first two runs and will have its 3rd go August 2. My question: Were Karin's parents poor spellers or did the hospital mis-spell the name "Karen" on her birth certificate? ... No butts about it, smokers make me want to vomit ... The SCR's Woody Noleen, who lives and trains near the Air Force Academy, has won a lottery selection to the Hawaii Ironman this fall. Being one with a sense of humor, the Wood Man says he's beginning to acclimate himself to the heat of Kona, Hawaii by riding in his car with the windows up and the heater on ... The SCR's Marv Bradley of Canon City evidently has found the perfect running shoe. Marv, 59 years young, scoffed at the crappy Boston Marathon weather to run a 3:22 ... According to the USA Track and Field, the largest 8K race is the Shamrock Shuffle in Chicago with 5,433 runners. Oddly enough, the Ramsgate 8 hosted by Don and Lois Pfof was NOT in the top 15. Must be No. 16 on the list, dontcha think? ... Just a thought: Is the finish line in Finland called the Finnish line? ... Till the next month, may you succeed in your quest to find the "perfect shoe" for you.



Warmth for the heart from Beantown

Besides the SCR's own Marv Bradley, the Boston Marathon had a special entrant this year – Zoe Koplowitz. Zoe completed the marathon in just under 31 hours. Why is that special, you ask? You see, Zoe has multiple sclerosis, and she walked the 26+ mile distance with two custom-made canes and had members of the Guadian Angels as escorts. "People need to know that success isn't always about winning," said Zoe, who is 50 years old. Amen.



Movie Line of the month:

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

Hint: Great flick from, oh, a little over a year ago I, guess. A heart-warming movie with a zillion one-liners. Guess the actor and the movie and win the right to rent the video at your favorite video store.

Answers below.
No peeking early!

John Travolta in
"Michael"

Answers:



He's back – & so is his race

Bob Mutu, a good friend of the SCR for many years while living in Colorado Springs, has returned from his several-year hiatus to the Far East and has resurrected the City 5K in the Springs. It will be held Saturday, June 6, at North Monument Valley Park with a different format than most races – the men's race is at 9 a.m., the women's at 9:30 a.m. and kids races in various age divisions and distances will start at 10:15 a.m. Entry forms are included with this newsletter. Need more info.? Call Bob at 596-0114.

Stella shines in Avon 10K

Stella Heffron, former Puebloan now living in Elizabeth, sped to a 44:26 time in the Avon Women's 10K race held May 9 at Cherry Creek State Park. Misti Frey of Pueblo West and Marjane Martinez of Pueblo also ran the race.

Figures

Socks, President & Hillary Clinton's cat, received 1 million pieces of mail his first year in the White House.

Rocky on Fitness

Bolder Boulder officials blew this one

by Rocky Khosla, M.D.

I heard something on a talk show the other day that has made me furious, and I feel this is a good place to bring it up. It turns out that the race committee for the Bolder Boulder race has decided this year to restrict all non-U.S. elite runners to a maximum of three per country. The rationale for this move is that it hopefully will allow American runners a chance to do better, which is something the race sponsors (i.e. the shoe, drink, shorts, etc., companies) desperately need to see.

A spokesman for the race committee stated that the sponsors believe sales of a particular shoe company would increase if an American was seen wearing them at the finish line rather than some Kenyan. Another committee member defended this year's format by stating that it was like an Olympic format where countries are restricted to a certain number of entries. Finally, another spokesman stated that they were doing this to bolster American running because "our guys aren't winning enough monies to stay motivated and this is why there aren't a lot of talented American runners out there."

Well, I think the race committee for the Bolder Boulder should be more appropriately renamed the racist committee, because it would be hard to imagine a more prejudiced format. Yes, the Kenyans have won convincingly in the past, taking 6 of the top 8 positions in last year's race. But this is no reason to discriminate against them as a group. If anything, we should admire this achievement and try to learn from them. I believe that races should be open to whoever wants to run, regardless of ethnicity, and let the best runners win. And I refuse to believe that a sponsor would make such an absurd statement like the one quoted above. Even if a sponsor had made such a statement, I think that the race director should have had the integrity to remove that sponsor from the lineup.

