

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



EDITOR: Gary Franchi

FOOTPRINTS

The choice for any millenium.

An Explosive July 1998 Edition

A fight to the finish line

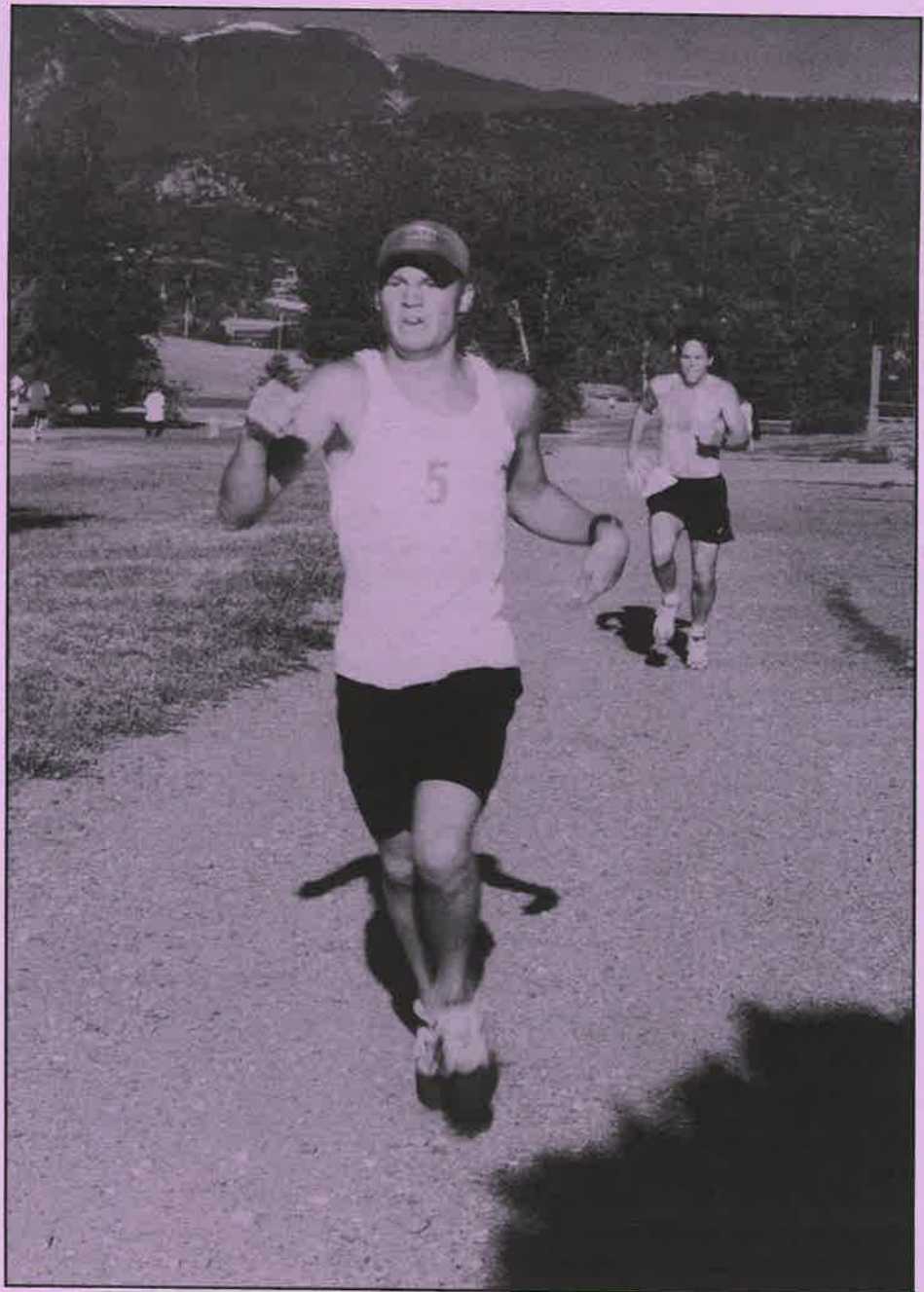
The second annual Pioneer 5K Run in Colorado City, held on the Fourth of July, turned into an all-out sprint the last 100 or so yards. In this one, youth was served as 18-year Jon Moore of Canon City outkicked 42-year-old Rich Hadley of Florence for first-place honors.

More coverage of the race is on Page 5.

This is a bigger-than-normal issue of "Footprints" because a lot happened during the past month. Besides the Pioneer Run, this issue contains information on the Holy Family Run, Canon City River Run, El Pueblo Boys & Girls Ranch Run, Garden of the Gods, Women's Distance Festival, Sailin' Shoes 10K, plus some good poop on Marvin Bradley's racing exploits, Kim Westerman-Martin's Rock 'n' Roll Marathon, Rocky Khosla's good show at the Strawberry Shorcut in Glenwood, and preview information on upcoming races, including the Beulah Challenge.

Plus, your beloved editor attended the RRCA Convention in Peoria, Illinois and writes about that, including his less-than-sterling performance in the brutal Steamboat Classic 15K race he ran there.

It's all here. Enjoy!



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

Ride the Rockies: A breaktaking event

by Marijane Martinez



Chewta's friend says:

"Remember, gang, that if you're not running in a club race, it sure would be nice if you could help produce it as a volunteer. It's painless, pretty fun, and the banter from my friend Chewta's master at the finish lines is usually out of this world. If you help out, I'll tell Chewta to lick your face!"

New info. on SCR workouts

It's gotten hot, and those SCR pansies want to start the Sunday morning runs earlier. So they're now meeting at 7 a.m. at the City Park pool parking lot to venture into the great unknown. They want YOU to join them. Remember that they DON'T gather when there is a local Sunday race or a big race in the Springs that day.

Also, a group of relatively hard-core runners are now meeting at the Nature Center every Thursday morning to run a version of the Trail Handicap Run held recently. They meet at 6:30 a.m. for a 6.3-mile run one week, and then meet at 6 a.m. the following week to do the 9-mile course. Call Dave Diaz, Matt Sherman, Ben Valdez or Bill Vegas.

I started my 1998-year out with a bang - I told a few people I would do Ride the Rockies if selected. In February, we (*myself, Nick, Tomas Duran, Gil Cruz, Paul Chacon and Jacque Hooper*) sent in our registrations (6 in one envelope). We figured one for all, all for one! Well, imagine my surprise when we found out we all were selected.

The training started out slowly at first but then the ride date started getting closer and closer and we began to panic and decided to bump up the training. Some of us were able to put in more bike miles than others. However, we were all going no matter the training.

The ride took place the end of June and it was probably one of the most challenging experiences I have ever had in my 46 years! We biked 353 miles of mountains and altitude in 6 days! Five days were spent riding and one day (fortunately!) was a day of rest! If I ever see another banana or orange it will be too soon! If anyone so much as 'whispers' "on your left" I might go for their jugular!

