



EDITOR: Gary Franchi

# FOOTPRINTS

The choice for any millenium.

A Fun in the Sun August 1998 Edition

## Young and old make their marks in athletic world

by the Editor

Ah, the world of fitness is wonderful, ain't it?!? Where else can you have teenagers toeing the line with 70-year-olds and both of them realizing personal glory? Where else can a teenager and a 70-year-old realize so many lofty dreams together?

I was reminded of this again this month when I talked first with Mike Orendorff about the Boulder Peaks Triathlon and how 70+-year-old Gerald Puls of Pueblo was the oldest finisher. A while later, I chatted with Gayle Dorsey-Spitz about her family of young multi-sport phenoms, and then with Blake Ottersberg about his trip to the Junior National Sprint Triathlon Championships. (*Their exploits are recorded in this issue.*)

The performances of athletes like these and many others is chronicled each month - albeit briefly - in the pages of "Footprints." When I say "others" I include those of us who don't compete for fame and glory but merely to celebrate our health and fitness. With every injury or illness I endure, I appreciate even more when I am able to go out for a run, a bike ride, a swim, or just to pump iron. Not everyone can do these things. Enjoy doing them while you can.

And NEVER take ANY of these opportunities for granted.



## They Met the Challenge

Stacey Diaz and Chris Borton (above) were the overall female and male division winners in the third annual Beulah Challenge 10K run held August 2. Below are (from left) Dave Diaz, Matt Sherman and Bill Veges who finished 4th, 16th and 5th, respectively. For more on the race, see Page 5.

Photos by Gary Franchi





**Chewta says:**

*"Hey, why don't you come out to see me on Saturday, August 22nd, at the Nirvana Run that will take place at my own home in Colorado City. I'll give you a big, sloppy kiss, especially if you take me for a walk by the lake. Ruff! Ruff!"*

**Note to race organizers**

If you are organizing an upcoming race, please drop off between 30 and 50 race entry forms in the display rack at the Pueblo YMCA well in advance of the race, as much as 2 months ahead of time if possible. The Y receives tons of requests for race forms and race information prior to the races. The Y staff would appreciate it.

**SCR applies for tax-exempt status**

As noted we would a few months ago, the SCR has applied with the State of Colorado for tax-exempt status. The granting of the request could save the club hundreds of dollars over the course of a year, which means we could afford to buy pizzas for volunteers who assemble the newsletters each month.

**Young phenoms have their day in the sun**

by the Editor

It doesn't get any better than this for a stable of teenaged members of the Southern Colorado Runners.

Blake Ottersberg, who will begin his junior year at South High in a few days, realized a dream of a lifetime August 9 by winning his age division at the Junior National Sprint Triathlon Championships held in Clermont, Florida. In doing so, Blake put years of discipline, training and triathlon camps to good use. His time of 54 minutes and 11 seconds included splits of a 6:06 quarter-mile swim, a 28:54 for the 11-mile bike and two transitions, and 19:11 in the 3.1-mile run.

Blake, 16, has been a nomad this summer, traveling to triathlons in New Mexico, Texas and Arizona in addition to tri's in Colorado. His family chalks up road miles faster than a traveling salesman.

Blake now has another dream – competing in the 2008 Olympic triathlon. Can we doubt him after his Junior National performance?

Then there are the Dorsey-Spitz kids. Jenna, who is 14, recently medaled at the National Junior Olympics in Seattle by taking 6th in the 3,000-meter run with a time of 10:50. She shaved 11 seconds off her best time at that distance. She had qualified for nationals via Region X competition in Phoenix.

Oh, she also won her age division in the

Ironkids Triathlon in Denver and took 3rd in her age division in the Danskin Women's Triathlon in Denver. And her siblings **Lauren**, who is just 7, and **Brendan** took 1st and 2nd, respectively, in the Ironkids. All three qualified for and will be competing in the national Ironkids "tri" in San Antonio over the Labor Day weekend.