As far as the idea that this year's format is like an Olympic format, it simply isn't. If we were to restrict the U.S. runners to a maximum of three also, then that would be the case. But as it stands, the U.S. runners are unrestricted,

whereas non-U.S. runners are restricted to a maximum of 3, which in essence is stacking the deck in the favor of the U.S.

Finally, the idea that this format will help bolster American running is ridiculous. Winning a fixed race helps no one. And to imply that there are great American runners out there who aren't competing because the odds of their winning prize purses aren't as good is also ridiculous.

I believe American runners are not doing as well in international competition because of a bunch of reason, but largely because our lifestyles are very different. The Kenyans that I spoke with at the Boston Marathon two years ago told me that as school children they would often run 10 to 16 miles each way from home to school. Also, I was told that Kenyan runners with ability often train up to 6 to 8 hours a day, running anywhere from 100 to 300 miles a week.

I am deeply sickened by the Bolder Boulder race committee's actions and feel that this type of racism cannot and should not be tolerated. You might say that it's not a big deal because it's just a road race, but to me it's a huge deal. It is little things like this that lead to bigger things. Let us no forget how imperceptibly the Jews were targeted initially by the Nazis.

I am boycotting this year's Bolder Boulder and would like you, my fellow runners, to consider doing the same. I will not be part of this type of racism – not now, not here, not ever. Furthermore, I would like to apologize to the Kenyans and all other foreign runners for the actions of the race committee, and I hope that you don't think that these morons represent the majority of sentiment in this country.

P.S. Lest I be accused of being another bleeding heart liberal runner, I want to say that I am also against affirmative action. I believe that putting a group of people at an unfair advantage (as affirmative action does) or putting a group at an unfair disadvantage (as is being done to the Kenyans at this year's Bolder Boulder) are equally reprehensible. I believe that the people with the best abilities should be allowed to succeed, regardless of gender, age, sex, ethnicity or any other variable.



Next SCR Meeting

The SCR will meet at 7 p.m. Tuesday, June 2, at the Pueblo YMCA. All SCR members are invited.

Y-Bi Classic Duathlon

Continued from Page 1

studying the results of their testing of 1998 Y-Bi participants will enable them to determine why people risk their lives by climbing to the top of Mount Everest in similar conditions. The psychiatrists were not disappointed by the conditions, as temperatures were in the low 40s, the winds were gusting, and it was raining off and on during the race.

The most common complaint in the area where participants transitioned from the bike to the run was "I cannot feel my feet! Where are my feet?" I have not seen so many people have so much trouble putting on their shoes and tying their laces since my kids were in pre-school. The complaints prompted SCR member Marijane Martinez to suggest that the YMCA install a "whining station" for next year's Y-Bi.



Race Director Ben Valdez is flanked by overall winners Beth Myers and Jeremy Burt.

Photo by Matt Martin

Y-Bi Classic Duathlon results

Event held April 26, 1998 in Pueblo West.

Results provided by Andy Ballou.