Right about now you are probably wondering "did she enjoy it?" My answer would definitely be "yes" because it was an experience that I will always cherish. Nick and I crossed the finish line holding our hands up together in the air and I nearly cried knowing that I had finished!

Would I do it again? That remains to be seen. I know I will not be doing it in 1999; that I am very certain about. My idea of taking leave from my job for a vacation is going to Mexico and lying on the beach in my bathing suit, drinking pina colodas or margaritas or Tecate or all of the above. Vacation to me is not riding up mountain passes of 12% grade, hitting elevations of 12,000 feet to then go back down those mountains at speeds of up to 50 miles per hour!

I must admit I had excellent company with Nick, Tomas, Gil, Paul and Jacque all riding too, and we could not have done it without the 'sag' assistance from Tomas' lovely wife, Betty. I am finally able to look at my bike again and am actually getting ready to ride once again, but for the time being I am going to begin concentrating on what I love to do the most and that would be running!

Stop in at the Bridge Bash dances on Union Avenue and come visit us, too!

GOLD DUST SALOON
M[•]RID INC.

(*) - Editorial Consultant Sancho Panza was the squire of Don Quixote in the classic novel of the same name by Cervantes.



The local "Ride the Rockies" contingent included (from left) Tomas Duran, Gil Cruz, Marijane Martinez, Nick Leyva & Paul Chacon.

Photo by Betty Duran



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. 206

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

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
Editorial Consultant	Nick Nasch, Sancho Panza (*)	

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.

Definitely Not Great Stuff

by Matt Martin

A rock 'n' rolling trip to San Diego

"If you get up early, work late, and pay your taxes, you will get ahead if you strike oil."

- J. Paul Getty

"If you get up early, work late, and pay your taxes, you're not a rock 'n' roller."

- Matt Martin

Kim and I recently traveled to San Diego, California for the inaugural Rock 'n' Roll Marathon held June 21. I entered over a year ago after reading that the marathon promised a different live rock 'n' roll band at every mile marker plus a headline group after the marathon. It promised to be a real party. For the first time in my marathoning career (or hobby, since I really have not made any money from marathoning as a "career"), I thought running 26.2 miles might actually be fun. A different band every 8-10 minutes might help me dissociate from the pain of running a marathon.

A total of 19,978 men and women marathoners and relay-team marathoners started the race after a delay of 38 minutes caused by local police needing to tow away cars that were parked along the marathon course. Some 6,000 runners were members of the Leukemia Society Team in Training. The Team raised \$15 million for leukemia prevention research, believed to be a single-day fund-raising record for a sporting event.

The men's race was won by a first-time marathoner, Philip Taurus of Kenya. The first six male finishers were Kenyan. Nick Canepa, a columnist for the *San Diego Union*, wrote that "the last non-Kenyan who won a marathon was Phidippides." Canepa also was puzzled by the growing sentiment among road race promoters to limit Kenyan entries in American marathons. He said the extraordinary success of Kenyan marathon runners was a phenomenon and "you don't cut phenomena."

Taurus ran a 2:10:42 marathon. Nobody has run a marathon in California under 2:10 since the 1984 L.A. Olympics. Taurus's chances of running a sub-2:10 probably evaporated in the heat of the delayed start. San Diego normally has cloud cover in the early morning, but the sun had burned off the cloud cover by the time of the race start. The women were led by Russian Nadezhda Ilyina, who ran a 2:34:17. The winners each took home \$10,000, a Suzuki motorcycle, a Suzuki automobile, a Suzuki personal watercraft, and a Suzuki outboard motor. (Could you tell that Suzuki sponsored the marathon?)

Blues great Billie Holiday once said, "I'm always making a comeback but nobody ever tells me where I've been." I was overly optimistic when I entered the Rock 'n' Roll Marathon. I have been battling a back injury since February 1997, and my entry pre-



You can find Kim Westerman-Martin in the center of the photo as she finishes the Rock 'n' Roll Marathon.

- Photo by Matt Martin

sented me with a goal of coming back to run this race. However, Dr. Rocky Khosla has ordered a slow rehabilitation phase, and I am not to run more than twice a week at present. Also, I am not to run competitively (as if I was ever competition for anyone other than The Penguin) for the rest of the year. My body developed a safeguard against my temptation to ignore doctor's orders: plantar fasciitis, a very painful foot ailment. So, running any distance over ten feet is a painful experience right now.

I had great seats for both the start and finish. At the start, I stood in some bleachers overlooking the starting line. It took Kim 3 1/2 minutes to reach the starting line after the gun sounded. At the finish, I was hanging off some scaffolding just about 25 feet from the finish line.

The marathon fell short on its promise of having a live rock 'n' roll band at every mile marker. Kim counted five bands, one of which was country and another jazz. The concert was less than a blockbuster. It featured the Lovin' Spoonful, minus John Sebastian and Zak Zolinosky (so they were the Lovin' Half-Teaspoonful), Huey Lewis and the News (I thought he was old news), and Pat Benatar (a great show but too short).

The SCR can do better than the Rock 'n' Roll Marathon and the Leukemia Society. We can have a Chamber Orchestra Marathon, with the promise of a different Chamber Orchestra at every mile marker. Also, we can raise money to study Gary Franchi, the missing link between homo sapiens and gorillas, by promising all-expenses-paid trips to Tinseltown Theaters. (Ed. Note: I resemble that remark.) With these promises, we should limit our race, for safety's sake, to 30,000 runners.

Notes from the Rock 'n' Roll Marathon

by Matt Martin

How to run a better marathon

From the "I Kid You Not" Department, some real tips from the organizers of the Rock 'n' Roll Marathon on how to run a better marathon:

1. Select racing gear: shoe, socks, shorts, top, shades, jewelry.
2. Go to bed at a reasonable time --- not too early but before dawn.
3. Get to the starting area at least one hour before the start, but don't start yet.
4. Run a little to adjust shoe fit. Keep it under 10 to 12 miles.
5. At the start, go out at your training pace unless you train like a lunatic.

Daffynitions

Definitions I thought of while hanging from the scaffolding at the finish line of the Rock 'n' Roll Marathon:

1. Toiletries: trees along a marathon course.
2. Toiletbush: a bush along a marathon course.
3. Toiletgrass: anyone's lawn along a marathon course.
4. Port-a-let: worthless building along a marathon course.





He's simply Marv-elous

The SCR's Marv Bradley knows no limits when it comes to running. Marv has had quite a "run" of great races lately.

Marv ran a super 42:20 time at the Bolder Boulder to finish 3rd among all 59-year-olds.

Then he ran the Marathon to Marathon in Iowa in 3:20:13. That was the 2nd best time ever recorded in that race by someone in the 50-59 age division.

I'm told Laura Schilf, also of Cañon City, also ran the marathon. There's more!

Read below to see how Marv and other SCR runners did in the Sailin' Shoes race in Colorado Springs.