Their older brother **Ryan**, who also attends South, has rebounded well from past injuries to compete in 5 triathlons this summer, and he is now preparing for the upcoming cross country season.

Be sure to congratulate all of these kids when you see them around. Their hard work is responsible for their outstanding performances. They have realized such success because they are focused, dedicated and willing to pay the price.


**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. 207**  
 "Footprints" is the newsletter of the SCR. It is published monthly and distributed to members throughout Colorado, the United States and Tralfamadore.

**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, Laurie Strode (*)	

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 as well as other nonsense.

**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 that suck.

**Next SCR Meeting**  
 The SCR will meet at 7 p.m. Tuesday, Sept. 1, at the YMCA. All SCR members are invited.

**Get drenched at the Gold Dust. Then get soaked at the State Fair**  
  
 M\*RID INC.

(\*) – Editorial Consultant Laurie Strode is the character played by Jamie Lee Curtis in several "Halloween" series movies.



# Great (& so-so) Stuff

by Gary Franchi



## "Tour" cyclists aren't common criminals

Thought for today's lunch, compliments of esteemed author Mark Twain: "Let us be thankful for the fools. But for them, the rest of us could not succeed."

**Musings on running, fitness, life, etc.:** "Tour de Farce." My compliments to *The Daily Buggle* headline writer for coming up with that descriptive gem.

You probably are aware of the drug searches, disqualifications and cyclists' protests that marred this year's Tour de France. Ugly. Ugly. Ugly. Out of like 21 teams that started the Tour, only 14 finished. A couple of teams were disqualified when their trainers were found to have hotel refrigerators full of illegal performance-enhancing drugs.

That caused Tour officials to start conducting surprise searches of various potential hiding places of other team trainers. You know, like jacket pockets, socks, rental car glove compartments, places like that. This in turn infuriated the cyclists themselves, who claimed such searches were dehumanizing and made them feel like common criminals.

Beautiful. So what they were saying was, "Hey, it's OK if we all use illegal drugs. But these surprise searches aren't fair because we're the top cyclists in the world."

Poor boys. They're right - they're not common criminals. They're uncommon criminals.

I also think they've taken a few spills too many with their helmets off.

**This month's smorgasbord:** Speaking of cycling, I've been biking on I-25 between Pueblo and Colorado City a tad recently and have seen this electric message board on the highway's shoulder that says: "Caution - Slow-moving military vehicles." With all the vacationing cars and RVs of summer blocking traffic, what it should say is: "Caution - Slow-moving out-of-state dumkopfs in the left lane."

• I was thinking that, if they talk about having "good footing" when running, can you have "good tiring" while biking? Also, can mind over matter make you believe that a wet road can actually increase your bike tires' centrifugal force?

• Congrats to the SCR's Dave Diaz for making it to his 50th birthday this month. Dave, a stud in the 40-49 age division, was excited about moving up an age bracket and being able to really kick some fanny. In case you aren't aware, age brackets normally go in 5- or 10-year increments. Dave has been running in the 40-49 or 45-49 divisions. His initially thought his first race as a 50-year-old would come

in the Georgetown-Idaho Springs half-marathon. Spies say he was actually drooling while thinking about racing in the 50-54 division. Then he looked at the race entry form and noticed that Georgetown uses a 46-50 age division. Have a nice day. (Later, he learned the race was 1 day before his 50th.)

• While in the customer waiting area at Xpress Lube while my oil was getting changed, I noticed they had business cards on the counter. The business cards had the owner's name, phone number and fax number. Now think about that. First, why would a customer want a business card of the owner of Xpress Lube? Second, why the heck would you ever want to fax something to Xpress Lube?

• I've been wanting to read the June 15 issue of *Newsweek* because its cover story is entitled "How Memory Works," but I keep forgetting to pull it out of my stack of reading material. Actually, I can't seem to get around to it in the summer because I lose so much time when trapped behind out-of-state dumkopfs while commuting between Colorado City and Pueblo.

