

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



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

A Warm-Hearted June 1998 Edition

You're Invited: Annual SCR Picnic Noon Sunday, July 12, 1998 Greenhorn Meadows Park in Colorado City



Activities:

Softball (bring gloves)
Volleyball
Horseshoes
Chowing down
Socializing



Activities begin at Noon
Catered Lunch at 1 p.m.

Free to SCR members
\$5 for non-members

Special Games
and prizes
for the kids!

Please bring lawn chairs.

Location of park:

Greenhorn Meadows Park is located on Highway 165 in Colorado City. From Pueblo, take I-25 south approximately 20 miles from Pueblo Blvd. to Exit 74, which is Highway 165. Turn right (west) and go 3 1/2 miles to the park (on the left).





Chewta says:

"If you're not at the club picnic on July 12, that's YOUR loss. It'll also mean more food for me. Ruff! Ruff!"

Club workouts

Club members meet for a speed workout at 5:30 p.m. on Wednesdays at the Pueblo East High School track and at 7:30 a.m. on Sundays at the City Park swimming pool parking lot for a longer training run. All club members are invited.

Warmth from Lakewood

Participants in the 1998 *Transcontinental Triathlon for Life* have a heart. When they heard about a deaf 7-year-old boy in Lakewood who was unable to play soccer, they helped out. The boy had a cochlear implant that required him to wear a device the size of a cigarette pack in order to hear. The triathletes came to Lakewood and presented him with a certificate for a new type of cochlear processor the size of an ordinary hearing aid. Cool!

Fast Charlene

The SCR's Charlene Alfonso had her fastest 5K racewalk time ever (36:50) in the Marathon de Taos, taking first in the 30-39 age division and 2nd place overall. Nice!

Carol is a real swifty at 50

Being a school teacher certainly makes for great summers for SCR member **Carol Ann Kinzy**. The free time gives her the chance to travel and see the country while participating in various physical events. Last year, for instance, she completed 7 century bike rides.

"I always like to take a trip where I can get in some type of physical activity," Carol noted.

At the tender age of 50, the petite 100-pound Kinzy is going strong. You can find her competing in the Ordinary Mortals Triathlon (a salty 1:20 time) or riding the Elephant Rock 100-miler (which she did in 7 1/2 hours on June 7), or hiking 52 miles in the Grand Canyon over 2 days with her 16-year-old son, Matt.

Carol recently had a great weekend in Durango. She rode the 47 miles in the Iron Horse Citizen's Race from Durango to



Silverton on Saturday, won her age division with a 1 hour and 21-minute time in a tough and hilly 10-mile race the next morning (Sunday), then took 3rd in her age group Sunday afternoon with a 35-minute time in a 1,500-meter pool swim. A year ago the three events were held together as a triathlon, and Carol won her age division.

Kinzy has a number of other "fun" things planned for the summer. She will be running the San Francisco Marathon on July 12 and will hike Grand Canyon 2 or 3 times yet this summer in training for the Pikes Peak Marathon (round trip) that will be held in mid-August.

The key to her longevity is her training philosophy: "I don't train hard," she said. "I just do the things I do because I like them."


Congrats, Carol! You can be proud of the many things you do and have done.

Mikes shine in Longmont

SCR members **Mike Archuleta** and **Mike Orendorff** had what they called truly enjoyable experiences in the Longmont Triathlon on June 7. The Triathlon consisted of an 875-yard swim, 17-mile bike and 5-mile run.

Mike A. completed his 3rd Longmont in 2 hours and 5 minutes, and he noted afterward that he has a big summer of events planned: the Garden of the Gods 10-Miler (held June 14), and triathlons in Monument, Fort Collins and Avon. He also may do the new Clean Air Triathlon in the Springs area.

Michael O. had a great Longmont, taking 5th overall and 1st in his age group with his outstanding 1:24 time, which was a minute faster than his time there last year. He'll probably do Monument as a tuneup to the Sun Desert Half-Ironman that is coming up later in July. Mike won his age division in the Desert Sun last year to qualify for the nationals championships in Maryland and the Hawaii Ironman. At nationals, he qualified for the world triathlon championships in Australia.



Southern Colorado Runners

A member of the Road Runners Club of America

SCR Mailing Address:
700 N. Albany Avenue
Pueblo, CO 81003

The Southern Colorado Runners is a non-profit organization that promotes running, walking, and overall health and fitness in the southern Colorado region. Its mailing address is the Pueblo Family YMCA, where it conducts its monthly meetings.

"Footprints" Issue No. 205

"Footprints" is the newsletter of the SCR. It is published monthly and distributed to members throughout Colorado and the United States.

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
Newsletter Assistant	Matt Martin	542-5350

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.

Summer makes you thirsty.

Hint! Hint!



Gold Dust Saloon • 130 S. Union Avenue



Great (& so-so) Stuff

by Gary Franchi



A few ideas to level the playing field

Thought for today's lunch, compliments of Cornell Woorich: "First you dream. Then you die."