Sailin' Shoes

"Marvelous Marv" was one of a ton of SCR runners to excel in the Sailin' Shoes 5K on June 20. Marv was first in the 55-59 age division with his 20:12 time.

Also, Traci Dworshak was 2nd (19:52) and Misti Frey 4th (22:19) in the 30-34 division.

In the 10K division, Maddy Tormoen was 1st in the 35-39 division in 39:48, Lorraine Hoyle was 1st in the 50-54 bracket in 47:43, and Betty Duran was 1st in the 55-59 division in 56:36. Also, Jon Huie was 2nd in 19-under (34:13), and Dave Diaz was 4th in the 45-49 in 40:58.

Holy Family Parish 5K Run/Walk

Races held June 12, 1998.
Results provided by Rich Hadley and Jeff Arnold.

Running Division - 3.1 Miles

Overall winners

Male: Chris Hernandez, 17:43

Female: Tina Bini, 23:52

Males

Runner	Age	Time
1. Chris Hernandez	17	17:43
2. Angelo Aragon	40	18:08
3. Mike Messick	41	18:24
4. Ben Valdez	38	19:24
5. Trevor Hadley	16	19:36
6. Phillip Arellano	16	20:04
7. Robert Santoyo	36	20:50
8. Brook Hathaway	26	20:55
9. Shaun Gogarty	39	20:58
10. Matt Sherman	26	21:01
11. Randy Barns	38	21:18
12. Jeff Thomas	28	21:31
13. Brad Winn	14	22:13
14. Jeremy Gregory	14	22:24
15. Gary Franchi	49	22:31

16. Raul San Miguel	47	22:57
17. Dennis Normoyle	54	23:06
18. Len Gregory	55	23:09
19. Anthony Diaz	40	24:37
20. Ralph Regalado	61	25:06
21. Brad Schloss	18	26:17
22. Douglas Vasquez	39	26:32
23. Aaron Diaz	11	28:57
24. Mike Parlapiano	42	30:09
25. David Jube	45	32:02
26. Angelo Montoyo, Jr.	12	34:50
27. Angelo Montoyo, Sr.	30	38:15
28. Mark Wilkinson	47	39:01

Females

Runner	Age	Time
1. Tina Bini	33	23:52
2. Gloria Gogarty	41	25:33
3. Angela Stevens	23	26:22
4. Moira Meagher	20	26:26
5. Rebekah Kabilan	15	27:07
6. RoseAnn Thomas	27	27:45
7. Kristi Koschke	16	27:46
8. Tammy Lopez	22	27:47
9. Sandy Messick	39	29:03
10. Jean Schloss	46	30:28
11. Jill Montgomery	36	30:34

12. Debbie Hadley	41	30:35
13. Jean Halfpop	55	31:51
14. Tracy Atilano	33	35:00
15. Monica Diaz	10	---

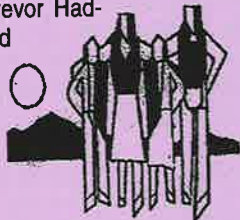
Walking Division - 1.5 Miles

1. Charlene Alfonso	36	19:36
2. Alan Kochevar	54	20:45
3. Doris Frederick	61	21:29
4. M.S. Cabello	49	22:15
5. Shandra Horvat	14	24:17
6. Brandon Horvat	12	24:18
7. Danielle Atilano	9	24:24
8. Diane Vasquez	36	24:59
9. Tami Horvat	38	25:27
10. Phyllis Bassetti	66	25:28
11. Erin Bogard	5	26:11
12. Wendy Bogard	37	26:17
13. Karen Thielbar	50	26:18
14. Wendy Shinn	50+	26:20
15. Mary Koschke	57	26:26
16. Jim Koschke	62	26:27
17. Nancy Welch	46	26:32
18. Janet Robinson	36	28:45
19. Nancy DeHerrera	29	28:46
20. Patrick Tefft	30	28:47

El Pueblo Boys & Girls Ranch 5K & 10K

by Jeff Arnold

The inaugural El Pueblo Boy's and Girl's Ranch Run, held June 13 at the Chemical Depot Activity, was amazingly well run considering the short planning time. Fifteen 5K runners vied for prize money, and Todd Hund took first by a wide margin in 19:08 but donated the money to charity, as did the other young winners - Trevor Hadley, who was second in the 5K, and Denise Gonzales, third in the 10K. Misti Frey was the big winner in the 5K in 22:28.



Rich Hadley started drooling when he heard about a \$200 prize in a 10K race no one knew about. He overcame post-marathon soreness to grab the cash with a 39:43 effort. Maddy Tormoen was second overall in 41:41 and won a similar wad in her first race since her latest surgery. Keeping winning in the family wasn't limited to the Hadleys. Chrissy Cruz was second woman in the 10K and her mom, Jessie Quintana, was third in the 5K.

Both courses may have been a little long and several 10K runners missed a turn and ran an extra mile or so. Still, it looks like a great beginning with sponsors promising to come back and do it even better next year, possibly with bigger prizes.

El Pueblo Race Results

Results provided by Jeff Arnold.

5K Race

Runner	Age	Time
1. Todd Hund	18	19:08
2. Trevor Hadley	16	21:14
3. Misti Frey	30	22:28
4. Xavier Mendoza	49	22:56
5. Robert Toney		23:57
6. Charlie Anderson		23:57
7. Mark House	39	24:10
8. Emily Roukema	19	25:47
9. Jessie Quintana	54	26:56
10. Willard Namminga	42	29:56
11. Donna Tonko	30	32:39
12. Rachel Tabeling		39:34
13. Diane Motroni	27	39:34
14. Gabe Brewington		61:31
15. Fred Brewington		61:31

10K Race

Runner	Age	Time
1. Rich Hadley	42	39:43
2. Maddy Tormoen	36	41:41
3. Tim Vigil	34	42:20
4. Dave Dionese	51	48:00
5. Chrissy Cruz	30	48:28
6. Anthony Soto	40	48:46
7. Gary Carter	44	51:49
8. Denise Gonzales	18	53:52
9. Henry Hund	56	55:16
10. Sid Cullipher	36	55:54
11. Dan O'Brien		56:21
12. Ben Graves	11	61:39
13. Conny Graves		61:39

Pioneer 5K Run/Walk

Race held July 4 in Colorado City.
Results provided by Jeff Arnold.