• Editorial Consultant Nick Nasch, now faxing me "Footprints" information to Xpress Lube from his residence in San Jose, CA, caught the sports report detailing Mike Tyson losing his cool while making his boxing license appeal to the state of New Jersey. Nick gave this heady opinion on what the New Jersey license officials should say to Ironhead Mike: "Get lost and don't come back."

• This latest Ironhead Mike incident reminds me of an interview with him that I heard on the radio soon after he had served a 3-year prison term for rape. Said Mike when asked about his

current state of heterosexual relationships: "I'm going through a tough time socially but I'm just gonna hold my own." Do it, Mike!

• I was checking out the Greater Lowell Road Runners' Home Page on the Internet and there was a note on it that said it was last updated 2-31-69. Wow, they must have invented the Internet!

• Well, the running magazines have come out with their annual shoe reports. Thanks to Mr. Nasch, I found out that even *Consumer Reports* now publishes a shoe report. I'm not kidding. Nick faxed me - via Xpress Lube, of course - some pages from the July 1998 issue and, sure enough, the shoe report is in there. Anyway, after analyzing the shoe reports from all the magazines, I'd say the consensus is that you have to figure out what type of running gait and foot arch you have and if you have any biomechanical quirks, and what shoe feels good. Gee, how scientific! Hence, coming next month: The "Footprints" shoe report. Stay tuned! Aloha.

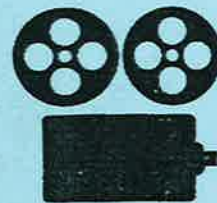


Dave Diaz will be racing in a new age division.

## Ultimate in idiocy item of the month:

No doubt you've heard about the Running of the Bulls that's held in Spain.

Well, we now have an Americanized version that's conducted on an S-shaped dusty ranch track in Mesquite, Nevada. The two promoters of this should earn this month's *Lights Are Dim* award, but I've decided to bestow it on the 300 dolts who paid \$50 each to run in the first heat, and to those who then forked over another \$20 to take part in the second run. Fish brains!



## Movie Line of the month:

"Reporters have to rise above their hormones."

I'm not sure this flick even made it to the theaters, but it's gotten good play on the pay TV stations. It stars 2 Oscar winners, one of whom uttered the comment shown above. Guess the movie and speaker and considered yourself an HBO junkie.

Answers below.  
No peeking early!

"Hero"  
Genee Davis in

Answers:

## Rocky on Fitness

### New ways to deal with degenerative knees

by Rocky Khosla

As I was walking toward the starting line of the Beulah Challenge race earlier this month, I was asked if there were any new developments in the treatment of degenerative knee disorders. Indeed, there are several new developments.

In review, degenerative disorders of the knee involve progressive loss of normally functioning cartilage in the knees. The cartilages in our knees serve two very important functions. First, they help absorb shock caused by our running, jumping or walking. Second, they produce a lubricating fluid that helps the joint glide almost effortlessly.

There are two C-shaped cartilages, also called menisci (plural for meniscus) in our knees, and the one on the inside edge is called the medial meniscus while the one on the outside edge is called the lateral meniscus. Injury to these menisci can lead to them tearing and getting progressively thinner. Also, disorders such as osteoarthritis can make these cartilages wear out.

In the old days, quite a few surgeries were performed called "menisectomies," which is where the torn piece or entire cartilage was surgically removed. Now, most orthopedic surgeons try not to do this because knees tend to get even worse arthritis after the meniscus is removed since there is more potential for bone-on-bone contact.

Till now, if someone did have increasing pain and loss of mobility due to degeneration of the knee cartilage, the only thing we could offer was a total knee replacement. The problem with this procedure, besides the fact that it is a fairly significant surgical procedure, is that the artificial knee joints

tend to last only about ten to fifteen years. And replacing a replaced knee is fraught with complications such as poor healing, infection, etc. Therefore, most surgeons do not relish the idea of doing knee replacements in patients under the age of 65.