Musings on running, fitness, life, etc.: You know, average runners have gotta like the concept of the handicap run. For those who aren't aware of it, the SCR's handicap runs figure in other factors besides raw running talent. Namely age and gender, plus the ability to predict your finish time accurately. Of course, it stands to reason that someone with limited running talent like myself would appreciate having the field leveled somewhat.

But so what? It's nice to see a different name at the top of the results for once. I mean, c'mon, the studs get enough limelight, trophies, medals, hand-made awards, etc., in regular races. Give someone else a chance at glory.

The handicap runs do that. To an extent, anyway. But, isn't it time the handicaps took in a few more factors? Through some deep discussions with Joe Mama, a good friend of my son, Aaron, I've come up with a few other field-levelers:

- **The Clydesdale Factor** – Runners would receive a handicap for having a certain amount of, shall we say, "largesse" in relation to their height. I'm sure an easy mathematical table could be devised for this.

- **IQ** – By filling out a simple 10-question sheet at some point in time, runners with lower mental capacities would be rewarded since this inevitably would hamper them in races. This would be my meal ticket.

- **Delirium Under Duress** – Those runners who consistently lose their ability to think rationally during races would get an additional handicap. Newsletter editors who never think rationally, whether in a race or not, would receive an extra bonus factor.

- **Value of Shoes** – It stands to reason that runners with cheaper shoes should receive an additional handicap since the more expensive models provide better performance. For instance, anyone running in Kmart running shoes would receive the biggest handicap here.

- **The "What Happened Last Night" Factor** – Like to carouse in the pubs until 2 a.m. the night before a race? You'd be rewarded for that. Actually, places like the Gold Dust would be the biggest beneficiaries from this factor. I'd insist on a share of its gross revenue on those nights.

- **Number of Alibis Used for Previous Poor Performances** – Resourcefulness should be rewarded.

- **The Twirlybird Hat Factor** – Actually, any runner sporting such a hat while racing would re-

ceive a negative handicap since their propel-ability would give them an unfair advantage.

And most important:

- **The Lack of Ability Factor** – The lousier the runner you are, the bigger your handicap. Past race results could be fed into a computer that would spit out one's handicap for this in a matter of seconds. I'd clean up here, too.

The process would be easier than you think. Every participant would fill out a simple survey upon showing up for his/her first handicap race. Survey tabulations would all be computerized. With Mr. Orendorff's ability to create databases miraculously with computers, figuring the total handicap quotient would take only minutes.

In contrast, reading about it here has seemed like an eternity. For those of you who have read to this point, you get an extra handicap.



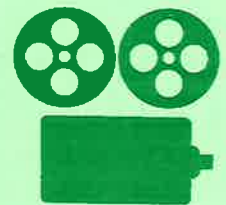
This guy would earn a lot of handicap points

This month's smorgasbord: As printed in *The Daily Bugle*, the local winner of the art category in the "Mahatma Gandhi Center for Peace and Nonviolence, Spectrum of Peace" contest was Amber Mello of South High. I'm not kidding ... Heard from **Karin Romero** concerning my comment about her parents possibly mis-spelling her first name at birth since K-a-r-e-n is the normal American spelling. Karin notes that her name may be the oldest spelling from Europe, and is pronounced Ko-rin. So, Karin, does that mean that your parents mis-spelled Korin when they named you? (*Keep smiling*) ... I noticed this motto in a Re/Max print ad that listed Judie & Robin Krueger as agents: "Always giving more than 200%." Uh, okay ...

SCR's **Sidney Arnold** was able to run sub-40-minute 10Ks years ago before hip injuries caused him to take up race-walking. Sidney received a new pair of walking/running shoes from his brother, Jeff, for his 54th birthday in May. Two days later, Sid race-walked the Bolder Boulder 10K in a glittering 71:09. Not too shabby, eh? But wait! Sidney once race-walked a 10K in 62+minutes ... Having had a foot problem that has grown progressively worse, I finally had it X-rayed. The report showed no fracture but did disclose, as it was recited to me over the phone, an "accessory ossicle in the dorsal, distal, talus area." Or something like that. It means a bone growth on the top/side of the foot. I think. For all I know it could mean my problem is brain related. Most of you could have made that diagnosis. Without X-rays, too. Do I get an extra handicap for this? ... Well, compadres, talk to you again next month. I'll try to remember to bring all of you a souvenir from the RRCA Convention.

Ultimate in idiocy item of the month:

This month's *Lights Are Dim* award goes to Big Thompson Elementary School, possibly the stupidest school this side of the Mississippi. Or the one with the stupidest officials. They were the ones who suspended 8-year-old Jordan Edmondson when he brought a chewable vitamin C tablet to school because such tablets are against the school's drug rules. Gee, what tremendous molders of men and women.



Movie Line of the month:

"It was right around the time I invented standing in line. Before then, everyone just milled around. It was a mess."

There are at least a zillion good lines in this movie. In fact, I used one last month. Not that you could possible remember that far back. **Hint:** This movie contains tunes from Don Henley, Bobbie Raitt, Willie Nelson and Randy Newman.