Run Division

Overall winners:

Male: Jon Moore, 18:43

Female: Jennifer Alvarado, 25:50

Runner	Age	Time
1. Jon Moore	18	18:43
2. Rich Hadley	42	18:45
3. Kevin Clark	18	19:52
4. Matt Martin	16	20:19
5. Dave Diaz	49	20:28
6. Ernie Scholz	17	20:58
7. Jim Robinson	47	21:00
8. Trevor Hadley	16	21:23
9. Jeff VanWarden	18	21:36
10. Philip Javernick	16	21:52
11. Shawn Gogarty	39	21:58
12. Ryan Riley	17	22:04
13. Richard Barth	17	22:19
14. Chris Fry	17	22:26
15. Steven Kirkendall	13	23:06
16. Thomas Alvarado	35	23:35
17. Kyle Reno	16	23:59
18. Gilbert Cruz	54	24:01
19. Jim Martinez	50	24:36
20. Jennifer Alvarado	27	25:50
21. Don Pfost	50	26:14
22. Jeff Stephens	44	26:55
23. Chad Alvarado	25	27:20
24. John Kenney	60	27:23
25. Logan Gogarty	9	28:03



Repeat Champ
Jennifer Alvarado of Colorado City was successful in defending her overall women's division title in the Pioneer 5K with her 25:50 time on the Hollydot Golf Course

– Pioneer 5K photos by Gary Franchi

26. Jessica Gogarty	16	28:04
27. Gloria Gogarty	40	28:12
28. Mary Cannon	21	28:44
29. Andrea Hickman	16	29:17
30. Farrel Flieder	40	29:17
31. Jaclyn McCluskey	17	29:25
32. Joel Shifflet	17	30:23
33. Jared Shifflet	24	33:19
34. Paul Barela	40	33:22
35. Diana Reno	35	33:49
36. Nancy Martinez	50	36:48
37. Shelley Lybbert	24	40:33

Walk Division

Walker	Age	Time
1. Donna Hickman	43	41:28
2. Sherry Williams	51	41:30
3. Paula Maroney	55	41:39
4. Kristen Inman	x	41:40
5. Bill Inman	x	42:35
6. Lois Pfost	50	46:44
7. Marvin Mayne	67	48:26
8. Beth Burns	38	48:27

Things you just have to know

Information that I read, discovered while researching other things, or managed to catch as they were falling out of the sky:

Matt and VO2

You may know who Matt Carpenter is. He's a Springs-area runner (I think Manitou is where he ties his shoes) who is probably the best mountain runner in the world. There's a good reason. According to a recent article in *The Denver Post*, Matt's VO2 uptake, which is the body's ability to deliver oxygen to muscles, is the highest ever recorded in a runner and about twice that of the average recreation athlete.

The poop on Tegla

You may have heard that Kenya's Tegla Loroupe broke the women's world marathon record in April by running a 2:20:47 in Rotterdam. Why is she so good? Because she eats Wheaties, of course. OK, just kidding. Some info.:

- She averages about 110 miles a week and sometimes runs as much as twice that.
- What she says about Kenyan runners: "We train very hard, and when we aren't training, we are resting ... That is why we win."

Little stuff

- Pittsburgh has been selected to host the men's 2000 Olympic Marathon Trials.
- Caffeine ranks as the most common intestinal irritant, followed closely by alcohol and high doses of vitamin C.



Above, Gloria Gogarty shows she's feeling strong while leading a pack at about the 2-mile mark of the Pioneer 5K. At right, Jim Martinez of Rye shows a good final kick just before crossing the finish line.



Next SCR Meeting

The SCR will meet at 7 p.m.
Tuesday, Aug. 4, at the YMCA.
All SCR members are invited.

40th RRCA Convention

Steamboat Classic notes

by Gary Franchi

Yet another momentary lapse of reason.

When registering for the Steamboat Classic race that was held in conjunction with the RRCA Convention last month, I broke my cardinal rule of racing that says, when given a choice, always select the shortest race distance. Feeling confident after running a couple of half-marathons since December, I chose to run the 15K (9.3 miles) instead of the 4-mile race. I figured my altitude training would make racing in Peoria, Illinois, a relative piece of cake.

Piece of cake all right. I forget one thing -- there's humidity in Illinois. The forecast for a seemingly comfortable 70-degree temperature at race time was more than offset by the 84 percent humidity. I knew I was in trouble when, just 7 minutes into the race, my glasses fogged up from the humidity. At the 2-mile mark, I was completely soaked with sweat. Now I know what fellow SCR member Len Gregory, a true sweat monger, experiences in virtually every one of his races.

My race performance wasn't pretty. Neither was my time. But I started and finished. And -- what the heck -- isn't that what it's all about??!

This was the 25th anniversary of the Steamboat Classic. I was reading where, when the race was instituted, the city of Peoria initially granted a race permit with the stipulation that runners stay on the sidewalks and obey all traffic signals. I'm serious. A hastily called follow-up meeting was able to solve that problem.

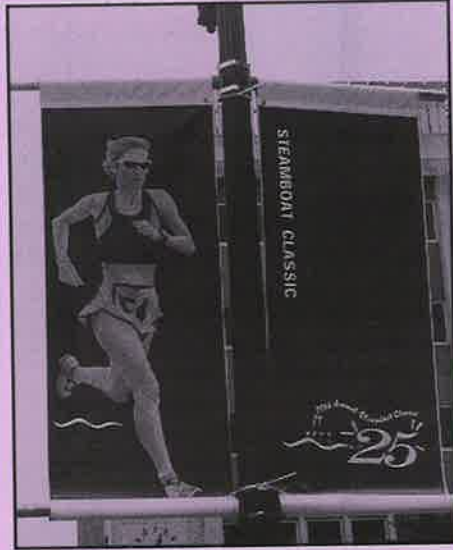
The best thing that Steamboat Classic race officials did was land Brewers and Bud Light as race sponsors. Let's just say the cold ones were flowing freely after the race. Not my way, of course.

Three runners have run all 25 of the Steamboat Classic races. Some people never learn.

The race field of more than 4,000 runners included elite runners from several countries who were lured by prize money that would have hit \$25,000 had course records been set, which they weren't. Still, the purses were substantial. I didn't get any of the prize money because they elected NOT to give money to every finisher. Greedy souls!

Human interest note: I returned to my hotel after cooling off with voluminous amounts of All Sport and fruit. On the 7th floor, near the elevator, someone had dropped a fortune from a fortune cookie. It said:

"Walk through life with a good heart and you will run with success."
Why couldn't I have found that fortune BEFORE the race?



These Steamboat Classic banners hung from lightposts along the race course.

Photo by Gary Franchi

by Gary Franchi

Fortunately, the beginning of my trip to the Road Runners Club of America Convention in Peoria, Illinois last month wasn't a premonition of things to come. Because it started with my arrival to the Springs airport, where I discovered my 8:45 a.m. flight had been canceled.

Have a nice day.

The rest of the trip was quite pleasant, with the exception of a couple of blips on the chart. My thoughts of the convention are warm and fuzzy and positive, full of some cool people, magic moments that will help fill my mental scrapbook, and new images of a city I had never visited.

OK, Peoria isn't nirvana. But people, events and experiences are what make memories anyway. Here are a few snapshots of my visit:

The Pere Marquette Hotel where I stayed was about 4 long blocks from the Illinois River riverfront. Downtown Peoria is comprised of medium-tall bank buildings, the Caterpillar corporate office building, a convention center, Sully's and O'Donnell's pub-restaurants, and a few little places to eat. I quickly discovered Bixby's Bagel Shop a block and a half from the hotel. Flavored bagels for 50¢, coffee for 90¢ with unlimited refills, and free copies of *The Peoria Times* newspaper.