The following two new developments are going to have a huge impact on the management of degenerative knee disease:

- First, two synthetic synovial fluid injectables (Hyalgan and Synvisc) are now available that can help restore joint mobility for up to a year. The idea here is that the joint fluid (called synovial fluid) produced by the degenerated cartilage is abnormally low in viscosity (it's thin!), and these shots tend to replace the fluid with artificial material that has better viscosity. Both of these are injected into the knee joint in the office, with the Hyalgan requiring 5 shots over 5 visits and the Synvisc requiring 3 shots over 3 visits. The risks of this are that there can be infection or a reaction to the fluid, but both of these are extremely rare.

- The second new development - tissue growth and replacement of cartilage - is not available yet, but I suspect it will be in wide clinical use in the next 2 years. In this procedure, the orthopedic surgeon gets a piece of cartilage out of the knee through an arthroscopic approach and then sends this tissue to a lab where the cells are allowed to grow so that they form a sheet of cartilage. At a later date, the orthopedic surgeon goes into the knee and tacks down your own cartilage like a carpet layer would replace carpeting. The cool thing here is that you now have brand new cartilage that is not artificial but your own! Isn't technology just fabulous?

Till the next time, keep on movin'.



### Dave, Misti lead SCR at Georgetown

Congrats to all those who completed the hot and grueling Georgetown to Idaho Springs Half-Marathon on Saturday, August 8, especially to Dave Diaz and Misti Frey, who paced a large contingent of SCR competitors. Dave ran a 1:29 the day before his 50th birthday. Misti, who will be 31 on Aug. 21, ran a 1:56. Other females who ran it were Stacey Bowman, Betty Duran, Marijane Martinez and Naomi Patrick.

Other males who ran it were Mike Archuleta, Jim Beckenhaupt (Colorado Springs), Gil Cruz, Steve Farley (Fort Lyons), Frank Jaquez (Cañon City), Dave Klein (Rocky Ford), Mark Lyons, Robert Lyons, Nick Leyva, Mike Saucedo (Cañon City) and Ben Valdez. Nice job, all of you!!!



### Women's Olympic marathon trials

OK, in last month's issue I gave you the site of the men's Olympic marathon trials - Pittsburgh. I've finally found out when and where the women's marathon trials will be held - in Columbia, South Carolina sometime in February. The exact date hasn't been set yet. The top 3 advance to the 2000 Olympics in Australia.

### Rim Rock Run receives race permit - already!

Miracle of miracles - the controversial Rim Rock Run has already received its race permit, 3 months before the 37K (22.6 miles) extravaganza will be held November 14 at the east entrance to the Colorado National Monument in Grand Junction.

You may recall that the race was nearly canceled last year because of Park Service concerns about safety and the race's impact

on tourists driving in the area. But this year, race organizers have negotiated with park officials to make changes in the way the race is run. They came up with 22 impact-lessening stipulations for the race.

The race is limited to 350 runners. For race control, all course marshals must be certified traffic controllers. The race will be in one lane of the two-lane road so traffic can still move.

# Beulah Challenge 10K Run/5K Walk

Races held August 2 in Beulah.  
Results provided by Jeff Arnold.

## 10K Run

Overall winners:

Male: Chris Borton, 36:56

Female: Stacey Bowman, 50:39

Runner	Age	Time
1 Chris Borton	22	36:56
2 Rich Hadley	42	38:57
3 Le Roy Rael	18	40:35
4 Dave Diaz	49	41:58
5 Bill Veges	41	42:19
6 Stephen Honeywell	19	42:58
7 Steven Naccarato	18	43:47
8 Tim Mondragon	36	44:23
9 Ryan Hurtado	20	44:34
10 Mark Tameler	30	44:43
11 Sam McClure	44	44:56
12 Ross Westley	61	45:05
13 Rocky Khosla	39	45:14
14 Jim Romero	58	45:27
15 Jim Beckenhaupt	51	45:43
16 Matt Sherman	26	46:04
17 Karl Tameler	34	47:00
18 Hal Gates	37	47:08
19 Alex Popoff	46	47:13
20 Gil Cruz	55	47:24
21 Mike Berry	31	48:41
22 Shawn Borton	15	48:43
23 Mike Borton	42	48:48
24 Kyle Reno	16	49:01
25 Gil Romero	45	49:22
26 Sean Finley	38	49:41
27 Ryan Singleton	16	49:50
28 Brian Fausnaugh	33	50:30
29 Stacey Diaz	37	50:39
30 Henry Hund	56	51:02
31 Mignon Dacko	31	51:09
32 David Fryberger	32	51:12
33 Thomas Alvarado	36	51:18
34 Adam Titelbaum	29	51:20
35 Jason Gully	18	51:25
36 Jim Martinez	53	51:26
37 Karin Romero	33	51:26
38 Sydney Mondragon	15	51:43
39 Hilbert Navarro	58	51:45
40 Jennifer Alvarado	27	52:48
41 Jessie Gady	17	53:13
42 James Hale	34	53:47
43 Lori Stavang	32	53:49
44 Raul San Miguel	48	54:13
45 Rand Morris	46	54:29
46 Karrick Burrows	41	54:46
47 Bart Farner	49	55:00
48 Susan Fulkerson	32	55:35
49 Leonard Benegas	32	55:57
50 Maclovio Gallegos	31	56:24
51 Chris Alvarado	25	56:28
52 Bruce Batting	61	56:50
53 Boney Cosyleon	49	57:02
54 Jessie Quintana	54	57:34
55 Greta Maurer	34	57:45
56 Corey Moreschini	29	58:52
57 Jim Beatty	43	58:57
58 Rodney Wilson	35	59:45
59 Dan Dotson	56	59:48



Hilbert Navarro, 58 years young, finished with a very respectable 51:45 time on the rugged Beulah course.

- Photo by Gary Franchi

60 Diana Cuneo	38	1:00:08	19 Nancy Martinez	50	43:54
61 Jess Cosyleon	51	1:00:32	20 Sandi Gaide	53	43:55
62 Ted Dale	66	1:02:40	21 Judy Musso	55	43:55
63 Rose Dale	48	1:05:56	22 Barbara Cooke	39	45:25
64 Mike Desaulniers	32	1:05:59	23 Christine Sims	33	45:49
65 Terry Golley	46	1:06:02	24 Irene Sillox	67	46:16
66 Joe Ruppert	47	1:06:48	25 Joyce Carrigan	51	46:34
67 Rebekah Kobilan	16	1:06:58	26 Beth Temple	10	47:07
68 Diana Reno	36	1:07:32	27 Kayla Romero	10	47:08
69 John Rice	38	1:07:40	28 Jenny Sherman	25	47:34
70 Berta Harty	36	1:08:09	29 Aaron Franchi	17	47:34
71 Beth Cady	44	1:08:10	30 Gary Franchi	49	47:39
72 Julie Marshall	38	1:08:10	31 Ken Temple	44	47:40
73 Marie Lansford	x	1:08:10	32 Terry Mason	42	47:45
74 Joyce Sanchez	42	1:10:22	33 Karen Robertson	39	47:57
75 Shirley Hurtado	48	1:11:01	34 Mary Ellen Donley	41	48:43
76 Rich Mattoon	39	1:13:20	35 Lorrie Scott	41	50:41
77 Ray Hurtado	49	1:17:14	36 Ted Clair	52	50:42
78 Kirk Taylor	34	1:20:26	37 Kathy Serena	52	51:45
79 Patricia Bright	51	1:22:45	38 Sylvia Clair	46	51:47
80 Kama Famer	23	1:22:49	39 Helen Schmoldas	81	51:48
81 Anita Famer	47	1:22:51	40 Kelly McGhee	24	51:48