Answers:
John Travolta in "Michael"

Young & bold

The SCR had a huge contingent in the Bolder Boulder and quite a few of them placed among the leaders for their age.

Leading the way was 22-year-old Chris Borton, who was 74th overall with his 34:16 time. Wow!

Also, Aaron Lopez was first in the 13-age division in 38:30, and Jenna Dorsey-Spitz was 1st in the 14 bracket in 44:02.

Other notables were Jessie Quintana, 2nd among 54-year-olds in 54:18, and Dave Diaz, 5th among 49-year-olds in 38:30.



Lost and found

Someone left a women's watch at the SCR's Bluegrass Festival Handicap Run held last month. To claim the watch, you can call the Orendorff residence (561-2956) and describe the watch to Melinda or Mike.

No luck

Former Western State distance runner Elva Dryer had wanted to defend her title recently in the *Freihofer's 5K Run for Women* in Albany, NY. However, Elva suffered leg injuries when she was tripped while running with a group during filming of a Nike commercial and was unable to race.

Rocky on Fitness

Here's the real scoop on Viagra

by Rocky Khosla, M.D.

Before getting into this month's column, I would like to make a couple of comments on the Bolder Boulder column and race of+ last month. I feel that the race organizers made enough changes to the race format from what they had initially proposed that I have no problem with how the teams are set up – with each country being restricted to three runners, including the U.S. A lot of you who may have agreed with my column but did not boycott the race may feel a bit sheepish, and let me be the first to say, please don't feel badly. I think my message, along with a whole bunch of other people's feelings, got through to the Bolder organizers and caused them to change their minds. So hurry for us all and for the sport of running!



I was asked recently about Viagra, so here goes:

No other prescription drug ever released in this country has received the media attention that Viagra has received, and my feeling is that this will continue to be so for some time to come. Viagra (Sildenafil) actually started out in clinical trials as a cardiovascular drug, and there it flunked out! But a bunch of patients noted a side effect of decreased impotence, so the researchers at Pfizer looked into this and – lo and behold – we now have Viagra indicated for treatment of erectile dysfunction.

So how does Viagra work? Normally, there is release of small amounts of nitric oxide into the tissues of the penis with sexual stimulation, which in turn generates a molecule called cGMP, which produces smooth muscle relaxation of the blood vessels, allowing inflow of blood into the penis, which in turn leads to an erection. Now there is an enzyme called PDE-5 that breaks down the cGMP, and this causes decreased blood flow into the penis, leading to

a loss of erection. Viagra blocks the PDE-5, allowing an erection to occur.

Recently, there have been 6 deaths reported in patients who took Viagra. It appears that all of these deaths were due to cardiac causes. So is this stuff deadly and should it be taken off the market? The answer, in my opinion, is "maybe" and "no." Viagra is not supposed to be used by patients who are taking nitrates (such as nitroglycerine) or who have unstable cardiac condition, yet all of the deaths occurred in just such patients. Clearly, physicians and patients need to make sure the drug is prescribed and taken correctly and by the appropriate population.

Unfortunately, the drug received such a tremendous media launch that I think a bunch of people are taking it who should not be. Heck, I understand that there is an internet site where you can order the pills without ever seeing a doctor.

So what should you do if you want to try Viagra but have concerns about your cardiac status? Talk to your doctor, and have him or her look at your cardiac status. During sex, the heart rate may go above 150 beats per minute, and your blood pressure may rise by 66%, so it may not be a bad idea to think about having a cardiac stress test or other cardiac evaluation to see if your heart can withstand this increased effort. If you are taking nitrates, you should not take Viagra. But there are other options, including a drug called Alprostadil, that you may use successfully.

Viagra has caught the nation's and the world's attention, and I think it has been largely a good thing because it has brought out a lot of people who otherwise have felt ashamed or hesitant to talk about an important part of life. Therefore, I suggest that we officially change the words to the song Tequila to end with Viagra!

Till the next time, happy trails to you.

Next SCR Meeting

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

Ordinary Mortals Triathlon

Triathlon held May 16.
Results provided by Mike & Patricia Orendorff.
Bike time includes both transitions.