The riverfront used to be one gigantic gravel parking lot until astute city folk decided to make it a happening place. Now there's a cool riverwalk (sound familiar?) that extends for miles, and there is riverboat gambling. The annual Steamboat Festival was a "happening," with a carnival there all weekend along with hydroplane racing on Sunday. Loved the baby animal petting zoo.

Saturday morning was the Steamboat Classic 4-mile



"Footprints" Editor Gary Franchi got to meet 196 champion Ruth Wysocki at the Awards Banquet



yields great memories

and 15-kilometer races. Met Dave Balzer, President of the Pikes Peak Road Runners, between miles 1 and 2 when I recognized the Firecracker Four shirt he was wearing. We chatted just a bit. He was smart enough to run the 4-mile race and missed the brutal hills on the 15K course. I wasn't that smart and suffered the consequences. The stifling humidity, though, was worse than the hills. The mist sprayer set up about 30 yards beyond the finish line was truly divine, and I soaked it in for a good half-minute.

One evening there was a convention group 5K fun run along the riverfront with an auction and outdoor barbecue scheduled afterward. It was 89 degrees with oppressive humidity when the auction started about 7 p.m. Then a tremendous thunderstorm rolled in. Less than a half-hour later it had dropped to 63 degrees.

Billy Mills, Olympic 10K champ in the 1964 Olympics in Tokyo, was the keynote speaker at the awards banquet held Saturday night. They played a video of the last lap of his Olympic victory. The 300+ in attendance raised the roof when he roared from behind at the end to win, and they gave him a standing ovation when he was introduced by RRCA President Don Kardong. I still get goosebumps whenever I recall this moment. Mills noted that when he had just won the Olympic 10K, a Japanese official ran up to him and asked: "Tell me, tell me – who are you?" He signed copies of his "Running Brave" life story video for attendees.

Sweat-drenched running clothes don't dry by themselves in Peoria hotel rooms. I would turn on all the lights and lay my clothes over the lampshades all day.

My favorite T-shirt spotted in Peoria: "Hell Just Froze Over." My brain just did, too. See ya.



Olympic 10K champion Billy Mills and women's masters champion during the RRCA Convention in Peoria, Illinois.

Each convention has own magic

by Gary Franchi



Your editor was the proud recipient of a national newsletter award.

Photo by Dori Robertson

I've been to five of these Road Runners Club of America conventions now and each one has its own memorable and unique qualities. Here are a few mental images that remain:

- I remember **Portland** in 1993 for its lush plant life, great coffee houses (Pueblo didn't have coffee shops at the time) and its on-and-off light rain, which was more annoying than anything else. Great transit system. Oh, and scenic Multnomah Falls 30 miles east. Amazingly, I managed to avoid falling into the Falls. Good job, Gar! I still remember race officials cooking

omelettes for every Spring Classic 8K finisher at the post-race bash. How day do dat?

- **Washington, D.C.**, had so much to see I wished I could have spent another two weeks there. Really enjoyed all the burned-out war vets and degenerates. Our hotel walked into a 3- or 4-story mall, which is the way I like to vacation. Loved the Frank'n Stein hot dog and brewski joint in the food court. Good subway system. I took in the Cherry Blossom festival but still regret flying back Sunday morning and missing the Cherry Blossom race in the A.M. Dumkopf!

- **Knoxville, Tennessee**, in 1996 was extra special since that was where I received my first national newsletter award (the previous two years "Footprints" had won the regional award but not the national award). Knoxville is green and the people are "chatty friendly" although they talk kinda funny (it's in the south, you know). I was coming off an injury (as usual) and ran the 10K race real easy, as indicated by my first-ever 50+-minute 10K. I was so excited when receiving the newsletter award that I completely spaced out my acceptance speech for a couple of seconds before recovering. They say the memory is the first thing to go.

- Since my daughter was home from Las Vegas at the same time as last year's convention in **Colorado Springs**, I only attended a couple of activities and helped put on a newsletter workshop. I recall my presentation as being much less than sterling. So it goes. Many SCR members will long remember – with some bitterness – how we were coerced out of putting on a Poker Run we had volunteered to conduct – with prizes – after clubs in Colorado has been asked to assist at the convention in some way. Not good.

- Like the one in Knoxville two years ago, last month's convention in **Peoria, Illinois**, will always have a special place in my heart because of "Footprints" earning its 2nd national newsletter award. And because of the humidity. Running the Steamboat Classic 15K in 84% humidity is like nothing I'd ever experienced before. My acceptance speech was a real hit this time. My cohorts on the Newsletter Editing Workshop – Beverly Coville, the RRCA's Southern Regional Director, was the moderator and Marlene Atwood of Atlanta the other presenter – were really great ladies and I think we put on a pretty decent workshop.

A stirring highlight was the introduction of former Olympic champ Billy Mills. I get into that in the middle convention story.

Hey, and Sully's tavern wasn't too shabby, either.

The rest of the WDF story

by Gary Franchi

Okay, Marijane gave you the "politically correct" statement about the Women's Distance Festival. Now The Gar gives you the cool stuff. Here goes:

The ages of competitors in the WDF varied widely.

The youngest was 7-year-old Michelle Madril, who ran the 5K in 48:30.

The oldest was Betty Cartwell, who completed the walk in 60:20.

Maddy Tormoen's winning time of 19:16 was well off the course record of

18:06, which she set last year, but there's good reason for her slower race.

Maddy had leg surgery in April, took 5 weeks off from running, and is still working to regain top form. Maddy is doing the Dannon duathlon series around the country. Her first Dannon effort was a 1:26 time in Atlanta. The distances were two 5K runs sandwiched around a 15K bike.

Because of a dead car battery, Maddy and her dog, Elsa, ran the 5 miles to City Park before the race.

The WDF is a rare race in which age-group awards are given in all Walking age divisions. Thank the race sponsors for making that possible.

Thanks for making the WDF a success

by Marijane Martinez

The 1998 Women's Distance Festival was once again a success thanks to sponsorship of the event by the following: Byerly & Cosyleon, Inc.; Tomas Duran, D.D.S.; Matt Martin, Attorney at Law; Paul Williamstad, Attorney at Law; Rocky Khosla, M.D.; Richard Rivera, M.D.; and Corwin Clinic Surgical, P.C. In addition to local sponsorship, the WDF receives national sponsorship from RRCA, *Runner's World* and Moving Comfort. Nick Leyva and his male cohorts from the SCR were kind enough to provide a class finish and results which were not only extremely accurate but relatively quick!