## 5K Walk

Walker	Age	Time
1 Jo Schrubbe	42	36:09
2 Charlene Alfonso	36	37:56
3 Nancy Aguirre	40	38:18
4 Donna Hickman	44	38:23
5 Eddy Vigil	54	38:27
6 Robert Quintana	55	38:29
7 Daniel L. Garcia Sr.	54	40:09
8 Gary Kyte	58	40:40
9 Ronnie Rael	12	41:19
10 Monica Mohr	25	41:22
11 Rich Riesner	53	41:41
12 Karla Arietta	28	42:34
13 Carol Kyte	57	42:35
14 Peggy McCarthy	58	42:36
15 Phyllis Riesner	53	42:48
16 Joe Kelso	48	43:05
17 Gigi Dennis	36	43:34
18 Fonso Garcia	48	43:35
43 Amy Arias	17	51:58
44 Bobbie Reeder	50	51:59
45 Dianna Garcia	49	52:01
46 Jason Garcia	18	52:49
47 Carmen Avalos	42	52:09
48 Carrie Fox	28	52:47
49 James Bentley	8	53:36
50 Emily Titelbaum	26	53:37
51 Marian Finley	34	53:50
52 Cathy Valenzuela	40	53:51
53 Vivian Scott	39	53:52
54 Vicki Scott	x	53:52
55 Guy Scott	38	53:53
56 Audrey Rupnow	50+	58:16
57 Sherry Stanger	51	58:16
58 Marylyn Mahoney	50+	58:53
59 Denyce Vandiver	37	61:28
60 Amy Arnold	60	61:55

## Grimme is on a mission

Got a call from Al Grimme of Colorado Springs who says he's looking for support for a solo 88-mile fund-raising run he will make on September 5 in Monument Valley Park. Al is soliciting donations for the **United States Association of Blind Athletes.**

Grimme will begin his run at 4 a.m. and finish at 7 p.m. He has a 4.2-mile loop that he will make 21 times.

Al notes that donations will be tax-deductible. Forms are available at the Colorado Springs Runner's Roost store, which is located in the downtown area across the street from Acacia Park. If anyone would like to participate in the run, Al would love to have some runners accompany him along the way.



## Passes to Boston

As host club of the Boston Marathon, the Greater Lowell Road Runners is receiving 20 invitational numbers for the limited-entry race. the GLRR had 30 members who wanted to run Boston but couldn't qualify. So the club had a lottery to determine the 20 lucky club members. Cool!



# Join us at the Nirvana Run/Social



## Training to do your best

"It's all right to run slower on some interval days ... You can't try to bust every lap. It's okay to run slower than race pace and to take a longer recovery when you need it. The key to training is to raise your heart rate and then let it go down. You don't need to kill yourself to raise it. And you don't need (to wear) a watch."

- Randy Thomas, coach

## National Run to Work Day

The Road Runners Club of America is designating Tuesday, Oct. 20, as National Run to Work Day. On that day, the RRCA is asking people all over the country to run the entire way to work (or school) or creatively combine running with other modes of transportation. The purpose is to promote the benefits of running, running safety on roads and trails, and environmental awareness.