Overall Winners:
Male: Eric Peterson, 53:24
Female: Holli Harper, 1:03

Distances: 550-meter swim, 12-mile bike, 5k run

Males

Name	Swim	Bike+tr	Run	Total
Male 19-under				
1, Blake Ottersberg	7:56.00	33:16.00	22:13.90	1:03:25.90
2, Kaini Dotkov	8:11.00	35:34.00	23:25.70	1:07:10.70
3, Joel Bakken	8:18.00	42:22.00	20:39.62	1:11:19.62
4, Brooks Beale	12:51.00	45:32.00	33:15.24	1:31:38.24
Male 20-24				
1, Jason McDonald	7:46.00	31:45.00	19:21.70	58:52.70
2, Kevin Houghton	8:40.00	32:27.00	21:18.40	1:02:25.40
3, Andrew Vartabedin	9:38.00	39:51.00	24:07.70	1:13:36.70
4, Daniel Melville	13:35.00	40:38.00	22:06.88	1:16:19.88
Male 25-29				
1, Eric Peterson	6:11.00	29:19.00	17:54.50	53:24.50
2, Jason Williams	7:07.00	31:38.00	21:15.20	1:00:00.20
3, Jeffrey Frydenlund	7:19.00	33:36.00	19:10.40	1:00:05.40
4, Chris Richardson	7:57.00	34:07.00	20:49.40	1:02:53.40
5, Dennis Mellon	8:12.00	32:56.00	22:12.20	1:03:20.20
6, Jason Cleckler	8:07.00	33:07.00	22:39.50	1:03:53.50
7, Wesley Cooper	8:28.00	36:00.00	19:42.34	1:04:10.34
8, Larry Herr	6:29.00	37:27.00	21:06.80	1:05:02.80
9, Sean Kern	10:38.00	34:57.00	20:28.13	1:06:03.13
10, Scott Below	9:36.00	34:53.00	23:13.53	1:07:42.53
11, Steven Weiser	9:08.00	36:45.00	22:10.50	1:08:03.50
12, Gregory Tanner	7:43.00	39:07.00	23:21.40	1:10:11.40
13, Dale Graff	11:14.00	37:56.00	22:50.78	1:12:00.78
14, Juan Gutierrez	12:10.00	36:30.00	25:00.13	1:13:40.13
15, Gassan Kassira	8:43.00	41:41.00	24:55.52	1:15:19.52
16, Andy Ruben	10:28.00	42:02.00	24:17.99	1:16:47.99
17, Jerry Gee	10:32.00	42:58.00	27:18.84	1:20:48.84
18, Robert Johnson	10:27.00	46:08.00	24:14.63	1:20:49.63
19, Stephen Buckley	11:10.00	43:43.00	27:05.42	1:21:58.42
20, Jan Le Melman	10:49.00	44:59.00	27:35.48	1:23:23.48
Male 30-34				
1, Tim Sandell	7:03.00	30:42.00	18:26.90	56:11.90
2, Thomas Beal	8:13.00	33:49.00	20:44.20	1:02:46.20
3, Paul Salyers	9:03.00	34:47.00	19:36.14	1:03:26.14
4, Michael Schlacter	7:40.00	35:10.00	23:20.20	1:06:10.20
5, Roderick Wold	8:19.00	37:51.00	20:39.80	1:06:49.80
6, John Martin	8:06.00	38:47.00	20:35.40	1:07:28.40
7, Ron Guillot	10:43.00	36:15.00	20:54.64	1:07:52.64
8, Steve Hart	10:02.00	36:33.00	21:31.30	1:08:06.30
9, Ken Yoss	9:37.00	38:38.00	21:30.22	1:09:45.22
10, Brad Love	7:32.00	40:13.00	24:24.60	1:12:09.60
11, Brad Averill	52:30.00		24:51.80	1:17:21.80
12, Jeffery Stecklein	8:49.00	43:13.00	26:35.78	1:18:37.78
13, Kerry Meier	8:45.00	44:52.00	25:34.43	1:19:11.43
14, Mike Walker	9:29.00	42:05.00	27:41.20	1:19:15.20
15, Dennis Leonard	11:06.00	39:59.00	29:05.07	1:20:10.07
16, George Sisneros	13:26.00	42:49.00	29:00.91	1:25:15.91
17, Robert Regan	13:28.00	47:03.00	26:54.50	1:27:25.50
Male 35-39				
1, Dean Frease	8:22.00	31:08.00	18:30.30	58:00.30
2, Ric Streeter	9:59.00	35:28.00	20:58.00	1:06:25.00
3, Mark Morgenstern	8:26.00	35:27.00	23:19.34	1:07:12.34
4, Brian Donohue	10:24.00	35:38.00	22:48.11	1:08:50.11
5, Gregg Mentzel	9:40.00	36:47.00	23:26.80	1:09:53.80
6, Dean Maruna	10:58.00	37:20.00	23:18.90	1:11:36.90
7, Joel Kellner	8:37.00	38:43.00	24:25.82	1:11:45.82
8, Chuck Berghoefter	13:18.00	39:34.00	20:55.23	1:13:47.23
9, Albert Chamillard	9:16.00	44:27.00	23:13.64	1:16:56.64
10, Mike Archuleta	14:11.00	41:48.00	24:20.97	1:20:19.97
11, Terry Choice	15:47.00	41:00.00	24:43.84	1:21:30.84



Mike Orendorff exits the transition area at the start of the run leg en route to his superb 59:00 time that led all SCR finishers in the Ordinary Mortals Triathlon.