A variety of businesses in Pueblo and Colorado Springs were kind enough to donate prizes for post-race drawings, and awards were hand crafted by Lane's House of Glass. Pueblo's Maddy Tormoen was first overall in



the run with a time of 19:16 followed by Traci Dworshak of Colorado Springs and Misti Frey of Pueblo West. Maddy was awarded a certificate for a running outfit from Moving Comfort for her outstanding effort. There were 77 registered females, and of that total there were 46 runners and 31 walkers.

A special thank you to the following ladies who paid to sponsor members of the Boys and Girls Club of Pueblo: Lillian Rivera, Lois Pfost, Claudia Stubenrouch, Arleen Feiccabrino, Theresa Martinez, Bonnie Boyd, Judy Musso, Carol French, Jessie Quintana, Marti Suterlin, Brenda Baker and Adelita Sandoval.

It is a pleasure to serve as race director for this event and I want to thank all who participated in addition to all who helped make the 1998 race a success. I look forward to 1999 and hope to see you all there again!



Women's Distance Festival results

Races held July 5, 1998

Results provided by Jeff Arnold

Run Division

Runner	Age	Time
1. Maddy Tormoen	36	19:16
2. Traci Dworshak	34	20:07
3. Misti Frey	30	22:39
4. Marti Sutterlin	46	23:08
5. Linda Reeg	45	23:12
6. Stacey Diaz	37	23:30
7. Rita Vigil	31	23:33
8. Adelita Sandoval	18	23:40
9. Peg Roddy-Reeg	49	23:49
10. Charity Krow	17	24:49
11. Barbara Wasser	50	24:59
12. Brandy Krow	18	25:09
13. Marijane Martinez	46	25:10
14. Denise Crepgall	37	25:47
15. Jessie Quintana	54	25:48
16. Eva Cosyleon	19	26:12
17. Brenda Baker	33	26:17
18. Debbie DeHerrera	28	26:37
19. Emily Roukema	19	26:40
20. Betty Duran	55	27:06
21. Amber Larsen	18	27:10
22. Julie Arellano	45	27:39
23. Cardine Ottino	14	28:09
24. Beatrice Grebence	43	28:11
25. Wilma King	46	28:37
26. Sandy Messick	39	29:21
27. Deb Hadley	41	30:00
28. Diana Quattlebaum	39	30:01
29. Lillian Krow-Jons	41	30:28

30. Aileen Feiccabrino	49	30:57	7. Lois Pfost	56	43:04
31. Theresa McCain	48	31:07	8. Theresa Martinez	47	44:34
32. Diana Reno	35	31:37	9. Laura Kelly	29	45:20
33. Carrie Garcia	25	31:56	10. Dana Weber	33	45:21
34. Kathy Simpson	41	32:52	11. Kristen Moritz	26	45:29
35. Donna Tonko	30	33:38	12. Sandi Gaide	53	45:39
36. Barb Ottino	40	33:41	13. Judy Musso	55	45:55
37. Crystal Carrillo	12	35:18	14. Barbara Butcher	56	45:59
38. Madeline Belarde	45	36:05	15. Linda Regnier	51	49:39
39. Jessica Apodaca	16	36:48	16. Carol French	54	49:40
40. Tiffany Reno	12	38:10	17. Traci Tafoya	25	50:25
41. Michelle Madril	7	48:30	18. Vanessa Martinez	12	50:31
			19. Claudia Stubenrouch	41	50:41
			20. Renee Figueroa	32	50:42
			21. Bonnie Boyd	49	50:54
			22. Janet Salimeno	45	52:14
			23. Barbara Gonzales	39	57:28
			24. Julia Martinez	37	57:29
			25. Betty Cartwell	62	60:20
			26. Kay Singleton	36	60:21
			27. Cleo Corsi	46	x

Walk Division

Walker	Age	Time
1. Jo Schrubbe	42	35:30
2. Jeanne Arthur	48	35:36
3. Charlene Alfronso	36	37:02
4. Nancie Aguirre	40	37:26
5. Ida Mae Martinez	59	38:16
6. Sheilah Kiel	40	41:51

What's the most IMPORTANT part of your workout?

The 30 minutes after.

Fact: Muscles need protein within the crucial 30 minutes after your workout. JogMate has that protein. The sooner you take it, the sooner your muscles start to recover and rebuild. Look for the radical-pink tube at your sports retailer.



Canon City River Run results

Races held June 27, 1998.

Results extracted from the
Canon City Daily Record.

10K Race

Overall winners:

Male: Rich Hadley, 36:05

Female: Laura Landes 39:57



Runner	Time	Runner	Time
1. Rich Hadley	36:05	21. Thom Ledoux	47:49
2. Ron Dean	36:18	22. Ladonna Gunn	48:11
3. Jim Adcox	37:19	23. Tracy Gunn	48:12
4. Erik Watz	39:01	24. Stacey Diaz	49:05
5. Hans Watz	39:47	25. Doug Gould	49:06
6. Laura Landes	39:57	26. Les Lundin	49:29
7. David Baker	40:15	27. Dee Anna Garrett	50:25
8. Jack Janney	41:14	28. Butch Faoro	50:37
9. Ross Westley	42:37	29. Susan Gebhart	50:50
10. Sam McClure	43:01	30. Don Pfof	50:53
11. Shaun Gogarty	43:39	31. Michael Kuntz	52:06
12. Carl Bauer	44:03	32. Benjamin Black	52:46
13. Tim Royston	44:08	33. John Freyta	52:50
14. Roy Hughes	44:31	34. Nancy Briley	52:53
15. Ivo Waerlop	45:29	35. Sally Taylor	53:32
16. Melody Lundin	45:32	36. Simone Patrick	54:28
17. Kerri Coulter	45:42	37. Naomi Patrick	54:32
18. Jackie Chase	46:09	38. France Mahan	54:48
19. Tricia Cox	47:32	39. Chris Barr	55:39
20. Prairie Neeley	47:49	40. Bonnie Barr	55:40
		41. Bruce Batting	55:44

5K Race

Overall winners:

Male: Lawrence Alesch, 16:56

Female: Jackie McPheeters, 22:54

1. Lawrence Alesch	16:56
2. Danny Emmerson	17:49
3. Jon Moore	17:58
4. Kevin Clark	18:40
5. Matt Martin	18:40
6. Ian Burrell	19:04
7. Dave Diaz	19:19
8. Ernie Scholz	19:21
9. Jeff Vanlwarden	19:45
10. Chris Fry	21:50
11. Eric Gilbert	22:21
12. Kent Green	22:42
13. Jackie McPheeters	22:54
14. Darron Gall	23:00
15. Jake Spencer	23:48
16. Thomas Cooper	24:51
17. Jane Gebhart	24:56
18. Sandra Green	25:06
19. Matt Bryanyik	26:13
20. Gladie Miller	26:40
21. Tanny Cooper	26:46
22. Wayne Holstings	27:34
23. Deb Hadley	28:59
24. Eldred Chicione	29:13
25. Al Luna	29:36
26. Donna Tonko	32:23
27. Donelle Maul	35:17
28. Joyce Bivans	39:06



Garden party

Runners just love pain challenges. One of the toughest around is the Garden of the Gods 10-mile run, a humbling course if I've ever seen one. SCR members love to run it, and a number of them did so last month. Mark Koch led our local contingent with a 1:04:30 time, while Lorraine Hoyle, back in the groove after recovering from a boo-boo knee, led our females with a 1:27:05. Other SCR males completing the race were Mike Archuleta, Eugene Arellano, James Beckenhaupt, Dave Diaz, Tomas Duran, Steve Farley, Sam McClure, Matt Sherman, Roger Sajak, Bruce Taylor, Bill Veges, Ben Valdez and Alan Weaver. Other SCR females were Stacey Diaz, Betty Duran, Laura Engleman, Carol Ann Kinzy, Sally Taylor and Maria Elena Weaver.