OVERALL WINNERS

Male: Jeremy Burt, 1:04:01.6

Female: Beth Meyer, 1:12:06.9

FEMALES			
Athlete's Name	City	Overall Place	Time
20 thru 29			
Brandy Kappe	Colo. Springs	30	1:24:07.6
Dina Quaratino	Arvada	34	1:26:04.6
Traci Case	Golden	40	1:28:15.8
Eryn Schilling	Rocky Ford	41	1:29:15.9
Monica Mohr	Florence	59	1:44:23.1
Jodi School	Colo. Springs	63	1:49:52.9
Victoria Heaston	Highlands Ranch	65	1:52:50.3
30 thru 39			
Beth Meyers	Colo. Springs	11	1:12:06.9
Heidi McKenna	Colo. Springs	20	1:21:24.0
Stacey Diaz	Pueblo	42	1:29:24.0
Laura Schilf	Canon City	55	1:39:34.9
40 thru 49			
Marijane Martinez	Pueblo	51	1:36:47.2
Pam Schuckies	Colo. Springs	56	1:40:04.7
50 thru 59			
Carla DeVaughn	Colo. Springs	39	1:27:50.4
Linda Andes-Georges	Boulder	45	1:31:28.7
Carol Ann Kinzy	Pueblo	60	1:45:00.0
MALES			
19 and Under			
Chris Jung	Littleton	21	1:21:32.4
20 thru 29			
Jeremy Burt	Lafayette	1	1:04:01.6
Jason McDonald	Boulder	3	1:07:28.0
Chris Richardson	Denver	5	1:08:16.0
Gerald Romero	Colo. Springs	6	1:09:03.8
Daniel Gabalski	Boulder	12	1:12:17.3
Paul Paschall	Canon City	13	1:17:03.4
Edward Holt	Colo. Springs	17	1:20:21.1
Kyle Murray	Lakewood	19	1:21:23.5
Stephen Potts	Colo. Springs	22	1:22:04.1

Charles Johnson	Colo. Springs	26	1:23:04.3
Brian Sherrick	Colo. Springs	28	1:23:40.2
Matt Sherman	Pueblo	31	1:24:07.9
Jeff Hoose	Ft. Carson	36	1:26:54.0
Mike Walker	Pueblo	53	1:38:13.5

30 thru 39

Michael Garcia	Manitou Springs	2	1:06:48.6
Mark Koch	Pueblo	7	1:09:59.0
Paul Salyers	Denve	8	1:10:55.9
Larry Seidman	Colo. Springs	9	1:11:01.6
David Meyer	Colo. Springs	10	1:11:26.4
Roxy Venoena	Denver	18	1:20:45.6
Dale Snider	Fort Carson	25	1:22:27.9
Albert Chamillard	Colo. Springs	27	1:23:33.9
Grant Dewey	Colo. Springs	37	1:27:03.8
Michael Zarlingo	Colo. Springs	44	1:30:35.6
Mike Archuleta	Pueblo	48	1:34:48.0
Bill Banowsky	Littleton	49	1:35:16.3
Greg Smith	Colo. Springs	50	1:36:30.6
Wayne Hoffmen	Englewood	52	1:36:52.0
John Vidulich	Superior	61	1:45:45.7
Michael Arrington	Colo. Springs	64	1:51:22.6

40 thru 49

Thaddeus Noll	Breckenridge	4	1:07:48.8
Dave Diaz	Pueblo	14	1:18:40.5
Mark Stecher	Louisville	15	1:18:46.4
Hector Leyba	Penrose	16	1:19:15.7
Nick Leyva	Pueblo	23	1:22:15.9
Paul Chacon	Pueblo West	29	1:24:07.2
Paul Bristow	Greeley	33	1:25:56.0
Paul Mobley	Colo. Springs	35	1:26:16.9
Bill Suter	Colo. Springs	46	1:33:32.2
Ken Greenberg	Littleton	47	1:33:53.4
Roy Hughes	Canon City	58	1:43:46.8
Patrick Tomada	Denver	62	1:46:15.5

50 thru 59

Lynn Pauley	Larkspur	32	1:25:11.7
Hughes Moir	Nederland	43	1:29:53.4
George Balles	Pueblo	54	1:38:32.4
Jerry Kent	Colo. Springs	57	1:42:40.1

60 and Over

Ken Whitney	Greeley	24	1:22:23.9
Robert Greene	Colo. Springs	38	1:27:05.5

Y-Bi stuff

Can't win 'em all

Though he was ready, willing and able to compete in the Y-Bi, the SCR's Michael Orendorff, a former Hawaii Ironman participant, was unable to because a cable broke on his bicycle shortly before the race started.

Mike's bad luck was another participant's good fortune as Mike loaned his bicycle helmet to this fortunate soul. Mike, in true Ironman fashion, did not sit around and whine about his misfortune. Rather, he chose to run the bicycle leg of the race in the rain, wind and cold instead of opting to stay in the warmth of the Pueblo West Fire Station, as I did. It sounds to me as if insanity works for Michael, too.