Photo by Gary Franchi

12, George Vitek	10:51.00	47:29.00	26:25.99	1:24:45.99
13, Ron Caperton	12:48.00	47:27.00	29:46.43	1:30:01.43
14, Ray Haldorson	9:23.00	47:47.00	37:57.90	1:35:07.90

Male 40 To 44

1, Woody Noleen	8:01.00	33:43.00	18:44.70	1:00:28.70
2, Jeremy Haefner	8:12.00	35:10.00	19:30.20	1:02:52.20
3, Bob Holtby	8:03.00	35:45.00	21:59.40	1:05:47.40
4, Guy Sigley	9:24.00	35:03.00	24:35.66	1:09:02.66
5, William Welter	9:19.00	38:04.00	23:00.80	1:10:23.80
6, Walt Lee	11:34.00	36:46.00	23:03.63	1:11:23.63
7, Bruce Bumham	9:59.00	36:56.00	24:55.19	1:11:50.19
8, Miguel Guzman	10:37.00	41:35.00	24:31.66	1:16:43.66
9, Nick Leyva	13:10.00	41:13.00	22:29.29	1:16:52.29
10, Michael Hoover	11:24.00	40:12.00	28:21.30	1:19:57.30
11, Mark Stephenson	11:03.00	45:03.00	24:54.70	1:21:00.70
12, Larry Winkler	14:17.00	44:51.00	26:07.16	1:25:15.16
13, Mark Anderson	16:07.00	55:05.00	29:04.98	1:40:16.98

Male 45 To 49

1, Michael Orendorff	8:23.00	31:20.00	19:17.70	59:00.70
2, Frank Moore	8:18.00	32:37.00	19:57.00	1:00:52.00
3, Jim Garland	8:27.00	36:38.00	22:35.80	1:07:40.80
4, Mark Stecher	12:02.00	34:38.00	22:52.10	1:09:32.10
5, Roger Myers	9:46.00	36:24.00	25:11.50	1:11:21.50
6, Steven Keller	10:21.00	38:51.00	22:28.53	1:11:40.53
7, Jim Lint	13:54.00	38:48.00	23:18.34	1:16:00.34
8, Gary Franchi	8:57.00	45:17.00	24:11.63	1:18:25.63
9, Patrick Tomada	16:49.00	37:56.00	24:55.94	1:19:40.94
10, William Kennedy	9:27.00	43:56.00	27:27.20	1:20:50.20
11, James Roukema	10:26.00	43:06.00	27:48.14	1:21:20.14
12, Steven Clark	13:40.00	41:31.00	26:32.12	1:21:43.12
13, Martin Ottersberg	9:55.00	41:00.00	31:05.56	1:22:00.56
14, Keith Lorensen	11:11.00	45:01.00	25:50.17	1:22:02.17
15, Paul McWhorter	11:51.00	46:59.00	29:30.94	1:28:20.94
16, Tom Nelson	10:57.00	45:51.00	32:58.15	1:29:46.15
17, Mike Richard	13:28.00		1:21:17.99	1:34:45.99
18, Michael Blair	12:15.00	48:13.00	38:30.58	1:38:58.58

Male 50 To 54

1, Kenneth Plotz	9:40.00	34:45.00	22:25.91	1:06:50.91
2, Byron Gilman	10:08.00	42:32.00	26:12.00	1:18:52.00
3, Steve Adcock	11:57.00	44:39.00	31:29.63	1:28:05.63
4, David Smith	9:45.00	55:17.00	38:26.78	1:43:28.78

Male 55 To 59

1, Paul Martin	10:18.00	37:57.00	24:07.84	1:12:22.84
2, Gerald Scholand	20:08.00	56:36.00	36:48.65	1:53:32.65

Male 60 And Over

1, Bruce Murray	8:15.00	39:46.00	25:58.90	1:13:59.90
2, Don Whitford	12:45.00	40:05.00	24:27.22	1:17:17.22
3, Robert Greene	13:17.00	43:00.00	23:35.10	1:19:52.10

Continued on Page 6

Mortal facts

Turning 'em away

The Ordinary Mortals Triathlon has become one popular event in Colorado. Although an extra heat was added this year, meaning 18 more athletes could compete, Race Director Ben Valdez still turned away somewhere between 50 and 75 athletes after the field had been filled. Ben says he'll add one more heat next year, will have a cutoff deadline and will not allow "day-of" entries to fill in for no-shows.

Minutiae

Participants in the Ordinary Mortals Triathlon came from 36 cities in Colorado and Wyoming.

Members of the All-Name Team of Ordinary Mortals athletes were Robin Waterwoman and Ellen Shampain, who finished 2nd and 3rd overall among females.

Five SCR competitors finished 1st in their age divisions. Pictured on these pages are Mike Orendorff and Marijane Martinez, who were first in their respective 45-49 divisions. Also, Blake Ottersberg was tops among 19-and-under males, Woody Noleen led the 40-44 bracket and Carol Ann Kinzy paced the 50-54 female division.