Beulah Challenge race dedicated to Rio

by Karin Romero

The third annual version of the Beulah Challenge will again take place on a beautiful course in the rolling hills of Beulah. The date of the 10K Run and 5K Walk is Sunday, August 2, with an 8 a.m. starting time.

The course starts in an open field and winds along farmhouse roads and through quiet Beulah streets. The elevation is approximately 6,500 feet. Bathrooms, sinks and drinking fountains will be available, and there also will be two water stops along the course and refreshments at the finish line.



Awards will be given to first-place finishers in all men's and women's divisions. All entrants will receive a special Beulah Challenge T-shirt. Proceeds will go to the Beulah Arts Council to help fund the Arts Program at Beulah School, and a donation will be made to the Rio Don Diego Martinez Scholarship Fund.

This year's race is dedicated to the honor of Rio, who in the eyes of his parents and a

rainbow of friends remember an awesome young man in all aspects of life. He was an outstanding achiever in academics and athletics. In facing the tragic loss of their son, Jim and Nancy Martinez were able to reach out to others through organ and tissue donation. They believed this was a continuation of Rio's commitment to serve others, and it is their commitment to promote this message:

"Share your life, share your decision."

Rio's legacy continues to be an inspiration and motivation.

Entry forms can be found at the YMCA, Nature Center, Runner's Roost in Colorado Springs, the University of Southern Colorado, Pueblo Community College, and Beulah General Store.

After the race, you may want to take in the annual Beulah Art Show in Pueblo Mountain Park, starting at 10 a.m. It will feature artwork, hand crafts, food and entertainment.

For more information or an entry form, call me at 485-3820.

Hall of Fame

The first five inductees into the National Distance Running Hall of Fame, located in Utica, NY, were Ted Corbitt, Bill Rodgers, Joan Benoit Samuelson, former U.S. Olympian Frank Shorter, Paul Barella, and Katherine Switzer. They were inducted July 11. Oh, except Paul.

The Rock places 3rd

In between researching and churning out his "Fitness" column on migraine headaches, Dr. Rocky Khosla ran the Strawberry Shortcut 10k in Glenwood Springs on June 13. The Rock's sterling time of 44:31 was good enough to place him 3rd in the 35-39 age division. Cool!



Training to do your best

There is a distinct difference between being fit and being racing fit. Athletes at the highest levels of sport are well aware of this and will never jump into top competition without the benefit of knowing that they are thoroughly prepared for battle. The only way to be able to run faster is by training faster. The trick is to enable the neuro-muscular system to handle additional stress without causing undue fatigue and injury. While many novice athletes take the "no pain, no gain" concept literally, and then suffer the consequences, the intensity of any speed training program should depend on the athlete's current fitness level.

– George Straznitskas

Rocky on Fitness

New medications can treat migraines

by Rocky Khosla, M.D.

Consider this scenario: You are starting on your morning run and notice there is a little bit of blurring in both of your eyes. About 10 minutes later, you notice everything looks too bright, and there are zig-zagging lines through the middle of your visual fields in both eyes. As you finish your run, the mother of all headaches hits you right behind your right temple, and you start vomiting your guts up. What should you do, and what can this mean?

My advice to those in the above scenario is to seek emergent medical help. It is not very common, but if you ever have what you consider the worst headache of your life, your doctor needs to make sure you do not have a catastrophic cause for the headache within the brain. Examples of such causes are headaches due to the rupture of blood vessels (called aneurysms), tumors or infections.

So what will physicians do? They'll probably get a good history and ask about any changes in medicines, caffeine dosage, relationship to periods, etc. They will then do a neurological exam. If there is anything unusual found through the exam or if your health history is at all a cause for concern, they may get a CAT scan or an MRI of your head. (CAT scan has nothing to do with felines but stands for computerized axial tomography, while MRI stands for magnetic resonance imaging). And let's say that after a fairly big workup (meaning lots of tests), nothing abnormal is found. What does this all mean?

This means you most likely have migraine headaches, and you are very fortunate in that there are a whole slew of new medications that can allow you to function while relieving the headaches. The cause of migraines is poorly understood, but we believe there are a whole host of triggers such as certain foods (red wines, aged cheeses, etc.), stress, exercise, peri-menstrual changes, etc., can make blood vessels constrict and dilate in people who are susceptible to migraines. There is actually a lot of data that suggests there may be a migraine generator present deep within the brain in such patients.

There are different types of migraines, but the big categories, listed in decreasing order of prevalence, are:

- **Migraines without aura.** These are generally throbbing, one-sided headaches that occur without any preceding symptoms, and the patient usually notices sensitivity to light, sound and maybe smell (called photophobia, phonophobia and osmophobia, respectively). With the headache, there is also nausea and possibly vomiting.

- **Migraines with aura.** With these patients, there is a preceding set of symptoms for up to an hour or so before the headache hits. These can include seeing flashing lights, zig-zagging lines, being irritable, or craving sugar.

- **Cluster headaches.** These are more likely seen in men than in women, whereas all of the other types of headaches are seen more in women than men. And they typically are felt as sharp, stabbing pains behind one or the other eye, and often there is associated tearing of the eye on the affected side. Often these headaches wake the patient from sleep.

If it looks like your diagnosis is migraine with aura, what can you do about this? My approach is usually to figure out if there is anything in your lifestyle that we can change to diminish the headaches. So I usually try to have the person figure out if there are headache triggers such as sleep deprivation, etc. If this approach doesn't yield much luck, then it's time to work on picking medication that may help to either treat or prevent the migraines.



Migraine medicines that treat the headaches are called abortive agents, and there are two new approaches: first, a class of medicines called the triptans; and second, a nasal ergot compound called Migranal. The triptans are a class of medicine that seem

to specifically get rid of the migraine without causing sedation. The granddaddy of the triptans is sumatriptan (Imitrex) which is available by shot, by nasal spray and in pill form. Other triptans include zolmitriptan (Zomig), naratriptan (Amerge) and, available soon, rizatriptan (Maxalt).