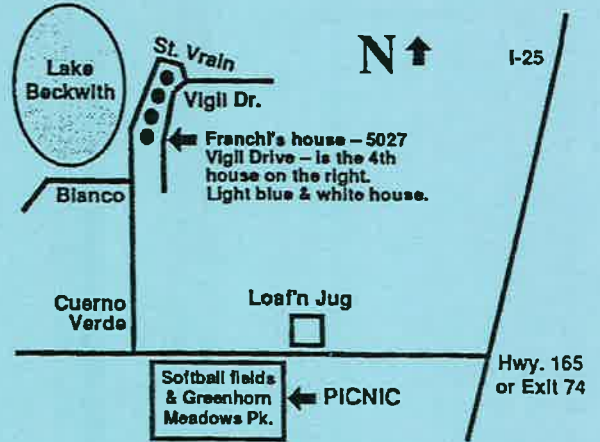


## Quoteworthy:

"The future isn't what it used to be."  
- Yogi Berra

We're having a party and YOU'RE INVITED! Actually, the annual Nirvana Run, a 4-mile handicap race, and pot-luck dinner will be held Saturday, Aug. 22, in Colorado City at the home of your beloved editor. The race will begin at 7 p.m., with the chowing and schmoozing to follow. It will be a grand evening, so please plan to attend. We'll provide a main dish, and all of you who attend are asked to bring your personal delicacy. Call us (676-4100) a few days ahead of time to tell what you plan to bring. Come enjoy the lake & mountains.

Directions are below. Follow the map at right for a good visual.



## Hot to Get There:

Take I-25 south out of Pueblo about 20 miles to Exit 74, which is Hwy. 165. Go west 3 1/2 miles to Cuerno Verde and turn right. Go 8/10ths of a mile to the first street on the right, which is St. Vrain, and turn right. Almost immediately take another right on Vigil Dr. Go to the 4th house on the right.

## Multi-sport racing news from around the state

Congrats to the SCR's Woody Noleen of Colorado Springs for finishing the brutal Desert Sun Half-Ironman triathlon held July 19 in sizzling Grand Junction heat. Woody had splits of 32:02 in the 1 1/8M swim, 2:59.27 on the 56M bike and 2:10.44 in the half-marathon for a total time, counting transition times, of 5 hours, 45 minutes and 58 seconds. Woody has earned a lottery selection to the Hawaii Ironman to be held in October.

\*\*\*

Congrats also to 3 Puebloans who excelled in the Boulder Peaks Triathlon and Duathlon held Aug. 2.

## Harvest Run scheduled for Oct. 24 in Pueblo West

The Harvest Run, an annual favorite until being blizzarded out last year, will make its return on Saturday, October 24, at Lovell Park in Pueblo West. This is a 5-mile Poker Run, with the male and female with the best poker hands getting a portion of the kitty from the \$5 entry fee. The rest of that fee will go toward food and beverage that the club will provide to all runners at a bonfire that will follow the run. Runners also are asked to bring an accompanying food item to the chicken the club will provide.

Current members will be able to renew their memberships, and people wishing to join the club can sign up for 1999 and also receive the last two 1998 issues of our "Footprints" newsletter FREE.

If you have some wood for the bonfire, please bring it. We'll owe you our lives.

Maddy Tormoen finished 3rd among pro women in the duathlon with a time of 1:54.40. This was a follow-up to her 3rd overall placing in the Dannon Duathlon series event in New Orleans. Maddy is following the series around the country.

Meanwhile, Mike Orendorff captured first place in the 45-49 age triathlon division with his excellent 2:09.52 time. Mike also was third among all masters (40 & over) performers. Mike is planning to travel to Chicago later this month to compete in a national triathlon there.

Another Puebloan - Gerald Puls, won the 70-and-over division with a 3:54.31 time. He



denver. boulder. ft collins. colorado springs

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# 1998 Racing Calendar

## Pueblo County - Canon City area

### August

- 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 8:30AM Run for the Rose, 5K Walk & Run (9 AM) ..... 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

### August

- 22 Sat Fort Carson Half-Marathon ..... Fort Carson (719) 596-3507  
 22 Sat Leadville Trail 100M ..... Leadville (719) 486-3502  
 23 Sun Race for Research, 5K ..... Washington Park, Den. (303) 694-2030  
 23 Sun Western Welcome, 5K, 15K, 1M runs  
 and 5K Walk, 5K & 15K team ..... Littleton (303) 794-2694  
 29 Sat Y Not Twilight 5K & Kids 1K ..... Memorial Park (719) 598-2953