Bluegrass Festival Trail Run

by Mike Orendorff

Thanks to all those who came out to the SCR's 1998 Club Run #2. The time spent designing, measuring and marking the course was made worthwhile by the positive approach that you had. Special mention goes to the SCR's John Castanha for best performance in the "I have to get to wrok" category. But where was the food? Looks like the club will have to foot the bill for refreshments at the next Club Run. By the way, the distance to the viewpoint/turnaround was 3.4 miles. The closest guess given me was by Rich Hadley, who estimated it to be 3.5 miles. The list of results is at bottom right. I hope everyone who participated in this trail run will be able to attend the next Club Run. It will be held in Canon City on Saturday, July 11, near Tunnel Drive on the west edge of the city. The starting time will be 7:30 a.m., and the distance somewhere between 4 and 6 miles.

For more details, call SCR Prez Rich Hadley at 784-6814.

Placement Time:

Do you want to know how we level the playing field in our Club Run series? Go to www.runningnetwork.com and click on the **Oklahoma Runner** link (at the far right). Then select the WAVA program.

Ordinary Mortals Triathlon

Continued from Page 5

Females

Female 19 And Under

1, Lisa Melton	6:58.00	43:39.00	29:40.50	1:20:17.50
2, Celina Richardson	9:09.00	44:38.00	31:31.20	1:25:18.20
3, Emily Roukema	16:06.00	57:41.00	26:27.73	1:40:14.73

Female 20 To 24

1, Eryn Schilling	8:51.00	37:05.00	25:59.60	1:11:55.60
2, Catherine Cone	13:55.00	42:49.00	23:10.45	1:19:54.45
3, Sally Rupert	8:48.00	45:26.00	25:46.10	1:20:00.10
4, Katie Kennedy	[54:45.00]		26:49.60	1:21:34.60
5, Beth Haynes	7:49.00	47:41.00	27:27.90	1:22:57.90
6, Dawn Winkler	11:00.00	47:42.00	26:11.21	1:24:53.21
7, Angela Stevens	7:41.00	48:36.00	30:03.80	1:26:20.80
8, Sarah MacDonald	10:30.00	49:56.00	27:19.70	1:27:45.70
9, Kristi Williams	18:22.00	45:40.00	29:03.26	1:33:05.26
10, Casey Houseworth	11:04.00	1:00:00.00	25:36.08	1:36:40.08

Female 25 To 29

1, Traci Case	9:11.00	38:24.00	24:01.00	1:11:36.00
2, Katharine Rucker	7:50.00	38:20.00	25:58.50	1:12:08.50
3, Kristi Ruben	10:16.00	42:45.00	21:43.01	1:14:44.01
4, Jill Howard	12:28.00	41:33.00	22:59.43	1:17:00.43
5, Gayle Wise	10:32.00	42:30.00	27:16.70	1:20:18.70
6, Christine Below	9:42.00	45:13.00	32:30.00	1:27:25.00
7, Terri Zielinski	11:39.00	52:08.00	29:53.56	1:33:40.56
8, Bernadette Regan	11:59.00	53:19.00	31:20.10	1:36:38.10
9, Erin Ankersley	9:14.00	59:08.00	38:57.70	1:47:19.70

Female 30 To 34

1, Robin Waterwoman	9:09.00	36:19.00	21:51.89	1:07:19.89
2, Ellen Shampain	0:00.00	43:44.00	24:54.36	1:08:38.36
3, Ingrid Millhauser	9:08.00	36:37.00	23:55.67	1:09:40.67
4, Rene Tebon	10:21.00	40:04.00	20:55.94	1:11:20.94
5, Kathy Zawadzki	9:21.00	36:30.00	28:08.90	1:13:59.90
6, Gretchen Hinson	10:18.00	40:27.00	23:24.30	1:14:09.30
7, Susan Temme	10:35.00	40:30.00	24:11.47	1:15:16.47
8, Gail Turner	10:07.00	42:33.00	28:58.70	1:21:38.70
9, Susanne Divelbiss	7:16.00	46:04.00	28:49.90	1:22:09.90
10, Sherry Converse	11:27.00	42:41.00	28:26.37	1:22:34.37
11, Elizabeth Kennedy	11:40.00	43:02.00	28:35.31	1:23:17.31
12, Sheryl Clark	11:57.00	43:39.00	28:18.39	1:23:54.39
13, Cindy Vanover	14:42.00	44:36.00	24:59.00	1:24:17.00
14, Mary Beth Scholand	10:11.00	43:09.00	30:59.28	1:24:19.28
15, Dee Reda	9:27.00	44:48.00	30:38.88	1:24:53.88
16, Patti Meeks	9:32.00	47:22.00	35:24.70	1:32:18.70
17, Francie Gallacher	13:00.00	50:32.00	30:18.44	1:33:50.44
18, Barb Haldorson	12:04.00	48:54.00	33:16.96	1:34:14.96
19, Michelle Brokaw	13:21.00	58:44.00	29:42.78	1:41:47.78
20, Angela Chambliss	15:09.00	51:58.00	35:16.27	1:42:23.27

Female 35 To 39

1, Hollie Harper	7:38.00	33:55.00	21:27.30	1:03:00.30
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Marijane Martinez paced a tight race for 1st-place honors in the 45-49 female division.