— Matt Martin

Pueblo & Hinterlands Division

Males

1, Mark Koch	1:09:59.0
2, Paul Paschall	1:17:03.4
3, Dave Diaz	1:18:40.5
4, Hector Leyba	1:19:15.7
5, Nick Leyva	1:22:15.9
6, Paul Chacon	1:24:07.2
7, Matt Sherman	1:24:07.9
8, Mike Archuleta	1:34:48.0
9, Mike Walker	1:38:13.5
10, George Balles	1:38:32.4
11, Roy Hughes	1:43:46.8

Females

1, Eryn Schilling	1:29:15.9
2, Stacey Diaz	1:29:24.0
3, MoJo Martinez	1:36:47.2
4, Laura Schilf	1:39:34.9
5, Monica Mohr	1:44:23.1
6, Carol Ann Kinzy	1:45:00.9

Cinco de Mayo 10K



Thanks to the constables

Kudos are extended to the many Pueblo police officers who volunteered their time to secure the streets for runners along city streets during the Cinco de Mayo 10K. The SCR has offered the services of club members at any police functions at which help might be needed.

They Sneaked

Fortunately, the sleet, rain and snow of the early morning cleared by race time and allowed several thousand hearty souls, including a few with Pueblo ties, to run in the Cherry Creek Sneak on April 26. Some even raced. Especially Bill Veges, who led the local contingent with a 32:54 time over the 5-mile course. There also were fine times recorded by Joe Stommel (33:34) and Robert Santoyo (33:42). Others who ran were Kathy Stommel, Stella Heffron, Mike Saucedo and yours truly. Also, Cindy Abeyta of Trinidad finished 2nd in the women's masters division with her 32:09 time.

Race held May 3, 1998 at the Colorado State Fairgrounds.
Results provided by Nick Leyva.

MALES

Runner	Age	Time
1. Hector Perez	29	32:47
2. Jesus Villalobos	31	32:58
3. Porfilio Huerta	43	34:48
4. Gerald Romero	26	35:42
5. G. Gomez-Morales	41	35:47
6. Paul Koch	30	36:29
7. Shane Fanning	25	36:53
8. Rich Hadley	42	37:02
9. Michael Orendorff	46	37:24
10. Mark Koch	38	37:25
11. Jesus Escudero	51	37:30
12. Mike Messick	41	37:32
13. Aaron Lopez	13	38:40
14. Juan Rodarte	56	39:20
15. Bob Veges	45	39:21
16. Bill Veges	40	39:49
17. Dave Diaz	49	40:09.28
18. Ben Valdez	38	40:09.96
19. Marty Garcia	37	40:36
20. Jack Janney	45	41:27
21. Rick Hough	33	41:37
22. Robert Santoyo	36	41:40
23. Carl Bauer	29	41:48
24. Brian Barnett	28	42:47
25. Marv Bradley	59	43:17.07
26. Hector Leyba	47	43:17.40
27. Anthony Soto	40	43:35
28. Paul Furrey	24	43:37
29. Sam McClure	44	43:52
30. Jim Beckenhaupt	51	44:02
31. Matt Sherman	25	44:09
32. Mike Pugh	49	44:10
33. Basil Hernandez	41	44:27
34. Edward Leanos	50	44:55
35. Mike Trujillo	19	44:56
36. P. Vonder-Gothen	56	45:11
37. Mike Borton	42	45:45
38. Joseph Almera	33	45:46
39. Terry Baxter	43	45:48
40. James Martinez	53	47:51.60
41. Gary Franchi	49	47:51.84
42. Thomas Alvarado	35	48:01
43. Greg Fruhworth	40	48:16
44. Hilbert Navarro	57	48:20.25
45. Steve Farley	47	48:20.81
46. Raul San Miguel	47	49:28
47. Anthony Diaz	40	49:58
48. Rich Barrows	38	50:50
49. Tomas Duran	52	51:03
50. Jeremy Gregory	13	51:24
51. Ralph Regalado	61	52:06
52. Don Pfost	57	52:36
53. Douglas Vasquez	39	55:13
54. B.A. Cosyleon	48	55:29
55. Maclovio Gallegos	31	55:39
56. John Holiman	71	57:21
57. Paul Willumstad	48	57:40
58. Michael Taylor	43	61:22
59. Michael Greorgre	52	61:38



Male Winner
Hector Perez accepts his prize from co-race director Marijane Martinez after winning the male division with his time of 32:47.