While there are differences between all of these agents, the success rate for treatment of migraines with them is between 65% and 85%, which is great! But, be aware that you cannot have this class of drugs if you have uncontrolled high blood pressure or cardiac disease. Migranal is the drug that Terrell Davis of the Denver Broncos uses, and it is fairly effective. The only drawback is that it's a hassle to assemble the vial into the nasal spray device.

Lastly, there are medications available for preventing the migraines, and these are called prophylaxis agents. You generally have to take these every day. The oldest group of medications used for this purpose were the beta blockers such as propranolol (Inderal), but now the class of drugs called calcium channel blockers are the preferred agents for most physicians. I generally will not use prophylaxis agents unless someone is having more than 2 to 4 migraines per month.

A final word of caution: If you have purely exertional headaches, meaning headaches that never occur unless you exercise and are worsened with exercise, please see your doctor because there may be an intracranial reason (such as tumor, aneurysm, etc.) for these headaches in about 10% of cases.

Till the next time, may you run headache-free!

1998 Racing Calendar

Pueblo County - Canon City area

August		
2 Sun	8:00AM	Beulah Challenge, 5K Walk & 10K Run Beulah School (719) 485-3820
22 Sat	7:00PM	Nirvana Run, (Handicap Race) 4M Colorado City (719) 676-4100
30 Sun	8:30AM	Taco Bell RiverWalk/Run, 5K Union Avenue (719) 546-3333
September		
5 Sat	8:00AM	Run for the Rose, 5K Run/Walk City Park (719) 545-5211
13 Sun	8:00AM	Royal Gorge Run, 10K Royal Gorge (719) 275-1578 or (719) 275-3344
27 Sun	TBA	Hot to Trot 5K, Run/Walk Union Avenue (719) 564-9303

Other areas

July		
25 Sat	Women's Distance Festival, 5K R&W	Colorado Springs (719) 570-1008
26 Sun	Vail Half-Marathon	Vail (970) 479-2280
25 Sun	Gasp and Blast, 20M	Leadville (719)486-2202
August		
8 Sat	Mayor's Cup, 5K & 10K	Woodland Park (719) 594-6353
8 Sat	Georgetown to Idaho Springs Half-Mara. ..	Georgetown (303) 694-2030
9 Sun	Danskin Women's Run, 5K	Cherry Creek, Denver (303) 639-8874
15 Sat	Pikes Peak Ascent, 13+M	Manitou Springs (303) 685-5055
16 Sun	Pikes Peak Marathon, 26+M	Manitou Springs (303) 685-5055
22 Sat	Fort Carson Half-Marathon	Fort Carson (719) 596-3507

Regional Marathons (& others of interest)

August	30	Silver State – Reno, Nevada (& Half & 10K)	(702) 329-6122
September	6	Breckenridge Crest Mtn. (&5M & 10M)	(970) 453-6422
	26	Kokopelli Trail – Grand Junction (& Half & 50K Ultra plus Half "Trek")	(970) 248-3654
	27	Duke City – Albuquerque, NM	(505) 890-1918
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 (& Half & Relay)	(520) 320-0667
	6	California – Sacramento	(916) 983-4622
	13	Honolulu	(808) 734-7200
January	10	Walt Disney World	(407) 939-7810



"The race is long; and, in the end, our only real competitor is in the mirror. Life is not graded on a curve."

– Scott Tinley



Other known racing dates

- **Aug. 15**
High Altitude Challenge – Alamosa
- **Sept. 5**
Imogene Pass Run
- **Sept. 6**
Enduro Classic - Trinidad
- **Sept. 19**
Autumn Color Run – Buena Vista
- **Sept. 19**
Riverdale Half-Mara. at Adams County Fairground
- **Sept. 27**
Governor's Cup, Denver
- **October 11**
River Trail Marathon, Half-Marathon & 10K
- **October 24**
Harvest Run 10K
- **November 14**
Rim Rock Run, 37K in Grand Junction
- **November 14**
President's Run, 7M in Cherry Creek Park
- **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



Races to add warmth to your summer

by the Editor

Stats that rule

- Of the 37,554 finishers in this year's Bolder Boulder 10K, there were 19,711 (or 52.4%) females. – *Bolder Boulder finisher certificate*
- From 1980 to 1990, the number of overweight Americans increased from 26% to 33%. – *CU Health Sciences Center*
- Running 2 to 3 hours a week can reduce your risk of gallstone disease by 20% to 40%. – *Harvard School of Public Health*
- 83.4% of females who regularly read "Footprints" will develop gallstones. – *Pollsters Unlimited*

Good race month

August has turned out to be a busy month, with runners having the chance to race every weekend. There's the **Beulah Challenge**, on Aug. 2 (see Page 9). The following weekend are the **Pikes Peak Ascent and Marathon**.

Added to the schedule since last month was the **Nirvana 4M Handicap** evening race in Colorado City at the home of your beloved editor on Saturday, Aug. 22. The race will begin at 7 p.m. and a pot-luck dinner will follow as well as a royal evening of schmoozing. Yours truly will provide a main dish, and those attending are asked to bring other good food items. Details next month. Plan now to come out and enjoy the Greenhorn Valley.

Then on Sunday, Aug. 30, Taco Bell is again sponsoring the **RiverWalk/Run 5K** on Union Avenue at City Hall. The run will start at 8:30 a.m. and the walk at 8:40. There will be \$1,500 in cash and prizes distributed in all running divisions and to the top 3 overall male and female walkers. Pretty neat!

September's busy, too!

Looks like there's only one free weekend in

September. The **Run for Rose 5K** run/walk, which was tremendously successful in its first two years, is set for Saturday, Sept. 5, at City Park. Please note that **WE NEED QUITE A FEW VOLUNTEERS** for this morning event.

**RUN FOR THE ROSE 5K
VOLUNTEERS NEEDED!!!!!!
NO EXPERIENCE NECESSARY.
PLEASE CALL HILBERT NAVARRO
@ 564-7685.**

The following day, – Sept. 6 – the **Enduro Classic 5K & 10K** races are scheduled in Trinidad. Then on the 13th, the tough **Royal Gorge 10K Run** will take place. Here's your big chance to run on the bridge. Don't look down. And finally, on Sept. 27, the **Hot to Trot 5K** will take place on Union. This year's "Trot" is set for Sunday morning.

Not a bad idea

Thanks to the SCR's Kathy Stommel for pointing out that the **Kokopelli Trail Marathon** on Sept. 26 in Grand Junction has a new twist – a Half-Marathon "Trek" – a non-scored, timed event for those wishing to hike, walk, run or run/walk at their own pace.

For the soul ...

"Through training, athletes learn that all things matter, that nothing is neutral – everything in life adds or subtracts stress in our existence." – the late George Sheehan, M.D.

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

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



Don't lose your exercise edge!

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
The RRCA's Home Page on the World Wide Web is: www.rrca.org