Photo by Gary Franchi

2, Alice Childers	8:06.00	38:48.00	24:28.86	1:11:22.86
3, P. Dursthoff-Gordon	8:27.00	39:34.00	27:18.10	1:15:19.10
4, Pat Van Devander	10:33.00	41:37.00	24:09.40	1:16:19.40
5, Lisa Wallner	9:42.00	44:03.00	25:47.50	1:19:32.50
6, Virginia Beckwith	11:51.00	41:42.00	26:10.70	1:19:43.70
7, Christine Des Enfants	8:42.00	45:49.00	25:39.50	1:20:10.50
8, Tanya Stipetic	8:18.00	45:13.00	26:47.50	1:20:18.50
9, Carolyn Cebul	10:54.00	44:07.00	27:46.25	1:22:47.25
10, Deborah Walters	12:43.00	50:38.00	29:46.83	1:33:07.83
11, Katy Vorce	13:30.00	54:19.00	33:02.85	1:40:51.85

Female 40 To 44

1, Mary Stoerwenger	11:04.00	39:46.00	26:01.71	1:16:51.71
2, Cathy Kautza	12:12.00	41:53.00	23:28.94	1:17:33.94
3, Sally Meyer	12:48.00	43:10.00	29:44.46	1:25:42.46
4, Brooks Conforti	15:26.00	43:27.00	30:23.34	1:29:16.34
5, Josanne Roberts	11:02.00	51:50.00	28:53.84	1:31:45.84
6, Carol Mitts	13:57.00	47:58.00	32:50.42	1:34:45.42
7, Mary Jeffers	10:17.00	54:08.00	40:17.60	1:44:42.60

Female 45 To 49

1, Marijane Martinez	15:15.00	47:25.00	25:41.37	1:28:21.37
2, Debbie Chenoweth	13:39.00	44:06.00	31:09.26	1:28:54.26
3, Debbie Garland	13:03.00	48:01.00	27:53.08	1:28:57.08
4, Jan Bakken	14:04.00	1:03:43.00	41:04.06	1:58:51.06

Female 50 To 54

1, Carol Ann Kinzy	11:03.00	45:24.00	24:32.73	1:20:59.73
2, Judith Russell	11:02.00	46:51.00	28:54.96	1:26:47.96

Female 55 To 59

1, Louise Wise	9:34.00	47:00.00	27:59.60	1:24:33.60
2, Cathy Perkins	21:33.00	1:09:58.00	43:26.54	2:14:57.54

Team Coed

1, Team Bakken	8:37.00	48:03.00	23:50.04	1:20:30.04
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Bluegrass Festival Trail Run results

Predict Results

Name	Predict	Actual	Variance
1. Jim Robinson	52:00	51:58	0:02
2. Rich Hadley	46:00	45:11	0:49
3. Mark Jankelow	50:00	49:08	0:52
4. Bruce Batting	1:03:00	1:04:43	1:43
5. Michael Orendorff	47:00	45:10	1:50
6. Ben Valdez	46:30	50:03	3:33
7. Joe Stommel	48:00	52:27	4:27
8. Bill Veges	47:00	51:48	4:48
9. Don Pfof	1:01:00	1:05:55	4:55
10. Robert Santoyo	46:44	51:46	5:02
11. Shaun Gogarty	46:00	51:09	5:09
12. Nick Leyva	50:00	55:30	5:30
13. Ted Quintana	52:00	57:34	5:34
14. Paul Chacon	49:00	55:01	6:01
15. Susie Dorle	54:00	1:00:44	6:44
16. Matt Sherman	48:00	55:39	7:39

Name	Predict	Actual	Variance
17. Marijane Martinez	59:00	1:07:13	8:13
18. Rand Morris	58:00	1:06:25	8:25
19. Gloria Gogarty	59:00	1:08:02	9:02

Time Results

FEMALES

Placement Time

1. Susie Dorle	1:00:41
2. Marijane Martinez	1:01:54
3. Gioria Gogarty	1:04:47

5. Mark Jankelow	49:08
6. Ben Valdez	49:13
7. Shaun Gogarty	49:57
8. Bill Veges	50:14
9. Robert Santoyo	51:37
10. Paul Chacon	52:12
11. Nick Leyva	52:17
12. Bruce Batting	52:54
13. Ted Quintana	53:01
14. Matt Sherman	53:39
15. Don Pfof	55:54
16. Rand Morris	1:01:38

MALES

Placement Time

1. Mike Orendorff	41:55
2. Rich Hadley	43:11
3. Joe Stommel	47:56
4. Jim Robinson	48:13

1998 Racing Calendar

Pueblo County - Canon City area

June				
27	Sat	7:30AM	River Run Classic, 5K & 10K	Canon City (719) 275-3344
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
11	Sat	7:30AM	SCR Handicap Run, distance TBA	Canon City (719) 784-6814
August				
2	Sun	8:00AM	Beulah Challenge, 5K Walk & 10K Run	Beulah School (719) 485-3820
30	Sun	8:00AM	HARP River Walk/Run, 5K	Union Avenue (719) 546-3333