Photos by Gary Franchi

FEMALES

Runner	Age	Time
1. Misti Frey	30	45:49
2. Laura Schilf	36	47:10
3. Jennifer Alvarado	27	48:12
4. Stacey Diaz	37	48:14
5. Lorraine Hoyle	50	49:22
6. Karin Romero	33	49:39
7. Diane Lopez	39	51:33
8. Michelle Olson	28	52:54
9. Wendy Daniel	28	53:43
10. Jessie Quintana	54	54:11
11. Catherine Darrow	26	57:49
12. Wendy Messick	39	57:57
13. Lourdes Smith	45	58:41
14. D. Nicholas-Griesel	51	58:45
15. Diana Reno	35	62:07
16. Tracy Atilano	33	72:14
17. Debbie Conroe	43	73:10
18. Priscilla Portillos	61	74:0



Female Winner
Doug Leyva presents winning trophy to Misti Frey, who recorded a time of 45:59.



Young Guns
We could be hearing more up the road from these pair of 13-year-olds – Aaron Lopez (left) and Jeremy Gregory, who ran well in the Cinco de Mayo 10K.

Viva Les Veges

Brothers Bill (left) and Bob Veges had great Cinco de Mayo races. Bill broke the 40-minute barrier for the first time, finishing in 39:49. Older brother Bob recorded a 39:21 clocking. They finished 15th and 16th, respectively.



1998 Racing Calendar

Pueblo County - Canon City area

May

- 23 Sat 8:00AM **A Tribute Run**, Walk/Run (choose distance).. Hwy 165, Rye (719) 784-3012
 30 Sat 7:30AM **Handicap Trail Run**, 9M Nature Center (719) 564-2956

June

- 12 Fri 6:45PM **Holy Family Parish 5K Run & 1.5M Walk** South Side (719) 547-4187
(Walks starts at 6:45 p.m.; the run at 7:00)

July

- 4 Sat 7:00AM **Pioneer 5K Run/Walk** Hollydot Golf Course
 Colorado City (719) 489-2605
 5 Sun 8:00AM **Women's Distance Festival**, 5K Run/Walk... City Park (719) 564-6043

Other areas

May

- 17 Sun **Kops 'n Kids 5K Run/Walk** Denver East High (303) 399-9005
 24 Sun **Eagle 5000 Roadrace** Littleton (303) 982-1958
 25 Mon **Bolder Boulder**, 10K Boulder (303) 444-7223
 30 Sat **The Heat Is On 5K** Aurora (303) 633-0055
 31 Sun **Tri S'more 5K Run/Walk** Washington Pk., Denver (303) 778-8774

June

- 7 Sun **Safehouse 5K**, Run/Walk Washington Pk., Denver (303) 639-8874
 13 Sat **Colorado Family Classic** City Park, Denver (303) 694-2030
 20K Relay and 5K Run/Walk
 14 Sun **Garden of the Gods Run**, 10M Colorado Springs (719) 473-2625
 14 Sun **Strawberry Shortcut**, 5K, 10K & 1M Glenwood Springs (970) 945-7740
 20 Sat **Sailin' Shoes 10K** Colorado Springs (719) 561-2956
 21 Sun **A.L.I.E. Purple 5K** Washington Pk., Denver (303) 220-1922
 27 Sat **MS Run the Bluffs**, 5K Palmer Park, Springs (719) 596-3507

July

- 4 Sat **LoDo 52880 8K** Coors Field, Denver (303) 282-9020
 11 Sat **Run for the Sun**, 5K run/walk..... City Park, Denver (303) 297-1815