### September

- 6 Sun Enduro Classic, 5K & 10K ..... Trinidad (719) 846-8668  
 7 Mon Greater Denver Road Race, 5.280K ..... Wash. Park, Denver (303) 871-8366  
 13 Sun Race for the Cure, 5K ..... Falcon Stadium, AFA (719) 598-2953  
 13 Sun El Grito 5K – Run/Walk ..... Denver (303) 458-0554  
 20 Sun Pony Express Run, 15M ..... Rampart Resvr., CS (719) 598-2953

## 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  
 20 Quad Cities – Moline, IL (& Relay & 5K) ..... (309) 757-1000  
 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 .. (970) 927-9929  
 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



*“There is nothing you can’t overcome if you just pay attention to it.”*

– Dan Taylor



## Other known racing dates

- **Sept. 5**  
Creede Mountain Runs
- **Sept. 12**  
Imogene Pass Run (filled)
- **Sept. 19**  
Autumn Color Run – Buena Vista
- **Sept. 19**  
Riverdale Half-Mara. at Adams County Fairground
- **Sept. 27**  
Governor’s Cup, Denver
- **October 4**  
Race for the Cure - Denver
- **October 11**  
River Trail Marathon, Half-Marathon & 10K
- **October 24**  
Harvest Run, 5M
- **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

**C.S. Fall Series Dates:**  
Oct. 4, 18 & Nov. 1 & 15

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 humility to your life

by the Editor

## Stats that rule

- Between the ages of 30 and 70, the average person's muscle mass is reduced by nearly 40%. - *International Longevity Center*
- 41% of American adults over age 55 own home-exercise equipment. - *Fitness Products Council*
- Pro triathlete Eric Harr's average training week from 1995-97 was 32 hours - for short-distance racing. - *"Triathlete" mag.*
- 89.4% of regular "Footprints" readers of any age will experience drastic loss of muscle mass. - *Pollsters Unlimited*

## Taco, anyone?

Those who survive the post-Nirvana Run bash can look forward to the 2nd annual River Walk and Run 5K that's set for 8:30 a.m. Sunday, Aug. 30. The races start near Memorial Hall on Union Avenue. Last year's race produced PRs for everyone, but I'm told the race distance will NOT be short this year. Awww!

Once again, race entrants will get a free meal coupon from Taco Bell, the sponsor. Today's heady race tip: Eat that free meal AFTER the race, not before.

## Run for Rose

The Run for Rose 5K run/walk is known for its huge race fields, fine post-race entertainment, cool race T-shirts, and some of the finest volunteers to ever work a finish line. This year's races are scheduled for Saturday, Sept. 5, at City Park. Proceeds benefit the Friendly Harbor drop-in center. The race is named in honor of the late Rose Samora-Rodriguez, who died of cancer in 1995.



## Royal Gorge Run

If you like challenges, the Royal Gorge 10K Run on Sunday, Sept. 13, can provide all you need. It's an 8 a.m. start, which means a lot of runners will be humbled by 9, if they've arrived to the finish line by then.

Seriously, this is a great course and a great race - just don't expect a PR. I'm told finishing on the suspension bridge is a real trip.

## Hot to Trot Run

This year's Hot to Trot 5K is on a Sunday morning, Sept. 27, and the SCR's Dave Diaz has been charged to re-measure the course when he's not counting new grey hairs that come with old age. This is another of those Union Avenue-area races. Too bad it's not on a Saturday when we would be able to visit the Gold Dust after racing.

## River Trail races

The entry form doesn't state it, but SCR members will get a \$2 discount if they pre-register for the River Trail Marathon, Half-Marathon or 10K. The event is scheduled for Sunday, October 11. Hard to believe this is the 15th annual River Trail marathon.

*For the soul ...*

**"You do not have to train six hours a day to be a winner. You need only open your eyes and ears to enjoy the many intrinsic benefits of being an athlete"**

- Scott Tinley

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

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## Don't become a fat cat!

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](http://www.rrca.org)