Other areas

June				
20	Sat		Sailin' Shoes 10K	Colorado Springs (719) 561-2956
20	Sat		Run the Rockies, 5K, 10K & 18M	Frisco 1-800-424-1554
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
27	Sat		Front Runners Rainbow 5K & 1K R&W	City Park, Denver (303) 694-2030
27	Sat		Jerry Williams Memorial 5K	Aurora (303) 363-0055
28	Sun		Races With the Stars, 5K	Wash. Park, Denver (303) 694-2030
July				
3	Fri		Four on the 4th, 4M	Denver -
4	Sat		LoDo 52880 8K	Coors Field, Denver (303) 282-9020
11	Sat		Run for the Son, 5K run/walk.....	City Park, Denver (303) 297-1815
18	Sat		Run for Hope 5K	Prospect Lake, Springs (719) 598-2953
25	Sat		Women's Distance Festival, 5K R&W	Colorado Springs (719) 570-1008
26	Sun		Vail Half-Marathon	Vail (970) 479-2280

Regional Marathons (& others of interest)

June	20	Grandma's – Duluth, Minn.	(218) 727-0947
	21	Rock 'n Roll – San Diego	filled
July	12	San Francisco – Folsom, CA	(916) 983-4622
	18	Mosquito – Leadville (& 15M)	(719) 486-2202
August	30	Silver State – Reno, Nevada (& Half & 10K)	(702) 329-6122
October	3	St. George, UT	(801) 634-5850
	4	Portland, OR	(503) 226-1111
	4	Roaring Fork & Half – Basalt to Glenwood ..	-
	4	Sacramento, CA	(916) 678-5005
	4	Twin Cities, MN	(612) 673-0778
	11	Chicago Marathon	(312) 243-0003
	11	Lake Tahoe (& Half & 10K)	(530) 544-7095
	18	Colorado Marathon (& Half) – Denver	(303) 871-8366
	25	Marine Corps – Washington, DC	(800) 786-8762
	25	Silicon Valley – San Jose, CA	(408) 354-0857
November	1	New York City	(212) 423-2249
	1	Omaha, NE	(402) 553-8349
	8	San Antonio	(210) 246-9652
	28	Seattle, WA	(206) 729-3660
December	6	Tucson, AZ	(520) 320-0667



Other known racing dates

- 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
- October 17**
Lisa Eckert 5K R/W
- November 21**
Atalanta 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.ccooes.edu



Stats that rule

- Coloradans are among the thinnest in the U.S., with 26.3% of the population considered overweight. – *Center for Disease Control*
- An endurance-exercise program can lead to a 20% increase in heart-lung fitness, which translates to a 20-year functional rejuvenation. – *Dr. Barry Franklin*
- About 50% of people who start a fitness program will give it up in one year. – *Health & Fitness News*
- 93.1% of "Footprints" readers will give up their fitness programs within one reading. – *Pollsters Unlimited*

The summer races keep on comin'

by the Editor

Get the racing flats ready

Some cool out-of-Pueblo races are on the near horizon.

- First is the annual **River Run Classic**, a 5K/10K event held in Canon City. It's scheduled for Saturday, June 27. This is a FAST race along the river bank. An entry form is included in this issue, unless it fell out of yours.

- Then you can celebrate the Fourth of July holiday by traipsing down to Colorado City and running or walking in the **Pioneer 5K** at the Hollydot Golf Course. I assume we get to keep any golf balls we find. A free pancake breakfast follows -- cool!

- The following day, those of the female persuasion have the **Women's Distance Festival** at City Park. OK, it isn't out of town -- so call me a liar. The 5K run/walk organized by Marijane Martinez is a nice, fast race that always draws a good crowd. Fine sponsorship support enables many giveaways that make this race special, as does the volunteer help from male SCR members.



- On Saturday, July 11, the **SCR Handicap Race Series** moves to Canon City for a race -- distance TBA but in the 4- to 6-mile range by Tunnel Drive. Call our Prez, Rich Hadley (784-6514), for directions and more information.

Pass the salsa, please!

Well, forget the past chat about not having gotten any word about the Taco Bell Run. Mark Sims showed up at this month's SCR meeting and unveiled plans for the second annual **HARP River Walk/Run**. The date selected for the 5K event is Sunday, August 30, and it will coincide with the completion of the first phase of the HARP River Walk project and the start of the second phase. Race organizers hope to tie in the race with the State Fair marketing. More later. Maybe.

Fund-raiser race

The SCR will help support a 5K walk/run as a fund raiser for Lisa Eckert, who is paralyzed from an auto accident. Looks like the date of the race will be Saturday, Oct. 17. Club members Rich Hadley, Jeff Arnold and Lori Gregory say they will help serve as SCR liaisons for the race. We'll hold them to it.

For the soul ...

"I enjoy the freedom of running. It takes me physically and emotionally to my favorite places."

– *Cynthia Chilton*

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

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Keep your life sunny and bright!

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