Regional Marathons (& others of interest)

- May** 23 Andy Payne Bunion Run – Oklahoma City .. (405) 424-3010
 24 Wyoming – Laramie (307) 635-3316
June 24 Madison – Wisconsin (608) 256-9922
 7 Steamboat & Half & 10K (970) 879-0880
July 20 Grandma's – Duluth, Minn. (218) 727-0947
 12 San Francisco – Folsom, CA (916) 983-4622
 18 Mosquito – Leadville (719) 486-2202
August 30 Silver State – Reno, Nevada (& Half & 10K) (702) 329-6122
October 4 Portland, OR (503) 226-1111
 4 Roaring Fork & Half – Basalt to Glenwood .. -
 11 Chicago Marathon (312) 243-0003
 11 Lake Tahoe (& Half & 10K) (530) 544-7095
 25 Marine Corps – Washington, DC (800) 786-8762
November 1 New York City (212) 423-2249
 8 San Antonio (210) 246-9652
 28 Seattle, WA (206) 729-3660



Other known racing dates

August 2

Beulah Challenge

August 8

Georgetown to Idaho Springs Half-Marathon

August 15

Pikes Peak Ascent

August 16

Pikes Peak Marathon

Sept. 5

Imogene Pass Run

Sept. 5

Run for the Rose

Sept. 6

Enduro Classic - Trinidad

Sept. 13

Royal Gorge Challenge

Sept. 19

Autumn Color Run – Buena Vista

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

- Although it had 104 registrants, the Y-Bi had only 64 finishers ... The Cinco de Mayo had 80 registrants ... The Ordinary Mortals (report next month) had a full field of 175 registrants. – *Race reports*
- 28 U.S. masters age-group records were set in 1997. – *USATF*
- Stationary bicycling 4 miles equals 1 mile of jogging and burns about 100 calories. – *Dr. Art Mollen*
- 98.5% of the finishers in the Y-Bi likened the pain from their numbed toes during the event to reading issues of "Footprints."

Stroll the Tribute Run before Boulder

by the Editor

A Tribute Walk/Run for Rio

A memorial walk/run – NOT a race – for Rio Martinez, former Rye High School student who was accidentally fatally shot last summer, will be held on Saturday, May 23, along Highway 165 in Rye. The total distance from Rio's home at 9071 Highway 165 to Rye High School is 19¹/₂ miles, but participants can jump in anywhere and run or walk whatever distance they want. Rio's father, Jim, will be running the entire distance. Note that it is approximately 10 miles from Lake Isabel to the finish at Rye High.

There will be water stops along the way and refreshments at the finish. The entire fee of \$15 includes a T-shirt upon availability.

For more information, call (719) 784-3012 in Rye.

Bolder Boulder

Despite Rocky's understandable feelings about the politics of the entry limitations in the elite division (see Page 4), a huge throng of area runners will again race in the 20th annual **Bolder Boulder** on Memorial Day

(May 25) and then gather afterward in Section 215 of Folsom Stadium to engage in extreme partying. You can still register for \$24 (includes a goody food bag and a T-shirt) or \$15 (no T-shirt). The new race headquarters is at the Crossroads Mall this year, but the post-Folsom awards bash is still at the Harvest House Hotel. Try to treat this as an "experience" and take in everything.



Holy Family Run/Walk

This race – set for the evening of Friday, June 12 – is worth entering just for the abundant giveaways after the race. But Director Lori Gregory does a great job on the race itself, too. The perfectly flat course gives you the chance to run a great 5K to start your weekend. The race site is the Holy Family Parish parking lot at Lakeview and Prairie.

The walk is 1¹/₂ miles and starts at 6:45 p.m. The run is a 5K and begins at 7 p.m. Proceeds this year will go to the Child Advocacy Center.

For the soul ...

"Good health makes for the happy pursuit of happiness, and it gives us a longer time to do it."

– the late George Sheehan

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

Non-Profit Organization
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Pueblo, Colorado
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Please renew! Let us take you for a ride!

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